

# BLUE WATER CHRONICLE

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Redhouse  
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## Shock for new owners of Bay Superette

**A Cape Town family's dreams of setting up in business in Bluewater Bay has turned into a nightmare following the discovery that tens of thousands of rands worth of the stock in trade they took over was well past the sell by date.**

It was all planned as a new life after the death of Eleanor Roberts' husband in the Cape some five months ago.

Following a visit to her daughter, Lucrécia Hoffman, in Port Elizabeth, Eleanor and another daughter, Chandre and her husband, Junaid Hoffman, decided to move to PE and set up business.

They thought they had found just the right thing when they discovered the Bay Superette in Claude Crescent, Bluewater Bay up for sale.

most of the stock in the fridges was passed its sell by date. Although not rotten, some items of fish and meat were well passed the recommended selling dates.

The family immediately reacted to this by clearing all the items and then generously donated them to a bunch of youngsters who were collecting for the Animal Welfare Society.

But worse was to follow. Nearly every section of the supermarket shelves had outdated goods. There were cold drinks, nearly three years old, milk products (including baby milk powder), canned goods, mealie meal, you name it, that would have to be dumped.

Perhaps, even worse, was that dates on some of the long life milk and on many

with Tony, he said it was possible that a few items had slipped through their checks but assured us that these items had been removed.

Clearly not only was this not the case, but also, Tony and Maria went out of their way to disguise the true sell by dates on many items.

With many bare spaces on shelves (due to the stock that has had to be removed) and a business with reputation in tatters for selling old products, Eleanor was close to tears and told the Chronicle she had thought

about packing up and heading back to Cape Town.

However, the action taken by the family is perhaps just the tonic the business needed. As more local residents find out that a careful check is made on the stock, business should start to pick up.

In addition to this, prices of many items (including in the bottle store) have been reduced to more competitive levels.

With such huge stock losses it could take a little time to rebuild the business

*continued on page 3*



It seemed to offer all they needed: the supermarket side to be managed by Chandre, the bottle store by Junaid, the restaurant by Lucrécia with mum, Eleanor, casting a watchful eye overall.

As the terms of sale were for all the fittings and fixtures plus stock in trade, the family expected a smooth transition when they took over on 1 September.

But as they were cleaning and packing shelves, they were hit by one nasty surprise after another!

The first thing they noticed was that

cans had been altered to reflect new sell by dates! Staff admitted they had been instructed to do this.

In other words, former owners, Tony and Maria Perreira did not only mislead the new owners but were also selling dated products to the residents of Bluewater Bay. This was not the first that the Chronicle had heard about this. At the beginning of the year, we were approached by local resident, Gerhard Horne, who produced old items he had bought from the Bay Superette.

When the Chronicle took this up

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-O-O-O-

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-O-O-O-

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# SAPS building closer ties

**Captain Anton Groenewald, Head of Visible Policing Swartkops SAPS, is determined to build a good relationship between the police and the residents and workers in the areas SAPS patrol, which include Bluewater Bay, Swartkops, Readhouse, Wells Estate, Perseverance and Markman, writes David Bamber.**

He says response times to crimes have improved substantially and preemptive raids on shabeens and roadblocks have helped to take criminals off the streets.

Groenewald says his main aim is to prevent crime rather than having to react to it and residents can play their part by doing things that make it difficult for criminals to strike.

For instance, Groenewald says one should not leave vehicles parked on pavements in front of houses (day or night). Where possible, pull the vehicle into a yard behind closed gates.

He also said with summer getting nearer, increasing numbers of people leave sliding doors and windows open and warned that this was inviting thieves in, even if these doors and windows are not on ground floor level.

Showing a caring side, Groenewald was excited about a second victim's support building that is soon to be erected at the Swartkops police station. He said he was overwhelmed by the generosity of residents that had donated many items to furnish the facility.

"We work for the people in this area and we would like them to know we are part of the community," he said.

SAPS Swartkops has taken part in community services such as the painting of a school for under-privileged children.

Groenewald is a mild mannered, friendly person – but he is no softy! When it comes to difficult situations, he is a no-nonsense, hard as teak cop who will take any measures to keep the peace and keep the community safe.

He urged residents to report all crime, no matter how small. The reality is that crime is far worse in some other areas and with a shortage of police, SAPS has no option other than to move police men and women to those areas. By reporting all crime, it helps to keep numbers of police in the area up and thus providing a greater chance of preventing crime from taking place.

Over the past month, one of the cases that gave Groenewald the most satisfaction followed a burglary that took place in Bluewater Beach. Four men robbed a house and SAPS Swartkops managed to lift the fingerprints of one of the culprits. This matched prints on file belonging to a Mozambican. The culprit's name was blacklisted resulting in him being arrested as he tried to cross the border back into Mozambique. He was returned to the Swartkops SAPS together with three stolen laptops that were recovered.

It has subsequently been discovered that the other three were also Mozambicans who managed to get across the border. But police now know their identities and a rude awakening is waiting for them if they cross into SA again!

Some idea of just how busy SAPS Swartkops has been is provided by the statistics for the first three weeks of this month. There have been 52 arrests for serious offences, 92 for less serious offences and 57 fines issued for traffic and railway offences. In addition to this, 150 litres of illegal home brew have been destroyed.

Groenewald praised the work done by his colleagues and said there was a good spirit at the SAPS Swartkops station and also said there was excellent co-operation with the Swartkops Railway Police.

