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Luke Rootenberg, (son of Larry and Charmaine) is ready for his first day as a Sedgfield Primary School munchkin, complete with an apple for his teacher Soné Rossouw.

# GOING BACK TO SCHOOL

by Melanie Baumeister

The Summer Holiday is over and, like every year since time immemorial, the time has finally arrived for kids to go *Back To School!*

Surely it's the same world-over:- Whilst some youngsters may be glad to get back, none can be more excited (or more full of trepidation) than those embarking on their first official day at 'big school' - the Grade Ones.

In our little neck of the woods the scenario is no different, and before the chaos of The First Day began, we contacted the local schools to find out just how many youngsters were taking The Big Leap.

**Laerskool Sedgfield Primary** reports that their admission lists are full and that up to 40 'first timers' are expected - all to be received by Soné Rossouw who will be the Grade One teacher as of this year. The school has approximately 280 pupils in total gracing their desks in 2016.

**Smutsville Primêr** boasts a capacity of 80 little scholars to be under the watchful guidance of

their two Grade One teachers, Lauren Saayman and Inge Kruger. Their total number of pupils for the year is has 596.

Though rural School **Ruigtevlei Primary** has only eight new little souls gracing their classroom out of the total of 55 pupils, there's no doubt their teacher, Juf Elfrede Burger will still have her hands full as they each assert their individuality.

According to the efficient and well rested principal Mr Louw, **Karatara Primêr** is 'slag gereed' for the intake of 19 little Grade Ones. The Grade One teacher who will be welcoming them is Juf. C. Stander. Karatara Primer has approximately 153 scholars in total this year.

# HAPPY NEW YEAR!

Yes, we know it is a somewhat belated greeting, but this edition is proof that The EDGE Team is now fully back at the coalface and ready to rock, and what better way to start the working year than passing on our very best, 2016 wishes to you all.

We hope that the year ahead is a wonderfully peaceful and pleasant one (for those looking for peacefulness and pleasantness), and full of excitement for those who prefer a little more adventure in their lives. Talking of excitement, The EDGE will be reaching its 500th edition in November 2016 - a landmark of which we are rather proud!

Members of The EDGE Team (who incidentally refused to be photographed) are as follows:-

- Editor & Chief Coffee Consumer:- Bomber Webb
  - Designer & Chief Handler of Editor:- Kelly Webb
  - Number Cruncher & General Runner of Things:- Margie Mather
  - Sales Manager & Tireless Chaser of Clients:- Joy Lambie
  - Last Minute Proof Reader Extraordinaire:- Nikki Jones
  - Roving Reporter & Public Botherer :- Melanie Baumeister
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# Notes from T'Ed's Head

I'm afraid I have to start the year with an apology.

And no, it's not about the late December beach incident - I still maintain that I was totally innocent of any indiscretion. The young Swedish lady certainly LOOKED like she had had a near-drowning experience, flopped down on her towel like that, and my level 1 first aid CPR training from years gone by just instinctively kicked in. I really don't think she should have slapped me quite so hard, and setting that other muscle-bound girl on me like that simply added insult (and more injury) to injury. Surely there should be legislation enforcing such people to wear t-shirts with 'My girlfriend is a cage fighter' emblazoned on them?

No, the apology I feel necessary to kick off 2016 with is quite extensive, stretching back over a number of years.

You see, whilst we were on a break, as a kind of new year's resolution, we decided to clean our fridge.

I know what you're thinking, and I would like to put your minds at ease. We cleaned the OUTSIDE of the fridge, not the INSIDE. I repeat:- THE OUTSIDE. So there is no danger of a repeat of the accidental 'Hazardous Chemical' release of 2005 - when we last defrosted some of Mrs Ed's leftover lasagne (cooked circa 1998). So please don't send in the 'Green Scorpions' again, we have only just paid off the last fine, and have certainly learned our lesson regarding toxic waste (we still have cross-eyed wagtails nesting in our garden).

So, I'm sure you may be wondering, dear readers (both of you) why cleaning the outside of our fridge should result in the necessity of apologies?

Well let me explain.

Like many such household, beer-cooling receptacles worldwide, the front and sides of our trusty old Frigidaire is plagued with the pox of modern living that drives me to drink, though I have long since given up my eradication campaign as it seems no-one will even join my quest, never mind cough up the R650 annual membership fee.

I'm talking about fridge magnets.

Is it just me or does anyone else suspect that these things will be the downfall of life as we know it?

Call me an over-reactionary, but I believe that whoever invented fridge magnets should really be tried by the International Courts for crimes against humanity. Really! I don't know about your homes, but in our's it seems EVERY piece of paper that ever enters our humble abode finds its way to getting stuck on the fridge ....with fridge magnets.



I've heard people waxing lyrically about us becoming a 'paperless society' because everyone is reading stuff on their phones, or PCs etc etc - well I invite you all to come and look at our fridge (for a small entrance fee, of course, just to cover costs) and you will see where all that paper is.

Kids' drawings. MILLIONS of kids' drawings I tell you. "Aaaah, cute man," I hear you say. Well let me tell you that both of my children - The REE (*Resident Expert on Everything*) and Fear Factor (*yes, still learning to drive*) are in their twenties, yet we still have pictures they scribbled when they were five stored on our fridge... held in place by them dreaded fridge magnets!

Those of you who know me well will be aware of my long-standing support of the theory that graffiti is the result of fridge magnets. It makes sense, doesn't it? You see BEFORE fridge magnets, only reasonable pictures, drawn by kids with at least SOME artistic talent, got to be displayed. But now what happens?

"Oh that's pretty - is it a palm tree? Oh no, it's your uncle - yes I can see now, that's his dog Rufus next to.... oh not Rufus... his hunting rifle?.... Oh ... well it's beautiful - let's put it up on the fridge with the other 635 picture you've drawn this week shall we?"

So everyone's kid grows up thinking that he or she has artistic talent, and that the world needs to see it on display.... The result? Graffiti!

But it doesn't even stop at kids' drawings. I can't even open our fridge door without a landslide of documents cascading down onto my feet - be it bills, school notices, shopping lists, birthday invitations, cake recipes, hot-brush instructions, photographs, directions.... Yes even directions!

"So which road do we turn down now?" "How should I know?" "Well you are the one who took down the directions." "Yes - and I stuck them on the fridge so that you would see them. Are you telling me you didn't look?"

And that's the problem isn't it? I'm not sure if other households are the same but how it works in our home is this:- Stick it on the fridge, and instantly you are

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absolved of any attached blame. Because once on said fridge the message / note / invitation / final warning becomes common family property - so you can forget about whatever it was because, well, someone else is bound to attend to it. In the next few days... or weeks... months?

Which is why I need to make some apologies.... Because when we took the fridge magnets off the fridge we discovered some quite er.... Outstanding documents.....

So my first apology goes to Beatrice Worthington. I am so sorry but my son will not be able to attend your son's birthday party (bring your own costume and towel, no water pistols please) on 3 February 2002.. ummmm He probably had a previous family commitment.

And my sincerest apologies also go to Mrs Smith (*head of pre-primary fund-raising committee 2001*) because the chocolate sponge you may or may not have expected our family to deliver before half past three on the last Thursday of term .... Well it probably didn't.

And I'm pretty sure we didn't make ANY of the dental or doctor appointments made over the years with Drs Hugh, Pugh, Barney, Magroo, Cuthbert, Dibble and Gub.... So sorry about that.

Gloria and Jim:- I am sure that your engagement party was just as good without us.... And your wedding.... And the Christening too. If you still want the pack of nappies suggested by your close friend as a 'stork party gift' in 2005 - please do let us know.

Apologies to the Kenwood company too, for the snotty letters of complaint sent in 2007 regarding what I remember referring to as the 'poorly

assembled, factory reject' waffle maker. Having now read the instructions I can see they do make a point of pointing out that one should 'Ensure appliance is unplugged before submersing in water'.

Freddie, not sure if you still remember me, but I'm afraid I didn't leave the keys in the garden pot as you apparently requested - I hope you managed to get into your house anyway, especially as it seemed you were due to arrive around 11.45pm on the 7th of June..... 2009.

Boddington Plumbers (*Making Your Pipe Dreams Come True*) - it appears you may still be awaiting the answer to your quote for R350 for the new geyser installation (Reference Ed-MAY-2001) - Does the price still stand?

And finally my biggest apologies must go to The REE. So sorry son but apparently Josephine phoned on a Friday at about 3pm to say she is deeply regretful and heartbroken about the argument... and she didn't mean any of the things she said... and that she still loves you and believes you are destined to be together forever.... and she really DOES want to go to the matric dance with you tonight.... and will be waiting outside at 6pm as previously arranged..... (Isn't that the girl who's marrying your best friend from school sometime soon? I think it might be.... I could swear we got a wedding invitation for you somewhere.... I'll see if I can find it on the fridge for you....)

*You'd be mad if I didn't!*

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# A GREAT SEASON ALL ROUND

With the weather playing a big role in bringing us a real 'Summer Season', the packed roads, beaches, restaurants and shops of Sedgefield from early December to January made it all too evident that the village continues to grow in popularity as a holiday destination.

Knysna and Partners (formerly Knysna Tourism) have confirmed it was indeed another record season for both Knysna and Sedgefield, with increases in revenue from most businesses from 5% to 20% on the 2014-2015 festive season, which was a bumper holiday season itself!

CEO Greg Vogt said that for most of the greater Knysna area, accommodation was once again fully booked up, often with twenty to thirty families on the waiting list.

"The season also started earlier than usual, with a marked increase in international visitors also arriving earlier than is the norm. Another trend is the many South African 'bread winners' sending their families down in advance and then flying in to join them closer to Christmas," he said.

He added that statistics had also shown the purchase of luxury goods had risen – especially through credit card sales, which indicated an increase in wealthier domestic visitors. This could possibly be the weaker Rand encouraging South Africans to holiday at domestic destinations rather than flying overseas.

Our local Tourism Office

manager Belinda Hobson confirmed an increase in the influx of visitors and beds booked, adding that the Sedgefield businesses she had spoken to had indicated an average of 15% increase on last year's bumper season.

Local estate agents too have been impressed by the increased number of enquiries on properties this season, saying that despite the falling Rand, there was still a definite eagerness to invest in 'bricks and mortar'. Choosing Sedgefield as the place to invest in either a place to live, a second home or where to retire is certainly a 'no-brainer' for us locals – but it's good to see that others from up-country are in agreement. Some agents also indicated that there had been more affluent buyers around this season, and thus more interest and purchases of 'higher end' properties than previous years.

## SAFETY

Thankfully it was quite a 'safe' season to, according to Garth Dominy of the NSRI. "I must say, the Life Guards in the Sedgefield and surrounding areas did a great job in keeping our locals and visitor's safe," he said, "They reacted pro-actively and not re-actively, and this is the best way to keep our beaches safe. Well Done!!"

Dominy also congratulated Municipal Law Enforcement on their manning of the new, albeit temporary, boom at the Myoli Beach parking on the days that were busy.

"This certainly improved the dismal parking situation we have otherwise experienced," he said, "However more manned days need to be allocated to this, as the times when the boom was not manned there was the usual chaos. There were times that if we needed to launch our rescue craft (from the station at the back of the car park) we would not have been able to as the parking area was too full due to illegal parking. This needs to be urgently addressed going forward."

He cautioned that another area of concern is Cola Beach, "As the Parking at Myoli Beach is a problem, more and more visitors are using Cola Beach, however there are no Life Guards on duty there, this also needs to be addressed and provision made for extra Life Guards, as the locals will know there are always some serious rip currents here."

"But on the whole," he concluded, "The season was hot but safe. Let's keep up the positive dialogue and be proactive and not re-active."

On the safety side Mike Hoffhuis, aka 'Sedgefield Sheriff' said that for the most part the village had experienced comparatively little crime over the Christmas period.

"Crime-wise I think it was probably the best holiday season we have had since 2009," he reported, "However please do not be complacent, some well-known burglars have recently been released on parole, so may soon be getting up to their usual trick!"



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# MATRICS: THERE ARE ALWAYS OPTIONS - EVEN AFTER BAD RESULTS

Many thousands of Grade 12 learners from the Class of 2015 will this week have to face the reality that things have not worked out the way they wanted them to in terms of their results. With this disappointment will come the disarray of having to review their plans for 2016, an education expert says.

The most important thing to realise at this stage – even though it may be tough to stand up and face these choices – is that bad results are not the end of the road, and that there are still many options to get back on track.

“Below par matric results do not mean you have to give up on your dreams and aspirations,” says Dr Felicity Coughlan, Director of The Independent Institute of Education, SA’s largest private higher education institution.

“In fact, if handled maturely and pragmatically, a disappointing performance could be just the catalyst needed to propel a learner in a new and better direction, with more determination and resolve than before. As the saying goes, one should never let a good crisis go to waste,” she says.

