
*In*Clarens

EN OMGEWING / AND SURROUNDS

R15-00

August 2011 Augustus
www.inclarens.co.za

**Eastern Free State
Tourist Magazine
Oos-Vrystaatse
Toeristetydskrif**



**Clarens Centenary 1912 - 2012
The Titanic 1912**



Nr. 8

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7, 8 & 9TH OCTOBER 2011

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Letters to the Editor
Briewe
editor@inclarens.co.za



InClarens invites you to tell us how you, the reader, experienced the Eastern Free State, Clarens and InClarens.

The last letter we receive before deadline, will win a gift voucher to the value of R150,00.

InClarens nooi lesers uit om aan ons te skryf en te vertel hoe julle die Oos-Vrystaat Clarens en InClarens ervaar en wat julle graag meer van sal wil lees en doen.

Die laaste brief wat ons vereik voor saktyd, wen 'n geskenkbewys van R150,00.

Beste InClarens,

Julle het gevra dat ons ons ervarings oor Clarens met julle deel. Die volgende gedig som menigte van my Clarens-ervarings in 'n paar sinne op:

Dis die plek waar ek rus vind vir my siel, waar ek vergeet van alles anders wat my hart verniel.

Met majestiese berge en lang grondpaaie, stap my hart om al die draaie.

Dis die plek waar antwoorde skuil; waar jy weer heel kan word na lang gehuil.

Dis ook die plek waar jy vrede vind, waar jy hardloop en huppel en lag soos 'n kind.

Clarens is die Vrystaat-juweel.

Dis hier waar natuur jou hart sal steel. Dou-druppel diamante dou-voor-dag.

Laatnagsterre waarna jy net kan smag.

Goud in die son onder koelte bome, die maan se refleksies in waterstrome.

Dit is die plek waar ek verdwaal.

Clarens verstaan my hart se taal.

Renate

(Dankie Renate, ons voel ook so oor Clarens –Red)

Hierdie week (1-8 Julie 2011) was ons eerste besoek aan die Oos-Vrystaat. Ons het by Kiara Lodge gebly. Ons het in die Golden Gate Nasionale Park rondgery en ek het beseft dat ek meer wou weet. Ek was op soek na agtergrond, geskiedenis, 'n idee van die ontstaan en naamkeuse van Golden Gate en Clarens en wou meer weet as wat die Sanpark-webblad my vertel.

Gelukkig beshuit ons om ons voorlaaste dag te gebruik om Clarens se strate van hoek tot kant deur te ry. Hier vind ons die boekwinkel Bibliophile en onder andere InClarens.

Julle tydskrif (Junie 2011) het my laat beseft dat die omgewing 'n ryk geskiedenis het en ook dat daar baie is om te sien en te beleef.

Ons sal dus definitief terugkom na die asemrowende deel van die Oos-Vrystaat en gou ook.

Dankie

Adele

(Dit is wat ons wil hoor, Adele. Met hierdie brief wen jy die geskenkbewys van R150 om by Meadowlands in die Clarens Hub te spandeer –Red)

Winners

The winner of the Sir Henry Guest House sms competition is Jill Sommers and is Graeme Te Brake won the Applegate competition. They have received their vouchers. Congratulations.

Match this

by John Matchett

What kind of a noise annoys an oyster ?

A noisy noise annoys an oyster most! Remember the ditty of many years back. Unfortunately noise to some people is just loud sound and even music to others. Consider the Harley Davidson rider revving his bike's engine, making music to his ears as he thrills to the beat of the finely tuned machine. To most others, this is just noise!

The definition of noise is "sound, especially a loud or unpleasant or unwanted sound". Those folk who have grown up with loud digitized sounds plugged into both ears would not agree that such sound was either unpleasant or unwanted. What they don't want is absence of sound. Loud

"music" in some shops will attract young shoppers while repelling older ones who become agitated and just want to get out as soon as they can.

So it is a question of self-enjoyment versus irritation of others if you are the source of the "loud sounds". As a caravan camper, one is very conscious of the need for mutual respect for the peace of all fellow campers. A yardstick used when playing music or watching TV is to adjust the sound until it is just inaudible along the extremity of one's campsite. In that way you can enjoy your own "noise" without impinging on the peace of your neighbours.

Likewise late night revelers could do the same, adjusting the sound level (and sound-proofing if necessary) so that their "sounds" could only be heard on the property of the sound propagator.

A problem with loud modern music is that the low frequency drum beat, whether natural or electronic, travels much further than the higher frequency notes of the melody so that if you are not close to the source of the music, all you hear is the thump-thump-thump of the bass which is enough to disturb most people and drive them crazy after a few hours. It would also probably have a very adverse effect on people prone to epilepsy.

Pity our domestic worker who lives across the road from a shebeen – not even the tunnel blaster's ear protectors I gave her help her to get to sleep before the shebeen mercifully closes down.

Another source of sound pollution (noise to those who do not enjoy it) is the uncontrolled barking and howling of dogs. Quiet country walks could become most unpleasant if one had to run the gauntlet of loud angry barking from dogs on properties adjacent to these peaceful paths.

Owners who cannot control their dogs that bark incessantly should bear in mind that dogs also have a right – the right to remain silent! At least for some of the time!!

InClarens August edition is dedicated to an early start of new growth. Each year, August signifies dry windy conditions and this year will certainly be no exception but for all who work hard to put each new InClarens on the shelf, this is a serious awakening and start to a new trend. A few changes were made to the format of the magazine and a few new items were included. We trust that you, the reader, will participate and read as enthusiastically as it was produced.

We announce InClarens's first photo competition and invite readers to enter their photographs on Facebook at www.facebook.com/inclarens where Facebook fans will judge and decide which photograph is best;

We included reader's contributions and invite our readers to contribute more on their visits to Clarens and the Eastern Free State.

And there is a chance to win two nights for two persons accommodation at three establishments in Clarens and Surrounds.

Happy reading and participating.

InClarens eindig 'n baie bedrywige seisoen af met die begin van nuwe idees en insigte. Om altyd voor nuwe ontwikkelings te bly, is dit soms nodig om nuwe aanslagte op die proef te stel sodat ons die goeie kan behou. Hierdie maand is daar beslis meer om te lees en te wen. Veral meer om te wen.

Ons het ook 'n padkaart van Clarens saamgestel sodat niemand meer hoef te wonder waar wat is nie.

Geniet en neem deel

Amanda - Editor

Front Cover Picture:

Roschach, Netherlands - The Titanic 1912

Clarens Centenary 1912 - 2012

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ENGEL & VÖLKERS

*A small town with big plans. That is
Clarens – the town that will be 100
years old next year. The celebrations
hold promise the town children's
tomorrow.*

A CENTURY TO CELEBRATE

2012 will be Clarens's centenary celebration. It will also be 100 years ago that the Titanic sank. The large geographical outcrop resembling the bow of a ship, as you leave Clarens, is suitably named The Titanic, forever marking the cataclysmic event in our minds.

*Another important event took place that year, when the Clarens Primary School opened its doors to educate the village children with the proud motto *cras nobis est – the future is ours.**

We've had a new rose registered to commemorate the Clarens Centenary next year. The entire proceeds from the sale of the Clarens Centenary rose will be for the benefit of the Clarens Primary School, which has burgeoned from 43 to 350 children since 1912. The school facilities, however, have not grown proportionately to accommodate the increase in numbers! Like many rural schools, it has very little infrastructure in terms of suitable classrooms, ablution facilities and educational extras that the city schools enjoy.

The Clarens Centenary is a robust, floribunda rose that supports a bouquet shaped cluster of rosette-shaped flowers. The blossoms are a deep, true pink within the depth of the bloom, fading to a paler shade towards the frilly tips of the petals, which are firm and long lasting in a vase – rather than a soft silky type of petal. It is a vigorous bloomer and grows to just above knee height which is good for mass planting or container planting, according to Ludwig Taschner of Ludwig Rose Farm, the “rose-chemist” who bred the rose especially for our village.

The Clarens Centenary has been bred to commemorate our village's centenary, to beautify our village gardens and to support a very worthy cause. How many more birds could one fell with one stone? In order for the project to be successful, it needs you to support it with a minimum order of one rose.

The Clarens Centenary has been offered to Clarens villagers for R90 and will be ready in October this year when we will be hosting our Village Festival. Only a certain amount of roses have been grown and those who order and pay will be the

ones to secure a rose. Please contact Colleen McLachlan at colleenmc@mweb.co.za to place your order and to receive a reference code.

The bank account details are as follows:

FNB Bethlehem

Account name: Clarens Primary School Trust

Account number: 6231 3732 796

Branch code: 230133

Clarens Primary School Trust

(IT461/2011)

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CLARENS 9707





Through the eyes of the beholder

*Renowned photographer
Noel Hutton took our beautiful
cover picture and kindly
told us the background story.*

Being back in the wonderful world of the eastern freestate yet again, my visit had to include a walkabout in Clarens. This happened to be on the last Thursday of April, just as the first cold snap had hit the region. After braving negative temperatures to capture some more early-morning images that make the area so famous, I headed to Clarens and the warmth of a breakfast in one of the many welcoming restaurants to be found in the town. However, I still needed a short walkabout to fully ensure a healthy appetite.

As is my habit, I covered more than initially planned, due entirely to the photogenic qualities waiting at every turn. As I wandered down the main road to the Bethlehem intersection,

I was taken by the wonderful colours and tones of poplars reflecting in the town dam. Added to the spectacle was the image of a single black swan contrasting with the vivid colours. My friend was most accommodating, and I managed to get a number of great images before heading off to breakfast satisfied.

It is with great sadness that I subsequently learned that the swan had been killed. I will cherish both the images I made as well as the moments in which they were captured.

NOEL HUTTON



You haven't seen the sea?

Karen van der Merwe, owner of Artist's Café, put the question to her employees: who has seen the sea? They shook their heads in

unison. No-one. Karen decided there and then to arrange transport, gave instructions to her 13-member staff and closed shop for a day to give them the opportunity to experience the expansion of land's end.

They boarded the taxi at four in the morning but they were waiting at the pick-up point long before the arranged time, more excited than children on a school picnic. Not even the cold or the frost of this typical Eastern Free State June morning could dampen their enthusiasm. Breakfast was at Harrismith before the long haul to Durban.

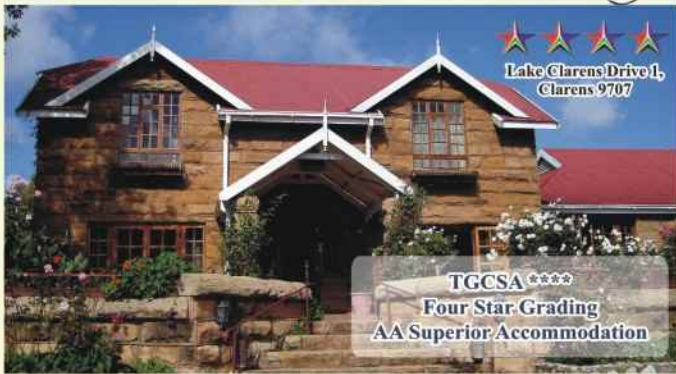
The expression on their faces is something Karen will never forget. She watched them when they saw the ocean for the first time. The thrill as the big blue enfolded the land before their eyes. The absolute awe and amazement on their faces each time when they caught a glimpse of the blue flickering of moving water -that she will hold in her heart forever.

