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Issue 487

www.edgecommunitynews.co.za

TIME FOR THE CLIMB

The highly anticipated 2016 Jaguar Simola Hillclimb is set to roar into action tomorrow (Thursday 5 May) and looks set to temporarily transform the Knysna into a motorsport paradise.

The build-up for SA's premier, must-attend motor racing event commences with documentation and scrutineering for the Classic Car Friday competitors taking place at the Knysna Waterfront, from 09h00 to 13h30. This is a great opportunity for enthusiasts to see the cars for the first time. Thereafter the competitors head for the Town Parade, which starts at 14h45, and is sure to raise the excitement level several notches.

King of the Hill competitors can do their documentation and scrutineering from 15h00 on Thursday, or from 08h00 to 13h30 on Friday, followed by an exhibition of the dazzling line-up of cars in Main Street, Knysna, from 3 to 4 pm.

After a year of preparation, Simola Hill will come alive to the spine-tingling sounds of high performance engines being revved to the limit when practice kicks off at 08h30 for the 60 cars competing in Classic Car Friday. The jam-packed programme of practice and qualifying runs leads to class finals at around 14h25, the Classic Conqueror Top 10 Shootout starting at approximately 14h55, followed by prize-giving.

For the two adrenaline-charged days that make up the King of the Hill challenge, the first of more than 80 cars set off at 09h00 each day. The Class Finals are scheduled to begin at 15h00 on Sunday 8 May, followed by the exciting new SuperCar



Des Gutzeit, last year's 'King Of The Hill' in his 1400 hp Nissan GTR

Shootout, and the nail-biting King of the Hill Top 10 final one-lap dash at 15h50. This is followed by prize-giving at 16h25 and a fun-filled street party in the pits from 5 pm.

The organisers have put a huge amount of effort into this event to make it as spectator-friendly as possible, including providing a convenient shuttle service that runs between the Knysna Waterfront and the main entrances throughout the weekend – at a cost of just R10 per person each way.

Two drop-off points are available – either at the main entrance near the pit complex, or at the bridge above Turn 3 that provides access to Gasoline Alley and the

spectator areas. Public parking is available adjacent to the Gasoline Alley entrance, with access best suited to 4x4s and vehicles with high ground clearance.

Superb spectator points are provided throughout the 1.9 km Hillclimb course, beginning with the area opposite the pit complex and the start line where all the tyre-smoking, rip-roaring action begins. Visitors with Pit Access Tickets will be able to get up close and personal with their motorsport heroes and their iconic cars, making for an even more memorable weekend.

One of the most spectacular and popular places to watch the

Jaguar Simola Hillclimb is at Turn 3, either seeing the cars hit their maximum speed towards the end of the long uphill straight, or just after the turn as they accelerate towards the fast Turn 4.

The snaking sequence of Turns 5, 6 and 7 are also a firm favourite as the drivers aim for the tightest line in the final sprint to the finish.

Food and beverage vendors, as well as mobile toilet facilities, are located at the main spectator areas, while Gasoline Alley provides a hive of activities, stalls and attractions to enthrall the entire family.

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TWO NEW CANDIDATES FOR SEDGEFIELD WARDS

The Democratic Alliance has announced their candidates for the Knysna Municipal Elections due to take place in August, and Sedgefield's two current well known ward councillors have been replaced with Levael Davis (Ward 1) and Cathy Weideman (Ward 2).




Levael is a people developer, training consultant and keynote speaker by profession. He has nine years experience in management and twelve in training and facilitation. Seven of those years were dedicated to local and provincial government leadership training, coaching and development. He has also been in radio broadcasting for eight (8) years and has published two books. He looks forward to making a big difference should he win his ward.

Cathy is the current Chairman for the Ward 2 Branch Committee. She was elected to be the Campaign Manager for the National and Provincial Elections and thereafter as the Vice Chair for the Constituency. "I am absolutely thrilled to have been elected to represent the DA in Ward 2. Louise Hart and I have been working together for many years now and I am so grateful for a Councillor who trusted me and supported me. I have deep shoes to fill," she says.

"I realise that I only have one set of hands, and really do need the support of the Sedgefield community to help make a difference in all our lives," he says, "Join me as we move from talking to action."

Whilst we were unable to reach current Ward 1 Councillor Irene Grootboom, Ward 2's Louise Hart congratulated the new candidates, adding that she will certainly be available to support them where needed.

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Notes from T'Ed's Head

I'm not normally one to complain about modern technology. I quite like the idea that we have amazing things such as tablets that we don't have to swallow, smart phones that can make us feel like idiots and social media which makes us... well... anti-social.

And isn't it great that if members of your band have the right bandwidth they can upload a gig's worth of downloadable gig videos..... eish.

But.... if there is one thing I am going to complain about, whilst we're on the ever confusing topic of technology, it's photographs, pictures, snapshots..... whatever you want to call them.

Not the nice, happily posed ones we see framed on people's walls, or magnetted on to fridge-fronts, or fondly under foil in family albums. No - I'm talking about pictures people post on Social Media.

Thanks to modern technology it seems that ANYONE can now take a picture.... and share it with EVERYONE ELSE... in the UNIVERSE.

Honestly, is it just me or does there seem to be an open season on what pictures people are prepared to 'share' (as if it's a kindness) with the outside world? And ANYONE can do it. Whether it be "Eish! Check this pile of dirty dishes my kids left in the kitchen last night" or "Oh what a day! Look at this pic of little Johnny having just thrown



up his butter-nut breakfast AGAIN!" or even "Grrrrrrr look what someone's dog did on my lawn last night!"

Shouldn't there be some sort of licensing requirement for what pictures you 'share'? (Come to think of it, is it sharing? Share a pie - you eat less. Share a seat - you have less space. Share a car - you only get it back when the kids have driven it dry or the radio has stopped working.... But 'sharing a picture'.....?)

People are required to undergo vigorous background checks before they are licensed to shoot a firearm, I think it should be the same for 'shooting' a photo! At least then you can say "Hey lady, I hope you have a license for that thing you are pointing at me!"

Because let's face it, it's no longer safe out there!

Really.

"Please 'Like' and 'Share' this snapshot I took of that T'Ed fellow when we saw him coming out the petrol station shop at three in the morning. Yes, (LOL) those ARE pyjama bottoms WITH CROCS, and if you're wondering about that face, (well, the mouth really), that is INDEED an ENTIRE Cornish pasty. Oh, BTW, FYI the stuff running down his chin, and neck... and shirt... is some sort of gravy, not blood (ROTFL). Do you think the eyes are crossed because he had to dislocate his jaw to fit that thing in?"

I was once told that there's no such thing as bad publicity, but I beg to differ. Such pictures may be acceptable for the run-of-the-mill earthlings, but when one is on the brink of stardom, awaiting (according to one's agent) only the formality of The Official Letter of Confirmation regarding one's selection for a leading role in the soon to be filmed movie version of 'Bay Watch', then one really has to do

as much as possible to keep one's nose clean (not to mention one's chin, neck and shirtfront). Apparently these casting agencies have been known to check social media, just to see if one is indeed the upstanding citizen one has claimed to be.

Now I know that I may sound like an old whiner (and let's have a bit less of the 'old' thanks, whilst we're at it), but there was a time when our image integrity was protected by a series of processes. I will even go as far as referring to that time as 'The Good Old Days of Photography' (GODOP).

For example :- Using a camera was a 'thing' and people knew you were doing it.. It really wasn't something you would (or could) just quickly embark on because you'd noticed Great Aunt Agnes had fallen asleep with the cute kitten on her ample bosom licking the biscuit crumbs out of her beard.

No - in the The Good Old Days of Photography there would have been at least a twelve minute pause whilst Cousin Roger (who had done so well at the stock market) went to his car to fetch his camera bag, then unpacked his Nikon F2 Photomic 35mm SLR, painstakingly screwed on his Helios 44M-44 58mm1:2 lens, loaded a spool of film, checked his settings, used his light meter, then said 'smile' to those who hadn't fallen asleep... or gone home... in the meantime.

See what I'm getting at? No embarrassing surprise shots there....

And if all this activity wasn't enough warning that a picture was about to be taken, it normally turned out that because most camera owners had spent a year or two's salary on their equipment, they would feel it necessary to describe their actions in detail:

"Ok I've got my Nikon F2 Photomic 35mm SLR ready, and I have decided to opt for using the Helios 44M-44 58mm1:2 lens on an f8 aperture with 1/250second exposure. The spool of ISO 1000 film (Kodak of course) is loaded, and as soon as I have tested the light (would someone close that curtain please?) I want you all to

stand dead still, look natural, and say 'cheese', please".

This gave Great Aunt Agnes ample time to push said kitten off her lap, have a quick shave and even re-apply the bit of lipstick the ungrateful feline had licked off.

Do you agree? May I go on with my rant? Why, thank you!

Using a camera was also EXPENSIVE in the GODOP. Buying the film and developing it was a costly affair, so one would think twice about arbitrarily snatching 27 still shots and a short movie of the local editor innocently dozing off face first in a pint of beer after an exhausting day at a local festival. And even if the pictures were taken, 'sharing' them with the entire universe would cost a fortune in postage stamps.

Sigh. But it ain't like that anymore, is it?

Hang on. I haven't finished.

The best thing about the Good Old Days of Photography was that 'Selfies' were nigh on impossible. We all know what a 'selfie' is, don't we? It is the ultimate in photographic boringness (see - I even invented a new word to describe it!) "Me on the deck with my morning coffee", "Me crunching my muesli Breakfast", "Me in my car waiting at the traffic light", "Me and Little Johnny after he threw up".....).

Well, camera's of years gone by had a built-in thing to prevent you doing such a ridiculous thing as taking a 'selfie'. It was a very clever thing called 'being overweight'. Not you - the camera.

If you tried holding a Nikon F2 Photomic 35mm SLR (with Helios lens and exterior flash attached) at outstretched arm's (or would that be focal?) length whilst perfecting the perfect Selfie Pout, you'd soon realise that your next picture would have to be

"Me at the gym, working on increasing my arm muscle development by about....7000%

I'd be mad if I didn't!"

'COP' TO INITIATE CCTV FOR SEDGE



COP's Mike Hofhuis and SNW's Juanita van der Westhuizen.

At the Business Boerewors Bash held 28 April at La Piazza in Sedgfield, Mike Hofhuis, head of Community Orientated Policing announced plans to install security cameras in the village, particularly at various crime 'Hot Spots'.

Using the latest IP Networking technology, the cameras will transmit to a central database at a Joint Operations Centre within the CBD where activity will be monitored by volunteers and the information recorded in case it should be needed for legal purposes later on. SAPS members, key security providers and the COP Management would also be able to access the camera footage remotely via cell phone.

Hofhuis said that the final planning stages of the project are almost complete, and partnerships with key role players would be finalised within the next week or so. He pointed out that whilst there is at least one major partner from the business sector set to be involved, this was a community initiative which would rely on funding from individuals and businesses, and would be set up in such a way that the community would always retain ownership of the cameras and other equipment.

"That way residents of a cul-de-sac could invest in a camera to monitor their own street," he suggested.

The aim is to eventually have up to 16 cameras around the village, but COP's initial push will be for six to be installed at hot spots identified by the police. Hofhuis was eager to point out that the cameras would certainly not be invasive, but purely record street activity and not anything on privately owned property. The first camera has already been installed by Eyeland Neighborhood Watch - the exact location will not be publicised for obvious reasons.

At the same Boerewors Bash, R2400 was raised for funding of COP and Sedgfield Neighborhood Watch, and Chairperson Juanita van der Westhuizen has offered grateful thanks to all who attended for this sterling effort.

Thanks were also given to Suiderkruis Security - the main sponsor of the event as well as Pick n Pay, Lizzy's Hair Salon, Sedgfield Pharmacy, Sedgfield Hardware, CK Car Wash, Blue Bottle Liquor Store, Just a Wish, Mr Pressure Rentals, Shell, Slow Town Liquor, and Zani's Cut & Curl.

We would like to encourage more locals to join the Neighbourhood Watch, in whatever capacity they can," said van der Westhuizen, "Be it street monitoring, foot patrolling or vehicle patrolling."

All interested parties may contact her on 072 170 2704.

Anyone wishing to sponsor a camera point may contact Mike Hofhuis on 074 506 7242

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HOUSEHOLD THEFT SPIKES AGAIN



The members of 'COP' (Community Orientated Policing) have advised Sedgefield residents, particularly those in the Sedgehill and Meedingside areas, that a significant increase in burglaries has been reported in the last week, as well as a handful of attempted and actual burglaries on The Island.

Heading up the COP unit Mike Hofhuis, who is also known as Sedgefield Sheriff, spoke out on local social media regarding this

sudden upsurge, saying that it was mostly holiday homes that had been hit, but that homes without alarms or even unactivated alarms were also being targeted.

He once again urged residents to notify their security companies and/or COP of any activity they deem suspicious in their neighbourhoods.

He added that posting such information on social media does not help those who wish to respond immediately, which they need to do if they are to be

effective in combating crime.

"The current situation is extremely concerning and from information received from the community, we are of the opinion that a lot of the current crime is being committed by recently released parolees".

"Furthermore, all Sedgefield safety and security partners are working closely to assist SAPS with any information to bring the culprits to book".

We are confident the SAPS detectives will make arrests soon.



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SUPPORTING THOSE WHO KEEP US SAFE



Sedgefield Neighbourhood Watch members work hand in hand with Sector Manager Sonja Stander of SAPS and her team.

Sedgefield Pick n Play management realises how important it is for a community to feel safe, and so are committed to supporting the efforts of locals working towards a safer village.

The Sedgefield Neighbourhood Watch and C.O.P. (Community Orientated Policing) play a very big part in the security of the village, with its co-ordinators and members often being the 'eyes and ears' of SAPS. This, combined with regular volunteer patrols, strategically placed CCTV cameras and an excellent communications and database system, makes them a real asset to the town. These efforts are much appreciated by the SAPS team members, with whom they have developed a great working relationship.

