



# GarsCom

# News Nuus

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

[www.garscom.co.za](http://www.garscom.co.za)

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#109 - June 2017

### Garsfontein SAPS gives feedback

Captain Ilze Jones from the Garsfontein Police station attended GarsCom's monthly meeting on the 26th of June and gave some feedback on station stats and valuable advice on what to be on the look out for.

The station has made massive progress in the past 3 months in service delivery and overall performance of the station in relation to the cluster and the province. From being the worst performing station in the cluster in March 2017, the following progress has been made which is something to be proud of:

April 2017: 2nd in cluster out of 7 and 21st in the province out of 142

May 2017: **1st in cluster** out of 7 and 8th in the province out of 142



Currently the biggest "crime problem" the area faces is the theft of gate motors. There is a specialized market for this at this stage and it's not your "every day criminal" that does this job as a gate motor can be stolen in less than a minute. Protect yourself from this by putting a clamp on your motor, this makes it safe from their hands.



House break-ins will always be problem and are very often an "inside job" when new workers are being hired. Always make sure that you get a copy of the new employee's ID, their residential address, telephone number and get a police clearance.

Complexes still have less break-ins than free standing houses, but theft out of motor vehicles are the biggest problem here. People, for some reason, leave all sort of valuables (in sight) in their motor vehicles overnight and expect nothing to happen. This is an open invitation to the opportunistic thief and they love "shopping" in complexes out of vehicles. So please don't leave any valuables in your vehicle overnight!

*And lastly, although is sound impossible to achieve: Do not allow your kids to walk in the street and talk on their cell phones, this makes them open for all kinds of problems!*



*More than just another deal.*



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**Garsfontein's**  
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Contact Elri Mans @ 083460 3101 or Wilna Barnard @ 082 563 0359

### **Lost & Found for Pets**

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

### **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](mailto:kobie@gmail.com)



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



Vandag wil ek praat oor ons . . . .

Vroue! Ek is so dankbaar, ek is ook een!

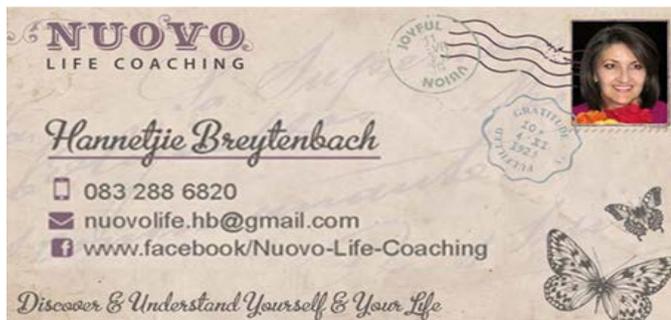
Vroue is my passie! My grootste begeerte is om vroue te help om hulleself te ontdek en te verstaan. Ek wil hulle bemagtig om hul vrou-wees uit te leef, soos God dit vir ons bedoel het!

Ek is seker Hy het oor ons gedroom, ons haarfyn beplan en elke deel van ons, hart, siel en liggaam sekuur gevorm. Juis omdat Hy wou hê ons moet anders wees. Hy het ons toegerus met moederlike liefde, harte wat met deernis kan versorg, selfs die vermoë om sommer net – sonder ophou – te gesels en sowaar ook sonder rede, net te huil. Hy het ook gesorg dat ons anders lyk! Met diepte in ons oë, fyn gelaatstrekke, sag versorgende hande en aantreklike rondings van ons liggame. Hy het alles met soveel skoonheid geskep en ons is Sy finalé – die crescendo van Sy handewerk!!! Hy ken en verstaan ook ons kwesbaarheid, broosheid en tipiese vrouwees-siel en sien daarom met ekstra sorg en deernis, na ons om. Ons is weinig minder as 'n hemelwese, onthou. En Sy handtekening staan met onuitwisbare hemelse ink, op ons lewens, want ons is Sy kosbaarste besitting!!!