The co-operation of the people in the area has been so tremendous that Groenewald is now considering moving from Kabega Park where he currently lives to Bluewater Bay!

-0-0-0-



*Captain Anton Groenewald*

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Clinton Bamber



## Shock for new owners of Bay Superette

(contined from page 1)

and the family has asked for some understanding from residents in this regard.

They appreciate the support they are getting from the community and say they are determined to create a business with local families in mind.

The superette is open from 7am until 8pm and the restaurant will continue to serve lunches and dinners. Over weekends, breakfast will be offered and, on Sundays, a roast. Curries have also been added to the menu.

Eleanor has taken legal advice that could result in some compensation from the Perreiras.



Shelves bare after dated goods removed

For the past two weeks, attractive Bluewater Bay resident, Bella Retief, has spent a number of hours on most days kitted out with gardening gloves and a spade as she has set about cleaning the area around the stairs at Tippers Creek.

The mother of two had a sudden change in life when she took up religion earlier in the month and decided that she wanted to do something for the community.

Bella is a keen jogger and jogging up and down the stairs at Tippers Creek has been part of her routine but she always noticed how unkempt the area surrounding the stairs was. She decided to do something about it.

Curious motorists frequently stop and ask her what she is doing. She simply replies that she is tidying up the area. Most wish her well, but she believes that at least one lady that enquired about her activities probably thinks she is nuts.

Bella says her partner, Jan Lindesque, thinks it's great and supports her "all the way."

She has even approached a potential sponsor to supply some razor wire which she wants to place behind the ablution block at the bottom of the stairs to stop vagrants using the area as a toilet.

Bella chatted on happily but then it was 12 noon and time to pack up so that she could go and collect her children from playschool.

But she vowed to be back, first to continue with the clean-up, and then to get the vegetation on the sides of the stairs trimmed back to make everything look neater.

## Bella does her bit



### Opening Hours

Monday to Thursday	5:00am to 9:00pm
Friday	5:00am to 8:00pm
Saturday	7:00am to 1:00pm
Sunday/Pub Holiday	2:00pm to 7:00pm



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### Contact Details

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Fax: 041 466 1930  
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# Barrow for pets

Earlier this month, five Bluewater Bay youngsters gave up their time on a Saturday to push a wheelbarrow around the suburb to collect food for the Animal Welfare Society.

The wheelbarrow run was organised by Bianca van Jaarsveld and Melissa Kruger, who were joined by Kyle Kolbe, Nick Doubell and Arno Barnard.

Starting at 10am, the group went door-to-door looking for anything from a cup full of dog biscuits to tins and packets of dog and cat food or cash donations.

They were very impressed by the

generosity of the residents and had their collection bolstered by a large bag of dog food from Bluewater Bay SuperSpar.

But the surprise of the day came when they visited the Bay Superette in Claude Crescent. The new owners had done a thorough clear-out of fridges, taking out all meat and fish that was passed its sell by date, although still usable.

The happy but tired band of volunteers managed to pack two vehicles with about R3 000 worth of animal food which they delivered to Animal Welfare shortly after 5pm.



# Cubs and Scouts

During October, the Cubs and Scouts of the St Croix Sea Scout Group will once again be collecting pet food for the animals at the Animal Welfare Society.

A similar collection was made last year. The cubs and scouts also used that occasion to give some of the inhabitants of the shelter an opportunity to have a walk around

the grounds.

The picture depicts some of the children with the food that was collected.

Should you wish to make a donation towards this collection, please contact Ann Booth on the following number;

082 722 7358.



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## - COMMUNITY MEETING -

# Making Bluewater Bay safer

- What are the current crime trends in Bluewater Bay and its surrounding areas?
- How do we make our communities even safer?
- What can you do to be involved and help strengthen the community?

Communities are stronger when they stand together. Join us for a presentation on the state of security in Bluewater Bay and the way forward.

Your meeting hosts are Jean-Marc Vanderveken, Community Security Manager: ADT Eastern Cape with senior management representation from SAPS Swartkops Station Commander, in association with Jane Jardine and the Community Police Forum.

Place : **United Church, Bluewater Bay**  
Date : **Thursday 29 September 2011**  
Time : **19:00**

Your questions answered, your suggestions welcomed.

Be involved. Play your role.



**Bluewater Bay**



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# Zebra trail opens again

## Three Day Hike Re-opens in Mountain Zebra National Park

The popular three-day Impofu hiking trail in Mountain Zebra National Park has re-opened, following its closure in July last year after the tragic death of a hiker who was attacked by a buffalo on one of the hiking trails.

The 25-kilometre hiking trail will now operate as a guided trail, with hikers being led by knowledgeable, armed guides.

The three-day trail takes in some of the highlights of the 28,000 hectare Park including Bakenkop, the Park's highest peak.

The first day's hike meanders through grassland and mountain shrubland, passing the famous Big Rock. Day two is a mountain grassland experience with a chance of spotting herds of eland and mountain reedbuck. The final leg of the hike passes through riverine thicket, ending at the Mountain Zebra National Park restcamp.