Coughlan says parents, guardians and other caregivers should ensure they positively support learners during this

difficult time as they may be facing a number of concerns, such as not being able to get into the higher education institution they expected, having to choose a different course, having to write supplementary exams, or even having to repeat the year. Many also have the emotional struggle with having disappointed themselves and others.

“There are still many options available, but it is imperative that proper research into all these options be conducted,” she says.

“These include options in the public and private sector, different degrees or diplomas, a higher certificate instead of a degree as a stepping stone, volunteer work opportunities or part-time study, second semester registrations, supplementary exams or redoing the school year in a more supportive environment.

“First, adults should assist disappointed learners to get the poor results into perspective. This is often best done by plotting all the options that are still available and weighing them up against each other,” says Coughlan.

“It is easier to feel better in the face of real choices than to be told to feel better without any sense of options. Facts help to reintroduce a sense of control

over one’s fate and the path is then cleared for choosing the best possible way forward,” she says.

Coughlan suggests that parents and caregivers (and students) who suspect that things are not going to turn out as well as hoped begin to look for options now so that if the disappointment does happen, options can be put on the table sooner rather than later. Options available to learners who did not do as well as they hoped, include:

## WRITING SUPPLEMENTARY EXAMS

Not everyone will qualify for supplementary exams, but if they do, they should definitely register and do their very best to pass. Check with your school whether you qualify, and then go all out these next few weeks in ensuring that you spend as much time as possible behind your books.

## REPEATING THE YEAR

Having another go at matric is not a happy prospect for anyone who has just been through the mill, but it could be an exciting second chance if you go about it differently this time round. For instance you might choose to do some part-time work while being enrolled in a distance learning course, or you could choose to attend a different institution that specialises in rewriting. Many

will even allow you to change your subjects.

ENROLLING AT A DIFFERENT HIGHER EDUCATION INSTITUTION South Africa has only one quality assurance system, which means that private institutions and public universities are subjected to the same registration and accreditation checks and balances. So if your marks mean that you pass but are not able to go to your institution of first choice, have a look around. There are some fantastic and often more work-oriented options available out there that you might not even have considered.

## CHOOSING A DIFFERENT COURSE

Perhaps a higher certificate is the stepping stone you need to be accepted into the course of your choice. Or perhaps there is a completely different direction which you can tackle, one that you were not aware of before. Again, do your research and do it thoroughly. Speak to the people in the industry you want to enter, and have a look around to see which institutions produce industry leaders. Today there are courses that did not even exist two years ago. Are you aware of these? If not, you have some pleasantly surprising research to do.

## ELECTING TO KEEP GOING EVEN IF THINGS ARE NOT YET CLEAR

Another cliché which continues to exist because it is true, is that it does not matter how many times you fall – it matters only how many times you stand up. This is painful and disappointing, but it is only a catastrophe if you don’t stand up and face it. This can be no more than a temporary setback and can in fact be a character and strength-building exercise. Do not let the year go to waste. If fulltime study or a return to school feels like too much of an ask or you do not have the funds to do this, then at least enrol for a short course which can keep you growing and in the habit of learning. Sometimes all that is needed is one or two small successes to realise that you are more than capable. Everyone fails sometimes. Successful people learn from their failures.

## Val Wilson

11 January 1931 - 3 January 2016



So the day has come that you have now closed your eyes and officially retired. It is with great sadness that we announce the loss of our mom, grandmother, great grandmother, sister and best friend.

We all wish that we never have to say goodbye to a loved one, Mom we are not saying goodbye to you, you live on in our hearts and we know you will forever keep your hand over us, so we will just say farewell and have a good journey. Mom you were an amazing person to all and loved by so many, we say thank you to you for everything you

were to us, we will miss you dearly and we cannot be more grateful for the time the Lord blessed us to have such a beautiful angel in our lives.

We are extremely proud to have been a part of your life and to follow the great example you set.

So until we meet again RIP Your loving Children, grandchildren, great grandchildren and family.

# WANTED!!

A slightly jaded “Gerome The Seriously Cool Gnome” popped in to the Edge Offices recently to ask if we would assist him in his quest to start gathering donated items for his Tombola stall at the 2016 Slow Festival.



As the Managing Director of the stall he was delighted when last year it raised more than R 2 0 0 0 for Masithandane and this year he wants to better that.

We told him we were happy to assist, (in truth we could see he needs all the help he can get, as you can see from his pic above he might take some time to recover from his festive season frolics!). He told us that in his experience Sedgefield has been a seriously cool “Home for a Gnome” and he knows he can count on you all.

So, please could all you generous locals help by dropping off your unwanted items or duplicated Christmas Pressies at the Edge Offices, clearly marked as being for Gerome The Seriously Cool Gnome and we will ensure he gets them for his stall.

## A milestone indeed!

Born on Friday 8th January 1926, at 90 yrs young, Mookie, a local Sedgefield lady, has seen many changes in her life time, from very good to unfortunately also, very bad!

She was joined for a good few wonderful days, by her 2 children, 5 grandchildren and 10 great grandchildren, either present at her celebration on 2nd Jan, or via skype in USA.

She has managed to keep up with technology, and is still able to stay in contact via her favorite article...her cell phone!!

With all the well wishes, gifts and love she received from family, friends and clients, she would in return like to say 'Thank you' to all, for that she is eternally grateful!!



# 326 Suspects arrested during festive season in Knysna

A total of 326 suspects were arrested during joint operations conducted under the umbrella of Operation Fiela, comprising inter alia members of the Knysna police, Knysna Municipal Traffic and Law Enforcement, Provincial Traffic, Knysna Correctional Services, SANPARKS and local security companies, between 15 December 2015 and 04 January 2016 in Knysna.

These operations included stop and search, vehicle check points, vehicle and foot patrols, visits to liquor outlets and roadblocks. A total of 781 people, 85 vehicles and 11 premises were searched during these operations. The police arrested a total of 67 suspects for drug related offences. These arrests were for dealing in drugs and possession in drugs. Members of the police also confiscated drugs with an estimated street value of R2000.

It included dagga, Tik, Mandrax and Cocaine.

Our focus on road safety resulted in the arrest of seven suspects for driving whilst under the influence of liquor.

Serious crimes led to the arrest of two suspects for murder, 13 suspects for sexual related offences and thirty suspects for assault with the intention to commit grievous bodily harm.

Property related crimes remains one of the major challenges and the police made the following arrests in this crime category: Other serious arrests included the following:

- Robbery – 7
  - Housebreaking and theft – 5
  - Possession of suspected stolen property – 21
  - Theft out of motor vehicle - 3
- The other arrests include theft out of shop, malicious damage to property, drunk and disorderly and other minor offences. Most of these suspects have already

appeared in the Knysna Magistrates’ court.

The Station Commander of the Knysna police, Colonel Michael Taylor, thanked all the role-players that contributed to a safer festive season in Knysna. He also thanked the public for their patience and co-operation at vehicle check points or roadblocks. This zero tolerance approach will continue.

## Where to Find It 2016 available

If you haven’t yet received a copy of the 2016 Where to Find It - to keep next to your phone. Feel free to pop in to the Edge offices and pick one up.

Please note we request that locals stick to one per household, to ensure that there are enough to provide new residents with copies later in the year.



# Executive Mayor Georlene Wolmarans Statement on Racial Incidents in Knysna

**Knysna Municipality strongly condemns all forms of discrimination or racism.**

There is no place for such acts in our beautiful town as, not only do they undermine the progress made towards our stated goal, that of building a town where people from all backgrounds and

from all races prosper in a democratic society, they undermine our Constitution.

Any acts of discrimination or racism reported or perceived are not a reflection on Knysna as a town and have no place in our society.

A tourist who reported on

Monday 4 January 2016, that he had experienced an incident in Knysna on Thursday 31, December 2015, has laid charges against the alleged perpetrators, at a police station in Cape Town and we trust the law will take its course.

## NEW YEAR MARRED BY MYOLI FRACAS

What has been otherwise described as an incident-free, peaceful season for Sedgefield, was somewhat marred by incidents occurring at the New Year's celebrations in the Myoli Beach car park and on the beach itself.

At The EDGE we have received unconfirmed reports of a drunken brawl with at least three stabbings and one person brandishing a firearm, as well as other incidents of fighting and disturbing the peace, including the setting off of fireworks into a crowded area. Fortunately the incidents happened in the early hours of the morning, after the celebratory stroke of midnight when the public area was slightly less busy. The police were called but allegedly they said no vehicle was available.

Sedgefield, Myoli Beach in particular, has become a real 'Hot Spot' for New Year celebrations, with crowds growing in leaps and bounds over the last few years. After his beach bar 'Pili Pili' – situated adjacent to the car park – was almost over-run in the 2014 – 2015 New Year celebrations by sheer weight of numbers, owner Neels Swanepoel decided to put an action plan into place in order to prevent the same thing happening again in the 2015 – 2016 season.

"Last new year we just couldn't cope – the parking area was packed and people just poured into our bar area. Soon it was way too full and people were even stealing bottles of booze over the counter whilst the barmen were trying to keep up," he told us. "I knew that if the crowd got any bigger for 2015 it



The heavy Police presence on Wilderness Beach on New Years day

would be a ticking time bomb, so we had to make a plan sooner rather than later.

Early in the year he called all the relevant parties together to see how the public area could be better managed over the busy season, particularly New Year's Eve. Representatives from Knysna Municipality, NSRI, Law Enforcement and SAPS all attended the meeting, and agreed that measures had to be taken to prevent any potential disaster – but though they met again several times during the year it seems that only a few of the agreed control measures came to fruition.

Swanepoel did put extra security measures in place for his business, initiating an entrance fee at the door to keep numbers down and limiting the amount of people inside at any given time, as well as employing seven security personnel to keep an eye on things. This certainly served to keep all things safe and peaceful in PiliPili, but the car park and beach areas were beyond his control.

He believes that if SAPS and

Municipal Law Enforcement personnel had been more visible in numbers throughout the evening it would have made a huge difference.

"Most of the people come to have a good time – and peacefully see the new year in, but it just takes a few bad guys to mess things up," he said.

Seeing photographs of the heavy police presence at Wilderness Beach, where no negative incidents were recorded, proved his point. With little to no authoritative presence at Myoli on New Year's Eve, it soon became a free-for-all zone. Though drinking alcohol in a public place is still illegal, without the manpower to police it the rules were blatantly ignored. "There were guys walking down the road into the car park openly carrying crates and crates of beer between them," Swanepoel pointed out.

The police did arrive once for a specific incident but left soon after. Law Enforcement also had two members on site – but considering the crowds of thousands of revellers, there was little they could do to control anything.

"The good thing is that they (SAPS and Law Enforcement) will have seen what we are coping with, and hopefully do some serious preparations before next year's season," he said.

Local 'Sherriff' and Community safety portfolio holder for Sedgefield ratepayers Mike Hofhuis said that whilst the municipal law enforcement had taken some positive steps towards increasing safety, he certainly agreed that more needed to be done. "Our neighbours (Wilderness) certainly got it right – we need to just follow their example next year."

Knysna Municipal Manager Grant Easton said that the municipality will be reviewing all the festive arrangements with Knysna SAPS at the normal partnership meeting to see what better measures can be put in place in future.

SAPS were asked for confirmation and comment on the incidents, but at time of going to press nothing had been received.

# Pick n Pay

Caring for our Sedgefield Community

Sedgefield Square, Main Road. Contact 044 343 1055

## Pick n Pay Puts Runners on Cloud 9



A perfect partnership between Pick n Pay Sedgefield and Tumbleweed Events brought about the inaugural Cloud 9 Sunset Trail Run in December last year. The event took trail runners - locals and visitors - over some of Sedgefield's most beautiful scenery, not only giving them a really good work out, but also showing them views of the village they might otherwise never have seen.

Event organiser Amanda Dixon said that she was thrilled at the turnout for the event, and very grateful for Pick n Pay's sponsorship. "We had a total of 57 runners which is fantastic for a first time trail run and I have no doubt it will grow every year. Pick n Pay's sponsorship and support was amazing." (See full report on back page).

### Thanks for your patience and support from Sedgefield's favourite supermarket

Pick n Pay management and staff were more than a little rushed off their feet over the festive season with the huge influx of visitors, and though every effort was made to keep the shelves stocked and the queues short, sometimes this was seemingly impossible.

A big thank you to everyone for their patience over this time, we are glad to say that everything is now back to normal. Here's wishing everyone a wonderful, healthy 2016 - we hope to see you down the aisle sometime soon!

### Supporting Lions and Christmas Carols

Sedgefield's Lions were delighted with Pick n Pay's kind sponsorship of the bread rolls for the traditional Carols by Candlelight event, held on the Village Green on 21 December.



The Lions sold boerewors rolls as a fundraising effort whilst the popular singing service was enjoyed by all who came!



