

ABASEBENZI ABASENBENZE IXESHA ELIDE BAYASIKHUTHAZA SONKE

Yintoni ibinokuzisa umqhubi weloli, umphathi wokusasazwa kwamanzi, umphathi wokusasazwa kombane kunye nomsebenzi omkhulu badibane kwintlanganiso yebhunga ledolophu likaMasi-pala wase-Ovestrand ngo Meyi? Ke, ibali lithi bonke baqala uku-sebenzela umasipala phambili ngo 1990 kwaye ngokuzingisa kunye nokuthembeka babanako ukuhlala bade bafumana ukuna-kanwa ngokukhonzwa ixesha elide ngaphandle kokuphazanyiswa iminyaka engamashumi amabini. Inokuba ibilixesha lokuziqhenya ku B.A. Shumane, osebenza kwisebe Inkunkuma Eginileyo – eHermanus, C.H.G. Muller, osebenza kwisebe Usasazo Lwamanzi – eKleinmond, kunye no J. Nigrini, Umphathi ku Mbane – eHer-manus, ukufumana iziqinisekiso zabo kunye nembuyeko ye-mali kuSodolophu Wombutho Olawulayo, uMnumzana Theo Beyleveldt kunye noMenijala kaMasipala, uMnumzana Werner Zybrands, ngelixa abanye ooCeba, amagosa amakhulu kunye na-malungu kawonke-wonke bejongile. Omnye okhankanyiweyo ngu S. Boto osebenza kwisebe (Paki, eHermanus) ongakhange akwazi ukubakho kulomsitho. I-Phambili ingathanda ukubonga lamalungu estafu egameni labasebenzi bonke bakamasipala. Ngabantu abafana naba abathi basikhuthaze ukuba sense umse-benzi wethu mgokuzimisela, intlonelo, ukuthembeka; kunye nokunyaniseka. Bayasibonisa ukuba siwubeke njani umsebenzi wethu kuqala kunye nokuzibophelela ukwenza i-Overstrand Iziko



Elibalaseleyo kuluntu lwethu. Nenze kakuhle kwaye siningwenelela amathamsanga nonke! Yanga ninqaghubekela nisenza umsebenzi omhle kwaye niquhubekeke ukuba ngumzekelo enisoloko niwubeke.

ABAZALWA KWINYAGA KA JUNI

NAAM	DAG	DEPARTEMENT	DORP
Swartz, Roxane	1	linkonzo zoLawulo	Hermanus
Daniels, Jakobus	2	linkonzo zokuqhuba umsebenzi	Gansbaai
Mayisela, Mayisela	2	linkonzo zokuqhuba umsebenzi	Hermanus
Xama, Jusey	3	linkonzo zokuqhuba umsebenzi	Gansbaai
Roux, Surita	3	Ezezimali	Kleinmond
Pool, Wendall	4	Ulawulo loMmandla	Hermanus
Solwandle, Japhta	5	Ukuphatha Ezokwakha	Hermanus
Kutuka, Thembinkosi	5	linkonzo zokuqhuba umsebenzi	Gansbaai
Koli, Andile	6	linkonzo Zokhuselo	Hermanus
Plaattjes, David	6	linkonzo zokuqhuba umsebenzi	Hermanus
Liebenberg, Elsabe	6	Ezezimali	Hermanus
Mteyise, Vincent	6	linkonzo zokuqhuba umsebenzi	Hermanus
Ntozakhe, Gerald	7	linkonzo zokuqhuba umsebenzi	Kleinmond
Sitemela, Raymond	7	linkonzo zoLuntu	Hermanus
Moses, Frederick	8	linkonzo zokuqhuba umsebenzi	Hermanus
Myataza, Mcoseleli	8	linkonzo zokuqhuba umsebenzi	Hermanus
Sameuls, Omoria	8	linkonzo zokuqhuba umsebenzi	Kleinmond
Dynaard, Verna	8	linkonzo zokuqhuba umsebenzi	Hermanus
Nkunkumana, Mgoduseni	9	linkonzo zokuqhuba umsebenzi	Hermanus
Mtshizana, Mhlanganiseli	9	linkonzo zokuqhuba umsebenzi	Hermanus
Khala, Sabelo	9	Ukuphatha Ezokwakha	Hermanus
Moli, Fumanekile	10	linkonzo zokuqhuba umsebenzi	Hermanus
Liwani, Luzile	10	Ukuphatha Ezokwakha	Hermanus
Moss, Nthandazo	10	linkonzo zokuqhuba umsebenzi	Gansbaai
Fakusasa, Patrick	10	linkonzo zokuqhuba umsebenzi	Hermanus
Cupido, Alfonso	11	linkonzo zokuqhuba umsebenzi	Hermanus
Cronje, Danwell	11	linkonzo zokuqhuba umsebenzi	Kleinmond
Pieters, David	11	linkonzo zokuqhuba umsebenzi	Gansbaai
Bosman, Johannes	11	linkonzo zokuqhuba umsebenzi	Kleinmond
Ahrends, Selvin	11	linkonzo zokuqhuba umsebenzi	Gansbaai
Komani, Andrew	12	linkonzo zokuqhuba umsebenzi	Gansbaai
Mzilikazi, Eric	12	linkonzo zokuqhuba umsebenzi	Hermanus
Mntuyedwa, Lewis	12	linkonzo zokuqhuba umsebenzi	Kleinmond
Mangodwana, Nomisile	12	linkonzo zokuqhuba umsebenzi	Gansbaai
Reynolds, Sophia	12	Ulawulo loMmandla	Stanford
Adams, Desdry	13	linkonzo zokuqhuba umsebenzi	Hermanus
Floors, Nigel	13	Ubuncwane Babantu	Hermanus
Smith, Terence	13	linkonzo zokuqhuba umsebenzi	Gansbaai
Baardman, Desmond	14	linkonzo zokuqhuba umsebenzi	Kleinmond
Nkontso ,Phumzile	14	linkonzo zokuqhuba umsebenzi	Gansbaai