Two mountain cottages provide the overnight stop for hikers in secluded and scenic areas of the Park. The huts, which can each accommodate 10 people, are equipped with solar-powered fridge facilities and gas cookers as well as an outside braai area. Hikers carry their own provisions and bedding and must be 16 years or older to participate. Bookings are done through the Park on [mountainzebra@sanparks.org](mailto:mountainzebra@sanparks.org)

The suite of activities available at the Park includes cheetah tracking, 3-hour guided walks, guided visits to rock art sites and guided drives. Two short walking trails (1-kilometre and 2.5-kilometre trails) are also available to visitors as self-walk options.

The mountain cottages, formerly used exclusively as hiking trail huts, are also available as an ideal rustic getaway option for visitors with high clearance vehicles.

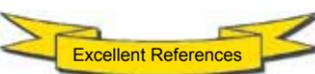
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# Spring walk



The Zwartkops Conservancy Spring Walk along the Flamingo Trail in the Zwartkops Nature Reserve took place on 3rd September. The trail is 11km long and includes wonderful panoramic views of the area.

## CLASSIFIEDS

The Bluewater Chronicle is the ideal place to advertise your houses or flats to let. At only R20 a column centimeter (4 cm wide), you will reach most people in Bluewater Bay, Amsterdamhoek, Swartkops and Redhouse.

**Pride & Groom Aromatherapy Practice.** Wed. 2-5pm, Thur. 3-6pm and Sundays 10am - 4:30pm for Treatments. Yoga classes on Wen. 6-7pm @ Redhouse Community Hall. Yonah 084 7711 866

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## Lost doggie

Have you seen this family pet? Jessie, a border collie, went missing nearly three weeks ago in Bluewater Bay. If you have seen her, please phone Elmien van der Berg on Tel: 041-466-8996 or Cell: 082-444-3395.

The Cancer Association's Clinic, conveniently situated in Port Elizabeth, is open every Tuesday for pap smears and breast examinations, at very low rates.  
Phone for an appointment on 041 - 3735157

## Found doggie

Black and White female shin-height doggie picked up in Bluewater Bay on 16 September. Has bright green and brown eyes. Is so timid, friendly yet sad and lost looking. Has no ticks, healthy teeth, nails look like she's been digging a lot. Been taken to Animal Welfare Society Port Elizabeth.



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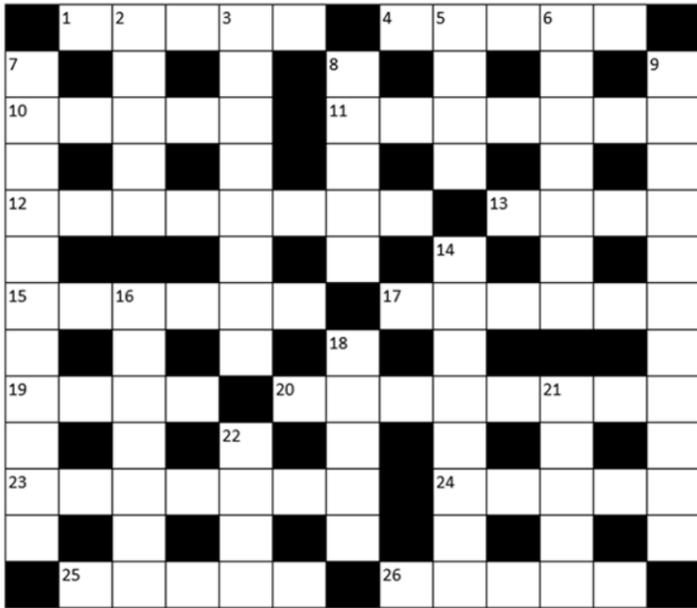
Complete any one of the puzzles below, cut it out, write your name and telephone number on it and put it into the competition box in the store before 18 October, 2011.



*Bluemwater Bay Superspar R250.00 Voucher winner for September 2011 winner: Nombulelo Patricia Johnson*



## CROSSWORD



**Across**

- 1 Ill-treatment (5)
- 4 Young soldier (5)
- 10 ... of fun, Madness song (5)
- 11 The USA (7)
- 12 Fidgety (8)
- 13 Sail support (4)
- 15 Blanket-like cloak (6)
- 17 The west wind (6)
- 19 Challenge (4)
- 20 Italian dish (8)
- 23 Mechanic's wrench (7)
- 24 Item of clothing (5)
- 25 Qualifying rounds (5)
- 26 Port in Cornwall (5)

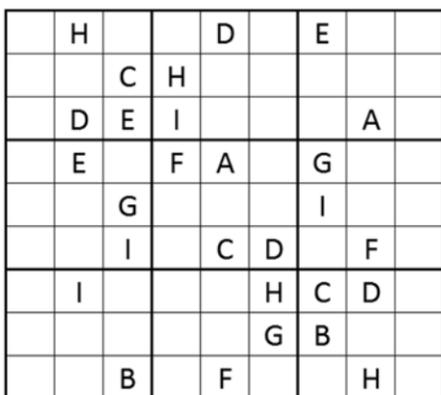
**Down**

- 2 ... Brothers, John Belushi film (5)
- 3 Furtive (8)
- 5 Roots author, ... Hayley (4)
- 6 Tombstone inscription (7)
- 7 Foot specialist (11)
- 8 Indiscretion (5)
- 9 Artist's greatest work (11)
- 14 Wine vessel (8)
- 16 Recite (7)
- 18 Cow's product (5)
- 21 Possessor (5)
- 22 Weave (4)