When they entered the rolling warm water of the South Coast beach, they could not contain it any longer. They had let it go and rushed into the oncoming waves with eyes bewildered and confused but they splashed and fell and played and enjoyed to exhilaration just the same.

After lunch and after they had presented Karen with a huge porcelain cup of honour, just to thank her for her generosity, they went shopping in one of the malls and tired happy and grateful, they boarded and returned home to Clarens.



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POLISH YOUR LENSES AND POST A PICTURE

In honour of local cuisine and a spring road trip to the Eastern Free State, take an interesting photo of a local eating establishment. The title should be the name of the restaurant and town.

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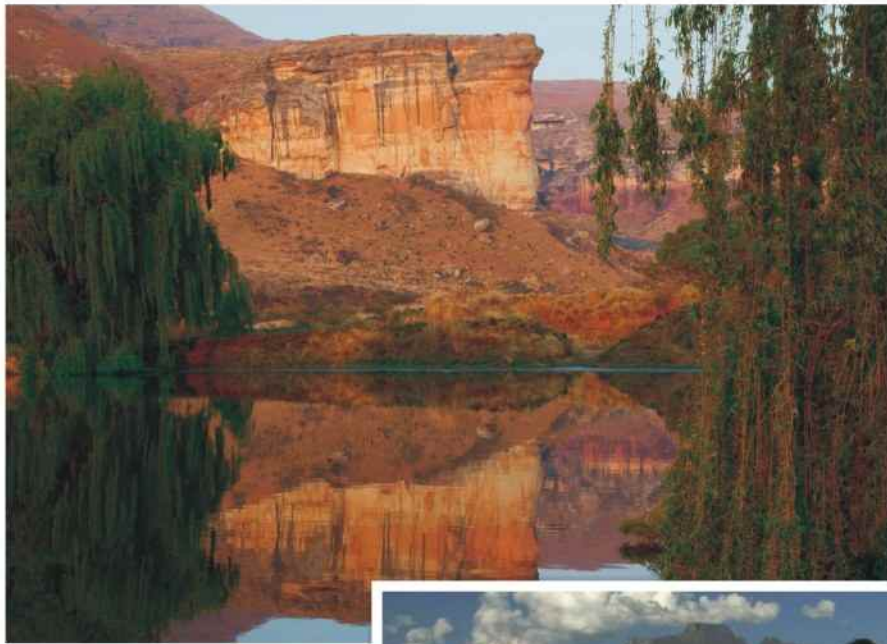


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Winning voices come to GOLDEN GATE

It was John Tungay's dream to start a choir school. He was choirmaster at the Trinity Congregational Church, when his parents bought land in the Cathkin Valley in the 1950s and when he approached his parents to, instead of farming, turn the farm into a choir school, they agreed and joined the venture and continued to play a pivotal role in the history of the Drakensberg Boys Choir.



of the Rangers, "this event will help enhance SANParks' reputation as a leading conservation authority in the country and will support its fight against rhino poaching. The main objective of this musical festival is to raise funds to help fight rhino poaching in our National Parks.

The Drakensberg Boys Choir has toured extensively, establishing an enviable reputation before audiences as

The Drakensberg Choir School draws its inspiration from the idyllic environment in the Central Drakensberg of KwaZulu-

Natal. And now this world-renowned boys choir and national asset is performing at the evenly renowned National Park, Golden Gate in early September.

Golden Gate Highlands National Park, Drakensberg Boys Choir and the KZN Honorary Rangers will be hosting a musical festival at Golden Gate Hotel and Chalets on 8 and 9 September this year.

Based on the very successful concept of the annual Sunset Serenade in the Kruger

National Park, it was agreed to organise a similar type of fundraising event at Golden Gate. According to the Park Manager, Johan Taljaard and dr Eugène Joubert, chairperson



far afield as the United States, Europe, Israel, Egypt and Far East, winning acclaim as the most outstanding group at world choir festivals.

For over 43 years, the Choir School, the only one in Africa, has produced a number of successful musicians, including acclaimed artist Deon van der Walt and the Bala brothers.

TAKE BEAUTY ONE STEP FURTHER

Tattooing is an age-old art that has now shaken off the stigma it carried in the West for many years and is seen by people from all walks of life as a way to enhance their appearance. It still hurts like it has been hurting for centuries, but to those who desire an artwork to add to their beauty, the gain is worth the pain. Maryann Pickers visited Verné Burger at her new tattoo studio on Van Zyl Street, Clarens.



Tattooing is a form of skin art where pigment is permanently deposited below the skin surface, either by hand or machine. Tattooing was done entirely by hand until the late 1800s when the electric tattoo machine was invented. Since then very little has changed in method or machine.

Verné studied Fine Arts and can design custom tattoos. Verné recently settled in Clarens after she had grown tired of city life in Bloemfontein. She brought with her a steady hand, as well as 16 years of tattoo experience; and set up a studio on the top floor on Van Zyl Street.

One of the biggest challenges in tattooing is finding a good artist. It is a lot like picking a doctor or hair dresser. You really need someone who you feel comfortable with and it is worth the time to do a little homework. Visitors to Clarens became accustomed to Vanessa Coetzee and her way of tattooing. She's been tattooing for 6 years and now the two ladies teamed up and are adorning the bodies of young and old, male or female. Vanessa studied Graphic Design and can create any custom made artwork, she also runs a small graphic design and printing business from this premises called ArtZone Graphic Studio.

Verné has a secure hand and she is patient. She focuses on the design and she carries on relentlessly, finishing an intricate design on the skin of her client. It is painful to a point where it really hurts, they say but if you want your body covered in exquisite artwork, the pain is nothing. Once it's done, there is pain no more, just beautiful art to show to the world or to look at in the privacy of your bedroom. It all depends. Verné specializes in fine detail and portraits.

Once regarded in the West as frightening and repulsive, tattoos can now be seen everywhere. The fact that it is permanent attracts some and causes others to hesitate.

Verné explains that the ink is not injected. The tattoo machine has a solid needle or needles inside a tube and it is repeatedly dipped into ink. It is a cross between a quill and a sewing machine. The needles make a shallow puncture generally just below the outer skin layer. The ink then runs into the hole and the small wounds heal, sealing the ink in the lower parts of the skin.

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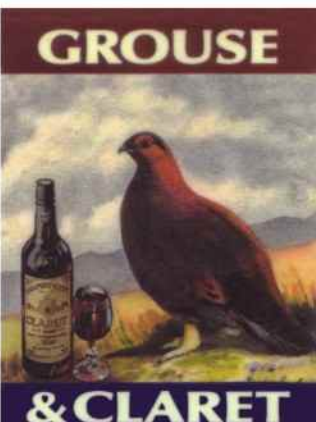
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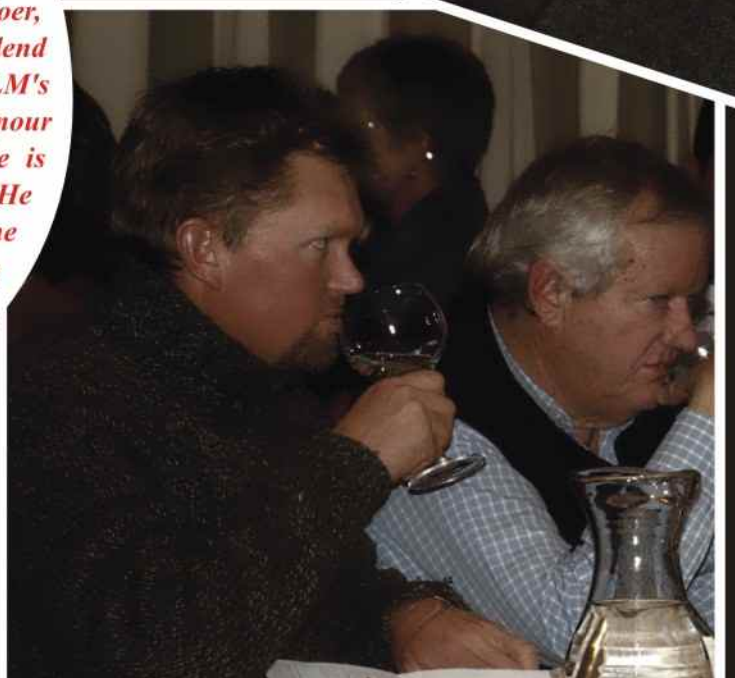
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"Kleinboet was recruited in the Netherlands long before he donned his wooden clogs to play soccer for Hermanus Pieters' country of origin! Lady Librije, wife of Michelin 3 Star chef, Jonnie Boer, was so taken with the quality of his Bordeaux-style blend she made it her business to find him a spot on KLM's Business Class wine list. No mean feat and an honour Kleinboet still enjoys today. Restaurant de Librije is ranked as one of the Top 50 restaurants in the world. He sure has friends in high places and it makes one wonder how many more friends he's made cruising at 30,000 feet?" From The Mailbag, Hermanus Pietersfontein



TOE PRAAT DIE WYN SKOON AFRIKAANS

Op 'n koue wintersaand, vroeg in Junie, het Michael Scheepers van die Golfklub se Brambleberry restaurant, 'n driegang maal voorgesit om die heerlike wyne van Hermanuspietersfontein wynkelder te komplementeer.

Bartho Eksteen, Hermanuspietersfontein se wynmaker van die jaar benoem deur Diner's Club het voorgedaan met die bekendstelling van die wyne.

Op die vroeë 1800's wou die boere van die Hemel-en-Aardevallei hulle kinders liever in Hollands as Engels laat skoolgaan. Die enigste onderwyser in die omgewing se naam was Hermanus Pieters en hy moes dikwels tevrede wees met 'n skaap of twee as vergoeding omdat hy die kinders in Hollands onderrig het. Die skape het hy sommer onder die melkbosse daar naby laat wei.

In 1855 en lank na die ou onderwyser se dood, is die dorpie Hermanuspietersfontein gestig wat in 1900 deur die posmeester na Hermanus afgekort is.

'n Volle eeu later het die wynkelder op Hermanus besluit om die leerkrag te vereer en het hulle hul wynkelder Hermanuspietersfontein genoem en - net om seker te maak dat niemand hierdie voorloper van Afrikaans sou vergeet nie - het hulle al hulle wyne Afrikaanse name gegee.

Bartho Eksteen het die aand gelei met spitsvondige op- en aanmerkings terwyl glasies gevul, geproe en leeggemaak is. Die koue is geheel en al verdryf deur die Diner's Club se wynmaker van die jaar se rustige stem wat vertel het van Bartho en Bloos, Arnoldus en Kleinboet en Swartskaaap - om van die elke-dag-drinkwyn, die Posmeester van 1855 nie te vergeet nie. Dieselfde Posmeester wat hierdie langste etiketnaam wou verkort. Hulle sal hom nooit vergeet nie want hoe vergeet 'n mens dan nou die man wat 'n lang naam korter wou maak?

