



SPOT ON



THE OFFICIAL NEWSLETTER OF THE INTERNATIONAL JUKSKEI FEDERATION

1. Inspirational story: Life Lesson: Black or White

In life, a lesson learned in your past that you will never forget completely.

When I was in elementary school, I got into a major argument with a boy in my class. I have forgotten what the argument was about, but I have never forgotten the lesson learned that day.

I was convinced that "I" was right and "he" was wrong - and he was just as convinced that "I" was wrong and "he" was right. The teacher decided to teach us a very important lesson. She brought us up to the front of the class and placed him on one side of her desk and me on the other.

In the middle of her desk was a large, round object. I could clearly see that it was black. She asked the boy what color the object was. "White," he answered.

I couldn't believe he said the object was white, when it was obviously black! Another argument started between us. This time about the color of the object.

The teacher told me to go stand where the boy was standing and told him to come stand where I had been. We changed places, and now she asked me what the color of the object was. I had to answer, "White." It was an object with two differently colored sides, and from his viewpoint it was white. Only from my side was it black.

My teacher taught me a very important lesson learned that day: You must stand in the other person's shoes and look at the situation through their eyes in order to truly understand their perspective.

-Author Unknown-

2. Birthdays May 2014 – July 2014

- ❖ 15 May: Petro Barnard
- ❖ 27 May: Melanie Jacobs
- ❖ 28 May: Henny van Staden
- ❖ 5 June: Tina Coetzee
- ❖ 11 June: Hercules Taljaard
- ❖ 12 June: Ester Nel
- ❖ 15 July: Hannelie Taljaard
- ❖ 15 July: Dirk Brits

3. Jukskei Rule of the Quarter:

RULE 6: POSITION OF THE PLAYERS

- 6.1 The player about to throw takes up his position behind the pitching line in accordance with the throwing distances as defined in Rule 1.2.1.
- 6.2 A player may not:
- 6.2.1 Step on or over the line, from which he is throwing until the skei has left his hand,
 - 6.2.2 Stand more than 1.8 meter to the right or left of a point directly behind the pen when he throws.

INTERPRETATION: Note that the accent is on standing within the 1.8m mark and not stepping into the 1.8m mark.

- 6.3 In the event of an infringement, the complaining team's captain should approach the infringing team's captain and point out that an infringement has taken place. The player responsible for the infringement will be asked not to repeat the offence. If the situation continues the complaining captain advises the infringing team's captain that the umpire will be called to monitor the situation. If the umpire confirms that an offence has taken place, he allows the complaining team's captain the choice of one of the following options:
- 6.3.1 The skei, which was not thrown in accordance with the rules, can remain in position or be removed, and
 - 6.3.2 If the skei is removed, points scored by such a skei cannot be counted and the sandpit must be restored as closely as possible to the state it had been in, before the skei was thrown.

4. Horseshoe Rule of the Quarter:

RULE 3 - PITCHING DISTANCES

Section A. Males

1. Juniors - Junior contestants may pitch from any place on either the full-distance or extended platforms. They must observe the 27 foot foul lines. Juniors' age nine or under, for the entire calendar year, may observe a 20-foot foul line.
2. Open Men and seniors - All Open Men and senior contestants shall pitch from on or behind the full distance platforms adjacent to the pits and observe the 37 foot foul lines. Physically impaired males in these categories may be given permission by the governing NHPA officials to move on to the extended platforms and observe the 27 foot foul lines.
3. Elders - Elders are classified as short-distance pitchers, shall pitch less than the full-distance, and observe the 27 foot foul line.

Section B. Females - All female contestants may pitch from any place on the full-distance or extended platforms and observe the 27 foot foul lines, except that any woman pitching in an Elders class must pitch less than 40 feet.

