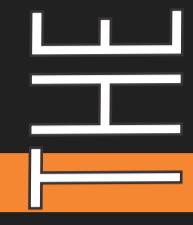


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Issue 533

www.edgenews.co.za

7th March 2018

TIME TO 'TUFFEN UP'



Local athlete Danielle Williams gives the Tortoise Tuff Trail Run her vote of approval. Picture by Luana Laubscher

Yes, this Saturday Sedgefield will once again be 'over-run' by athletes from all over the country as they descend on the village to take part in the 2018 Tortoise Tuff. Thanks to kind sponsorship from Knysna Municipality, Sedgefield Pick'nPay and Total Sedgefield, there's no doubt that ALL the participants will once again give this popular event the 'thumbs up'.

If you haven't entered any of the races yet (there's a 30km road run, a 21km trail run, a 10km road run/walk and a fun run) then be sure to head down to the school on Friday between 17h00 to 19h00. (See back page for full details)

COUPLE ROBBED IN THEIR ISLAND HOME

Sedgefield grapevine has been abuzz with the news of a robbery on The Island last Friday evening, in which two senior citizens of Sedgefield were assaulted in their own home.

It happened around 9pm on Friday 2 March, when the couple (names withheld at their request) were watching TV in bed with their small dog lying nearby. Their bedroom's exterior sliding door was open to allow the cool night air in. Suddenly two adult

males wearing dark clothes, balaclavas and gloves, stormed into the room, and jumped on top of them, roughing them up whilst trying to smother them by blocking their noses and mouths. Barely able to breathe, the terrified Sedgefielders couldn't shout for help, even when one of the men attempted to pull the rings off the female.

The men themselves remained totally quiet during the attack on the couple, until one whispered "MONEY". Fearing for their

lives the lady resident frantically pointed towards the kitchen where she had put her handbag down earlier. Meanwhile at least one other man had entered the room - the couple were so disorientated at the time - they believe there could have been a fourth.

Fortunately, at the start of all the commotion, the couple's dog had run out of the room into the garden, and started barking frantically. This raised the alarm with people living nearby who

quickly realised something was amiss. As they came across to investigate, the attackers heard them and, after snatching up goods including the TV the DSTV decoder, a laptop and the handbag, managed to escape into the darkness.

When the neighbours found the totally distressed man and woman, they immediately alerted the police, whose response time was swift. In a short while the area was cordoned off and once the SAPS members had ensured the couple's safety, a thorough investigation was launched. To date, no arrests have been made, but it is hoped that there will soon be results.

Whilst still recovering from the shock and minor injuries resulting from this ordeal, the traumatised senior citizens have asked us to please extend their heartfelt thanks to their neighbours for coming to their aid and SAPS for their speedy response. They have also been so appreciative of all their family, friends, and the entire Sedgefield Community for all the love, prayers, assistance and support. They hope that through their own dreadful experience, other residents will be alerted to the importance of keeping doors closed and locked at all times, even when at home.

WE ARE HAVING A
ST PATRICK'S DAY CELEBRATION



JOIN US **March 17th**
8am to 6pm

Green beer **Irish music**

Contact Tony 082 901 4268

SEDGEFIELD CRAFT BREWERY
(Scarab Market)



GOLD TRADER
BUYS IT ALL!

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T: 044 382 0417 C: 082 7888 700

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Sedgefield
044 343 1119



Dual Mandate

Gawie & Louisa Bester 072 773 3065

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R16 500 000

5 Beds | 2 Baths | 1 Garage

Excellent location on the beach! Exceptional property located on the sought-after Golden Mile in Buffalo Bay.



Sole Mandate

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Web ref: CSF1-0650

R2 100 000

3 Beds | 2 Baths | 2 Garages

Neat low maintenance home situated on a level stand within close walking distance of the lagoon, school and local amenities.



Dual Mandate

Von & Rodney 060 967 1288

Web ref: CSF1-0625

R5 500 000

Sedgefield Rural

3 Beds | 2 Baths

Lovely log home on a farm with direct access to the lagoon is situated in tranquil wooded surroundings with uninterrupted views of the lagoon and hills from the deck ...

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CONTROVERSIAL AUDIT COMMITTEE REPORT

by Chris Gould

At last Wednesday's Special Council Meeting, ratepayers learned that Knysna Municipality had lost its "clean audit" status. Although the audit was financially unqualified (meaning that the financial statements themselves were correct), other problems were identified that caused the municipality to forfeit the clean audit status it has enjoyed for a number of years. (In its report, the Knysna Audit Committee reviewed the findings of the Auditor General, and offered its own comments).