**AUGUST SOLUTION**



## SUDOKU



**AUGUST SOLUTION**

5	4	9	6	8	1	7	2	3
1	8	7	2	3	9	4	5	6
2	3	6	7	4	5	8	1	9
3	5	8	9	1	2	6	7	4
6	7	1	4	5	3	2	9	8
9	2	4	8	7	6	5	3	1
7	6	5	1	9	4	3	8	2
4	9	3	5	2	8	1	6	7
8	1	2	3	6	7	9	4	5

## WORD SEARCH

F J C J Y K Y D I O S P Y R O S G Q B V O A  
 A N O N Y M T R I C H I L I A B V F H A S H  
 I L M T O U D L A P X I M E N I A L S I G A  
 X U B S L R X P B C M F S B A S Y U U N N I  
 U Z R I M G D R N N A W W I U S C R N N F P  
 N V E L L G H N C H O C G H U I G X E A Z O  
 Q I T Y H U Z L E P Y R I P F Q W B T M V L  
 B R U T S A B S T D U M R A A X P Q Y H T O  
 R G M S A J K P A B O A T I U M O D A T S C  
 Y I B O I T L W R L C E R I U L L O M O S S  
 M L A X N H O A I O O A A L V Z E M M R W A  
 S I I O R D W N D K L E L L S F A B G I J L  
 T A G L U E S O D E A Y J Z E N O E V A D C  
 N W R N P D P Y G H H N G A G L A Y M R Z R  
 Z W E E L S A G W P O Z I H U U Q A M E I B  
 C E B I A J I Z E K Z N A S K E M K A F C U  
 Z B E O C K V P F P E K A Y T H U I T O Z D  
 A G K H N L R S C D S N T A Q O T C L G K D  
 C D E H H A X B R S T U X P R O T E A I J L  
 U W L Q H I T A Z H Q D S Z H F Y X V D M E  
 I S H L D S G U U Z T J U C G O Z X P N S J  
 N E U C R T F S P C T J S Q W Y N Y A I H A

- Acacia
- Aloe
- Bolusanthus
- Buddleja
- Calpurnia
- Combretum
- Diospyros
- Dombeya
- Ekebergia
- Elaeodendron
- Ficus
- Gardenia
- Harpephyllum
- Indigofera
- Kiggelaria
- Loxostylis
- Maytenus
- Nuxia
- Olea
- Podocarpus
- Protea
- Rhus
- Rothmannia
- Schotia
- Scolopia
- Trichilia
- Virgilia
- Warburgia
- Ximenia

Tide Table (to nearest 5 minutes)						
Date	Day	High	Low	High	Low	High
23-Sep	Fri	00:15	06:40	12:55	19:10	
24-Sep	Sat	01:15	07:25	13:40	19:50	
25-Sep	Sun	01:55	08:05	14:15	20:30	
26-Sep	Mon	02:35	08:40	14:55	21:05	
27-Sep	Tue	03:15	09:15	15:30	21:45	
28-Sep	Wed	03:55	09:50	16:10	22:25	
29-Sep	Thu	04:30	10:30	16:45	23:00	
30-Sep	Fri	05:10	11:05	17:25	23:40	
01-Oct	Sat	05:50	11:45	18:10		
02-Oct	Sun		00:20	06:35	12:30	18:55
03-Oct	Mon		01:05	07:30	13:25	19:55
04-Oct	Tue		02:05	08:55	15:10	21:35
05-Oct	Wed		04:15	11:10	17:45	23:40
06-Oct	Thu		06:15	12:30	18:55	
07-Oct	Fri	00:50	07:10	13:20	19:35	
08-Oct	Sat	01:35	07:45	13:55	20:05	
09-Oct	Sun	02:10	08:10	14:25	20:30	
10-Oct	Mon	02:40	08:40	14:50	21:00	
11-Oct	Tue	03:05	09:05	15:15	21:25	
12-Oct	Wed	03:35	09:30	15:45	21:50	
13-Oct	Thu	04:00	09:55	16:10	22:20	
14-Oct	Fri	04:25	10:20	16:35	22:45	
15-Oct	Sat	04:55	10:50	17:00	23:15	
16-Oct	Sun	05:20	11:15	17:30	23:45	
17-Oct	Mon	05:50	11:50	18:05		
18-Oct	Tue		00:20	06:30	12:25	18:50
19-Oct	Wed		01:05	07:25	13:25	19:55
20-Oct	Thu		02:15	09:00	15:30	21:50
21-Oct	Fri		04:10	11:00	17:35	23:35
22-Oct	Sat		05:50	12:15	18:40	
23-Oct	Sun	00:40	06:45	13:05	19:25	
24-Oct	Mon	01:30	07:30	13:45	20:05	
25-Oct	Tue	02:10	08:10	14:25	20:45	
26-Oct	Wed	02:55	08:50	15:05	21:25	
27-Oct	Thu	03:35	09:30	15:45	22:05	
28-Oct	Fri	04:15	10:10	16:25	22:45	

# New regulations planned for Swartkops River estuary

The authorities are planning to significantly tighten rules and regulations regarding the use of boats in the Swartkops River estuary.

A reliable source told the Chronicle that new regulations would be drafted to limit the number of boats that may be on the water at any one time to 61 and that residents along Amsterdamhoek would be required to better control their slipways.

In effect this means that slipways will have to be locked and that any boater planning to launch will first have to seek permission from a marine office that is being built in Tiger Bay.

