

Trots Pellissier

WOONBUURT ASSOSIASIE

NEIGHBORHOOD ASSOCIATION

Junie 2026

Uitgawe 34

KOM ...PELLISSIER

*kom ons brei en hekel vir
minderbevoorregtes die winter.*

IS THIS FEVER AN EMERGENCY,

and what must I do?

LIBRARIES IN BLOEMFONTEIN

TIPS FOR THE WINTER

and what must I do?

FAMILIE PRET

Ken jy jou idiome?

Kliek op adverteerders se logo om meer inligting te sien!
Click on advertiser logo to get more information!

VISIT OUR WEBSITE FOR MORE INFORMATION | BESOEK ONS WEBWERF VIR MEER INLIGTING

MEMBERS ONLY

Trots Pellissier

Straatnommer Borde | Street Number Boards

- 40cm x 40cm
- Reflective numbers
- *Members can order
- R150 each

Contact Admin:

☎ 060 724 3209

✉ admin@trotspellissier.org

Trots/Proudly
Pellissier

29



www.trotspellissier.org

THANK YOU



For assisting with potholes in Pellissier.



REDAKSIE

ADVERTENSIES:

Ansie - 060 724 3209
admin@trotspellissier.org
www.trotspellissier.org

UITLEG:

Graffikat | hello@graffikat.com

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Hoe word ek lid?



How do I join?



THE BIG THREE COMBO

159⁹⁰

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125g Wors &
Chicken Thigh



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Ts & Cs apply. VAT incl. Valid from 1 June – 12 July 2026. For sit-down or Call/Click & Collect.
The visuals are for descriptive purposes only. Portion weights are raw weights.



SPUR[®]
STEAK RANCHES

KOM ...PELLISSIER

KOM ONS BREI EN HEKEL VIR
MINDERBEVOORREGTES DIE WINTER.



Blokkies vir Emily Projek

Vier die 100-jarige herdenking van Emily Hobhouse se teraardebestelling by die Nasionale Vrouemonument en haar nalatenskap.

Neem deel aan ons **Kombers-a-thon!**

Ons wil die Muur van Herinnering by die Oorlogsmuseum op **31 Oktober 2026** met **blokkieskomberse** bedek om Emily Hobhouse se nalatenskap te vier, sy het haar lewe gewy om mense in nood te help.

Hoe om deel te neem:

Brei of Hekel blokkies van 17 cm x 17 cm
Of maak 'n 1.5 m x 1.5 m blokkieskombers

Bring of Stuur na die Museum:

25 Monumentweg, Generaal de Wet,
Bloemfontein teen **30 Sept 2026**

Alle komberse sal aan 'n verskeidenheid mense in nood- / liefdadigheidsorganisasies **geskenk** word.

ONS DOEL IS 800 KOMBERSE



KONTAK ONS VIR MEER INLIGTING:

Dané: dane@anglo-boer.co.za
lessie Steenberg: 082 705 5279
Eureka Pottas: 082 823 1640



IS THIS FEVER AN EMERGENCY,

AND WHAT MUST I DO?



by Dr Elmarie Gainsford

If you are a parent or caregiver, you have likely faced this stressful question. When illness creates chaos, preparation brings calm.

A normal body temperature ranges from 36°C to 37.5°C. Younger individuals and men often have a baseline near the higher end, with elderly patients on the lower end. Your brain's hypothalamus acts as a central thermostat. It regulates temperature through the pituitary and thyroid glands, or through the autonomic nervous system, which controls sweat glands and blood vessels. Superficial blood vessels contract to conserve heat when you are cold, causing the extremities to become cold and pale blue; when they dilate to release heat, you can look flushed. Most fevers are simply immune responses fighting off infection.

Managing a fever involves a few practical steps:

- **Medication:** Use paracetamol, ibuprofen, or a combination to ease symptoms. Remember, these also treat accompanying pain.
- **Hydration:** Drink water and electrolyte liquids to replenish lost fluids.
- **Environmental Balance:** Avoid extreme cold, which stops the skin from releasing heat, and avoid overdressing, which traps warmth. A damp cloth or lukewarm bath can provide comfort.



WHEN IS FEVER AN EMERGENCY?