Die aand wat koud en mistroostig begin het, is gou-gou deur heerlike kaas-room mossel-sop, hoender-sosaties en wyn verwarm sodat niemand regtig wou aanstalles maak om huis toe te gaan nie.

Michael Scheepers kan geskakel word by 071 082 8462 om plek te bespreek vir 'n uithang-ete of vir die volgende wynproewersaand.



From the dusty streets of yesteryear's Clarens

When talent is recognised and honour befalls an Eastern Free State lad, then surely the wonderful story must be told. Yvonne de Freitas related the successes and triumphs of her son Anthony Bishop to Maryann Pickers after she had read the story of LeRoy and the Bishops in the April edition of InClarens.

The many viewers of Jacob's Cross, popular M-Net Original Productions drama series know Prospero Brand all too well. He is the grandson of one of the Randlords of the Witwatersrand, a once exceptionally wealthy and influential family. He is estranged from his family whose empire has been crumbling over the last twenty years. Prospero made his own fortune and has the instincts of a street fighter when he closes a deal. He is a smart businessman and thrives on the thrill of challenge. He is also a flirt and will do what needs to be done to get ahead.

That is the role that Anthony Bishop is best known for and he has been in that role since 2007. He has, however, starred in countless television shows and in famous movies such as District 9 and Starship Troopers 3.

What most people don't know, is that the link runs clearly from Clarens to the bright lights of not only Johannesburg but also Monte Carlo where the Television Festival was held in June and where Anthony Bishop was nominated as Best Actor in South Africa.

His maternal great grandmother was Anna (Rabie) Jansen and she lived where the Clarens Clinic is today. She died in 1977 at the age of 83 and was buried in the Clarens cemetery not far from her husband and two sons. Jan Rabie Jansen, was mayor of Clarens and lived where Lake Clarens Guest House is. His wife Piena, died recently and she worked at the local post office for many years.

Anna also had a daughter, Lynne. She married a Van der Merwe and she used to run Bon Souvenir Guest House near



the Kloof, on behalf of Mrs de Leeuw, another legendary personality of Clarens. All in all, this was the first guest house to open its doors in Clarens. It was more of a boarding house. At the time, Clarens's population counted not more than 30 families and the little village was just a quiet rural town with no electricity. But from this humble background and lineage, sprung a star and deservedly won his way to the top.

Meester van Zyl, renowned schoolmaster, taught Anthony's mom to read and write. Yvonne met George Bishop, son of Rob and Ivy Bishop, of Bethlehem they fell in love and got married. Two sons were born from this marriage and Yvonne later married de Freitas.

AB Baartman and Bishops were the family businesses in those days and Leroy was started by Rob's brother, Kotie and his son Roy Bishop. The Bishop name is well known in the Eastern Free State and is synonymous with clothing industry in Bethlehem.

Yvonne de Freitas's son Anthony visited Bethlehem and Clarens earlier this year and it was heart-warming to see how many of the staff at various outlets, asked to meet him and recognised him by watching Jacob's Cross.

The tale of another Eastern Free State star.



I did it... A reader tells about her visit to Katse Dam



From Ficksburg it took us three hours to reach this beautiful dam. Of course this included stopping and taking pictures, which I had to restrain myself from, as it would have taken many more hours to reach our destination.

Passing through some villages we were amazed to see how well kept and tidy they were. We also passed hundreds of people walking along the main road, all nicely dressed and happily laughing among themselves in their little groups. We wondered where they were all going. Subsequently we were told that this was a regular Sunday outing, meeting up with friends and catching about what's happening. -a really delightful colourful and joyous sight.

Going up, we had some great views of the mountain range, the valleys, small waterfalls, and also beautiful wild flowers in full bloom.

Passing Pitseng towards the Mafika Lisiu Pass we stopped at Bokong Nature Reserve, which is at 1970 meters above sea level. At the Circular Visitors' Centre we could experience the stunning view of the mountains and valleys. We were welcomed by a guide who offered to show us around. There are beautifully built rondawels overlooking the valley, ideal for a week-end away. For enthusiastic hikers there is a steep but great walk down to the foot of the waterfall. This waterfall freezes up in winter and becomes a fascinating ice sculpture.

Driving through Katse Village, which also offers various a variety of self-catering accommodation, we stopped at the Orion Katse Lodge for lunch. We were greeted by friendly staff and shown into the restaurant where we enjoyed a very good meal. The restaurant doors open onto a lovely rock garden with a stunning view all around.

The elegant, beautifully furnished lodge is perfectly situated overlooking the dam.

After lunch, we drove to the botanical gardens only a few minutes' drive away. What a lovely setting with pathways and a view of a section of the dam. One could spend hours just walking around and identifying different indigenous plants, but unfortunately we had to leave quite soon as it is advisable to get back down before dark. Plants are also on sale at the nursery.

A fantastic and worthwhile day trip.

TAKE A SIP OF CULTURE



The Basotho Cultural Village in the Golden Gate National Park demonstrates that culture and nature can live in peace together.

honeymoon hut is prepared for the couple. If the bride happens to be the chief's first wife, she will later on have the privilege of choosing the chief's second wife, who will probably be her best friend.

A visit to the village is a journey back in time, to when tradition dictated and leaders had the final say in every aspect of community life. It sounds a bit scary to the urbanised, emancipated and individualistic visitor. Yet, the atmosphere inside is everything but tense - villagers go about their daily tasks merrily and the banjo player, strategically placed on the roof of a hut at the entrance, takes centre stage with the beautiful sounds from his traditional string instrument made of an old oil tin.

On arrival, visitors have to wait outside obligingly while the tour guide goes ahead to get permission from the chief for them to enter. And this marks the beginning of a fascinating experience. One gets an overall impression of everyday life in a traditional Basotho kraal.

First on offer is traditional beer, of which only the brave can stomach more than a single sip before moving on to the sangoma's hut to be educated on the throwing of the bones and the connection to the ancestors.

Nothing takes place in isolation -when a young girl gets married, she will be dressed up by older women and a

This entire social structure has to be self-sufficient, since the villages are normally remotely situated and there are no emergency pharmacies. The ngaka (traditional healer) takes care of all ailments and dispenses medicine that comes from the field. Visitors can go on a two-hour walk along the Matlakeng herbal trail, accompanied by a social ecologist and a ngaka to learn about the cures hidden in the sour grass veld. The guides explain how these medicines are prepared and give some insight into what they are used for.

All of this happens in the heart of the Qwaqwa National Park, which now forms part of the popular Golden Gate Highlands National Park. A Basotho guide will accompany you and you could see black wildebeest, eland, blesbok, oribi, springbok and Burchell's zebra - to all of which the park is a natural habitat. You may also be lucky enough to spot the rare bearded vulture (lammergeier) and the equally rare bald ibis, which breed in the ledges of the sandstone cliff.



Pictures by Shanka von Brandis

Rebellie, the full story

The pointed hill of Rebellie is an Eastern Free State landmark. One sees this high point from afar and the demanding four-by-four trail winds its way up that very same Eastern Free State landmark. It is one of the highest points, if not the highest, near Clarens and the trail is one where you can put your driving skills to the test. And testing it is. You must have courage and experience and you must not scare easily. If your discretion is the better part of valour, stay at home and sip on a drink. And watch the wildebeest on the lawn. Mary-Ann Pickers made the trip to the top.

The trail that leads up to the top of the mountain is not for sissies, but the view offers nature's best. Once there, all sweaty palms, dry mouths and hangings on for dear life are forgotten. The mountain air is crisp and clean; the valleys fold one upon the other and fade into the horizon. It captivates the senses and leaves an everlasting impression on the soul. When the four-by-four vehicle slowly makes its way to the top of the mountain that screens the game farm from Lesotho, you have to hold on tightly and try and bring the nerves under control, but the landscape is captivating as it unfolds.

Game is abundant and typical Eastern Free State red grass bows in the breeze. Here, mountain, cliff, water stream and wildebeest are in perfect harmony and make the visit worth every bump and slide. From the top one can see the Clarens village rooftops reflecting seemingly far in the valley below but it is close enough for a drive on one of the three possible routes. Rare and rich birdlife, as well as the occasional ouvolk enjoying the autumn sun, adds to the feel. The mountain route is one of two tracks graded 3-4 for difficulty, but the bottom route is graded 5. No vehicle is allowed to drive the kloof route unguided.

Rebellie Game Farm can sleep 35 people in the various Lodges. All the beds are fitted with electric under blankets and all units are fully equipped. You may bring your TV smartcard along, but the wonders of nature are there to feast your eyes. There are no dangerous animals on the farm and guests can walk to their heart's delight. If too anxious to drive the four-by-four routes, why not walk them. The view from the top is not to be missed.

Rebellie does not allow quad-bikes and off-road motorcycles on a day visitor's basis, however, staying guests are welcome to bring their own and ride the four-by-four trails. Day visitors making use of the routes are charged per vehicle per day.

**To book, phone Nic Prinsloo on
083 627 8391
or reception at 058 256 1152 or
email rebellie@mweb.co.za
Visit the website www.rebellie.co.za
for more information.**

The competition has been extended. To win three nights for two midweek, SMS 'REBELLIE' to 078 800 6121 before 31 August 2011. Prize is valid for 12 months



1. Maluti Lodge
2. Lake Clarens
3. Protea Hotel
4. Horeb Butchery
5. Rebellie Game farm
6. Brambleberry on the Golf Course
7. Artzone and InClarens
8. Engel & Volkers
9. Helen Claassen Gallery
10. Clarens Interiors
11. Clarens Breweries
12. Lilliput
13. Street Caffe
14. Ash River Lodge
15. Yoga in Clarens

Bethlehem ↑

- Frontier Inn & Casino
- Bethlehem Karavane
- Priscillas Hairsalon
- Le Roy Outfitters
- Crezco

● **Ashriver Outfall**

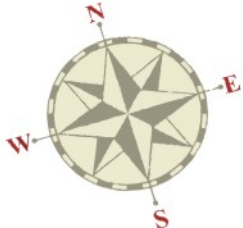
Clarens Hiking Trail

Town Square Monument



33. Clarens Destinations
34. Post Office
35. Clarens House of beauty
36. Richard Rennie Gallery & Art Workshop
37. Sir Henry's Guest house
38. Bon appetite
39. Mountain Odyssey