The Sedgefield Neighbourhood Watch mother body consists of members from Groenvlei Meedingside Neighbourhood Watch, Eyeland Neighbourhood Watch, Smutsville Neighbourhood Watch and C.O.P

The members' duties include active foot and vehicle patrols (both day and night) as well as street monitoring, where unusual activity on the roads is taken note of and fed back to a central control.

If anyone would like to join this initiative, they should please contact Juanita van der Westhuizen on 072 170 2704.



WE HAVE THE ORGANISATION METHODS AND EQUIPMENT TO DETER CRIMINALS FROM OPERATING IN OUR AREAS



Working together With you in mind...

Countdown to Expedition Africa

The 6th Expedition Africa adventure race will take place on the Garden Route from 13 to 22 May, 2016.

Based at Pine Lake Marina outside Sedgefield in the Knysna municipal area, this exciting event will see international teams of four athletes (and a limited number of pairs) racing from checkpoint to checkpoint over a rugged, 500 km course while navigating only with maps and compasses.

Race disciplines will include mountain biking, trekking, kayaking, canyoneering, orienteering, and rope work - all of which have massive international followings.

All teams will be fitted with live tracking GPS devices, and the live tracking page of the 2015 edition of the race - which took place in Swaziland - attracted 200,000 views from more than 10,000 viewers, who spent an average of 9 minutes per view on the site.

Live tracking of Expedition Africa 2016 will display at www.kineticgear.org/gps-tracking when the race gets under way.

Expedition Africa 2016 forms part of the Adventure Racing World Series - www.arworldseries.com - with races in Belize in February, Ecuador in March, Chile in April, South Africa in May, the USA in June, and Ireland and France in August. The world championships will take place in November at a venue to be announced.

Having run annually since 2011, Expedition Africa has developed a following around the world both amongst adventure racing fans, and amongst the general public. This, and the video and social media coverage that Expedition Africa generates, has made it an ideal showcase for South Africa as an outdoor destination.

Athletes from at least 18 different countries will take part: Argentina, Australia, Brazil, Chile, France, Germany, Holland, India, Ireland, Italy, Kuwait, New Zealand, South Africa, Spain, Sweden, Switzerland, United Kingdom, USA.

A number of local athletes will be racing:

- Andrew Robinson (Knysna);

Neill Ungerer, Yolande de Villiers, Marthinus Esmeyer (Garden Route) - in TEAM HEADOVERHILLS

- James Stewart, Woitec Orzechowski (Plett); Jeannette Wylie, Jeff Willcocks (Knysna) - in TEAM PENNYPINCHERS AR

- Graham Bird (Knysna) - in TEAM MERRELL ADVENTUREADDICTS

- Meyer van Rooyen, Johan Janse van Vuuren (Plett) - in TEAM SOEKNOGNAAM

- Sanet Viljoen, Phillo Beukes (Knysna) - in TEAM LICKETY SPLIT

- Drew Scott, Petrus Maree, Andrew Damp (Plett), Kate Southey (Knysna) in TEAM PLETT ADVENTURE RACING

- Johan Olivier, Martin Fraser-Smith, Albert Wasserman (Knysna) - in TEAM PSYCHOSIS

- Nikki Smit (Knysna) - in TEAM LUNAR CHICKS

- John Collins, Mark Collins, Darren Berry (Knysna) - in TEAM FEATHERBED

- Hanno Smit, Sarah Hearn (Knysna) - in TEAM MERRELL MENTORS.

Information supplied by Expedition Africa

Breathing through the Moves

Many of you may be familiar with our contributing reporter, Melanie Baumeister. But you may not know that she is a highly qualified Pilates Instructor and runs her own studio The Posture Clinic.

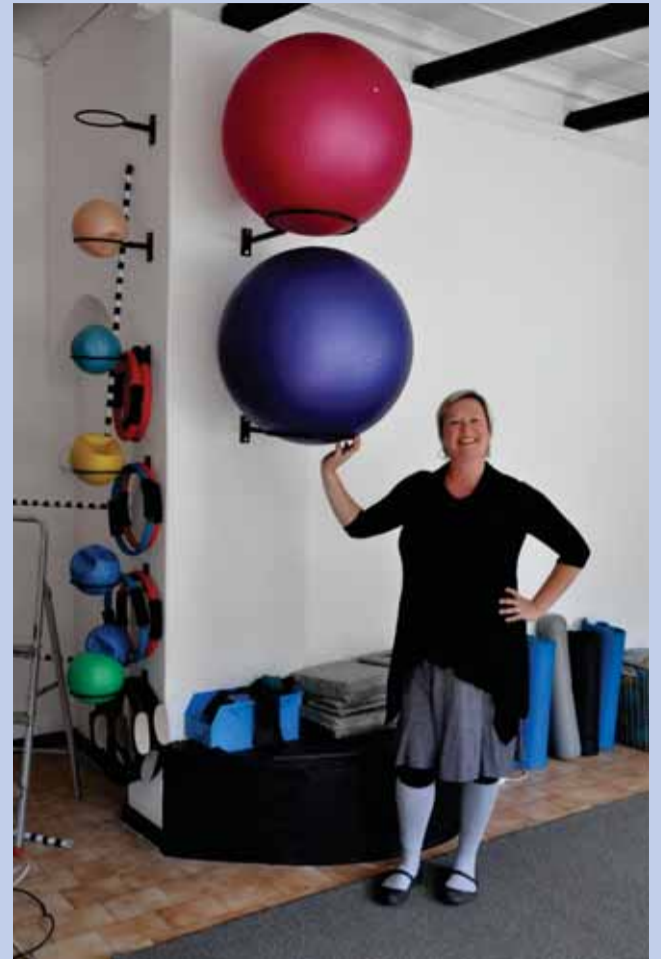
Melanie has been running classes and individual sessions for the last four and a half years, small groups of people that have found the benefits of Pilates immeasurable.

Lacking the discipline to exercise independently, they subject themselves to the steady drone of this local instructress's dulcet tones.

Melanie has had to expand her business due to the popularity of her technique which she calls, 'The Baumeister Approach'.

With her experience in choreography and contemporary movement at Stellenbosch University, a STOTT Pilates 'Matwork' and Rehabilitation certification. Almost a decade's worth of radiography and working as a chiropractic assistant at a busy practice in the Western Cape. The healing aspects of physiotherapy and Pilates are a match made in heaven. The Posture Clinic made its home with Di Parker and grew, and grew and grew from there.

This little Posture Clinic grew too much and needed its own space and so 'Studio 42' was born. Situated at number 6A at



Forest Lodge, next to the 'Little Coffee Shoppe', by appointment only, is where you'll find Pilates in Sedgefield.

Pilates is the core business of this studio, but we have so much more planned. As of this month, Jonny Elliot will be holding his Saturday morning class there.

We're also offering Yoga with

Vanessa Henning once a week, on a Thursday morning. That's just the beginning! Watch this space!

For more details on Pilates classes please contact Melanie on 084 567 9809 or better yet, since she's mostly unable to have a decent phone conversation - drop her a line: melaniebaumeister@gmail.com

Responsible Pet Ownership

Owning a pet comes with many responsibilities, so before adding a dog or cat to the family, there are many questions that need to be asked and answered.



dog and R1920 for a cat, also per annum. A once-off sterilisation operation will be in the region of R1200 for a male dog; R850 for a male cat; R2000 for a female dog and R1000 for a female cat. (Prices are approximate)

KAWS adoption fee of R450 for a cat and R600 for a dog covers up-to-date vaccinations, deworming, initial flea and tick control, and sterilisation. If the animal is too young to be sterilised when

adopted, KAWS will contact the adopter when the dog or cat is five or six months old to make an appointment to carry out the procedure at the KAWS clinic. So, although this may not be 'free to a good home', it certainly is a bargain.

Sadly, many 'free to a good home' dogs and cats are the result of irresponsible pet ownership - the unplanned and unwanted offspring of an unsterilized pet. The reality is that there will never be enough homes for all the abused, stray, surrendered and abandoned animals, many of which do land up at animal shelters. KAWS as well as the community at large is already burdened with such animals.

Members of the public who are considering adding a pet to their families are urged to make KAWS their first port of call. There are dogs and cats of all shapes, sizes, ages and 'pedigrees' to suit every taste. Although there are regular adoptions at KAWS, some of the dogs and cats have been there for over a year, patiently waiting for someone to offer them a forever home.

All the animals up for adoption can be seen on the KAWS website www.kaysnaaws.com or at the kennels in Marlin Street, Hunters Home. Phone 044 384 1603.

A pet is not a toy, but rather a living, feeling being with wants and needs, and as much as a person may be tempted to take up the offer of a 'free' dog or cat from a post on social media or in the classified section of a newspaper, the cost implications that will accompany the freebie cannot be ignored.

One of the most important questions to ask is 'Can I afford to be a pet owner?'

There's a lot of truth in the saying 'There's no such thing as a free lunch', and the same applies to the 'free to a good home' pet. The purchase price of a pure-bred dog or cat can be very high, so getting a pet for free will have as much appeal as any other 'gift'. However, the benefits of the freebie stop right there. Knysna Animal Welfare Society (KAWS) has frequently been on the receiving end of scathing comments on social media for their stringent vetting of potential adopters and for charging an adoption fee. Statements such as 'I find it insulting to have my home inspected and having to pay for a pet when I am offering a loving home to an unwanted dog or cat', have been bandied about. KAWS is responsible for the safety and physical and mental health of each animal that comes in to the shelter, whether as a stray or surrendered by his or her owners, and every possible measure is taken to ensure that a new home will be a happy, forever home. This responsibility cannot be taken lightly, and with the

emphasis on 'welfare', all measures taken are for the benefit of the animal in question. Sadly, the love of animals is not enough to sustain the needs of a pet. The lifespan of a dog or cat can be as long as fifteen to twenty years, and sound financial planning is essential to ensure the on-going well-being of a pet.

Any responsible pet owner will annually vaccinate, routinely deworm and apply flea and tick control, and, very importantly, sterilise their dog or cat before the age at which he or she can start to reproduce. And just as a family budgets for putting food on the table, so must a pet owner ensure that there is enough money to put good quality food in Rover's bowl. There's also the expense of other essential items such as food and water bowls, collars, leashes, tags, microchipping, beds, litter trays, toys, treats and training.

Conservatively, not allowing for medical emergencies, a typical medium-size dog's basic upkeep will be in the region of R4000 a year, and a cat's, R3500. This figure is derived from the cost of an annual vaccination - R340; deworming every six months - a total of R75 for a dog and R32 for a cat per annum; flea and tick control - an average of R100 per month which amounts to R1200 per annum; medium-priced supermarket food - R2400 for a

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The Pick n Pay Knysna Oyster Festival is Back!

Oyster enthusiasts, fitness fanatics and lovers of the good life, are you ready for this fun-filled lifestyle festival?

The 33rd annual Pick n Pay Knysna Oyster Festival takes place from 1 to 10 July 2016 and with more than 100 activities spread over ten days there will be no shortage of fun.

As part of the festival, the Pick n Pay Weekend Argus Rotary Knysna Cycle Tour and the Pick n Pay Cape Times Knysna Forest Marathon will be taking place and entries are officially open! These highly acclaimed races offer sport lovers some of South Africa's most spectacular natural scenery.

This year we also bring you the all new Momentum Health OatWell DualX, powered by PeptoPro which will form part of the Pick n Pay Knysna Oyster Festival as well as the BIG5



Watch this space for the
Masked Ball
to be held on
15th July
In aid of TLC
(The Living Cornerstone Alzheimer Home)
Contact Gilda 084 544 1203 for more details

SPORT CHALLENGE. The DualX events will challenge athletes across all levels of fitness, skill experience and ages through a number of events taking place throughout the Festival.

The rest of the programme includes many sporting and lifestyle events from swimming, bowls, and hiking to food and wine-tastings, live music, a special children's programme and of course, lots and lots of oysters! Being one of South Africa's most popular festivals with huge appeal for sports lovers, families and those in search of a great party, this year's event is not to be missed!

Visitors can look forward to the

festivals classic events, such as the ever-popular road and mountain bike races, the Knysna Wine Festival and Night Market, mid-week signature events such as the Pick n Pay Knysna Oyster Festival Flavours of Knysna presented by Tabasco, the Pick n Pay Knysna Oyster Festival Chuckle (where comedy takes centre stage) and the Local Design and Food Market.

And then of course there's the

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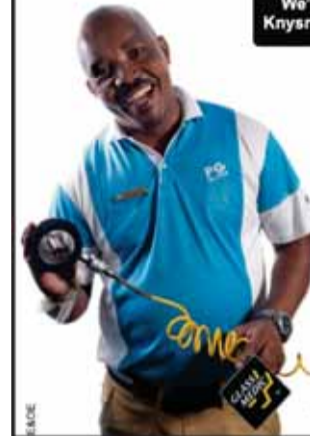
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 Tel: 044 533 2300
 Brendin van der Merwe
 081 401 9084



Pick n Pay Womens Walk, Teen for Tots triathlon, the Featherbed Co Trail Run and much, much more to keep the whole family entertained at this wonderful event. Get in on the action and don't

miss out this year!

For the full programme and details about all events, as well as registration and ticket costs visit www.pnpoysterfestival.co.za.

FRESH FIJNBOSCH

Advertorial

New owners of Fijnbosch Coffee Shop, Kate and Mike Wood, are ready to welcome customers old and new to the popular cafe.

Originally from Cape Town, the Woods spent the last 12 years in Ballito in KZN, where they were very active in community life, including life-saving, road running, surf ski paddling - They are both gold medal winners in Masters Lifesaving championships!

The couple hope that Fijnbosch will not only be a reflection of who they are...local, lively and maybe just a touch offbeat?...but also a place to meet friends, chat to strangers, read the latest issue of the Edge, or a magazine, and savour "pavement cafe lifestyle" in a slow town....oh yes, and dogs' drinks are on the house!