NAME	DAY	DEPARTMENT	TOWN
Erasmus, Albert	15	linkonzo zoLawulo	Hermanus
Gideon, Cheslin	15	linkonzo zokuqhuba umsebenzi	Kleinmond
Rhojie, Christopher	15	linkonzo zokuqhuba umsebenzi	Hermanus
Swartz, Joan	15	linkonzo zokuqhuba umsebenzi	Hermanus
Mhlaba, Mafonxo	15	Ulawulo loMmandla	Hermanus
Diedericks, Christo	16	linkonzo zokuqhuba umsebenzi	Stanford
Botha, Karel	16	linkonzo zokuqhuba umsebenzi	Hermanus
Dlongwana, Anolt	16	linkonzo Zokhuselo	Hermanus
Willemse, Amos	17	Ukuphatha Ezokwakha	Hermanus
Pearson, Barbara	17	Amaziko akhoyo & Noyilo	Hermanus
Jantjies, Louis	17	Ubonelelo Lwetyathanga	Gansbaai
Moore, Anin	17	Ezezimali	Hermanus
Msengana, Zolile	18	linkonzo zokuqhuba umsebenzi	Gansbaai
Batha, Victoria	18	Ulawulo loMmandla	Hermanus
Stemele, Daniel	19	linkonzo zokuqhuba umsebenzi	Hermanus
Tobias, Piet	19	linkonzo zokuqhuba umsebenzi	Stanford
Sias, Scholtz	19	linkonzo zoLawulo	Kleinmond
Lourens, Annelie	20	Ezezimali	Gansbaai
Theron, Ronett	20	Ezezimali	Hermanus
Engel, Jacobus	21	linkonzo zokuqhuba umsebenzi	Gansbaai
Windvogel, Petrus	21	Ubonelelo Lwetyathanga	Hermanus
Lowings, Elizabeth	22	Ukuphatha Ezokwakha	Hermanus
Mathiso, Ntobeko	22	linkonzo zokuqhuba umsebenzi	Hermanus
Maliwa, Winnet	22	linkonzo zokuqhuba umsebenzi	Hermanus
Stemmet, Heinrich	24	linkonzo zokuqhuba umsebenzi	Kleinmond
Jonny, Anton	25	linkonzo zoLawulo	Gansbaai
Nyangiwe, Dywilisi	25	Amaziko akhoyo & Noyilo	Kleinmond
Vermeulen, Johanna	25	Ezezimali	Gansbaai
Kayser, Noline	25	linkonzo Zoshishino	Hermanus
Khinti, Mandlenkosi	26	linkonzo zokuqhuba umsebenzi	Gansbaai
Ndabambi, Siswana	26	linkonzo zokuqhuba umsebenzi	Gansbaai
Abrahams, Willem	26	linkonzo zoLuntu	Hermanus
Bauermeester, Jacobus	27	linkonzo zoLawulo	Hermanus
Ruiters, Abraham	28	linkonzo zokuqhuba umsebenzi	Hermanus
Hartnick, Susan	28	Ulawulo loMmandla	Kleinmond
Kotze, Alette	28	Ulawulo loMmandla	Hermanus
Samuels, Robert	29	linkonzo Zokhuselo	Kleinmond
Olivier, Dawid	30	linkonzo zokuqhuba umsebenzi	Kleinmond
Galant, Meruin	30	Ukuphatha Ezokwakha	Hermanus