Some of the issues that require urgent attention relate to procurement, such as too many deviations from the regulations, and poor contract management (the municipality does not have a contract management program in place for outside contractors). A "deviation" occurs when the normal competitive bidding process is not followed in selecting a contractor. Sometimes this is unavoidable, such as when only one contractor can provide the goods or services ("sole supplier"), or in an emergency, when there is no time for competitive bidding, and in a narrowly circumscribed number of cases, when competitive bidding would be "impractical". Of course, this sort of situation is

ripe for abuse.

In the municipality's case, a full R87,25 million in goods and/or services were procured during the 2016-17 financial year by means of deviations, versus R36,60 million the previous year. The Audit Committee noted that the Auditor General had effectively warned the municipality to ensure that demand and procurement is properly planned in future, in order to limit deviations to situations where they are genuinely unavoidable.

The Committee pointed out that the claimed irregular expenditure of just over R 5.80 million for the year due to deviations accounted for only four of the very many deviations that occurred during the year. In the opinion of the Audit Committee, "it stretches credulity to believe that these four were the only instances of improper deviations in the year, in view of the lack of controls referred to by the Auditor General".

Of particular concern was the lack of implementation of the Auditor General's recommendations and the failure to recover irregular, fruitless, wasteful and unauthorised expenditure. The Auditor General stressed that these must be investigated to determine whether any official was liable for the losses incurred as a result of such expenditure. He also

found that disciplinary steps must be taken against officials who caused or permitted such expenditure and losses incurred must be recovered from the person responsible. He stressed that this had not yet been done for the 2015-2016 and 2016-2017 financial years. This expenditure amounts to millions of rand, and the complete lack of consequences to date does not serve as a deterrent against such illegal expenditure in future.

The reason for the above may in part be due to the fact that the financial oversight committee, MPAC, is under-capacitated and has become dysfunctional. This is not a new issue, and we strongly encourage Council to do something about giving MPAC capacity, and teeth.

These problems should be addressed as a matter of urgency. The KRA Committee looks forward to exploring these and other issues with the municipal manager at our meeting later this month.

You are invited to visit our Facebook page at <https://www.facebook.com/knysnaratipayers/> to keep abreast of developments in municipal government in Knysna.

Knysna Municipality were asked to respond and issued the press release below.

MUNICIPALITY TAKES SWIFT ACTION TO ADDRESS AUDIT

The Knysna Municipality received a financially unqualified audit with recommendations for the 2016/2017 financial period.

Knysna Executive Mayor, Eleanore Bouw-Spies said, "We take cognisance of the Auditor General's (AG) report and we are fully committed to address the issues raised by the AG. It must be remembered that Knysna suffered a tumultuous time following the devastating Knysna Fires, that ravaged the area on 7 June, 2017, stretching our limited resources to the hilt. "Despite this, we received an unqualified financial audit, an

achievement for which the AG commended us."

A financially unqualified audit opinion is explained by the AG as financial statements that contain no material misstatements. Unless they express a clean audit outcome, findings have been raised on either reporting on predetermined objectives or non-compliance with legislation, or both these aspects. In the case of Knysna it was in relation to two issues related to predetermined objectives. Both are expected to be addressed as part of the Operation Clean Audit Report (OPCAR) by 30 June 2018.

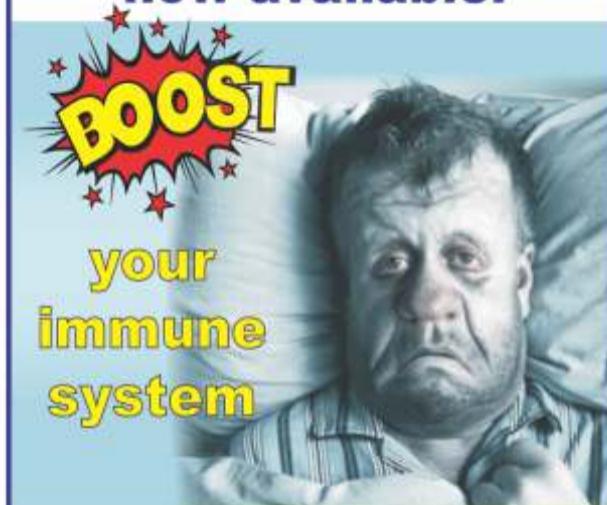
Bouw-Spies further expressed her gratitude to the CFO, Mbulelo Memani and his team. "I applaud and thank our CFO and his staff who worked so hard for achieving this financial outcome. Especially if we take into account the extreme pressure that this team faced when their financial year-end fell, only three weeks after the devastating fires."