"We live the "slow town pledge"...our food is made fresh (patience please!) using the best locally sourced ingredients" says Kate. "We choose to support our local farmers over large corporations, because we believe this is how we will sustain and flourish our own community. All our ingredients are organic or free range....the difference is in the taste!"

The couple has certainly put down firm roots here. Mike moved down a year ago and purchased Provac Cleaning - a local cleaning company (patrons may be assured that the coffee shop is deep cleaned on a regular basis!!!) A passionate, enthusiastic, fun couple who are up for any challenge and will try anything once, they are looking forward to becoming active members of society in their new



is also part of the newly formed Sedgefield Animal Matters (see article on page 13).

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Stylish 5 bedroom home with views in an exclusive, secure complex on the lagoon.

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Available from 8am to 11h30

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 Muesli, Yoghurt & Fruit Salad
 Bacon • 2 eggs to order • Herbed Tomatoes
 Toast & Preserves
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Bookings required - 044 343 1870

We serve sandwiches, salads and wraps with healthy fillings.
 Our breakfast options include cooked oats with cinnamon, healthy muesli & fruit salad, toast baskets with preserves.
 Lunch times favourites include freshly made soups, homemade beef burgers, freshly made pizza's and pasta special daily.

Coffee.... naturally!

30 Main Road, Sedgefield

Youth Council "Will be Champions of Change - Champions of Hope"

KNYSNA - THE KNYSNA Youth Council was instituted this week in a ceremony that was described as a "joyous and historic" occasion.

The Youth Council representatives for the ten wards in Knysna were announced on 25 April during a session in the Municipal Council Chambers. The hall was filled to capacity with not only the newly elected Youth Council members, but also with interested members of the public - mostly family and parents.

The Speaker of Council, Ms Eleanor Bouw-Spies, facilitated the inauguration and said during her address: "The Youth of South Africa has played an integral part in the transformation of this country.

"The Youth Council is the forum where you can constructively challenge the way youth issues are perceived and handled in this municipality. This is a space where you can lay the foundations for the change you want to see in our society."

Two invited speakers addressed the assembled crowd. Stephen Curry, the Western Cape branch manager for the National Youth Development Agency (NYDA), explained the services that NYDA offers to the youth with a focus on entrepreneurship and job facilitation. The second speaker, Fumanekile Maquyekwe from the Small



Enterprise Development Agency (SEDA), spoke along similar lines and encouraged the youth to utilise the services of both agencies.

Councillor Bouw-Spies encouraged the Youth Council to work with the agencies, saying: "Make the agencies work for you - not only for you as young people, but for the broader community as well."

After the speakers the big moment arrived - the Youth Council and the ward committee members were announced. The assembled crowd cheered when Mr. Zwelethu Dyonto was inducted as the chairperson of the Youth Council.

During his short acceptance speech, the chairperson confirmed the Youth Council's commitment to the five key

areas they will focus on during their term: Enterprise Development, Sport Development, Tourism Development, Social & Community Development, and Skills Development.

During her closing comments, Councillor Bouw-Spies, said: "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

"Members of the Knysna Youth Council, I dare you to be that group of thoughtful, committed citizens. I dare you to change the world."

The inauguration was closed with a vote of thanks by Mr. Dawie Adonis, the Municipal Director for Community Services, before the assembly

adjourned for networking and snacks.

Mr Dyonto said: "We will be champions of change - champions of hope!"

For more information on NYDA visit www.nyda.gov.za and for

Back Row (L-R) Zipho Naki; Mandisa Litoi; Ntombuzuko Siyo; Luzuko Tyokolo; Daphne Jantjies; Mpisekhaya Solani; Ufrashia Hartnick; Speaker Cllr Eleanor Bouw-Spies; Zelrene Luiters; Unathi Boo; Leila Turner; Kaylene Innes & Onke Sibindi. Front row (L-R) Mawande Jeyi; Noluvo Kilimani; Vuvu Ralushe; Cazlin Goldberg (Secretary); Zwelethu Dyonto (Chairperson); Fredwin Agiels (Deputy Chairperson); Ethon Alexander & Jolene Pietersen.

UNPACKING STRESS AND HOW TO BEAT IT

PART II

by Christa Davel

In a previous article, we briefly looked at the havoc too much stress can cause in the body, with yours truly a guinea pig for testing a number of ways to beat, or at least manage this menace. So, after a fortnight I can declare that if at any point you need a fast, simple and easy way to calm down and 'get back into your body', so to speak, employing one of Dr Andrew Weir's breathing techniques will do just that for you. Really, it will. You will probably forget to rhythmically fill your lungs with air when confronted every day by a boss free of emotional filters. The fight/flight response more likely applies, which breaks down the brain cells for memory anyway. So yes, I forgot to mindfully breathe every day. That said, it has proven effective, even if it takes time to re-train the body and enduringly affect rat-in-a-wheel thinking. Also, no one method is a cure-all and I'm an advocate of adventurous enquiry and willingness to bravely self-test. So today, while not a Zen breather, I am pleased to announce that I have proven to myself that one off-the-mainstream-medicine-track stress management tool really works - fast and with seemingly permanent effect. Listening to isochronic tones, binaural beats and Mozart's music have one common effect - they alter a person's brainwaves in a process called brainwave entrainment. An isochronic tone is, according to Wikipedia "...at its simplest level, a tone that is being turned on and off rapidly. It creates sharp, distinctive pulses of sound." A binaural beat, in turn, is an "auditory illusion perceived when two different pure-tone sine waves, both with frequencies lower than 1500 Hz, with less than a 40 Hz difference between them, are presented to a listener dichotically, that is one through each ear." Mozart...well, you know the dude's music. Sceptics will point out the short-term effectiveness of these sounds on the neural impulses, because very soon after the

outer stimuli are removed, the brainwaves return to the former state. However, according to Wikipedia, more than twenty-one independent, peer-reviewed, placebo-controlled studies, conducted between 1979 and 2012, show a range of cognitive-behavioral benefits achieved through the practice of temporarily altering brain waves. And according to me it has benefits - I can attest that repeatedly listening to recordings of especially isochronic tones and binaural beats, preferably with headphones on, not only have a jaw-droppingly instantaneous effect, but over a short period caused me to feel calmer, more peaceful and able to let my guard down most of the time. I can also say that the quality of my sleep has improved, I no longer wake up with depression or anger hangers each morning, and I feel confident that I will be able to bend teaspoons very soon. Like a fellow listener said: "It's like giving my brain a spa!" One word of caution - frequency overload is a possibility, so don't attempt to spend an entire day in a brain-spa. Stop when you feel funny or get a headache. Or listen to the frequency for frequency overload. (Yes, it is a thing!) Of course, any of Mozart's music can be left on repeat forever. I particularly liked Voff Ugla's recordings of pure isochronic tones on YouTube, and if you can get past the tacky photos and pictures, a downloadable wealth of soothing music with binaural beats in the background awaits you. Searching for a combination of isochronic tones and binaural beats also yields rewarding results.

If you are severely depressed though, visit your doctor for assessment and assistance before embarking on a stress-management journey. Sometimes one needs chemical help to get out of the abyss. The other stress management tool I pledged to test is called the Emotional Freedom Technique, or EFT, in short. To quote Dr Joseph Mercola: "EFT is a form of psychological acupressure. Gentle tapping with the fingertips is used to transfer kinetic energy onto specific meridians on your head and chest while you think about your specific problem and voice positive affirmations. This works to clear the "short-circuit"—the



emotional block—from your body's bioenergy system, thus restoring your mind and body's balance, which is essential for optimal wellbeing and the healing of physical disease." The good doctor made a large collection of videos demonstrating this simple and surprisingly easy technique available on his website - just google it. Again I can say that it really works, and I experienced remarkably fast and effective relief from heavy emotions that had clogged my poor, stressed self at the time. Using EFT also made me more aware of my emotions and how to verbalise what I feel. But again I didn't stick with it. Some people claim spectacular results, such as permanent relief from fears and phobias, chronic pain, depression and other debilitating states, and I also liked that it's an easy and safe tool for children to use. However, my suspicion is that unless you are an autodidact with deep insight into your own neuroses and complexes, or a good grasp of the body-mind connection (a field of study still in its nappies), it would be best to visit a trained EFT practitioner for really good results. Even if just to start off with, because this easy, gentle and effective technique can be used anywhere and anytime by anyone. Don't stop listening to music, though, and no need to limit your musical experience to Mozart. Also don't stop taking those long walks on the beach. Very few stress management tools can beat (binaurally or not) regularly soaking up nature and a bit of sunlight, and moving your body faster than 0.3kms an hour. As always - visit your doctor first before embarking on any new treatment, especially if you battle with chronic disease. And regularly eat a piece of dark chocolate. It's good for you!



KNYSNA MUNICIPALITY

BID NO. T 16 / 2016:

UPGRADE OF OUTFALL SEWERS.

Knysna Municipality invites tenders from suitable tenderers for the Upgrade of Outfall Sewers.

The physical address for collection of tender documents is the offices of Aurecon Consultants, Suite 201, Bloemhof Building, 65 York Street, George, Tel: (044) 873-2165, from **WEDNESDAY 04 MAY 2016**. One complete set of tender documents will be supplied on receipt of a deposit of R340.00, which will be non-refundable. Cheques must be made out to Knysna Municipality.

Technical enquiries relating to the tender documents may be addressed to: Piet Erasmus, Tel No. 044 873 2165, email: george@arecongroup.com

A compulsory site briefing meeting will be held on **TUESDAY, 10 MAY 2016** at 10h00 at the Council Committee Room, Corporate Building, Clyde Street, Knysna.

No person/s will be allowed to join the clarification meeting or to submit a bid if such a person/s are more than fifteen (15) minutes late.

The closing time for submission of bids is **12h00 on Wednesday, 18 May 2016**. Bids must be sealed in an envelope clearly marked with the bid number and title given above, and placed in the **bid box at the Supply Chain Management Unit, Finance Building, Queen Street, Knysna**, before the latter time and latest date. Telephonic, facsimile, e-mail and late bids will not be accepted. Bids must remain valid for a period of ninety (90) days after the closing date of the bid.

Bids will be opened on the same day at the Supply Chain Management Section at 12h05. Late or unmarked bids will not be considered.

Bids may only be submitted on the bid documentation that is issued.

Bids will be evaluated according to the **90/10** preference points system. The bids are subject to the Council Supply Chain Management Policy, Preferential Procurement Policy Framework Act 2000 and the Preferential Procurement Regulations 2011.

The Municipality reserves the right to withdraw any invitation to bid and/or re-advertise or to reject any bid or to accept a part of it. The Municipality does not bind itself to accept the lowest bid or to award a contract to the Bidder scoring the highest number of points.

It is estimated that Tenderers should have a CIDB contractor designation of **3CE** or higher.

Further requirements for sealing, addressing, delivery, opening and assessment of bids are stated in the Tender Document.

G.S Easton
Municipal Manager
Clyde Street
KNYSNA
6570

GROUP CUT OFF BY HIGH TIDE

SEARESCUE – Sedgefield

At 19h11 on Wednesday, 27th April, NSRI Wilderness duty crew were activated following a request for assistance from 5 Knysna men, aged between 18 and 53, reported to be cut off by the high tide at Leeukoppie, Swartvlei, near to Sedgefield, on the coastline.



Leeukoppie at low tide.

The sea at high tide (Spring tide) had flooded the beach area between, where the photo accompanying this article was taken, and the "island" known as Leeukoppie.

The five men had gone to Leeukoppie during the Spring low tide, crossing the beach between mainland and the island easily with the low tide, but at high tide the area was cut off by the high tide and trapped them on the island and they were unable to get back to the mainland.

It appears that despite the strong sea currents they had tried to get back to mainland but one man was swept away by the strong currents and sustained cuts and bruises and was recovered by the remaining men.

Their rescue efforts had resulted in all of the men being in the water in their clothing and although safely back on the island they were getting cold and the one man was suffering from the cuts and bruises he had sustained, so they raised the alarm with the 112 emergency sea rescue number and NSRI Wilderness were alerted.

NSRI Wilderness dispatched a sea rescue crew to investigate and the WC Government Health EMS rescue squad and EMS ambulance were activated.

On arrival at the scene the five men were found to be safe on the island but cut off by a high tide

with extremely strong sea currents. A rescue operation at high tide was deemed to be unsafe to attempt until the tide dropped.

If the injuries to the one man had been more severe rescue swimmers would have been sent across to the island. Since the men were safe and relatively calm and able to heed advice called out to them - to try to stay warm until the tide dropped sufficiently, all involved were satisfied to wait for the tide to drop to execute a safe rescue effort.

At around 23h30 the tide dropped sufficiently and NSRI rescue swimmers reached the men and were able to walk them across the channel safely. Once on mainland they were treated for mild hypothermia and the injured man treated by EMS paramedics for the wounds he had sustained to his arms. Following medical treatment on the scene they were released requiring no further assistance.

A local restaurant, La Piazza, provided coffee and pizzas to the rescue crew while they waited for the tide to drop and this was extended to the five men on completion of their safe rescue. La Piazza were thanked for their generous support.

Another Win for Village Antiques!



Congratulations to a proud Peter Schnetler with his well deserved trophy.

Sedgefield's Village Antiques and Collectibles once again have won a trophy for the Best Dressed Shop.

Barely a month after having won the Edge's Get Orange Competition as part of the Sedgefield's Slow Festival, The Village Antiques have done it again by taking on Knysna and winning the best dressed shop in the Pink Lorie Mardi Gras & Arts Festival 2016.

"Having achieved more than 51 Years of property **SUCCESS** makes us the obvious choice"

Seeff

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Cynthia 078 131 7725 / Mairi 082 852 4567

Seeff Sedgefield 044 343 1151

GREAT KNYSNA MOTOR SHOW

The Annual Knysna Motor Show was held on Sunday 1st May 2016. This prestigious motor show has grown tremendously in popularity and this year more than 350 old, classic, vintage and newer model vehicles were on display.