Sometimes, a fever requires an immediate emergency visit to your doctor or clinic. Seek urgent care for:

- a fever over 40°C (especially if it will not break), or
- any fever accompanied by confusion, neck stiffness, breathing problems, an inability to keep fluids down, or convulsions.



Conversely, schedule a regular doctor's visit if the fever:

- lasts over three days or keeps worsening, or
- is accompanied by a developing rash,
- other infection symptoms are not improving, or
- unexplained recurrent low-grade fevers.

A major source of anxiety is febrile convulsions(fits). Fortunately, these are uncommon, typically affecting children between 3 months and 5 years old. They are triggered primarily by infection-induced inflammation rather than the temperature itself. If your child has a history of these convulsions, consult your healthcare provider early in the illness.

Keep necessary medications at home so you are always prepared. Remember, the pain and discomfort of an infection might need medication before a fever develops.





The Flu Vaccine

Autumn is here — and flu season is on its way. The best time to vaccinate in South Africa is March to May, before winter peaks.

- Flu vaccines are recommended annually, especially for those over 65, pregnant women, and children.
- You cannot get flu from the vaccine — it contains inactivated virus particles only.
- QuintaMed offers flu vaccinations by appointment.

A simple annual jab is one of the greatest gifts you can give your family this winter. ❄️

Quintamed General Practitioners and Travel clinic
2 Wag-'n-Bietjebos Ave Pellissier
Monday - Friday 8:00 - 17:00; Saturday 9:00 - 12:00

051 4224911
Online booking via QR code





QuintaMed



Reading gives children more than words. It gives them understanding.

LIBRARIES IN BLOEMFONTEIN



Adelaide Tambo Public Library	c/o Charles and West Burger Street
Bainsvlei Public Library	10 Boerneef Street, Langenhovenpark
Botshabelo Public Library	151A Hospital Road
BP Leinaeng Public Library	c/o Mopthethe and Moeshoeshoe Road
Drama Library	City Hall Building 5, President Brand Street
Fichardtpark Public Library (local)	133 Benade Drive, Fichardtpark
Lourierpark Community Library (local)	c/o Nanabessie and Doringklaat Street, Lourierpark
Mangaung Public Library	189211 Moshoeshoe Road
Trevor Barlow Public Library	c/o Hamlet and Rembrandt Street



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Fun

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10:00 – 16:15

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Baruch's
coffee
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BARUCH'S COFFEE IN BULK
Premium coffee, roasted with care and available in:

250g

500g

1kg



Our Drinks

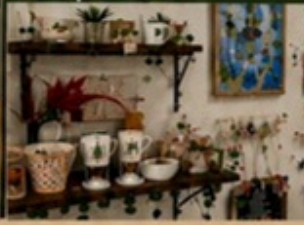
Cappuccino	Americano	Latte	Flat White	Hot Chocolate	Frappé	Milkshake	Fruit Bubble Tea
							

...and more!

Delicious Food

CHOCOLATE CAKES 	JAFFELS 	SPRING ROLLS Filled with: • Bitong & Cheese • Miltart • Bacon & Cheese with Peppadews 	PANCAKES 	QUICHES Different kinds 
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Hot chocolate started over 2,000 years ago with the Olmec, Maya, and Aztec in Mesoamerica. They drank a bitter, spiced cacao drink called xocolātl mixed with water, chili, and cornmeal—more of a ritual and energy drink than the sweet treat we know today.

When Spanish explorers brought cacao back to Europe in the 1500s, they adapted it by heating it, straining it, and adding sugar, cinnamon, and vanilla to cut the bitterness. It became a luxury drink among Spanish and later French and English aristocracy in the 1600s-1700s.

It turned into a favorite for everyone once industrialization made cocoa cheaper and easier to process in the 1800s. Dutch chemist Coenraad Van Houten's cocoa press in 1828 removed much of the fat, creating cocoa powder that mixed smoothly with hot milk or water. That made hot chocolate quick, affordable, and comforting, which cemented it as a go-to drink for cold weather, kids, and cozy nights in.

TIPS FOR THE WINTER

PREVENT BURST PIPES

- If you are not at home for a long period of time and have nobody that is looking after your home during that time. Close the main valve. That will limit the flooding of the house should a pipe burst during the time you are not at home.
- If you live in area and have experienced burst pipes you can install an anti-freeze valve to prevent a burst pipe. Texas Plumbing can assist - see *add for contact details*.
- Experience has shown that burst pipes are more likely when nights are extremely cold and temperatures on the following day suddenly rise. In other words, when there is a sharp change from very cold night-time temperatures to warmer daytime temperatures.