According to the source, the onus will

fall on the owner of the slipway to manage it. In other words, should an owner permit his or her slipway to be used by anyone, it will be up to the owner to phone the marine office to get clearance to launch.

The marine office in turn will only approve river and sea worthy craft to be launched.

One Amsterdamhoek resident said he had already been contacted and told that if he did not lock his slipway, a bollard would be erected to prevent craft from being launched.

Despite this, the Chronicle understands that the new regulations are only expected to come into force in about six months' time.

-0-0-

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### LOCAL EVENTS

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**Every Tuesday and Wednesday** at the Rod Club, Swartkops: Skipper Courses (if enough people are booked): Two hour Skipper Course.  
**Every Wednesday evening** at 17h30 at Tippers Creek Scout Club: BWB Roadrunners weekly Time Trial Run of 8km.  
**Every Saturday** at the Rod Club, Swartkops: Skipper Examinations.  
**Every Sunday** from 09h30 to 12h00 at Redhouse Yacht Club: Sailing School. Booking is necessary as space is limited.  
**Every Sunday** from 11h00 on Main Beach, Bluewater Bay: Nipper Training. Boys and girls from ages 8 to 14, learn how to be water-wise and start training to be lifeguards.  
**Last Saturday** of every month at the BWB Community Church: Farmers Market.



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# National Beach Clean-up Day



*The group starts gathering at Bluewater Bay beach*



*Landsdiens volunteers and tiny tots joined in the clean-up*



## Basaar naweek

NG Kerk Swartkopsrivier

**Vrydag 30 September**

**Speletjies begin 16:00**

Kom koop en eet vetkoek, (curry-bunnies) of Potjiekos by ons (verkope na 17:00)

**Saterdag 1 Oktober**

**Verkope vanaf 10:00**

Pannekoek, Koek en Tert  
Koffie en Tee, Poeding,  
Boerewors rolle, Sosaties,  
Vars gebakte brood,  
Spitkoeke, Kerrie en Rys,  
Slaghuis, Lekkers.  
Speletjies vir die kinders.

**Sondag 2 Oktober**

**Bybelse ete 12:30**



Skakel kerkkantoor vir kaartjies (041 466 4185)

Almal welkom / Please join us for our fete

The young, the older and business joined the Zwartkops Conservancy on September 17 for the National Beach Clean-Up Day at Bluewater Bay.

There was a large contingent from Landsdiens, an organization in existence in Afrikaans schools which looks to teach the youth of the country to take care of the environment and to deliver service to the country in whatever form.

They regularly do clean-up work and also offer humanitarian services to the

less privileged or the aged. The Landsdiens groups came from high schools in Uitenhage, Westering, Zwide and Newton Park.

Two vouchers were donated by Ocean Divers International for a free scuba diving course and the winning names were drawn out of a hat at the beach.

Williams Hunt and PE Chevrolet lent a helping hand by supplying two Izusuzus to cart the large piles of collected rubbish to a rubbish skip that was provided on the beach.

