



## Wenner van die Hangklip-Kleinmond Toerisme Braaidag Kompetisie

Baie geluk aan Adri Keyser, die wenner van 'n geskenkbewys ter waarde van R250 by Werners Slaghuis.

Adri se Gebraaide Varknek resep is gekies as die beste resep wat ingeskryf is in ons Braaidag Kompetisie!

Baie dankie Werners Slaghuis wat die geskenkbewys geborg het en aan Riaan wat die geskenkbewys kom oorhandig het aan Adri!

### Hier is Adri se Wenresep!

#### VARKNEK

- 4 - 6 varknek skywe
- 30 ml olyfolie
- 30 ml bruinsuiker
- 30 ml meel
- 15 ml mosterdpoeier
- 5 ml fyn komyn
- Sout en peper na smaak

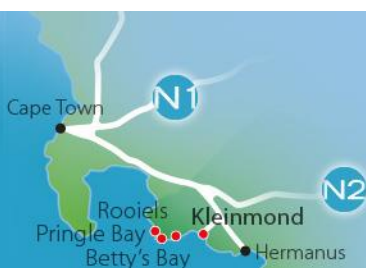


1. Smeer die varknek met olie.
2. Meng die res van bestanddele en sprinkel aan beide kante van die vleis.

Sorg vir lekker warm kole en braai aan albei kante tot goud bruin – draai kort-kort om te voorkom dat die vleis brand – dit vorm 'n lekker korsie.

**As bykos:** Sny 'n heel pynappel [ met die stingel aan ] in die lengte in kwarte, kwas met gesmelte botter en heuning en braai terselfdertyd tot goudbruin.

Kook intussen 'n aartappel vir elk met die skil aan – sny in die helfte en maak diagonale snitte oor die vleisgedeelte, smeer met 'n bietjie botter, sprinkel vars gekapte roosmaryn oor en braai soos 'n braai broodjie oor die kole.



34°20'39.72"S 19°0'50.63"E



## Cape Country Meander Showcase

On Thursday, 26 September 2013, The Cape Country Meander hosted a Tourism Showcase inside The Millstone Conference venue at The Caledon Hotel Spa and Casino.

The Cape Whale Coast joined other product owners from the surrounding towns of Cape Agulhas, Overstrand and Swellendam.

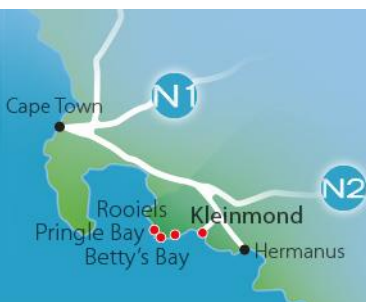
Known for its dynamic combination of adventure, outdoor and kid-friendly activities, as well as its slow food and endless boutique wines, Western Cape travel route, The Cape Country Meander kicked off the show early on Wednesday morning to boast its hidden gems.

Tourism product proprietors from the eight regions of the Meander utilized this showcase to market themselves communally, network and procure enquiries on their products and the region.

The expo turned out to be a very intimate one and a comfortable, relaxed and cozy atmosphere reigned the day.

The event provided the perfect opportunity for locals to learn more about The Cape Country Meander's potential for travelers looking for great value and diversity in either a longer stay, weekend getaway or day trip.

Fundile Martins from Cape Nature handed over the very comprehensive Outdoors Hamper which was sponsored by Cape Nature to the lucky winner, Anecia Olivier from Hangklip-Kleinmond Tourism Bureau.



34°20'39.72"S 19°0'50.63"E



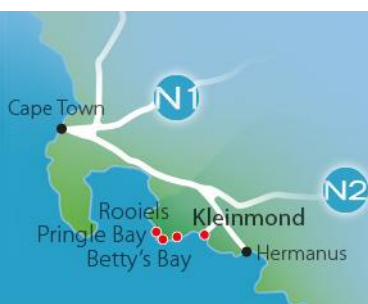
## The Kogelberg Biosphere Reserve

### The Man and the Biosphere Programme

The Man and the Biosphere Programme (MAB) was established by UNESCO in the early 1970's in response to growing concerns over environmental issues. The programme promotes a balanced relationship between humans and the environment (i.e., sustainable development) through interdisciplinary ecological and social research. The main aim of MAB is the provision of scientific knowledge and the training of personnel in order to achieve the sustainable management of resources (Wangari, 1997).