Indaba 5/2010Meyi 2010

INQAKU LOMHLELI

INDLELA YOKWENZA I-DISKI DANCE

Kulenyanga iphelileyo sinibonise iqela lesta-fu lidlala ibhola ekhatywayo. Kulenyanga sineqela lestafu elenza i-Diski Dance. Akumangalisi oku? Kungumdlu ukwazi ukuba sonke sisemdleni kwaye sisele udlamko. Lena yilento Umzantsi Afrika uyifunayo ngelixesha. Masingami apha kodwa masisaze umxhelo nakuluntu lwethu. Ngubani omnye omakaxelele abantakwethu kunye nodade wethu malunga nokuba kwenzeka ntoni ehlathini, ngaphandle kweliqela libonwa nguwonke-wonke linxibe izikpa kwaye lisenza ingxolo kwindawo yonke kubo bonke ooLwezihlanu ukubonisa inxaxa yethu. Kwiqela le Diski dance, nenze kakuhle! Ndiyathemba sizakufumana abanye abantu abazukungena kweliqela bagcwalise iHolo yabaphulaphuli kwaye bathundeze uMenijala kaMasipala ukuba asivumele siyenzele phandle ukubonisa uwonke-wonke ukuba sibambene, njenge Ziko Elibalaseleyo, si-xhasa Amakhwenkwe eBafana. Sicebisa un-xibe ezona mpahla zakho zishushu ukuba awunxibanga isikpa sakho seBafana Bafana. Iintsasa ezibandayo ngokuqinisekileyo zimpawu zokuba lixesha lokuba ulungise izinxibo zakho ukuba awukakwenzi oko kwelixesha lonyaka. Ngethamsanga, kubantwana besikolo ngelixesha, izikolo zizakuba zivaliwe inyanga yonke. Ukuba uthabathe ikhefu uzakubukela nosapho luphela. Abanye bethu bazakube besebenza ngelixesha. Ukuba uzakube usekhaya okanye uhleli upholile kwenye indawo, ziphekele isuphu emnandi kwaye wonwabele iBafana-bafana ecaleni kwesikrini esikhulu. Kwenzeka izinto ezingaqhelekanga. Ngubani obenokucinga ukuba iBlue Bulls ngenye imini zingaya kudlala elokishini? e'Soweto nokutsho'. Ukuba ubungekayazi, ngomhla wama 22 Meyi iBlue Bulls ibidlala kumhlaba wase Soweto. Bekungamangalisi oku! Ndiyaqiniseka uzakuvumelana nam xa ndisithi ngamanqanam ngamaqanam isizwe siqalisa ukufumana ithemba. Nangona kukho omnye okanye ababini abagxekayo kwaye abangufuniyo ukuguquka. Nenze kakuhle Bulls, nibonise uMzantsi Afrika kunye neHlabathi ukuba yonke indawo ikhuselekile eMzantsi Afrika kwaye abakhenkethi mabangoyiki ukuba batyelele nawuphi ummandla eMzantsi Afrika. Isekhona imimmandla engeka phuhliswa njengayo nayiphi indawo ehlabathini. Thina njengabantu baseMzantsi Afrika kufuneka senze ababo beBafana baziqhenye ngokuba njen-gamasiko ahlukeneyo sakhe ubunye kwaye sisebenze ngokumanyeneyo. Ngokuvala sifuna ukuphinda samkele uCoenie Groenewald emva kokuba engekho phakathi kangange nyanga. Siyavuya ukuba ujongeka uphilile kwaye ulungele izinto.