Clarens



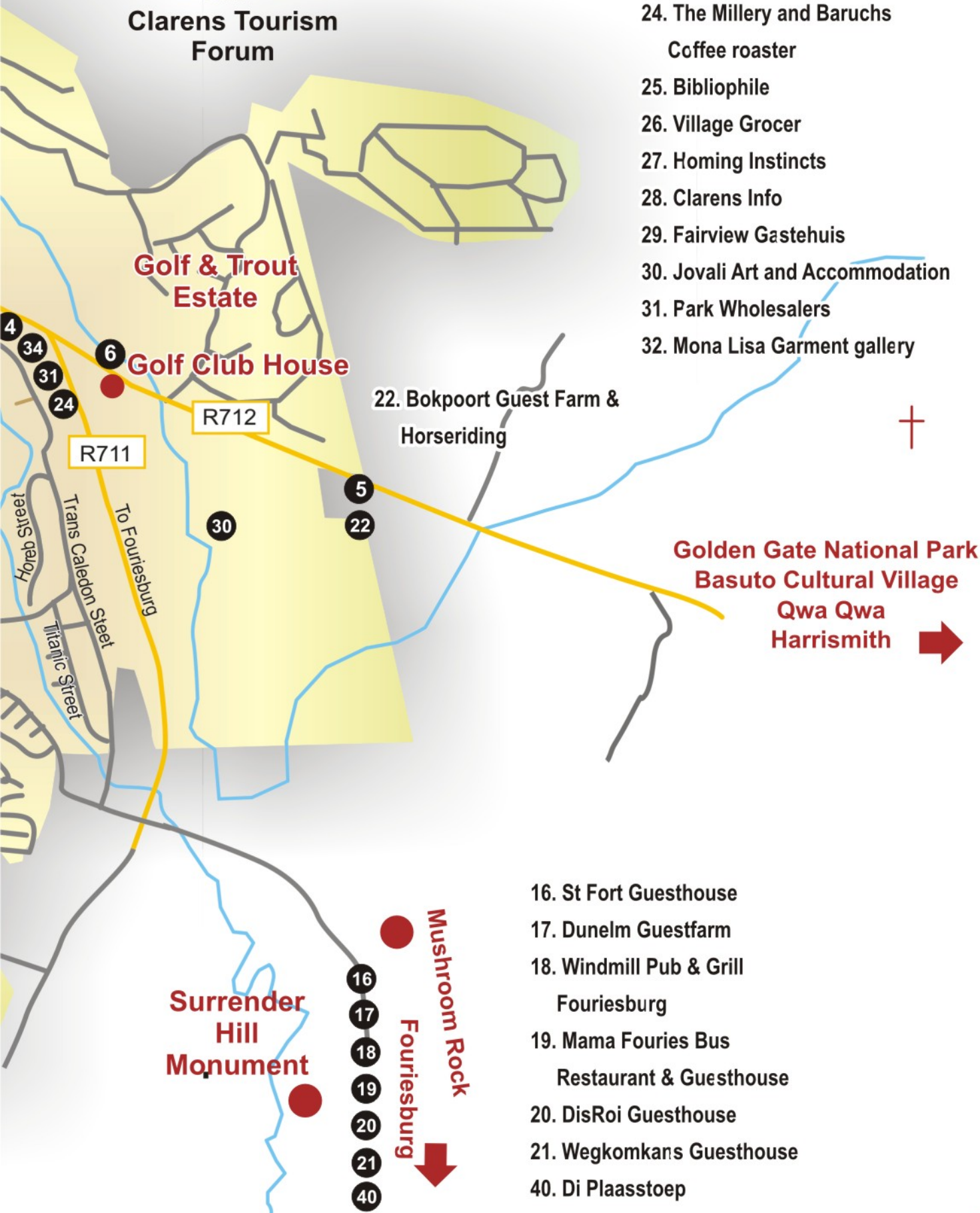
● **De Lusthof Gasteplaas**

● **Motouleng Caves Heritage Site**



Clarens Tourism Forum

**For any information or directions,
phone 082 963 3398 or 082 923 6907**



- 23. The Blanket Shop
- 24. The Millery and Baruchs
Coffee roaster
- 25. Bibliophile
- 26. Village Grocer
- 27. Homing Instincts
- 28. Clarens Info
- 29. Fairview Gastehuis
- 30. Jovali Art and Accommodation
- 31. Park Wholesalers
- 32. Mona Lisa Garment gallery

- 16. St Fort Guesthouse
- 17. Dunelm Guestfarm
- 18. Windmill Pub & Grill
Fouriesburg
- 19. Mama Fouries Bus
Restaurant & Guesthouse
- 20. DisRoi Guesthouse
- 21. Wegkomkans Guesthouse
- 40. Di Plaasstoep

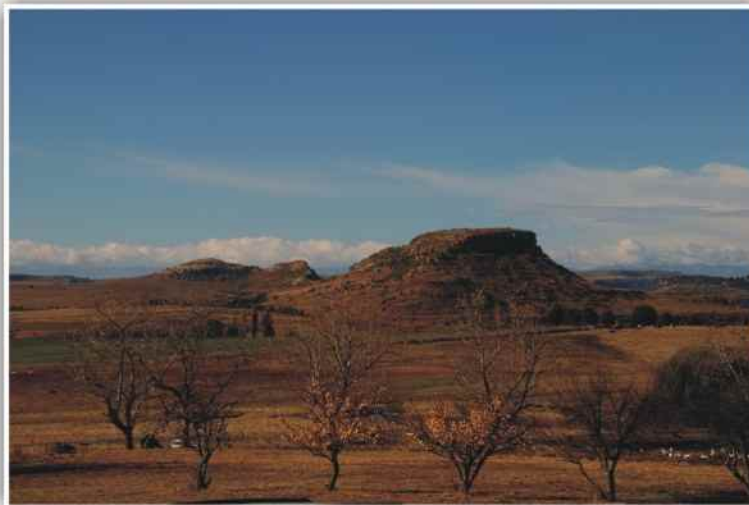
WITH ALL THIS, COMES BEAUTY

Cold nights in the Eastern Free State are a very powerful incentive to retire to the warmth of a genuine down duvet. Anneke Sorour and her team make soft, light and durable duvets. While being mother and wife on a very busy farm she still finds time to cater for the Methodist Church in Ficksburg. As part of the All Saint's fundraising celebrations, Shanka von Brandis spent the day on Uitkyk, and experienced just how easily the tranquil setting can be transformed into a festive fair.

Uitkyk is exactly what its name suggests – a spot with a view. The makeshift conference centre, which once provided overnight accommodation to stately old ox-wagons, has opened its wide doors to the colourful valley below and invited the breathtakingly beautiful view onto the terrace in front of the building. This is typical Eastern Free State countryside, which in autumn means a patchwork of brown, ploughed fields, green pastures. The white geese swimming lazily on a mirror-like lake bring visions of cosy evenings snuggled up warmly in a soft down duvet. The rustling, falling leaves of the many deciduous trees surrounding the area, enhance the feeling.

The farm belongs to Reuter and Anneke Sorour and together they established a down duvet factory which is known as the Green Goose. It is situated about 100 kilometres from Clarens and fifteen from Ficksburg on the road to Rosendal. The road from Clarens to Fouriesburg and on to Ficksburg is pleasant

driving and although a little potholed between Fouriesburg and Ficksburg, the scenery makes up for the slight inconvenience. The farm can also be reached from Bethlehem via Rosendal.



“Uitkyk” oor die Oos Vrystaat

Although the Green Goose represents Anneke's lovely soft duvets, Reuter runs a dairy and makes cheese. The Ayrshire-Jersey crossbreed cows produce rich milk with just the right amounts of butterfat and lactose to ensure a very tasty cheese which can be grilled or served as is. And it is organic. All produce is “Green” as in organically green.

Anneke caters for small parties. She runs a shop where her pillows and duvets are on display and she serves relaxed tea-parties and light lunches. The doors of the old garage open onto the terrace and comfortable chairs and tables are scattered in the filtered autumn sun. The view over the geese's lake completes the tranquil picture. Here one can enjoy the tried and tested Ficksburger, a smooth textured cheese, straight from the factory on the farm.



Next generation, Albert Sorour and his squirrel friend

. “We support the concept of family farms as opposed to industrial agriculture,” Reuter stresses and his seven year old son confirms this. He wants to continue his father's work on the farm; caring for the geese and the cows and the game.

Yes, at Uitkyk there is more than meets the eye, more to explore and more to enjoy than just beauty.



Super soft duvet

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E 27°55'54”

Tel/Fax: 051 933 5744

Anneke Cell 082 925 2770 caters for groups of 30 and farm visits by appointment only.

www.greengoose.co.za



Green Goose Cheese

ALL SAINTS AUTUMN TEA



The Anglican Church has a marvelous past, rich in history and traditions, and the all Saints Anglican Ladies Guild also boasts of an interesting past, kept alive and active by enthusiastic members today.

A working group of ladies associated with the branch of the Bloemfontein Mission association, was organized, in Ficksburg in 1894 to help with the raising of funds for the extension of church work. This “Ladies Working Party ” formed the foundation for the present Ladies Guild , when in 1929 Mrs. Harcourt Vernon, as wife of the Anglican rector, the Reverend Canon A.H. Harcourt Vernon, established the ladies guild, with monthly meetings and projects just as we know it today.

The ladies of the Anglican Guild assist with church work,

fundraising and helping needy people. The proceeds from this year's fundraising are to assist with the 1906 church tower and bell repairs. The guild had a successful autumn tea and braai on the farm of Reuter and Anneke Sorour. The autumn leaves formed a crunchy colourful setting for renowned artist Sue Boggett and her students where their paintings were exhibited.

Visitors enjoyed tasting the various organic cheeses and had the opportunity to buy farm produce, down duvets and pillow and soak up the atmosphere of an Eastern Free State autumn day on a working farm with geese, piglets, cows and calves. Only 3/4 hours away from Clarens this event could prove to be popular with city dwellers who search for country life and old world values. – Janet Barrett



Gathering fruit from the *Weld*



What could be considered a weed has been turned into a lucrative enterprise, when Eddy Cressy erected his rosehip factory on the farm Beginsel, outside Clarens.



In South Africa, this fruit of the rose plant is an invasive species in the highlands of the Eastern Free State and is recognised as displacing native vegetation although it is not a conservation threat. Beginsel, situated right on the Caledon River – the South Africa-Lesotho border, is also close to the Sebapala River where rosehips abound.

When Edmund Cressy (Eddy) came upon Beginsel in 1980, he didn't see weeds, but rather the potential of land from where rosehips could be easily collected. Beginsel also had numerous buildings which were needed for drying rooms for the large quantities of hips arriving from the nearby mountains. The farm buildings were upgraded and made suitable for rosehip processing. A laboratory and oil pressing room were also constructed for expansion into the cold pressed organic essential oil market.