Biosphere Reserves are designated by the MAB to *promote and demonstrate* a balanced relationship between humans and the biosphere, and aim to achieve a sustainable living environment and are regarded *as laboratories and theatres of sustainable development* (Lass and Reusswig, 2002). The World Network of Biosphere Reserves (WNBR) strives to explore and demonstrate approaches to conservation and sustainable development on a regional/landscape scale. Within the WNBR there are currently 610 biosphere reserves in 117 countries (UNESCO, 2012a). In South Africa, there are currently six UNESCO biosphere reserves, three of which are in the Western Cape, with the other three situated in Limpopo (UNESCO, 2012b), with a seventh currently being designated in the Gouritz region.

The Statutory Framework of the WNBR states that “the status of each biosphere reserve should be subject to a periodic review every ten years, based on a report prepared by the concerned authority” (UNESCO, 1996). This reporting requirement, as well as other reporting requirements of biosphere reserves, emphasises the need for biosphere reserves to develop a *monitoring and evaluation framework*. Sustainability indicators need to be developed for biosphere reserves in order to monitor their effectiveness in achieving sustainable development goals.



34°20'39.72\"S 19°0'50.63\"E



## HANGKLIP-KLEINMOND TOURISM BUREAU'S SHOEBOX PROJECT!

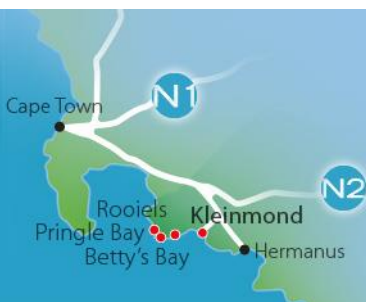


It's that time of the year again when we ask our



Members to donate toiletries, toys, sweets and something educational for our shoebox project in aid of the Overstrand Child & Youthcare centre. Donations must

please be dropped at the Hangklip-Kleinmond Tourism Bureau Office in Harbour Road before 1 December 2013.



34°20'39.72"S 19°0'50.63"E



## Uit die Fynboskat: 'n “Hemelse Geur” .....

Dit is die groepnaam van rooiboegoe oftewel *Diosma hirsuta*. Letterlik uit Grieks vertaal sê *Diosma* presies net dit : hemelse geur. In die fynbos is daar net soveel geure as wat daar plante is ; nie almal ruik egter ewe “lekker” nie, maar elkeen het 'n besondere geur wat verder karakter aan die hele fynbos gee.

Geure is vir meeste mense 'n persoonlike, abstrakte, dog ook algemene, ervaring. So “weet” ons almal hoe ruik boegoe, maar elkeen ervaar dit verskillend.

As jy onverwags 'n bekende geur tussen die fynbos kry is dit soos om 'n ou vriend raak te loop ; dan flits aangename beelde deur jou en jy voel sommer lief vir die plantjie wat op sy nederige manier soveel kleur aan jou bestaan gee.

Want kleur en smaak is vir my soms die enigste manier om naasteby 'n geur te beskryf wat soveel komplekse emosies wakkermaak. As ek vir iemand wil verduidelik hoe bogenoemde rooiboegoe ruik, sou ek by benadering sê dit ruik effens pepermentagtig met 'n tikkie “liquorice” en 'n vars, koel veldgeur ---- wat jy nie kan beskryf nie!

Die boegoes is seker die mees bekende en geliefde groep in die fynbos wat 'n onmiskenbare geurekleur het. Die geur van *Agathosma crenulata* en *A. betulina* is oor die algemeen seker die mees herkenbare en ook gewildste boegoegeure. Om hierdie boegoe se geur te beskryf, is moeilik en onnodig --- almal weet hoe lekker dit ruik.

