Dinamiese Weigh-less span in Harrismith

Drienie Roets, group leader of Weigh-less in Harrismith, recently attended the annual meeting of the Free State groups in Bloemfontein. Mary Hollroyd, founder of the Weigh-less organisation (who lost 29 kg and has maintained her goal weight for 34 years now) was the guest speaker.

Die oggend in Bloemfontein was vol pret en Mary het van Durban gearriveer in tipiese swart "Shark" klere, maar is gou uitgedos in 'n oranje "Cheetah" uitrusting. Die groepleiers was weer in hulle "back to school" uniforms. Vir die jaar 2005 het Weigh-less baie nuwe planne met nuwe resepteboeke en 'n motiveringsboek wat uitgegee sal word.

Weigh-less het ook sy logo onlangs verander van "Health and Slimming Club" na "Health and Weight Management." Dit verwys nie net na die tydelike proses tydens jou verslanking nie, maar ook na 'n voortdurend gesonde lewenswyse daarna. 'n Nuwe "Target Eetplan" is ook vanaf 1 September 2004 aan lede gegee. Die Weigh-less formule (piramide eetplan) is wêreldwyd deur die kankervereniging, hartstigting en diabete-vereniging aanvaar.

Drienie Roets en Sannie van Greuning het Weigh-less in Harrismith in Februarie 2004 oorgeneem en met drie ingeskrewe lede begin. Hulle het nou 50 lede en intussen is 253,6 kg verloor. Albei is baie trots op wat hulle reeds bereik het.

Daar word elke Woensdagoggend om 09:00 en vanaf 16:00 by die Methodiste Kerk vergader. Belangstellendes kan gratis kom inloer vir 'n evaluering. Kinders vanaf nege jaar is ook welkom.

Drienie Roets (623 1920 of 083 369 8315)
Sannie van Greuning (623 2734 of 073 318 5493).

Mary Hollroyd (stigter van die Weigh-less organisasie) en Drienie Roets (groepleier in Harrismith).

Eeram VLU behandel "Tuisteskepping"

Tydens die November-vergadering van Eeram VLU is die studierigting, "Tuisteskepping" behandel. 'n I interessante en leersame demonstrasie is deur Dianna Odendaal van Argilla aangebied, waarna die dames saam eet aan die heerlike en gesonde ete wat binne 'n kort tydjie gemaak is. Die boekuitstalling deur The B People - Forbie Klindt, was 'n groot gunsteling by die dames en daar is reeds 'n paar geskenke aangekoop. dag is gereël deur Madelein Swart. Op die foto verskyn Dianna Odendaal (Argilla), Madelein Swart (gas Eeram VLU) en Forbie Klindt (The Book People).

H/smitter aangewys as langsingetekende leser van Volksblad

Die Volksblad het onlangs 'n kompetisie geloods (as deel van hul eeufeesvieringe) waartydens hulle hul oudste intekenaar en langs ingetekende intekenaar gesoek het. Hierdie persone is opgespoor. Me **Leonie Venter** is die langs ingetekende intekenaar. Sy woon in die Eliza Liddell Tehuis en word op 4 Desember 89 jaar oud. Me Venter en haar oorlede man, Koos, is intekenare op die Volksblad sedert Januarie 1935, net na hul troue. Die oudste leser is mnr PH du Preez (93) van Kimberley. Dié twee lesers ontvang elk 100 dae se gratis koerante!

Trots HARRISMITH

Waar is daar nog 'n dorp met 'n dam so soos Sterkfonteindam op hul drumpel? W daar nog 'n dorp met so 'n heerlike klin ideaal om die pragtigste tuine te kan hê?

Maar ongelukkig word ons aan band deur waterbeperkings.

Hoe lyk dit, is ons munisipalite Amanziwethu nie ook trots op ons dorp

---

Omdat almal besig is met jaareindfun het die Sakekamer besluit om hul dinee stel tot vroeg volgende jaar.

As u aan persone kan dink, wat verm verdien vir spesiale dienste wat hulle omgewing en omliggende dorpe gelew laat ons weet.