5. Results:

- **Central Regional Championships : Windhoek 15 February 2014**

A Division:

- 1st South A1 with 77, 5 points
- 2nd West A2 with 65 points
- 3rd Central A1 with 64 points

B Division:

- 1st South B1 with 67, 5 points
- 2nd West B1 with 56 points
- 3rd Central B1 met 47 points

C Division:

- 1st South C1 with 74,5 points
- 2nd North C1 with 70 points
- 3rd Central C1 with 69,5 points

D Division:

- 1st West D1 with 47,5 points
- 2nd Central D2 with 43,5 points
- 3rd Central D4 with 42,5 points

**South A1: Division A winners***FLTR: Johan Botma, Japie Dreyer, At Dreyer and Pierre Van Zyl*

- **B&C Tournament: Kroonstad, 24 – 27 February 2014**

Men B:

- 1st East Gauteng with 117, 5 points
- 2nd SWD with 87, 5 points
- 3rd Gauteng North with 70 points

Veteran 1:

- 1st East Free State with 103 points
- 2nd Gauteng North with 102, 5 points
- 3rd North Free State with 96, 5 points

Ladies 1:

- 1st East Gauteng with 108, 5 points
- 2nd Gauteng North with 105, 5 points
- 3rd North Cape with 89 points

Mix 1:

- 1st Limpopo with 101, 5 points
- 2nd East Free State with 68, 5 points
- 3rd Gauteng North with 60 points

Men C:

- 1st North Free State with 130, 5 points
- 2nd East Gauteng with 117 points
- 3rd Gauteng North 105, 5 points

Veteran 2:

- 1st Limpopo with 130, 5 points
- 2nd East Gauteng with 117 points
- 3rd Gauteng North 105, 5 points

Ladies 2:

- 1st East Free State 89 points
- 2nd Gauteng North with 67, 5 points
- 3rd East Gauteng with 66, 5 points

Mix 2:

- 1st Limpopo with 80 points
- 2nd North West with 70 points
- 3rd Gauteng North with 69 points

- **SA Senior Championships: Kroonstad, 31 April – 4 May 2014**

Provincial results: 3 April 2014

Veteran Ladies:

- 1st Trans - Kalahari with 45 points
- 2nd East & West Cape with 38, 5 points
- 3rd North East with 37 points

Junior Ladies:

- 1st Trans - Kalahari with 45 points
- 2nd Free State with 41 points
- 3rd North East with 41 points

Senior Ladies:

- 1st Gauteng with 31, 5 points
- 2nd Trans-Kalahari with 27 points
- 3rd East & West Cape with 17, 5 points

Veteran Men:

- 1st East & West Cape with 44 points
- 2nd Free State with 41 points
- 3rd Gauteng with 39, 5 points

Junior Men:

- 1st Gauteng with 51, 5 points
- 2nd Invitational team with 40, 5 points
- 3rd Free State with 37, 5 points

Senior Men:

- 1st East & West Cape 47, 5 points
- 2nd Gauteng with 47 points
- 3rd Free State with 36, 5 points



East & West Cape: Senior Men: Winners



Trans-Kalahari Veterans Women: Winners



Trans-Kalahari Junior Women: Winners

- **SA Senior Championships: Kroonstad, 31 April – 4 May 2014**

Under 30 Mix:

- 1st Gauteng North 1 with 145, 5 points
- 2nd North West with 138, 5 points
- 3rd Mpumalanga 1 with 125 points

Veteran Men A1:

- 1st Gauteng West 1 with 179, 5 points
- 2nd North Cape 1 with 177 points
- 3rd Gauteng North 1 with 160 points

Ladies A2:

- 1st Central Gauteng 1 with 144 points
- 2nd North West 1 with 142, 5 points
- 3rd Boland with 121 points

Ladies A1 and A2:

- 1st Central Gauteng 1 with 243, 5 points
- 2nd North Cape 1 with 227 points
- 3rd North Free State 1 with 219, 5 points

Men A1:

- 1st Gauteng West 1 with 122 points
- 2nd Gauteng North 1 with 120, 5 points
- 3rd Kwazulu Natal 1 with 113 points

Veteran Men A2:

- 1st Gauteng North 1 with 144 points
- 2nd Gauteng West 1 with 137 points
- 3rd North Cape 1 with 128, 5 points

Veteran Men A1 and A2:

- 1st Gauteng West 1 with 316, 5 points
- 2nd North Cape 1 with 305, 5 points
- 3rd Gauteng North 1 with 304 points

Ladies A1:

- 1st North Cape 1 with 112, 5 points
- 2nd Gauteng West 1 with 106 points
- 3rd North Free State 1 with 106 points

Men A2:

- 1st Gauteng North 1 with 127 points
- 2nd North West 1 with 119 points
- 3rd Central Gauteng 1 with 114 points

Men A1 and Men A2:

- 1st Gauteng North 1 with 247, 5 points
- 2nd Gauteng West 1 with 235, 5 points
- 3rd Boland 1 with 216, 5 points

- **International Test Matches: Kroonstad, 4 April 2014 Between SA and Namibia**

- SA Veterans Men won 9,5 / 5,5
- SA Seniors Women won 10,5 / 4,5
- SA Seniors Men won 8 / 7



Senior Women



Senior Men



CDM: Namibia, IJF and South Africa



Namibia Veterans



SA Veterans

6. Jukskei Events:

6.1 **IJF (2014)**

- 29 April – 2 May 2014 : Namibia May Open Championships : Swakopmund, Namibia

6.2 **Namibia (2014)**

- 29 April – 2 May 2014 : Namibia May Open Championships : Swakopmund, Namibia

6.3 **USA (2014)**

- 4-6 July 2014 : 2014 Ringer Classic, Greenville, Ohio
- 14-26 July 2014 : 2014 World Horseshoe Tournament: Buffalo, NY

6.4 **2014 World Horseshoe Tournament: 14 -26 July 2014**

- ✓ *Common World Tournament Question:*

- **How can I make plans to attend the world tournament if I don't know which week I will be playing?**

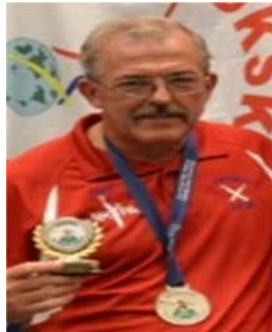
The NHPA officers get this question all the time. The simple answer is that nothing is for sure until the schedule comes out, which are a few weeks after the entry deadline in mid May.

There are some things you can do to get a good idea. Go to this page of the NHPA website and see where you would pitch in previous world tournaments. If you are in a percentage that places you "on the bubble", then the size of the tournament will decide which week you play.

http://www.horseshoepitching.com/wt_arc/wt.html

If you are going to make hotel reservations for both weeks and then cancel one when the schedule comes out, please be sure to cancel it RIGHT AWAY!! These folks at the hotels need to know when rooms are available for other horseshoe people.

7. Senior Jukskei Personality:



Gary Roberts

Talk straight forward with Erik

✚ **Tell me about your horseshoe and jukskei career:**

(Gary) I grew up in a family that was very active in horseshoe pitching and started pitching competitively at the age of ten. I pitched from the full 40' distance even at that age. My cousin, Harold Reno, was the Men's World Champion in 1961 and 1964. My uncle, Ottie Reno, is one of the foremost horseshoe pitching personalities. He has published several books about horseshoe pitching and he is in the NHPA Hall of Fame. My brother, Donnie Roberts, was a great pitcher but is more widely known as Secretary-Treasurer of the NHPA. He was noted for his innovations in conducting the World Tournament for many years. My aunt, Opal Reno, won the Women's World Championship.

I won the Junior World Championship Division four consecutive years (1961-64). I won the Men's Ohio State Championship in 1981 averaging 77.9%. I have pitched in the Men's Championship Division of the World Tournament eleven times. As a member of the Reno Family Horseshoe pitchers I have been pitching in exhibitions for over 50 years. In 2013 I had the honor of being inducted into the NHPA Hall of Fame.