## RAD Projects

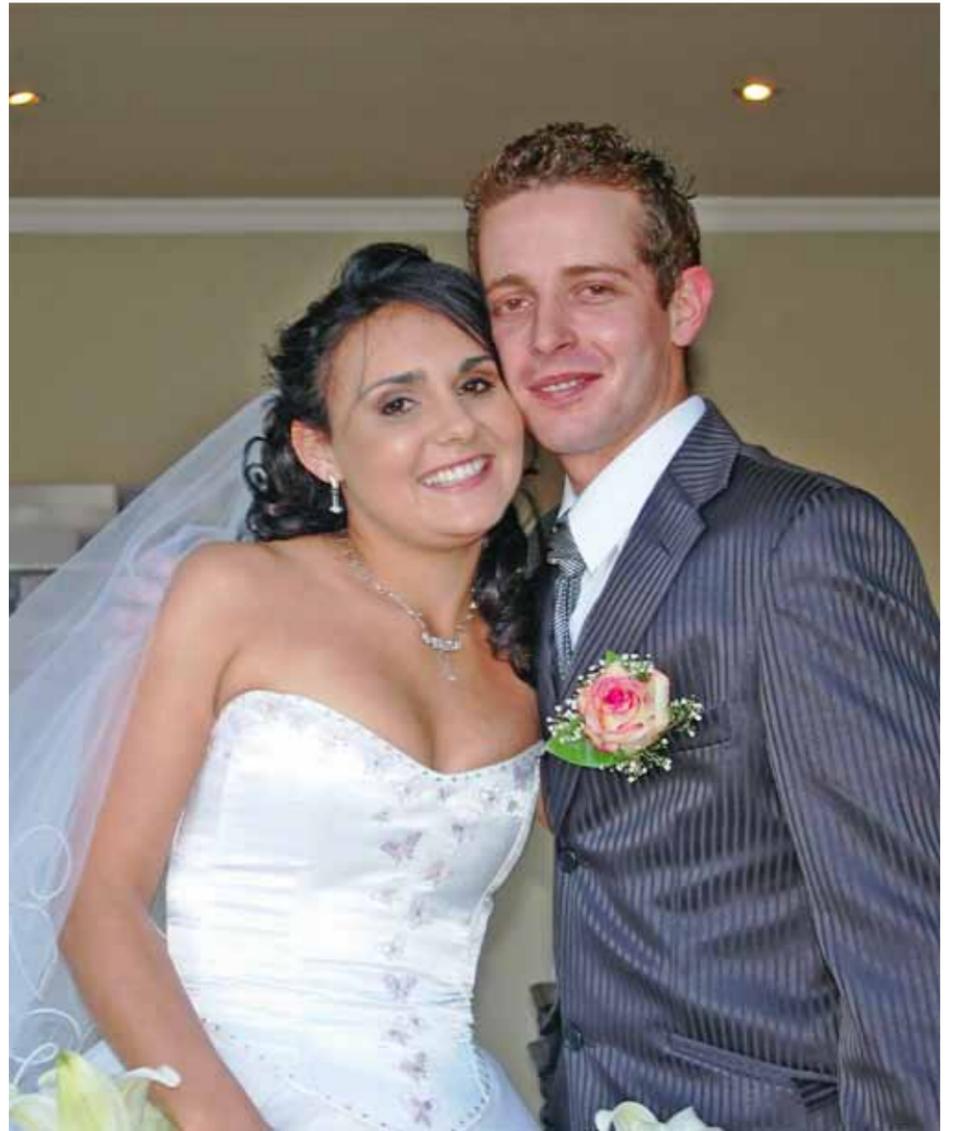


*Projects recently undertaken by RAD include bush clearance and pothole fixing*

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# Inflatable boat race to take place in Bluewater Bay next month

The Bluewater Bay Inflatable Boat Surf Challenge will take place in Bluewater Bay on 22/23 October.

Although the event is mainly for competitors from the Eastern Cape who will be amassing points during their summer series, they will be joined by some teams from as far afield as Cape Town.

There will be local interest in the event as Bluewater Bay residents, Kyle Kolbe and Nick Doubell, will be taking part.

The competition will take place alongside the Bluewater Bay Surf Lifesaving Club and should offer quite a spectacle for residents. Racing is expected to start at

9am on both the Saturday and Sunday and end at about 3pm each day.

The organisers of the event are also planning to have a party with a DJ at the Bluewater Bay Surf Lifesaving Club on Saturday 22nd October – entrance fee R30 per person.

-o-o-o-



## Aussies here next month for test series

**The Australian cricket team will arrive in South Africa next month for a series of limited over and test matches.**

The tour will kick off with two Twenty20 International matches. The first match will be held at Cape Town on October 13, 2011 starting at 18h00 whilst the second will be a day-night match played at Johannesburg on October 16 from 14h30.

After these two matches, the sides will lock horns in a three-match one day series with the first to be played at Centurion. The remaining two matches will take place at Port Elizabeth and Durban respectively.

The last leg of the South Africa vs Australia 2011 tour will feature two test matches.

The first test match will begin at Cape Town on November 9 and the second and final test match will be played at Johannesburg starting on November 17.

Australia is currently ranked No 1 in the world in the one day format of the game and South Africa No 3 but at test level, South Africa is ranked two rungs higher at No 2 with Australia at No 4. There are no official ranking for the Twenty20 format.

# Develop a strength training programme

**Do you want to know more than the obvious about how to lose weight and get fit? Of course you do.**

We all know that to lose weight we need to burn more calories than we eat. But, I guess, most of us don't really know exactly how to do that. How far and frequently do I need to walk or run? How much weight should I lift? How many repetitions and sets should I do? Etc. We also know losing weight and getting fit is not an easy thing to do. So I hope the following will help to make it easier for you.

In this month's article I will cover the strength training. Cardio, stretching and motivation are the other aspects in an overall wellbeing programme.

Here are some ideas on how to develop a programme that suits your body.

To me, knowing how much weight to use was my first concern, followed by the number of repetitions and frequency.

You should be lifting enough weight to allow you to complete only the number of repetitions that you can handle. You should be able to complete your last repetition with difficulty while maintaining good form.

To keep up progress and avoid boredom, increase the amount of weight you lift and rotate the exercises you do. Make these changes on a regular basis.

Taking rest days is as important as workout days. During these rest periods your muscles repair and adapt. Make sure you do not exercise the same muscle groups two days in a row.

Always warm up before you start lifting weights. This helps to prevent injury.

Warm up by doing a light set of each exercise before going to heavier weights. Lift and lower the weights in a controlled, smooth and slow manner.

Breathe and make sure you use the full range of motion throughout the entire exercise.

Choose exercises that target all your muscle groups - about 8-10 exercises (about one exercise per muscle group).

Make sure you choose at least one exercise for each major muscle group (quadriceps, hamstrings, calves, back, shoulders, chest, biceps, triceps and abdominals).

Generally, 8-12 reps for muscular strength and 10-15 reps for muscular endurance are recommended. It is also recommended that at least one set of each exercise is performed to the point of fatigue although you should aim to do 2-3 sets of each exercise.

When lifting to the point of fatigue, it takes about of 2 to 5 minutes for your muscles to get ready for the next set. When using lighter weights and more repetitions, it takes between 30 seconds and 1 minute for your muscles to become ready again.

Generally, training each muscle group 2 to 3 times a week with at least one day of rest between sessions is recommended.

Although not absolutely necessary but for much more pleasure, variety of equipment, company and motivation, going to a gym is unsurpassed. In a gym you also have access to both machines and free weights.