Die Harrismith Sakekamer wen besighede, die gemeenskap van Harrisn omliggende dorpe 'n vreugdevolle Ker 'n vrugbare 2005 toe. Vir verdere inl kontak Nick du Preez (058 623 2506) Gey Van Pittius (058 635 1783).

OMGEWINGSIMPAKBERAMING (OIB) PROSESSE
KENNISGEWING VAN OMGEWINGSOMVANGSBEPALING
ESKOM BRAAMHOEK 400 KV TRANSMISSIEKRAGLYN & SUBSTASIE-INTEGRASIE OIBs
KONSTRUKSIE & OPGRADERING VAN TOEGANGSPAAIE OIB VIR DIE ESKOM BRAAMHOEK POMPOPGAARSKEMA

Die Braamhoek Pompopgaarskema (BPOS) is 23 km noordoos van Van Reenen geleë op die plase Braamhoek, Zaaifontein en Bedford, op die grens van KwaZulu-Natal en die Vrystaat. Die skema sal bestaan uit twee reservoirs, ingeslote tonnelsisteme en pompturbine-eenhede waarvoor omgewingsmagtiging reeds verkry is in terme van die Wet op Omgewingsbewaring, Wet 73 van 1989. As deel van die BPOS, word hiermee kennis gegee in terme van Regulasie 4(5) van die regulasies gepubliseer in die Staatskoerant Nr. R1183 onder Artikel 26 van die Wet op Omgewingsbewaring, Wet 73 van 1989, van Eskom se voorneme om die volgende aktiwiteite uit te voer:

400kV Transmissiekraglyn & Substasie-Integrasie (OIBs 12/12/20/672 & 12/12/20/673 & 12/12/20/674) vir die BPOS.

Die integrasieprojek bestaan uit drie afsonderlike komponente:

- Die Braamhoek Substasie: om elektrisiteit vanaf die Braamhoek Kragstasie te ontvang.
- Die Braamhoek-Venus 400KV transmissiekraglyn, om 'n tweede konneksie met die Nasionale Transmissie Netwerkstelsel te voorsien via 'n direkte konneksie met die Venus Substasie.
- 'n Aansluitlyn vanaf die bestaande Majuba-Venus 400 kV transmissiekraglyn om die Substasie met die Nasionale Transmissie Netwerkstelsel te verbind.

Die OIBs sal alternatiewe vir die plasing van die substasie en transmissiekraglyne ondersoek.

Konstruksie & Opgradering van Toegangspaaie (OIB A24/16/3/110) na die BPOS.

Die projek behels die konstruksie en opgradering van toegangspaaie na die Braamhoek Pompopgaarskema. Eskom is tans besig om verskeie alternatiewe te ondersoek vir toegangspadroetes wat geïdentifiseer is, ten einde die voorkeurroete te bepaal. Die verwagting is dat meeste van die toegangspaaie bestaande paaie sal volg wat opgradeer sal moet word. Van die verwagte ongeveer 90 km toegangspaaie, sal slegs sowat 20 km nuwe paaie wees.

Uitnodiging om deel te neem:

Om 'n Agtergrond Inligtingsdokument te kry, om te registreer as 'n Belanghebbende of Geaffekteerde Party, en/of om kwessies te opper, kontak óf Bongi Shinga (vir Integrasie) óf Debbie McKirdy (vir Toegangspaaie) by die Publieke Deelname Kantoor:

- Posbus 503, Mtunzini, 3867 • Tel: 035 340 2715 • Faks: 035 340 2232
- E-pos: bhkintegration@acerafrica.co.za of bhkroads@acerafrica.co.za, of besoek
- Eskom se webwerf: www.eskom.co.za/eia

Belanghebbendes word uitgenooi om een van die publieke ope dae by te woon wat gehou word om projekte te bespreek:

Datum: Maandag, 29 November 2004
Tyd: 13h00 - 18h00 (aanbiedinge om 15h00)
Plek: Escourt, Umtshezi Openbare Biblioteek

Dinsdag, 30 November 2004
13h00 - 18h00 (aanbiedinge om 15h00)
Ladysmith Royal Hotel, Sir Reays

Datum: Woensdag, 1 Desember 2004
Tyd: 10h00 - 12h00
Plek: Harrismith, Hamiberg Skool

Woensdag, 1 Desember 2004
14h00 - 17h00
Harrismith, Homian Skool

Eskom

Sperdatum vir kommentaar op die voorgestelde projekte: 20 Januarie 2005

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An art of th floatin worl

by Garrett I

Ishiguro is Ja but resident in - one of the millions tha shrinking wor haps wisely, choose to rig here to one n ity anymore.