### PERSONAL DEVELOPMENT FOR KIDS

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Age Group: 8 - 11

Nicky Lewis

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# A BEACH DAY OF NATURAL FUN, IN 'NATURALLY SEDGEFIELD'

On the 19 December 2015 Sedgefield once again hosted the 5km Citta Slow Fun Run. Starting from Myoli Beach at 9am, just under 40 men, women and children participated in this event, the youngest being four and the oldest 85! This year proceeds from the day went to "Learn Through Surf" a surfing outreach project which teaches disadvantaged children this popular water sport, as well as life skills and water safety.

Even in the heat of the summer sun, as well as the difficulty of the route, 15 year old Brendan Du Toit won in only 20 minutes. Last year's young winner Leonard Fick 12 yrs old and his 10 year old sister Lize-Marie Fick followed. Winners were awarded prizes from Knysna and Partners as well as Pili Pili vouchers and Bos Tea hampers. Directly after the Citta Slow run, from 10am onwards, there was an amateur SAND CASTLE BUILDING competition. The theme for this year, the 3rd year of the event, was Marine Creatures. Whole families as well as individuals, groups,



Above : The winners of the Sand Castle Competition "The Surf Boys."

Left : Members of the Surf Coaching School who were the beneficiaries of the Sand Castle Competition.

companies or couples entered their teams for R50. After one hour of building, "Surf Boys" from the outreach project, one of the 11 teams participating, were judged the winners. In second place was a local team "The Grieves" and in 3rd place Sandy Sade's visitors from Johannesburg.

The Sponsors were very generous in making this day possible: Garden Route National Parks, Lake Pleasant Living, Pick n Pay, Knysna Elephant Park, Out There Communications, Acrobranch, Bos Tea, Pili Pili and Sotheby's. While the judges were collaborating Sedgefield Sotheby's Office held a treasure hunt with 40 kids getting down and digging, each walking away with a gift.

During the day's activities Garden Route National Parks held a display to educate people about Nature and Conservation. The Wilderness NSRI did an impressive demonstration on the sea and Lake Pleasant Living offered free face painting. Belinda Hobson from The Sedgefield Office said "It wasn't just about raising awareness and a few rands for Learn Through Surf. But was a wonderful opportunity to watch families getting creative and bonding while working together in a natural and beautiful environment.



## Giving the Gift of Christmas

Knysna and Partners (Sedgefield division) invited Sedgefield to reach out and make someone smile this festive season. The Sedgefield area which includes Karatara and Fairview have needy children that do not always get seen by mainstream funding and initiatives. So they asked locals to get on board to make their Christmas season a little brighter.

For the 3rd year in a row they asked locals to come into their Sedgefield office to adopt a family and make a pledge to spoil them just a little this season. Each year they try and give to different children.

With the help of Masithandane they pre-selected 20 of these local families that have had a rough 2015. Then the community agreed to buy an age appropriate gift for the children of that family and supplied a food hamper for their guardians. They only needed to drop these goods at the Tourism office who delivered them on their behalf.

The Sedgefield Office of Knysna and Partners along with a caregiver from Masithandane delivered all these parcels on the 18th December 2015. We wish those who pledged had the pleasure of seeing the smiles on these children's faces and the tears in the eyes of those who care for them.



Thank you for your generosity and may you all be richly blessed in the coming year. We hope to continue this project in December 2016.



# BACK TO SCHOOL SAFETY TIPS

This week, schools around the country re-open for the 2016 academic year. Although the kids may be keen to return to see their friends it can be a time of anxiety for parents, especially those whose children have to travel to and from school by themselves.

Adrian Good, General Manager (Coastal Region) at ADT Security has some advice that could help put parents' minds at ease. He recommends that these tips are shared with children and that parents encourage them to use it every day.

1. They must always walk to or from school with a friend or friends. Stick to streets they know and never take short cuts through quiet areas or empty parking lots.
2. If they get picked up at school

they should never leave the premises and rather wait inside the school grounds for their lift to arrive.

3. They must be reminded to never get into a stranger's car; even if the stranger claims that someone they love is hurt and that they are supposed to pick them up.

4. If a stranger approaches them, they should not talk to them no matter how friendly they may seem. They need to stay away from the individual and call for help immediately.

For some families, a tight budget may mean that a domestic helper or au pair is not an option. In such cases children often have to see themselves to and from school and also stay safe at home until mom or dad returns in the evening.

"It is very important that children know how the alarm system and panic buttons work and when and how to use them," says Good.

"Make a list of important telephone numbers such as emergency services and mom and dad's work numbers as well as their cell numbers. Place this list close to the telephone and make sure your kids know when to use these numbers to call for help."

"Emphasise how important it is not to let anyone into the house without your permission. If you are going to be late, let your children know as soon as possible and give them an idea of when they can expect you to be home," he adds.

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## TSiBA

Wants you to join our dynamic group of volunteers

Information session:  
Sedgefield Municipal Offices  
Wednesday January 20th 2016  
09:00am - 11:30am

### YOU can change people's lives through mentorship or tutoring



You can be a mentor, tutor, coach or volunteer to support our Eden BBA fund and Sustainability projects

No previous experience required, just a genuine desire to help

TSiBA

**TSiBA Eden Campus: (044) 356 2789 ext. 19/ email: info@tsiba.org.za**

RSVP: [volunteers@tsiba.org.za](mailto:volunteers@tsiba.org.za) for catering purposes

# Literacy Project 2016

In the course of the first week of February Masithandane's Literacy Project will once again kick off at the Sedgefield Primere Skool in Smutsville. The project was started in 2008 and has always been well supported by between 30-40 volunteers on a weekly or twice-weekly basis.

As in the past few years two groups will again be active in the course of 2016. Every Monday morning in term time the English group meets from 9 to 10.20 am to work with Grade 3 learners in the context of the "Paired Reading" programme. Grade 3 is the year in which learners are taught English and every volunteer is allocated 3 children which they take individually in twenty minute sessions.

On Tuesdays and Thursdays volunteers of the Afrikaans group meet with Grade 1 learners from 9 to 10 am to teach them basic literacy and numeracy skills. These sessions start with a few minutes of body coordination exercises after which learners spread out to the different volunteers to develop their basic sound recognition and reading skills. Volunteers take as many children as they feel able to handle (1-4). Both the English and the

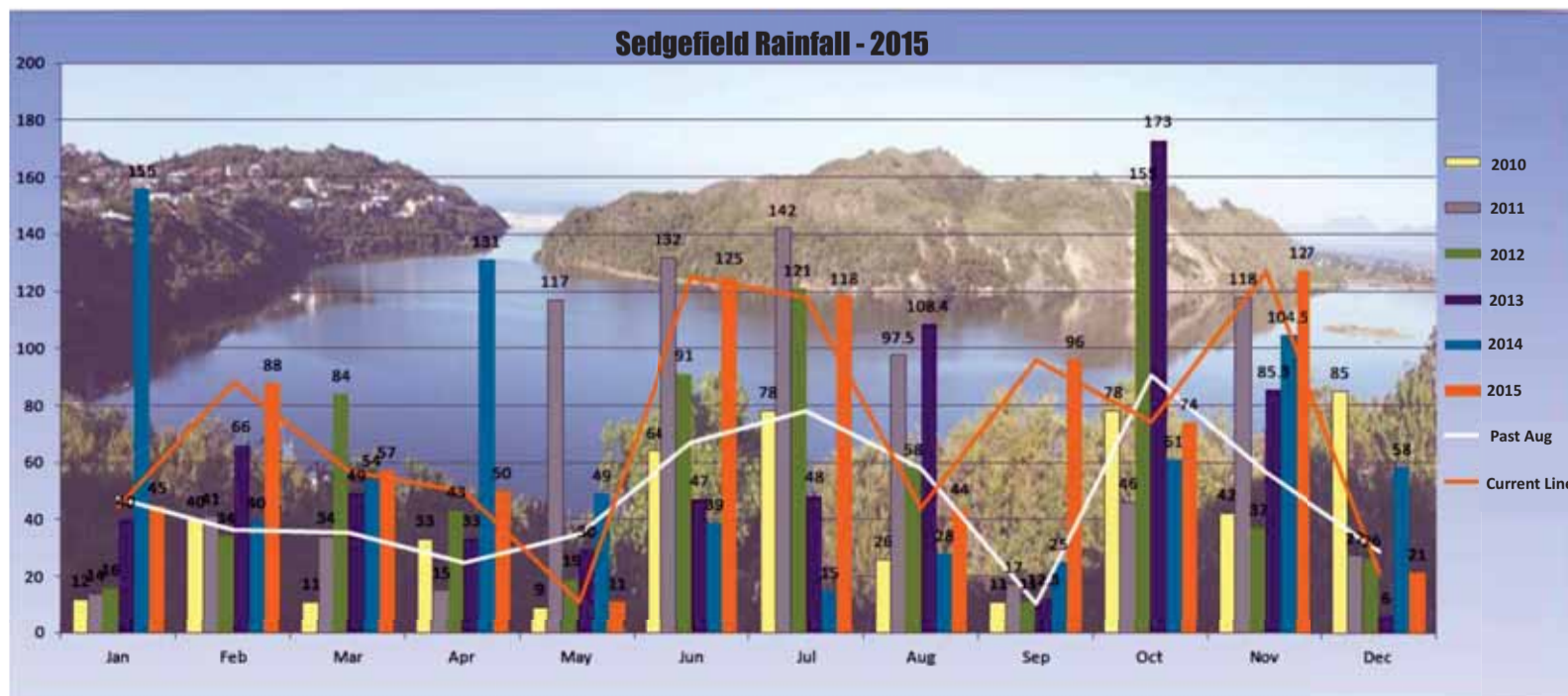


Afrikaans groups meet in the recently refurbished school hall and learners sit with individual volunteers at little tables spread out over the hall. The educational material that is used has been donated by publishers or benefactors or bought with Masithandane funds. In the Afrikaans group volunteers also bring their own educational material. Sometimes games are used which teach the young learners to develop their visual skills or to think for themselves and to strategize.

This is a very good opportunity for newcomers in town to get involved in something useful and also to make new

friendships. The majority of the children that volunteers get to know are very appreciative. They love their time with them and a special bond is created. Showing some love for and interest in these children as individuals is in itself helpful and beneficial for them.

For those who have been here longer - we can do with your help too. Please contact Barbara de Jager (083 2360041) for the Afrikaans literacy project or Bev Steele (072 9307218) for the English literacy project. All who feel they would like to make a difference in the community are very welcome.



# SEDFIELD RAINFALL 2015

This record of rainfall in Sedgefield since 2010 was kindly supplied by Pete Nelmapius.

The measurements are from a standard rain gauge in the garden in the area of Volstruis Street. Strong wind can jeopardise measurements due to trees, house etc. Rainfall was good in Sedgefield 2015.

The interesting thing about rain records is that there are often very different readings in Sedgefield Village as compared to The Island though it is supposed that the general trend in rainfall patterns will be similar.

## Diary Dateline

13th - 27th January 2016

Welcome to The EDGE's Diary Dateline column in which we will endeavour to keep everyone informed on community related events, meetings, outings and suchlike. This column is only for the use of non-profit clubs, associations and charities.

### Wednesday 13

8:45am Guided meditation @ The Well, Plumtree Centre  
2-5pm Sedgefield Tennis Club (Social)

### Thursday 14

7am Eden Cycling Road bikes & MTB's depart Cycle Worx. All welcome.  
7:30am Sedge Gentlemen's Golf @ The Links  
2:30pm Bowls coaching  
5:15pm Guided meditation @ The Well, Plumtree Centre  
7:30pm Lions Club of Sedgefield meets at the clubhouse. Debbie on 083 306 9998.

### Friday 15

8am Ladies Golf @ The Links Course  
9am Line Dancing @ St. Anthony's. 084 549 3967

### Saturday 16

7:30am-12 Wild Oats Community Farmers' Market @ Swartvlei  
8am - 2pm Mosaic Market  
8am- 1pm Scarab Craft Market

### Sunday 17

7am Eden Cycling Club Group Social outside departs Cycle Worx. All welcome

### Monday 18

6:30-10pm Badminton Town Hall  
7pm Duplicate Contract Bridge in the Catholic Church Hall. Ph 044 3433141

### Tuesday 19

7am Eden Cycling road bikes & MTB's depart Cycle Worx. All welcome.  
2:30pm Bowls coaching  
6pm Beginners Line Dancing @ St Anthony's Catholic Church 084 549 3967

### Wednesday 20

8:45am Guided meditation @ The Well, Plumtree Centre  
2-5pm Sedgefield Tennis Club (Social)  
6:30-10pm Badminton Town Hall.

### Thursday 21

7am Eden Cycling Road bikes & MTB's depart Cycle Worx. All welcome.  
7:30am Sedge Gentlemen's Golf @ The Links  
2:30pm Bowls coaching  
5:15pm Guided meditation @ The Well, Plumtree Centre  
7:30pm Lions Club of Sedgefield meets at the clubhouse. Debbie on 083 306 9998.