The show was exceptionally well supported and here are a few of the cars spotted by a Sedgefield enthusiast, who thoroughly enjoyed the show and commented on how extremely well organised it was.



Above: Austin Healy 3000 - a very sought after car



Left: D Type Jaguar - a successful racing car before the famous E Type Jaguar.



Above: Ford Thunderbird.



Above: Nash Coupé



Above: Ford GT 40 - the first car to take on Ferrari at Le Mans and won the first 5 places.



Left: 1947 Ford Panelvan

DIARY DATELINE

4th - 18th May 2016

Wednesday 04

8:45am Guided meditation @ The Well, Plumtree Centre
2- 5pm Sedgefield Tennis Club (Social)
6:30-10.00pm Badminton Town Hall.

Thursday 05

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
6:30 for 7pm Woodturner's Guild. For further details call Dave Stephenson 072 119 4397
7:30pm Lions Club of Sedgefield meets at the clubhouse. Debbie 083 306 9998.

Friday 06

8.00am Ladies Golf @ The Links Course
9.00am Line Dancing @ St. Anthony's. 084 549 3967
10- 11:30am Anchusa meet @ St Francis Church hall. Ph 044 343 1099

Saturday 07

7:30am-12 Wild Oats Community Farmers' Market @ Swartvlei
8.00am - 2.00pm Mosaic Market
8.00am - 1.00pm Scarab Craft Market
10am Depression and Anxiety Support Group - 9 Sysie St, Sedge. Lynette 079 156 6735
3pm Astronomical Society. meet at St Anthony's Catholic Church
3-5pm The Calligraphers of the Garden Route meet at Small boat harbour, Leisure Isle. Jenny Birch 044 343 2451

Sunday 08

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

Monday 09

2:30pm Art Society meets at Roman Catholic Church. 044 343 2387
6:30-10.00pm Badminton Town Hall
7.00pm Duplicate Contract Bridge in the Catholic Church Hall. Ph 044 3433141

Tuesday 10

7am Eden Cycling road bikes & MTB's depart Cycle Worx. All welcome.
2:30pm Bowls coaching

Wednesday 11

8:45am Guided meditation @ The Well, Plumtree Centre
2 - 5.00pm Sedgefield Tennis Club (Social)
6:30-10pm Badminton Town Hall.

Thursday 11

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 083 306 9998.

Friday 12

8.00am Ladies Golf @ The Links Course
9.00am Line Dancing @ St. Anthony's. 084 549 3967
10- 11:30am Anchusa meet @ St Francis Church hall. Ph 044 343 1099

Saturday 13

7:30am Sedgefield Striders Club Run.
7:30am-12 Wild Oats Community Farmers' Market @ Swartvlei
8.00am- 1.00pm Scarab Craft Market
8.00am - 2.00pm Mosaic Market

Sunday 14

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

Monday 15

6:30-10.00pm Badminton Town Hall
7.00pm Duplicate Contract Bridge in the Catholic Church Hall. Ph 044 3433141

Tuesday 16

7am Eden Cycling road bikes & MTB's depart Cycle Worx. All welcome
2:30pm Bowls coaching

Wednesday 17

8:45am Guided meditation @ The Well, Plumtree Centre
2.00-5.00pm Sedgefield Tennis Club (Social)

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.

BIBLE TRUTH FOR THIS DAY

At Creation God instituted 2 sacred ordinances: marriage between a man and a woman (Gen 1:27,28; Gen 2:18,24) and the 7th day Sabbath (Gen 2:2,3). Both of these institutions, blessed by God, are under attack today as new civil laws attempt to revoke these ordinances. (Matt 19:3-6; Mark 2:27,28; Ps 119:126.)

081 270 7212

Dear Ed,

As a resident of Sedgefield I am constantly in awe of the incredible number of people who just give and give.

What an awesome community we live in. I won't name all the wonderful organisations, who are doing such amazing work or the locals who are always ready to dig deep into their pockets for a good cause, as they are doing it for the benefit of both people and animals and not for a pat on the back.

But it does need to be said what is achieved in such a small town is mind-blowing. Sedgefield rocks!

Happy to live here. Sedgefield

Thank you



Masithandane would like to thank local Leslie Hoffmann for the beautifully knitted doll provided to raise funds during the Slow Festival. An amazing R400 was raised which goes towards our new Care & Respite Centre currently being built.

AA Meetings
If you want to **DRINK** it's your business!!
If you want to **STOP** it's ours.
Weekly meetings.
For more information contact 083 458 4444



Mothers Day at the Recycle Swop Shop

Children visiting the Recycle Swop Shop recently were able to make special cards to take home for Mother's Day ... and to use their precious moola points to trade for a gift for their special Mum or Grandma. A lot of fun was had creating lots of happiness.

At the moment the SwopShop really needs second hand clothing for children aged 6 to 10 years old - especially for girls. Blankets and fleeces would be good too.

If you have any to spare please call Lida on 083 231 5844 and she will collect or alternatively you can drop them off at Lemon and Lime or Dr Standers rooms.



A Very Necessary Farce!

For the last two years, The Farce Side (the funny offshoot of Sedge Players) has put on a comedy in the 'dark months' of our Sedgefield tourist town.

"The timing is purely on purpose," says director Melanie Baumeister, "We like to bring the up-lifting laughs just as everybody gets a little down about their laundry not drying, the lack of decent strawberries and the price of butter."

This year is no different, with an excellent script from Paul Slade called 'Unnecessary Farce' to challenge the crew, they are now well on the way to final dress rehearsals.

Last Thursday saw the actors performing the almost-ready show for a small 'preview audience', and they were overwhelmed by the positive reaction, especially the continued barrage of laughter.

"If that's anything to go by, we're going to have our hands full on show nights," Baumeister said. The script is a recipe for hilarity. Two rooms with eight doors, two cops, an ever-polite Mayor and Mayoress, an accountant with a conscience, a fearful town hall security guard and an angry Scottish hit man, all thrown into the creative pot.

From the opening scene (when Officer Eric Sheridan somehow seems unable to get dressed and use a telephone at the same time) through line after side splitting line, awkward action scenes with doors flying open and closed to



L- R : Officer Billie Dwyer (Romey Bobek), Officer Eric Sheridan (Cornel Delafield), Agent Frank (Tamsyn Godfrey) and Karen Brown (Emma Rorke) struggling to get their head around some Scottish Brogue instruction. Photo credit: Shinade-Leigh Groves

the final mis-aimed gun shot, the result is that chaotic comedic calamity that only a quick-acting farce can produce.

This year sees a lot of newcomers to the Farce Side sets and scenes. Tammy Godfrey, of Melodrama fame, takes on the role of 'Agent Frank', and protecting the Mayor (Mike Young) is a job that she takes very seriously. Constantly on the lookout for danger, she is responsible for 'every door in this town'.

Cornel Delafield flexes his acting talent as 'Officer Eric Sheridan', a real first for this much loved local yokel who had barely finished his duties on the SlowFest Committee before ably throwing himself into this production:- learning lines, perfecting actions, building sets, hanging doors, all at the same time!

Along with other newcomers Mike Young as the Mayor and Elaine Hannah as the Mayoress,

familiar faces from last year include Emma Rorke playing Karen Brown the accountant, Romey Bobek playing officer Billie Dwyer, and Bomber Webb as Todd, the angry Scottish hit man. Behind the scenes, joining our excellent crew is the youngest of the Troupe, young Katarina (18) is filling in the gaps as a stage hand.

"How great that we have an age range from 18 to seventy-something involved in this little fledgling community theatre," says Baumeister.

See you in the auditorium on 17, 19 & 20 and 24, 26, 27 May! Tickets available at Lemon & Lime. For more details please feel free to contact the group on thefarcesideis@gmail.com or 084 567 9809.

This production could not be possible without the generous support and backing of Sedge Players.

THE FARCESIDE presents

"UNNECESSARY FARCE"
by Paul Slade

An hilarious play about mystery, murder, intrigue and bagpipes?

Performance dates
17, 19, 20, 24, 26, and 27 May 2016
at Laerskool Sedgefield Primary

Tickets @ R80 and R100 pp available from
Lemon & Lime, Pick n Pay Centre, Sedgefield.
Phone 084 567 9809 or
email thefarcesideis@gmail.com

Beloved Knysna Artwork Leaves South Africa

by Martin Hatchuel

A sculpture that has stood at The Waterfront, Knysna, for fourteen years - and which was the subject of countless photographs and the background to countless selfies - has begun its journey to its new home in the USA.

'Genesis' was carved by Theodorus du Plessis out of the root-stump of a cypress tree that was felled when a block of flats in the town was converted into a hotel. The art work was commissioned by Jock McCConnachie of local furniture makers and woodcrafters, Timber Village.

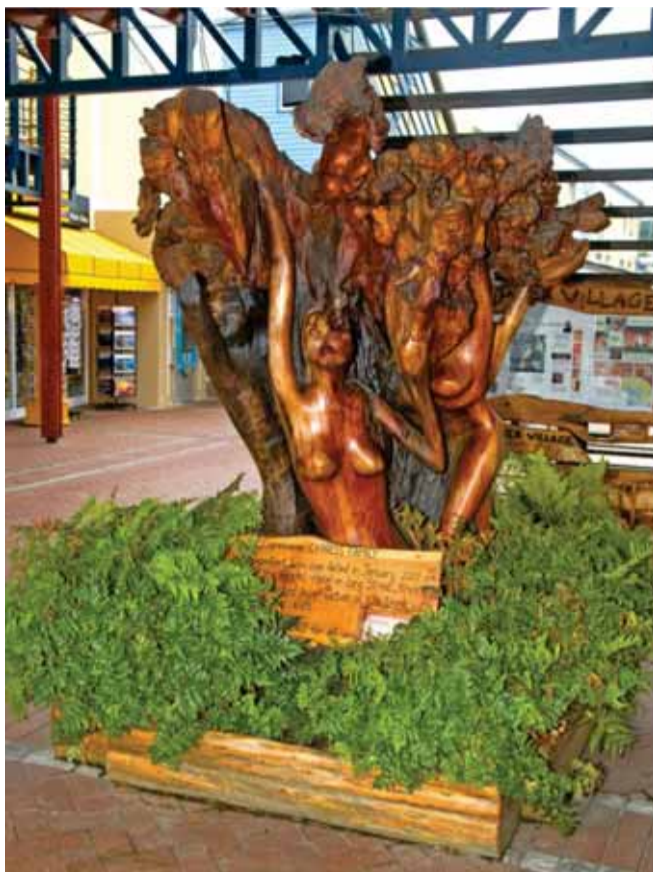
"Genesis has been sold to an American art collector who has a sculpture garden of his own," said Jock. "And as sad as I am to lose it to Knysna, I'm very glad that it's going to end up in such a good place."

'The Elephant,' the sculpture that has now been installed in the north plaza of The Waterfront in place of Genesis, was carved by Timber Village staffer, Patric Chipala.

"The Elephant is very symbolic of the Knysna forests and our priceless timber heritage," said Jock.

"As cabinet makers and wood crafters, we're concerned with the art and culture of wood, but also with all aspects of forest conservation, preservation, and sustainable and responsible harvesting."

"Like Genesis, the timber that



Patric used to carve The Elephant came from a historic cypress tree," said Jock. (Cypress or white cedar = *Cupressus lusitanica*.)

"We acquired it after it was blown down in a storm on a property at Brenton-on-Lake and it was apparently originally one of an avenue of trees that was planted by George Rex nearly two hundred years ago." (George Rex, 1765 - 1839, who settled in Knysna in 1804, would

'Genesis' was carved by Theodorus du Plessis.

eventually own much of the land surrounding the Knysna Estuary. Amongst other things, he traded in and exported local timbers, and by 1811, held licenses for four hundred woodcutters.)

Patric said that he carved The Elephant over a period of about six months, about three years ago using a chain saw and grinder with an ArborTech attachment.

"I learned my craft at home in Malawi, and I'm always doing sculpture - I'm currently doing a small rhino," he said.

According to Greg Vogt, the CEO of Knysna & Partners, the town's destination management and marketing organisation, timber remains an important sector of the town's economy.

"Knysna is surrounded by the largest stands of indigenous evergreen forests in South Africa which are protected in the 160,000 hectare, unfenced Garden Route National Park, as well as in privately-owned forests - and it's been associated with timber since before Rex's day," he said.

"Unfortunately the industry took quite a knock in the late 90s when plantation forestry was scaled down in the area - but it's once again taking its rightful place thanks to people like Jock, and to initiatives like our annual Timber Festival, which aims to revive our timber heritage and rejuvenate the industry."

He said that a number of local economic development initiatives have been put in place to train new artisans, to provide opportunities for them, and to preserve the older generation's knowledge of timber and the forests.

"We hope to ensure the economic future of the industry by helping the officials who manage the supply of indigenous wood to understand why it's so vital to make the wood accessible to local manufacturers," he said.



Patric Chipala standing in front of his elephant with Jock McCConnachie

"Given careful, scientific and sustain interesting tourism management, indigenous timber experiences and attractions like Genesis was, and The Elephant will become." can be a sustainable resource that has the potential both to create and sustain jobs - and to create

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GEARING UP FOR GREEN

COMPOST - A WAY OF LIFE?

The first week in May is known in much of the First World as International Compost Awareness Week. I've written about making your own compost before, but compost is such a fundamental need in any garden that I thought it might be worth sharing some thoughts again.

The first and most important principle is that there is no single right way to make compost, nor is there a right place to do it. You shouldn't be afraid to experiment to find a way that will work for you. One of the books that I've got compares composting with cooking a meal. It's a good analogy, because those who cook all have favourite recipes.

They may be broadly similar, but can be widely different in detail. Listen to what other composters tell you but don't be afraid to experiment. And remember making compost is like making wine – it needs time to mature, perhaps six months or longer.

