



GarsCom

News Nuus

From the community-For the community / Uit die gemeenskap-Vir die gemeenskap

www.garscom.co.za

<http://www.garscomsuppliers.org>

#108 - April 2017

Guten Tag!

Nadat my man die geleentheid gekry het om verder te studeer in Zürich, het ons maar ons tassies in GarsCom gepak en die groot trek aangedurf.

Die Switsers doen gereg aan hulle stereotipe: as 'n trein sê hy kom 06:59, dan kom hy 06:59... nie 06:58 nie. Nie 07:00 nie. Nee, 06:59 *on-the-dot!* Die strate is skoon. As jy in die nag jou kop neerlê hoor jy nie 'n hond blaf nie. As jy iets soek dan is dit op sy plek. As jy iemand iets vra, dan doen hulle dit. As jy 'n e-pos stuur dan kry jy 'n antwoord. As jy alleen in die woud gaan draf, dan kom jy vrou-alleen weer lewend en gesond terug huis toe. Nou dis 'n effektiewe regering, nê? Wel, nie noodwendig nie.

Moet my nie verkeerd verstaan nie, die Switserse regering is 'n goed geoliede masjien, maar hulle is nie die geheime bestaandeel nie. Die mense is. Hier heers 'n sekere groepsgevoel, dat dit ons almal se werk is om die



Switserse enjin te laat sing. Daar is nie rommel op straat nie want mense strooi nie hulle rommel rond nie. As iemand hulle rommel op die straat gooi, dan tel iemand anders dit op. Hoekom wag vir die straatveër? Dis tog my buurt ook, ek wil nie daarin vas kyk nie. Hersirkulering is nie maklik nie, elke ou moet sy eie vullis sorteer, die vullis op 'n sekere manier bind en hou by die munisipaliteit se program; jy moet die regte tipe vullis op die regte dag op die regte plek uitsit. Sommige goed moet jy selfs met die bus of fiets vat na 'n sentrale punt. Dis my verantwoordelikheid, nie die vullisverwyderaars nie.

Daar is ook 'n nou verband tussen die polisie en die gemeenskap. Hulle is vennote, hulle werk saam. Sien jy iemand verdag, bel die polisie. In Garsfontein het ek nie eers geweet wat die luitenant by Garsfontein Polisie se naam is nie, skande!

Leer jou bure ken, nooi hulle vir koek en tee, dan sal jy weet as iets nie pluis is langsaan nie. Baie kriminele aktiwiteite kom uit die gemeenskap, liever as van vreemdelinge of rondlopers. Of jy sal ten minste weet as hulle jou hulp kort.

As jy 'n hond wil koop, dan moet jy eers oor 'n paar hekkies spring. En as jy die hond het, dan is daar verpligte hondeskool, die wet dat jy drie keer per dag met die hond stap en bewaar jou siel as jy nie jou hond se mis optel nie. Daarom, hoor mens nooit honde tjank en aanhoudend blaf nie. Hulle eienaars vat verantwoordelikheid.

Diep binne het ek gedink dat alles net stroopglad sal loop – dat ek agteroor sal sit en net geniet hoe die regering my bedien. *Aikona!* Ek het vinnig besef die gemeenskap – ook ek en my man – is die enjin wat die land aan die gang hou. Dis my verantwoordelikheid.

Ek het toe opnuut besef hoe wonderlike plek GarsCom is om te bly. GarsCom vrywilligers het die Switserse-gesindheid. Het julle geweet hulle is almal vrywilligers? Hulle word nie 'n sent betaal nie! Hulle het net eendag besef: "Dis my buurt, ek bly hier. Hoekom moet ek wag vir iemand anders om dit op te ruim. Ek doen dit self!" Volgende keer as jy 'n GarsCommer sien, sê dankie. Sê dankie dat jy my buurt veiliger maak (vandat GarsCom begin het, het Garsfontein gegaan van een van die top 10 gevaarlikste buurte in Suid-Afrika tot een van die veiligstes!). So bedank hulle vir hulle tyd, energie en geld. Hulle laat die GarsCom enjin glad loop vir jou!

Grüße aus Zürich

Die Van der Merwe's



Oh my goodness! I slipped a DISC!

"Mom! Dad has put his back out again!"; "A friend of mine slipped a disc while snagging a 23kg Carp".



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Sound quite excessive right? (The slipped disc, not the Carp) Let me help dust off the terminology before the weekend's boasting around the braai.

Long story short:

Discs unfortunately don't slip; they bulge, protrude and ultimately tear.

Intervertebral discs are your vertebral segment's shock absorbers. The loading of pressure onto your spine is regulated by these little shocks. They consist of a gelatinous fibrocartilage material with 3 components:

- A nucleus pulposus. A central "jelly like" water derived ball which moves around within the Intervertebral disc (IVD) as movement occurs.
- The Annulus Fibrosus. The tough, circular, outer collagen layers forming the bulk of the discs.
- The vertebral endplates. The glue between the Annulus fibrosus and the surrounding vertebral segments and ligaments.

Only the superficial portion of an IVD has a good blood and nerve supply. The deeper parts receive blood supply through diffusion from the nearby endplates and vertebral bone marrow. Thus, less movement and activity decreases the nutrition and quality of the IVD's. The oomie with the bad back might be sitting more often while fishing, instead of running to fetch a beer.

