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# InClarens

EN OMGEWING / AND SURROUNDS

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R15-00

February 2012 Februarie  
[www.inclarens.co.za](http://www.inclarens.co.za)

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



**Princess at the Open Gallery**

*Nr. 13*





# Valentines Day

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Letters to the Editor  
Briewe  
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InClarens invites you to tell us how you the reader experienced the Eastern Free State. The last letter we receive before the 15th of the month, 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 voor die 15e van die maand, wen 'n geskenkbewys ter waarde van R150,00.

Ons het die volgende eposse ontvang:

Mnr Gert van Zyl skryf:

Ek en my vrou het verlede naweek (16 tot 18 Desember 2011) saam met ons 2de seun en sy gade Clarens besoek. My laaste besoek aan Clarens was in die omgewing van 1970. Ek was baie verras oor al die ontwikkeling wat gedurende hierdie tyd plaas gevind het. Ek is nou 70 jaar jonk maar gedurende my kinderjare het ek bykans elke vakansie in Clarens deur gebring, ek was versot om in die berge rond te loop en klouter. Ek het ook gereeld in die kloof gespeel en in die bome geklim, eendag het ek in 'n wilgerboom net onderkant die klipwal van die ou dammetjie toe daar 'n sterk bui reen uitsak, ek spring toe uit die boom en skuil onder die holkrans, net daarna het 'n weerlig straal die boom getref en ek ruik net swaël, maar ek weet net ek het in 'n rekord tyd van daar tot in Van der Merwe straat gehardloop.

Baie dankie, oom Gert.

Mnr van Zyl het baie meer interessante goed vertel maar hou ons die inligting vir 'n latere uitgawe maar belowe dat dit baie nou verband hou met Clarens se sandsteengeboue. En wanneer jou van Van Zyl is, belowe dit om opwindende sandsteenstories te wees. Maar ons gaan nie nou al verklap nie. In ons volgende uitgawe vertel ons meer.

Hi Amanda,  
It was this time last year that I was in Clarens. A whole year has passed!

Received my InClarens today. Thank you for posting it to me. Everytime I go to the Spar, they don't have any copies left, that shows how popular you have made InClarens here in Gauteng.

And congratulations on the 1st year of the InClarens. I love a real life story which portrays courage and determination. Well done.

Fondest regards,

Jeannette Muller  
Bedfordview.

Thank you Jeannette, we'll keep on trying! -Ed

## Words of mass distraction by Ric

### The little thing called love

She's walking with deliberate purpose down an old mountain path. The ageing body, the product of time, is as nimble and strong as it used to be. Every month, for longer than she can remember, she has walked this path to a town on the other side of the mountain. A pension she collects, to feed grand- and great-grandchildren she raises at home in a small village. Their parents having succumbed to an illness that is spreading through the land.

Looking down into the valley in which the town is situated, she sees the ploughed land turning many shades of green. There will be a good harvest this year.

Leaning on her old trusted stick, a smile creases her weather-matured face as she thinks of the glee on the little ones' faces when she returns in the afternoon.

Love stories have been told from as far back as man can remember. We have spoken of and about love in so many ways and forms. Yet this little thing called love that we cannot see, and so great we cannot comprehend, has always eluded man. Simultaneous harmony of all things small and great is the glue in which all of life is bound together. From the little infant to the great-grandmother.

The pension queue was long and the day hot. The return home in the afternoon is always more strenuous but the smile and the heart always warm. A harmony between her and the earth she walks.

Love can never be a falling. It is and always will be a rising. A rising into the warm heart of the Great One. Out of the bosom of that space, will we still be able to treat the earth as we do?

To understand this little thing called love, there needs to be respect for the earth and all that resides on her.

To live love (lovingly) there needs to be a loving to love. Then life is love.

With Great respect and clarity

Ric.

PS Just love to love.



InClarens is...

Always something to inspire

A new year has come. Despite all the best wishes for the future, we realise that we are going through a difficult time in our existence. Famine, wars, an economic crisis, climate changes are some of the many problems we are facing and here we already find ourselves at the end of the first month of the new year. It isn't new anymore, but we can still enjoy the memories of an extraordinary New Year's Eve with Adél Steyn and Chris Chameleon.

Summer has arrived with some extreme temperatures, which are uncommon to the Eastern Free State but there still are cool and quiet places to explore in our beautiful area. St Fort Country House and Wedding Venue is one such a place and the peaceful hideaway, the Barbet Cottages another.

With the kids back at school, we need time to reflect and plan to put our New Year's resolutions into action. You should be training hard for the Surrender Hill marathon which takes place early March.

Altyd iets nuuts...

Die Oos-Vrystaat het 'n mag der menigte fotografiese moontlikhede en Noel Hutton bekyk drie daarvan met rye bome wat op verskillende plekke in die gebied voorkom. Wanneer jy moeg, warm en uitgeput in Clarens se hoofstraat afry, is daar koel lafenis by die Lazy Gecko en mooi skilderye om van te droom by die Open Gallery.

Selfs in die trae Februarie bly daar altyd iets nuuts in Clarens om te probeer. So is die nuwe staproete op die spoor van kaptein Dixon op Dunelm maar dan het ons aan die einde van ons reeks gekom en moet ons helaas afskeid neem van Caveman Spies.

Valentynsdag is elke jaar Februarie die invalshoek en hierdie jaar doen ons dit in 'n sport kroeg, so op ons eie manier en ons proe so suutjies aan tuisgemaakte sjokolade terwyl ons droom van 'n oudtydse rit op die rivierboot The White Mischief. Nee wat, die Oos-Vrystaat kreun onder als om te doen en te ondersoek. Geniet die ontdekkingstog.

Front Cover Picture:

Princess at the Open Gallery

Art by Moyo Berthold

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## The sun shines on them all

Open gallery is new but it definitely is not just another gallery in Clarens. Priding themselves in the new concept that they have come up with, the Open Gallery team does much more.



The gallery's name says it all. It is open. It is open to everyone. From beginner to accomplished artist and adorning the walls, are the most expressive pieces. Young and undiscovered as well as old and overlooked, they all found a niche in this gallery.

Most galleries cater to established and commercially recognised artists, which makes it extremely difficult for new and unknown artists to break into the art world. These barriers to entry are further amplified in the case of African artists - especially artists from less privileged and disadvantaged backgrounds. These artists often lack the support of a network to promote and showcase their art. Often highly talented artists are seen exhibiting their art on the side of the road, exposed to the wind, rain and elements.

The primary focus of the Open Gallery is to provide these up and coming artists with a showcase for their visual art.

Open Gallery signed up young artists such as Sam Tshabalala and Morgan Lekoro, two local artists of Kgubetwana and two very talented and realistic painters.

Morgan Teboho Lekoro was born in Gauteng on 13 December 1989 and was sent to Clarens in 2008 to complete school.

He befriended some of the local, artists like Enslin Voster, Coen Pretorius, Janie Wilson, Richard Rennie, Fiona Yatt and several more. These artists gave him some vital guidance.

Prince Matsika or as he is now known, Moyo Berthold, is a self-taught artist who picked up his pencils and papers at 11 years of age, and has never stopped creating. Moyo was born in 1974 in Zimbabwe and grew up with a passion for design.

"I wish to share my telling paintings for there is no



point in dying with all these pictures in my head", he explains.

He turned full time artist and his favourite past-time is to study his environment. He is inspired by the many tribal faces; as well as the flora and fauna that grace the continent of Africa. He explains that the rich diversity and abundance in tradition and cultural practice yearn to be exposed on his canvas.

His inclination for detail stems from his earlier studies at the Paris School of Art. Here he subscribed to the doctrines of the "peintres de realte" (realist painters) and today his very realistic portraits enhance the walls of the Open Gallery at the Highlander Centre, Clarens.

In harmony, the up and coming and the very accomplished exhibit their works and these are of a high standard, ensuring that both beginners and accomplished artists will reap from the Open Gallery.

