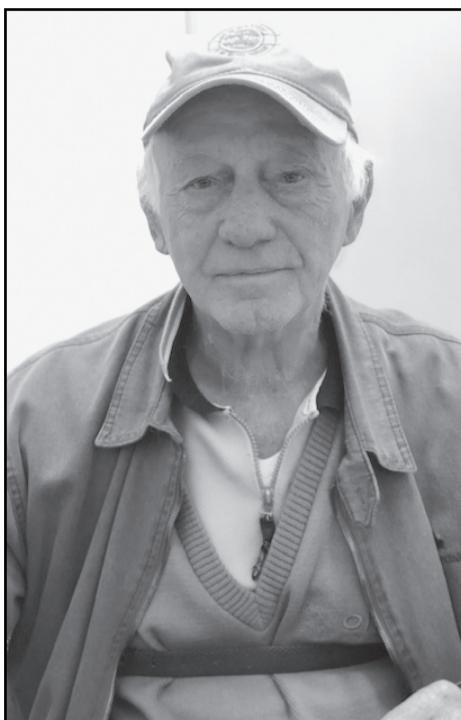


Oom Mike het die Maanlanding se nuus bewaar

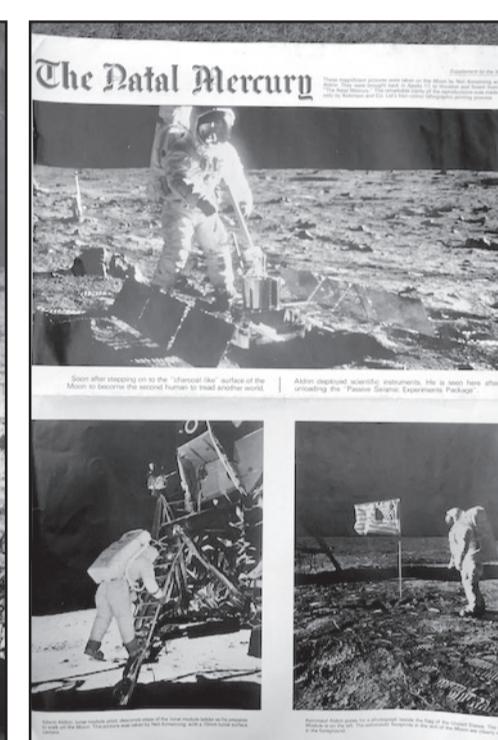
Almal ken die immergroen boer van Heilbron, Mike Kemp, baie goed. Hy het oor die jare al die belangrike nuusartikels bewaar en onder ander die nuusgebeure oor die maanlanding van Apollo op 20 Julie 1969, vyftig jaar gelede. Hy het onlangs by die nuuskantoor van die Herald kom kuier en die ou koerante en tydskrifte met ons gedeel.

Net vir interessantheid was die maanlanding wêreldwyd deur 500 miljoen mense oor televisie gevolg, en dit was die grootste kykertal ooit. Omrede Suid Afrika nog nie televisie gehad het nie moes dit maar oor die radio en nuusblaais gevolg word. Die Scope tydskrif, wat vir die jongmanne van daardie tyd meer as net nuus gewys het, het ook die gebeurtenis gedek.

Mike Kemp (82) wat'n gebore Heilbronner is, het in sy jongdae by Stockowners in Durban gewerk, waar vanaf vleis daardie tyd al uitgevoer is, veral na Argentinië. Vee is toe met die trein gestuur. Veilingsagente het destyds met wit jasse gewerk. Oom Mike het teruggekeer na die familieplaas Craig Dune in 1968 na sy pa, Piet se dood.



Mike Kemp



HEILBRON CLINIC - Breastfeeding

- Heilbron Clinic

EXCLUSIVE BREASTFEEDING UNTIL 6 MONTHS OF AGE

- The baby needs only breastmilk, nothing else, no water, no bottles, no dummies, no tea, no juice, no formula until 6 months.
- Breastmilk already contains everything that the baby needs, until the child is 6 months old and changes according to his needs.
- Then the baby will grow and develop well and be protected against infection.

DANGERS OF MIXED FEEDING:

- The baby's stomach will be full if he is given anything else. He will not drink enough milk and less breastmilk will be produced. Less protection by breastmilk.

- Allergies and infections can be caused since the baby cannot handle any other foods except breastmilk for the first few months of life. Diarrhea may be caused.

- Giving a dummy or a bottle to the baby interferes with the baby's suckling at the breast. The baby will suckle less at the breast and will get less milk. No dummies or bottles are allowed in the hospital.

BENEFITS OF BREASTFEEDING TO BABY AND MOTHER

- Breastmilk is the best milk a mother can give her baby. It provides everything your baby needs to grow and develop well.

- Breastmilk protects your baby against diseases like diarrhea and respiratory tract infections and also against allergies.

- When you breastfeed there is bonding between you and your baby.

- Breastmilk does not cost money. You save a lot of money because you do not have to buy formula, bottles, teats and sterilising equipment.

- Breastmilk is always available at the right temperature.

- It helps the mother to stop bleeding after birth and protects against cancer.

- It helps the mother lose weight after birth.

FEED YOUR BABY ON DEMAND

On demand feeding means, feeding whenever you or your baby wants to feed, for as long as he wants to feed.

- Healthy babies feed more or less 8 - 12 times in 24 hours.

- Breastfeeds should not be timed, breastfeed until he lets go of the breast himself.

The following signs show that the baby is hungry:

- Turning head and open mouth in search for the breast

- Sucking fingers, clothes or blankets

- Making sucking motions and sounds with his mouth

- Sticks out his tongue and licks his lips

- Gets restless and starts to cry

- If your baby sleeps longer than 4 hours, wake him and breastfeed him. It is very important that your baby also feeds at night.

For help and more information contact your nearest health care provider.



HEILBRON HERALD, VRYDAG 2 JULIE 2010: SOKKERKOORS LOOP HOOG

'n Groepie van Heilbron het op 19 Junie besluit om hulle voorouers nl die Nederlanders, in Durban te gaan ondersteun tydens hulle sokker Wêrldbekertoernooi wedstryd teen die Japanese. Die wedstryd het plaasgevind op die Moses Mabhida Stadium. Wat die Heilbronners oral opgeval het is die manier waarop die Wêrldbekertoernooi Suid-Afrikaners verenig het. Die ges tussen die Suid-Afrikaners is onbeskryflik goed en het meer Afrikaanse sokker-kykers as ooit tevore opgelewer en wanneer dit kom by Bafana Bafana, is dié span in geen ander taal meer aangemoedig nie. Ook mnr Beau Brummel, die kaalbaskoning van Suid-Afrika, het besluit om sy planne te laat daar vir die wit nudiste-kolonie by Orania en aangekondig hy sal voortaan saam met Suid-Afrikaners van enige kleur kaal para-deer. Die gemoedsommeswai is teweeggebring nadat hy gesien het hoe lekker swart en wit by die sokker meng. Wie sê nog die Wêrldnekker-sokker het nie sy deel vir nasiebou gedoen nie? op die foto is Amarinda Watson, Lettie Barendrecht en Amoné Watson, wat haar slag met die vuvuzela wys.