### Friday 22

8am Ladies Golf @ The Links Course  
9am Line Dancing @ St. Anthony's. 084 549 3967

### Saturday 23

7:30am Sedgefield Striders Club Run.  
7:30am-12 Wild Oats Community Farmers' Market @ Swartvlei  
8am- 1pm Scarab Craft Market  
8am - 2pm Mosaic Market

### Sunday 24

7:00am Eden Cycling Club Group Social outside departs Cycle Worx. All welcome

### Monday 25

6:30-10pm Badminton Town Hall  
7pm Duplicate Contract Bridge in the Catholic Church Hall. Ph 044 3433141

### Tuesday 26

7:00am Eden Cycling road bikes & MTB's depart Cycle Worx. All welcome  
2:30pm Bowls coaching  
6pm Beginners Line Dancing @ St Anthony's Catholic Church 084 549 3967

### Wednesday 27

8:45am Guided meditation @ The Well, Plumtree Centre  
2-5pm Sedgefield Tennis Club (Social)  
6:30-10pm Badminton Town Hall.

Should your association, charity or group have any forthcoming events, please send us details so that we may publish them in our next issue!

PLEASE NOTE: Letters to the editor must be submitted with the author's full name, address and phone number. If a writer does not wish his or her name to appear in print, a 'pen name' (nom de plume) may be included. Email letters to: editor.edge@mweb.co.za



The editor has full discretion as to which letters to include or exclude and no argument, badgering, cajoling, bribery or heated conversation will be entered into. Opinions expressed in published letters and articles are not necessarily those of the management and staff of The EDGE Community Newspaper.

Dear Editor

Ons bly naby die slipway op die eiland. Voor ons huis word elke jaar feesvieringe op Nuwejaar gehou. Dit is elke jaar chaos en glad nie n plesier nie.

Hierdie jaar was egter n heel ander prentjie. Almal was vrolik, het gebraai en die dag terdec geniet sonder dat daar harde musiek gemaak is. Ons wil net baie dankie se vir almal wat Nuwejaar vir ons almal aangenaam gemaak het deur die manier waarop alles afgeloop het. Na die tyd is die grasperke pragtig skoongemaak. Baie dankie dat ons die jaar saam op n hoe noot kon begin.

Doortjie en Paul van der Spuy

Dear Editor

We've all recently heard, read or shared stories about the Sedgefield Police struggling to cope with too few cars or staff members. In lieu of another bad experience repeated here, I'd like to mention that I dropped in at the station on a going-to-work stroll today to find out some particulars about getting a scrapped volva through the roadworthy. The three officers on duty today were not only extremely helpful and knowledgeable, but treated me to a nice chat and very friendly pointers to mechanics able to help me and what to look for on a

volva as well as where I can get my hands on some parts. Thanks guys. You put the service in South African Police Service today.

H Cilliers

Dear Sir,

What a pleasure it was this season to see our little town positively pumping! Happy

holiday makers, ringing tills at local businesses and visiting children and their parents, enjoying all that the village has to offer. Let's carry this through into the New Year and remain "Positively Sedgefield - Africa's first Slow Town."

Keep Smiling,  
Sedgefield

## Born on Christmas Day

Congratulations to Lewis & Valerie Hendricks on the birth of their son Abraham born on Christmas Day at 2:09am in the Knysna Provincial Hospital. He weighed 3,58kg. What a wonderful Christmas gift!



## Friends of Tsitsikamma celebrate legal victory

The Friends of Tsitsikamma have announced that they have been victorious in their court case against the Department of Environmental Affairs and South African National Parks.

The capitulation by the authorities was an acknowledgement of the following breaches: Procedural and administrative fairness, Section 24 of Environmental

rights, Rule of law, The constitution, and Contravention of the Protected Areas Act and NEMA.

The outcome is that the pilot project for recreational angling was set aside by the court. The legal team was not required to argue either the first or second part of the application (the urgent interdict or the review of the decision making process) because the respondents

capitulated the application in its entirety. They were ordered to pay the costs of Friends of Tsitsikamma, including the attorney Trudie Nichols of Bowman Gilfillan and Senior Counsel Andrea Gabriel SC. The Friends of Tsitsikamma are very happy with this outcome which represents a victory for Section 24 of the constitution, the rule of law and the environment. More importantly

those administering environmental law know that they will be held accountable by civil society groups such as the Friends of Tsitsikamma, who act for this generation and future generations.

This order highlights the importance of the Tsitsikamma National Park as a national asset for all South Africans. The draft Government Gazette which, proposes to open 20% of the park to recreational angling, is still open for comment until the 1 February. To date, over 6000 South African citizens and marine scientists have signed a petition to keep the Tsitsikamma National Park closed to fishing (<http://orcafoundation.com/tsitsikamma-marine-protected-area-petition/>).

Friends of Tsitsikamma would like to thank everyone who has supported them throughout this process, especially the dedicated legal team.

Meanwhile the Department of Environmental Affairs (DEA) has confirmed that the DEA, South African National Parks (SANParks) and the Tsitsikamma Angling Forum (representatives of the Tsitsikamma fishing community) have reached a settlement agreement with the Friends of the Tsitsikamma Association, to stop the pilot recreational angling project in the Tsitsikamma Marine Protected Area (MPA).

The project commenced on the 15th of December 2015. The agreement was reached pursuant to an application launched by the Friends of the Tsitsikamma Association which sought to interdict the operation of the pilot

## BIBLE TRUTH FOR THIS DAY

Christ's 2nd coming is good news.

"For behold, I create a new heaven and a new earth and the former shall not be remembered or come to mind." "... no more tears, no more death, nor sorrow ... no more pain for the former things have passed away." (Is 65:17; Rev 21:4).

081 270 7212

## SKA and what it means to us

Dr. Bernie Fanaroff will be the speaker at the AGM of the Knysna branch of U3A on 28th January 2016 in the Brenton on Sea Community Hall.

Doors open at 9:30am when tea, coffee and biscuits will be served and the meeting starts at 10am. Dr. Fanaroff will talk about SKA, the telescope that will help scientists find answers to the most compelling questions about the universe. Since Team Fanaroff's formidable orchestration of South Africa's winning bid to host the project, the area around Carnarvon has been transformed: house prices have soared, scientists from all over the world fly in on chartered planes and the children have astronomers as role models.

Dr. Fanaroff was recruited in 2003 to head South Africa's bid for the SKA against huge international competition and his negotiating skills and strategic planning resulted in the success of that bid. The telescope will be so sensitive that it will be able to detect radio transmissions which do not have to be beamed directly towards Earth. Dr Fanaroff states that the most exciting science that SKA will achieve



Dr Bernie Fanaroff

is to make a detailed map of the universe from the time before stars and galaxies formed and enable us to watch the universe as it evolves over 13.5 billion years and see what drives it.

Another area of development that SKA will bring to South Africa is the huge volumes of data that will be generated and many of the member countries of the project say that their participation is due to the big data industry anticipated...all very exciting and offering great potential for the young scientists both locally and globally.

All are welcome to attend. Any enquiries contact David Scott 044 5331685

## WE'RE OUTWARD BOUND!

There was great excitement and tinged with a little apprehension in Smutsville on the morning of 6th January. Fifteen children from various Masithandane programmes, were preparing to leave on a sponsored six day Outward Bound Experience at their Willowpoint Centre, on Swartvlei.

The group included Tanya Diniso the winner of the 'Sedge Sparkies' Heritage Day Maths competition and her chosen companion Sinothando Mbovane.

The children will participate in the various activities aimed at building of strength in body and character that Outward Bound is renowned for. They will be climbing, hiking, kayaking, swimming, playing and exercising. Although exciting it was also somewhat daunting for some of the youngsters - they have not been away from home before.



Above: Right Tanya Diniso winner of the Sedge Sparkies competition and her friend Sinothando Mbovane.

It is an amazing opportunity for the children, made possible by the generosity of the Outward Bound Organisation and their Trust sponsors and the Sedge Sparkies sponsor, Mr Chris Carstens, Total Service Station.

We are confident that each child will have the experience of a lifetime, and we look forward to seeing both the photographs and the resulting personal growth in each individual child.

# MERREL ADVENTURE ADDICTS TWO TEAMS FOR EXPEDITION AFRICA

Organisers of the up coming globally recognised adventure race *Expedition Africa*, due to take place in the Garden Route in May this year with the base camp at our local Pine Lake Marina, are excited to announce that 41 teams from fifteen different countries have confirmed entry.

To give the highly acclaimed race an extra bit of local flavour, premier South African team *Merrell Adventure Addicts* have decided to enter two teams:- 1) *The Merrell Adventure Addicts*, aiming as always, for podium position and 2) *The Mentored Merrells*, a trio of novices joined by an additional seasoned Merrell Addict team member Hanno Smit who will guide them through their first adventure race experience from packing gear, decoding the briefing, turning the maps the right way round and figuring out when to sleep and when to sleepwalk. As all three are journalists, the natural instinct is for them to write about their escapades.

Normally mobile phones are prohibited during races, but it is proposed to allow this team to use theirs to send photographs from the field as live updates for the followers, documenting their story and that of those around them as it happens, throughout the entire event.

Pre-race build up will be in the form of online articles on the Addicts team website and Facebook, which will be shared to other social media pages and generate a new audience.

The additional novice team will add a new dimension and accessible reality for the supporters and hopefully spark interest in some to tackle the sport themselves.

**Fiona McIntosh** is the editor of *Nightjar Travel* magazine and a freelance photojournalist who contributes to numerous local and international magazine, and is the author of several published books and guides

Her mountaineering CV includes Ama Dablam, Alpamayo, Mont Blanc, Matterhorn, Mount Aspiring, Mount Vinson, Mount Fairweather, Mount Blackburn and numerous other alpine peaks.

Adventure CV includes Kalahari Augrabies Extreme Marathon, Marathon des Sables, Richtersveld Wildrun, ABSA Cape Epic, Drakensberg Grand Traverse -twice. She is a four times Olympian and Commonwealth Champion fencer and has skied to both poles.

Yet Fiona has never done an adventure race.

**Shaen Adey** is a professional photographer and photojournalist. She is also a member of Getty Images and Afripics Photo library.

Shaen has contributed to numerous books and both national and international magazines including *National Geographic*.

She has a black belt in Kyokushin Karate and has competed in the Kalahari Augrabies Extreme Marathon and the Desert Knights MTB. She also spent two years documenting the Outback in Australia; mostly alone.

Her mountain experience includes scaling the Matterhorn (Switzerland), Mont Blanc Du Tacul and Dent du Géant (France), Mount Aspiring (New Zealand) Mount-Toubkal (Morocco) Mt Kenya and several via ferrata in the Dolomites (Italy).

Despite all this, Shaen has never done an adventure race.

**Sarah Hearn** built and ran a dive school and lodge in remote northern Mozambique, built a boat, worked as a commercial diver for ships, on coral research projects around the world and sailed across oceans, all the time avoiding competitive sport. When she left the water, she and her dog invaded the life of Merrell Adventure Addicts team captain Graham Bird and cannot help but be involved. She writes all their press releases and articles for magazine publications explaining the emotions, elations and inner workings of each event.

But she has never done an adventure race.

**Hanno Smit** has been racing hard with the Addicts for 6 years.

The no nonsense forest man is an unconventional machine stuck in top gear yet capable of the most philosophical of musings.

The women have a wealth of adventurous experience and alternative living between them and are all intrigued as to how this event will play out. Could it be the toughest thing any of them have done? Can they gel as a team never having trained together? Will Hanno relish racing at a slower pace? Will three vegetarians raid and relish his biltong supplies?

Nothing is certain in an adventure race besides blisters and swear words. But this team has the eyes and ears and capacity to bring the many different sides of the sport, and the area in which it will be undertaken, into the lives of a much wider audience.

*They just have to do an adventure race first.*

The 500km long Expedition Africa forms part of the Adventure Racing World Series, attracting teams of the top adventure racers from all over the world. Along with each team comes family and supporters, as well as media representatives. This means that some of the Garden Route's most beautifully wild and untouched terrain will be caught on camera for the rest of the world to see - and in some cases live. Equally exciting is that family, friends, countrymen and adventure racing enthusiasts in general will be able to trace their team's progress via the internet.

The Expedition Africa event will cover approximately 500 km - a distance which should take the winning team around three days, and the slowest around six.

Among other prizes, the first two teams home will get, guaranteed entry in the Adventure Racing World Championships for 2016.

As with all adventure racing, Expedition Africa will be a multi-discipline endurance event taking teams over some of the harshest and most remote terrain the area has to offer.

With disciplines including mountain biking, trekking, kayaking, rope work and orienteering, teams are expected to navigate using a map and landmarks and operate in all weather conditions, through day and night- they have to decide if, when and where they should rest.