He wrote th 'The Remains Day' (Booke which was m a film with Hopkins - the quite incredib So was the no artist of the world' is li even better n

Ishiguro s have a preoc with the World War, leading up t its immedia math. It's question on

Annual Royal Academy Ballet exams

Bess Reitz's ballet students from Harrismith and Ladysmith, recently danced their exams under the critical eye of examiner Pat Stirling from Zimbabwe. Left: Yolani Bell and Jenny Kühn received their gr 8 award, the final higher grade exam.

The following girls received distinctions in their various grades, back: Junet Kuun, Frances Bouwer and Tlami Losaba. Front: Stephanie Ferreira, Ilona Kuun and Marili Eyberg.

Suspension of employees

In serious cases of misconduct, it is common practice to suspend the employee on full pay pending the outcome of the disciplinary action. Failure to pay the employee who remains willing and able to work would constitute a breach of contract. The question is under what circumstances suspension without pay may be used as a penalty or corrective measure.

Where misconduct seriously damages the employment relationship, for example in a case of gross insubordination, there might be sufficient reason to dismiss the employee. However, as corrective action is preferable to dismissal, suspension without pay is an option to consider. In the case of NUMSA obo Thsikana vs. Delta Motor corporation that came before the CCMA last year, the commissioner, referring to certain labour Court decisions on the matter, found that the suspension had been fair. He noted that insubordination would in many instances, be regarded as serious enough to justify dismissal and that the company had been lenient in the case before him.

As far as procedure is concerned, the commissioner stated that it couldn't be expected from an employer to hold a formal disciplinary hearing every time an employee breaches a rule. If dismissal were a possible sanction, disciplinary hearing would be required. In this case, however, dismissal was not considered. In view of the facts and circum-

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Hear the *Jingle* of "Bells" at
Pringles on Friday 26 November 2004
Join us for the Christmas *bash* of the Year!

26 November 2004 from 9pm

BP Braairock offers R500 each week

This time of year is not only festive, but also bonus time. At BP Braairock, anybody can now stand a chance to win R500-00 every weak for the next three months. The competition starts on Friday, 26 November. To stand a chance to win the R500, all that a person has to do, is complete an entry form at BP Braairock! The competition is not coupled to any purchase at Braairock! Visit Braairock BP for more information.

SAPS flash

On 8 October at approximately 10:20, the body of the late SABC radio reporter, Mr Sonny-Boy Hlahane was found in a stream in Letshalemaduke Village, Qwa Qwa.

The Bethlehem Serious & Violent Crime Unit is offering a reward of R50 000 to anybody with information that could lead to the arrest of the suspect(s).

Detective Inspector Khotleng Samuel Mofokeng can be contacted (058 307 5903 or 073 437 71231).

Creative Kids Summer Fair

Come have a fun-filled day with us!

Bring your whole family and enjoy:

DATE: 27 NOV 2004
TIME: 8:30
AT THE TOWN SQUARE

Delicious foods and drinks
Arts & Craft Market
Books, plastic, glass, fabric painting, wool, candles, beadwork and much more...

Blood Bank Games
Popcorn Face Painting Pancakes
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Used Car Madness Bargains! *While stocks last!*