TEXAS PLUMBING

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info@texasplumbing.co.za



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COME ON ...PELLISSIER

LET'S KNIT AND CROCHET FOR THE
UNDERPRIVILEGED THIS WINTER.



Squares for Emily Project

Celebrate the 100-year Centenary of
Emily Hobhouse's interment at the National
Women's Monument and her legacy.

Take part in our **Blanket-a-thon!**

We want to cover the Wall of Remembrance at
the War Museum with **granny square blankets**
on **31 October 2026** to celebrate **Emily
Hobhouse's legacy** that is rooted in giving to
those in need.

How to take part:

Knit or Crochet blocks of 17cm x 17 cm

Or create a 1.5m x 1.5m square blanket

Bring or Send to the Museum:

25 Monument Road, General de Wet,
Bloemfontein **by 30 Sept 2026**

All blankets will be **donated** to a variety of people
in need / charity organisations.

OUR GOAL IS **800** BLANKETS!



CONTACT US FOR MORE INFO:

Dané: dane@anglo-boer.co.za

Iessie Steenberg: 082 705 5279

Eureka Pottas: 082 823 1640



FAMILIE PRET

KEN JY JOU IDIOME?

1. Genadebrood eet
2. Sy broekspype speel kitaar
3. Iemand se jas is in die wiel
4. So oud soos die weg na Rome
5. 'n Kooltjie vuur kom haal
6. Vir iemand wind sny
7. Die hoogste woord moet uit
8. Soos 'n uilspieël in die maanskyn lyk
9. 'n Mens kan yster nie met hande breek nie
10. Wat sê Horak?
11. Hy laat hom nie met blou ertjies op loop jaag nie
12. 'n Suur appel deurbyt
13. Daar gunter
14. Daar is 'n kink in die kabel
15. Glo dat die maan van kaas gemaak is
16. Plesier is nes 'n jong komkommer, as jy hom pluk verlep hy sommer
17. 'n Les op sy pinkie ken
18. Iets met rukke en stote doen
19. In iemand se son staan
20. Sy sout verdien
21. 'n Groot soutplek hê
22. Dit nie onder stoele of banke wegsteek nie
23. Stofwolke opskop
24. 'n Teertou
25. In iemand se vaalwater kom
26. Iemand het 'n windjie hoor waai
27. Saam met die hoenders gaan slaap
28. Alle gekheid op 'n stokkie



Antwoorde



ANTWOORDE

1. Van liefdadigheid leef
2. Hy is baie bang
3. Iemand is in die moeilikheid
4. Besonder oud
5. Net 'n oomblikkie daar aankom
6. Iemand help
7. Die geheim moet uit
8. Verspot en onvanpas aangetrek
9. Mens kan nie onmoontlike dinge doen nie
10. Is daar enige nuus
11. Hy word nie gou bang nie
12. 'n Onaangename taak verrig
13. Daar ver
14. Daar het moeilikheid gekom
15. Hom enige iets wysmaak
16. Plesier verloor sy aantreklikheid as 'n mens dit eers geniet
17. Dit baie goed ken
18. Ongereeld aan iets werk
19. Iemand onaangenaamheid versorsaak
20. Iets goed doen
21. Al baie kaalkop wees
22. Geen geheim daarvan maak nie
23. Maak asof mens baie doen
24. 'n Vuil vent
25. 'n Persoon teëgaan
26. Dit word vertel
27. Vroeg gaan slaap
28. Grappe op 'n end

**Bron: Afrikaanse Spreekwoorde en Gesegdes – Kritzinger, De Villiers en Pienaar*



DID YOU KNOW?

Eating dried fruit gives you a concentrated hit of fiber, vitamins and minerals in a portable, shelf-stable package.





Bestaande besigheidskliënte/kliënte
wat beplan om 'n besigheid te begin |
Belastingdienste | Payroll |
Rekeningkundige en
boekhoudingsdienste | Finansiële
State | Ad Hoc dienste | Pastel |
Sekretariële dienste vir BK's,
maatskappy en trusts | Testamente en
Boedels | Mediesefonds administrasie
vir mediese praktisyne.