Another very important thing to bear in mind is that a successful compost heap needs carbon rich brown materials and nitrogen rich green materials in roughly equal proportions. Brown materials are things like dead leaves, tree prunings, old plant remains, paper & cardboard. Green materials are kitchen scraps, grass cuttings, weeds, soft prunings. Kitchen scraps can include egg shells, tea leaves, coffee grounds. The contents of your vacuum cleaner are also a good ingredient. Sawdust and wood ash are also possibilities. They should be spread and mixed in rather than just piled on. You might come across plastic articles which claim that they are compostable. This may be so in a specially designed commercial compost plant, but your home compost plant won't deal with them. Much better to reduce the volume of plastic that gets into your



By Mike Young

home!

To be successful, your compost heap needs warmth, moisture and air, and the process will speed up with the addition of animal (poultry, horse or cattle) manure. All this raises another important point. Mixing is vital when you compost, so get busy with your garden fork. It's essential to the aeration process.

Composting can be as simple or as complicated as you choose. A heap in the corner of your garden can work very well. If you want to get more sophisticated (and can afford to) there are various sorts of compost bin, or if you're handy, you can make one. These take less space, they're tidier and those that you buy generally come with full instructions. There are one or two other things that shouldn't make their way to your compost heap: cooked food, dog and cat offerings, coal ash, anything with metal in it. If you plan to add woody prunings, be aware that they should really be put through a chipper. Perhaps a group of friends could get together to buy one and share it?

For more information look at www.compostingcouncil.org.



First KAWS Spay Day a Great Success

The first KAWS Spay Day of 2016 is done and dusted. Seventy dogs and thirteen cats will no longer be taking part in the reproduction of unwanted puppies and kittens.

A huge thank you to all who made this special event possible – from those who donated money and goods to ensure that the day went ahead, to the team of no less than seven veterinarians, twelve KAWS staff members and twenty-eight helpers who each played an essential part. An extra special word of thanks goes to veterinarians, Drs Magdalena Braum, Hilana Steyn, Sally Rackham, Leon Loots, Clare Schroeder, Sylvia Shortreed and Rolf Lamprecht for volunteering their time and expertise on the day.



A lovable, extra-large, cross breed dog called Max waits along with other pets and their owners. Photo Nicki Friedlein.

Getting the team together and working out the logistics for a Spay Day requires months of planning by KAWS General Manager Debbie Mills-du Toit. And then there's the very important task of getting the word out to the pet owners in the community, and educating them in the importance of sterilising their pets. The April Spay Day took place in the Chris Hani Community Hall in Nekkie, an area serviced by KAWS inspector Lastborn Monki. Lastborn is well known and highly respected in his area, and he did an excellent job of drawing in such a large number of pet owners. The pet owners of Nekkie must also be commended on taking responsibility and sterilising their dogs and cats.

CURVES WITH A KAWS

Animals are the one creature that is always there for us, at the end of a hard day they always give us unconditional love, yet so many animals are abused and hurt and so many of us close ourselves off to the reality of it all.

Dog is man's best friend, through all the generations dogs have always been there, and all that they ever ask of us is that now and then we take them for a long walk and let them sniff around and catch up on all the local gossip. We do get busy and yes we do sometimes forget and think "I will do it tomorrow."

On the 14th of May you can take your best friend for a walk and help other dogs that are in need.

Curves in association with KAWS will be holding a charity dog walk at the Knysna Pledge nature reserve.

Tickets are R50.00 and all the proceeds are going to KAWS. To purchase your ticket email jen_picasso@hotmail.com or go from Curves Knysna.

We will have water for you and your little friend kindly sponsored by our local OASIS water, there will also be some treats for your doggies sponsored by the amazing Montego pets.

KAWS is a non profit organisation and needs all the help that they can get.

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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 or visit the kennels at 1 Marlin Street, Hunters Home, Knysna to select your new furry friend. Phone 044 384 1603 for further details.



Taurus (left) is an adorable male blue-eyed kitten, born DEC 2015. Please pop in to meet him if you are considering adopting a kitten.



Ruphus (left) is a gorgeous male unique breed puppy, 3 months old. He is currently in foster care in Sedgefield, so if you would like to meet this adorable sweet little boy, please call Chris on 084 467 5555 to arrange a meeting.

Coco (right) is a gorgeous female cat, born JUN 2014. Please come to meet her at the KAWS cattery, she is so looking forward to finding a loving forever home!



Blacky (right) is a very adorable little male unique breed puppy, 3 months old. He is currently in foster care in Sedgefield, so if you would like to meet this adorable sweet little boy, please call Chris on 084 467 5555 to arrange a meeting.



Scooter (left) is a stunning ginger & white male kitten, born JUL 2015. He would make an awesome companion!

Harley (left) is a handsome little male unique breed dog, 2 years old. He is fairly new at the KAWS kennels and even though he is making new friends, he does hope to be adopted into a loving home very soon!

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PINK LOERIE PARADE IN KNYSNA

by Melanie Baumeister

The highlight of any festival is always the parade, as most Sedgfielders know, and the Pink Loerie is no different!

On Saturday afternoon, the clouds parted and the sun shone down on the magnificent exhibition of plumage, sequins, satin, tulle and glitter. What a feast for the senses, the colours and sounds.

Amongst others, from Knysna's latest cultural hub were The Drum Café. KAWS is a major beneficiary of the parade and the tins rattled as they got fuller and fuller, filled by the crowds lining the streets.

Waving a giant rainbow flag, our local DA chapter also marched in solidarity for the rights of all humans to choose and love whom they want.



Photo credit: Emma Rorke

The mass wedding, post ceremony, was also a part of the procession - with newly wed couples beaming from their vehicles.

What a delight to see so many happy people expressing themselves, marching down the road, in full regalia. See you again next year Pink Loerie festival revellers!

EXCITING DEVELOPMENTS AT SEDGFIELD CLINIC



Current and future clients of Sedgfield Clinic can look forward to a larger facility as the construction of the additional six consultation rooms is nearing the end of completion.

The new prefabricated building adjacent to the clinic, which will be joined to the older building via a roof structure, also boasts a tea

room (a first for staff), sluice room, storage room, reception, waiting area and two toilets one for use by disabled patients. The building, funded by the National Health Insurance (NHI) project, should be completed within the next two months. The new construction will allow for better patient flow and the new fence for better security.

'We are excited and look forward to moving into the extra space,' said Operational Manager Elza Kombrink.

Neighbouring facilities such as Karatara Satellite Clinic and Keurhoek Clinic in Rhenendal will also enjoy the benefits of a new prefabricated structure in the near future.



KNYSNA MUNICIPALITY

BID NO. T 15 / 2016:

SUPPLY AND ERECTION OF A 15M x 7.06 M MODULAR LIBRARY.

Knysna Municipality invites tenders for the Supply and Erection of a 15m x 7.06m Modular Library

The physical address for collection of tender documents is Supply Chain Management Unit, Finance Building, Queen Street, Knysna.

A receipt for a non-refundable deposit of R 218.00 payable by cheque made out in favour of Knysna Municipality is required on collection of the tender document. E-mailed tender documents can be obtained from the following address: mmato@knysna.gov.za at no cost.

Technical enquiries relating to the tender documents may be addressed to: Xola Frans, Tel No. 044 302 6303, email: xolfrans@knysna.gov.za

A compulsory site briefing meeting will be held on TUESDAY, 10 MAY 2016 at 12h00 at the Council Committee Room, Corporate Building, Clyde Street, Knysna

No person/s will be allowed to join the clarification meeting or to submit a bid if such a person/s are more than fifteen (15) minutes late.

The closing time for submission of bids is 12h00 on Wednesday, 18 May 2016. Bids must be sealed in an envelope clearly marked with the bid number and title given above, and placed in the bid box at the Supply Chain Management Unit, Finance Building, Queen Street, Knysna, before the latter time and latest date. Telephonic, facsimile, e-mail and late bids will not be accepted. Bids must remain valid for a period of ninety (90) days after the closing date of the bid.

Bids will be opened on the same day at the Supply Chain Management Section at 12h05. Late or unmarked bids will not be considered.

Bids may only be submitted on the bid documentation that is issued.

The evaluation of this bid will be subject to functionality evaluation. Tenderers must achieve a minimum functionality score of 15 points out of 25 points. Bids that fail to score the minimum score for functionality will be disqualified. The functionality criteria and weighting is set out in the tender document.

Bids will be evaluated according to the 80/20 preference points system. The bids are subject to the Council Supply Chain Management Policy, Preferential Procurement Policy Framework Act 2000 and the Preferential Procurement Regulations 2011.

The Municipality reserves the right to withdraw any invitation to bid and/or re-advertise or to reject any bid or to accept a part of it. The Municipality does not bind itself to accept the lowest bid or to award a contract to the Bidder scoring the highest number of points.

Further requirements for sealing, addressing, delivery, opening and assessment of bids are stated in the Tender Document.

G.S Easton
Municipal Manager
Clyde Street
KNYSNA
6570



KNYSNA MUNICIPALITY

BID NO. T 14 / 2016:

FOR THE CONSTRUCTION OF RAFT SLABS IN THE NORTHERN AREAS, KNYSNA.

Knysna Municipality invites tenders from suitable tenderers for the construction of raft slabs in the Knysna informal areas.

The physical address for collection of tender documents is the offices of Sintec Engineering Consultants, 26 High Street, Knysna, Tel : (044) 382-7680, from **WEDNESDAY 11 MAY 2016**. One complete set of tender documents will be supplied on receipt of a deposit of R340.00, which will be non-refundable. Cheques must be made out to Knysna Municipality.

Technical enquiries relating to the tender documents may be addressed to: Joseph Victor, Tel No. 044 382 7680, email: josephv@sintec.co.za

A compulsory site briefing meeting will be held on TUESDAY, 17 MAY 2016 at 10h00 at the Council Committee Room, Corporate Building, Clyde Street, Knysna

No person/s will be allowed to join the clarification meeting or to submit a bid if such a person/s are more than fifteen (15) minutes late.

The closing time for submission of bids is 12h00 on WEDNESDAY, 08 JUNE 2016. Bids must be sealed in an envelope clearly marked with the bid number and title given above, and placed in the bid box at the Supply Chain Management Unit, Finance Building, Queen Street, Knysna, before the latter time and latest date. Telephonic, facsimile, e-mail and late bids will not be accepted. Bids must remain valid for a period of ninety (90) days after the closing date of the bid.

Bids will be opened on the same day at the Supply Chain Management Section at 12h05. Late or unmarked bids will not be considered. Bids may only be submitted on the bid documentation that is issued.

Interested bidders must tender with local EME/QSE as their sub-contractors. The subcontracting agreement must be attached to your proposal, outlining the proposed relationship and percentage work apportionment

The evaluation of this bid will be subject to functionality evaluation. Tenderers must achieve a minimum functionality score of 45 points out of 75 points. Bids that fail to score the minimum score for functionality will be disqualified. The functionality criteria and weighting is set out in the tender document.

Bids will be evaluated according to the 90/10 preference points system. The bids are subject to the Council Supply Chain Management Policy, Preferential Procurement Policy Framework Act 2000 and the Preferential Procurement Regulations 2011.

The Municipality reserves the right to withdraw any invitation to bid and/or re-advertise or to reject any bid or to accept a part of it. The Municipality does not bind itself to accept the lowest bid or to award a contract to the Bidder scoring the highest number of points.

It is estimated that Tenderers should have a CIDB contractor designation of 6CE or 6GB or higher.

Further requirements for sealing, addressing, delivery, opening and assessment of bids are stated in the Tender Document.

G.S Easton
Municipal Manager
Clyde Street
KNYSNA
6570

CLASSI-ADS

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NB. Classified adverts for the next issue need to be in by Monday 16th May 2016. Faxed or emailed classes will not be placed without proof of

1. To Rent

1 Bed Cottage central. Please call 079 029 5457 after 5pm.

2. Accommodation Wanted

I am looking for a cosy 2 bedroom cottage to rent from 1 July whilst, my husband builds our house. Call 074 100 8827

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 5126/083 458 4444

Amazing SLOW ROASTED COFFEE, international foods, arts, crafts, fashion all available @ Mosaic Market. Open Every Saturday 8am - 2pm

A must visit SLOW ROASTED COFFEE, Artisanal Baked Items, Redespresso Teas @ The Shed Mosaic Village. Open Mon-Fri, 7h30-16h00. Sat 08h00-14h00.

DAMP CLOTHING? Tumble drier no good? Call Hands on Electrical on 083 297 1929.

NEEDED BY FRESH START SEDGEFIELD: 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.



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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

6. Building & Related Services

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

BUILDERS... We source the best local products at the cheapest possible price. CX Tipsters & Diggers - your one stop aggregate supplier. Tel 044 382 1645

Craftsman Homes - Quality building in Brick & Timber 044 343 1601/082 812 1820

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7. Businesses

PASTEL SALES, setup and training. Call 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

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11. Crafts & Home Industry

A passion for fashion, arts, crafts fabulous food, SLOW ROASTED COFFEE @ Mosaic Village, Sedgfield 8am - 2pm every Saturday.

Artisanal Baked Items, Redespresso teas, SLOW ROASTED COFFEE @ The Shed, Mosaic Village. Mon-Fri. 7h30-16h00. Sat 08h00-14h00.

12. Education & Tuition

FAMSA Knysna presents May 2016 Family Foundation Training (FFT):
1) **Marriage & Divorce: 10-11 May 2016** - 08h30 - 13h30. Cost: R320.00 per delegate. Venue: The Rock Church, c/o Main & Queen Streets, Knysna.
2) **Intimate Partner Violence (Domestic Violence): 18 May 2016 - 08h30 - 13h30.** Cost: R160.00 per delegate. Venue: The Rock Church, c/o Main & Queen Streets, Knysna.
3) **Child Abuse: 25 May 2016 - 08h30 - 13h30.** Cost: R160.00 per delegate. Venue: The Rock Church, c/o Main & Queen Streets, Knysna.
Contact FAMSA Knysna on 044 382 5129 for more info & details.