And it's not just about strength, fitness and endurance - teamwork and team dynamics are of utmost importance. Teams are required to complete the entire expedition distance together, helping and assisting each other and always staying within hearing and visual distance of each other, so a detailed understanding of their own and each of their teammates capabilities is essential. The details of the course are, of course, kept under wraps right up until the 'eleventh hour', so that no team has any advantage over another, but the Kinetic duo have at least given us a rough idea of what can be expected. Mountain biking +- 250 km, Trekking +- 150 km and Kayaking +- 100 km.

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<p><b>Sedgefield</b> R2 700 000</p> <p><b>FAMILY HOME WITH FANTASTIC FEATURES</b> Beds 5 Bathrooms 4 Garages 1 WEB 372809 Style, space and comfort....that's what is on offer at this 425m² house. Brand new on the market. Cynthia 078 131 7725 / Mairi 082 852 4567</p>	<p><b>Groenvallei</b> R1 795 000</p> <p><b>THIS ONE IS A WINNER ....</b> Beds 3 Bathrooms 3 Garages 2 WEB 329826 Set on a double plot, this is a very neat, low maintenance clinker home with sparkling pool Cynthia 078 131 7725 / Mairi 082 852 4567</p>
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Call us today for a private viewing! Seeff Sedgefield 044 343 1151

## Local Power Couple Win Regatta



**Diane Parker (one of our local physios) and her husband, Anthony Parker are not only known for their incredible dedication to hard work but also their sailing prowess. The proof is in the GP14 Rosebowl National Champion Winners trophies that they brought home.**

The regatta took place at the George Lakes Yacht Club, specifically Island Lake, from 31 December to 2 January. Well Done Parkers! Or should we call you Sailors? What a great way to start 2016!



## SHOWVILLE TO BE SCREENED (at long last!)

The official date of the long-awaited first episode of **Showville (1 of 26)** has at last been announced as **Saturday 6 February 2016 at 19:30 on SABC2.**

"Showville" - an exciting new TV talent contest based on the concept of going into South

African towns and finding - and developing - wonderful, quirky, interesting talent - visited Sedgefield last year. Here the crew spent three days auditioning acts, interviewing locals and finally, putting a show



together in the Municipal Hall. Though their search was for 'quirky' acts the producers insist that it still is all about finding talent in small towns. "We're not in it to mock talent, our show is feel-good!" their website states, "We find four fabulous acts in each town through an open audition process, whom our professional coaches mentor over a day or two. We go into our finalists' lives, learning about their small-town stories and their dreams. We follow our finalists as they polish their acts for the grand finale - a phenomenal stage show where the whole town comes to vote. The winner in each town walks away with R10 000!"

It is still to be confirmed when the Sedgefield edition of 'Showville' will be aired.

Knysna Literary Festival

17-20

MARCH 2016

Let your imagination take flight

### SAVE THE DATE

Join us for the 7th annual Knysna Literary Festival  
**17 - 20 March 2016**



Bookings open 1st February 2016 at Pam Golding Properties 5 Gray Street, Knysna Tel: 044 382 5574



Knysna Literary Festival @KnysnaLitFest www.knysnaliteraryfestival.co.za

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## More Celebrity Chick Adventures

by Sheila Cooper-Collins

A couple of weeks before Christmas I was very worried as I had only seen one of the young owls the whole day.

They were always near each other. I searched all my trees knowing how well camouflaged they can be and so easily overlooked. But the other owl was nowhere to be seen. It was only later that I received an email with a photographic attachment of a very wet, unhappy and wretched looking owl wrapped in a towel with the news that it had been rescued from a swimming pool not far from my home and once recovered, had been returned to the 'hanging tree' where it had been born two and a half months before. Perhaps he had gone after a frog, or he was trying to be a fish eagle but we will never know. I searched the big gum tree but could not spot him. The next morning to my joy, sitting snuggled together the little siblings were back together, surrounded by the pink hibiscus flowers that are entwined in their favourite tree. I'm sure I heard the one say as he bowed his head, "Scratch me here". After a few minutes of nibbling his sibling's head, I heard, "OK, now my

turn", and the roles were exchanged. The joy of being reunited was obvious and they spent the rest of the day very close to each other. They had several favourite roosts in three or four trees and on a few branches close to the ground. Most mornings beneath their boudoir, the evening's meal of little birdy-looking bones bundled up in grey fur could be found. These owl versions of 'chicken wraps' were fascinating, revealing what had been on the menu the night before. I was taken back to my archaeological days digging for bones, as I scratched and excavated the treasures out of the mass of rat fur. Among the limb bones and ribs, some pellets had as many as three of four mice and rat skulls, but also evidence of beetles, a variety of other insects, cockroaches, centipedes, scorpions, and even crab remains. I was astounded at the size of some of the skulls and limbs that the young owls had regurgitated. How big are their throats, and how much flesh had they digested? I wondered how long a large meal like that would sustain them. I became only too aware how

## GEARING UP FOR GREEN

### GREEN IS NOT A COLOUR

That's the title of a new South African book about the environment and what we humans are doing to it. In many ways, it's frightening, but as I read it, I was reminded time and again how lucky we are to live in Sedgefield – a community with huge green potential. In a few days time, those of us who live in Sedgefield will be tempted to heave sighs of relief as holidaymakers start to go home. As you sigh, think about the reason that we get so many visitors. I know few communities that are able to offer the quality of life that we enjoy. Just think of it as the best evidence that we who live here have made a really good choice. I've had an invasion of grandchildren and they have just loved being able to splash safely in the lagoon and at the river-mouth on the in-coming tide.

You've probably shared my surprise at the number of visitors who have been here this Christmas. I've heard the view expressed that thanks to the collapse of the Rand, lots of people have chosen to take holidays here in South Africa. Try to remember that the money the visitors spend while they're here is a real boost to the businesses that



By Mike Young

make up Sedgefield's economy. Have you had moments of irritation when the supermarket shelves have no stock of your favourite vegetables? (See the attached picture) I hope I can persuade you to think about the people who have to cope with the effects of the invasion. They really do their best, but often they have to rely on distributors who are trying to satisfy increased demand all along the Garden Route. Whilst I think FaceBook is a wonderful tool of 21st century technology, I've been saddened to see how people seem to have used it to complain about service without trying to talk about the problem directly to the service provider. If they had, they might have been surprised by a positive response. At least one shopkeeper posted details of his troubles before anyone complained.

Why do I say that we are a green community? Well, being green means that you work hard at having a low impact on the environment. Think before you use your car. Look to buy locally produced foodstuffs – and any other goods for that matter. Try to use less "stuff" every day, because "stuff" often travels halfway around the world to get here. That way, what we leave our children and grandchildren will be better for them. And as a bonus, you'll be making life in our green community better for everyone.

vital it is not to use rat poison nor even toxic sprays on our gardens for weeds and bugs. In the evenings they often scoured my lawn and flowerbeds for insects and lizards. I caught a large rat in a trap the other day and placed it on the grass beneath the parents as a buffet. They looked down in disdain and in the end I was forced to bury it, chiding the owls about, "waste not, want not; and just think of all the starving 'whatevers' in ...; and not to look a gift rat in the mouth; and that they can't just be free loaders, they have to pay their rent!!"

They continued to look down on me with disdain.

A couple of years ago I set a trap in the garage for the rats. Next day I was shocked to see, not a thin rat tail but the golden tail feathers of my little robin splayed in the trap! It had followed me into the garage and taken the cheese. This was my trusting little friend. My tame little robin who every year raised a clutch or two of baby robins in a basket in my bathroom. I wept and felt sick for weeks and even now find it hard to mention. In my effort to avoid using rat poison to save the owls that were

around on the island then, I had killed my little friend.

The summer days have been extremely hot and humid. In the evenings I turn on the sprinkler and they move closer – not to take a shower but close enough to benefit from the cool spray, and are often on the lawn and in the flower beds finding owl-type snacks. In the late afternoons the parents hoot occasionally – a double 'hoo-hoooo' from Papa and a slight third hoot from the Mama 'hooo hooo hoooo'. Then at dusk they all fly off to dine out and I have been told they have been seen at various spots around the island at night.

Early in the mornings I hear the two teens calling to locate each other - a breathy rasp "ghhhh" like that which a cat makes when startled – or a quick curtain pull on a track. (This wheezing Peter Steyn describes as "a cross between a severe dose of nasal catarrh and a muted cement mixer"! Their warning call is similar, only more urgent and threatening and they also click their beaks when they feel threatened making a sound like castanets. Only when they are fully mature will they too be able to hoot.

By now the youngster's ear tufts are starting to grow. The one teen-owllet has one longish tuft and one short one, while the younger sibling's two tiny tufts have started to appear.



Their leggings are no longer fat, white, fluffy leg-warmers like the ballet dancers wear, but more like long woollen hiking socks.

All too soon my exceptional residents will be taking a long journey of anything up to several hundred miles away to establish their own territories and families and I shall miss them. I have become used to looking for them first thing in the morning and last thing at night, and when I return home the first thing I do is to find my big bright yellow-eyed friends, usually all four within sight of each other Mama and Papa sitting starchy and silent in the tall tree and their offspring in one or other of their favourite branches, not far apart sleeping or preening. All that I will be left with will be the white splatters under their sleeping spot and the daily woolly grey bone bundles.

sibling and no reply.

I berate myself for becoming so emotionally attached to these birds – as I have done previously with the Guinea fowl trying to raise a brood of 13 or sixteen and losing every one, for I end up hurting for their loss. But how can I not feel utterly privileged that they chose to share my garden where they felt safe and at peace, and how can I not become involved in their lives as I watch them grow and interact every day outside my windows?

### A few Spotted Eagle Owl Facts.

In Greek mythology the owl is the sacred bird of Athena the ancient Greek goddess of wisdom and the night.

The adults mate for life. The Spotted Eagle Owl are known to use the same nesting site year after year. They live for about 12 years in the wild and up to 20 years in captivity.

Lay usually two eggs but up to six have been recorded. Incubation is 32 - 34 days. They fly at about 7 weeks and leave the nest five weeks later.

They eat a large variety of insects, lizards, frogs, mice, rats and birds. They have acute hearing and can catch prey purely by following the sound it makes.

Food is passed directly to their stomachs and 6-12 hours after eating, a pellet of indigestible bones and fur and feathers is compacted into a pellet and is regurgitated and disgorged.

They have binocular vision, which is made up for by their ability to twist their necks around 270 degrees.

At four months they are fully independent and depending on food supply they move a couple of dozen or hundreds of miles away from their place of birth to establish their own territory.



## UP FOR ADOPTION

Knysna Animal Welfare Society has a cattery full of gorgeous cats and kittens, and a wonderful selection of dogs of all shapes and sizes, all ready to move into your home and into your heart. You can see the full selection on [www.knysnaaws.com](http://www.knysnaaws.com) or visit the kennels at 1 Marlin Street, Hunters Home, Knysna to select your new furry friend.

### Dogs:

Emma (below) is a loving, 3 year old female Jack Russell cross. She is playful and affectionate and absolutely ready for her forever home.

Bandit (top left) is a 6 month old unique breed male. He cant wait for someone to give him the opportunity to experience a loving forever home. He is full of energy & fun!

Beeno (bottom left) is a 1 year old unique breed male and super excited to find a loving home.

### Cats:

Coco (top right) is a beautiful grey & white mature female cat, 1½ years old. She is patiently waiting for the right person to come along and fall in love with her!

Franke (below) is a handsome 2 month old, black & white male kitten, wanting to share lots of love in his new home.

Muffin (bottom right) is a gorgeous 2 month old, grey & white female kitten, eagerly awaiting her chance to experience a happy & loving forever home.



# CHIPPING THE DOG

I have heard of pet 'chipping' – and, I confess, always thought it a little extreme, – putting an identification chip into a pet – but then over the season I got to experience how it works first hand – and now I must say I'm a believer!

Here's the story. Driving back from a day trip to Cape Town on the night of Sunday 3 January we saw something moving to and fro on the N2 just outside Riversonderend. It was a dark night, and catching glimpses of white as cars rushed past this thing, at first we thought it was a shopping packet or large piece of paper. It was only as we got closer that we realised, to our horror, that it was a small dog – rushing about in total confusion and edging closer and closer to death with each vehicle that swerved past it along the busy highway. Bringing the car to a halt on the side I got out and called the dog off the road and fortunately it came to me. He was a very small Jack Russell – quite old and exceptionally smelly! He had a collar but no name tag, and it looked like someone had tied him up because there was still a bit of rope knotted round his collar.

The stench on his coat was exceptionally bad – and he was dry but filthy. Obviously he had swum through or rolled about in some pretty noxious and slimy substances, but we couldn't bear the thought of leaving him there, and there was no way we would be able to find his home at that time of night.

So... We drove back to Sedgefield with him on the back seat... And all windows open!