*Bring your art to Open Gallery or pop in for something quite unique for that special wall in your home.*

CLARENS OPEN GALLERY

Tel: 058 256 1813 / Fax: 058 256 1638 / [info@opengallery.co.za](mailto:info@opengallery.co.za)





## The perfect setting for magic

Mary-Ann Pickers attended a breakfast wedding at the unique St Fort venue and brought us the story *Beneath the Mushroom Rock with a twist.*



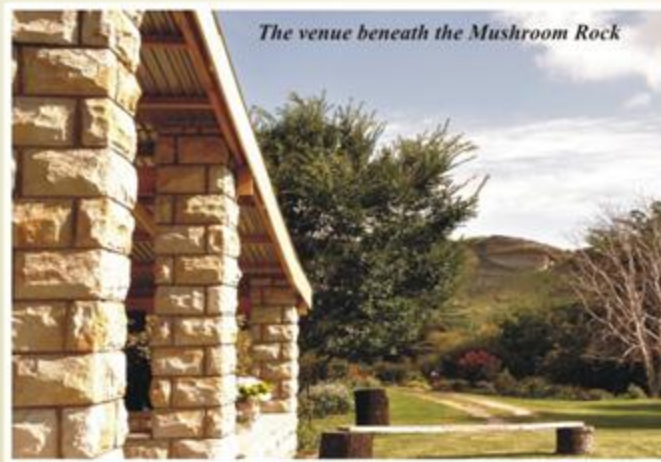


The ultimate way to celebrate the now rather trite Valentine's Day, is to get married beneath the Mushroom Rock. With the introduction of the recently renovated sandstone hall of fame at St Fort, it is now possible to articulate your wedding vows in the shadow of the hovering landmark, the Mushroom Rock.

The inkling of a wedding venue at St Fort was a lingering idea that came to pass when Bradley and Ernestine Goldblatt's only son proposed to his girlfriend. There was of course a lot of work to be done and in a very short space of time they had put their minds to it. Nicky and his bride were more than happy to have the ceremony concluded in the intimacy of one of the sandstone churches in Clarens. What an event, with guests as far afield as the Western Cape and even overseas attending and enjoying what Clarens has on offer.

And the venue at the St Fort is a magnificent setting. Manicured and matured is the best description of this historic guest farm and now also wedding venue. Summer colours, abundantly green, fragrances fresh and surprisingly cool, the scenery unsurpassed and the wedding planners top notch. A better venue will be hard to find.

Clarens Weddings concurs with the couple and parents; and then designs and organises an unforgettable wedding. Nicky and Nicola's wedding was meant to be a trial run for many weddings that will follow. But the Clarens Weddings team of Leana, Graham, Debra and Jeff are veteran coordinators. St Fort evolved into the happiest place on earth and made for even happier newlyweds.





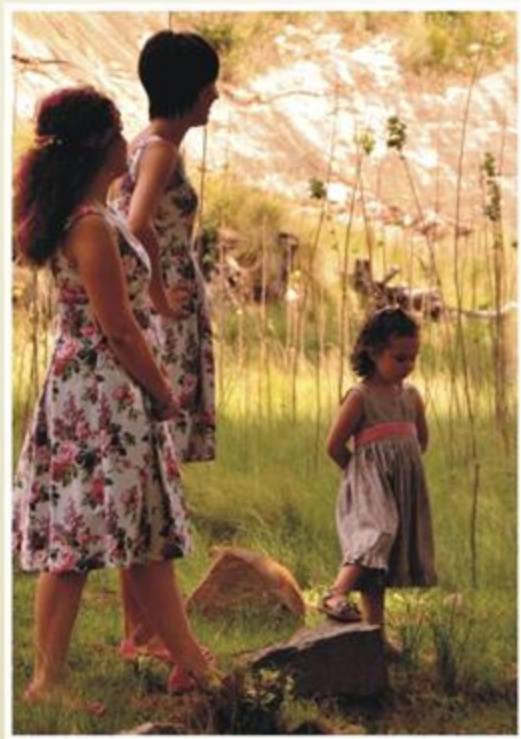
Pleasure is the path to joy and recently an Eastern Free State born and raised young woman, now living in Pretoria, followed suit. Her chosen husband hails from the Western Cape and he too was overwhelmed by the beauty of the surrounds and the venue. And, of course by the beauty of his new wife! They opted for a simple ceremony in the forest where they had a storybook ceremony among the trees. Every detail was taken care of and brunch was served in a fascinatingly decorated what used to be a factory-workshop.

Naturally there is ample accommodation at the venue and every facet of the wedding is negotiable. Clarens Weddings can take care of the entire event; the venue can be taken without catering, with or without tables and chairs; a kitchen is available; décor can be done upon request; and local beauticians, photographers, bands or disc jockeys can be arranged; flowers or bouquets. Everything to taste and to budget. No wedding is too big or too small. The sandstone reception hall can comfortably seat any number of guests up to 200 or even a few more.

St Fort is just 5 km from Clarens where two sandstone churches are ready to be filled with happiness and joy. For the adventurous the ox wagon camp is only meters away, should the celebrations carry on until late. A honeymoon suite that will leave the last and lasting impression is being built.

Beneath the Mushroom Rock and to the backdrop of Clarens sandstone ridges, the vows will echo unforgettable memories that will last much longer than the photographs.

Contact Debra of Clarens Weddings on 0713526341 or e-mail: [info@clarensweddings.co.za](mailto:info@clarensweddings.co.za) to arrange your dream wedding day.





# Of love and flowers

By Wim Wybenga

With the season of love in mind, I've been on the lookout for plants with heart-shaped leaves. One of these is the sweet-scented candle-vine (*Riocrexia torulosa*) - a climber in the undergrowth of Cheche forest with flowers that resemble little candelabra. After I played around with its heart-shaped leaves on Photoshop, a perfect red heart appeared from the green foliage. The leaves are apparently boiled and eaten as a spinach, but may cause severe headaches in some partakers!

With the everlastings (*Helichrysum* spp) being such a confusing group of flowering plants, I've been quite relieved to come across a species with heart-shaped leaves underneath the Mushroom rocks in Golden Gate: *Helichrysum hypoleucum* - the only one of its kind in our region with heart-shaped leaves. It does not seem to have a vernacular name, but I suspect something like 'Heartshaped Everlasting' might be appropriate. Its leaves are white-felted beneath, making them real easy to identify.

Some of the grassland orchids are known to be used in love potions by traditional healers. One of these is quite inconspicuous, since it has tiny green flowers, with the ironic name 'Devil's orchid' (*Satyrion parviflorum*). Apart from its love and protective charm uses it is apparently also a means to bring devastation to an unfaithful partner... the poor plant!

During the December holidays you might have spotted a sweetly-scented climber with white blossoms creeping all over the place (*Clematis brachiata*). Its Afrikaans vernacular name 'Lemoenbloeisels' seems to be an obvious choice, but I've always been a bit puzzled by the English folk name 'Traveller's Joy'. On PlantzAfrica, a public archive on southern African flora I found the following interesting paragraph:

"The name traveller's joy must have come about because of all its wonderful medicinal properties that were useful to the traveller in days gone by when all travel was either on foot or on horseback. Leaves packed into the shoes were used to ease blisters and aches and pains, and packed under the saddle to prevent saddle sores on horses. Fresh leaves packed into the crown of a hat in the heat kept the wearer cool and protected against the effects of the sun. A tea made of the leaves (¼ cup fresh leaves in 1 cup of boiling water, stand to draw for 5 minutes then strain and drink, sweetened with honey if desired) is not only refreshing but is used by the Xhosa, Zulu, Sotho, and Tswana to ease headaches, coughs and colds, chest ailments and abdominal upsets.."

Well, well, that seems to be good advice to a traveller in love with our beautiful valley.

*For a map of hiking trails within the  
Clarens Nature Reserve visit  
Clarens Destinations or phone the author  
on 072 984 7482*





## Ons groet die grotman

*Andries Spies, alias Caveman, het vir baie legendes gesorg en waar die werklikheid opgehou het, het die stories eintlik eers begin. Hierdie is die laaste aflewering in ons reeks oor die kleurrike Oos-Vrystaatse karakter.*

Soos wat 'n mens jou kan indink, het hy 'n sirkus nooit misgeloop nie, al was hy byna elke keer met die sirkusbase in 'n rel. Een keer het ou Pagel 'n wilde muil in die ring gehad met die gewone uitdaging, vir £50. 'n Hele paar het probeer, polisieman Moolman ook, maar dié het oor die reëling gesloeg. Caveman stap toe nader. Hy spring rats op die muil, bloots en sonder toom. Voor die muil mooi weet haak hy sy voete onder die muil se blaaië in, en toe perform die sirkusmuil wat duidelik elke toertjie in die boek ken – bokspring, skop op, steier agtertoe, probeer hom teen die reëling afskuur... en toe gaan lê die muil, met Caveman rustig bo-op.

"Klim af," sê Pagel. "Nee, ek soek die £50," sê Caveman. "Klim af," sê ou Pagel weer. Hy klim toe maar af, sonder die geld, want ou Pagel reken Andries mog nie sy voete onder die muil se blad ingehak het nie. Moolman klim toe terug oor die reëling, "Betaal of ek sluit die show," sê hy.