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

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14. Employment Offered

Bartender required experience necessary. To start asap email CV to files@telkomsa.net/ 044 343 1380

15. Employment Wanted

Fiona, a Malawian Caregiver is looking for work, honest & hard-working. 073 592 5008

Janet, a Malawian is looking for Domestic Work. Full/part time. 074 757 5093

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Rachel Pieterse - 073 669 8300

Chef
Dabson - 060 336 9082

Domestic
Agnes - 083 509 2303 Refs Elizabeth - 074 757 5093
Fiona - 073 592 5008
Hendrine - 063 184 2517
Martha - 063 048 3188
mary - 081 099 4113
Preciase - 060 362 4721
Sylvia - 083 509 2303
Vivian - 078 243 6661

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Mateyo - 074 448 3272
Peter - 078 076 2892
Richard - 073 046 4813
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address: 20 Plum Tree Trading Post, 52 Main Road, Sedgfield

Painting
Brown - 084 358 0507 Carpentry

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

Beautiful Imbuia Table & 4 Chairs. Perfect condition. Phone Mariette 082 472 0922

Grass Brooms handmade by Tirifani 078 712 6947

Porta Potti for caravan or camping R400. **New kettle and toaster** R100 for both. Phone 044 343 1551

SNAG FREE TOWELS - Specials On Hospitality Snag Free Towels in 440gsm and 550gsm White - Ideal for Hospitality and Domestic use - While Stocks last - Warren Hospitality and Home 0832334265/044 3432317

Turn your useful 2nd hand goods into Cash @ Em's Carboot Sales. For more info call Mariette. 044 850 1058 / 082 472 0922

19. Home & Garden

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

Compost, pot soil, seeds, fertilisers, irrigation, tools @ Sedg Hardware,

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

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

20. Health & Beauty

A Beautiful skin starts with MaryCare homemade organic beauty products. Tel 044 343 1352 Sedgfield. 083 651 3713. Marianne. Like my MaryCare fb page.

Adult Incontinence Nappies available at Sooz'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.

Annique Baby and Skincare products at Sooz's Baby & Kidz Shop, PicknPay Centre. Mariana 044 343 1813 / 082 771 0694.

Any problems with epilepsy or other disabilities? Enige probleme met epilepsie? Phone EPILEPSY SA on 044 382 2155 or visit Off Rio Road, Knysna We can help!

Avroy Shlain Cosmetics. Call Verity on 081 270 8008 or email verityj@telkomsa.net

The Greenmere Studio Gym ... offers a variety of exercise classes, including Ageless Grace, Tai Chi and "Dance!" All classes are personally supervised by owner/manager, Briony Lidstone, who has more than 22 years experience in the fitness industry. Briony is a qualified eta instructor and a certified Ageless Grace educator. 044 343 2327 / 084 487 7140

Sedgfield Pharmacy, Woodpecker Mall. Tel 044 343 1628, Fax 3431110. Mon-Fri 8am-6pm, Sat 8am-1pm, Sun & Pub Holidays 9am-12.

Silver Scissors Unisex Hairstylists 21 Tiptol Street, Sedg. Tel: (044) 343 2112

Total Foot Care by app and home visits. Sr Gillian 071 877 2638 / 072 672 4162

Quantum Touch De-Stress Massage. R140 for 30 mins. Jenn Green 076 366 5223

22. Home Improvements

All DIY Hardware and Tools available @ Sedgfield Hardware. Tel 044 343 1960

Cobble Paving, Sedgfield. For all types of paving, best prices, best paving, free quotes. Don't delay - Pave Today! Call Norman or Antoinette: Tel: (044) 343 2404 / 083 305 0346

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TREE FELLING, PRUNING & Garden Refuse Removals in Sedg & Knysna. Hennie 082 876 0693

27. Pets & Livestock

All pet food or other donations for Animal Welfare to be dropped off at Simply Pets or Knysna Vet Clinic. 044 384 1603

Bull Terrier puppies for sale, 6 weeks. Call Liza 082 305 3233/ Errol 082 302 9466. R1000. Both male.

CATTERY Karen's Indoor, for TLC while you are away. Tel. 044-8831199 / 0835977749.

Going away? Sue will lovingly care for your small dogs. Tel 044 343 1611 or 082 902 0613



Wool & Things
NEW STOCK OF Wool just unpacked
6 Kingfisher Bldg Main Rd Sedg. 044 343 1028



PRIVATE SALE SEDGEFIELD
AVIEMORE SECURITY VILLAGE Vacant Erf.
Contact Owner 076 619 3659



POOL MAINTENANCE & REPAIRS
Louis 084 037 8165



PRIVATE SALE KNYSNA
Home in secure, well-managed complex. 2 bedrooms, 2 bathrooms. (Aircon in main bedroom) Pretty garden with sprinkler system. Close to amenities.
R1 150 000
Contact 076 619 3659



Lizzy's Hair Salon
Mother's Day 10 Day Special
1/2 PRICE COLOUR On all hair colour appointments. (offer is valid from 04 - 14 May only)
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A big thank you to everyone for the overwhelming support I've received. The 80+ new client names will go into our April Lucky Prize Draw
Christo 044 343 2442
Green Valley Centre, Sedgfield



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Knysna Animal Welfare office 044 384 1603 or emergency call 073 461 9825. (24hrs)

PDSA - People's Dispensary for Sick Animals 11:30am-1pm on Mondays near Police Station. Norma 044343 1371

SEDGE PETS - Suppliers of Jock Dog food, beds, bird seed & dog raincoats plus much more. Forest Lodge Complex. Gill on 071 111 5605

SNOW WHITE AND THE DOGS offers walks, talks, help with problem behaviour and all things dog. Call Susan 073 784 3317 or visit www.SnowWhiteAndTheDogs.co.za

28. Plumbing

Heunis Plumbing & Electrical. All Maintenance & Construction Qualified in both trades COC Certificated. Call 082 972 3911

Klaus Schulz Plumbing. PIRB Registered. Does all work personally. 044 343 2114 / 073 345 6110

Plumbing Hardware @ Sedgefield Hardware.

Smith Plumbing & Home Maintenance for personal service. Call Peet 084 889 2578

29. Property

FOR SALE. Sedgefield Aviemore Security Village. Vacant Erf. Contact Owner 076 619 3659.

30. Restaurants & Pubs

Bistro on the Lake at Lake Pleasant Living Open daily for a la Carte Lunches and Dinners Call 044 349 2460 for a Reservation.

Montecello Restaurant. Open Mother's Day Sunday 8th May. Closed from 9th - 30th May. Tel 044 343 1780

32. Services Offered

DROWNING IN DEBT? Debtsolve offers safe and sure relief. No upfront or hidden costs. For professional and personal advice call 0443431993 or email us at admin@debtsolvesa.co.za

FENCING - PICKET, POLES & SECURITY FENCING in Knysna & Sedge. Hennie -082 876 0693

Karen's Holiday Home Management while you are not at your holiday home, we will be! Regular monthly checks, reports on all aspect of your home Karefree Home Management. Call 072 586 1086. karefree.management@gmail.com

MR PRESSURE RENTALS Carpet, vacuum and pressure cleaners. Car Wash - Pensioners discount every Tues. Gas Shop - new cylinders & refills. Deon 044 343 2154

PLOT CLEARING, GARDEN Revamp & Maintenance in Knysna & Sedge. Call Hennie Barnard 082 876 0693

PROVAC CLEANING - Under new ownership. Carpets, upholstery, tiles & windows. Professionally cleaned. High pressure cleaning of decks & paving. Contact Mike 083 681 6654 / 082 894 4255

SHUTTLE TRAVEL & EVENTS Airport, Local transfers. Day tours. Call 082 702 3092

Smutsville, Sizamile Youth Advisory Centre, Mon- Friday 7:30am-4:30pm. Enquiries Edna Thompson 079 749 5181

34. Tea/Coffee/Take Aways

Deo Gratia Coffee & Book Lounge Coffees & Cakes *Toasties & Shakes* Books & Wifi. Come in - Relax - Enjoy. Takeaways also available. Next to Pick n Pay. 044 343 1795

36. Wanted/Swop etc

BOOKS WANTED. Bookshelf under pressure? Downscaling, moving, clearing out, packing up, decluttering? Call 044 343 1795

Stamp collector wishing to buy old South African & Common-wealth collections. Also prepared to value your collection. Peter 082 567 6947

Wanted early editions of Who's Who South Africa / Southern Africa. Please Tel 044 343 1592

Wanted lightweight Golf carry bag. Phone 083 447 6458



Sedgefield Animal Matters (S.A.M) is a brand new charity organisation specialising in the rescue and placement of abused, unwanted and abandoned animals.

They do not discriminate on the basis of age, health or breed. By involving and educating the local community S.A.M is working to raise public awareness to the plight of homeless animals, as well as those, that have not been spayed or neutered. This is one of the main drives of their committee and to date they have managed to spay and neuter

more dogs, than they thought possible, with the help of community donations as well as fundraising. They are a group of Sedgefield residents committed to animals - be it dogs, cats, tortoises etc - both wild and domestic. They have the interests of all animals at heart.

They thank the individuals that have to date generously donated to their cause and would welcome any cash donations towards the spay and neutering of animals as well as any donations of old kennels, beds, blankets, food bowls and dog /

cat food.

Take a moment to drop in and visit them at the Scarab market to chat or find out more about this worthy charity.

Or if you would like to know more please like and leave a comment on our facebook page or call Kirsty 082 420 4825 / Chris 084 467 5555 or Kandy on 072 6944 608.

We look forward to wonderful support from our Sedgefield locals in aid of this amazing initiative.



Our committee is from left Chris Fletcher, Sally Hallendorff, Kandy Grieve, Dale Robertson, Angie Andreka, Kirsty Hoffhuis, Renee Atkinson and Kate Wood.

Always There to Help

Very often people's names just don't seem to suit them, but every once in a while, someone comes along who is just so aptly named that it would be impossible to imagine them being called by any other name. Knysna Animal Welfare Society's (KAWS) inspector, Helpus Ndlebe, is just such a person.

Helpus has just celebrated twenty years with KAWS. It takes a special person to persevere and to dedicate himself to a job where on a daily basis he is confronted with the negativity of sick and injured animals, cruelty to animals, and both aggressive animals and, sometimes, even

more aggressive owners. But Helpus turns all these negatives into positives. He started working for KAWS as a cleaner and a s s i s t a n t i n s p e c t o r in 1996, and soon realised that he had found his calling - to educate people about their animals, and be prepared to help them at any time. Helpus is passionate about fighting for abused animals, informing people on how to treat their animals in a good way and to not treat them like disposable toys. He says that people are generally ignorant about the care of animals, so it's his job as an inspector to change this.

Helpus reminisces, "Back in 1996, we used to start at 8.00 a.m. cleaning and feeding from cattery to doggy, and then after 10.00a.m., we attended to callouts. KAWS ran a dipping programme from Plett and Knysna to Rheenendal. We also used to collect dogs and cats for sponsored sterilisation, keep

them overnight at KAWS, and then early the next day, take them to a private veterinary clinic for the operation. We collected them again at 3.00 p.m. and took them back to the kennels to recover, before returning them to their owners. At that time, we had just one van to do all this work. Now I'm so pleased for KAWS; so much has changed. We've got our own clinic with our own veterinarian where we sterilise as many dogs and cats as we can. We also have three inspectors and three vans to make things easier. KAWS is much better now compared to ten years back. It was a long journey and it wasn't easy, especially as an inspector. I want to thank the KAWS committee, staff and volunteers for their good work." During his time at KAWS, Helpus studied through the South African Veterinary Council and attained his Animal Welfare Assistant (AWA) qualification which authorises him to perform certain veterinary and para-veterinary procedures. This

accomplishment is invaluable when Helpus is confronted with a sick and injured animal both out in the field and also at the kennels.

Helpus is well-known and highly respected, not only in the areas that he services, but in the general Knysna community. In 2014, he was the winner of the Service Excellence Award in the Knysna Sanlam Awards. Rumour has it that Helpus received more votes than any other nominee in all the categories.

When KAWS recently honoured Helpus's twenty years of service, General Manager Debbie Mills-du Toit had this to say, "Helpus, you have dedicated a lifetime to the betterment of Knysna's four-legged citizens. Twenty years is a very long time, and during those two decades you have seen the worst of what humanity can do to animals, but you have always shown the best of what humanity can do for animals. You have been a mainstay to animal welfare and your benevolence is appreciated by all, especially the animals you treat. Perhaps the secret is in your name, because help-us is exactly what you have been doing for KAWS. Congratulations!"

Golf News

21/04/16

On a beautiful, balmy autumn morning, 22 of the local barny golfers set out in tremulous agitation for the day's challenge that lay ahead: the dreaded Monthly Mug competition was at hand.

Here every member of the SLGC who aspires to become a legend in the game, is given the opportunity to pit his golfing expertise against his fellow golfer and show his superiority in what is often a titanic, mind-crunching battle. The eventual winner of the A Division, playing medal, was Henry Growther (who only started playing the game approximately 8 months ago) with a net total of 50 points. In second place was Theo Pelsler, who has been playing for 8 decades, with a net 54 and in third place was the doughty Doug Stephen with 59.

The B Division, playing stableford, was won by the effervescent John L-B with 39 points. In second place after a countout was Albert Rowe, followed by Sedgefield's oldest youngster, Peter Hood, both with 37.

Hamish Ledingham, playing with aplomb, took the booby prize i.e. The Duck, with 22 points. He has been advised to drop the aplomb and use a golf club instead.

28/04/16

Stunning weather once again greeted the golfers with Better Ball stableford as the designated name of the game which included the players competing in the Betterball Knockout Challenge.

Brian (he of the flying club) Stewart and Vaughan Smith took the honours after a countout with Terry Harflett and Roy Steadman, both couples scoring 47 points. In third place was Buks Triegaardt, playing with a wonderfully gifted partner, on 45.

Players are reminded that we have resorted to the winter tee off time of 8h30.



