

VL verwelkom ekstra voertuie om misdaad in Vrystaat te bekamp

• Vrystaat Landbou

Vrystaat Landbou (VL) is verheug oor 48 ekstra voertuie wat vir landelike veiligheidskoördineerders by polisie-stasies in die Vrystaat gegee word. Só het Tommie Esterhuise, Vise-president van VL, gesê nadat dié voertuie deur die Suid-Afrikaanse Polisie (SAPD) beskikbaar gestel is om te help om misdaad te bekamp.

Volgens hom is dit " 'n historiese dag vir landelike beveiliging" en het hy die gebaar verwelkom. Die voertuie sal slegs deur die polisie gebruik word om misdaad in landelike gebiede en landbougemeenskappe aan te spreek.

Sam Mashinini, Vrystaatse LUR vir Polisie, Paaie en Vervoer, het op 19 Julie 2019 by 'n geleentheid by die Glen-landboukollege in Bloemfontein gesê die voertuie gaan gebruik word om ernstige geweldsmisdade en veediefstal aan te spreek. Volgens Esterhuise is dit 'n gegewe dat meer mannekrag en voertuie steeds nodig is.

Mashinini het ook beklemtoon dat die voertuie opgepas moet word, asof dit polisie-beamptes se eie is. Hy meen landbouers moet hul vee merk en gereeld tel en dat die

Vrystaat 'n provinsie is waar landbougemeenskappe in vrede hul besigheid moet kan verrig.

Lt. genl. Moeketsi Sempe, Provinsiale kommissaris van die SAPD, het bevestig dat die voertuie as deel van fase een in die Landelike-beveiligingsstrategie (LBS) uitgereik is om misdade in landelike gebiede, in samewerking met landbougemeenskappe, aan te spreek. Hy het ook gemeld dat veilheidskoördineerders fleksietyd gaan werk na aanleiding van hul misdaadpatroon analise.

Sempe het VL bedank vir die goeie samewerking tussen die polisie en die organisasie. Hy het ook versoek dat landbouers die polisie se dienslewering moet evalueer en waar probleme ontstaan, die lyn van bevel of protokol oor klagtes gevolg moet word. "Landbouers moet nie reg in eie hande neem nie en alle wette nakom," het hy gesê.

Volgens Esterhuise het Genl. Khehla Sitole, Nasionale Kommissaris van die SAPD, tydens gesprekvoering met Agri SA gemeld dat hy georganiseerde landbou as 'n vennoot in die LBS sien.

Hy het op sy beurt klem gelê op die ver-



Die Suid-Afrikaanse Polisie (SAPD) het by 'n geleentheid by die Glen-landboukollege in Bloemfontein bekend gemaak dat 48 voertuie beskikbaar gestel word om landelike veiligheid op te skerp. Van links is Tommie Esterhuise, Vise-president van Vrystaat Landbou (VL), Sam Mashinini, Vrystaatse LUR vir Polisie, Paaie en Vervoer, Lt. genl. Moeketsi Sempe, Provinsiale kommissaris van die SAPD, en Jakkals le Roux, Voorsitter van VL se Landelike Veiligheidskomitee. Foto: Vrystaat Landbou

trouensverhouding en dat behalwe samewerking en verhoudinge, daar gewerk moet word aan wedersydse vertroue. Die voertuie

moet gesien word as 'n instrument om goeie verhoudinge te bou tussen plaaswerkers, landbouers en die polisie.

HEILBRON Kliniek - Eating Disorders

WHAT ARE EATING DISORDERS?

There are four types of eating disorders: anorexia nervosa, bulimia nervosa, binge eating disorder, and Eating Disorders Not Otherwise Specified (EDOS). Young people with these disorders often have a negative and distorted body image, and intense emotions and behaviours surrounding food. The phrase "body image" means the thoughts and feelings people have about their physical appearance. Young people with eating disorders may start to eat less because they are afraid of gaining weight. Sometimes they binge (overeat, consuming very large quantities of food) and sometimes purge (by making themselves vomit, over-exercising or using laxatives). Eating disorders affect a person's physical and emotional health. They are very dangerous illnesses and can be fatal if they are not treated.

WHAT IS ANOREXIA NERVOSA?

Anorexia nervosa is an illness that involves having an extreme desire to be thin. The key elements of anorexia nervosa are: a refusal to keep body weight at a healthy level, an intense fear of being fat, a distorted body image. Many people who have anorexia stop having their periods or don't menstruate regularly.

Physical

- Dramatic weight loss
- Slow heart rate
- Low blood pressure
- Low body temperature
- Brittle hair and finger nails
- Hair loss
- Dry skin & dehydration
- Growth of lanugo (soft furry hair on face), back & arms
- Amenorrhea (menstrual period stops)

Emotional

- Depression
- Anxiety or nervousness
- Distorted body image
- Intense fear of weight-gain
- Low self-esteem
- Withdrawal from friends & activities
- Thinking about food most of the time

WHAT IS BULIMIA NERVOSA?