NOLUTHANDO ZWENI
REDAKTEUR/EDITOR



UKUNYUKA KWENGENELO EMVA KOKULAMLA

Ingaba kwamsinya silindelwe ngummangaliso omnandi kuma-phetshana ethu emivuzo? Malunga nokukhutshwa kweendaba eziphuma kwi Imatu impendulo ngu ewe. I-IMATU iphumelele iingxoxo zokulamla zalonyaka udlulileyo zokufezekiswa kokwenyuswa okungange pesenti ezili 13% eza-kongezelelwa kwingenelo kunye neemeko zokukhonza. Oku kuthetha ukuba amagosa kamasipala ebahlawulwa ngane-no kwingenelo efana nebhonasi yonyaka, ixesha elidlulileyo, intlawulo yekhefu, imali evunyelweyo yohambo, iibhonasi zo-kukhonza ixesha elide, imali evunyelweyo yeshifu, imali evun-yelweyo yokuhlala ulindele ukunceda, imali evunyelweyo yoku-bambela kunye nemali evunyelweyo yokusebenza ebusuku. Esi sivumelwano siintsokothileyo kungenwe kuso kulonyaka udlulileyo phakathi kuka SALGA kunye nabasebenzi abaququze-layo oku kutolikwa ngu SALGA ngokuthi kuthetha ukuba kukho

ulonyuko lwepesenti ezilishumi kunye nesiqingatha emakufa-kwe kwingenelo kunye neemeko zokukhonza. Oku kuye kwaphikiswa ngu-IMATU kwaye lomcimbi wadluli-selwa kulamlo ngo Okthobha odlulileyo. Umlamli usandula ku-wusombulula lomcimbi ngokukhaba iingxoxo zika SALGA. Iziphumo zesisigwebo, malunga ne IMATU, kukuba oomasi-pala ngoku kufuneka bahlawule bonke abasebenzi babo ulonyu-ko olongezelelweyo lomyinge ongange pesenti ezi 2.5% kwin-genelo kunye neemeko zokukhonza ukususela emva kumhla wo 1 Julayi 2009. Oku, nangona kunjalo, akuyichaphazeli Ingxowa-mali Yomhlala phantsi kunye negalelo Lokuncedakala Ngobugqirha ekufuneka zihlale kumyinge ongange pesenti ezili 10.5% ukuya kumhla wama 30 Juni 2010, malunga neSivumelano Semivuzo. Impendulo ka SALGA kwesisiphumo isalindelwe, kodwa i-IMATU ikubala njengempumelelo enkulu oku.



The Diski Dance team, from the back row: Noluthando Zweni, Bulelwa Mbane, Charmaine Stemela, Sonja Africa, Geraldine Erasmus and Rozella Fisher

HLALA UKHUSELEKILE NGENGXOWA-MALI YOMHLALAPHANTSI

U-Don Kearney ebethabathe inxaxheba kwiNtlanganiso Yonyaka kaWonke-wonke yase Cape Retirement Fund nje-ngommeli woLawulo lwase-Hermanus, ngomhla we-19 Februwari 2010 e-Bellville. Olwakhe uluvo ngale ntlanganiso ya-ba kukuba amalungu alengxowa-mali angahlala ekhululekile ngoba imali yabo ikwizandla ezikhuselekileyo. U-Don ucacise ukuba aba Phathiswa benziwa ngabameli abaphuma Empu-ma, Emtla kunye nase Ntshona Koloni

kwaye benza iqela elilingana kakuhle. O-wona msebenzi wabo ubalulekileyo wen-ziwa ngaphandle kwentlawulo eyonge-zelelweyo kwaye bakhetha londlela. Izimali ziphilile, nangona njengoko ku-lindelekile, Ingxowa-mali ayikhange ise-benze njegakwiminyaka edlulileyo phambi kombhodamo wogogoshu kwi-Hlabathi. Ngaphandle koku, iseyeyona Ngxowa-mali isebenza ngokubalaseleyo kwilizwe. Amalungu amkelekile ukuba aqhakam-shelane no-Don ukujonga incwadi zemali eziphicothiweyo.



KONKE OFUNA UKUKWAZI MALUNGA NEBHOLA EKHATYWAYO

IBALA LOKUDLALA Ubukhulu

Ibala lokudlala kufuneka libe buxande. Ubude bebhanti elisecaleni kufuneka libelikhulu kunobude bebhanti leempondo zikanozinti.