Moenie die stinkboegoe, *Agathosma tabularis*, lig aankyk nie: sy aanvangsgeur is baie sterk, amper ru, maar dan verander dit plotseling in 'n lekker suurlemoengeur.

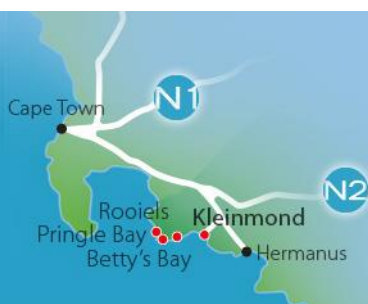
Die aasbossie of *Coleonema album*, deel die familie van die boegoe en as jy sy blare kneus kry jy daardie heerlike ligte, skoon, vrolike speserygeur.

'n Aangename medisinale geur word verkry as die sagte blare van die belskruie, *Osmitopsis asteriscoides*, gekneus word. (Die pragtige spierwit blomme is ewe-eens balsem vir die siel)

Wie het nog nie die geur van kooigoed ervaar nie! Aanvanklik ruik sy vilterige blaartjies “groenerig”, maar na 'n rukkie verskyn die wonderlikste komplekse geur wat, saam met boegoe, vir my van dié essensiële fynbosgeure is.

Nog 'n baie komplekse, vlugtige geur word deur die rooi sewejaarjebos, *Phaenocoma prolifera*, afgegee : breek 'n knoppie of takkie af en ruik dadelik. Die geur is “onmiskenbaar” ligblou eksoties, en dan skielik is dit weg en 'n mens ruik net “groen”.

Ook die *Erica*-familie het sy laventelhane. Voor in die koor staan *Erica curvirostris* met sy baie sterk heuninggeur --- so sterk en soet dat dit gemaklik vêr op die bergwindjie dra.



34°20'39.72"S 19°0'50.63"E



Die kapokbossie, *Eriocephalus africanus*, staan ook bekend as wilde roosmaryn en sy takkies kan gebruik word om badwater of hare-afspoelwater te geur.

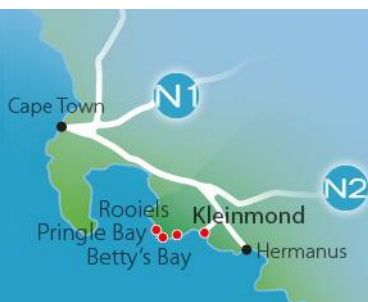
In die nag is daar 'n hele spektrum van geure : 'n mens kan dit in die aand of vroeg die oggend nog ruik.

Die bruin afrikaner of *Gladiolus maculatus* ruik sag-soet, terwyl die ritse katstertjies, of *Struthiola salteri*, 'n bedwelmente soet geur in die omgewing versprei. Die orgideefamilie se ruiktrewwa, oftewel *Satyrium odorum*, is onopvallend groen, maar in die nag het hy 'n sterk naeltjiekruie geur. Die blommetjie van die veterbossie, *Gnidia squarrosa*, ruik gladnie bedags nie, maar dra 'n soeterige frank geur in die nag.

Pelargoniumblare (malva) ruik in die algemeen lekker as jy daarvoor vrywe : *Pelargonium triste* en *P. lobatum* het snags egter ook 'n lekker naeltjie-anyserige geur.

Die blommetjie wat vir my die naaste aan sy kleur ruik, is die *Spseudoselago serrata* : met sy pers kwassie ruik hy soeterig-pers -- hoe anders? O ja, en dan is daar baie blommetjies van die aster-familie wat die tipiese heuningreuk afgee; soms meer intens, soms meer soet --- 'n regte "geel" geur.

Dis verbasend watter geure mense kan beskryf as dit by wyn kom; vrugtegeure, selfs sjokolade. By fynbos is dit nie altyd so maklik nie; sy geure is soms soet, soms bittersoet, soms weet-nie-wat nie, maar altyd kompleks, onbegrens, wonderlik en lig soos die bergwindjie wat deur die fynbos waai.