She said that steps had already been taken to address issues raised: "I have twice met with Dr Ivan Meyer, MEC for Finance in the Province to discuss solutions highlighted by the AG."

Bouw-Spies added that she had requested the support from Dr Meyer: "Adequate procurement planning is imperative to strengthen the management of procurement, compliance with supply chain regulations, and supporting service delivery. I have asked that an experienced person be seconded to the Knysna Municipality for a period of three months, to assist us with fast tracking Procurement Processes, developing a Procurement Plan for the 2018/2019 financial year, building management awareness of compliance and the key procurement concerns raised by the Auditor-General, recommendations to strengthen the Municipality's Supply Chain System and Contract Management."

In closing the mayor reiterated the importance of resolving issues highlighted by the AG. "It is our top priority to resolve issues raised by the AG, especially the Contract Management issues. We will ensure that these are addressed."

2018 FLU vaccination now available!



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but with
the same friendly team**

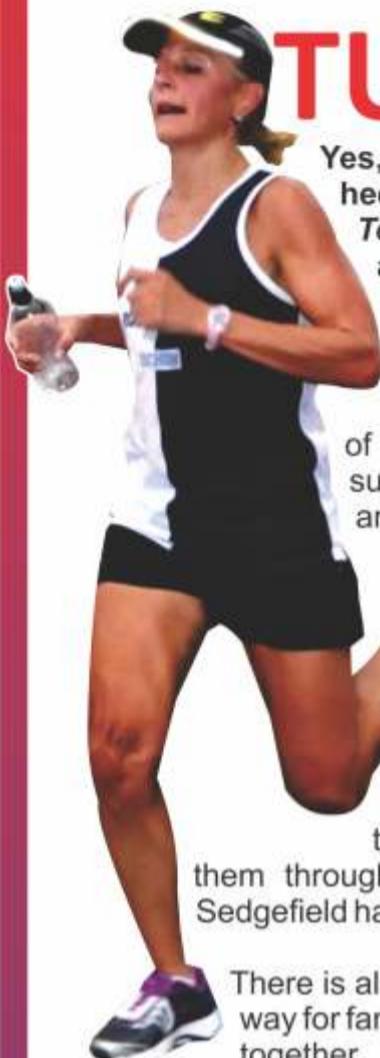
SEDGEFIELD PHARMACY

Woodpecker Mall, Main Rd, Sedgefield. Tel: 044 343 1628

Pick n Pay

Sedgefield Square, Main Road. Contact 044 343 1055

Caring for our Sedgefield Community



TUFF LOVE!
Yes, Sedgefield Pick n Pay is head over heels about the Sedgefield Striders' Tortoise Tuff event, which is why they are once again on board as one of the main sponsors of the 2018 event - due to take place Saturday 10 March.

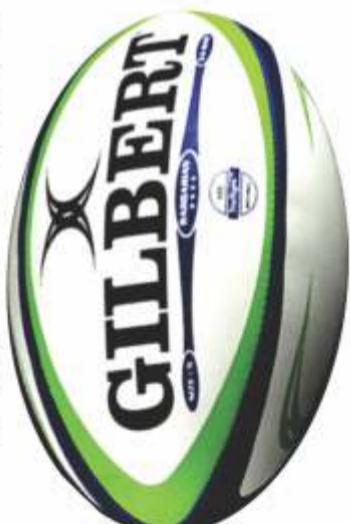
Supporting local sporting events is one of the many ways Sedgefield's biggest supermarket gives back to the community, and what better opportunity than the Tortoise Tuff which has been a favourite for local and visiting athletes for the last 21 years.

It's easy to understand why every year hundreds of runners and race-walkers travel from all over South Africa to take part in 'The Tuff', because the 10km, 21km and 30km courses take them through some of the most stunning terrain Sedgefield has to offer.

There is also a 2.5km fun run, which offers a great way for families get a bit of exercise and spend time together.

SOARING LIKE EAGLES

Pick n Pay Sedgefield are proud to announce their continued sponsorship of our local Eagle Stars Rugby Club, and cannot wait to see how the boys tackle the up-coming 2018 season.