Sirkusbaas Boswell het in dieselfde slaggetrap. 'n Spierpaleis met 'n eksotiese naam het wonderlike kragtoertjies gedoen op 'n houtplatform in die ring. Boswell kon nie die versoeking laat verby gaan nie, al moes hy van Caveman Spies gehoor het. Enige nie-professionele gewigopteller, nooi Boswell, kan geld verdien deur sy kragman te ewenaar. Die toeskouers roep dadelik: "Wys hom. Komaan Caveman, wys hom!"

Andries tel die gewigte sonder veel vertoon op en stoot dit bokant sy kop uit onder luide toejuiging. Hy kyk na Boswell toe hy die gewigte neersit. "Nee, jy is professioneel, Spies, ek gaan jou nie betaal nie."

Andries het die gewigte weer opgetel, weer bokant sy kop uitgestoot voor 'n jillende skare, en dit skielik hard op die grond neergegooi. Die verhogie versplinter, verfraaiings en als flenters.





Andries het nooit regtig in boerdery belang gestel nie, maar dit was sy lewensbasis en die tuiste vir hom en sy gesin. Later jare het hy die plaas Swartwater naby Witsieshoek gekoop, maar het nooit ophou om na interessante en avontuurlike opsies te soek nie. 'n Mens kan jou indink dat die opwinding van delwery hom aangestaan het, eers diamante en later ook spoelgoud by Tandjiesberg. Hy en sy gesin het glo daar aangekom in sy groen Fargo-trok waarvan een modderskerm met rieme vasgemaak is. 'n Ketting het oor die enjinkap gestrek om dié toe te hou. Daar het hy met spoelpanne, rolsiwwe en ander kontrêpsies fools gold, iron brights en kimberly blue weggewerk in sy soeke na die ware jakob.

Een van sy meer suksesvolle kontrêpsies was 'n klou wat hy ontwerp het wat die optrek van windpompyppe vergemaklik het. Met die bemarking van dié kon hy weer die wêreld vol ry, van diep in die Karoo tot ver in die noorde. Sover hy gegaan het, het hy mense geken, heelwat kragtoertjies en weddenskappe weer laat herlewe. En natuurlik het die stories stertjies gekry. Dit kon ook nie anders met Andries nie.

Van die stertjies het veel groter as die stories geword. Soos dat hy met 'n fiets Kaapstad toe is en vandaar met 'n skip Amerika toe. Dié het glo gesink en Caveman moes omtrent die helfte van die Atlantiese Oseaan deurswem om om net betyds (seker nog nat van die swem) vir 'n privaat geveg teen Joe Louis in Amerika aan te kom. Natuurlik het hy dié platgeslaan voordat hy terug is Kaapstad toe met 'n skip, weer op sy fiets geklim het en terug is plaas toe om rustig met skape te boer...

Op Kestell, waar hy 'n bekende gesig was, onthou mense hom baie goed. Andries op sy perd, 'n klompie hase wat aan die saal hang, asook 'n handbyl en mikstok, en sy windhonde agterna. Met die mikstok het hy glo slange gevang, en met die byl het hy uit die aard van die saak hout gekap as hy 'n vuur wou aan die gang kry. Maar daardie alomteenwoordige byl en mikstok het aanleiding gegee tot die verskriklikste stories, en baie bang kinders. Natuurlik was hy 'n bietjie aspris ook. Mense wat hom nie goed geken het nie, het wye draaie om hom geloop.

Andries se broerskinders Hansie en Pieter onthou 'n Kersfees op Roosloot, waar hulle gewoon het, toe Andries die familie vermaak het met sy party trick. Andries het nege appelkoospitte en een perskepit so 'n entjie van mekaar op die stoepvloer uitgepak. Toe het hy met sy hand gevoel na die punt van sy bekkens heen op sy eie boud en toe met dié op elke pit gaan sit. Een vir een het hy elke pit, perske ingesluit, stukkend gesit.

Anders as Simson, het Andries sy krag tot op sy oudag behou, ten spyte van sy regterhand wat so erg beginne bewe het. Dit het glo al op veertigjarige leeftyd begin as gevolg van 'n nekbesering. Maar dit was eintlik maar die begin van Parkinson se siekte. Eendag sê iemand in Cloete en Neveling se kantore iets oor sy hand wat so erg bewe. Hy het sy bewende hand glo instinktief met sy linker vasgegryp en gesê: "Dis my hand, los hom uit as hy wil bewe, anders raak jy gedonner."

Ondanks al sy eienaardighede en ekstroverte geaardheid, en sy behoefte om mense te beïndruk en te vermaak, het Andries 'n sober lewe gely. Hy het nie eintlik gedrink nie, en was 'n goeie kerkganger en gesinsman. Maar dis juis daardie showman-deel van sy geaardheid wat hom anders gemaak het. Daar word vertel dat sy broer Hans, 'n groot, fors man met 'n indrukwekkende voorkoms en geaardheid, sterker as Andries was, maar nie afgewys het nie.

Sonder die Andries Spies legendes sou die Oos-Vrystaat ongetwyfeld veel armer gewees het. En as Andries se buurman nie daardie noodlottige oggend so onverwags op Diepsloot aangekom het nie, sou hy miskien net 'n baie interessante boer gebly het. Na koffie het die buurman glo ongemaklik op 'n riempiestoel rondgeskuif en toe vir Andries die nuus gegee dat sy (Andries se) verloofde stilletjies met 'n vriend van hom getroud is en die hasepad gevat het. Die twee was glo te bang vir die gevolge as die sterke derduiwe van die verhouding sou te hore kom.

Dis toe dat Andries alles net so los en die wye wêreld invaar. Maar dit kon natuurlik ook deel van die legende gewees het...

**Joanne Pooley is the winner of**

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Montrose Toerisme

Inligtingsentrum

Woza Woza Info,

Mooi Rivier

Nottingham Road, Info

Van Reenen Info

Pietermaritzburg Info

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# Eve forever you, paradise to womanhood

*"And Adam called his wife's name 'Eve; because she was the mother of all living. The Lord made coats of skins and clothed them."*

*Mary-Ann Pickers takes us on a journey through exquisite women's clothing.*

*Eve Forever, in Church Street, Bethlehem, may not be the mother of all living but she sure set a trend in the Eastern Free State that is hard to imitate. Esta van Eeden, entrepreneur and owner of Eve forever, is in fact a beauty consultant who swapped the world of beauty for an interesting little garment shop at the end of Bethlehem's main street.*

*When she relocated from the windy city, Port Elizabeth to Bethlehem, she bade her salon clients good-bye and started on a new project in the Eastern Free State. Eve Forever opened its doors to an appreciating Bethlehem crowd with a range of Proudly South African garments, shoes, handbags and jewellery.*

*A host of South African designers' ware can be found within the walls of the little shop at Ninn's Corner, Church Street, Bethlehem.*

*Colleen Eitzen is a graduate of the Durban Institute of Technology, where she currently lectures creative design. She loves clothing with strong architectural lines, texture, layers and fabric with movement. She is inspired by the women of South Africa, both rural and city dressers. Colleen is a multi-award-winning contemporary designer and her commitment towards fit and quality has kept her at the top of her game along with her ability to constantly surprise her customer. She has always been passionate about South African culture, and her work embraces the spirit of her heritage, creating an authentic design handwriting, which pays tribute to the rich cultural diversity of South Africa. Colleen has been committed to helping the impoverished rural areas, and by incorporating their handwork talents in her collections, she not only gives back to the community but also has developed her own unique style. Eve Forever boasts pieces of Colleen's designer range.*

*Desray Designs has come from a modest past on Green Market Square and emerged as one of South Africa's well known and trusted fashions brands. An engaging combination of*

*For beautiful eyes, look for the good in others;  
For beautiful lips, speak only words of kindness;  
and for poise, walk with the knowledge  
that you are never alone*

AUDREY HEPBURN







*After all, tomorrow is another day*  
*Stuart Pearce*



cosmopolitan charm and infectious enthusiasm, Desiree Dixon is the ultimate embodiment of the sophisticated working girl her designs seek to encapsulate. After 10 years of selling through The Young Designers Emporium, Desray Designs has moved into the wholesale sector of the industry supplying discerning clothing boutiques such as Eve's, throughout the country. Drawing inspiration from such varied sources as personal taste and in-house research, her designs attempt to fulfil and exceed the expectations of today's trendsetter.