You can do your exercises in any order you like. Changing the order is a good

way to bring variety into your programme and helps to avoid boredom.

Choosing the right amount of weight to lift is, of course, important. Too little and you are wasting time. Too much and you risk injury and aversion to exercise.

As mentioned before, the general rule is to lift enough weight to allow you to complete only the desired number of repetitions. However, if you experience any serious discomfort, you should avoid complete fatigue and use a weight that challenges you to a level you can handle.

The following will help you to determine how much weight you need to use to give your body sufficient challenge.

A person can usually lift more weight on machines than with dumbbells because they normally involve sets of limbs to use. Dumbbells exercise each limb individually. When using two limbs, the weaker limb is not helped by the stronger one. Roughly, a person can lift double the weight on machines compared with dumbbells.

It may take several workouts to determine how much weight is right for you. The easiest way is to experiment. Start with any weight you think is reasonable and adjust up or down until you find the right weight you should use on each lift.

Start with about 10 to 16 repetitions for your first set

For your second set, increase your weight with 2 to 3 kilogram increments until you have found the right weight for you and perform your goal number of repetitions. If you can do more than your desired number of reps, add more weight for you next set.

Remember that you should be lifting enough weight to allow you to do only the desired number of reps - you should be struggling with the last rep, but still able to finish with good form.



# NEW SEASON AT REDHOUSE YACHT CLUB

The sailing season started two weeks ago amidst a flurry of people still sorting out boats but luckily no damage had been done to them or the boat sheds during the flood.

The RYC clubhouse unfortunately suffered a lot and the galley is still without cupboards though new fridges are in place. Teas and lunches are being done but everyone is bringing their own cups and plates as all the club stuff is still in boxes! As they say in the classics – 'n boer maak 'n plan!

The new sailing school will start on Sunday 23 October. This takes place every Sunday from 9.30 - 12.30. Booking is essential as there are limited boats available. Please phone Rhona Clark 041-4631611 for more information.

The biggest success from the club's sailing school in the last few years has been the Vivier twins Johan and Eben. They came to the club 5 years ago knowing nothing and have this year been crowned national champions in the 420 class and now won gold at the All Africa Games in Maputo which finished last weekend. Quite an achievement.

Both the boys and their parents have put a lot of hard work and practice into the sport and it has paid off. They have now

set their sights on the next olympics. Go for Gold! Hopefully there will be more of the same out of the next sailing school. Already the club juniors are making waves in the national rankings in the other classes.

At the All Africa Games the South African sailing team had a fantastic success rate. Out of the 11 competitors SA got 8 medals – a silver in Laser Full Rig, silver Laser Radial men, gold and silver Laser Radial women, gold and bronze Optimist boys, silver Optimist girls and then Gold in the 420 class for Johan and Eben.

The club has got a very full and varied season ahead of them and already have new members joining and new boats coming into the club.

RYC will also be hosting the Inter-club series against Knysna, Mossel Bay and George and going there for the return regatta a bit later. Then of course the big Coca Cola Interschools regatta in March. RYC says it used to have Bluewater Bay enter but have not had competitors in the last year or two so it would be nice to see them represented again.

See the website [ryc.co.za](http://ryc.co.za) for further information.





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# Off The Hook

By Wayne Rudman  
Honorary Conservation Officer

**Wayne knows the Swartkops River well and will keep us informed on what is biting, where the fish are and other related news**

The hunting season has come and gone. Spring is upon us and the attention to fishing becomes more focused with the warmer weather approaching. Don't be surprised with a little chill in between.

How time flies! Off The Hook is a year old under my pen and how I have enjoyed ever punch on the key pad. I still type with two fingers LOL!

While in conversation with one of my scientist friends we discussed certain strange happenings that have occurred not only in the Swartkops but other estuaries as well. The St. Lucia system has been closed for a few years now and as a result strange things are occurring far further south than known to happen in years gone by.

Recently in the Kromme River two things occurred. The Natal Stumpnose of 4.5 and 5.0 kilos were caught as well as a Tropical Swimming Crab that are not normally found so far south (they usually occur north of Durban). It is somewhat prettier and more streamlined than our "Scilla or Mud Crab". The white undersides remind me of the small Kingsfish species we caught about five years back.



It is suggested that the water quality of the un-spoilt Kromme has allowed such phenomena to occur. The same could be thought to happen at the Swartkops if our water quality were to drastically improve. Should any such strange sightings or catches occur we would like to hear about it.

As the water warms so does angling opportunity increase dramatically as the predatory species enter the Estuary after the juveniles that shelter here.

If you have followed my articles you will know that artificial baits are now more



popular with water temperatures above 18 degrees. Live bait is a good choice and generally all baits work but not as well as each other. Experimentation will provide the choice of the day. Successful angling depends on how you learn from experience and learn to read the conditions.

There is no luck in angling but rather skill. What works today won't necessary work tomorrow. The area that produced good fish yesterday will almost certainly be dull tomorrow.



Fish are like people. They have their moods and preferences. They chop and change as conditions change. They also don't feed every day either and they are on the move. One thing is for sure they feed in a frenzy after the spawn and are easily exploited during this period.



# Nippers

Parents with young children between the ages of six and 13 are invited to join The Bluewater Bay Nippers whose season starts on 2nd October.

"Nippers is the foundation of lifesaving," says Jane van der Merwe, chairperson. "We teach youngsters to be water-wise and will assist with swimming lessons."