With last year's league results more than impressive for our team, we look forward to their first match against NMMU which will be at 4pm on Saturday 10 March at the Smutsville Community Sports Centre.

COMING SOON:-

Our newly extended 5,500m² Shopping Mall



COMBINED EFFORTS LEAD TO SUSPECT APPREHENSION

It was teamwork between members of C.O.P. (Community Orientated Policing) and two security firms - Suiderkruis and Fidelity ADT - that led to the apprehension of a rather slippery criminal over the weekend.

It started at about 7.45 on Saturday 3 March, when a lady walking along Volstruis Street on her way home to Smutsville was accosted by a man who attempted to rob her. Fortunately she managed to escape and as she did so her screams alerted a nearby resident. Looking out of her window the resident saw the would-be mugger had hidden himself in a tree - not knowing that she had a good view of him, and on reporting the incident to C.O.P. she could offer them a full description of what he was wearing.

Before the C.O.P. members arrived, the man climbed down the tree and fled, leaving his jacket behind on the ground. They did a thorough search of the area but did not find him. It wasn't long before he was up to no good once again, and within a short while four different residents had reported an intruder on their properties fitting his description.

By this time, between C.O.P. and the two security companies, there were six vehicles out and about looking for the suspect, but he remained elusive.

Eventually, just after he had set off an alarm in the vicinity of Kingfisher and Gull streets, he was seen hot-footing it down to the lagoon's edge.

This time his pursuants decided not to follow, but instead posted personnel along Kingfisher at the end of each pathway leading up from the lagoon.

"We waited quietly, and eventually he must have thought he was safe, and came up to the road," said C.O.P. Chief Mike Hofhuis. "He left the path and took a couple of steps on the road before he realised we were there. He got such a fright he turned and ran head-long into a bush!"

The suspect was then apprehended and taken off to Sedgefield Police Station to be charged. The C.O.P. team are hoping that he will face time for all his mis-doings on Saturday Night, and perhaps more for any previous crimes he may be linked to.

"Once again I must stress the importance of opening a case for any theft or attempted theft you may have experienced," said Hofhuis, "Even if the perpetrator hasn't gotten away with anything."

He went on to explain that if someone is part of a failed burglary attempt, he must still be charged because without a case open the police cannot take his fingerprints and do a background check. In other words, he may be a wanted criminal with outstanding warrants of arrest against his name for far more serious crimes. But if he is not officially arrested (ie no case opened against him) SAPS are not obliged to hold him, and he will be released and back on the street in no time.



Owner to Fetch this Vehicle before being Auctioned

The South African Police Service Thembalethu are looking for the owner of a white Mercedes Benz with registration number CBS 43649 which was involved in an accident on 17 December 2017 at Zone 9 Thembalethu.



thirty days of the advertisement of this article, the vehicle will be sold at an auction.

Anyone with information can contact Warrant Officer Wayne Claesen of Thembalethu police station at 044 802 8924.

Avoid Walking in Isolated Places Alone

The police are worried about the number of rape cases which are increasing every day and that the suspects are unknown by the victims.

The police have discovered that the victims walk in the early hours of the morning. Alcohol also plays an important role in this type of crime. The victims walk one by one or in twos, but when they split each in their own direction, and that is when

the criminals take the advantage.

The youth must not walk in isolated areas where nobody can see them or they cannot be heard when crying for help. They must walk in groups with people they can trust and who will accompany them until they reach home safely. It is advisable for safety that people be home before dark and try to avoid walking at night.

Applications for Indigent Rebates Now Open

Applications for indigent rebates are now open and will be submitted up until 31 May 2018. Knysna Municipality calls upon senior citizens and residents who fall within the Council's Indigent category and who are municipal account holders to re-apply for rebates on their property rates and services for the 2018/19 financial year.

In terms of Council's policy, households who currently receive a collective monthly income of less than R4 300 qualify for rebates on rates and service charges (This threshold will be reviewed during Council's new budget process).

Knysna Municipality prides itself on being a caring town, and these rebates are only one of many ways in which the municipality tries to assist those less fortunate. Portfolio Chairperson for Finance and Governance, Councillor Cathy Weideman said that the municipality is committed to ensuring, not only that its financial position is managed effectively and efficiently, but

also to assist and provide relief to those that need it most.

To qualify for the rebates:

- The applicant must be a resident of the Greater Knysna Municipal area;
- The applicant must be in possession of a valid South African identity document;
- The combined or joint gross income of all occupants or dependents in a single household which receives services from the municipality does not exceed R4 300. Child support and foster care grant not forming part of a household income;

• Where there are income earning tenants or any other income earning people living on the property, that income has to be declared on the application form.