"Our vision is to become the leading fashion house in South Africa; selling everyday garments to South African women who want to exude casual, with a sense of style," she says.

Bennett & Co is a small shoe design and manufacturing business that manufactures funky and fresh handmade shoes made out of fabric and pretty trims. Bennett & Co employs five women and prides itself on girl power. They are known for their bright designs, superb comfort and, most of all, quality.

Eve Forever recently welcomed Helloow Handmade to the floor. This range of handmade jewellery, gifts and stationery, ceramics and lighting are all proudly made by women of South Africa! With Africa as inspiration, they produce original pieces. Talented local people draw from their culture and craft heritage, to create unique pieces which combine ceramics, knitting, crochet, felt and shwe-shwe fabric.

Helloow Handmade works with a team of HIV positive ladies to produce hand-rolled ceramic beads from recycled paper clay. The beads are kiln fired and then hand strung onto a wrought iron framework, creating gorgeous chandeliers and eye-catching focal pieces for any room... a variety of designs and sizes are available to suit any environment. Examples of Helloow Handmade are on display at Eve's but can be custom made to fit your living space. The range evolves constantly. They work on a number of chandelier designs, some with French influence others more minimalistic. Standard lamps and gorgeous feature lights are available as well. The crafts ladies, all of whom are HIV positive, regained self-worth and confidence. Working with a recycled paper clay to make all the items, adds to the 'robustness' of each piece, reduces its weight and also supports recycling.

Eve Forever, forever boosts the South African handmade and clothing industry. You will find unique quality pieces at the shop at the end of Church Street, Bethlehem.

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**SUNDAY, MARCH 4, 2012**  
8:00am until 5:00pm  
Meulspruit Dam Ficksburg



**RAFT RACE sponsored by Maluti Midas Ficksburg:**

Entrance Fee: R250.00 per Raft (4 - 6 crew)

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For more info on the Raft Race  
please contact:

Colin Pedlar: 082 874 4822

Ian Sheckleton: 083 455 2005

Dick van der Berg: 073 154 8680

**ENTRANCE TO THE DAM:**  
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Contact William Radloff: 073 218 3448

**FISHING COMPETITION!!!**  
Contact Colin Pedlar: 082 874 4822

**DATE:** Starts 18H00 Friday 2 March 2011 &  
ends 12H00 noon Sunday 4 March 2011

Entrance Fee: R50.00  
Overnight Camping Fee:  
R100.00 to be paid to competitor

**PRIZES:** 1ST = Biggest fish R300.00  
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**PRIZES:**

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  11. Clarens Breweries
  12. Lilliput
  13. Street Caffe
  14. Ash River Lodge
  15. Yoga in Clarens
- 
41. Mont D'Or
  42. La Casa
  43. The Gallery
  44. Lazy Gecko
  45. The Post House
- 
33. Clarens Destinations
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# Clarens



● **De Lusthof Gasteplaas**

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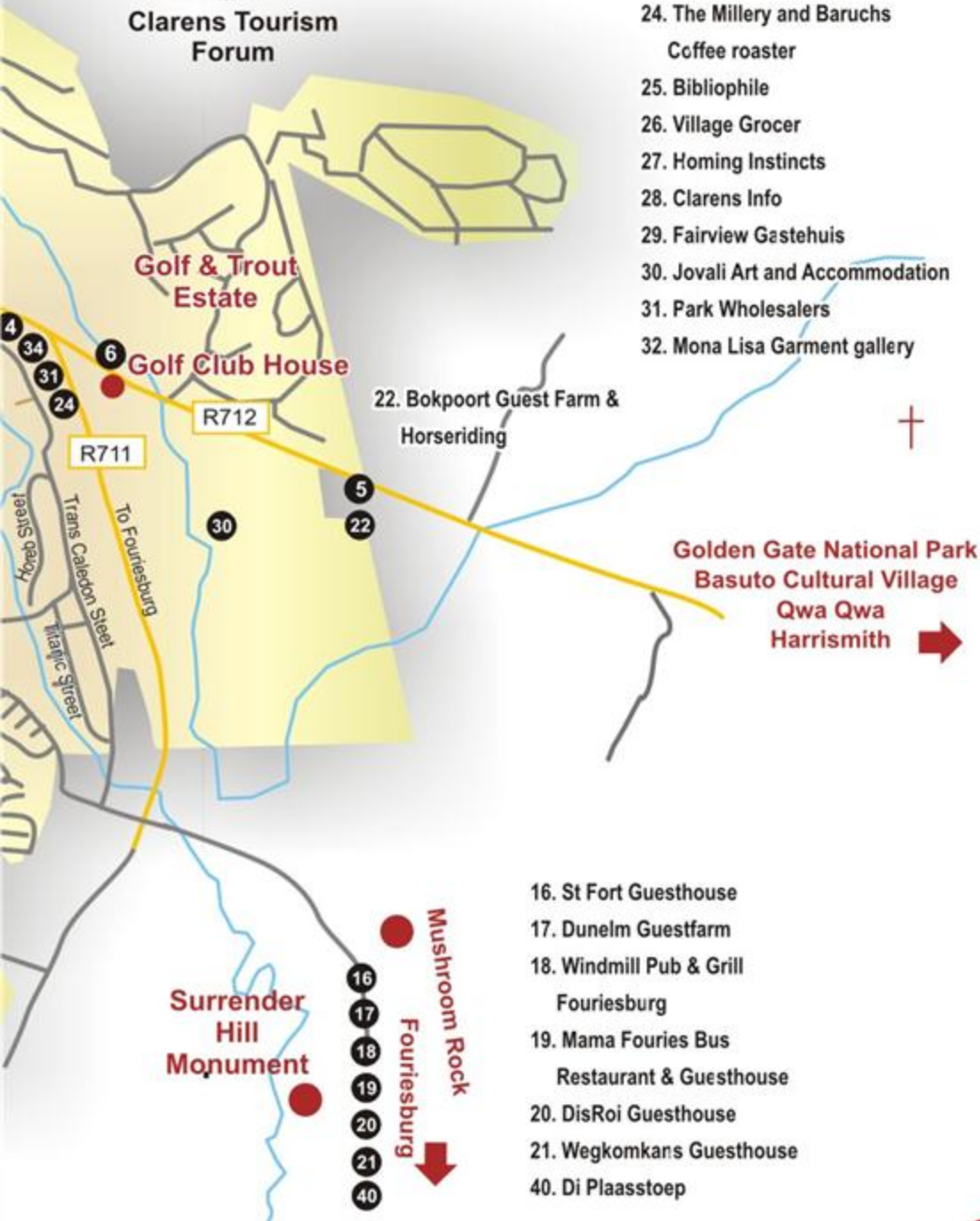






## Clarens Tourism Forum

For any information or directions,  
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*Slaapkrantz waar die Boere ingegraawe was*



## *Surrender Hill, die laaste veldslag 28 Julie 1900*

*Min geskiedskrywers het moeite gedoen om die laaste veldslag van die Anglo-Boere-oorlog in die Brandwaterkom te beskryf. Thomas Pakenham en verskeie ander geskiedskrywers praat van die slag by Retiefsnek as die laaste veldslag, maar die laaste teenstand wat gebied is, was by Slaapkrantz, of soos dit op die gedenknaald staan: die Slag van Surrender Hill.*

## *Tot die bitter einde*

*Vir die toevallige toeris is dit baie verwarrend want Surrender Hill (waar die monumentjie langs die R711 opgerig is) is nie die Surrender Hill waar die veldslag plaasgevind het nie. Die Surrender Hill wat op die gedenknaald aangedui word, is in 'n lyn vanaf Slaapkrantz, sowat 20 km vanaf Clarens op die Fouriesburgpad, in 'n noordoostelike rigting na die Rooiberge, wat die hoofyster van die Brandwaterkom vorm. Hier het ten minste sewe Britte gesneuwel.*



*Hier moes die Britte skuiling soek*

*Die Boere se uitsig na Fouriesburg vanaf Slaapkrantz*



Op die gedenknaald, wat vir hulle opgerig is, lees ons sewe name maar daar kon meer gewees het. Die oorspronklike sandsteengedenknaald is eers ná die vrede in 1902 opgerig met die name wat toe bekend was. Op die naald staan 'for King and Empire'. Koningin Victoria het regeer tydens die veldslag en is in 1901 oorlede, sowat 'n jaar na die veldslag en 'n jaar voor die vrede. Sou die Naald toe opgerig gewees het, sou dit 'for Queen and Empire' geleses het. Ons kan dus aflei dat die gedenknaald eers ná die oorlog opgerig is. Dié feit is onlangs bevestig deur navorsing van 'n nasaat van die Britse bevelvoerder wat die aanval gelei het.