The EDGE on Health

DEEP BREATHING - ESSENTIAL FOR DETOX!

by **Melanie Baumeister**

I know that this column tends to harp on about breathing but quite frankly it is essential. What is even more beneficial is the practice of deep breathing. A different kettle of fish to our usual involuntary inhaled and exhales.

The lymphatic system which governs the toxins in our body can be likened to a sewer system, it draws all the unnecessary waste out of the body and disposes of it, quite effectively if it is unhindered. Lymph vessels form a drainage system throughout the body. Our cells swim in an ocean of lymphatic fluid that carries away the detritus of our immune system, including dead white blood cells, unused plasma protein and toxins. The lymph fluid then drains into the circulatory system through two ducts at the base of your neck (the thoracic duct), and becomes part of the

blood and plasma that pass through the kidneys and liver. But unlike your circulatory system, your lymph system does not have a built-in pump. It relies on the act of breathing and bodily movement to move all that waste fluid around.

Unfortunately things don't always go without a hitch when it comes to using this meat machine body that we drive around and the consequence of a sluggish lymphatic system is that you cannot detoxify properly. If you aren't breathing deeply or moving regularly, chances are your lymph fluid is not flowing as well as it could. As you can well imagine, this can lead to health issues over time, including weight gain, muscle loss, high blood pressure, fatigue, and inflammation. But the great news is that you can improve your lymph system cleansing by learning to practice deep breathing. The expansion and contraction of the diaphragm actually stimulates your lymphatic system and massages your internal organs, helping the body rid itself of toxins, and



leaving more room in the cells for an optimal exchange of oxygen.

And while you are helping your body to clean house, you'll also be fighting stress.

Simple Deep Breathing
The most basic thing to remember is that your breath begins with a full exhalation (I know this seems counter intuitive, but it's true). You can't inhale fully until you empty your lungs completely. It is also important to breathe in through your nose - which has an excellent filtration system.

Now try this: Sit in a comfortable position with your hands on your knees. Relax your shoulders. On your next exhalation, breathe out slowly through your nose, counting to five. Tense your abdominal muscles, drawing in your diaphragm to help your lungs deflate. At the bottom of your breath, pause for two counts, then inhale slowly to the count of five. Expand your belly as you breathe in. Now close your eyes and repeat 5-10 times. Think of your diaphragm as the pump and your breath as the power.

If you find that your mind wanders during this exercise, don't worry. Just refocus on your counting.

Most importantly and essentially, keep breathing.

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Diane Parker
BSc Physio (Wits)
Lizelle Rheeder
BSc Physio (Stell)
1 Lynnwood Centre, Main St
Sedgefield
Tel/Fax: 044 343 3188
sedgephysio@gmail.com

optometrist
JOHN CAVE
53 Main Rd North (cnr Swift St)
Sedgefield, 6573
044 343 3196 • 083 458 4466
johncave@telkomsa.net
VISION IN PERSPECTIVE

PHYSIOTHERAPY
Andrea Lamprecht
044 343 3059 or 082 457 2472

Sedgefield Dentist / Tandarts
Dr Francois Rousseau
B.Ch.D., PDD (Implantology)(Stell)
Oral Hygienist Available
9 Tarentaal Road, Cnr Tarentaal Rd & Flamingo St
Tel: (044) 343 3124 all hours

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084 567 9809
melaniebaumeister@gmail.com

HOSPICE DID YOU KNOW ...
Knysna - Sedgefield • We see ALL patients for free
Knysna - Sedgefield Hospice is holding a fabulous fundraising event.
The **Johannesburg Professional Ballet Company** will be performing in Knysna for three shows only.
Friday 13th of May • Matinee 3pm
Saturday 14th May • Morning 11 am • Matinee 3pm.
The venue is NG Church Hall, Fichat Street, Knysna.
The dancers Claudia Monja and Juan Carlos Osma. Bookings can be made at 'Mon Petit Pain' (Cnr. Hedge and Gordon Sts) Mon - Sat from 09:00 - 2pm; 073 950 5542 booking hours only. Ticket prices vary depending on seating.
THE HOSPICE SHOP Main Rd, Sedgefield Phone 044 343 1722
Monday & Fridays 10am- 12.45pm; 2pm - 4pm • Tuesdays, Wednesdays, Thursdays : 10am - 12.45pm • Saturdays: 9.30am-12.30pm
LOCALS CARING FOR LOCALS

TED's Cryptic Brain Cruncher

Across
9. Could his origin be a crazy part of the old world? (9)
10. Something of personal value carried by the 'long-in-the-tooth'. (5)
11. Fifty one Romans at the start of an endless queue, right? It must be for booze. (7)
12. A 'carbon copy' used for the defendant. (7)
13. In a monetary turn around, Ed is less so. (5)
14. So, I hunger desperately for new accommodation. (9)
16. Evidently no help when taking off from Oudshoorn. (7,8)
19. Magnet art crafted by a most disagreeable woman! (9)
21. Group of those keen on spirit. (5)
22. Flies after having consumed in a rental. (7)
23. Chivalrous worker is after the bladder. (7)
24. Breathing space within the company based in North Africa. (5)
25. One who is freshly bowled over by America. (3,6)

Down
1. Arguing about hair loss? (7,3)
2. It's the Toyota that had a win! (8)
3. It's said, politely, that Nicholas may change yet! (6)
4. If the truth be told, it won't be him! (4)
5. The men chatted animatedly about his break-up. (10)
6. Diane's total was given a bit of a cut. (8)

7. Such tiny nurseries are used to regular cut-backs. (6)
8. Sounds like they may have passed on the coloureds. (4)
14. He half hears a ring outside, whilst getting word perfect. (10)
15. Do the new Game stores stock such measuring devices? (10)
17. We'll see you doing it like it's nothing. (8)

18. Sets aside hearing results. (8)
20. Rain outside is turning to something already dried. (6)
21. You can't do this to me - I'm behind you! (6)
22. War children found inside the decorative structure. (4)
23. Go get a couple of points for your dress. (4)

Last issue's solution:-
Across: 1. Pergola, 5. Reposed, 9. Trait, 10. As Follows, 11. Vice-Chancellor, 13. Task, 14. Briefest, 17. Signaway, 18. As To, 21. Royal Engineers, 23. Treasured, 24. Alive, 25. Hideout, 26. Pledged.
Down: 1. Pots, 2. Rear Its Ugly Head, 3. Outlet, 4. Apathy, 5. Refinery, 6. Pilfered, 7. Shoulder Surfing, 8. Discretion, 12. At a Stretch, 15. Callisto, 16. Banneret, 19. Wind Up, 20. Beware, 22. Herd

SUDOKU COMPETITION

Last issue's winner is Mrs Lettie Botha

Complete the Sudoku and drop off at **Johan du Toit's Old Mutual Office - Suite 10, Plumtree Trading Post by 16 May** and you could win R100 cash

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

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

OLDMUTUAL
Tel: 044 343 1231

SUDOKU
Name:

CHURCH SERVICES

AGS Emmanuel Lighuis
Oggend diens: 9h30
Woensdae oggende biduur 10h00
Woensdae aande sel en dissipelskap opleiding 19h00
Tel: 044 382 6551 Na ure: 072 352 2138

Anglican Chapelry of St. Aidan's, (Just above Wilderness hotel)
Sundays 8am: Holy Communion.
Fifth Sundays of the month: 5.30 pm Evensong, and no 8am Holy Communion Service.
Phone: Nic Hanekom 044 850 1925, or Hercules Keyser 044 850 1009

Church of Christ Maartin & Lynn van der Walt.
Meeting 10am & 6pm
Tel: 044 343 2919

Church of the Resurrection (CPSA - Anglican)
David Curry Ave, Smutsville
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
044 343 1301 or 084 714 7023
Br Aintree 044 343 2690

Elohim Gemeente Protea
gemeenskapsaal - Karatara Sondag: 09:00, Kinderkerk tydens diens
Prediker: Hansie Strydom
Kerkkantoor: 044 - 343 1165

Knysna Presbyterian Church
Sundays 9.00am, 14 Clyde Street,
Office 044 382 7722
Rev Wayne van Heerden
083 633 9777, 044 384 2109
wayne.vanheerden15@gmail.com

Lakeside Baptist Church
Sedgefield Primary School
Sunday morning: 9:00 a.m.
Sunday School and crèche
Pastor Lee Peterson 071 485 8013

Ned. Herv. Kerk Outeniqua
Eredienste: George 9.00vm
11.00vm @ The Old Chapel
(Buffelsbaai pad, agter Riverdeck padstal)
Telefoon: 044-8712125

New Apostolic Church
Sedgefield Congregation
Plumbago Street, Sedgefield
Wednesday 19h30pm - 20h30pm
Sunday 9.00am to 10am
Enq: Anthony Davis - 083 641 5027
NG Kerk
Dienste Sondag:- Sedgefield - 8.30
Ds. Francois van Tonder
Tel: (044) 343 2020
Karatara - Skoolvakansies - 10.30
Ds. Marius Coetzee Tel: (044) 356 2651
Kerkkantoor Tel: (044) 343 2033

NG Kerk Die Vleie, Hoekwil
Kerkstraat.
Kerkkantoor 044 850 1610
Sondag Eredienste:
April - September: 09:30
Oktober - Maart: 09:00
Leraar: Ds. Dawie le Roux
Tel. 044 850 1640; Sel: 084 532 9958

Pinkster Protestante Kerk
Pentecostal Church
Masedonië Gemeente Smutsville
Sondag: 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 9020

Sedgefield Seventh-day
Adventist Church
Saturday mornings:
9:15 Song Service and Bible Study,
11am Divine Service in
Sedgefield Municipal Boardroom.
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 Rossouw
072 341 7099

Truth Centre Church
Sedgefield Town Hall
Sunday 9.30am
General Overseers:
Dr Levael 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) 6.00pm
Wilderness Hotel, (Old Karos Hotel)
George Road, Wilderness
Pastors: Chris & Trudie Smit
044 877 0307 or 084 240 5414

GOUKAMMA CANOE RACE

Saturday morning the 23rd April 2016 saw the hosting of yet another very successful canoeing race by Paul Dugmore and the Knysna Canoe Club on the Goukamma river, from Riverdeck Restaurant to the "mouth", close to Buffels Bay and back.

The turnout was better than expected, especially considering the miniature "Katriena" storm that had passed through the previous Friday night.



Anton Jordaan & Glen Lindsay

Fortunately the cold front of the previous day only resulted in a very mild wind the Saturday morning. The bit of rain that fell during the night, managed to raise the water level just sufficiently for the paddlers to be able to "shoot" the small weir in front of the Riverdeck Restaurant. The race was well supported by paddlers from all over the Garden Route. A number of our local paddlers lined up at the start, amongst others were Ron and Holly Godfrey in a double ski as well as Glen Lindsay and Anton Jordaan in a K2 (double). Since it is quite a short course, spanning 18.4km, all the paddlers knew that it would result in a fast race with no time to waste or to hang around. It would be pedal to the metal from the start to the finish. And from the minute the gun went off it was clear that the pressure was definitely on. During the first 5 or 6 kilometres the race was lead by a K2 - manned by father and son Kobus and Jacques from Mossel Bay, and a K1, paddled by Wynand Rossouw from George. Also in a K2, local paddlers, Glen and Anton had to work exceptionally hard in order to catch the leaders,

but through perseverance they managed to get onto the slip of the front K2, From this point on it was no small battle for the locals, not only to stay ahead of the rest of the field, but also to test the strength of the Mossel Bay contenders for first place. By the half way mark it became clear that it was to be a dual between these two boats to see who would be first K2 across the finish line. Meanwhile Rossouw was clear enough ahead of the other K1s to be a dead cert to win the singles race, although he had to dig deep in order to stay at the front with the leading doubles. With approximately 4 km to go, just before the last portage, Glen and Anton managed to take the lead from Kobus and Jacques and held this pole position until they crossed the finish line. Rossouw easily won the singles race. As Hannibal Smith in The A Team used to say, "I love it when a plan comes together" - and that day the plan definitely came together for our two local paddlers. It was indeed a very successful and enjoyable race for all who participated - Congratulations to Paul Dugmore for taking the initiative to organize the race - it is hoped that next year will see it on the paddling calendar again.

TIDE TABLE				Next Full Moon: 21 May 2016	
04 May - 18 May 2016				● Full Moon ● New Moon	
Wed 04	Low 08:12	20:28	Sunrise 07:05	Sunset 17:44	Hi 02:02 14:27 Moonrise 04:04 Moonset 16:18
Thur 05	Low 08:55	21:10	Sunrise 07:06	Sunset 17:43	Hi 02:47 15:13 Moonrise 05:13 Moonset 17:01
Fri 06	Low 09:37	21:51	Sunrise 07:07	Sunset 17:42	Hi 03:32 15:56 Moonrise 06:23 Moonset 17:47
Sat 07	Low 10:19	22:32	Sunrise 07:08	Sunset 17:41	Hi 04:15 16:39 Moonrise 07:33 Moonset 18:35
Sun 08	Low 10:59	23:13	Sunrise 07:08	Sunset 17:40	Hi 04:58 17:20 Moonrise 08:41 Moonset 19:29
Mon 09	Low 11:40	23:56	Sunrise 07:09	Sunset 17:39	Hi 05:40 18:01 Moonrise 09:45 Moonset 20:25
Tue 10	Low 12:20	24:37	Sunrise 07:10	Sunset 17:39	Hi 06:22 18:42 Moonrise 10:44 Moonset 21:24
Wed 11	Low 00:41	13:01	Sunrise 07:11	Sunset 17:38	Hi 07:05 19:27 Moonrise 11:36 Moonset 22:23
Thur 12	Low 01:31	13:47	Sunrise 07:11	Sunset 17:37	Hi 07:53 20:21 Moonrise 12:22 Moonset 23:22
Fri 13	Low 02:36	14:46	Sunrise 07:12	Sunset 17:36	Hi 08:53 21:43 Moonrise 13:03 Moonset -
Sat 14	Low 04:27	16:23	Sunrise 07:13	Sunset 17:35	Hi 10:27 23:29 Moonrise 13:40 Moonset 0:19
Sun 15	Low 06:04	18:05	Sunrise 07:14	Sunset 17:35	Hi 12:01 Moonrise 14:14 Moonset 01:15
Mon 16	Low 06:58	19:01	Sunrise 07:14	Sunset 17:34	Hi 00:35 13:01 Moonrise 14:46 Moonset 02:09
Tue 17	Low 07:37	19:41	Sunrise 07:15	Sunset 17:33	Hi 01:21 13:47 Moonrise 15:18 Moonset 03:03
Wed 18	Low 08:11	20:15	Sunrise 07:16	Sunset 17:33	Hi 01:59 14:24 Moonrise 15:50 Moonset 03:56

Pucci's
Pucci's Italian Restaurant
N2 Sedgefield 044 343 1988
'Pucci's on the move'
Special thanks to our locals who supported us so well over these last four memorable years. We will never forget you and the good company we enjoyed - so many of you have become our friends.
'Laughter is brightest where food is best'
The business will be relocating, under new ownership, in Sedgefield. We wish the new owners all the best and hope it brings them as much joy as it did our family.
Warm Regards
Sean & Sammy, Steve & Maryna



BOWLS TIDBITS

IMPORTANT - REMEMBER TABS-IN STARTS AT 1.30

A Fun Bowls day was held on Monday followed by hamburgers and all the trimmings - a very good turnout and from all accounts a very good day.