Jane, who is an assistant teacher at the Bay United Church school, says Nippers

their training sessions on the beach from 12 noon to 1pm every Sunday.

There are Nipper Carnivals during the year and also Eastern Cape and South African championships every season. This gives youngsters the opportunity to compete at the highest levels in their age group.

Once these youngsters reach 14, they can join the main lifesaving club where they will undergo further training and once they



pass their theory and practical tests, can become qualified lifeguards.

also helps to encourage youngsters to participate in a worthwhile community service.

First prize, she says, is when parents also become involved. "The more parents that are involved, the stronger Nippers becomes."

The club has its own body boards and children are carefully watched during

"We are proud to say that several youngsters who have been part of Bluewater Bay Nippers have gone on to receive Springbok colours and represented their country at international events.

For further details, contact Jane on 076 938 4801



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## New season starts

Bluewater Bay Surf Lifesaving Club will start its new season of duties on the main swimming beach from 1 October through to the end of April.

The lifeguards will be on duty on Saturdays, Sundays and public holidays. This is a voluntary service that should not be confused with the municipal service that is on duty during normal week days.

Young men and women over the age

The lifeguard course also includes level 2 first aid. This can be credited towards higher first aid awards for those who wish to progress to paramedic status.

Qualified lifeguards that put in the required amount of voluntary duties on the beach are also eligible to take part in the Lifesaving Eastern Cape championships and Lifesaving South Africa national championships competitions.



of 14 are encouraged to join this worthwhile community service. Full training will be given and those who pass the theoretical and practical tests will be able to join other qualified lifeguards to make our beach safer for our community and visitors.

For those over 16, once qualified, there will be training for skipper's courses (internationally recognised) on the club's inflatable boat and jetski.

Lifesaving South Africa is registered with the national Department of Sports and Recreation and is also a member of SAN-ROC. Lifeguards that make it to the top can also compete for Springbok colours and, if selected, take part in international events!

For further information, contact Gareth Catherine, Club Captain, on:

082 653 5015

## Wilanie off to Malaysia

Bluewater Bay's young tennis star, Wilanie van Zyl, has been selected for the SA U13 schools team to play in two international tournaments in November. The team consists of four boys and four girls.

She has recently returned from France where she spent three days playing on the world famous Roland Garros courts and also took part in two international tournaments, one in Nantes and the other in Annecy.

This was the first time she had played on a clay court and she had to learn how to slide on the surface.

The Chronicle caught up with Wilanie and father Ds Johan van Zyl, during a practice session in Bluewater Bay.

Wilanie said it was always exciting to visit new countries and meet new people but a lot of hard work has to be put in each day to prepare for tournaments.

Another problem is that it is difficult to get sponsorships at such a tender age, even though one is representing one's country. For instance, the cost of the Malaysian trip amounts to R26 000 and that's excluding spending money!



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# Three out of three for the Boks

Records tumbled as the Springboks romped to an 87-0 thrashing of neighbours, Namibia, in the Boks' third Rugby World Cup game in North Harbour yesterday.

The men in green and gold crossed the try line 12 times while kickers, Morné Stein and Ruan Pienaar, chalked up a 100% record with the boot, converting all of the tries and an early penalty.

While the Boks did not manage to replicate their landslide 105-13 win over Namibia in a non-World Cup game last year, it was 21 points better than their previous World Cup record margin of 66 points against Uruguay in 2003.

The Boks also equalled their own record run of 10 unbeaten games at the

World Cup and former IRB Player of the Year Bryan Habana set a new Springbok try scoring record with his 39th career try, one ahead of Joost van der Westhuizen.

Winger Gio Aplon, replacement back Juan de Jongh and scrumhalf Francois Hougaard all scored two tries a piece and fly-half Morné Steyn added to his kicking tally with a well taken try.

Others to put their name on the try scoring list were Jacques Fourie, Frans Steyn and Danie Rossouw.

The result moved South Africa to 14 points at the top of Pool D, eight ahead of Samoa and nine ahead of Wales (who both have a game in hand), needing only one more point in their final group game against Samoa next week to clinch a berth in the last



*Natalie Botha and Jeni Knoetze*

eight.

But, before we get too excited about the result, it should be remembered that many members of the Namibian squad are amateur players and that the minnows have yet to win a game in all World Cup matches they have played in.

There were many more handling errors from the Boks than in last week's game against Fiji, especially in the first half. But as the men from Namibia started tiring, the Bok machine clicked into gear and scored 56 unanswered points in the second half.

Taking the Boks' three games as a whole, Wales, Fiji and Namibia, there have been several players that have been sending loud messages to coach Peter de Villiers, that they should not be left out of the main team.

One of these in big centre, Frans

Steyn, who has significantly bolstered mid-field defence since the injury that sidelined Jean de Villiers for the last two matches. Another is the versatile Francois Hougaard who has impressed at both scrum-half and wing.

Following the nail-biting win over Wales, the Boks next big match comes up next week when they take on the tough So-moans who entered the tournament with a shock win over Australia (albeit a second string team).

In all probability the Boks will end up as winners of Pool D and will face Australia (barring any further shocks) for a place in the semis.

If they get through that one, the All Blacks await them before a final against a Northern Hemisphere team. So there are tough matches ahead.



*Jenna Bell of SAB promoting during the Springbok Fiji clash.*

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