Die gebeure in die Brandwaterkom daardie ysige Juliemaand in 1900, is redelik goed bekend.

Die Britte het die Boerekommando's geleidelik in 'n hoek (van die hoefyster) begin vasdruk met die uitgang wat gou geblokkeer was: Naauwpoortnek (by Clarens) en Retiefsnek (by Slabberts). Generaals Hunter en Rundle ruk op, verby Fouriesburg na Naauwpoort (vandag Clarens). Die Royal Irish Regiment verloor twee manne, Leinster-regiment twee, Scotts Guards een en Wiltshire twee.

Die Britse bevelvoerder was aan die voerpunt van die kolonne wat vanaf Retiefsnek naby Slabberts opgeruk het in die rigting wat vandag Clarens is. Hy is gestuur om die vleuel onder sy bevel uit te spreid en die Boere af te sny van die uitgang na Naauwpoortnek. Op die plaas wat later Dunelm hernoem sou word maar toe nog deel van Slaapkranz was, het die Britte hulle in bitter teenstand vasgeloop.

'n Handjievul Boere was op die rug van 'n lang berg ingegrawe en het die Kakies van ver af dopgehou. Soos die Boere se gewoonte was, het hulle die aankomende aanvallers kans gegee om behoorlik binne trefafstand te kom. Die handvol burgers van die Ladybrand-, Ficksburg-Smithfield- en Bethulie-kommando het geweet dat dit 'n onbegonne taak was. Gerugte dat kommandant Prinsloo wou oorgee, het hulle reeds bereik.

Hulle het geweet, na dese sal daar geen keer wees nie en hulle het gewag totdat die Britte teen die kranse aan die oorkant







begin afsak voor hulle losbrand. Daar was geen skuiling nie. Die paar bossies en los klippe was net nie genoeg nie. Inderhaas word klippe gestapel om as skans te dien. En daar moes hulle sit, want wanneer hulle verskuif, het die koeëls gefluit.

Die Boere op die berg hou die magtige Britse oorlogsmasjien 'n hele dag lank besig. Tevergeefs maar darem. Dit was snerpand koud en teen die aand het dit liggies begin sneeu. Ná sonder het die Boere hul plekke verlaat en te perd gevlug om die slagyster wat die Brandwaterkom geword het, te probeer ontsnap.

Kaptein John G. Dixon, bevelvoerder van die flank wat hulle hier vasgeloop het, het gehelp om die gewondes af te voer na die hospitaal in Fouriesburg. Die gesneuweldes word in 'n massagraf begrawe en net sewe se name word agterna onthou.

In Kaptein John Dixon se gemoed het dit behoorlik gewoel. Na die veldslag beraam hy planne om na die oorlog vir sy dapper makkers wat hier gesterf het, 'n behoorlike laaste rusplek op te rig. Wat hy in die hitte van die stryd nie geweet het nie, was dat hy teen sy toekomstige eggenote se broers geveg het. Toe dit na die oorlog aan die lig kom, het hy sy vaste voorneme bevestig met 'n eed om ten minste 'n deel van Slaapkranz, sy eie te maak.

Ná die oorlog keer hy terug na waar sy makkers so dapper geveg en verloor maar ook oorwin het, en na lang onderhandelinge word die koopedokumente onderteken. 'n Gedeelte van Slaapkranz en Surrender Hill, die plaas, behoort nou aan hom en hy noem dit Dunelm na sy geboorte grond, Durham in Skotland.

Hy laat 'n gedenknaald oprig met die name van die gesneuweldes daarop. Vir meer as 'n honderd jaar sou die name in sandsteen geskryf staan, maar het helaas verweer. Danksy die Raad van Nasionale Gedenkwaardighede, word 'n marmarblad met die name daarop in 1987 ingewy. So word kaptein Dixon se herinneringe vir die nageslag bewaar.

*Daar is nou 'n staproete uitgelê oor die slagveld na die monumentjie wat maklik in 'n dag gedoen kan word.*

*Kontak Maretha de Kock by  
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# Langasems wys <sup>weereens</sup> hul staal by Surrender Hill

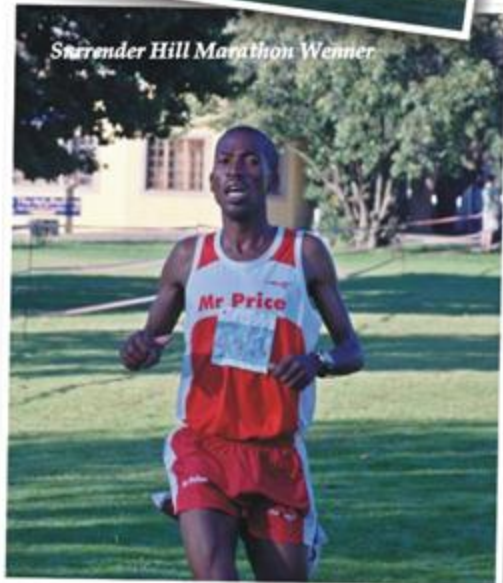
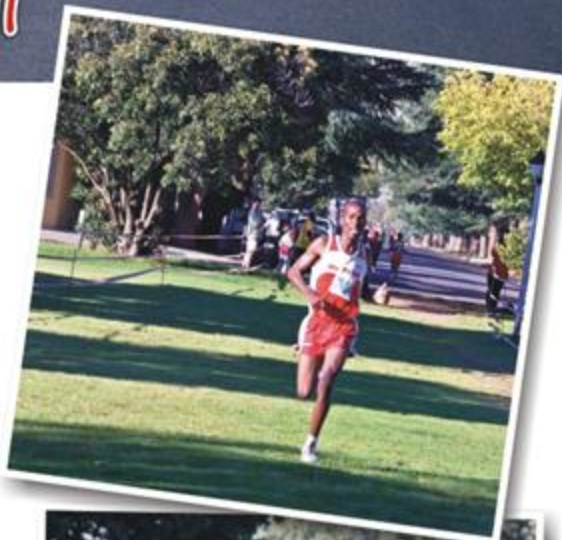
Dit is weer daardie tyd van die jaar wanneer atlete kom kragte meet teen die steil helling van die Oos-Vrystaat. Die Surrender Hill-marathon is alom bekend as een van die strafste. Gewone marathon-afstand maar die steiltes is nie jou maat nie, soos baie al uitgevind het. Geen wonder dit word met die Comrades-marathon vergelyk nie. Dit is net so 'n prestasie om die Surrender te voltooi as wat dit is om die Comrades te voltooi. En die Oos-Vrystaatse marathon se kwalifiserende tye, is styf. Hier moet jy uithaal as jy met die grotes wil saampraat.

Verlede jaar se wenner het weer ingeskryf en hierdie jaar se marathon beloop om baie opwindend te wees, want groot name het ook ingeskryf.

Die eerste Surrender Hill-marathon is in 1994 aangebied en die wegspring was in Fouriesburg maar omdat die organisasie van 'n twee-dorp-marathon so 'n kopseer is, is besluit om dit na 'n sirkelroete te verander en in Clarens weg te spring. Die Protea Hotel in die hoofstraat sal weer eens die wegspringplek wees.

Die mansrekordhouer is tot vandag toe onbekend, hoewel hulle 'n tyd aan die onbekende atleet kan koppel. Hy het die 42 moordende kilometers in 2 uur 33 minute en 35 sekondes kafgedraf. Dit was in 1999 en die damesrekordhouer is nie ver agter nie. Louisa Lebello het die vinnigste tyd van 2 uur 52 minute en 19 sekondes in 2004 opgestel. Dan kan 'n mens skaars verstaan waarom dit 'n gesukkel is om in vyf uur klaar te maak. Maar die wat weet gee aan alle voornemende atlete die versekering: maak klaar binne vyf uur en jy is 'n wenner. 'n Wenner in die berge van die Oos-Vrystaat.