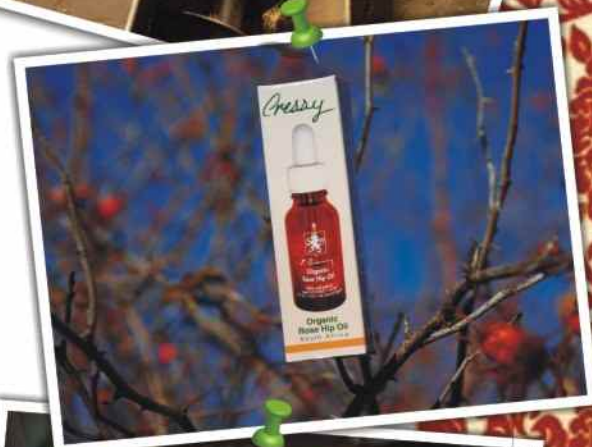
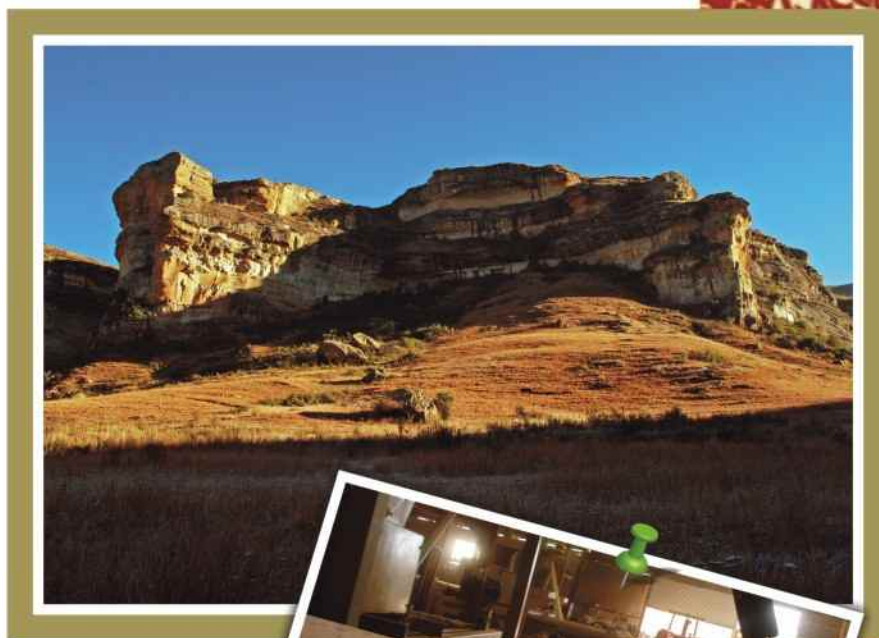
For Eddy, having traded in South Africa and Lesotho for almost forty years, rosehip has been the main business, but his undertaking has diversified. He now has various other herbal teas on offer. Helichrysum is considered by some to be one of the sacred oils and can be applied in various ways. It can fade bruises almost overnight or loosen phlegm and alleviate congestion. If massaged into joints it relieves pain and inflammation. Or it can be used as aromatherapy for it detoxes liver and spleen congestion from drug and nicotine overload.

Kigelia or Sausage tree extract is a lotion for sun damaged skin, sun spots and wrinkles and Pelargonium for various skin disorders.

Eddy and his right hand, Frances Lozean, welcome guests and visitors to the farm factory, which offers much more than just the internationally acclaimed medicinal oil that the native people of Chile had kept a secret for centuries. Now the properties of rosehip have been validated by worldwide research and rosehips grow in abundance in Lesotho and South Africa. At Beginsel, Eddy extracts oil from the seeds contained in the intensely red berry-like fruit of the wild rose-bush that grows in the cool, lush mountain rainy valleys of the Maluti Highlands. Eddy Cressy pioneered research in South Africa on the oil's healing and rejuvenating properties.

The farm is tucked away in a valley hugging the Caledon River with hazy vistas onto the Maluti Mountain chain rolling into the horizon. This is where Edmund Cressy continues his life's work and where he produces Cressy Rosehip Oil.

The murmur of the factory machines doesn't disturb the peace of this unique setting and environment. The oil is obtained through a fully in-house process. From the selection of the rosehips, extraction of the oil, refining and formulation through to bottling -all done with meticulous attention to quality at the place of origin. A must visit when in the Eastern Free State.



Directions: From Clarens: take the R711 to Fouriesburg for 18 km, turn left at the cross road and follow the tar road until you come across a little settlement on the Caledon River, then you have reached Beginsel, the source of rosehip oil in the Eastern Free State.

Eddy can be contacted at edmundcressy@hotmail.com.
Herbal Trading Trust - Home of the Rosehip!
P.O. Box 145, Clarens, Free-State, South-Africa
Contact Number: +27 58 256 2000 / 1

Dixon se droom kry 'n nuwe baas

Toe Stephan en Maretha de Kock die historiese plaas Dunelm bekom het, was hulle planne om die plek in 'n gesogte gaste-wildsplaas te omskep reeds agtermekaar. Hierdie planne is nou besig om mooi vorm aan te neem en Dunelm - die pragtige plaas tussen die sandsteenrantjies tussen Clarens en Fouriesburg - word na waarde ontwikkel.

Onopgesmuk, ruim en funksioneel met eenvoudige, smaakvolle reguit lyne in rooi baksteen en teenstellende geel sandsteen, pryk die huisies teen die witgerypte grasbult van Dunelm-gasteplaas. Die interieur is foutloos keurig en gerieflik met stoep en braaigeriewe. En natuurlik die uitsig oor die Rooi- en Wittebergreekse wat blou flonker in die winterson.

Die dam met reënboogforel begroet die reisiger en vakansieganger somer so by die hek. Nog voor jy by ontvangs aanmeld, kom die elande en waterbokke ook reeds kopspelend nader.

Die ou kliphuis is besig om van gedaante te verwissel. Jaap Boonstra, argitek van Clarens, het die restourasie planne opgetrek en dit is aan die raad van nasionale gedenkwaardighede voorgelê. In hulle noppies toe dit

goedgekeur is, het hulle vlytig aan die werk gespring. Dis 'n reuse onderneming, maar Stephan en Maretha is energiek besig om die paadjie te loop wat hulle hul harte op verloor het.

In die restourasieproses het die De Kocks afgekom op 'n dik laag tydskrifte en koerante waarmee die solder geïsoleer is. Die publikasies dateer almal uit die tydperk rondom 1909 toe die oorspronklike eienaar J.G. Dixon in die Oos-Vrystaat aangekom en vir hom 'n replika van sy geliefde tuiste in Durham, Skotland laat bou het.

Bo en behalwe al die interessante nuusbrokkies in die solder, kom die De Kocks toe ook af op ouer geskiedenis. Tydens die beplanning van die wandelpaaie ontdek hulle die oorhangkranse met Santekening daarop. En dan is daar die gedenknaald wat vir die gesneuwelde Britte tydens die Anglo-Boere-oorlog opgerig is waarby 'n mens 'n oomblik kan





Reënboogforel kerjaker in die water

stilstaan. Hulle het geval tydens die laaste veldslag voor genl. Marthinus Prinsloo besluit het om oor te gee daardie verskriklike nag van 30 Julie 1900, by Surrender Hill, bekende baken langs die R711 nasionale pad.

Die tekens van Suid-Afrika se geskiedenis lê daar te lese op Dunelm. Dit is hier waar dapper Boere die laaste linie verdedig het teen die Britse aanslag van Fouriesburg se rigting tydens die Anglo-Boere-oorlog. Op die rant se rug wat lank uitstrek oor Dunelm, was Boere ingegrawe en onder aan die oorkant van die vlei, agter saamgeflanse skanse, het Brit na skuiling gesoek. Teen middernag het dit op die juiste rug begin sneeu en toe die son deur 'n bewolkte horison beur, was die rug verlate. Sommiges het te perd gevlug, al met Lesotho se grens langs, oor die berg by Rebelle verby en deur Golden Gate na vryheid. Ander het moedeloos die wapen neergelê soos deur generaal Prinsloo namens hulle onderhandel is.

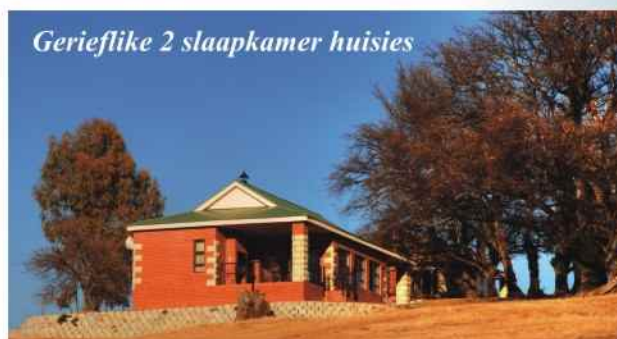
Die Scheepers-begraafplaas is opvallend strak en wit teen die effekleurige wintergras. Hier het pioniers van verskillende vlakke mekaar afgewissel in die aanloop tot dit wat Dunelm in die toekoms nog sal bied. Opwinding vir sommiges maar ware rus en vrede vir die wat daarna smag. Dit is ook sentraal genoeg

om Clarens, Fouriesburg, Ficksburg en Bethlehem te verken maar ver genoeg om stilte te bied as dit is waarna jy verlang.

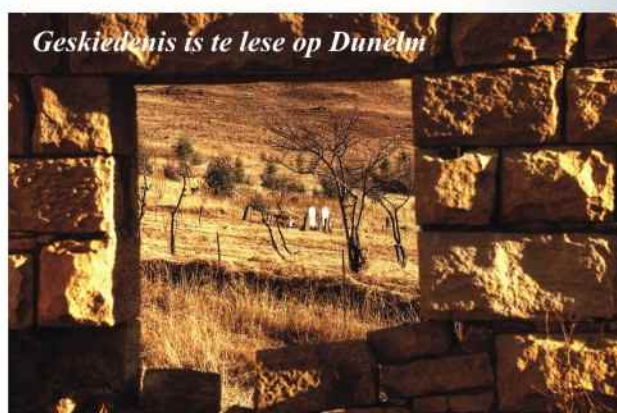
Skakel Maretha by 084 209 2091 of e-pos na bookings@dunelm.co.za vir jou plekkie in die Afrika-son.



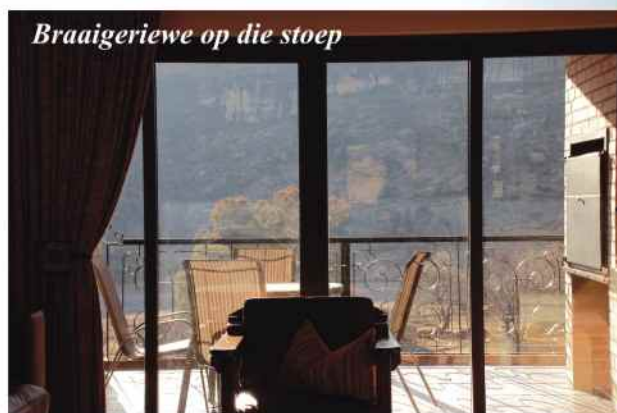
Die ou opstal in beginstadium van herstel



Gerieflike 2 slaapkamer huisies



Geskiedenis is te lese op Dunelm



Braaigeriewe op die stoep

**Om twee nagte midweek vir twee persone te wen,
sms Dunelm na 078 800 6121. Sluitingsdatum is 30 September
WEN en die prys is geldig vir 12 maande. **WEN****

Disroi Guesthouse Fouriesburg

Hosts: Charles & Jélane Barnard • Cell: 083 357 6134 / 082 925 7716
 • info@disroi.co.za / jelaneb@gmail.com • www.disroi.co.za
 Bookings: Stienie Venter - 072 478 7078
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Fouriesburg



spring fair 3 September 2011

Fouriesburg hosts its third annual Spring Fair on Saturday 3 September 2011. It takes place in gardens, galleries, workshops, guest houses and homesteads all over town and on farms. All the fair venues are linked by a fun, clue-driven map.

