

# World Asthma Day Poetry Competition

The World Asthma Day poetry competition was a roaring success. A total of 381 entries were received, comprising 207 junior entries and 174 senior entries. The prize for the best school goes to Gordon Road Girls' School, Durban. Pupils from this school submitted 59 junior entries and 14 senior entries, of a very high standard. The school wins a Canon PIXMA MP780 printer/fax/copier/scanner which was kindly donated by Canon.

Special mention must go to Bongoletu Primary School in Oudtshoorn where pupils submitted 43 entries.

The winner in the junior category is Angenita van den Berg from Pretoria for her entry in Afrikaans entitled 'Asem'. She wins a Sony playstation 2 valued at R1379.99. Excellent entries were also received from Jarred Doyle from Noordhoek, Lisha Jeena from Durban, Nuha Khatib from Bergvliet and Yasmeen Kamish from Crawford.

## Asem

*Deur Angenita van den Berg*

Asma, asem,  
brongie, nood  
Snak na asem  
en na woord

asem in...  
en asem uit...  
Kalm nou...  
probeer dit stuit!

Seun en dogter  
man en vrou,  
'n asma aanval  
kry mens gou.

Dis hik en stik  
dis hyg en smoor  
aamborstig hoes  
en nie verloor.



The winner in the senior category is Dani van Zyl from Fish Hoek for her entry entitled 'Breath of life'. She wins an Apple i-pod 30 GB with video valued at R2599.99. Mention must be made of the wonderful poems by Firdaus Walele from Walmer Estate, Sebastian Ackotia from Elliot and Megan Wright (who won the 2004 competition) from Fish Hoek.

## Breath of life

*By Dani van Zyl*

I have no clue  
About being asthmatic  
It's hard to imagine  
Something so traumatic.  
From what friends tell me  
And from what I hear  
An asthma attack  
Causes panic and fear.  
You can be walking or running  
Or just having fun –  
Spending the day at the beach  
Enjoying the sun.  
Then suddenly it hits you –  
You're gasping for fresh air  
Your face lined with panic  
And total despair.  
You grab your pump  
And inhale the spray  
That relieves that tight feeling  
And lightens your day.

I've seen an old lady  
Collapse on the street  
Hands pointing wildly  
To the bag at her feet.  
A man rushed to help her –  
He saved her that day  
By finding her pump  
Before going on his way.  
Let's educate ourselves  
Each buddy and friend  
About what WE can do  
And what help we can lend.  
Let's all be aware  
And think of a way  
To help someone in need  
On WORLD ASTHMA DAY.