*Die marathon se wegspring vind plaas om 06:00, op 3 Maart by die Protea Hotel, Clarens. Die wedloop strek oor afstande van 10km, 21,1km, 42,2km en 5km. Belangstellendes kan vir Ebarnie Cilliers kontak by: e-pos: [ecilliers@vodamail.co.za](mailto:ecilliers@vodamail.co.za) of telefoonnommer 082 822 8992*



Surrender Hill Marathon Wenner



# Clarens Weddings

## Contact Detail

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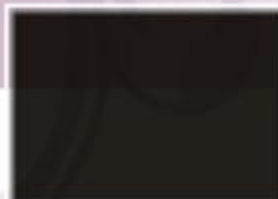
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## Join in and defeat the Emperor at Street Caffé

*Emperor Claudius thought he could eradicate love, but he had another guess coming. Priest Valentine, who was sainted after his violent death by Claudius's decree, today is honoured as St Valentine and saint of love. He took it upon himself to aid Christian martyrs and to marry young couples thus defying the Emperor's rule.*

Claudius wanted to have a big army. He expected men to volunteer to join but many did not want to fight in his wars. They did not want to leave their loved ones and not many men signed up. This enraged the greedy Emperor. He thought that if men were not married, they would not mind joining the army. So Claudius decided not to allow any more marriages. Young people thought his new law was cruel. Back then, young couples wanted to get married and stay married and this ridiculous law led to secret weddings behind closed doors.

Imagine a small candlelit room with only the bride and groom and St Valentine. They would whisper the words of the ceremony, listening all the while for the steps of soldiers which inevitably would lead to the door. On the eventful night, the newlyweds escaped but St Valentine was caught and thrown in jail. While in jail, he was visited by many couples who came to greet him, but also by the daughter of the prison guard. She too wanted to get married one day and was overcome by the Emperor's merciless command and she cried for the old Saint's destiny. On the day he was to die, he left a little note thanking her for her friendship and loyalty and had signed it: "With love from your Valentine."

The Street Caffé certainly is not a jail-cell. Not by any stretch of the imagination nor is it a small room with only three people, not by a long shot. No, the Street Caffé is a sports bar where men and women come together to watch the latest sport or to wine and dine or dine and down a beer.

George and Des Page run the celebrated and well-known sports bar on Main Street and Valentines can look forward to a night with live entertainment on the patio. Although Valentine's is on a Tuesday, there is enough cause to celebrate. And for those who choose to watch the sport of the evening, television sets are strategically placed for your entertainment.

There will be a gourmet meal, specially prepared for lovers and loners who want to revel in good food and live music on the street-facing patio. Come linger the night away and rejoice in the brave St Valentine who defeated Emperor Claudius's folly.

Celebrations though do not stop at the Street Caffé after Valentine's has come and gone. George's Pub offers sun downers and special promotions on Fridays and Saturdays throughout the month of February. Be sure to join in the fun at George's Sports Bar.

*To book your place at the at the Pub contact George at 082 335 6930*





# Relive the high days on the Mischief

*The sound of the name invokes images of colonial indulgence, and such images are becoming of a cruise on the White Mischief, the only floating cigar bar in Africa.*



Gavin Boy, manager of the White Mischief, told InClarens that the boat was purpose built for the Katse Dam in Lesotho as a cruiser, and was launched in January 2002 as the Mashai for its maiden voyage from the inlet tower to the dam wall, a distance of 50 km. The boat was originally named after the proposed final and largest dam to be constructed in Lesotho.

"Due to permit delays and lack of commitment by the Lesotho Highlands Development Authority, it was brought back to Ficksburg, where the Meulspruit Dam became its new home," says Gavin.

In January 2003, the boat was re-launched on the Meulspruit Dam, as a sundowner cruise boat, named The Leopard Express after a 90kg male leopard that was captured in the reserve after it had eaten calves in the area.

Gavin came on board In July 2003, and ran a new marketing concept, involving a cigar bar and restaurant. The re-vamp was completed and on 11 October 2003 the White Mischief was launched as Africa's first floating cigar bar and restaurant.

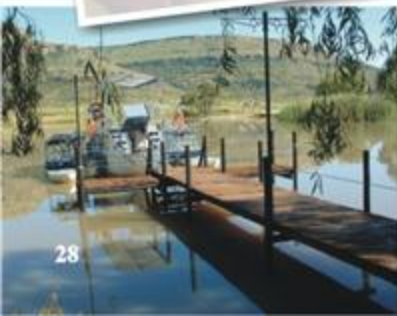
The name White Mischief and the concept were adapted from the 1987 movie that is set in Kenya just before the beginning of World War II when the rich from England were living lavishly in the so-called Happy Valley in Kenya - unaffected by the war.

The luxury three-and-a-half-hour cruise along the Meulspruit offers beautiful scenery and runs through Thaba Sediba, a private game reserve where passengers disembark for some game viewing. This reserve has more than 15 species of animals and over 100 species of birds have been spotted here. From the White Mischief, one can see fish eagles, goliath herons and malachite kingfishers along the banks.

At the halfway-mark, passengers disembark where they enjoy a delicious gourmet meal, before going on the return leg of this leisurely cruise.

In November 2008 Calen Thomas joined the team aboard the Mischief.

*To book your place on the waterway, contact Gavin on 082 920 5551.*





# PANCAKES WITH PANACHE



*Mary-Ann Pickers wandered in and out the Lazy Gecko and found the best pancakes in town.*

Unlike its namesake in Key West, Florida, The Lazy Gecko Café is not situated on a tropical island, but between a gallery and a bric-a-brac shop on the legendary Main Street, Clarens and it is famous for its light and fluffy pancakes. The Lazy Gecko Café has a relaxed and informal atmosphere and from the moment you step onto the pavement, (yes, it is an open air café) you are welcomed by a friendly smile and service that is second to none.

When Sue Putziger travelled through Clarens some four years ago en route to the Cherry Festival, she noticed that no one in the village was selling ice cream cones. What she did find though, was magnificent scenery and a stillness unique to Clarens, and this stuck with her.

On her second visit to Clarens, she bought a stand with the intention of building a cottage for the odd get away when she needed to escape the rush of Johannesburg. This was not to be and on an impulse, when the cottage was nearing completion, she realised that she had been chasing deadlines for much too long, left publishing, and within a month had moved herself and her mother to Clarens.

She had no idea how she would keep herself busy, but once settled in Clarens she remembered the ice-cream search and decided that a small ice-cream kiosk would do the job. The kiosk idea turned into a pancake, waffle and ice-cream parlour when Sue was offered a small portion of Street Caffe to rent.

Then late in 2011, she had the opportunity to expand the cafe and now is the proud owner of a 50 seat restaurant, serving breakfasts, light lunches, gourmet sandwiches and, of course, the best sweet and savoury pancakes and waffles in town!

Whether it's a business meeting, a birthday celebration or a children's party, the stylish but relaxed setting of The Lazy Gecko Café offers the perfect choice.

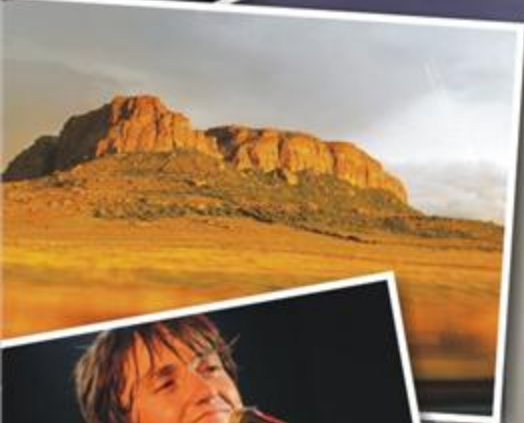


*The Lazy Gecko Cafe staff - from left Pertunia, Esaia, Theboho, Lebohang, Agnes and front centre, Chef Joyce*





# 'n Oos-Vrystaatse Oujaar



Adel Steyn  
vertel van  
die besondere  
Oujaarsaand  
saam met  
Chris  
Chameleon  
te Afrikaskop





Die gesels en gelag van die uitgelate gehoor hou plotseling op toe die klanksisteem ons met 'n allemintige knal onkant vang. Terwyl almal na etlike sekondes verlig begin terugsak in hulle stoele en die geklets hervat, kom maak die klankman verskoning – dit was weens die swaar weer en nie 'n fout met hulle toerusting nie. 'n Paar koppe draai in die rigting van die vensters. In die skuur op Verkykerskop wat Matt Hoffman en Beth Hillary gebou en vindingryk in 'n konsertsaal en partytjieplek omskep het, was ons skaars bewus van die storm wat intussen begin opsteek het. Die lug is inderdaad persgrys en broeiend, en, soos die luim van die konsertgangers, gelaai met afwagting. Ons is gereed vir partytjie hou, ons wag die nuwe jaar in, en ons wag op die kunstenaar van die aand, Chris Chameleon.