Showcasing diverse local talent, the Fouriesburg Spring Fair offers art, live music, crafts and genuine Free State hospitality to visitors from across the province as well as further afield... and a range of activities such as face painting, recycled art and pony rides for children.

www.fouriesburginfo.co.za



HIER IS AL GEKÚÍER



Die oudste hotel in Clarens is vandag 'n herberg of dan 'n lodge, soos dit in die algemene omgang bekend staan, skryf Aniena Aber van die ampse historiese landmerk langs die R712 by Naauwpoort se draai.

Voëer jare was dit die kuierplek van die plaaslike gemeenskap en rendezvous van die omliggende dorpenaars. Baie staaltjies is langs die kroegtoonbank gewissel en lang aande van armdruk en elmboog lig is hier verwyl. Dit was ook die oornagplek van menige reisende verteenwoordiger of rep soos almal van hulle gepraat het. Hulle het graag die paar kilometer van Bethlehem aangepak vir 'n aandjie langs die kaggel-vuur en 'n warm bed in een van die gerieflike chalets.

Die ou Clarens Motel het baie eienaars gehad maar sowat agtien maande gelede het Dan Lategan die eiendom bekom en dit opgeknip. Vandag is die Maluti Mountain Lodge bekend as motorfietsryers se gunsteling-bymekaarkomplek, 'n ruim galery vir Johan Marais se kleurvolle skilderye en die ideale stilletjie om 'n konferensie of spanboubyeenkoms te hou.



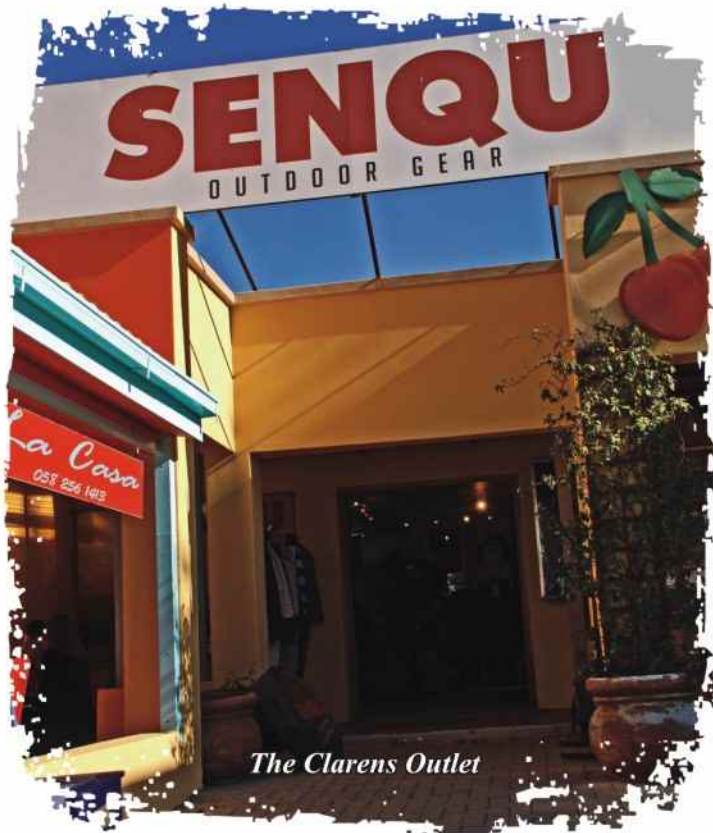
Maluti Lodge bedien 35 afgevaardigdes in die konferensiekamer en kan 60 persone wat deel, oornag ontvang. Konferensiegangers kan dus hulle metgeselle saambring. Wat die Lodge so spesiaal maak, is dat dit nie in die dorp geleë is nie maar naby genoeg aan al die interessantheide wat Clarens en die Oos-Vrystaat bied.

Dan Lategan en sy span staan gereed om aan elke versoek van gaste te voldoen. Hulle bedien bobaas-kos in die eetkamer of lapa of op die balkon met sy lieflike uitsig oor die

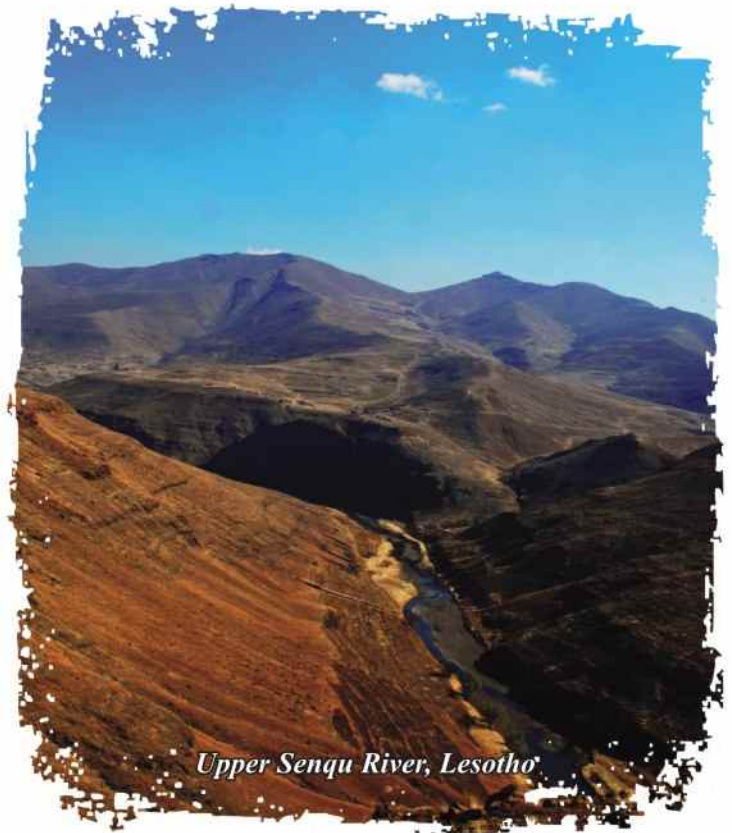
Clarens-vallei. Daar is verskeie seldsame disse op die spyskaart en hulle roem hulle daarop dat die Lodge die vriendelikste herberg in Afrika is.

Om op 'n aansienlike afslag aanspraak te maak vir week-of midweek-konferensies, skakel Dan by 058 256 1422 of 084 412 3259 of epos na danlategan@telkomsa.net

**Om twee nagte midweek vir twee te wen, sms
MALUTI na 078 800 6121 voor 30 September 2011.
Die prys is geldig vir 12 maande.**



The Clarens Outlet



Upper Senqu River, Lesotho

A river runs to it

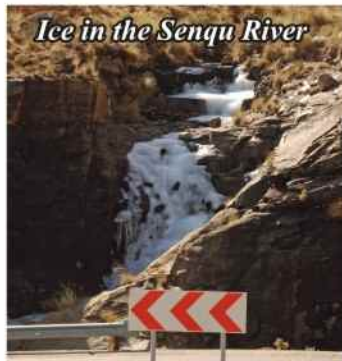
A river springs from the high mountains of Lesotho, flows from that breathtaking high ground and falls over drops of meters high to end up in Katse Dam. From there, the water runs along well-designed pipelines and South African rivers, to the Vaal Dam to supply water to the ever thirsty Gauteng. Senqu not only signifies water though, but is the brand name of a national clothing company with a branch in



The Handing over at Tsepong



These two ladies take care of the children at Tsepong



Ice in the Senqu River

Senqu Riverwear is designed and made for the discerning shopper of men's, women's and children's outdoor clothing. It is the brand name of choice in the Eastern Free State, because it originated in the backyard of this ever popular area and wearers of these unique and lasting clothes do so with pride.

Senqu runs a factory shop where rejected clothes can be bought at low prices as nothing but the ultimate best will ever be good enough for the outlets nationwide and also in Clarens. Each winter, this factory shop sets aside a full range of clothing to be donated to a charitable institution and, this year Tsepong was the fortunate receiver of R25 000 worth of clothing.

Tsepong is a youth centre caring for and feeding orphans in the Kgubetswana Township near Clarens. The centre was built from funds generated by the Combined Churches in Action. Fifty orphans are fed here every day.

The community all join in when there is work to be done and they were also there to receive the substantial donation from Senqu's representative in Clarens, Warrick, thanking him with humble gratitude.

DIE VERLORE GRAF VAN JOSEPH LYONS VERLIESFONTEIN

Op Alice (Liddell) Lyons se graf staan geskryf: "wife of Joseph Lyons "died 28/07/1906 aged 66 years."

"I asked then whence their victory came. They, with united breath ascribed their conquest to the Lamb, their triumph to His death.

"Erected by her children."

S 28°35.825
O 028° 25.942

Dit is opvallend dat die gebruiklike "beloved" hier ontbreek en kan dit algemeen aanvaar word dat Joseph Lyons nie sy vrou se begrafnis bygewoon het nie. Haar kinders rig die gedenksteen aan hul moeder op omdat Joseph Lyons voor sy vrou oorlede is. Dit is die indruk wat deur die grafskrif gelaat word en hy is nie in die Mullerstraat-begraafplaas op Bethlehem, langs of naby sy vrou begrawe nie. Dit is hier waar die soektog na Joseph Lyons se graf begin.

Joseph Lyons het op Verliesfontein geboer, hier in die jare 1870 rond, en sy nasaat, Lily (Lyons) Joubert, se seun het die grond in 1986 verkoop. Niemand het ooit van 'n begraafplaas op die plaas gepraat nie, nog minder dat Joseph Lyons op die plaas begrawe is.

Sy seun (Lily se pa) wat later op die plaas geboer het, Joseph Arthur Lyons en dié se gade, Martha Lyons (neë van der Merwe) is in die Clarens begraafplaas begrawe, maar die groot soektog na Joseph Lyons (snr) se graf, lewer totaal en al niks op nie.

Daar is wel 'n baba-graffie by bogemelde koördinate, met die erg verweerde inskripsie: "Baby Lyons" Wie se baba dit was, is onbekend. Dit is net 'n gebeitelde grafsteen wat eintlik maar in die veld rondlê. Sonder datum en sonder naam maar met die mooiste uitsig oor 'n diep kloof, Clarens asook Naaupoortnek.

Waar en wanneer Joseph Lyons oorlede is, kan nie in die annale gevind word nie. Dit is al asof hy nie bestaan het nie en tog, hy was met Alice Liddell, oudste dogter van Joseph Plaskett Liddell (Craigrossie) getroud en hy was die vader van ten minste een Lyons-seun, Joseph Arthur, asook, volgens Alice se grafskrif, ander kinders.

Dit is bekend dat Joseph sr. die seun van 'n baie welaf en

bekende ysterwarehandelaar in Engeland en heelwat ouer as Alice Liddell, was.

Hulle het daar ontmoet nog voor die Liddells na Suid-Afrika sou kom. Hy het haar reeds in haar geboorteland die hof gemaak. Alice se vader was 'n diep gelowige en ernstige kerkman en glad nie gelukkig met hierdie verhouding nie. Hy was van mening dat Joseph Lyons nie gelowig genoeg was vir sy dogter nie en het die verhouding ten sterkste afgekeur sodat Alice vir Joseph weggewys het nog voor die gesin se vertrek na hul nuwe tuiste, hier in Suid-Afrika.