Once washed, dried and fed – he turned out to be a rather nice looking dog, and very



affectionate too. That was when we realised he must have come from a loving home. We presumed he had run off – perhaps scared by fireworks on New Year's eve – and then got tied up somewhere by someone else.

We named him Bolt because he had been sprinting up the N2 at a speed Hussein would have been proud of, and more or less understood that we had a new member of our family because there was no way we would ever find his owners.

But in the back of our minds we knew – such an affectionate dog would definitely have someone out there really missing him. And then I remembered the whole 'chip' thing. A quick call to Chris The Dogfather and he popped round and 'scanned' Bolt, who, incidentally, had adopted my wife as his new mother and followed her around EVERYWHERE.

It wasn't long before we got a message from Chris – Bolt DID have an identification chip and it turned out that his proper name was 'Brakkies' (vir ons Engelsmanne!) He belonged to Mr and Mrs Holsthausen and Chris also sent their phone number. I called and a very surprised Mrs H told me that they had rehomed 'Brakkies' with a friend sometime back when they had moved house to Die Strand. "But my husband will come and fetch him," she said.

When he arrived two days later we were ready to quiz him about how and why the dog had ended up running around the N2 etc, but when Bolt/Brakkies saw him he sprang into the big man's arms with such fervour we instantly knew – this was one happy reunion (the man himself was close to tears!)

So – we lost Bolt, and Mr and Mrs Holsthausen regained Brakkies – all because somewhere back along the line the 'H' family had had the little fellow chipped.

The Dogfather may be contacted on 084 467 5555.



**THE EDGE**

Proudly lining Sedgefield's birdcages since last century.

# SEdge WATER DONATION STATIONS

by Cindy O'Donovan

Low rainfall in parts of South Africa has caused severe drought and water scarcity. Five out of the nine provinces have been declared disaster areas.

Donation stations have been set up across South Africa and you can donate water by either buying bottled water or by filling up empty bottles you have. Because Sedgefield does not have a donation station I have agreed to take water to the Sasol Garage in George that has been identified as one of the donation stations. I will be coming to Sedgefield with a bakkie once/twice a week to collect larger donations otherwise I take this through daily. The water is picked up at the donation stations by volunteers who pay for their own petrol and labour to do this. Each distribution point has a volunteer responsible for distributing water fairly.

You can label the water you donate as DW = Drinking water (This is for human consumption) And TW = Tap, Rain or tank water (This is for livestock or sanitary purposes).

We really need all hands on deck and every drop helps. Every empty bottle filled up can help. The drop off points in Sedgefield are the Shell Garage and Absa Bank please help us to help our farmers. It is these farmers that ensure we have fresh vegetables, meat, milk, cheese and fruit.



A Sasol staff member assists in the stacking of water donations from Sedgefield.

A huge thanks to all Sedgefielders that have already donated and please keep those bottles coming. I can't thank you enough. To Oasis for donating 10 x 5 litre bottled water a big thank you to you.

To Mike Young who has committed 8 x 25 litre drums of water a big thank you to you too. And to all that have committed to bringing bottles in please don't forget to do this. Every drop counts!

# Village People - Ken Muir

by Ginny Viner

I always remember Ken's name by thinking 'Ken the Pen 'stationers, get it? Ken is so much more than 'the sales man behind the counter' He is a cheerful word on a miserable day, always a smile of welcome, helpful and knowledgeable and ready to offer advice.

Ken is now the man to go to if you want to join SAARP, as a service to his customers he now keeps the application forms available. His shop is a meeting place where you will often find an interesting conversation going on which you're welcome to join, if you have the time!

1) Where were you born, and where did you grow up?

I was born in Germiston in 1953. I was schooled there, but am still growing up.

2) What is the most interesting place you have ever visited? And what made it interesting for you?

What was then known as 'New Kingsmead', a soccer stadium in Durban. I was a young footballer away on his first trip with the seniors, who were due to play Durban City. I did not play, nor did I warm the bench, but what an experience.

3) If you knew this was to be your last meal, what would you order?

Carrot Cake (from Paul at Café Vienna) ... the best.

4) If I were a cartoon character I think I would be... Goofy....because... I

always see life through goofy eyes ... LG... Life is Good.

5) Do you have a 'Bucket List' and if so what's on the 'top'?

Only one; A three month visit to Old Trafford... the home of Manchester United. I came to know this team and have supported it, since the Munich air disaster in 1957. All donations must be no less than R200 please (hehehehe)

6) Please complete this sentence. Not many people know that I ...

am a qualified corporate banker. I have been twice married and have three beautiful children (Wendy, Craig and Ashleigh).

7) Do you like to dance? If so is it Hip hop or waltzes that get you on the floor?

To dance is to live! Debs, my partner, gets me on the dance floor.

8) Are you a Handy-Man? Nope.

9) How do you relax?

Dancing and nice long walks on the beach.

10) What constitutes a 'real treat' for you?

A whole weekend away at Plettenberg Bay where I can dance at the Beacon Isle Hotel ... what a lovely dance floor they have!!

11) Who inspires you?

No one really. I am a highly positive person, so my inspiration really comes from within.



12) Does music play an important role in your life, if so what are your preferences?

Music is the soul of life ... truly enjoy all, other than Hip Hop and rap. Music that allows for Latin dancing is great to listen to, to watch and to participate in (the Tango... wow).

13) Do you have a favourite author and/or actor/actress?

I don't read much. I really enjoy Steven Segal.

14) Do you enjoy sports? If so, are you a player or a spectator?

My preference is team sports. Football is my passion. I played the game at high level and only stopped when I was 35.

15) Please complete this sentence; I think Sedgefield ... should be annexed from South Africa and turned into a republic (hehehehe).



## FAMSA FAMILY FOUNDATION TRAINING Knysna & Plettenberg Bay

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Time is running out - Register today!  
Knysna 044 382 5129  
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# CLASSI-ADS

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**NB. Classified adverts for the next issue need to be in by Monday 8th February 2016. Faxed or emailed classics will not be placed without proof of payment**

### 1. To Rent

**3 bed house, carport + garage, laundry.** R8000pm. Houseproud tenant. 044 343 1727

### 3. Accommodation Holiday

**Bird Cottage on the Island.** Quality accommodation. Low rates. Spacious, DSTV, w/machine. Also stop over option in Guinea Room Suite. 044 3431261 www.birdcottage.co.za

### 4. Announcements

**ALCOHOLICS ANONYMOUS** Meeting @ St Anthony's Church Hall, Cnr Flamingo & Sysie - Fridays @ 7:30pm Info 083 928 5126/0834584444

**Appetising array of international cuisine available @ Mosaic Village, N2 Sedgfield, every Sat, 8am-2pm.**

**ART CLASSES for all ages in the garden @ Forest Lodge sketching & crafting.** Katrina 063 863 0157

**Courses/Workshops - learn furniture paint/distress techniques.** Give your special pieces of furniture a makeover. Call Rick 083 764 2555 www.thunderwood.co.za

**DAMP CLOTHING? Tumble drier no good?** Phone Hands on Electrical on 083 297 1929

**RE/MAX**  
**RENTALS**  
(Next to ABSA)

Lovely 3 bedroom home on the Island to rent. Pan handle to the lagoon, fenced and pet friendly. R7000.00 per month on a 6 month lease.

2 bedroom home in Groenvallei to rent. Fully fenced and secure. R5800 per month. One year lease.

I have furnished homes available to rent for short term.

**Sam**  
044 343 1905  
079 771 0996  
sam@remaxlakes.co.za  
www.remaxlakes.co.za

**Lift required from Sedgfield to Oviston for elderly woman & small dog,** that is a good traveller and obedient. In the New Year or end January. Oviston lies next to Venterstad and near Colesberg over the Gariep Dam. A quiet road. Please contact 073 966 9323

**NEEDED BY FRESH START SEDGFIELD :** used children's clothes, shoes and toys. Items will be traded in the Smutsville Recycle Swap Shop by the children who collect recyclable material. Joy on 083-5556804 or drop in box at Dr Standers.

**RARE OPPORTUNITY! Michael Roads coming to Sedgfield.** 3 Day Seminar 16-18 April. Registration cut-off 1 Feb 2016. Contact arianeghislain@gmail.com www.michaelroads.com https://m.facebook.com

**WANTED : Sedgfield Hospice Shoppe need your second hand goods.** Have a clean out and help others with your unwanted items! Please drop off or give them a call 044 343 1722

### 5. Boats & Accessories

**Sedgfield Boat & Canoe Hire** 082 824 9524 / 076 393 5835

### 6. Building & Related Services

**Architectural Draughting Services.** Phone Tracy 082 695 3119/044 343 1421

**Craftsman Homes - Quality building** in Brick & Timber 044 343 1601/082812 1820

**CXTIPPERS & DIGGERS - Quality products & service** at your doorstep. Tel 044 382 1645

**DRAUGHTING house plans,** fences & pools. Bill 083 654 8879

**Tools, Tiling, Paint, Varnish, Electrical, Plumbing, Hardware.** Sedg H/Ware 343 1960.

### 7. Businesses

**PASTEL SALES, setup and training.** Contact C A Mather Accounting. 044 343 2202 or 083 779 7934

### 9. Clothing

**SOOZI'S Baby & Kidz** (Birth to ±8 years old) Hand crafted and other popular labels. Also, Swimsuits, Ragdolls, Wooden Toys & much more! Spar Centre Ph (044) 3431813/082 771 0694

### 10. Computers

**Computer Help & Support -** Martin - 082 576 5038

**Tortoise Car Hire**

082 874 6245  
044 343 2991

**Based in Sedgfield**  
Deliver between Mosselbay and Pieter

### 11. Crafts & Home Industry

**As a newcomer to Sedgfield, I would like to take this opportunity of thanking you** for your wonderful support in purchasing my Christmas Cakes during the month of December. Kind regards and wishing you a wonderful 2016. Cindy Bruce.

**Chill out with friends & family every Sat : 8am-2pm @ Mosaic Village,** best coffee, a vast range of international foods. Arts Crafts, something for everyone!

### 12. Education & Tuition

**Die Plaasskooltjie just outside Sedg.** Children 4 months to 6 years. Enjoy farm atmosphere with animals and big outdoor area. Lifts available to and from. 083 556 5103.

**Piglets Pen Pre-School.** Please call 076 737 3490

### 13. Electrical

**Faulty Microwave?** Phone Hands on Electrical for free quote. Call 083 297 1929

**HEUNIS Plumbing & Electrical.** All Maintenance & Construction Qualified in both trades COC Certificates. Call 082 972 3911

**Is your stove working properly & safe?** If not call Hands on Electrical - 083 297 1929

### 14. Employment Offered

**Montage Village looking for permanent gardener with exp of lawnmowers & weed eaters.** References. Call Supervisor 072 450 9994

**Top Class Qualified Security Guard Grade "C" required** Must be reliable, responsible and able to start immediately. Drop off CV with Nadia @ Pick n Pay Sedgfield.

**Vacancy for work experienced lady between 30 and 50.** To work in rental division. Training will be provided. CV's to knysna@seeff.com

### 15. Employment Wanted

**Domestic work wanted has experience.** Grace 078 879 5316

**Gardener & Painter, experience** Joseph 073 528 8895

**Lincy hard-working domestic** Refs. Please call 078 494 3118.

**Domestic** Agnes - 083 509 2303 Refs Agnes - 084 801 5253 Alinafe - 062 264 5739 Eda - 073 913 1727 Frolence - 083 774 0992 Refs Ganizani - 073 284 0224 Gertrude - 073 569 0959 Driver Grace - 078 879 5316 Maria - 084 297 9505 Nancy - 073 453 0603 Princess - 081 079 5862 Refs Rose - 073 569 0959 Shop Sylvia - 061 296 8416

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email: cathy@camather.co.za  
address: 20 Plum Tree Trading Post, 52 Main Road, Sedgfield

Sylvia - 083 529 0303 Shop Tamala - 083 553 8190 Thandiswa - 073 079 5862 Thandi - 063 308 4256

**Gardening** Christopher - 063 248 9415 Jack - 061 196 5124 Houseman Joseph - 073 528 8895 Painter Karim - 083 774 0992 Refs Mlw Joseph - 073 869 7852 Farming

**Painting** Christopher - 063 248 9415 Jack - 061 196 5124 Houseman

**Shoe Repairs** William - 073 983 8109 Leather

### 17. Food & Wine

**A large variety of food from all around the globe,** Asian, British, German, Italian - plus a great selection of home industry, arts & crafts. Fun for the whole family @ Mosaic Village. Open every Sat 8-2pm.

