Trap vir behoeftiges

Agt fietsryers het onlangs op bergfietse van Kaapstad na Knysna getrap om geld in te samel vir behoeftige kinders.

Die fietsryers het in Bellville weggespring vir 'n 647 km-roete wat hulle ten bate van die organisasie *Give me a Chance* afgelê het.

In dié stadium staan die geld ingesamel met die toer op R24 000, maar daar is nog geld uitstaande.

Give Me a Chance poog om 'n beter toekoms te verseker vir kinders uit minderbevoorregte agtergronde.

Dié fietstoer, bekend as die CAZCX MTB Tour, is die geesteskind van J.J. Steyn, eienaar van die Bellvillese fietswinkel Classic Cycles, en is vanjaar vir die vyfde agtereenvolgende keer aangebied. Vanjaar was egter die eerste keer op bergfietse in die veld. Die vorige jare se toere was padfietstoere.

"Die roete was beslis nie 'n maklike een nie," sê J.J., self 'n kranige fietsryer, wat al fietswedrenne soos die Argus en 94.7 voltooi het.

J.J. sê van die skilderagtigste dele in Suid-Afrika is langs dié toer gesien.

Spur het 'n helpende hand uitgereik en het opgetree as medeborg op die toer. Langs die pad het fietsryers by franchises van dié restaurant geëet.

Andrew MacMillan, eienaar van Spur, sê dié restaurant het hul gewig by die projek ingegooi omdat dit vir 'n "wonderlike saak" is.

Die fietsryers is gereed om te vertrek van die Silver Spur in Bellville.

High school musical jam

GrandWest invites all those budding musicians, singers and performers to the Backstage Pass Finals *High School Jam* competition on Sunday 31 July at 14:00.

The competition, which ran throughout the Western Cape, encourages high schools to compete through music, dance and other performances, while they gain exposure in the entertainment industry. The idea behind the competition is to provide interactive learning experiences for all the students involved. Ten high schools have been chosen to compete on Saturday, 30 July and from there, three schools will be chosen to compe te in the finals on Sunday, 31 July. The win ning school stands a chance to win R30 000 with the two runner-up high schools each winning R10 000. Individual prizes will also be awarded to solo and group performer across all ten schools. The ten schools compe ting will be Settlers High School, Elkanal House, Durbanville High School, Elsies R ver High School, Milnerton High Schoo Sans Souci Girls High School, Parklands Co lege Secondary, Wynberg Girls High Schoo Livingstone High and Pinelands High.

A demonstration of winter pruning will be presented on Saturday 23 July at 09:00 at the Durbanville rose garden.

People interested can practice their new skills by helping to prune the rose bushes in the rose garden.

Everyone must bring their own secateurs. Refreshments will be provided. Contact Joy Webb on 021 976 5179 with enquiries.

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