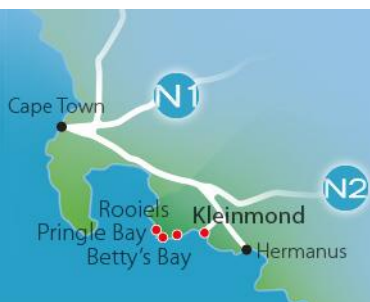
34°20'39.72"S 19°0'50.63"E





The central graphic features a large circular logo for the festival. The logo contains a stylized river and is surrounded by the names of the wine estates: BREEDE RIVIER, GOUDINI, RAWSONVILLE, and SLANGHOEK. To the right of the logo is a photograph of a festival scene with people sitting under white umbrellas in a vineyard. Below the main logo, the text 'BREDEKLOOF OUTDOOR & WINE' is written in large, bold, blue letters, with '11-13 October 2013' in green below it. To the right of the text, there is a green cursive phrase 'only 10 days to go...' and three small photographs showing a musician playing a guitar, a person fishing, and a person riding a bicycle.

# COUNTDOWN TO BREDEKLOOF OUTDOOR & WINE FESTIVAL 2013



34°20'39.72"S 19°0'50.63"E



**Only 10 days to go!**

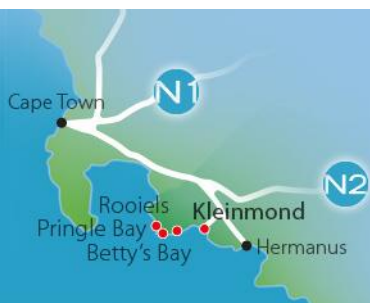
Get the summer season into full swing and head off to the picturesque Bredekloof valley over this coming weekend: 11 to 13 October for the annual Bredekloof Outdoor & Wine Festival. Less than 1 hour drive from Cape Town, festival activities are hosted at the various wineries in the Rawsonville, Slanghoek, Goudini and Breerivier areas.



Sip, sample and savour award winning wines from the area at this celebration of wine, food, adventure and music. Activity highlights include food and wine pairing, MTB mountain bike classic over 13km, 33km or 63km distances, 4x4 trails, a beer festival, as well as a tagged fishing contest. A variety of artists will be performing during the weekend including Albert Frost, DJ Ossewa, Andries Vermeulen, Cheree & Wynand Strydom. The Bredekloof is a family destination and the wineries cater for children with a variety of activities including pony rides, farm animal petting, sand art and jumping castles.



Tantalise your taste buds with a range of delights from oysters to potjiekos, sushi and waterblommetjie



34°20'39.72"S 19°0'50.63"E





bredie.

Buy your festival pass for only R100p.p. at any of the participating wineries. The pass will be valid for the weekend and gives you access to the festival and free wine tastings at the cellars.

Take the opportunity to make a weekend of this social calendar highlight and make use of the region's ample accommodation facilities which range from wooden mountain cabins and stone houses overlooking rivers, to B&Bs, guest houses, camping and caravanning sites.

For more information visit [www.breedekloof.com](http://www.breedekloof.com), or contact 023 349 1791

www.sarie.com  
**SARIE**  
my inspirasie

Barbara Joubert  
Kook Demonstrasie

Barbara Joubert kook uit Sarie Kos

Tyd: Saterdag, 12 Oktober 2013, 10h00

Plek: uniWines, Daschbosch

Prys: R50pp (Besprekings Noodsaaklik)

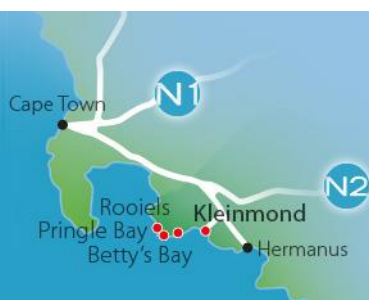
Vir Kaartjies Kontak:  
e-pos: [info@uniwines.co.za](mailto:info@uniwines.co.za)  
Tel: 023 349 1110