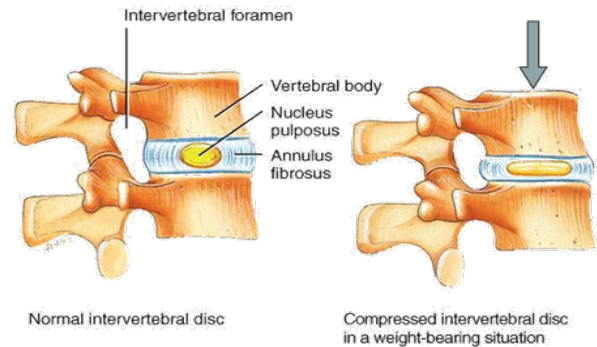
Unfortunately age-related changes of the discs, as well as acute traumatic events may lead to microtrauma at the endplates and tearing of the Annulus fibrosus.

Injury to these discs range from coughing to picking up heavy objects. The most common mechanism of injury consists of bending forward and lifting a 20kg object with the back bent and the knees straight.

It is a lot more comfortable to bend down like a giraffe drinking water, but contracting your core musculature while bending your knees avoids injury.

Constant muscle spasm on both sides of the spine is a common presentation in disc injuries, as the supporting musculature jump in to relieve the pressure on the injured disc.

Injury may range from an irritating **protrusion** of the gel-like nucleus pulposus, causing localised pain into the bum. To a **prolapse** of the nucleus, causing pressure onto the neurological system and referring pain towards the knees. To **extrusion**, or the infamous herniation of the nucleus pulposus, with referral pain towards the ankles and feet. And lastly **sequestration** of the gel-like nucleus. The nucleus drips out and cause pain and weakness of the lower limbs.



GarsCom green light patrols

One of the many advantages of driving patrol at weird and wonderful hours of the morning - seeing very beautiful and interesting wild life!

GarsCom patrols currently consist of about 115 men AND woman using their own vehicles and petrol to patrol our streets with the 2 Chubb dedicated vehicles. They drive in 2 hour shifts: 19h00 - 21h00, 21h00 - 23h00 (easy ones), then the dedication start: 23h00 - 01h00, 01h00 - 03h00 and 03h00 - 05h00, more or less every 10 days. There are also day shifts that need people. You will receive training beforehand as well as a two-way radio, magnetic stickers for your car and a green light on your shift.

Should you be interested to join this great initiative, please contact Andre Vorster @ patrols@garscom.co.za

GarsCom Street Meeting Schedule:

Main Street	Sub Streets	Date
Great Dane	Herder, Basset, Ridgeback, Bordeaux, Wagter, Poolhond, Afghan	04-May-17
Cocker	Steekbaard, Dingo, Mofstraat	18-May-17
Tiervis	King Carp, Paling, Mirror Carp, Geelvis, Basenji	01-Jun-17
St Bernard	Blou Kurper, Blue Gill, Swartbaas	15-Jun-17
Borzoi	Windhond, Pointer, Pincher, Canis, Labrador	29-Jun-17
Dalmatian	Mastiff, Boerboel, Retriever, Corgi, Dashond	06-Jul-17
Airdale	Pronkrug, Bokser, Whippet, Setter	20-Jul-17
Beagle	Grunter, Kabeljou, Shad, Marlin, Galjoen	03-Aug-17
Florianne	Loristo, Patryshond, Seeleeu, Seal, Bugle, Basuin Cres	17-Aug-17
Complexes	All Complexes	31-Aug-17



Save the date for our GarsCom Family Fun Day!!

13 May 2017

Come and join us for a day filled with fun and hopefully sun.

Entertainment and food to make you feel good.

Competitions galore for you and your pets to explore.

Tea and cake for the early to wake.

Join in the fun and participate in the run.

To book a stall contact Debbie at stalls@garscom.co.za

GarsCom control room:
012 993 0402 / 084 550 0826

GarsCom general enquiries:
enquiries@garscom.co.za

Garsfontein SAPS: 012 470 4220



Lost & Found for Pets

Most dedicated animal
Whatsapp group -
If we can't find a home,
no one can!

Contact Elri Mans @ 083460 3101 or Wilna Barnard @ 082 563 0359

PLEASE TAKE NOTE

NEW : GarsCom Garden Friends Group

We will be chatting about garden related issues, have social get togethers, have Q & A sessions, discuss problems you might have in the garden, get advice from professionals and in general just be gardening on our WhatsApp group!

If you are interested to join this group, please contact Kobie Nel @ 083 310 6447 or kobie@gmail.com



Remember your **Chubb** technician is in **GarsCom** on **THURSDAYS!**
To book your appointment please contact:
controlroom@garscom.co.za
OR
Tel 012 - 993 0402 / 084 550 0826

Please join our Facebook page and always stay informed and even join in on some very interesting debates!



GarsCom Recycling = Wednesdays



The Waste Group collection of mixed recyclables from houses in GarsCom has been going strong for longer than a year now and we would like to invite you to become part of this initiative.

For further info, please send an email to recycle@garscom.co.za
Please support this initiative - it's the right thing to do!

Are you part of your street's
WhatsApp group?



Important community and security info are being relayed this way - **Do NOT miss out!**

Please contact Debbie @ 082 468 5616 or Shani @ 060 988 4034 to get in contact with **YOUR** street administrator.