Die program begin met die jong Surisna Gouws, 'n plaasmeisie van om die draai, pas matriek geskryf. Haar oë blink en sy sing pragtig. Die storm het klaarblyklik intussen gewoed en bedaar, want toe ek my Filippynse vriendin, wie se plek oorkant ons nog leeg is, per SMS vra: "Where are you?", kom die antwoord: "We're stopping to take pictures!". En ek kan my die landskap op pad hierheen goed voorstel – poele water wat trillend van die laaste reëndruppels die berge herhaal; vars groen somergras, ineens gloeiend in die strale van die ondergaande son wat plek-plek agter die wolke begin deurslaan; dalk 'n reënboog wat uit die grasvlaktes opspring.

Chris en sy kitaar neem uiteindelik hulle plekke op die verhoog in. Ons blikborde is leeg geëet, bokse doughnuts is omgestuur. Die aand is soos Chris se musiek: oorspronklik, onverwags, aweregs, verrassend. Die saal, wat uit sy nate bars, is kosmopolitaans gevul: Boere, Souties, Kapenaars, Gautengers, Nederlanders, Australiërs, en natuurlik die Filippynse gesin wat saam met ons daar is en agterna uitvra oor die Afrikaanse grappies waarmee Chris die res van ons laat lê het van die lag. Hy sing wat ons wil hoor, glip onvoorbereid en foutloos oor van een lied na die volgende. Borsverkoue ten spyte, bewys hy hom opnuut as meer as net meesterlike toonsetter van Jonker-verse, liedjieskrywer en sanger; hy is 'n stemkunstenaar. En, na die encore, moet ons hom eindelijk onwillig laat gaan, na sy tuiste 'n paar kilometer verder. Dis 'n uur of wat voor middernag.

Buite is dit, getrou aan hierdie veranderlike klimaat, na 'n hetige dag, yskoud. Groepies mense staan rond by vure. 'n Paar moedige vriende probeer 'n Chinese lantern lanseer, maar die fris nagtelike bries onderskep hulle plan. Dié met kinders begin groet en ry. In die saal is die tafels en stoele opsy geskuif en het die musiek intussen van bonserige Afrikaans na hupse klubmusiek oorgeslaan. Die pretlustiges begin binne saamdrom.

En dan is dit twaalfuur. En iewers op die Vrystaatse vlaktes, in 'n plekkie te klein om 'n dorpie genoem te word, tussen die koöperasie, die stilte van die veld en 'n paar sandsteenkoppe, word die begin van die jaar 2012 deur 'n saal vol stemme van heinde en verre toegejuig. En die stowwerigheid op die vloer begin padgee onder die ritme van stampende en skuivende en skoffelende voete. Want Afrikaners en die hele wêreld is plesierig, en as jy hou van partytjie, vind jy dit straks op die onverwagste plek!

Kort na drieuur op Nuwejaarsoggend slenter ons uiteindelik die paar meter van die saal af na ons gastehuis toe, oor die smal R722 wat nou soos 'n swart rivier deur Verkykerskop loop. Op die stoepie omhul die stilte ons. Die oorblywende lantern vind sy weg die wolklose naghemel in.





## A classical Free State farm

*The R711 between Clarens and Fouriesburg is renowned as a scenic drive. Certainly one of the best in the Free State and it also has turn-offs that lead the curious tourist to various interesting little discoveries. One of these discoveries is the quaint cottages on a tract of land that was known as Kromdraai, but today is fondly called the Barbet.*

The Barbet Country Cottages are situated 17 km from Clarens just off the R711 and in a little corner at the foot of a mountain overlooking the majestic Maluti Mountains.

When one pulls up in the parking lot, it could be just another farm in the area: two friendly Labradors greet the visitors and geese waddle to the back of the main house to get fed. The sun peeks behind the mountain and tall Lombardy trees bend softly in the breeze. The barbets are picking a fight with other feathered inhabitants in the top of the tree. Yes, the Barbet could easily be mistaken for Grandma's warm home all those years ago and the absolute peace and tranquillity is truly the Barbet's main attraction.

There is a choice between a six-sleeper (three bedrooms), partly under thatch, offering a cosy sunroom with a fireplace; two bedrooms with double beds; and one bedroom with two single beds. The cottage has a fully equipped kitchen with stove, fridge/freezer, microwave oven, toaster and kettle; as well as two bathrooms. All the beds have electric blankets and all linen and towels are supplied. The cottage is serviced daily.

The Barbet Nest, the second cottage, is a romantic two-bedroom cottage nestled under thatch with an open-plan kitchen. The main bedroom has a double bed and the second bedroom two single beds. The cottage has its own private veranda. The kitchen and lounge areas are fitted with underfloor heating and a braai area is also situated at the cottage with wood supplied on request.







## *The Barbet Country Cottages*

A favourite pastime when visiting the Barbet, is hiking. Whether down to the river or if experienced and fit, up the mountain slope, it will always be a mind-blowing experience. You will come across blesbuck and guinea-fowl and the view across the valley to Quolaqoe, an almost pious encounter. The pyramid shaped mountain in Lesotho, dominates the valley and is a landmark in the area.

An hour's drive takes you up into the mountains of Lesotho to the ski resorts and the Barbet provides a perfect base for day trips into the beautiful Mountain Kingdom.

*To book your place at the quiet and cosy destination,  
phone Gavin Northcote on 082 323 3141*





## Through the eye of the master...

*Accomplished photographer Noel Hutton discusses three of his many exquisite photographs.*

Having been a regular visitor to the Eastern Freestate for a number of years, with the main intent to capture great photographic images and memories, I have accumulated a considerable number of what I consider to be worthwhile and memorable photographs. Of these photographs, some stand out from the rest not only because of particular merits and qualities, but also by the how and why they were captured.

The Clarens/Fouriesburg/Golden Gate region is world famous for its visual splendour. The combination of strong topographical features, big skies and a variety of pastoral elements ensure that any photographer, accomplished or not, with a little effort will capture great images. In particular, the Lombardy Poplar Trees that define the region will always provide an infinite variety of ways to be photographed – either on their own or within a much larger landscape. Being effectively “man-made” the pastoral landscapes that include trees do have a regimented appearance; none more so than those including the rows and colonnades of poplars, oaks, blue-gums, willows and many other planted species of trees.

The rows of trees can be photographed in various ways and I have selected three particular and very divergent images of rows of trees. None of these photographs are abstracted, nor do they detail any particular tree in isolation. However, they do present very divergent moods, and are samples of how the landscapes in the region present themselves and can be captured.

The first image is of the famous row of partially submerged (dead) poplar trees that are to be found within the small dam located some 3 km to the east of Fouriesburg along the R711 (Maloti Route). This was photographed in the first rays of a crisp May morning. It is an image that virtually anyone who is driving on the roadway can manage. The exact location from where the photograph was taken, was very close to the roadway. The technical challenges to achieve such an image are not great; however, the combination of elements, including a



number of bird species, ensures a unique photograph. The early morning calm is offset by the strident contrast in colour and lighting, as well as the staccato effect that the dead trees' branches create. Being located in a small valley surrounded by steep sloped hills, the broken light adds to this contrast, and although not directly evident (due to the use of a short telephoto lens narrowing the angle of view), this broken light does inform the viewer that the dam is surrounded by varied topography. Further to this contrast is the fact that the warmth depicted in the photograph is a visual lie. It was very cold at the dam that morning.

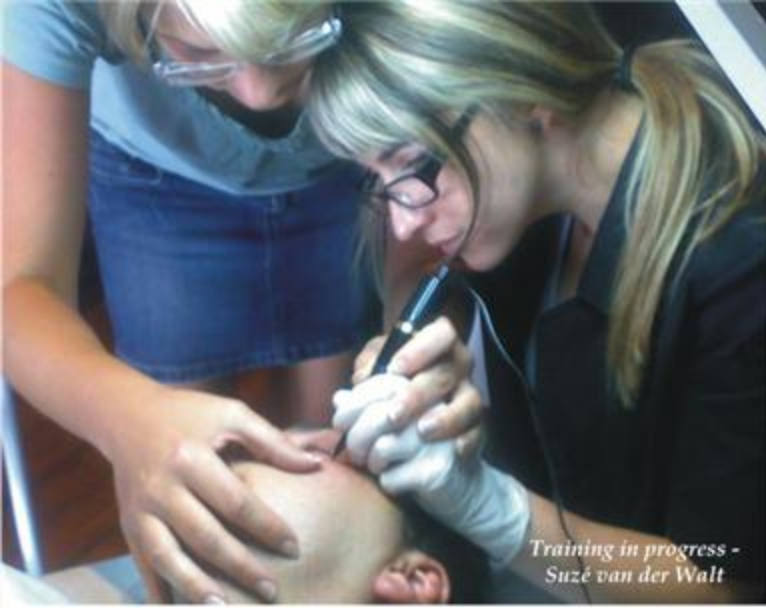
The second image is of a row of willow trees that define the boundary between two pastures of a farm located off the R711. As can be seen from the large sky, the sun was still below the horizon, creating a subtle silhouetted image that contains very little detail. The main subject matter is contained in the lower quarter of the photograph. Therefore, the sky is the key element to the photograph. Such a photograph requires the photographer to be in place well before sunrise, which means that the area should be scouted prior to the day. The low light in this example, determined that a lengthy exposure had to be made and in combination with a telephoto lens, my trusty tripod was a must. The limited information, coupled with the serene mood of the photograph, confronts the viewer with both a simple image as well as one that requires some interpretation and understanding before it becomes entirely apparent. The willow trees are identifiable, they are set within a landscape that is pastoral in nature, and the time of day is very early pre-sunrise. The lack of detail, however, does ensure that not all of this is immediately apparent.