(Fondsinsameling ten bate van die  
Instituut vir Blindes)

my inspirasie **SARIE**  
**KOS**

INSTITUUT VIR DIE BLINDE

my inspirasie **SARIE**  
**KOS**

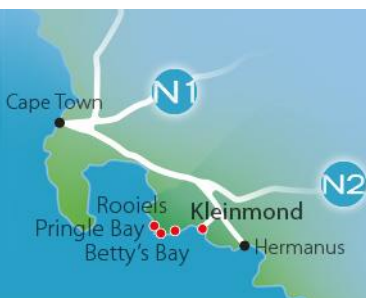


34°20'39.72"S 19°0'50.63"E



## Diary of Events/Dagboek

- 1 -6 October: **De Hoop Stretton's – Stanford Bird Fair.** There is a place where birds are in abundance and river trips, culinary delights and wine can be enjoyed. Visit the De Hoop Stretton's – Stanford Bird Fair for a real country experience! Download the programme or visit [www.stanfordbirdclub.co.za](http://www.stanfordbirdclub.co.za) for more info.
- 3 Oktober : LENTEDAG!! Kerkzaal om 15:00
- 3 Oktober: Vergader in Rolbalsaal. Bring vlieënde-voëls-blokke.
- 4 Oktober: Slaplag Konsert – NG Kerkzaal om 18:00. R40 per person – ligte ete ingesluit. Bring eie drankies en glase. Ten bate van FYNBOS SENIORSENTRUM
- 4 – 6 October: **Stanford Flocktober Festival.** Food, wine, beer, music, fun ... and birds. Live entertainment, children's activities, local wine and beer, Stanford Food Heroes and much more during the Stanford Bird Fair at the Stanford Village Green. Join us on Facebook or phone Stanford Info at 028 341 0340 for more info.
- 9 October: The Local CANSA Volunteers have arranged a meeting for people who want more information about swollen arms after a mastectomy. The expert Herman Jordaan will talk about Mobilisation of surgical wound scarring after mastectomy and lymphectomy. He is willing to answer questions afterwards.
- 17 October: "Complete your Makeover" by Chantal Witthuhn from La Femmetique at 10:30 @ Betty's Bay Library.



34°20'39.72"S 19°0'50.63"E



## HERMANUS FLOWER FESTIVAL

The importance of wetlands in providing essential eco- system services and the need to conserve SA’s third most threatened habitat was highlighted at the Hermanus Flower Festival.

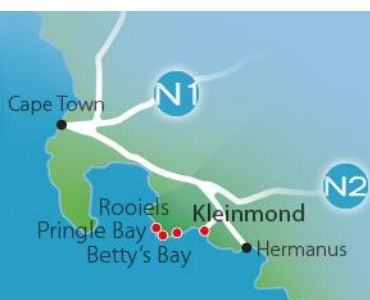
Whale Coast Conservation focused on the presence of frogs as an indicator of the ecological health of wetlands. Two of the YES students, Denfred and Zöhn, who have been participating with Sheraine in the frog monitoring project on the Hermanus Golf Course, were on hand to tell visitors about the frogs and tend to the live exhibit. Interactive touch screen technology was used to introduce visitors to the frogs that are likely to be found in our area and the calls we hear even if we don’t always see them. Many visitors were surprised to discover that calls that they had often heard were frogs, and not birds.

When spring eventually arrived on the last day, the crowds flocked to the Festival, which offered one of the best shows of recent years.

The live frogs on display were a great hit with children of all ages. There was love at first sight when a froggy went a-courting. A raucous toad match made, if not in heaven, at least at the Flower Festival.

It was gratifying to receive much positive comment about our display. Some people mentioned that they had heard about it and came specially to see it. There was also praise for the knowledge and helpfulness of the students.

Visitors were encouraged to become involved in WCC’s citizen-science project in which everyone can contribute to the knowledge about the distribution of frogs, and hence environmental health, along the Whale Coast.