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051 5220539 (f)
info@sonjasteenkamp.za.net
www.sonjasteenkampaccountants.co.za

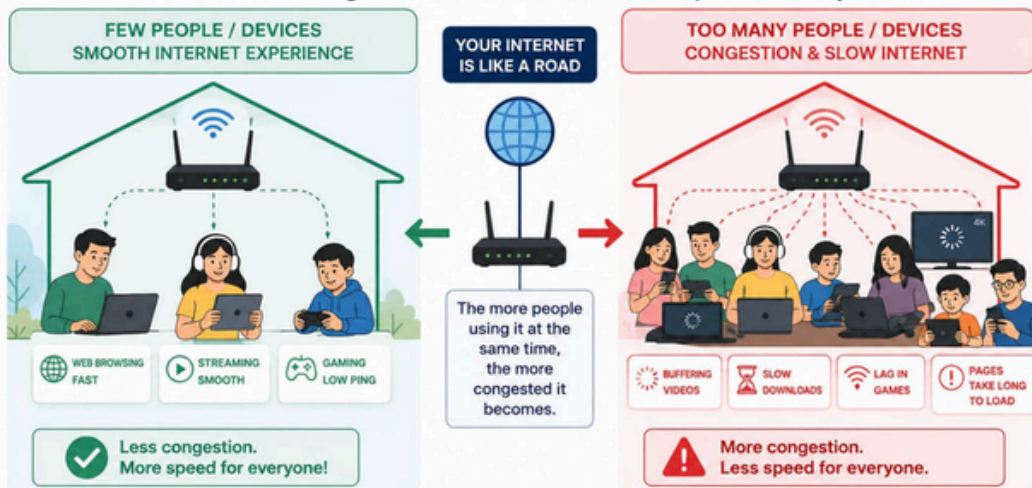
THIS MONTH IN SOUTH AFRICAN HISTORY

When the Union of South Africa was formed in 1910, Bloemfontein was chosen as the country's judicial capital. Today, it remains home to the Supreme Court of Appeal, South Africa's second-highest court.



Too Many People on the Same Internet = Congestion = Slow Internet

More devices using the same internet means less speed for everyone.



THE BOTTOM LINE

Every person and device uses a share of your internet.
Too many users at the same time = congestion = slow internet.

skyband

communication

GET STARTED
Scan me



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for the work done in
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📍 118 Oliver Tambo Dr, Bloemfontein. ☎ 051 448 7400

📍 55 Zastron Str, Bloemfontein. ☎ 051 001 1048

DID YOU KNOW?

The Free State National Botanical Garden near Bloemfontein was established in 1965 and is home to more than 400 plant species, many native to the Free State, Northern Cape, and Lesotho.

VISIT



BAIE DANKIE WILLIE

Trots Pellissier bedank Willie vir sy uitsonderlike toewyding om Pellissier 'n beter en mooier plek te maak vir almal. Willie gaan voortaan net sporadies betrokke wees by Trots Pellissier. Trots Pellissier is jou ewig dankbaar Willie. Trots op jou.

Pero neem oor by Willie as koördineerder en is al van 1 Mei 2026 onverpoosd aan die werk en reël. Sterkte Pero en nogtans dankie Willie. Jy kan maar trots wees op jou hande werk.

Trots Pellissier Bestuur

COMMUNITY SUPPORT GUIDE

COMMUNITY EMERGENCY RESOURCES

Essential contacts and local information to help you in urgent situations.

GEMEENSKAPS STEUN GIDS

GEMEENSKAPS-NOODHULPBRONNE

Noodsaaklike kontakte en plaaslike inligting om jou in dringende situasies te help.