Ubude: ubuncinane 90m (100 umlinganiselo wobude), ubukhulu 120m (130 umlinganiselo wobude) Ububanzi: ubuncinane 45m (50 umlinganiselo wobude), ubukhulu 90m (100 umlinganiselo wobude)

Ukuphawulwa kweBala

Ibala lokudlala liphawulwe ngemigca. Le migca yeyemimmandla eyimida. Iibhanti ezimbini ezindana zibizwa ukuba zibhanti zomda. Iibhanti ezimbini ezimfutshane zibizwa ukuba zibhanti zeempondo. Zonke iibhanti azikhonkulu ukudlala 12 cm (5 i-intshi) ubukhulu. Ibala lokudlala lohlulwe labaziziqingatha ezimbini ngebhanti yesiqingatha. Uphawu olusembindini luboniswa yibhanti ekumbindi wesiqingatha. Isangqa esinommandla oyi 9.15 m (10 umlinganiselo wobude) uphawulwe ngomakhi sangqa.

Ummandla weGoli

Ummandla weempondo ucaciswa kwicala ngalinye lecala ngokulandelayo: Kubhalwa imigca emibini ibembo ibezi-engile zebhanti leempondo, 5.5 m (6 umlinganiselo wobude) ukususela ngaphakathi kwipali yeempondo nganye. Le migca iyanda iphumele ebaleni lokudlala umgama ongange 5.5 m (6 umlinganiselo wobude) kwaye idityaniswa libhanti elingaphesheya kwibhanti leempondo. Ummandla owakhelwe umda ngebhanti kunye nebhanti yeempondo ngummandla wokufaka amanqaku.

Ummandla wePenalti (isohlwayo)

Ummandla wepenalti ucaciswa kwisiqingatha ngasinye sebala ngokulandelayo: Iibhanti ezimbini zibhalwa ibembo ibezi-engile kwibhanti yegoli, 16.5m (18 umlinganiselo wobude) ukususela ngaphakathi kwipali yegoli nganye. Ezi bhanti ziyanda ziphumele kwibala lokudlala umgama ongange 16.5m (18 umlinganiselo wobude) kwaye zidityaniswa libhanti elingaphesheya kwibhanti legoli. Ummandla owakhelwe umda ngalamabhanti kunye nebhanti legoli ngummandla wepenalti.

Ngakummandla ngamnye wophawu lwe-penalti wenziwe umgama ongange 11 m (12 umlinganiselo wobude) ukususela embindini phakathi kweepali zegoli kunye nokulingana ngomgama phakathi kwazo. Isiqingatha sesazinge sombindi esinomakhi sangqa obukhulu bungange 9.15 m (10 umlinganiselo wobude) ukususela kuphawu lwepenalti lubhalwe ngaphandle kommandla wepenalti.

Uqolo lweflegi

Uqolo lweflegi, engekho ngaphantsi ko 1.5m (5 umlinganiselo weenyawo) ubude, engenamphuzulu utsolo kwaye kufakwe iflegi ubekwe kwikona nganye.

Uqolo lweflegi lusengabekwa kwisiphelo ngasinye sesiqingatha sebala, hayi ngaphezulu kwe 1m (1 umlinganiselo wobude) ngaphandle kwebhanti yomda.

Isiqingatha sesazinge ekoneni

Isangqa esisiqingathana sibenomakhi sangqa oyi 1m (1 umlinganiselo wobude) ukususela kwiqolo leflegi nganye ibhalwe ngaphakathi kwebala lokudlala.

Iimpondo/Iigoli

Iigoli mazibekwe kumbindi webhanti legoli nganye.

Zinepali ezimengqo ezimbini ezilengeneyo ngomgama ukususela kwiqolo leflegi kwaye zidityaniswa phezu yipali ethe tyaba.

Umgama phakathi kwezipali yi 7.32m (8 umlinganiselo wobude) kwaye umgama ukususela phakathi emazantsi epali ethe tyaba ukuya emhlabeni yi 2.44m (8 umlinganiselo weenyawo).

Zombini iipali zegoli kunye nepali ethe tyaba zinobukhulu obufanayo kunye nobubanzi obungadluliyo kwi 12 cm (5 ye-intshi). Iibhanti zegoli ziyalingana ngobukhulu neepali zegoli kunye nepali ethe tyaba. Iminatha ingafakelwa kwigoli kunye nomhlaba ongemva kwegoli, ukuba zenziwe zabane-xaso elungileyo kwaye azimphazamisi unozinti.

Iipali zegoli kunye nepali ethe tyaba kufuneka zibemhlophe ngebala.

