

SOUTH AFRICANS IN AUSTIN

FEBRUARY 2009

Thought of the Month....

"Laughter is the sun that drives winter from the human face." ☺

Our next SAA Braai / Potjie etc. is :-

Date : March 22nd
Time : 11:00 am. Onwards
Place : Mansfield Dam Park
Bring : 1 Side-dish to share
...your meat and eating utensils -
Chairs, blankets, jackets....BYOB too!

*Let Esme know if you are braaiing /
making a potjie / bringing a dish to
share etc. to make a list ☺*

*Esme is bringing curry mince and
making vetkoek for all too !!*

*See you there - and let's see how
many of our people we can get
together. Mark your calendars
already so you are not caught up with
something else ☺*

Bring your "Troops" goodies to the
braai.
(See the END of this newsletter for
that info.)

☺ PLEASE JOIN... South Africans in Austin on... FACEBOOK !! ☺

If you are on Facebook, take a
look at our new Facebook
group,
www.facebook.com/group.php?gid=25233507444.

Since Facebook allows a lot
interaction and sharing of what goes
on in our lives, this ought to be a
nice addition to our website. We will
use the Facebook group to help
spread information that might be
useful for South Africans in the
Austin area.

If you don't live in the Austin area
and you still want to join us, feel free
to do so!

South Africans in US (on SAA) is growing by the week !!



To our newest SAA Members ☺

<i>Victor Verissimo</i>	-	<i>Dallas, TX</i>
<i>Lee-zette van Zyl</i>	-	<i>San Antonio, TX</i>
<i>Jacques van Zyl</i>	-	<i>Maryland</i>
<i>Laura Bridges</i>	-	<i>Chicago, IL</i>
<i>Lynne Brooks</i>	-	<i>Austin, TX</i>
<i>Linda van Reenen</i>	-	<i>Dallas, TX</i>
<i>Adriaan & Claudette v. Niekerk</i>	-	<i>Austin, TX</i>
<i>Deon Janse van Vuuren</i>	-	<i>Dallas, TX</i>
<i>Gisela Hellriegel</i>	-	<i>Austin, TX</i>
<i>Walter Reagal</i>	-	<i>Austin, TX</i>

Texas Potjiekos Festival 2009 !!!

Our 9th Annual Potjiekos Festival will be held again this year.

PLEASE - get your projects / work / family commitments / studies etc. done so you will not miss out on this weekend.

Plan ahead NOW.... Call NOW and make your reservation... Walter and Carol Pebble at Rusk KOA is waiting to secure your spot !!!

WHAT : 9th Annual TX Potjiekos Festival
WHERE : KOA Grounds in Rusk, TX
WHEN : Labor Day Weekend: **4 – 7 September 2009**
RESERVE : Call Walter or Carol Prebble of KOA
(800) 562-4143 or (903) 683-6641
Or Reserve online: ruskkoa@mykoa.com

Alternative Accommodations : -

The Southern Motor Inn in Rusk (+- 1 mile) : 1 (903) 683-2688
The Weston Inn & Suites in Rusk (+- 2 miles) : 1 (903) 683-8383

Make Money Online

This guy made \$2.2 million online in 2007.
Find out how he did it! Then do it yourself!
www.FreePeopleSearcher.ws/tissa.htm

THE CLICK – SONG...

www.youtube.com/watch?v=OHxkiXALQjU

PRAATING THE TAAL

Die Engelsman wat nie Afrikaans verstaan nie, gaan koop 'n perd by 'n boer wat nie juis Engels kan praat nie. "I want a good-looking horse" se die Engelsman terwyl hulle na die perdestalle stap. Die boer wys na die eerste een: "This one looks good". "No, that one over there looks much better to me," se die Engelsman.

Die boer se: "That one does not look so good. This one looks better."
"No, that one looks better", hou die Engelsman vol.
Hy koop die een waarvan hy hou. Twee dae later is hy woedend terug. "The horse you sold me is blind."
En die boer antwoord selfversekerd: "But I told you that one does not look so good."

Written by a black guy in Texas...

When I was born, I was BLACK,
When I grew up, I was BLACK,
When I went in the sun, I stayed BLACK,
When I got cold, I was BLACK,
When I was scared, I was BLACK,
When I was sick, I was BLACK,
When I bruise, I'm still BLACK,
And when I die, I'll still be BLACK.

NOW, You 'white' folks...
When you're born, you're PINK,
When you grow-up, you're WHITE,
When you go in the sun, you get RED,
When you're cold, you turn BLUE,
When you're scared, you're YELLOW,
When you get sick, you're GREEN,
When you bruise, you turn PURPLE,
And when you die, you look GRAY.

So who y'all callin'
COLORED folks?

Slim vang sy baas

'n Jong man en sy poppie parkeer een aand hul motor langs die Hartbeespoortdam. Die aanvanklike handjie vashouery ontaard later in 'n vurige passie, maar toe drange op sy hewigste is, stoot die poppie hom weg en sê: "Verskoon tog, ek moes jou vroeër gesê het, ek is 'n prostituut en my tarief is R100."