Model	Description	Condition	Cash Price	Dep	Install
2004	Mazda 3 - 1.6i Dynamic	Demo	169 995	17 500	3 995 (54)
2003	Mazda 6 - 2.3i Sporty	Demo	198 000	20 000	3 999 (60)
2003	Opel Corsa 1.6i Elegant	EX	99 995	10 500	2 395 (54
2002	Ford Ranger 2.5 TDi D/C	VG	139 950	14 995	2 995 (54)
2002	Mazda Drifter 2.5TDi LWB	VG	119 995	14 995	2 695 (54)
2002	Toyota Tazz 130	VG	57 500	6 000	1 550 (54)
2002	Ford Bantam 130i LX + Can	EX (sold)	79 995	9 750	1 995 (54)
2002	Mazda Midge 130 Hatch	G	49 995	6 000	1 380 (54)
2001	Ford Ranger 2.2 XL	G	83 000	9 000	1 970 (54)
2001	Mazda Sting 130 Sedan	EX (sold)	47 000	5 000	1 060 (54)
1993	Nissan Sentra 1.6i	G	23 500	6000	850 (36)
1990	Ford Saphire 2.0 Ghia Sed.	VG	19 995	CASH	ONLY W COR
1989	Toyota Cressida 2.4 GL Sed	G	24 995	CASH	ONLY W COR

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Dolf 083 340 2884
Dries 083 701 9684
Ezekiel 083 737 7103
FRIK MARX is weer terug by ons

ENVIRONMENTAL IMPACT ASSESSMENT (EIA) PROCESSES
ANNOUNCEMENT OF SCOPING
ESKOM BRAAMHOEK 400KV TRANSMISSION POWER LINE & SUBSTATION INTEGRATION EIAs
CONSTRUCTION & UPGRADE OF ACCESS ROADS EIA FOR THE ESKOM BRAAMHOEK PUMPED STORAGE SCHEME

ACER (Africa)

The Braamhoek Pumped Storage Scheme (BPSS) is situated 23 km northeast of Van Reenen on the farms Braamhoek, Zaaifontein and Bedford, on the boundary of KwaZulu-Natal and the Free State. The scheme will comprise two reservoirs, enclosed tunnel systems and pump turbine units for which environmental authorisation have already been obtained in terms of the Environment Conservation Act, Act 73 of 1989.

As part of the BPSS, notice is hereby given in terms of Regulation 4(6) of the regulations published in Government Notice No. R1183 under Section 26 of the Environment Conservation Act, Act 73 of 1989, of Eskom's intent to carry out the following activities:

400kV Transmission Power Line & Substation Integration (EIAs: 12/12/20/672, 12/12/20/673 & 12/12/20/674) for the BPSS

The integration project comprises the construction of three separate components:

- The Braamhoek Substation: to receive electricity from the Braamhoek Power Station.
- The Braamhoek-Venus 400kV transmission power line, to provide a second connection to the Transmission National Grid System via a direct connection to the Venus Substation.
- A 'Turn-in' from the existing Majuba-Venus 400kV transmission power line to connect the Substation to the Transmission National Grid System.

The EIAs will investigate alternatives for the siting of the substation and transmission power lines.

Construction & Upgrade of Access Roads (EIA: A24/16/3/116) to the BPSS

This project involves the construction and upgrade of access roads to the Braamhoek Pumped Storage Scheme. Eskom is currently investigating various alternatives for access road routes that have been identified, in order to ascertain the preferred alternative. It is expected that most of the access roads will follow existing roads, which will have to be upgraded. Of the expected approximately 90 km of access roads, only about 20 km may be new roads.

Invitation to Participate:

To obtain a Background Information Document, to register as an Interested or Affected Party, and/or to raise issues, contact either Bongi Shinga (for Integration) or Debbie McKirdy (for Access Roads) at the Public Participation Office:

- P O Box 503, Mtunzini, 3867
- Tel: 035 340 2715
- Fax: 035 340 2232
- E-mail: bhkintegration@acerafrica.co.za or bhkroads@acerafrica.co.za, or visit
- Eskom's web site: www.eskom.co.za/eia

Stakeholders are invited to attend one of the public open days that will be held to discuss the projects:

Date: Monday, 29 November 2004
Time: 13h00 - 18h00 (presentations at 15h00)
Venue: Escourt, Umtshezi Public Library

Date: Tuesday, 30 November 2004
Time: 13h00 - 18h00 (presentations at 15h00)
Venue: Ladysmith Royal Hotel, Sir Reays

Date: Wednesday, 1 December 2004
Time: 10h00 - 12h00
Venue: Harrismith, Hamilberg School

Date: Wednesday, 1 December 2004
Time: 14h00 - 17h00
Venue: Harrismith, Hlomisa School