Vroue laat my aan 'n hekelkometers dink. Al die rolle wat ons vertolk, die goeie en slegte wat ons ervaar, die lesse wat ons leer . . . . elk in sy eie kleur en tekstuur. Ons is mos wekkers, kokke, diensmeisies, kelners, onderwysers, verpleegsters, skeidsregters, handwerkers, tuiniers, sekuriteitsoffisiere, fotografe, beraders, taxi bestuurders, 'event planners', haarkappers, persoonlike assistente, OTM masjiene, ens. Ons is 24/7 elke dag aan diens, geen verlof . . . altyd op roep! Besef julle hoeveel hekelstekies ons nou al gehekel het? Hoeveel verskillende kleure en teksture ons al opgebruik het? Alles aanmekaar gehekel!!! As die wolletjie breek of opraak, las ons 'n volgende een. So hekel ons, ons lewens aanmekaar. Soms is dit met presiesheid en ander kere met res-wolletjies en skewe steke. En terloops, ons komberse is ook nog nie klaar nie. . . .

Terwyl ons nou besef hoe bekwaam en oulik ons is, wil ek jou vra, is jy gelukkig? Sommer net, borrelend gelukkig, want jou geluk is vir my baie belangrik!! Ons is tog so geneig om maar die gemiddeld te aanvaar . . .



Elkeen van ons het die reg om gelukkig te wees, in oorvloed! Maar hoor mooi; om gelukkig te wees is 'n keuse! JOU KEUSE!! Dis binne jou! Jou WIL is 'n fenomenale geskenk van God en die vryheid om te kies, is jou geboorte-reg.

As jy sukkel om die keuse te maak, as iets jou terughou om die keuse te maak of jy weet nie hoe nie, kontak my asseblief! Dis jou reg! Ek help jou graag!!

Een van die dae is Nasionale Vrouedag!

# GarsCom

The White Elephant table will also be at the Potjieskos Day 15th July 2017 at

Please donate the **junk in your trunk** to GarsCom's white Elephant table!!!

## POTJIEKOS DAY

On the **15th of July** GarsCom will be hosting a **Potjieskos day** at **Great Dane Park**, which promises to be another fun and exciting event on the GarsCom calendar

Everyone in the community is welcome to join the festivities and for **only R70** you can enter your pot and stand a chance to **win great prizes**

We will **kick off at 08h00** to give the "chefs" an early start and judging will take place around 14h00, after which everyone will be able to feast on the **delicious potjieskos** pots available

There will be **potjieskos music and a celebrity or two** to keep everyone entertained, so make sure to polish those potjieskos-skills and **join us** for a wonderful event

To book your pot or for more info send us an email to **enquiries@garscom.co.za**

**Why sleeping on your stomach is bad for you and how to rid yourself of the habit!**



# Dr. Jacques H Maree Chiropractor

Dr. Jacques H Maree, Chiropractor (*M.TechUU Chiropractic*)  
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This comfortable sleeping position may be the culprit of constant neck and back pain and interrupted sleep.

The dreadful neck and back pain that comes and goes! The gnawing stiffness or irritation is at its worst in the morning but luckily dissipates throughout the day. You have not recently outdone yourself at the gym, do not suffer from any systemic conditions and you feel you are definitely, way too young to suffer from Gout!

The mattress salesman has promised; your brand new mattress will have you sleeping like *Sleeping Beauty*, but why do you feel more like *Sleepless in Seattle*?

*So where to next?*

It could quite possibly be you are sleeping on your stomach at night.

It is well known that sleeping on the abdomen promotes postural strain to the cervical spine and gives poor postural support to the lower back.



While lying on your stomach, one simply cannot sleep face down into a pillow. So, naturally a person turns his/her head to the side. By rotating your head 90° to the left or right, for 6-8 hours, may cause locking or restriction of joint movement and spasmodic, fatigued musculature. Unfortunately leading to a very stiff neck in the morning!



The facet joints of the spine provide smooth movement between the vertebral segments. The orientation of these cervical and thoracic facet joints allows vertebral segments to glide smoothly over each other. This orientation changes when studying the lumbar spine. Their little joints are arranged to allow better flexion and extension compared to rotation. As in life; a balance is needed between opposite movements to maintain equilibrium. Thus, extension is accentuated for a prolonged period while sleeping on the stomach. These posteriorly located facet joints are unfortunately compressed during the time spent on your stomach and may lead to quite some discomfort.

*The preferred posture for sleeping is on your back or side.*

For those individuals who have a habit of sleeping on their abdomen, it is often difficult to maintain a side or back position while sleeping. The natural tendency of these individuals is to roll onto the abdomen through the night.

One easy tip is to place a pillow between your thighs while lying on your side. Easy right! The positioning of the pillow would restrict your ability to turn onto your stomach.

While lying on your back, a pillow may be placed behind your knees. This pillow positioning will also prevent rolling onto your side or stomach, as well as maintain the normal curvature of your spine.