MENS SINGLES FINAL
Due to a few problems, this final will be played on Tuesday 10th May at 1.30 - Contest is between Rick Horning and Barrie Hardie so please come along and support.

LADIES AND MEN'S NOMINATED PAIRS
The list is up and entries close on 11 May. We would really like to see more Ladies names up.

COACHING
Rose Potgieter is available for coaching on Tuesdays and Thursdays and has requested that some of the other coaches join her on these days to assist. Rose can be contacted on (044)343-3273

CLUB NEWS
Good to see James back on the green and looking well. Rosalie Horning has had some surgery in Cape Town, it has been successful and she and Rick will be returning this week. Our new member Wolf Lubbert is shortly to undergo some heart surgery and we wish him and good and speedy recovery. Bernard has had some minor surgery but is looking bright eyed and bushy tailed once again! Joy Bengel is up and about after knee surgery and will hopefully be playing again soon. Julius de Kock is having knee surgery this week and we wish him a speedy recovery.

Our thanks to Joey and her team for the upkeep of the gardens which are looking great and also to our greenkeeper and his team for all the hard work on the greens. I am sure that the recent wonderful rains have been a blessing to you all.

GOOD BOWLING EVERYONE OFF THE MAT

Ladies Golf
The month of April has seen the Ladies golf curtailed by maintenance on the course and bad weather. However two competitions were played:
Foursomes Medal on the 8th April: Team Cheryl and Janet took 1st place with 59 points; closely followed by Jean and Alice with 60 points. 18 ladies played alternatively off the Red, black and blue tees in perfect conditions on the 22nd April: Marina won the morning with 40 points; Marie came in 2nd (after a count out with Dalene and Liz) all on 38 points. The ladies outshone themselves with 15 out of 18 players making an unprecedented number of 31 birdies, the highest being Marianne with 6.

SEDFIELD BRIDGE CLUB	
18th April 2016	25th April 2016
1st Leslie Farnaby / Pam Day 62.10%	1st Meg Isherwood / Johan Steyl 61.46%
2nd Irene Apsey / Linda Lifson 57.14%	2nd Paddy & Bernard Sheridan 58.33% & Leslie Farnaby / Pam Day 58.33%
3rd Reinet Barnes / Ann Gould 55.95%	

We meet at the Roman Catholic Church Hall in Flamingo St every Monday evening at 18:45 and start at 19:00.
For more information contact Johan Steyl on 044 343 2158 / 082 855 5590

WILDERNESS BRIDGE CLUB	
20 April 2016--5 Table Howell	27 April 2016 ---5 Table Howell
1st Bella Scoccia / Barbara van der Noort 73.2%	1st Jean Taylor / Meg Isherwood 68.3%
2nd Marguerite Badenhorst / Oswald Dittrich 59.6%	2nd Marguerite Badenhorst / Oswald Dittrich 62.3%
3rd Leslie Farnaby / Johan Steyl 56.0%	3rd Tony Colman / Hanneke Nieman 56.9%

We meet every Wednesday at the Wilderness Hotel.
Registration at 1.15 pm, play starts 1.30 pm. Visitors and new members most welcome. Contact Johan 044 343 2158 or Margaret 082 856 6804.

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Titanic Duel on the Cards for King of the Hill

- At least four previous winners returning as formidable contenders
- Des Gutzeit aiming for consecutive title in 1 500 hp Nissan GT-R
- First Hillclimb outing for Franco Scribante's new Chevron B26
- 2016 could crown the first double winner, and a sub-40 sec lap record

KNYSNA, South Africa, – “Bigger and better” may be an over-used marketing catchphrase, but it's a perfectly apt description of the adrenaline-charged, heart-racing scene that is set to unfold when the King of the Hill explodes into action at the 2016 Jaguar Simola Hillclimb on 7 and 8 May.

The line-up for the seventh edition of South Africa's premier motorsport event, acknowledged as one of Knysna's top award-winning attractions, is indeed more spectacular and competitive than ever.

Featuring no less than four past winners, along with an astonishing array of cars either purpose-built to take on the daunting 1.9 km Simola Hill or making their highly anticipated debut, there really is nothing better for motoring enthusiasts and competitors alike.

As the reigning King of the Hill, Des Gutzeit has no intention of having the title wrestled out of his hands, and could indeed become the very first double-winner at this year's event. He boldly announced from the top step of the podium last year that he would come back to break the 40 sec barrier in his highly modified 1993 Nissan Skyline R32 GT-R – and the wise money will be on him doing exactly that. “My GT-R is going to be stronger than last year, as we've done some work to lighten it and make it handle a bit better,” Gutzeit says in his typically casual manner. “We ran about 1 400 hp last year, and hopefully the engine will produce a bit more now, but horsepower isn't everything for the Hillclimb. You need a car that handles properly and it has to be driven well.”

Having established a new lap record of 40.148 sec on his final run for the King of the Hill Top 10 Shootout in 2015, Gutzeit certainly knows what it takes to win. From a standing start, he charged through the course at an average speed of over 170 km/h, and reached a top speed on the main uphill straight of 250 km/h –

eye-watering numbers indeed! Yet he is more confident than ever of establishing a new lap record. “Going under 40 sec is definitely possible, and I certainly won't be the only one aiming to break the current record,” Gutzeit says.

“Franco Scribante will be extremely fast in his new Chevron B26, and he's a very good driver, but I reckon that there will be at least 10 competitors that could win King of the Hill this year.”

Two of Gutzeit Senior's rivals may well come from the home front, with sons Jade and Shane potentially among the front runners too. Jade won the event in 2012 and was one of the fastest competitors last year, but suffered mechanical problems with his Mitsubishi Lancer Evo 9 that was completed just before the Hillclimb. With the matter of car selection still in the balance, they both could be at the sharp end of the field.

2014 winner Franco Scribante has made his intentions clear. “I've entered the Chevron B26 for King of the Hill, and my aim is to win,” he states. “This year we're definitely going to break the 40 sec barrier. It's going to be really hot at the top, especially with all these Nissan GT-Rs competing with over 1 400 hp.”

The 1972 Chevron B26 monocoque sports car was produced as a successor to the B19 with which Scribante dominated the 2014 event. This car was completely rebuilt in the UK to Scribante's specifications for hillclimbs and endurance racing.

In its current form, it is powered by a radical 2.9-litre engine, which is basically two Suzuki Hayabusa motorcycle engines mated together to form a V8. “It produces about 450 hp, and the car weighs just 580 kg, so the power-to-weight ratio is very impressive,” Scribante adds.

“It's amazing how advanced the technology was for the time, despite how primitive it looks. The chassis and handling of the B26 are as good as anything you'll find today, and it feels like a 250 Superkart,” he enthuses. And Scribante knows what he's talking about, having led the first hour and a half of the Welkom 6-Hour endurance race with this car on its first outing in February. Another serious challenger joining the fray this year is 2011 champion, Wilhelm Baard. After missing the 2015 Hillclimb, the Nissan engineer and former

Production Car racer returns with an extensively modified and refined version of the 2014 GT-R he used two years ago.

“The car has been comprehensively reworked and is leaps and bounds better than in 2014 when we had set-up issues,” Baard says. “It is lighter, we have better tyres, improved brakes and suspension, and it produces over 1 000 hp on the hubs. We've also had a lot of work done on the aerodynamics of the car. The result is quite radical, but it should make the GT-R competitive.”

“This year will be very special with several drivers setting out to break the 40 sec barrier. Along with Des, Darron Gudmanz and Reghardt Roets in really fast GT-Rs, it's probably Franco Scribante that worries me most, as the Chevron B26 will be seriously fast,” he adds.

The list of winning drivers doesn't end there, as the 2010 ‘King’, Geoff Mortimer, is back in a hot Mitsubishi Lancer Evo 9. At the age of 80 he's still quick, very competitive and hugely experienced. “Our car puts out between 800 and 900 hp, and is similar specification to the Evo that Jade used last year, although possibly not quite as light,” Mortimer says.

As they say in the classics, “that's not all, folks!” While this epic clash between these mighty men and their remarkable machines unfolds, spectators will also be treated to the spine-tingling sights and sounds of the first-ever Formula One car to compete at the 2016 Jaguar Simola Hillclimb. The burning question is, could it trounce them all?

Entered and driven by Andre Bezuidenhout, this 1989 Dallara F189 has true F1 pedigree, having finished third at the 1989 Canadian Grand Prix with Andrea de Cesaris behind the wheel, as part of the BMS Scuderia Italia team.

Bezuidenhout has certainly proven its potential on the track, and holds the lap record of 58.839 sec at Zwartkops Raceway, set in March 2008.

“I know the car very well, but I've never raced it on the road and I've never been to the Jaguar Simola Hillclimb, so all of this will be completely new to me,” Bezuidenhout says. “The key will be getting the suspension setup right to cope with the bumpy surface, but I'm really looking forward to the race.”

For more information visit: www.jaguarsimolahillclimb.co.za #JaguarSHC

Charles Arton, last year's winner of the Samola Hill Climb Classic Car Friday



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WARMING THE HEARTS OF OTHERS
 Please join us in our drive to collect much needed blankets and warm items for the less privileged. Pop into our office at Woodpecker Mall or call us and we will happily collect your donation.

ANNOUNCEMENT

TANIA BOUWER
 Pam Golding Properties are delighted to announce that Tania Bouwer will be joining the Sedgfield team from 1 May. Tania has had extensive business experience specializing in marketing and sales and has occupied several senior positions. Please feel free at any time to visit our office and meet Tania.

James 082 457 3109 Hilna 082 722 4611 Shirley 072 447 2114

www.pamgolding.co.za/sedgfield Pam Golding Properties An International Franchise of South Africa

Online Entries Open for Momentum Weekend Argus Knysna Cycle Tour



Online entries for the 2016 Momentum Weekend Argus Knysna Cycle Tour are open and tour director Elwin Thompson said that the Knysna Rotary Club, which coordinates the tour every year is looking forward to the biggest and best event ever.

The race, which celebrates its 29th year in 2016, has grown enormously since its inception and now comprises four very popular events MTB events, road races, the SPUR Childrens Tour and the Forest Family Dam Ride. These take place on 2 and 3 July over the first weekend of the Pick n Pay Knysna Oyster Festival (1-10 July 2016).

The MTB event is one of the biggest in southern Africa and includes outstanding cycling routes through the Knysna forest. The 50 km and 80 km MTB races are official premier seeding events of the 2017 Cape Town Cycle Tour.

There are four different MTB races in total for varying technical abilities - 80 km, 50 km, 30 km and 15 km, and routes include access to privately owned sections of property that are usually closed to the public.

Says Thompson: The routes are set up and managed by

Leon Evans, known as Dr Evil and, while cyclists will be riding through one of the most scenic areas in the Garden Route, they will also have their skills tested to the maximum.

The 109 km road race follows a new route introduced in 2014 which was designed for enthusiastic, competitive roadies and will keep you working all the way to the finish line.

The route takes cyclists from Knysna to Sedgfield, Karatara and Barrington, and back to Knysna. The 50 km route is from Knysna to Sedgfield and back along the N2.

The SPUR Rotary Knysna Children's Cycle Tour is a safe, scenic race for children from 2 to 10 years of age and consists of three events which start and finish at the Knysna Oyster Festival Grounds, for 2-4 year olds, 5-7 year olds and 8-10 year olds.

The successful 25 km Forest Family Dam Ride on Sunday, 3 July, is a relaxed MTB ride. It is open to a limited number of riders, 12 years and over with some experience, and takes riders past Knysnas three dams and through scenic forest areas.

The Knysna Cycle Tour is one of the biggest and most popular events on the cycling calendar

and a highlight of the Knysna Oyster Festival.

Says Thompson: There is an incredible vibe in Knysna over this weekend as families from all over South Africa pour into Knysna for a weekend of cycling for mom, dad and the kids. Before and after events theres lots to do at the Festival Grounds and in the Knysna area. We are looking forward to a great event this year.

To enter the race online go to www.knysnacycle.co.za. All the information about entry fees is available here as well as travel packages for cyclists and their families travelling from Johannesburg for the Knysna Cycle Tour.

This year, for the second time, cyclists can Pedal with Purpose and raise funds while doing the Knysna Cycle Tour with a special charity entry. Cyclists purchasing a Hospice Charity Entry will receive:

- Preferential seeding
- A Hospice 'goodie bag' filled with fantastic cycling goodies including an awesome cycle shirt
- VIP registration at the Hospice stall.

Follow the Knysna Cycle Tour on Facebook and Twitter for regular updates about all the events.