Ukwaphula umthetho womdlalo kunye Nokuziphatha kakubi.

Ukwaphula umthetho womdlalo kunye nokuziphatha kakubi kohlwaywa ngokulandelayo:

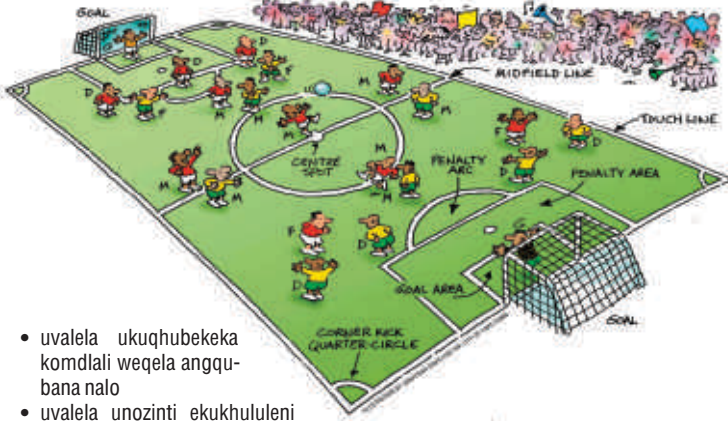
UKUKHATYWA KWEPENALTI

Ukukhatywa kwepenalti kunikezwa ukuba elinye lamatyala enziwe ngumdlali phakathi kummandla wakhe wepenalti, nokuba iphi na ibhola, ukuba isemdlalweni.

Ukukhaba okungathanga-ngqo

Ukukhaba okungathanga-ngqo kunikezwa kwiqela lelinye icala ukuba unozinti, ngaphakathi kummandla wakhe wepenalti, wenza naliphi ityala kula alandelayo:

- Uthabatha ngaphezu kwemizuzwana esibhozo ngelixa ephethe ibhola ngezandla zakhe, phambi kokuba ayikhlule kubumnini bakhe
- Uphinda achathe ibhola kwakhona ngezandla zakhe emva kokuba ikhlulwe kubumnini bakhe kwaye ayikachathi nawuphi omnye umdlali
- Uchatha ibhola ngezandla zakhe emva kokuyifumana ngqo iphuma kukuphoswa ngumdlali weqela lakhe
- Ukukhatywa okungathanga-ngqo kunyanikezwa ukuba iqela eningqubana nalo ukuba umdlali, ngokulowo lukasompempe, udale naliphi ityala kulamathathu alandelayo:
 - udlala ngesi-milo esinobun-gози



- uvalala ukuqhubekela komdlali weqela angqubana nalo
- uvalala unozinti ekukhululeni ibhola ezandleni zakhe
- udale naliphi ityala, elingakhankanywanga ku Mthetho 12, apho kumiswe umdlalo kuba kulumkiswa okanye kugxothwa umdlali

Ukukhaba fele-fele okungathanga-ngqo kwenziwa apho ityala lenzeke khona.

Ukukhaba ngqo fele-fele

Ukukhaba ngqo kunikezwa kwiqela eningqubana nalo ukuba ukuba umdlali wenza naliphi ityala kula mathandathu alandelayo ngendlela usompempe ayibona ingenan-kathalo, ngakhathaliyo, okanye ukusebenzisa ukunyanzelisa okukhulu:

- ukukhaba okanye ukuzama ukukhaba umdlali weqela eningqubana nalo
- ukugweqa okanye ukuzama ukugweqa umdlali weqela eningqubana nalo
- ukubetha okanye ukuzama ukubetha umdlali weqela eningqubana nalo
- ukutyhala umdlali weqela eningqubana nalo

Ukukhaba ngqo fele-fele kuyanikezwa kwiqela eningqubana nalo ukuba umdlali wenza nakuphi ukwaphula umthetho kule mine ilandelayo:

- ukugabaxa umdlali weqela eningqubana nalo ukuze ufumane ibhola, ungqubane nomdlali phambi kokuba uchathe ibhola
- ukubamba umdlali weqela eningqubana nalo
- ukutshicela umdlali weqela eningqubana nalo
- ukubamba ibhola ngamabomi (ngaphandle kukanozinti phakathi kummandla wakhe wepenalti)

Ukukhaba ngqo fele-fele ukususela apho kwenzeke khona ityala.