Die bootreis na die nuwe land was vol teenspoed en sonder wind. Die Liddells se reis duur etlike maande en Alice ontmoet die jong skeepsdokter Brown. Hy is aanvaarbaar vir haar ouers en hulle gee toestemming dat die jong paartjie verloof mag raak.

Die oggend nadat die Liddells in Durban voet aan wal gesit het, gaan dr. Brown en die Liddell-broers die heerlike water van die Indiese oseaan toets. Of dokter Brown nie kon swem nie en of hy deur 'n haai verslind is, sal altyd 'n raaisel bly. Hy keer egter nie terug van daardie vroegoggend uitstappie nie en Alice is weereens alleen. Nie lank hierna nie, bereik die nuus van haar eensaamheid Joseph Lyons in Engeland. Hy laat nie op hom wag nie, pak die tog na Suid-Afrika aan en smee Joseph Liddell om sy dogter se hand. Hulle trou en vestig hul op Verliesfontein, nie ver van skoonpa Joseph se plaas af nie.

Joseph Lyons, Britse onderdaan, is vir bykans dertig jaar gevestig op die plaas toe die Anglo Boere-oorlog uitbreek. Hy word op 3 Oktober 1899 deur veldkornet DS Naude, opgeroep om diens te doen in die laer op Damascus. Sy swaer Alexander Liddell, val dieselfde lot te beurt en so weet ons dat Joseph Lyons toe nog gelewe het. Of hy die oorlog enduit gesien het, is nie seker nie maar dat hy voor 1906 oorlede is, is wel.

Die oudste van die Liddell-familie wat ek kon raadpleeg was Derrick Sparks en op sy aanduidings gaan ek na 'n grafsteen soek. Daar is weliswaar plat klippe wat as kopstuk kon dien maar op 'n hoogs onwaarskynlike plek. Geen teken van enige inskripsie kan op die betrokke klippe gekry word nie en dit kan nie met sekerheid aanvaar kan word dat dit Joseph Lyons, eertydse eienaar van Verliesfontein, se laaste rusplek is nie. Sy graf sal dalk vir altyd 'n tergende geheim bly en dalk is die data vir altyd verlore.

Enige inligting kan gestuur word na amanda@synapsys.co.za.

THE LOST GRAVE OF JOSEPH LYONS VERLIESFONTEIN

The inscription on the headstone of Alice (Liddell) Lyons reads: "wife of Joseph Lyons" and "erected by her children". Her husband died before her but his grave is not in the Muller Street cemetery, Bethlehem with Alice's. Joseph Lyons lived and presumably, died on his farm Verliesfontein which belonged to his descendants until 1986.

It is not known where Joseph Lyons was buried. His son Joseph Arthur and the son's spouse, Martha (van der Merwe) were buried in the Clarens Cemetery.



On the farm, I came across a head stone with the only legible inscription: "Baby Lyons". Where and when Joseph Lyons passed away, remains a mystery.

We know that he was the son of a wealthy ironmonger in England and much older than Alice whom he met in England before the Liddells immigrated to South Africa. He proposed but Joseph Liddell did not approve, as he considered Lyons not sufficiently religious.

On the difficult and prolonged voyage to Africa, Alice got engaged to Dr Brown, the ship's doctor, whom she met on the long voyage. On arriving at Durban, Doctor Brown and the Liddell brothers went for a swim when Brown disappeared. Not long after, news reached Joseph Lyons in England that his beloved Alice was available once again. He decided to come out to Africa and proposed again. After their marriage they settled on the farm Verliesfontein.



Both Joseph and his brother in law were British subjects but were called up on 3 October 1899 by field cornet DS Naude to serve in the laager at Damascus. Whether he survived the war, we do not know but he did perish before his wife who died in 1906.

I came across a stone which could be a headstone, but in such a peculiar position and without any trace of inscription, which makes it highly unlikely to be Joseph Lyons's grave. His burial place will possibly remain a mystery.



SPREAD THOSE WINGS

For information contact: Clem Harrington at 058 303 5732 or 082 455 8521.

The Air Show is a highlight on the Eastern Free State's entertainment calendar and according to numbers, the second most important air show in the country. The runway is close to the crowd and the gleaming aircraft enthralled spectators with a stunning array of ascensions and landings.

This year's show is hosted on 26 and 27 August and promises to be as exciting and informative as last year.

To enhance the day's festivities there will be a vintage and classic car exhibition and along the walkways a range of food and other stalls catering for the hungry.

For information contact: Clem Harrington at 058 303 5732 or 082 455 8521.

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Quintessential quilting

*“A world of cloth and colour writes Elna Roos
with photographs by Elsa Esmeralda*

“Beauty captured in colour and texture was the talk of the town when the South African Quilters Guild recently gathered in the Eastern Free State. The women retreated to Clarens for the week from 12 to 16 July to focus on their art.”

Local quilter Alae Grabe was the organiser of the sixth annual retreat held in Clarens.

For a week, the beautiful handwork could be admired and practised, as 107 women attended 190 courses and along with the eight teachers came the 30-piece South African travelling quilt exhibition. In all 150 quilts were on display. Suppliers



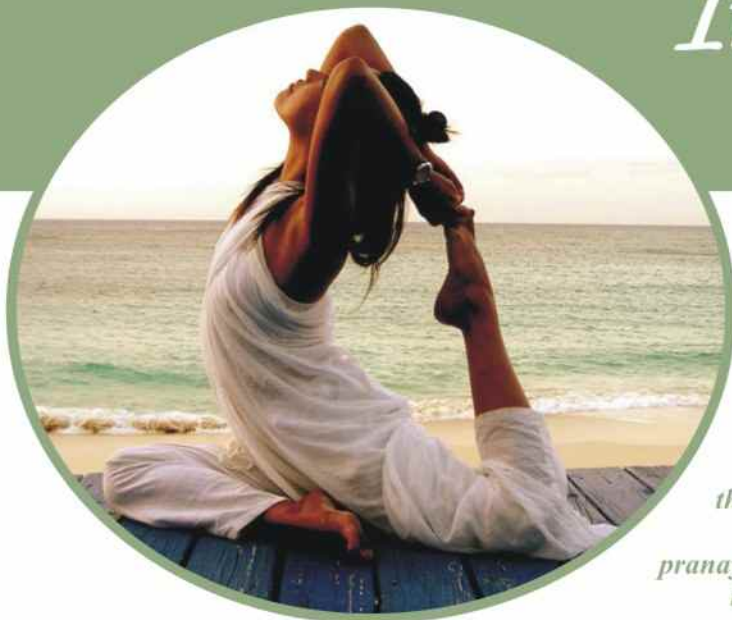
were also in attendance and the inspired quilters could go home with all the supplies required for their exciting new projects.

For those that felt the need, there was also room for diversification with three of the teachers offering knitting and Afghan crocheting lessons.

Fifty per cent of the attendants this year had been before and many will come again. Next year's retreat will take place from 10 to 14 July and early birds will have the joy, since limited



It's only a breath away . . .



Your breath is the vehicle through which prana (life force) enters your body. Pranayama (yogic breathing) is the art of regulating this energy by controlling the incoming, outgoing and suspension of the breath. The control of energy through the breath is a matter of great importance to any practitioner of yoga; whether you are interested in it for therapeutic, health or spiritual purposes. The science of yoga is in itself the science of life energy and pranayama is used as a tool to regulate this flow of energy in the body. It is the key to a great workout.

Breathing is the most vital process of the body. It is the essence of life itself. It influences the activity of each and every cell as it fuels the burning of oxygen and glucose which activates muscular contraction and glandular secretion. It is intimately linked with the performance of the brain.

The normal person breathes about 15 times per minute and 21,600 times per day. But most people breathe incorrectly by using only a small part of their lung capacity. Breathing is generally shallow/irregular into the chest rather than the belly, which deprives the body of oxygen, disrupts the rhythm of the brain and leads to physical, emotional and mental blockages. Researchers believe that correct breathing can actually increase the human life span. Those who breathe in short, shallow gasps are more likely to have a shorter life span than those who breathe slowly and deeply. On a physical level, this is because the respiration is directly related to the heart. A slower breath rate keeps the heart stronger and nourished as it increases the absorption of energy. Makes sense doesn't it?

The speed of breathing can be divided into 3 parts:

- The smooth breathing that continues naturally without any effort (Quiet breathing)
- Protracted breathing which is caused by a deliberate slowing down of the breath (Deep breathing)
- The quick breathing which is caused by a deliberate increase in the speed of the breath (Fast breathing)

What I offer during a yoga class is a selection of effective techniques to make the student aware of the 4 stages of each breath: Inhalation, retention after inhalation, exhalation and retention after exhalation. Learning to identify and to become aware of each mode can greatly enhance your general well-being: it induces muscular relaxation, focus, mental tranquility, gives control over hunger, body temperature, reduces blood pressure, digestive disorders, insomnia, asthma and depression. It is an act of purification.

- Aim to breathe in and out through the nose, keeping the rhythm even and unforced.

- The natural sound of your breath is like an unspoken prayer. Upon awakening, before you do anything else, take some luxuriously slow, deep breaths
- Learning to breathe consciously shifts your thoughts away from your concerns and stresses and brings you right back to the present moment. Come back to your breath many times throughout the day.

Advanced pranayama techniques should be practiced under the guidance of a teacher, because something so seemingly simple can really be quite difficult to do. This is why the support of a yoga class can be encouraging. But you can easily practice the following technique:

Lie down with your knees bend and your feet hip-width apart on the floor. Inhale slowly and deeply, allowing your abdomen to expand fully. Keep your body complete relaxed throughout.

At the end of the abdominal expansion, let your in breath fill your chest. When the ribs are fully expanded, inhale a little more until expansion is felt in the shoulders and collar bone. This completes one inhalation.

Now start to exhale: First relax the shoulders and collar bone, empty the lungs and chest and finally relax your abdomen by pulling the navel into the spine. Then hold the breath slightly for a few seconds at the end of the exhalation.

The whole process through the 3 stages, should be one continuous movement, without strain or jerks.

This completes one round of yogic breathing.

At first perform 5 – 10 rounds and slowly increase to 10 minutes daily.

a healthy life is really only a breath away . . .

Namaste Anne-mari



(Anne-mari is a qualified and experienced teacher in Hatha Yoga – Bihar and Jivamukti methods -as well as a trained children's yoga teacher in the Radiant Child Kundalini method. She is affiliated with the Yoga Teachers Fellowship of SA. She is also a therapeutic reflexologist and registered at the Allied Health Professions Council. For info contact the Inner Circle Yoga Centre @ 082 853 1797

GIVING THEM BACK THEIR WINGS

When the stately secretary bird comes strolling down the pathway for its supper, it appears to be walking with its hands behind its back. It is where it wants to be.