I was first exposed to the sport of jukskei in 1972 in Greenville, Ohio. A group that included Bertie Venter came to the US to demonstrate the sport of jukskei. My brother, Donnie, and I were two of the first horseshoe pitchers to try throwing skeys. We quickly discovered that the game was very enjoyable and very difficult. We continued to practice at home after this, and another South African group traveled to the US in 1974 and attended the World Horseshoe Tournament in Keene, New Hampshire. This group included Manager George "Lion Lager" Hambidge, Johan Kapp, Pieter Erasmus, Hansie Grobler, and Louis Hollander. Louis was quite popular with the young ladies. Donnie and I were on the US Team to play exhibition matches against this team. Hansie and Johan were quite impressive.

We played jukskei matches at the World Tournament subsequent to this visit. In 1980 I was able to travel to South Africa with the US Team. Ottie Reno, Donnie Roberts, Allen Smith, Floyd Hix, and Cecil Phelps were on the team. Traveling to South Africa was thrilling for us. We travelled to many different locations and played matches with local teams. We were treated like royalty and were able to enjoy South African cuisine. Under the tutelage of George Hambidge we learned how to drink Lion Lager, and how to drive a combie with a Lion Lager in one hand while talking to the passengers in the back seat. We were able to play in the jukskei tournament in Kroonstad. We were intimidated and appreciated everyone's patience as we learned the formalities and requirements of the sport. We participated in a match against the springboks that was televised. Needless to say the match was of short duration.

We were able to return to South Africa in 1982 and 1986. We played at Kroonstad both years. I cannot begin to express our gratitude for all of the experiences we enjoyed during these trips. We were able to see many different parts of the country.

The contact with South Africa languished after this trip but because of the efforts of Gerrie Jacobs, the connection was renewed. The presence of South Africa and Namibia at our 2013 World Horseshoe Tournament was a highlight of the tournament. It brought tears to my eyes to see the opening ceremonies to include our African friends.

The acceptance of the International Jukskei Association as an official member of TAFISA was another great accomplishment. Because of these efforts I was able to join our South African and Namibian friends as I returned in 2011 with Casey and Travis Sluys, Floyd Hix, Debby Michaud, and Delmar Scowden. We had the honor of visiting both Namibia and South Africa. I saw a lot of familiar faces from 25 years ago! We were able to once again return to Kroonstad to play in the tournament. Many rules were broken to allow us to play. I also was able to travel to Turkey and Lithuania to TAFISA events in 2012.

I plan to organize a contingent to return to South Africa in 2015 to participate in jukskei activities. I look forward to seeing our many friends.

✚ ***What are your favorite words (or expression)?***

(Gary) Never give up!

✚ ***What is your favorite drink?***

(Gary) McDonald's coffee and Diet Pepsi

✚ ***What is your favorite sport to watch?***

(Gary) This is an easy one. Ohio State University Football is the greatest of all! Go Bucks!

✚ ***What is your favorite holiday place to visit?***

(Gary) Any of the beaches in South Carolina or Florida. I also love Rocky Mountain National Park. I must return to Cape Town and Namibia.

✚ ***What has been one of your greatest accomplishments as a person?***

(Gary) I played a part in successfully raising five children. Although my wife should be given credit for this, I would like to think I played a small part. I also take pride in my accomplishments of developing community health centers to allow for high quality medical treatment for low income persons. I also take pride in developing housing for elderly and persons with developmental disabilities.

✚ ***Who is a hero in your life and why?***

(Gary) War veterans will remind us that the word hero should only apply to those who have defended our country in times of peril. My military heroes are General George Patton and General Lewis "Chesty" Puller. Chesty is the most famous Marine in US history. My heroes in other walks of life are many. If I were to name only one, it would be Abraham Lincoln. The person having the most influence on my life would be my uncle, Ottie Reno.