Izohlwayo ezivumelekileyo zoluleko

Ngumdlali kuphela okanye umngeneleli okanye umdlali ongenelweyo onokunikezwa ikhadi elibomvu okanye elimthubi.

Amatyala Anokulumkiswa

Umdlali uyalumkiswa kwaye anikezwe ikhadi elimthubi ukuba wenza naliphi kulamatyala asixhenxe alandelayo:

- unetyala lokudlala ngokungekho similweni
- ubonisa ukungavisisani ngamazwi okanye ngokuthabatha amanyathelo

- uhlala esaphula Imithetho Yomdlalo
- uyalibazisa ukuba kuphindwe kuqaliswe umdlalo
- akaphumeleli ukuhlonela umgama ofunekayo xa kuphindwa kuqaliswa umdlalo ngokukhatywa kwekona okanye ukukhaba fele-fele
- ungena kwibala lokudlala okanye uya-phinda ukungena kwibala lokudlala ngaphandle kwemvume kasompempe
- ushiya ibala lokudlala ngamabomi ngaphandle kwemvume kasompempe

Ukukhutshwa

Umdlali uyakhutshwa kwaye anikezwe ikhadi elibomvu ukuba waphula naliphi kulamatyala asixhenxe:

- unetyala lokudlala kakubi
- unetyala lokuziphatha ngodlame
- utshicela umdlali weqela angqubana nalo okanye nawuphi omnye umntu
- uvimba umdlali weqela angqubana nalo ukufaka inqaku okanye ithuba elicacileyo lokufaka inqaku ngokuthi apha the ibhola ngesandla (oku akubali kunozinti ngaphakathi kummandla wakhe wepenalti)
- ukuvimba ithuba elicacileyo lokufaka inqaku kumdlali weqela angqubana nalo oya ngasezimpondweni zomdlali ngetyala elohlwaywa ngokukhaba fele-fele okanye ipenalti.
- ukusebenzisa ubutyala, ukuthuka okanye ulwimi olunokunezayo
- ufumana isilumkiso sesibini kumdlalo omnye

Umdlali ogxothiweyo kufuneka ashiye ummandla ngakwibala lokudlala kunye nommandla wobugcisa.

Ukukhaba iPenalti

Ukukhatywa kwepenalti kunikezwa iqela eningqubana nalo elenza elinye lamatyala alishumi alandelayo okunikezwa ukukhaba ngqo fele-fele, phakathi kummandla wepenalti kwaye ngelixa ibhola isemdlalweni.

Inqaku lingafakwa ngqo ngokukhatywa kwepenalti.

Ixesha elongezelelweyo livumelekile ukuba kungakhatywa ipenalti ekupheleni kwexesha lesiqingatha sexesha elongezelelweyo.

UVUYO NO SIZI

UBUSAZI NA UKUBA...

- U-Carmen Nel wakwi ofisi ye-Ngeniso eGansbaai ukhulelwe,
- U-Thelma Lobb weSebe leRhafu ukhulelwe,
- U-Elsabe Liebenberg uganiwe ngu Gert ophuma eWorcester,
- U-Wendy Bergendahl ubuyele emsebenzini emva kokophuka eqatheni,
- U-Kobus Bauermeester ufudukile kwindlunkulu, kwaye
- U-Prisca Ndlela wecandelo le-Nkcitho, ukhulelwe?



UVELWANO

- Ngo Mike Bartman, uyise usandula kusweleka.



PHATHA NGOBUNONO

U-Zaanru oneminyaka eli (11) intombi Yentloko Yezendlela u-Rudi Fraser akayobhola nje yemehlo lakhe kuphela, ukwanakho ukuba angamkhupha imehlo oluluhlaza ukuba uyafuna. Ngoba ukuqeqesho lwe GOJU, umdlalo wokulwa odibanisa ukukhaba namanqindi kunye nekarati. Unecebo elicacileyo kwinto enjengalena ngoba nangona engekenzi nonyaka kwi Goju, sele efikelele kwimibala ye-Boland kwaye uzakungenela ubuntshantsheli base-Mzantsi Afrika ngomhla wama 25 kunye nama 26 Juni 2010. Kwangoku ngoqondo lwakhe lokuqala u-Zaanru ufikelele ngokuthi enze iimfuno ezikholisayo zenqanam elilandelayo. Ubuntshantsheli bakhe bokuqala bebungomhla we 13 Matshi 2010 ePaarl, apho waphumelela khona imedali enombala wentsimbi kunye nemedali yesilivere. Olukhuphiswano belungekho ngamadidi obunzima, kodwa ngeminyaka kwaye kumagqibela wenza kakuhle akungqubana nentshatsheli yase Boland. Umenyiwe kuvavanyo lwase Boland ngomhla wama 26 April kwaye apho kwiqela lakhe lobunzima lwama (38 kg) ePaarl wafumana igolide kunye nesilivere. Onke amalungu ali 13 eGoju yase-Hermanus ebethabathe inxaxheba kuvavanyo, akhethiwe kwiqela lase-Boland, kodwa uZaanru nguye yedwa umfundi we-Sikolo samabanga aphantsi sase-Hermanus othe wangena eqeleni kulonyaka. URudi uthi kufunisa ingqeqesho kunye nokuthobeka ukuze uphumelele ngoluhlobo. Kwaye uyavuya ukuba ngoku unesakhono sokuthi azikhusele ukuba angagaxeleka kwimeko enzima.