The third image is of a commanding row of poplars resplendent in their autumnal colours. This was taken in relatively harsh afternoon light some distance off the R712 roadway near the Golden Gate nature reserve. The vertical colonnade effect is enhanced by the repetitive horizontal shadow patterns. The strong geometry (supplemented by a dominant disappearing point) further lends credence to this sense of order. As can be gleaned from the light, this was taken at a time when shutter speeds would have been quite high. As a result there was no need for a tripod (although many die-hard purists do advocate tripod use as a permanent requirement to assist with composition and horizon alignment), and my hand held effort was further assisted by the fact that I used a wide-angle lens. The clear skies and bright colours were accentuated by the use of a polarising filter. This further adds to the clarity manifest in the overall image.

The three photographs that have been described are a very small cross section of those that I have captured in the region. Although the three have a common thread (all three being of a row of trees set in a farming landscape), three very divergent images were realised, due to a variety of elements; those being time of day, quality of light and technique used. The immense (one can say infinite) number of photographic opportunities that the region presents ensures that any number of approaches to photographing the area can be taken and that the end results will always be both extremely varied and ultimately rewarding. It is for this reason that I will continue my photographic pilgrimage in the Eastern Free State region.







## Soften the signs of aging and diminish scars

Skin needling, or collagen induction therapy, is a unique process that stimulates the body's natural production of collagen and elastin, plumping up the treated area to soften the appearance of wrinkles and scars.

Susan Church CCPC, pioneered skin needling in 1988. She is a world-renowned artist, educator, lecturer, and successful practitioner in the fields of micro dermal pigmentation and cosmetic and paramedical tattooing. She is the ultimate pioneer in permanent cosmetics, and continues to develop and educate on innovative products, techniques and business practices for the industry she loves.

One of Ms Church's learners is Suzé (Steyl) van der Walt, who herself is no newbie to the beauty industry. She has many years of beautifying women behind her, and has been specialising in Permanent Cosmetics since 1998.

Suzé always stays on top of the latest global trends and therapies. Last year, she underwent training in Las Vegas with Susan Church herself. She did refresher courses in permanent makeup and also learned the technique of skin needling. She also attended various seminars at the International Beauty and Aesthetic Convention in Las Vegas, and gave training in the United Kingdom. Currently, Suzé is the owner of CherryInk Permanent Make-Up and Skin Needling Specialists and the only therapist certified to train under Susan Church's Association in South Africa and offers skin needling training as well as doing treatments in skin needling herself.

"Using a sterile needle grouping, the technician gently inserts it into the epidermis and top layer of the dermis, signalling the brain to send collagen to the injured site for repair. This signal creates an abundance of collagen, thus plumping up the injured area and creating a softer, subtler appearance of wrinkles, acne scars and other depressed areas," Suzé explains.

She shows pictures on which early improvements can be clearly seen. Suzé says the number of treatment sessions required, varies according to the depth of each wrinkle or scar. "Improvement in the needled areas may be seen as soon as a few weeks even days after a procedure. However, inner healing of the skin continues for several months."

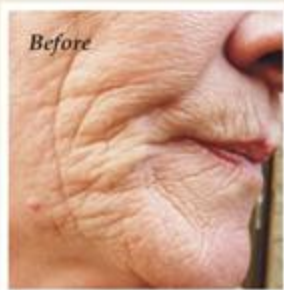




It is during this time that the needled skin will smooth and tighten as collagen is deposited. Fine lines or wrinkles may need one to two sessions to be plumped. Medium to deeper wrinkles and acne scars may require three or more treatments for optimal results. Pitted scars and deep wrinkles may require four to six sessions for optimum depth improvement. Results can be enhanced and maintained when special vitamin creams are used after initial healing. Needling can also be combined with other treatments including Botox, microdermabrasion, peels, and traditional surgical procedures.

No one wants to die young and aging needn't be synonymous with wrinkles, lines and furrows. It is now possible to live the rest of your life with fewer wrinkles and meet your Maker with a sweet and glowing face. And wise as an owl.

*Suzé van der Walt can be  
contacted on  
082 4616959*



*Photos supplied by  
Suzé van der Walt*



# Welcome to chocolate heaven

*Who doesn't love chocolates? It takes an extremely strong will to stick to your diet when your favourite is passed around writes Gavin Boy from Ficksburg*



Now, with the launch of a divinely decadent range called McKinley Chocolates, the temptation has become even stronger. These inspired confections created by Calen Thomas will please the most discerning of palates and satisfy the sweetest sweet tooth.

Calen, who was born and raised in Alaska, recently relocated to Ficksburg in the Eastern Free State, which is known far and wide as the Cherry Capital of the World. But this rugged, easygoing American, who looks as if he'd be perfectly at home riding the range, or exploring the wilderness, is no stranger to the delicate art of sweet-making and, he told us, it was always he who made his family's candies for the holidays.

Chocolate-making soon became his passion, a craft he first learned under the tutelage of his mother, Callie Thomas, and a good friend, June Burson.

Calen refined his craft by learning from the best of the best – training with Belgian chocolatiers based in Alaska and then with the Lindt chocolatiers in South Africa.

He recently opened a shop in Clarens, the booming tourist mecca of the Eastern Free State, and so popular have his delectable wares proven, that he plans to open a second outlet in Parys in the near future.

All McKinley Chocolates are handcrafted, using only the best Swiss and Belgian chocolate to create delicacies that are every bit as delightful to look at as they are to taste.

Chocolate is one of the most popular and recognisable flavours in the world and comes in dark, milk, and white varieties, with cocoa solids causing the brown colour. The *Theobroma cacao* tree has been cultivated in Mexico, Central and South America for thousands of years and it is known that the Aztecs used it in many dishes. Even today, Mexicans don't use chocolate only as an ingredient for confectionery, but use it in many of their daily meals. After it was discovered by the Europeans, chocolate was sweetened and fattened by adding sugar and milk, two ingredients that were unknown to the Mexicans.

One of Calen's specialities is his handmade truffles, made with either dark or white chocolate. True chocolate connoisseurs adore dark chocolate and the taste of his rich dark chocolate can only be described as "explosive" – a taste that is truly to die for.

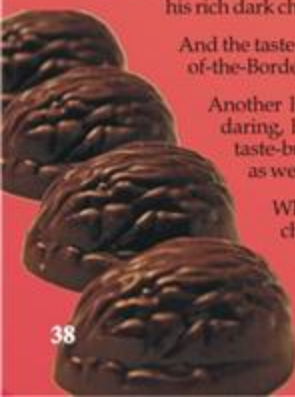
And the taste combinations at McKinley Chocolates are audacious, to say the least. What about trying their South-of-the-Border chilli in a chocolate ganache?

Another lip-smacking creation is the delectable Amarula in a butter-cream filling. If you're not quite that daring, however, there are sumptuous choccies filled with nuts, cherries, ginger, and more to titillate the taste-buds. There is an array of hand-filled dark, milk or white chocolates on offer at McKinley Chocolates, as well as a range of mouth-watering ganache and pralines.

White chocolate truffles come in a variety of incredible flavours – one of my favourites is a white chocolate ganache with a splash of Sauvignon Blanc and a touch of lemon rind.

In addition, there is a range of nougats with macadamia nuts, pistachios and glazed cherries.

McKinley's can be found in the Clarens Hub on Main Street. For the sweet tooth.





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## FRONTIER INN AND CASINO BETHLEHEM



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