Die gang van die natuur kan nie gestuit word nie en die man betaal.

Toe hulle klaar is, sit hy rustig en rook in stilte 'n sigaret. Later kan die poppie dit nie meer verduur nie en vra: "Wel, wanneer vat jy my terug stad toe?"

"O! Verskoon tog" sê die man, "ek moes jou dalk vroeër gesê het – ek is eintlik 'n taxibestuurder en die koste terug stad toe is R150."

Afrikaans bly maar die beste taal ooit!!!!

Sy het so baie plooië, sy skroef haar hoed op!
 Ek is nou so lui my hol hang oop!
 Ek is nou so opgewonde soos in budgie op
 steroids !

Ek was gisteraand so dronk, toe ek vanoggend
 wakker word hang ek oor die stoel en my
 klere lê in die bed.

Ek is nou so lus vir 'n Rennie ek eet somer
 'n pie !

Jy's so skeel jy kyk jouself diep in die oë!
 Van sit of staan bly lê die lekkerste.
 Hy is so kort hy weet nie of dit keelseer of
 aambeie is nie.

Hy is so kort hy slaan tot sy onderbroek se
 pype om.

Hy is so skelm, hy bid onder n skuilnaam
 Ek gaan jou klap dat jy lus kry vir niks
 "Lang gesig soos in bok wat afdraand vreet."

"Drank los nie probleme op nie, maar so ook
 nie melk of water nie."

"Jy mag nooit meer as jou yskas weeg nie!"

"As jy vir jouself kan lag dan het jy altyd iets
 om oor te lag."

"Ek voel nou so goed, ek vul somer die
 lotto nommers verkeerd in."

"Ondervinding is iets wat jy eers kry nadat jy
 dit nodig het."

"Almal kry die voorreg om onnosel te wees,
 net jammer party maak misbruik daarvan."

"Ek is so de bl*ksem in, ek soen somer 'n
 pofadder oopbek"

"Arende vlieg dalk hoog, maar ons muishonde
 word nooit deur 'n vliegtuigmotor ingesuij
 nie."

"Die mens is op aarde geplaas om in sekere
 hoeveelheid werk te doen. Op die oomblik is
 ek
 so ver agter ek sal nooit dood gaan nie."

"Ons kannie almal helde wees nie, iemand
 moet langs die pad staan en hande klap."

"Ek glo dat as iets die moeite werd was om te
 doen, dan sou iemand anders dit lankal gedoen
 het."

"As jy lyk soos jou paspoort-foto, ...dan het jy
 'n reis nodig."

Psychic Guy ... wow – who new huh ?? *(Thanks Mr. President !)*
don't get a fright !!

<http://www.youtube.com/watch?v=ohmoeKN9uHg>



Pictures of the Month !!
South Africa's National Emblems !!



SA's National Flower – The Protea SA's National Fish.... The Galjoen !!



SA's National Bird – The Blue Crane SA's National Tree – The Yellow Wood



SA's National Animal / Emblem – The Springbuck !!

Thank you to our Advertisers ...

...for another year of supporting South Africans in Austin !!

Please check out the "Marketplace" on our website (www.sa-austin.com) for more detail and contact information.

<p>Guinea Travel</p> <p>Contact: Trish Hebert</p> <p>Tel: (512) 706-9070</p> <p>Cell: (512) 799 7011</p> <p>Email: trish.hebert@yahoo.com</p>	<p>Diana Thomas, Realtor ®</p> <p>Coldwell Banker United, REALTORS®</p> <p>Telephone: (512) 970-4489</p> <p>Email: diana@dianathomasrealtor.com</p> <p>Website: www.dianathomasrealtor.com</p>	<p>Rhodesian Ridgeback Puppies</p> <p>Mari Rice</p> <p>Telephone: (972) 822-5281</p> <p>Email: mari@marataridgebacks.com</p> <p>Website: www.marataridgebacks.com</p> <p>Club Affiliations & Registries: American Kennel Club</p>

If you would like to become an Advertiser on our website, please contact us.

The 11 BEST food you are not eating,... but should !!

- **Beets:**

Think of beets as red spinach, Dr. Bowden said, because they are a rich source of folate as well as natural red pigments that may be cancer fighters.

How to eat: Fresh, raw and grated to make a salad. Heating decreases the antioxidant power.

- **Cabbage:**

Loaded with nutrients like sulforaphane, a chemical said to boost cancer-fighting enzymes.

How to eat: Asian-style slaw or as a crunchy topping on burgers and sandwiches.

- **Swiss chard:**

A leafy green vegetable packed with carotenoids that protect aging eyes.

How to eat it: Chop and saute in olive oil.

- **Cinnamon:**

May help control blood sugar and cholesterol.

How to eat it: Sprinkle on coffee or oatmeal.

- **Pomegranate juice:**

Appears to lower blood pressure and loaded with antioxidants.