Bulimia nervosa is an eating disorder that involves frequent bingeing and purging, as well as a distorted body image. Bingeing means eating a lot of food at one time even when you are not hungry. Following a binge, people with bulimia will try to get rid of food by vomiting, taking laxatives or by excessive exercise. People with bulimia may hide what they eat from others and feel afraid or ashamed of their behaviour.

WHAT ARE SOME OF THE HEALTH PROBLEMS THAT GIRLS WITH BULIMIA FACE?

Bulimia is hard to detect from looking at a person since the health problems a person may suffer from are not as obvious as with anorexia. For example, someone may have a normal weight, but still have bulimia. Also, they may be secretive about their eating habits so that even their family and friends are not aware that they have a problem. Bulimia is serious and can cause permanent damage to the teeth, stomach, digestive track, and heart.

Symptoms of Bulimia Nervosa

Physical

- Electrolyte problems
- Irregular menstrual periods
- Dehydration
- Swollen face (fluid retention)
- Sore throat
- Tooth decay/loss
- Dry, flaky skin
- Heart arrhythmias (due to potassium loss from vomiting)
- Constipation
- Body weight is typically normal

Emotional

- Depression
- Shame of guilt
- Anxiety
- Fear of weight gain
- Withdrawal from friends

WHAT IS BINGE EATING DISORDER?

Binge eating disorder, or compulsive eating disorder, involves eating large amounts of food in short periods of time without purging. Often, people with binge eating disorder will skip meals or eat small portions when they are around others and then eat large amounts when they are alone. People with binge eating disorder often suffer from anxiety, depression, loneliness, shame and/or self-hatred. Their body weight can vary from normal to obese.

WHAT IS EATING DISORDER NOT OTHERWISE SPECIFIED (EDNOS)?

People with Eating Disorder Not Otherwise Specified (EDNOS) have some, but not all the symptoms of either anorexia, bulimia or binge eating disorder. For example, people struggling with Eating Disorder Not Otherwise Specified (EDNOS) may have periods of restrictive eating (days or months) followed by periods of overeating or binge eating, or they may be at a very low weight, but not have anorexia because they still get their menstrual period. Young

women with Eating Disorder not Otherwise Specified (EDNOS) may also maintain a stable weight that is within a medically safe range, but still have many of the other symptoms and medical complications of eating disorders.

WHAT CAUSES EATING DISORDERS?

Eating disorders are probably caused by a combination of social, psychological, family, genetic and environmental factors.

Society's intense focus on thinness and appearance may influence how young people view their bodies and their self-esteem.

An individual may have a family history of emotional disorders such as depression or anxiety. Eating disorders are often associated with feelings of helplessness, sadness, anxiety, and the need to be perfect. This can cause a person to use dieting or weight loss to provide a sense of control.

Teens who participate in competitive sports or activities that emphasize thinness, such as ballet, running, gymnastics, or skating, are more likely to develop an eating disorder.

Family stress of any kind can also contribute to the development of these illnesses. Dealing with difficult transitions, loss or teasing about weight from friends or family may trigger eating disorders. Family emphasis on weight from an early age can also have a negative effect.

HOW ARE EATING DISORDERS TREATED?

Eating disorders are medical and psychological problems. Treatment usually includes working with a team of specialists: a therapist, a nutritionist and a doctor or nurse practitioner. Treatment is individualized to fit a teen's specific needs.

Medications are often prescribed as part of the treatment for an eating disorder, or for other conditions that people with eating disorders may have such as: depression, anxiety and obsessive compulsive disorder. A doctor will prescribe and monitor the medicine.

WHAT CAN WE DO AS SOCIETY TO PREVENT EATING DISORDERS?

It is important for us to look at our attitudes and behaviours in our own lives to help us understand how we can prevent eating disorders in our culture. Teasing and harassment about weight and body shape often lead young women to develop eating disorder behaviours. Conversations and activities that focus only on thinness, weight and dieting can be harmful.

Magazines and movies promote unrealistic role models for beauty and weight. Often, we are presented with an image that is unnaturally thin and unlike most women.

For help and more information contact your nearest clinic, hospital or health provider.

Department of Health

67 Minute vir Mandela-dag



HEILBRON KLINIEK: Op die foto bo het Heilbron Kliniek kontrakwerkers met sop en broodjies verras wat deur die personeel gemaak en voorsien is. Die warm sop was baie welkom in die koue weer. Heilbron Kliniek het verder vir Nelson Mandela-dag saam met die kinders van die Jeugsorgsentrum pannekoek gebak. Vir sommige 'n eerste, maar 'n heerlike ervaring. Van die kinders het deelgeneem aan die bak en suikerstrooi en dit so geniet en alreeds gevra wanneer hulle weer kom.