34°20'39.72"S 19°0'50.63"E





Cancer is an indiscriminate disease that can hit anyone at any time. For those suffering, as well as their families and friends it is a time of deep reflection, hardship and sometimes loss. It's also a time that highlights generosity and kindness of people.

With this in mind, Pink Trees for Pauline, a non-profit company, was founded in order to raise awareness and funds for those affected by cancer. They do this in a unique way – by turning towns PINK!

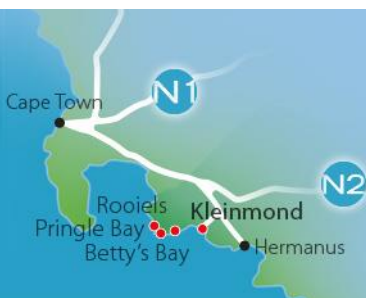
Sponsoring a meter of pink fabric that will be supplied in towns involved for a minimum of R20, will transform towns and trees. The more fabric that is sponsored, the more trees will be marked by your generosity and lives will be changed. The project is scheduled to take place on the **18<sup>th</sup> October 2013**.

The project originated in Graaff-Reinet in 2012 and four thousand meters of fabric were donated. Two hundred and ten thousand Rand was raised and cancer related needs were addressed, from homecare and transport, to feeding schemes and prostheses etc.

You can help to add to the tally. So whether you're an individual or an organization, buy a few meters of pink fabric in Pauline's memory. For we all know a "Pauline".

Visit [www.pinktrees.co.za](http://www.pinktrees.co.za) for more information and banking details. Join us on Facebook at [www.facebook.com/PinkTreesForPauline](http://www.facebook.com/PinkTreesForPauline) and help to colour the town PINK!

**Want to get involved in your town? Contact Leslie van Zyl on 084 928 1861**



34°20'39.72"S 19°0'50.63"E



## THE FIFTH ANNUAL BIG BLUES MUSIC FESTIVAL 2013

# BIG BLUES

## MUSIC FESTIVAL – KLEINMOND

The FIFTH annual Big Blues Music Festival will take place in Kleinmond Harbour on 28 February & 1 March 2014

Die VYFDE jaarlikse “Big Blues Music Festival” vind op 28 Februarie & 1 Maart 2014 in Kleinmond Hawe plaas.

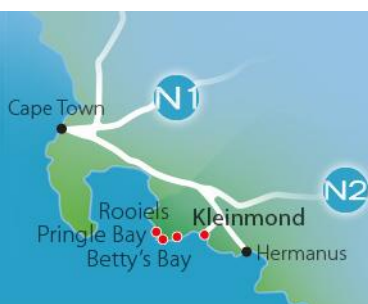
Members of the community are invited to participate in the **open meetings held once a month** at the Hangklip-Kleinmond Tourism Bureau, 14 Harbour Road, Kleinmond at 17:00. Everyone is welcome – this is where we discuss ideas and plan our area’s biggest musical event together. The first meeting will be held on **Wednesday 16 October 2013 at 17:00. Further dates to be announced.**

Lede van die gemeenskap word genooi om die **ope vergaderings wat elke maand gehou word** by te woon te Haweweg 14 by die Hangklip-Kleinmond Toerismeburo om 17:00. Almal is welkom – dis hier waar ons idees bespreek en beplan aan ons area se grootste musikale gebeurtenis. **Die eerste vergadering sal op Woensdag 16 Oktober 2013 gehou word. Verdere datums sal nog bevestig en aangekondig word**

Should you need any further information on the Big Blues Festival 2014, then please contact us on 028 271 5657 or visit us at the Tourism Bureau at 14 Harbour Road, Kleinmond.

Indien jy enige verdere inligting benodig aangaande die Big Blues Fees 2014, kontak ons gerus by 028 271 5657 of besoek ons by die Toerismeburo, Haweweg 14, Kleinmond.

[info@bigblues.co.za](mailto:info@bigblues.co.za) / [www.bigblues.co.za](http://www.bigblues.co.za)



34°20'39.72"S 19°0'50.63"E