How to eat: Just drink it.

- **Dried plums:**

Okay, so they are really prunes, but they are packed with antioxidants.

How to eat: Wrapped in prosciutto and baked.

- **Pumpkin seeds:**

The most nutritious part of the pumpkin and packed with magnesium; high levels of the mineral are associated with lower risk for early death.

How to eat: Roasted as a snack, or sprinkled on salad.

- **Sardines:**

Dr. Bowden calls them “health food in a can.” They are high in omega-3’s, contain virtually no mercury and are loaded with calcium. They also contain iron, magnesium, phosphorus, potassium, zinc, copper and manganese as well as a full complement of B vitamins.

How to eat: Choose sardines packed in olive or sardine oil. Eat plain, mixed with salad, on toast, or mashed with dijon mustard and onions as a spread.

- **Turmeric:**

The “superstar of spices,” it may have anti-inflammatory and anti-cancer properties.

How to eat: Mix with scrambled eggs or in any vegetable dish.

- **Frozen blueberries:**

Even though freezing can degrade some of the nutrients in fruits and vegetables, frozen blueberries are available year-round and don’t spoil; associated with better memory in animal studies.

How to eat: Blended with yogurt or chocolate soy milk and sprinkled with crushed almonds

- **Canned pumpkin:**

A low-calorie vegetable that is high in fiber and immune-stimulating vitamin A; fills you up on very few calories.

How to eat: Mix with a little butter, cinnamon and nutmeg.

From Esme's desk.....

Just a little story.....

We went to dinner at one of our American friends' home last night, and like I'm sure many of you have noticed, the whole dinner-thing-evening is different. We have been to many dinners but still it stays funny to me... here is the deal :-

You arrive on time – as we usually do.

Do the “hey! You look great” – thing, and put your dish that you were asked to bring on the kitchen counter.

Their kids don't come out of the room to say hello either and you nudge your kids to the room to join them and pretend that this non-greeting-thing is not noticed and quite normal.

By the time I put my hand baggy down; the lady is already carrying dinner to the table and asks if you want something to drink. I get a glass of water in a HUGE plastic cup that they got for free at last season's baseball game at Dell Diamond. By the time I sat down at the table, the host is already eating and my husband is not sure where he is even supposed to sit yet.

We have mostly canned food –

1 can of green beans – just heated in the microwave in a small bowl ;

1 can of red cabbage – also heated in the microwave (with butter) in a small bowl ;

A plate of croissants heated up in the microwave ;

A bowl of gravy – that was actually made and quite nice ;

A HUGE bowl of something John and I can't really agree on what it was... ?

* The host said it was 3 min. boiling potatoes rolled in something.....?

* John said they were way too small and too pasta-ish for potatoes....?

* I have no idea what they were because the host said they are quite tasteless (which they ARE), but you cover them with gravy and butter – or anything else – then they are quite nice...? - Which are what we all did but they were also sticky ...?

I took the dessert that I made and afterward we were told that they rented a bunch of movies (yiiikes !!) to watch. By the time they figured out the machine and the found the movie and changed the machine to watch the movie on the Xbox – or something – John was already half asleep and just gave me that “look”. I had to hold myself in not to burst out laughing.

These are very nice people and we like them. During the movie, the host got up about 3 times to get HIMSELF a drink, but we were not offered anything and by the end of this “skop-skiet-and-donner” movie, we left slowly – not wanting to appear that we needed OUT, said our “thank you so much – this was great!!” good-byes and left the house. As soon as John put his foot out the door, they closed the door and locked it !! We just smiled and, still on the front porch, quietly walked to the car and left. When we pulled out the driveway, the front porch light went off !! It was 9:30 pm.

I do not take this as an insult or bad manners at all. It is just the way it is and how a lot of Americans are. It's a never-ending, surprising, educational experience of living here.

Anyhooo.... We came home and John made us each a great cup of real coffee. It was a fun evening.

Hope you all have a wonderful month, with exams now over and basketball in full swing, track-and-field and Baseball starting soon simultaneously beginning of the summer months.

Stay happy, stay healthy, stay thankful !!

Much love
Esme ;-)

SOUTH AFRICAN TROOPS **IN IRAQ AND AFGHANISTAN !!!**

There are many of our South African boys deployed in Iraq and Afghanistan working for us here in the US. This is an issue that hits close to home for us so; I am planning to put some packages together for some of them... (About 13 SA boys & men) and if you would like to contribute to the packages, here is a list of what is needed. This list will start stuff for the summer coming up:-

Carmax Lipbalm
M&M's packets
Sunscreen (#18 and up)
Chewbars / healthbars
Beskuit / Rusks
Sweets / hard candy
A letter / note / card if you want
Salty snacks (small packets)
Etc.

(Even \$5 - \$10, sending these packages to any APO address is a flat fee of \$12 – no matter the weight – so this will be great too!) Your names will be included in the next SAA newsletter and the note to all troops ;-)



South African Coat of Arms