### 18. For Sale

**Galvanized sliding gate 4m x 1,8m high, including wheels and brackets.** R3800onco. Tel 081 315 8256

**Leather 3 seater couch** R3500. Exercise walker. R350. Assorted tools. 044 343 3152 / 083565 7465

**3 Wheeler Mobility Scooter,** good condition. R12,000onco. Deon 082 781 2062

### 19. Home & Garden

**AQUAMAN Pool care Service & Maintenance.** Free Advice. Call 044 343 3237 / 083 631 0154

**Compost, Pot soil, Seeds, Fertilizers, Irrigation, Tools @ Sedgfield Hardware.**

**GARDEN CLEAN-UPS,** Pruning and Garden refuse removal in Knysna & Sedgfield. Hennie Barnard 082 876 0693.

**"GRASS HOPPER" - Grass cutting & Garden removals.** Call Gavin 079 020 7730

### GREEN GARDENS

Full Garden Service. Pruning. Garden Refuse Removal. Garden Upgrade? Now is the time. Luke 072 022 5977

**LAWN AND AUTO - Sedgfield** Spares and sales. Repairs to L/Mowers, Trimmers, C/Saws, Pumps, Generators, Con/Mixers, Grinder, Drills. Also: welding, light engineering. Quality workmanship guaranteed. Card facilities now avail. Phone 044 343 2406.

**LIVING LANDSCAPES** Creative & innovative garden designs to suit your needs. 15 years experience. Personal service. Patricia 076 324 8960 / Luke 072 022 5977

**MRS MIN Cleaning Team,** would like to wish you all a Happy New Year, your support has been greatly appreciated. Nothing too tough for us to clean. Tammy 044 343 1020 / 072 314 8584

### 20. Health & Beauty

**Adult Incontinence Nappies** available at Soozie's Baby & Kidz PicknPay Centre 044 343 1813 / 082 771 0694

**Aloe Ferox Products** whole range in stock @ factory prices. The Aloe Lady : 044 343 2214 @ Wild Oats Market on Saturdays.

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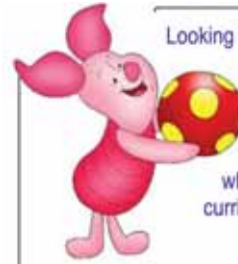
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Farce by Paul Slade Smith. If the script is anything to go by it stands to be another hilarious show.  
Always on the search for new and fresh talent Producer / Director Melanie Baumeister and the team will  
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Notice to Creditors in Deceased Estate

Estate Late: GILLIAN MARGARET BURGESS  
Identity Number: 4908230133183, Estate Number: 017940/2015  
Last Address: 19 Marigold Street, Sedgefield, 6573  
Date of death: 9 November 2015  
All persons having claims against the abovementioned Estate are required  
to lodge their claims with the undersigned within 32 days from the date of  
the publication of this advertisement.

**JORDAAN VAN WYK ATTORNEYS Inc**  
65 Main Road, Sedgefield, 6573. Tel: 044 343 2126  
Executor: Anton Jordaan

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# The EDGE on Health

## MAGICAL MAGNESIUM

by Christa Davel

Well, many of us had this coming – after weeks of indulgence, we most likely find our bodies sluggish, slightly larger than last year, and in need of serious health goals. Personally I am an excellent goal-setter, but rather susceptible to boredom-induced goal fatigue, so Shortcuts R Us. A quick 'detox' google search tells me that Epsom salts is an easy remedy for a good number of ailments, including gently ridding my body of some of the poisons I so recklessly ingested over the festive season.

Epsom salt is not actually a salt, but a pure mineral compound of magnesium and sulphate. Its name is derived from the Epsom spring in Surrey, England, where magnesium sulphate occurs naturally in the water. It can be taken orally or topically, and is readily absorbed by the body. While firmly in favour of 'easy' and 'quick', I asked our clever health consultant, Hayley Wood, for comment, just to be sure.

### Is it true that Epsom salt helps with detox? If yes, how?

Absolutely, yes. The main reason for this is that you're supplying your body with much-needed magnesium. Magnesium is needed by over 350 enzymes in the body. They can't work without it! And any time that you're pumping up your enzyme activity, you're helping with detoxing.

### Epsom salt is said to relieve stress and fatigue. Is this true and why?

Again, yes, absolutely! Stress and magnesium go hand-in-hand. Stress decreases magnesium levels in the body, and we need magnesium to cope with stress, so it is a bit of a vicious cycle. We're not just talking about mental stress, but about the stress of uncontrolled blood sugar levels, of breathing in pollution, of artificial light, the stress of exercise, of consuming alcohol, the list goes on. And to add to all this, it has been said that our food has less magnesium

in it now!

So let me repeat – our bodies are taking in less magnesium, but are also using more of it. In addition, low magnesium levels increase our reaction to stress. Without proper magnesium levels, our blood sugar is more poorly regulated, our happy hormones are affected, and we react more strongly to loud noises. Were you the only one in the room who jumped when that door slammed? That's a hint that your body may be needing a little TLC where magnesium is concerned.

It is also said to help with pain and muscle cramps, constipation, inflammation, and it is even beneficial for the cardiovascular system. What are your thoughts on this?

Dr Mildred Seelig (magnesium researcher) has called magnesium 'the silent guardian of our hearts and arteries'. Now that the cholesterol-myth has largely been busted, and knowing that inflammation is the new guy on the block, this is where magnesium comes in. It has powerful anti-inflammatory effects in the body! A decade-long study led by Andrea Rosanoff, PhD, found that low magnesium levels contributed more to heart disease than did cholesterol or saturated fat. She states that, "common risk factors for cardiovascular disease such as high LDL cholesterol, low HDL cholesterol, high blood sugar, and metabolic syndrome are all associated with low nutritional magnesium status or low magnesium dietary intakes." With regards to muscle cramps, magnesium can do a wonderful job of relaxing the tension as it signals the muscles to relax (as opposed to calcium which signals contraction). And when taken orally, magnesium can also be effective for softening the stool to relieve constipation. For pain relief, it is not an overnight method of reducing pain, but many patients with fibromyalgia and migraines have found incredible relief with long-term supplementation of magnesium.

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VISION IN PERSPECTIVE

### What is the best way to take or apply it?

Please note that Epsom Salt should be used with caution. I don't advise taking it orally, unless as an occasional laxative or short-term detox remedy. This is because it can cause terrible diarrhoea, dehydration and kidney problems when used incorrectly. The magnesium in Epsom salt is generally absorbed well (and more safely) through the skin. Therefore, Epsom salt baths and foot soaks can be magic. Just add a few tablespoons to your bath or a few teaspoons to a foot soak. Dark green leafy vegetables, beans, lentils and dark chocolate are good food sources of magnesium, and magnesium citrate and glycinate are better options if you're looking to supplement.

### Is Epsom salt contra-indicated for anyone?

Yes, definitely. Those with kidney problems, intestinal blockages or a slow heart rate should use magnesium with caution or avoid it altogether. Also, those on blood pressure medication, antibiotics and other pharmaceuticals should in particular consult their doctor before supplementing magnesium, as many of these may compete with magnesium for absorption, or even alter their mechanism of action. It is important to note that diabetics

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	8				7			
	7	2		5	3			
5								
2		5	7		4			
9		4	8					
		3						
8	1		9		5		9	
4	9			6				
		1			2	6		

1. Each Samurai Sudoku puzzle consists of 5 overlapping "classic" 9x9 Sudoku sub-puzzles.

				9		6		
		2	8	4				
	3				8			
	4	5				7		
7			4	1		5	3	
				9				
						2		
						5		
							6	

**SAMURAI**

		1		7	8		4		6	3					5		
								1		5		7			6		
			2	9	3	1	9			2		5					
4	2		5	9													
6																	
	1		6														
8			9			6											
7	4	8			7	1	3										
					7												

2. Each 9x9 sub-puzzle must be solved according to the rules of Sudoku.

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## TED's Cryptic Brain Cruncher

**Across**

1. Quip about a clever imperfection. (9)  
6. A call-back for the part was bad news for the mouse. (4)  
10. When the headless seal ate the seabird the result was more than long lasting. (7)  
11. Take the appliance to a street, Elizabeth Regina. (7)  
12. One relic trying erratic explosives! (14)  
14. The blog I created contained some reasonable sense. (5)  
15. Adult man I arranged to come from the Indian province. (5,4)  
17. Said, we heard, to have logs inside whilst he slept. (9)  
19. Moth the alien got to listen to eight. (5)  
21. Not the right way to go unless you want to be abandoned. (4,2,3,5)  
24. Gladys's train of thought at midnight may take her there. (7)  
25. I get two opposing points from the dodgy story to set up. (7)  
26. The sort of bag a toddler is noted to carry. (4)  
27. Ridden on those dark scary nights! (9)

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27

trying to cross over the game. (8,6)  
4. Scary gorilla at the zoo – perhaps swimming in the next enclosure? (9)  
5. Bowler's pet becomes the target. (5)  
7. Bret's in a Greek wine bottle after losing his head. (7)  
8. Continue to find pet inside, up a tree, strangely. (10)  
9. Did The Kinks really hang out at the Station at dusk to witness this? (8,6)

13. Shall arrange the fight outside, with a torch. (10)  
16. Demanding new order that isn't so infuriating. (9)  
18. In the lead but certainly not for back biting. (7)  
20. Cot turned over on the lion – a well composed movement. (7)  
22. How to perfect the art of following tracks. (5)  
23. Stick around, student, you may find a way to the answer. (4)

**Down**

1. A new turnabout on the right of a little singer. (4)  
2. Appearing to observe a vase. (7)  
3. Correct dingbat mistakenly

**Across:** 1. Misconduct 6. Asti 9. Nerve 10. Curtained 12. Sunset Boulevard 13. Recital 15. Tragic 17. Primer 19. Hideout 21. Scottish Terrier 23. Last Ditch 24. Order 25. Soya 26. Bottleneck  
**Down:** 1. Ministry 2. Siren 3. Overestimated 4. Decibel 5. Corrupt 7. San Marino 8. Iodine 11. Alexander Pope 14. Curiously 16. Star Trek 18. Risotto 19. Hatchet 20. Psalms 22. Indie

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Holy Communion Service.  
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Hercules Keyser 044 850 1009

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9.00am - Holy Communion  
David Hardnick 078 860 2825

**Deo Gloria**  
Paradise Lake 09h30 Afrikaans.  
KINDERKERK.  
Aand dienste : 18h00 English.  
Woensdagaande : 19h00 LERING  
Navrae: Past Danie & Karin de Bruyn  
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**Elohim Gemeente**  
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Kerkkantoor: 044 - 343 1165

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11.00vm @ The Old Chapel  
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Kerkkantoor Tel: (044) 343 2033

**NG Kerk die Vleie**  
Kerkstraat, Hoekwil, Tel: 044 850 1610  
Sondag Eredienste:  
Oktober - Maart 09:00  
April - September 09:30  
Spesiale Kinderdienste:  
Eerste en laaste Sondae van die  
kwartaal. Almal welkom!

**Pinkster Protestante Kerk**  
Pentecostal Church  
Masedonië Gemeente Smutsville  
Sondae: 9 - 10vm Sondag Skool;  
10 - 12nm Ere Diens  
Herderspaar Pastoor Joseph en  
Sust Oosthuizen 073 668 0995

**Sedgefield Christian Church**  
Sunday @ 9.30am  
Friday Youth Meeting 6.00-7.30pm  
Pastor Noel & Susan v d Merwe  
044 343 1279  
Pastor David & Leonie Christie  
Praise, Worship & Youth, 072 292 3020

**Sedgefield Seventh-day Adventist Church**  
Saturday mornings:  
9:15 Song Service and Bible Study,  
11am Divine Service in  
Sedgefield Municipal Boardroom.  
Between Post Office and Town Hall  
Ph 081 270 7212

**St Anthony's Church**  
Mass 8am Sundays  
Cnr Sysie / Flamingo Streets  
044 382 1391

**St Francis United Church**  
Communion Service 8.00am  
Family Service & Sunday School  
9.30am  
Communion Service 9.30am -  
(4th Sunday of month)  
Cnr Swallow Drive / Pelican Lane  
044 343 1702

**Suid-Kaap Christen Familie**  
Laerskool Sedgefield Primary School  
Sunday: 11am, Wednesday: 7pm  
Pastor: Leon & Elmarie Terblanche  
081 271 1551. admin@skcf.co.za  
Assist Pastor: André & Soné Roussouw  
072 341 7099

**Truth Centre Church**  
Sedgefield Town Hall  
Sunday 9.30am  
General Overseers:  
Dr Levaal and Ps Alicia Davis  
084 804 6558 or 078 992 4723

**Wilderness Christian Fellowship**  
Sunday Service & Children's Church  
9.30am.  
Evening service  
(last Sunday of month) 6.00pm  
Wilderness Hotel (Old Karos Hotel)  
George Road, Wilderness  
Pastors: Chris & Trudie Smit  
044 877 0307 or 084 240 5414

## Entertainment & Leisure

### Southern Cape Old Car Club

Southern Cape Old Car Club is proud to announce that Oakhurst Insurance Company Limited has come on board as the main sponsor for the 20th George Old Car Show to be held 13 and 14 February 2016.