ISANDLA SIHLAMBA ESINYE

IZITAMPU ZAKWA SHOPRITE/CHECKERS. Wonke ubani onomdla wokuthenga izitampu zakwa Shoprite/Checkers qho ngeminyaka angagxakamshelana nam kwa 028 316 3724 / 8254 (Elize)

UMABONAKUDE ONESKRINI ESISIBACA. Isikrini esisibaca sikamabonakude i-Phillips, 41cm omabala-bala usebenza ngokuwutshintsha ukuze, umbhobho okwisibumbelo esimnyama. Kwimo ebalaseleyo. R900 okanye isibonelelo esisondeleyo fowunela: u-Barbara ext. 8104.

UMENZI KUNYE NOMBONELELI NGETHAYILE EZENZIWE NGESANDLA & IZIXWEMBA ZOKUGANGATHA

- Ithayile Zomgangatho Wangaphakathi: 300x300x17 Uddi B Otshisiweyo Obomvu @ R39/m²
- Ithayile Zomgangatho Wangaphandle:
 - 300x300x17 Umhlaba waseNtlango uddi B @ R39/m²
 - 300x300x17 Isileyiti esenziwe ngelahlle lomthi uddi B @ R39/m²
 - 450x450x17 Umhlaba waseNtlango uddi C @ R29/m²

Ezinye iintlobo-ntlobo zemveliso onokukhetha phakathi kwazo ziquka izixwemba zelitye, izixwemba zokugangatha indawo yonke zikubukhulu obuka 4 kunye nezityalo zoDaka. Ukuba ufuna iinkcukacha ezithe vetshe ngoku uyacelwa qhakamshelana no-Mireille Lewis on 084 585 0649.

Uncuthu Lwentshukumo

Kukhona omnye wabalingane bethu ebemangaliswe ngokukhulisayo ngo-Suku loMama, umhla wethoba kuMeyi. U-Ulita Swart wabelana nathi ngamava akhe:

Ndingu Mama oziqhenyayo wamantombazana amathathu andimangalise kamnandi ngomboniso womdlalo obalisa imbali ngomdaniso ngoSuku loMama luka 2010.

Ngokwenene ibiyimpelaveki yeziyunguma, nangona, bendifuna ukwabelana ngalamava... kwaye ibingubani ongcono kunabantu endisebenza nabo!!!

I-Cape Town City Ballet (Umdlalo obalisa imbali ngomdaniso weSisixeko saseKapa) uzakuvala iingcango zawo umlibe ngenxa yokuswela izimali kwaye uxhomekeke kuwonke-wonke kunye nengxowa-mali yama-shishini ukuze isinde.

Lo mboniso ubumelwe yenye yenkampani i-'Poetry', apho kusebenza kho-



na amantombazana wam amabini. Ngokwesizathu kufumaneka amatikiti omdlalo obalisa imbali ngomdaniso.

Basondele kuma 20 istafu kunye nezalamane zabo abahambe lomboniso kwiintsuku ezahlukeneyo kwaye bani-keze ngengxelo yokuqondisisa.

Ubumnandi obungaka!!! Abanye be-

beqala ukuhambela umdlalo obalisa imbali ngomdaniso kwaye bafuna ukuphinda baye futhi, abantwana bebecwanya kwizitulo zabo, amantombazana kunye namakhwenkwe...

Wow... isipho esingaka esongezelweyo sokuphisa... ngumhobe... Enkosi mantombazana