✚ ***What other sport would you like to compete in if not playing horseshoe?***

(Gary) I enjoy playing jukskei but there is not much competition in the US. I have been a runner for over thirty years and I still compete. I ran the Columbus Marathon seven consecutive years, and I ran the Boston Marathon in 1990. My running is much slower these days. I plan to run in several races this year. I played basketball until age 55 but I have retired my basketball shoes. I have been involved in weightlifting for the past five years on a regular basis.

✚ ***What is something that is unique about horseshoe pitching?***

(Gary) You are never beaten until the last shoe falls. In jukskei if you are behind as the time expires there is nothing you can do. In horseshoes it is possible to make a recovery. I personally witnessed a game in which a competitor was behind 39 to 0. He was able to throw a lot of ringers and won the game 40 to 39.

✚ ***If you could change one rule about horseshoe, what would it be?***

(Gary) I would change the age for the Elder's Division from 70 to 65 to correspond with the Canadian rule. I think this change would also get more retirees willing to try the sport.

✚ ***How would you give away \$50,000-00?***

(Gary) I would give it to my stepson to pay his student loans.

✚ ***If you could ask God 1 question, what would it be?***

(Gary) I was taught to never discuss politics or religion in polite company.

8. Joke of the Quarter:

Twenty feet below sea level, a diver notices another guy at the same depth with no scuba gear.

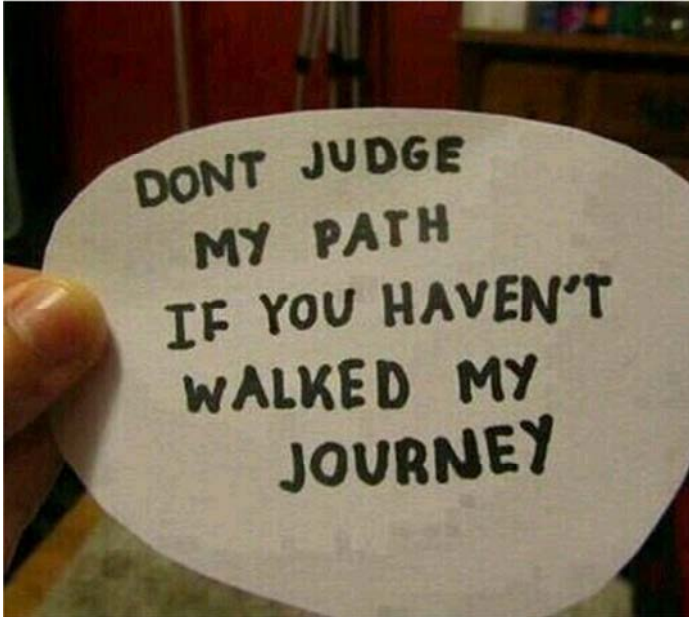
The diver goes down another 10 feet, and the guy joins him a minute later. The diver goes below 15 more feet, and a minute later, the same guy joins him.

The diver takes out a waterproof pad and pencil and writes, "How are you able to stay this deep without equipment?"

The guy takes the pencil and pad and writes, "I'm drowning, you moron!"

9.

Motivational Quote:



10. Sport Injuries



Treatment for sport injuries:

- **Pain relief**

Painkillers, such as paracetamol can be used to help ease the pain. Non-steroidal anti-inflammatory drugs (NSAIDs), such as asibuprofen, can also be used to help ease the pain caused by sprains and fractures and help reduce any swelling.

Aspirin should not be given to children under 16 years of age.

- **Immobilization**

Immobilization helps prevent further damage by reducing movement. It also reduces pain, muscle swelling and muscle spasm.

A sling can be used to immobilize an arm or shoulder until medical advice is given. A splint or cast made of plastic or fiberglass may be used to protect injured bones and soft tissue.