"We are absolutely delighted at partnering with the Southern Cape Old Car Club and very proud to be the main sponsor of the George Old Car Show 2016," said Peter Grindlay, managing director of Oakhurst Insurance. "Coming on board for the 20th anniversary of this phenomenal event is a real privilege."

"Given the nature of our business, our interest in motor vehicles, and, as the only insurance company with its head office in George, it was a natural progression to become involved in this particular highlight of the George calendar. We look forward to a great turnout, and a really outstanding event."

According to Mike Alexander,

SCOCC coordinator of the event, the biggest on the George annual calendar, is on schedule. "Everything is on course and the 20th show promises to be even bigger and better thanks to our new sponsor."

More than 90 stall owners have already registered to take part at the 20th show. "We already have 25 food stalls, 35 flea market stalls and 30 car-related stalls," said Krige Bolton, coordinator. "They are mostly the same stall holders as last year, when they were more than satisfied with the record number of visitors which exceeded 10 000."

More than 200 vehicles have already registered for display during this year's show. Philip Rosser, who is in charge of registration, urged chairpersons of clubs countrywide to make haste and register. More than 500 entries are expected.

So far the owners of 23 veteran vehicles, all manufactured without front wheel brakes, have

### SLOWFEST COMBINED MASS EASTER CHOIR

Do you remember the choir that sang at the Slow Festival Closing Ceremony last year? Well, we're doing it again and we'd love you to be part of it! Do you want to meet new people? Do you enjoy singing? Then come! Don't miss out on the fun! No prior experience is needed.

The first choir practice will be at the NG Kerk on Monday 1st February, 2016 at 6pm (18.00hr)



### HOSPICE Knysna - Sedgefield

Hospice would like to thank everyone who donated Cakes, Books and Plants for our sale in December it was a great success. We still have a few plants to sell so if you need any Bromeliads or Plectranthus for your garden, please call into the shop. The two raffles were drawn and congratulations go to Barbara Koen who won the lovely Christmas cake, to Baby Odendaal who won the doll and our own Joy Phillips who won the hamper. We would also like to say a big thank you to everyone for their fantastic support over the holiday season. We received many generous donations which in turn ensured that the shop was full of exciting items for our visitors and locals alike.

**THE HOSPICE SHOP** Main Rd, Sedgefield Ph 044 343 1722  
Monday & Friday 10am-12.45pm; 2pm - 4pm •  
Tuesday - Thursday : 10am - 12.45pm Saturday : 9.30am-12.30pm



Karen Rotherham presenting Joy Phillips with the hamper she won.

If you have just moved to Sedgefield and would like to get to know people why not become a volunteer? There are many aspects of Hospice; you could become involved with working in the shop, with fund raising or helping out with the day care patients. Hospice would like to wish you all a very Happy, Healthy 2016, and hope to see you soon.

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registered to take part in the Veteran Tour which will this year travel from Albertinia to George on 12 February.

According to Philip Kuschke, Vettour coordinator, participants in this ever popular scenic drive will come from as far and wide as Harrismith, Pongola and Durban in KwaZulu-Natal, Johannesburg, Port Elizabeth and Cape Town. "Cars of particular interest include a 1913 Benz, 1911 EMF and 1916 Maxwell," said Kuschke.

At least 4500 to 5000 miniature models will be on display. "Between 25 and 30 collectors will display their private collections," said Ignatius Anker, who coordinates this large exhibit. Miniatures will also be on sale.

The show annually draws hundreds of exhibitors showing off their veteran and classic cars (manufactured prior to 1975), as well as veteran farming equipment and static engines. Also on show will be hot rods and new vehicles and a wide variety of classic and new motorcycles. "As part of the 20th anniversary of the show we are planning to include highlights from the past two decades," said Alexander.

This year classic vehicles manufactured in the USA will enjoy pride of place in the Ring of Fame on the main arena. "In future cars manufactured in different countries will be displayed here," he said.

According to Alexander special care is being taken to offer a coordinated drive-by in the arena. "It will be presented in such a way that visitors will be able to admire the vehicles from where they are seated."

Another highlight will be the auction of veteran and classic cars by House of Classic and Sports Cars, Knysna.

Visitors will be able to take part in various fun competitions organised by the main sponsor. A music festival by local artists will be presented during Sunday lunch hour.

The Rotary SAB beer garden, which was greatly expanded last year, will once again provide shaded seating for at least 400 people, said the Rotary's Di Kershaw.

As usual the George Old Motor Show will take place on the school grounds of PW Botha College in York Street, George.

Contact:  
General enquiries: Chris van Staden - 082 491 5254

Registration of car entries:  
Philip Rosser - 082 410 5490  
Vettour: Phillip Kuschke - 082 856 5152

Miniature models: Ignatius Anker - 082 442 9875  
Stalls: Krige Bolton - 082 475 7855

The House of Classic and Sports Cars: 044 382 1000, 082 566 7897 of info@hocasc.co.za  
Southern Cape Old Car Club: http://www.scooc.co.za/

### TIDE TABLE 13 January - 27 January 2016

		Next Full Moon: 24 January 2016	
		● Full Moon	● New Moon
Wed 13	Low 12:05 Sunrise 05:30	Sunset 19:43	Hi 06:10 18:21 Moonrise 08:58 Moonset 22:04
Thur 14	Low 00:20 12:49 Sunrise 05:31	Sunset 19:43	Hi 06:52 19:03 Moonrise 10:03 Moonset 22:44
Fri 15	Low 00:59 13:38 Sunrise 05:32	Sunset 19:42	Hi 07:38 19:48 Moonrise 11:08 Moonset 23:23
Sat 16	Low 01:45 14:35 Sunrise 05:33	Sunset 19:42	Hi 08:31 20:43 Moonrise 12:13 Moonset -
Sun 17	Low 02:41 15:49 Sunrise 05:34	Sunset 19:42	Hi 9:38 21:57 Moonrise 13:18 Moonset 00:02
Mon 18	Low 07:26 19:56 Sunrise 06:05	Sunset 19:18	Hi 01:12 13:32 Moonrise 16:11 Moonset 01:57
Tue 19	Low 06:01 19:02 Sunrise 05:36	Sunset 19:41	Hi 12:30 Moonrise 15:25 Moonset 01:28
Wed 20	Low 07:22 20:00 Sunrise 05:37	Sunset 19:41	Hi 01:15 13:36 Moonrise 16:25 Moonset 02:15
Thur 21	Low 08:17 20:46 Sunrise 05:38	Sunset 19:40	Hi 02:14 14:29 Moonrise 17:23 Moonset 03:07
Fri 22	Low 09:01 21:25 Sunrise 05:39	Sunset 19:40	Hi 03:02 15:15 Moonrise 18:16 Moonset 04:02
Sat 23	Low 09:40 21:59 Sunrise 05:40	Sunset 19:40	Hi 03:43 15:56 Moonrise 19:04 Moonset 04:59
Sun 24	Low 10:16 22:31 Sunrise 05:41	Sunset 19:39	Hi 04:20 16:33 Moonrise 19:48 Moonset 05:57
Mon 25	Low 10:48 23:01 Sunrise 05:42	Sunset 19:38	Hi 04:54 17:07 Moonrise 20:27 Moonset 06:55
Tue 26	Low 11:19 23:29 Sunrise 05:43	Sunset 19:38	Hi 05:26 17:37 Moonrise 21:03 Moonset 07:52
Wed 27	Low 11:49 23:57 Sunrise 05:44	Sunset 19:37	Hi 05:56 18:06 Moonrise 21:37 Moonset 08:47

### BOWLS TIDBITS

Hopefully everyone had a peaceful and happy festive season with family and friends.

We are now into 2016 which promises to be an exciting year for our club. The year kicks off with the handicap singles (men's and ladies) followed by the Mixed East of Eden league in January. We have entered strong teams so here's hoping.

The Eden League has been reformatted and Sedgefield has entered 2 ladies (Premier and 1st) and 3 men's (Premier,

1st and 2nd) teams. The leagues are based on a promotion / relegation basis and we are confident that our teams will represent the club well.

On the social front the Club will continue with the 'fun' bowls events as per last year including some exciting new events. We also hope to join in with the Slow Festival again this year. Our members will continue to be the main focus for the club.

Let's make 2016 a big one!! Good news is that James Kitching is up and about and looking good after his stay in hospital. Good to have you back James!! Good bowling!

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# THE SPORTS EDGE

**PLEASE NOTE OUR DEADLINES**  
**NEXT EDGE: Wednesday 27 January 2016 - Issue 480**  
 DEADLINES:- Display: Thursday 22 January 2016  
 CLASSIFIEDS: Monday 25 January 2016 @ 5.00pm  
 Classifieds Ads can be emailed to [account.edge@mweb.co.za](mailto:account.edge@mweb.co.za)  
 or placed @ The Edge, 63 Main Road, Sedgfield

## SEDFIELD TENNIS CLUB - ROUND ROBIN



by Elaine Hannah

"After much consulting of weather forecasts, the undaunted participating members of Sedgfield Tennis Club arrived (in the rain) to sweep water off the courts and commence the highly anticipated Annual 16th Dec Holiday Round Robin Tennis Tournament 2015, albeit slightly late.

With 24 players having been

L-R : Bruce Schulze and Lani Bornman, Runners Up, and Winners, Sue Swain and Hennie Kirstein

seeded and smartly scheduled by the highly competent Tournament Director, Hennie Kirstein, the day ran smoothly, with wonderfully competitive play continuing through to the finals in the afternoon.

The exciting and hard fought final was between the doubles teams of Bruce Schulze/Lani Bornman and Hennie

Kirstein/Sue Swain, with the latter emerging victorious. A fantastic day of tennis culminated in the ever popular Tennis Braai afterwards, where the celebrations continued into the night.

Many thanks to the members and committee of Sedgfield Tennis Club for another memorable year of tennis - we love this game!"

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## Colour Run a Huge Success

The Colour Run held by Misfit Training & Events held over December was a great success.

There were over 130 entries not counting kiddies under 6 who were free. Donations were made to Sedgfield Christian Church and Knysna Animal Welfare.

The sponsors were Cycleworx, Lloyds Maintenance, Remax and Knysna Vet along with over 60 lucky draw prizes donated by various businesses, too many to mention.



## CLOSING 2015 ON A SUNSET HIGH TRAIL RUN



Summer holidays can be summed up by spectacular sunrises and sunsets and full days spent being active outdoors. Without a doubt the inaugural Cloud 9 Sunset Trail Run epitomized the spirit of summer adventure when Tumbleweeds Events hosted this 13km race as part of the end of year sporting calendar.

57 keen runners arrived ahead of time to register and secure their place on the starting line at sunset on Tuesday 29th of December at Sedgfield's famous Steam Whistle Stop. "With Cloud 9 being one of 3 parallel fossilised dunes formed approximately 2

million years ago (one is submerged approx 2km out to sea, the other forms the cliffs along the beach), it's a rather special landmark to our town and without a doubt offers the best views in the Garden Route from up top." said event organiser Amanda Dixon. "We managed to get exclusive permissions to use a myriad of trails running through private properties and there is no doubt that it made for a stunning trail run!"

"Although not a technical trail run as such, the route certainly wasn't an easy one! There were some serious hills and lots of soft sand," said one runner. "But oh so worth

the hard work, what an awesome run!"

The overcast conditions may have cooled the temperatures somewhat but it certainly didn't cool the pace as the runners set off! Wouter Frazenberg came in as 1st male at 55:38, Sinesibho Didishe 2nd male at 55:48 and Eddie Mouton 3rd male at 58:50. Charmaine Lamprecht was 1st lady at 1:10:31, Belinda Tull 2nd lady at 1:13:46 and Suzaan Kruger 3rd lady at 1:20:37.

The top runners walked away with great prizes from Pick n Pay Sedgfield (presenting sponsors) and the lucky ones left with fantastic lucky draw prizes from

Lake Pleasant Living, Ocean Odyssey and Pili Pili.

Edwin Bartie and John Djurak of Pick n Pay were thrilled to be sponsors of the inaugural Cloud 9 Sunset Trail Run and expressed how they were already looking forward to the 2016 event. Sincerest thanks go to all the landowners involved for allowing us traversing permissions, Jo & Louisa Groenewald for hosting the event, to all the Sedgfield Lions for their help in marshalling and NSRI members Warren Page and Jonathan Brittan for help in sweeping the route.

The race was 3km with 3 colour stations and one you passed through twice. The colours this year were red, blue, green and purple using over 150kgs of coloured powder. It was loads of fun!



NOW will you sign my "Dogs Off the Beach" petition?

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## LUKE AWARDED BLACK BELT

Luke Gauché of Myoli Beach, Sedgfield who is a pupil of Glenwood House in George was awarded his graded junior black belt in Goju Ryu karate during December 2015.

Luke, now 15, started karate when he was 5 years old and has been a keen student with the George Goju Ryu club sensei Jannie Le Grange.



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