NOOD NOMMERS

EMERGENCY NUMBERS



Ambulance

10177

Ambulans



Fire Brigade + Disaster Management

051 406 6666

Brandweer + Rampbestuur



Police Emergencies

10111

Polisie Noodgevalle



Water Meters
Sewage
Water Leaks
Open Manholes
Potholes
Storm Water Drains
Fallen Trees
Traffic Lights

0800 111 300

Always get a
reference number

Water Meters
Riool
Water Lekkasies
Oop Mangate
Slaggate
Storm Water Dreine
Ontwortelde Bome
Verkeers Ligte



For Power Issues Call Centlec

CENTLEC

Electrical Faults Power Outages

051 409 2345

Always get a
reference number

Vir Krag Probleme Kontak Centlec

Electriese Foute Krag Onderbrekings

SAVE THIS ON YOUR PHONE FOR EMERGENCIES
- MAKE A PRINTOUT FOR FUTURE USE -

STOOR HIERDIE OP JOU FOON VIR NOODGEVALLE
- MAAK 'N UITDRUK VIR TOEKOMSTIGE GEBRUIK -



WHAT TO DO WHEN.....



NO ELECTRICITY

Electricity problems are handled by CENTLEC

1. Check your DB Board for a tripped switch
2. Prepaid: Have you uploaded a token lately?
3. Have your neighbors got electricity?
4. Is your municipality accounts up to date?
5. Call or Whatsapp Centlec



**Get a reference number.*

Prepaid

CANNOT UPLOAD A NEW ELECTRICITY TOKEN

1. Upload the token and give ample time. Sometimes the system takes a while to accept and reflect the new balance. Wait about 20 minutes.
2. Unplug meter completely and wait a few minutes
3. Then plug into another wall socket with no other plug-ins or plug into the wall socket closest the outside meter box. Enter token.
4. Try **#009#** then token, wait, then again **#009#**, wait.

Contact Centlec. Have your meter number ready.



How to log a complaint

To log a complaint, contact their call centre at the following number:

086 007 6937 / 051 409 2345

You can also forward the following details to their Whatsapp number

 **068 178 0700**

Nature of fault
Customer name
Telephone number
Identity Number
Meter number
Suburb
Street name
House number



NO WATER

Water problems are handled by the MUNICIPALITY

1. Are the main valves open at the property?
2. Open and close main valve for an airlock.
3. Have there been any notifications about water interruptions??
4. Prepaid: Have you uploaded a token lately.
5. Do your neighbors have water?
6. Is your municipal accounts up to date?
7. Call 0800 111 300

** Get a reference number*

Burst Pipe

1. Where is the burst in the yard, on the sidewalk, in the road? Before or after water meter?
Prepaid or regular watermeter?
2. Call **0800 111 300**
**Remember to get a reference number*
3. Take photo's

Prepaid

CANNOT UPLOAD A NEW WATER TOKEN

1. Upload the token. Sometimes the system takes a while to accept and reflect the new balance. Wait a few minutes.
2. Try again, stand very close to the metre.
3. Call **0800 111 300**

** Get a reference number*



BLOCKED SEWAGE

Blocked sewage are handled by the MUNICIPALITY

1. Call the Municipality 0800 111 300
2. Get a reference number.
3. Make sure you answer calls and look out for the truck.

- The 0800.... Number Works and is the only place where a fault can be logged with a reference number. Sometimes the waiting line is long, *do not hang up.*
- No reference number logged = no record of the problem.
- With no reference number we cannot assist.

HOW TO REPORT AN INCIDENT

(PER WHATSAPP OR VIA ANY OTHER MEDIUM)

What info is needed?

The info that you make available determines what and how quickly help is on the way?

ACCURATE INFO SAVES TIME AND RESOURCES

MENTION THE DATE + TIME

To include the date and time in your message can curb a lot for old messages that is circulating.

Tuesday, 4 January 14:15

PRECISE LOCATION

Keep it short:
Property number + Street

27 Example Street

(Send a pin drop, if you know how)



How to send a pin drop in WhatsApp

WHAT IS THE PROBLEM YOU ARE REPORTING ON?

Keep the message short and specific.

house on fire, fire brigade will be needed.

OR

suspicious activities, possible car theft

OR

car accident no official help on scene yet

DESCRIPTION

Be short and specific.

3 Persons in grey bakkie (Make of vehicle) with canopy

OR

Person with Black Trousers, Red Cap, Green Bag

OR

House with grey wall and white garage doors, suspicious persons

Remember that emergency services do not know the area like you do, so they are relying on all the info you give to get to the right place as soon as possible. The emergencies services is relying on your CORRECT AND EXACT info.

It is a criminal offence to mislead, on purpose, any emergencies services and can cost lives.

If you do not get reaction, phone the emergency number directly.