

SPORTverslag

Oumens-Albaster - Dink weer

Rolbal as sport is altyd gesien as 'n sportsoort wat net deur "oumense" beoefen word en vandaar dan ook die stigma van oumens-albaster. Wanneer al die fisiese sportsoorte soos rugby, tennis en gholf nie meer beoefen kan word nie, dan word daar gekyk na deelname aan rolbal en vandag is daar menige spelers wat erken dat hulle spyt is omdat hulle nie vroeër in hulle lewens rolbal begin speel het nie.

Ongelukkig is rolbal een van die baie kleiner sportsoorte wat deur die jare min mediadekking gekry het en is spelers en administratiewe beamptes van klubs en distrikte verantwoordelik vir die bemerking van die sport.

Heilbron Rolbalklub spog egter met spelers van verskillende ouderdomme van so jonk as 17 tot met 90+, in die persoon van

Tannie Rita Hoffman, sy speel steeds 'n barshou en jonger spelers moet elke keer uithaal en wys as hulle teen haar speel, 'n bewys dat rolbal 'n sportsoort vir alle ouderdomme is.

Wat is rolbal?

- Maklik om te leer, maar moeilik om te bemeester
- Goedkoop sport om te beoefen
- Inklusief, sport vir almal ongeag ras, ouderdom, geslag of vermoë
- Baie sosiale sportsoort
- Klubs is normaalweg binne bereik
- Hou jou aktief
- 'n Sportsoort vir die hele gesin
- Baie kompeterende sport
- Hou jou gees jonk en 'n plek waar jy kan behoort.

Kom rol 'n paar balle en geniet 'n drankie



Adele Booysen, Rita Hoffman, DJ Steyn, Gustav Booysen en Petro Habig.

na afloop van die spel saam met ons Woensdae- en Saterdagmiddae, en

besluit dan self of dit 'n oumens-sportsoort is.

LAST CALL!
Deadline: 31 August 2019.

Notice to Compensation Fund Clients

This notice serves as a last call to clients who have outstanding claims lodged on or before 1st August 2014 to submit the following outstanding documents:

For injury on duty:

- First Medical Report (W.CI.4)
- Progress and final Medical Report (W.CI.5)
- Resumption Report (W.CI.6) by the employer or an affidavit (W.CI.132) by the employee regarding the period booked of duty to recuperate from injuries/diseases
- Certified ID document of the employee

For Occupational diseases:

- First Medical Report (W.CI.22)
- Progress and final Medical Report (W.CI.26)
- Resumption Report (W.CI.6) by the employer or an affidavit (W.CI.132) by the employee regarding the period booked of duty to recuperate from injuries/diseases
- Certified ID document of the employee

All Medical Reports relevant to the specific disease such as:

- Lung Function tests
- X-ray reports
- Audiograms
- Industrial history (W.CI.110)
- Histology/Cytology Report
- Diagnostic and baseline audiograms
- Ear, Nose and Throat Specialist Report (ENT)
- ID document of the employee
- Any other medical report related to the occupational disease

Fatal accidents:

- Declaration by dependent/Widow Form (W.CI.32) attested by a Commissioner of Oaths
- Notice of Accident and Claim for Compensation (W.CI.3) - page one and two
- Unabridged birth certificates of the children under the age of 18 years at the time of the accident

- Certified copy of the claimant's ID document
- Specified Burial Expenses Account (W.CI.46) with receipt(s) if paid
- Death certificate
- Marriage certificate
- ID document of the employee

NB: All outstanding documents must be submitted to your nearest Department of Labour centres or email them to: CF-claims2014@LABOUR.gov.za

For more information, visit your nearest Department of labour centres, Provincial Offices or log onto WWW.LABOUR.GOV.ZA or refer to the Gazette no: 626 of 2019, Reference number 42431 page 33-36.

Compensation Fund services are FREE!

Compensation Fund Working for you!!!!



Sperdatum vir advertensies en bydraes vir die Heilbron Herald van 8 Augustus is Dinsdag om 10:00.

BKB Louwid NOORD

Die komende week se BELANGRIKSTE veilings

MAANDAG - 5 AUGUSTUS 2019
BULTFONTEIN Twee-weeklikse veiling
Kontak Louwtjie Bezuidenhout 082 827 7443

DINSDAG - 6 AUGUSTUS 2019
VEREENIGING Weeklikse veiling
Kontak Freek Pieterse 079560 7088
KLERKSDORP Weeklikse veiling
Kontak Fanie Nel 083 325 3066
DEVON : OPEN RANGE BEEFMASTERS
63 Top Beefmasters
11:00, Leeuwkop, Devon
Kontak Roelof Heenop 082 342 199

WOENSDAG - 7 AUGUSTUS 2019
BLOEMFONTEIN : NASIONALE SAVM
110 SAVM skape
11:00, Bloemfontein skougronde
Kontak Wilbur Meyer 082 349 3189
MEMEL : MARITZ BOVELDER & BOSHOEK BOVELDERS
70 Top Bovelder bulle
11:00, Boshhoek, Memel
Kontak Lukas Steenkamp 067 404 0690

DONDERDAG - 8 AUGUSTUS 2019
KROONSTAD Weeklikse veiling
Kontak Wilbur Meyer 082 349 3189
FRANKFORT Weeklikse veiling
Kontak Piet Boshoff 083 210 7135
THEUNISSEN : KANDYS BEEFMASTERS
180 Top Beefmasters
11:00, Brakfontein, Theunissen
Kontak Louwtjie Bezuidenhout 082 827 7443

VRYDAG - 9 AUGUSTUS 2019
STANDERTON Weeklikse veiling
Kontak Roelof Heenop 082 342 1992
POTCHEFSTROOM Weeklikse veiling
Kontak Riaan Herbst 076 154 5049
HEILBRON : WEDAN BOERDERY & LOUISE DOHNE MERINO STOET
1210 Dohnes & 1110 Bonsmaras
11:00, Canossa, Heilbron
Kontak Piet Boshoff 083210 7135

SATERDAG - 10 AUGUSTUS 2019
KROONSTAD : HUGO DORMERS
350 Dormers
11:00, Kroon Boma, Kroonstad
Kontak Wentzel Vorster 082 566 1369

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