After a knee injury or knee surgery, a leg immobilizer made from foam rubber, may be used to keep the knee in a fixed position and prevent it from bending.

- **Corticosteroid injection**

If you have severe or persistent inflammation, a corticosteroid injection may be recommended. The steroid cortisone is injected through a fine needle into the affected area. It is usually combined with an anesthetic so it is not painful.

Corticosteroid injections can usually be given once every three to six months. More frequent injections are not usually recommended because they can damage tissue.

People who have a corticosteroid injection find that their pain improves significantly or disappears completely over the next few weeks to months. However, for some, the pain relief is minimal or only lasts for a short period. A few people will see no improvement, or symptoms may get worse.

There is a small risk of infection and other side effects after a corticosteroid injection. You may feel discomfort at the site of the injection for up to 48 hours.

- **Physiotherapy**

Physiotherapy involves using massage, manipulation and special exercises to improve the range of motion and return the normal function of injured area.

For example, someone recovering from a long-term injury may benefit from a programme of walking and swimming to help strengthen the muscles in the affected body part.

11. TAFISA:

11.1 TAFISA Dates:

- World Challenge Day : 28 May 2014, Worldwide
- 1st TAFISA Material Arts Games : 10-14 September 2014, Richmond, Canada
- World Walking Day : 4-5 October 2014, Worldwide
- IWG Conference : 12-15 June 2014, Helsinki, Finland
- 6th TAFISA World Sport for All Games, Jakarta, Indonesia : 6-12 October 2016

11.2 TAFISA World Challenge Day, 28 May, 2014

The World Challenge Day (WCD) is a friendly international competition in Sport for All and physical activity where communities from around the world compete against each other to motivate as many people as possible be physically active for only 15 minutes on a single day. Above all the event is a fun day that creates awareness and enthusiasm for fitness and active living in the participating communities.

There are two competitions as part of World Challenge Day; the One-On-One Community Competition and the World Challenge Day Cup. Communities participating in WCD are automatically included in both competitions, without any extra effort!

Who Can Participate?

Anybody and everybody can participate in World Challenge Day! World Challenge Day is available for communities of only a few thousand people, to the largest cities in the world. The purpose of WCD is to promote physical activity and Sport for All, not just in terms of competitive sports or already fit and active people, but in terms of all forms of activity and for all people of every age, gender and level of ability.

Why Participate?

There are many good reasons to participate World Challenge Day, both as a community and an individual. These include to:

- Enhance community spirit and togetherness,

- Create awareness of the benefits of physical activity,
- Create awareness of how easy it can be to be active,
- Promote your community internally as one that gives back to its citizens,
- Promote your community externally and internationally as an active, interesting and social place to be,
- Encourage inclusiveness and social cohesion, as every citizen is able to participate,
- Make use of, and showcase, your communities facilities,
- Be rewarded for your efforts, and
- Have fun!
- Participating communities can also expect the following from their participation in WCD:
 - Increased local and international visibility and exposure,
 - Promotion through TAFISA's website, eNewsletter, WCD report and other publications,
 - Increased international networks, and
 - To develop a working relationship with at least one other international community.

Above all, there is no registration fee to participate in WCD!

12. Junior Jukskei Personality:



Travis Sluys

Talk straight forward with Erik

- Tell me about your horseshoe and jukskei career

(Travis) I have been going to tournament since I was five. I was introduced to Jukskei in Cedar Rapids Iowa in 2010 when South Africa came over to re-introduce Jukskei to the NHPA. It was really fun, but a lot more challenging than horseshoes. The skeis are heavier and the distance is further. Once I got the hang of it, I got to be pretty good. It's just like in horseshoes you have to practice continually.

- One word to describe you, would be?

(Travis) Talented

- What do you like to do for fun?

(Travis) Ride my mountain bike, run and hike

- What is your favorite thing to do? Why?

(Travis) Go on long walks or hikes, staying out and be with friends or one person it is just a great feeling.