This bird is but one of approximately 100 birds of prey that have been saved by the Clarens Conservancy in cooperation with Birdlife Bethlehem. It was brought to the conservancy by a farmer from the district, Waldo van Blerk, with a wing injury some years ago. It healed well and the bird was released – only to return to the sanctuary, starving. Local farmer and curator Gregg Mousley says they nursed the bird back to health and released it once more. But it came back soon and seems to have made the sanctuary its permanent home.

It has now been introduced to another secretary bird that came in in the same week that it arrived. The two seemed rather friendly sizing each other up through the fence between their two enclosures. They were released in the hope that they may become a pair, but only time will tell.



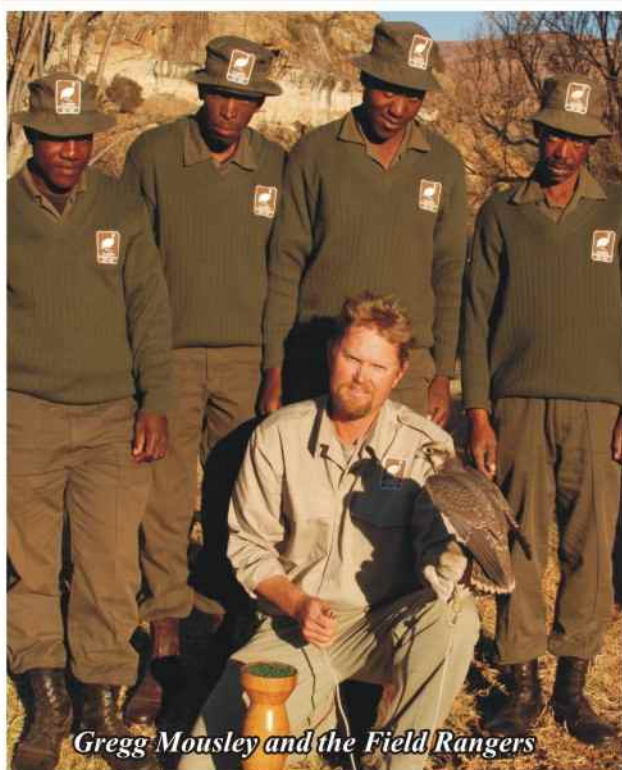
Gregg has many stories to tell – there was the little barn owl that was saved from a school after a cleaner had cut all its primary feathers off because it had made a mess in a classroom. The owl had to stay for more than a year for its feathers to grow back. When it was in perfect condition, it was ringed and released.

The method whereby rescued birds are released is called hacking, an ancient falconry technique. The bird is gradually “weaned” off its benefactors by releasing it and leaving it the option to return if it can't sustain itself. This cycle will continue until the bird eventually finally leaves never to return.

One can never tell what the eventual outcome is when you rescue a bird, says Gregg. You do, however, give it a chance to recover and survive. Knowing that, is enough to keep the team going relentlessly. The work is never done; you may successfully hack a bird today and tomorrow two others will have taken its place at the conservancy.

Members of Clarens Conservancy are grateful to members of the community who help the conservancy to play its essential role. “Oom Martiens Roux has always been happy to help us out with chickens and the Bethlehem Dierehospitaal does all our consultations at a minimal fee.”

Like all voluntary organisations, Birdlife Bethlehem and the conservancy are dependent on support. Should you wish to make a contribution, please contact Gregg Mousley of the Clarens Conservancy on 082 338 4189; or Dr Piet Koomhoff of Birdlife Bethlehem on 083 255 6257.



Gregg Mousley and the Field Rangers

In verruklike taal

“Die Vrystaat is 'n verrassingspakkie. Net 'n paar uur se ry vanuit ons geweste, in 'n noordwestelike rigting, lê die Vredefortkoepel Wêrelderfenisgebied tussen die dorpe Vredefort, Parys en Potchefstroom. Dit is maar onlangs bewys – ongeveer 18 jaar gelede – dat die drie konsentriese ringe (wat vandag lyk soos koppies of rantjies) wat in 'n radius van 300 km rondom hierdie dorpe uitrimpel, deur 'n meteoriet so groot soos Tafelberg veroorsaak is wat die aarde 2 020 miljoen jaar gelede teen 'n spoed van 20 km per sekonde getref, dit 25 km diep binnegedring en toe ontplof het.” So vergelyk Adél Steyn die Koepel met Afrikaans.

Met hierdie stel aardskuddende feite as agtergrond, bestyg ek en my gesin onlangs een van hierdie koppies in ons toergids se viertrekbakkie. Van die hoogtepunt van die koppie kyk ons af na die gelykte onder ons wat eens 'n krater was, met agter ons rye growwe riwwe, bestaande uit klip en rots, wat deur die impak daarheen uitgegooi is toe die reuse brok yster homself te pletter geval het teen die aarde.

Terwyl ek in ongeloof luister na hierdie geskiedenisveranderende verhaal, is die enigste woord wat hom telkemale aan my voordoen, naas die Engelse *amazing*, tereg *ongelooflik*. Toe ons terugry, begin ek my woordeskat plunder op soek na ander Afrikaanse woorde om iets wat 'n mens verwonderd laat, te beskryf.

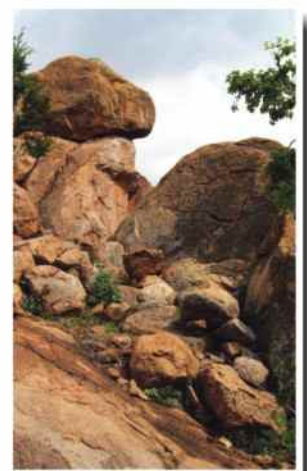
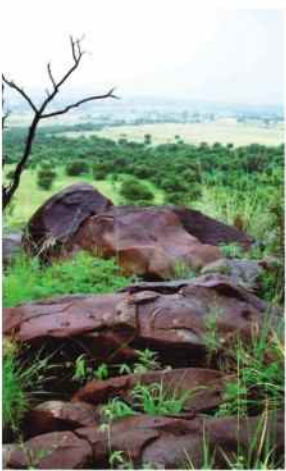
Na 'n paar kilometer se ry verby nog van hierdie knopperige heuwels wat vir so lank so 'n groot geheim onder hulle klippe verberg het, volstaan ek eers met die woorde *verstommend* en *verbysterend*. Maar tuis trek ek my woordeboeke nader. Ek soek na meer alternatiewe om die onbevredigende gebruik van die cliché *ongelooflik* hok te slaan. My soektog lewer die volgende op: verbasend, verbluffend, merkwaardig, indrukwekkend, uitsonderlik en buitengewoon. Tevrede hiermee en vasberade om hierdie woorde (opnuut) te verwelkom in my omgangstaal, begin ek dink aan nog afskeepwoorde in Afrikaans – woorde wat soos daardie klippe

met hul versteekte waarde rondom Vredefort gesaai lê – met dié verskil: die klippe se kosbaarheid nog byna onontdek; dié van Afrikaans soms al ietwat vergete.

Ek dink aan 'n Engelse woord soos *beautiful*, wat homself so knus in ons spreektaal kom nestel het. Weer slaan ek my woordeboeke oop. In Afrikaans is iets wat meer as mooi is, pragtig, lieflik, beeldskoon, fraai, wondermooi, verruklik. Waarom nie? Andersyds verlustig ek my in Afrikaanse nuutskeppinge soos hierdie: *stoeledans* vir *musical chairs* (van die Nederlandse *stoelendans*), *brakkiesakkie* vir *doggy bag* en *pofplastiek* vir *bubble wrap*.

Die riwwe aan die Goudrand lê in die buitenste ring rantjies of koppies wat soveel jare gelede deur daardie meteoriet na boontoe gedruk is. Goud is dus as't ware binne ons bereik geruk toe die onderste lae van die aardkors deur die impak na bo geforseer is. Ek wil op 'n ontdekkingstog van 'n ander aard gaan en weer mooi Afrikaans uit die onderste lae van my woordeskat myn. Ek wil weer die goud in my taal ontdek en die verrassingspakkie van Afrikaans oopskeur. Totdat ek my asem kan intrek en sê: Dis fantasties, verbysterend, wondermooi, verruklik!

Met dank en erkenning aan Christo Meyer van Parys, wat sy verbluffende kennis met ons gedeel het, asook vir die gebruik van die foto's.



Foto's van die Vredefortkoepel deur Christo Meyer

WIN A WEEKEND FOR 2 AT THE FRONTIER INN & CASINO

Name: _____ Cell nr: _____

Question: Where does the entertainment never stop?

Address: _____ E-mail: _____

Answer: _____

Competition Rules: Please hand the entry form in at Frontier Inn and Casino, Winners Circle Desk. Closing date for competition: 31 August 2011. The prize may not be redeemed or transferred for cash. This prize is not transferable. You may redeem your prize on any weekend until 6 February 2012, subject to room availability. The Frontier Inn and Casino Management's decision is final, and no correspondence will be entered into. No late entries will be accepted. The draw will take place on 01 September 2011. The winner will be contacted on 1 September 2011.

Prize: Weekend (2 nights) and an English breakfast for two (2) people at the Frontier Inn and Casino. This prize is valued at R2 700.00. Terms and Conditions apply.

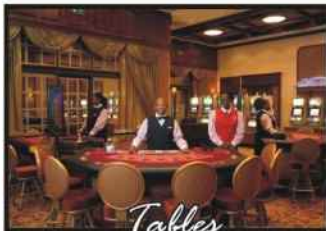
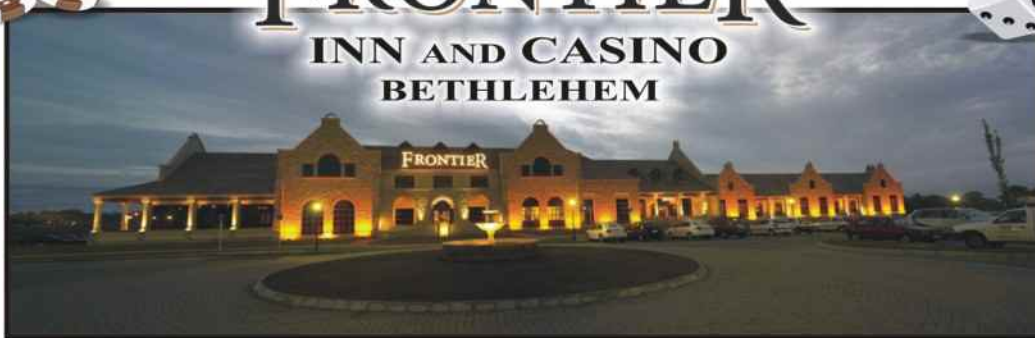
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FRONTIER INN AND CASINO BETHLEHEM



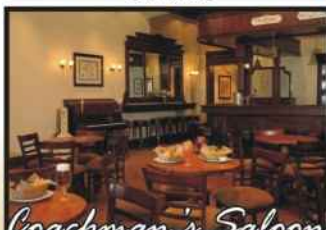
Tables



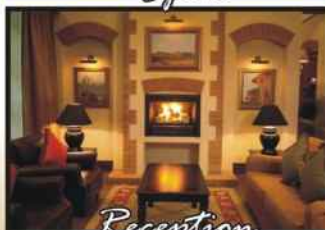
Spirits



Slots



Coachman's Saloon



Reception



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