

GO! IN KING

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Golden Games workshop

THE department of sport, recreation, arts and culture (DSRAC) will be hosting a training session and workshop on Golden Games for senior citizens at the Breidbach Sports Grounds on Monday.

Department officials hosted a meeting in King William's Town on Tuesday this week to make the announcement.

Among the invited guests were Breidbach Hub coordinator Desmond Coetzee, Eastern Cape provincial and King William's Town Golden Games athlete Sydney Meyer and André Wall of the local South African National Civic Association.

"The purpose of the meeting is to do the planning around the Golden Games training

scheduled for February 19 at 10am," DSRAC official Tshepiso Makapula said.

"Golden Games rules and regulations will be explained, followed by practical training and demonstrations of the different sporting codes."

Colleague Lundi Lwana said the department value them in securing and encouraging them to live a healthy lifestyle through the Golden Games.

"Traditionally their role was to advise, direct and lead families and societies in those practices, rituals and ceremonies that not only ensured their own survival, existence and continuity but that of the community as a whole," Lwana said.

"As with other countries in

the world, our country has an ageing population which means that the proportion of older persons is increasing."

Meyer said as a regular athlete representing the province at nationals, he discovered that DSRAC had not been involved but that the department of social development had been active.

Lwana said the two departments had always worked in partnership in driving the Golden Games.

Makapula said the duration of the workshop would be two hours and refreshments would be served.

Form more information, contact Coetzee on 074-531-2852 or Meyer on 084-557-0610.



GO FOR GOLD! Buffalo City DSRAC officials led a meeting about the Golden Games in Breidbach on Tuesday
Picture: DESMOND COETZEE

Cape Parrot Project takes off in King

MADELEINE CHAPUT

DEDICATED to conserving one of South Africa's most endangered birds, the Cape Parrot, the Cape Parrot Project, is calling on all King William's Town residents to keep an eye out for this colourful indigenous bird.

The Cape Parrot is the only endemic parrot species in South Africa and with it, less than 1600 individuals left in the wild, it is vital to focus on conserving this unique bird species.

Based in Hogsback, the project was started in 2009 and aims to save the endangered bird from the brink of extinction, through research on the species, community engagement and "reforestation".

"With so few individuals left in the wild, it is critical that we keep a close eye on their movements and habits to better understand how to conserve this bird," said Cape Parrot Project research assistant, Dr Kate Carstens.

Cape Parrots are typically found in Afromontane forests, feeding mostly on the kernels of unripe Yellowwood fruits. Yellowwood trees are also their main nesting sites.

"A huge threat to the population is the loss of large Yellowwood trees due to historic and current logging activities. Other threats include disease, as well as poaching of wild individuals to sell on the pet trade," said Carstens.

The Cape Parrot also forages away from the forests and this often brings them into close association with people, as the parrots occasionally feed on exotic or indigenous trees along verges and in gardens.

The project is requesting that individuals send in any Cape Parrot sightings in and around the King William's Town area via the Cape Parrot Project's Facebook page in an effort to aid the project co-ordinators in keeping track of the Cape Parrot's movements away from natural forests.

By including when and where the sighting took place, and roughly how many individual Cape Parrots were seen, residents can aid the project in their efforts to conserve the species.

"I try to update them on the number of parrots I see flying into town every morning and how many are flying back in the evenings. This gives them an indication on how many are seeking alternate food sources and also the possibility of some parrots actually roosting here overnight," King William's Town resident and avid bird enthusiast, Joanne Stolk said.

Stolk often also takes photographs of the parrots feeding on trees in the gardens around her guesthouse. This aids the project's researchers in monitoring any signs of possible illness caused by malnutrition.

"Over the years I have had overseas visitors and photographers who travel to the area solely for the purpose of seeing the parrots in their natural habitat. It would be a shame to see these beautiful birds go extinct so I try to help in any way I can."

For more information about Cape Parrots or the project, visit the project website.
www.wildbirdtrust.com/cape-parrot-project/

Fun-filled activities planned for Library Week

DESMOND COETZEE

THE Department of Sport, Recreation, Arts and Culture (DSRAC) in the Buffalo City Metro District, in partnership with the Buffalo City Metro Municipal Library Services, will host a build-up event to the South African Library Week (SALW) celebrations.

According to BCM district department official Limisa Ketile, the event will be hosted at the Breidbach Public Library on February 22 from 10am to 12pm.

Ketile said the event was celebrated annually with the purpose of promoting the use of library services and the culture of reading.

"National Library Week celebrations will officially be launched on March 15 and the theme is "Libraries – Heart of the Communities"."



LET'S READ: Happy Hearts playschool pupils are looking forward to South African Library Week
Picture: DESMOND COETZEE

The objectives are to create an understanding of the importance of libraries and the vital role they play in a democratic society, to encourage

the citizens of South Africa to be active book readers and to encourage the nation to value reading as a fun activity.

Activities will include face painting, story telling and outdoor games for children from daycare and foundation phases with schoolbags and puzzles for schools up for grabs as prizes.

Pupils from Grade 6-11 will compete in reading, wordathon, spelling bee, board games and poetry competitions, while the youth from 18-35 years will do poetry and elderly people from 60-70 years will be showing off their skills in arts and culture activities.

Provision has also been made for the visually impaired and hearing impaired.

Competitors will be coming from King, Schornville, Berlin, Breidbach and Mdantsane with a target of 250 people expected.

The other partners involved are the Department of Education, Cotlands (face painting and games) and the South African Library for the Blind

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Weekend weather

THE overall forecast for King William's Town this weekend is mainly hot and humid, with a little moisture thrown in now and again.

Today there is a 60% chance of a brief afternoon thunderstorm, but it will not deliver much. It will be partly cloudy and the temperatures will range between 19°C and 29°C.

Tomorrow will be mostly cloudy and light showers are possible throughout the day. The minimum temperature will be 19°C and the maximum 25°C.

On Saturday the humidity will be high, but there will be a fairly brisk breeze to alleviate matters a little and it will be partly cloudy. There will not be a great variation in temperature, starting at 21°C, with the maximum at 26°C.

Sunday will be really hot, with the maximum reaching 36°C after an early morning start of 20°C. Scattered thunderstorms are possible in some places. -www.theweathernetwork.com