- Who are your Hero and why?

(Travis) My grandfather, he is just the best.

- What was the nicest thing you did for someone?

(Travis) People tell me that I listen to them when they speak to me. I also care a lot about other people.

- Give me an example of how you worked effectively in a team

(Travis) On my wrestling team when I win a match it contributes to the overall success of the whole team.

- What advice would you give your parents?

(Travis) Please do not nag me to do obvious things.

- Name two things we should do as a family on the weekend

(Travis) Participate in a horseshoe tournament and go to the beach.

- What do you think you will be doing 10 years from now?

(Travis) Pitching horseshoe and travelling. I would love to have a chance to come back to Africa and participate in the World Juksej Championships as an adult.

(Travis Sluys) Written by Aleena Cook, NHPA Junior Representative:

Throwing his first shoe when he was only one and a half years old, to competing in his first tournament at age five, Travis Sluys is definitely one of a kind. Now a sixteen-year old sophomore in Santa Rosa, California, Travis is on the high school wrestling team and still enjoys the game of horseshoes.

Staring in his backyard with his Grandma teaching him to throw at only one end of a court, Travis was the kind of child willing to try anything. If he heard you talking about something, he wanted to know all about it and try it if he could. A few years later at five years old, Travis stuck had with horseshoes and began pitching competitively. Travis pitched along with his older brother and his Grandma and Grandpa. Though his family doesn't pitch anymore like they used to, they still support they still support jim in all he does as he continues is horseshoe pitching career.

Travis is also known at his high school for pitching. As a freshman he demonstrated how to pitch horseshoes to the sophomore class. The teacher was impressed with how well Travis was able to teach the other students. Travis was able to go to another school in the area to show a Physical Education Class how to pitch. Travis also go with one of his good friends, Hayden Lee, into pitching horseshoes. Travis taught his friend everything he knew and helped him increase his average by over thirty percent in only one year. These two friends Are tough competitors, but still good friends and are there for each other on and off the courts.

When asked what he loves most about horseshoes, without hesitation Travis replied, "When we go to tournaments, especially the World Tournament, it's like meeting family that you haven't seen in a year. The sound of clinking shoes when you are out there is indescribable. I just love the sound." At the world Travis loves being able to pitch with so many other pitchers around his age. Like most other pitchers, he mainly pitches against older adults in league and other tournaments, but at the world it's like one large family reunion.

Along with pitching, Travis also participated in the Jukskei tournament that was held at the 2013 World Tournament in Utah. Travis was able to meet many people from South Africa and Namibia and learned much about these countries. Though it was harder to play as the equipment is heavier and the distance is further, Travis was instrumental in his team winning second place. He really enjoyed the Jukskei competition, but needed to practice horseshoes after it to get back in the groove.

So far Travis has won The California Cadet Championship three times, the California State Junior Boys Championship once, the Cadet World Championship once and the Northern CA Championship six times. He has placed first or second in many, many tournament including the 2013 World where he placed second in the nation among the Junior Boys. Like any other avid pitcher one of his main goals is to win the Junior Boys World Title, his other goal is to attain a seventy percent ringer average. But right now his main concern at this point is being a sixteen year old, to have a good time and of course, keep pitching, both Jukskei and Horseshoes.

13. [Development Clinics](#)

- **Gauteng Clinic @ Randfontein: 200 children and 30 teachers**



14. [Wheelchair Friendly](#)

Namibia Jukskei took the initiative to help the wheelchair players in Namibia by modifying the pitch. Now it is much easier to operate from one pitch to another.



15. Conclusion

Kindly forward all your Countries event dates, results, photos or any other interesting news to me.

E Mail: pro@jukskei-nam.com

Visit the following web pages for more info:

www.jukskei-nam.com

www.jukskei.co.za

www.horseshoepitching.com

Jukskei & Horseshoe Greetings

Erik Strauss