Attempting to sleep on your back may bring about snoring. If your morning back pain is associated with a few bruises in the shape of an elbow, the cause may be from something, or someone else entirely different!

## 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](mailto:recycle@garscom.co.za)  
Please support this initiative - it's the right thing to do!

## GarsCom control room:

012 993 0402 / 084 550 0826

GarsCom general enquiries:

[enquiries@garscom.co.za](mailto:enquiries@garscom.co.za)

Garsfontein SAPS: 012 470 4220

Pharos Trauma (Emergencies): 073 181 7311



## GARSCOM GREEN LIGHT PATROLS

When talking about the patrols with residents the most common reactions or perceptions are the following:

- It is too dangerous.
- I do not have a firearm.
- I have a full time job.
- Patrols does not help to prevent crime.
- Suspects will see the green light and will either hide or disappear. You will not catch them.
- Or they just feel patrolling is not what they want to do.



We would all be glad to sleep right through the night. Getting up at 1h00 or 3h00 in the morning to drive through the neighborhood surely is not anybody's favourite activity, especially in winter. However, the fact that quite a number of people do exactly this; year after year, must mean that they understand the purpose of what they are doing.

In the 9 years that GarsCom have operated the patrols we have not had a single dangerous incident for any patroller. We have not less than 7 ladies patrolling alone at night. We prefer that all patrollers do their shift unarmed as we are only the eyes and ears for the trained Chubb officers. Almost all night patrollers have a full time job, yet they are part of a team and if it is their turn for a early morning shift they turn up for duty and are ready to leave for work after their shift. Crime statistics show that GarsCom is doing something right because our night time crime incidents are almost zero. We do not want to be in caught in confrontational situations with suspects; therefore we appreciate if the green light chase them out of the area.

I would like to explain to you how the GarsCom patrols work:

- We have 10 night teams and one day team.



- Each team is managed by a patrol coordinator. The coordinator is responsible to inform the team of the schedule and check who is available to do the shift.

- Night patrols work in shifts of 2 hours each and start at 19h00 until 05h00. Members of the team rotate. If you did the 19h00 to 21h00 shift on the 1st shift you will be scheduled for 21h00 to 23h00 with the next shift, ect ect. The coordinator will assist if you are not available for your shift. Most of the teams have more than 5 members and that helps when you are not available as the coordinator will move another member into your slot for that evening.

- If you are a night patroller it means that every 10th day you will do a 2 hour shift. If you recruit both your neighbors to share a shift you will each drive every 30th day. Consider this time against the safety of your family.

- Day shift patrols work on 1 hour fixed time once a week. Again the coordinator can either get another patroller to help when you are not available or just leave your shift open for that one day.

The community knows the advantages that the patrols give to each household in GarsCom. We constantly receive requests and praise like the following:

- "Ek het n funksie by my huis die Saterdagoggend . Ek sal die bure inlig oor ekstra parkering wat gebruik gaan word. Sal julle asb kan reël dat die patrollies gereeld hier verby ry en 'n ogie oor die voertuie hou."
- "A BIG THUMBS UP" to the Chubb patrollers who woke me up on Sunday morning@ 03h00 to advise me that my main sliding gate was open (I returned at 23h00 on Saturday evening from picking my son up and thought I had closed the gate, but obviously not). Thank you to Chubb, who have made me extra cautious to ensure that I now double check to make sure that my gate has actually closed before closing my garage door."
- "Dankie vir die uitstekende en onbaatsugtige werk wat jy en jou span vir ons gemeenskap in Garsfontein Uitbr 10 doen. "
- "...I would just like to say a BIG thank you to the GarsCom team and all the community members who helped my wife and I find our dogs Saturday night. We were having a braai and as some of our guests left, the dogs must have slipped out the gate (without us even noticing). I returned to the braai none the wiser, then our neighbors let us know our dogs were running around the neighborhood. As we got out into the streets, some of the residents had already seen the dogs and were directing us to where we could find them. The GarsCom vehicle drove behind my wife all the time to make sure she and the dogs got back safely. I would like to thank all who were involved and want to apologise for the error. We will do our utmost to make sure the dogs don't get out into the streets again!"
- 'I would love to chat to you guys more and see where I could help! .... starting to feel guilty seeing other guys driving past my house with the green light while I am sitting on the couch relaxing."



**Should you be interested to join this great initiative,  
please contact Andre Vorster @ [patrols@garscom.co.za](mailto:patrols@garscom.co.za)**