- The applicant must be the owner who receives municipal services;
- The Indigent subsidy is limited to one occupied property;
- The Indigent subsidy will not apply to vacant stands;
- In terms of estate accounts, the existing account will continue under the indigent

relief measures, on condition that only the surviving spouse or dependent children may apply, provided that the death certificate be submitted to qualify for the continued support. An application for the continuance of the indigent relief must be submitted.

Residents who have outstanding balances and would like to apply for the rebate, should either pay their account balances in full or at least have a payment arrangement with the municipality in place before their applications will be considered. These applicants need to continue paying, even after the rebate is granted, as the municipality will not write off any existing debt.

The application window is now open until 31 May and the application process comes into effect from 1 July. Once a rebate is granted, it will be valid for one year only. Residents, including existing recipients, need to re-apply for rebates every financial year.

Applications must be accompanied by the following:

- Certified copies of all owner's identity documents;
- The latest municipal account;
- Certified documentary proof of income, or an affidavit declaring lack of income and /or proof of registration as unemployed, plus bank statement (Where applicable);
- Particulars of any other grants received by the account holder;
- Recent pre-paid electricity token or prepaid electricity meter number.
- Consent letter from the owner in cases where tenants apply for subsidy.

The municipality will verify every application, including the details of applicant's salaries or other sources of income. It is important to note that it is fraudulent to submit false declarations.

To obtain application forms and more information, customers may visit their nearest municipal office or call the municipality's Credit Control office on 044 302 6482 or 6581.

The Amazing Race - Easter Fun for the Whole Family



The Amazing Race, an event which aims to raise funds for well-known local Sedgefield charity, Masithandane, is back and now in its fourth year.

Masithandane is an organisation that provides services where they are needed most in previously disadvantaged areas and isolated communities.

So step away from the TV,

switch off your mobile phones and embark on a scintillating adventure that will keep the whole family alert and excited from beginning to end!

The beautiful scenic route will take individuals, couples, groups of family or friends on an educational journey, and entrants stand a chance to win one of the three top place prizes while supporting a great cause.

The event will start and finish at

the Steam Whistle Stop in Sedgefield.

The race is all about having fun. Each team of up to four people will receive a route schedule which describes various items which they must find and photograph, so be sure to bring your cell phone or digital camera along with you. You will also need eyes at the back and sides of your head, and a car of spirited occupants!

Date: Saturday 31 March 2018

Cost: R150 a vehicle

Time: Check in between 13:00 and 13:30

Team Briefing: 13:45

Start and Finish: Steam Whistle Stop in Sedgefield

Prize giving: 16:30

For more information or to enter contact the Sedgefield Tourism Office on 044 343 2007, or race organiser Tertia on 082 046 0463.

Knysna Alcohol & Drug Centre



The Knysna Alcohol and Drug Centre is proud to announce that a support group has started in the Sedgefield community. The support group will take place every Wednesday at 18:00 at the Sedgefield Municipal Office (12 Flamingo Street, Sedgefield).

Knysna Alcohol and Drug Centre is fully committed to creating a drug-free environment in which individuals can enjoy their freedom, develop intellectually, socially, economically, emotionally, spiritually and physically, to live a responsible, constructive and fulfilling life. By various programs within the Knysna and surrounding areas, Knysna Alcohol and Drug Centre continuously strive to empower the individuals, affected by substance use disorder, in changing their perceptions and behaviours surrounding substance abuse.

Knysna Alcohol and Drug Centre (KADC) is the only Non-Profit Organisation that renders

professional and support services in the prevention; awareness; and intervention in substance abuse cases. The centre serves two municipal areas - Knysna and Plettenberg Bay, and the surrounding rural areas, and has been in service since its inception in 1994.

Their vision: "We continue to strive towards substance abuse free communities."

Their mission: "We are a community-based organisation rendering substance abuse services to the Greater Knysna and Bitou communities focusing on the following: Awareness programs, early intervention and prevention, re-integration and after-care."

Our core values:
F-Family-oriented
R-Respect
E-Empowerment through Education
E-Excellence through Competence
D-Dignity and Self-development
O-Opportunity and Participation
M-Maintain and Facilitate Re-integration

Services provided by KADC's

Registered Social Workers include:

- Intense therapy sessions and education in a holistic and inclusive manner.
- Therapy sessions with the service user and family to motivate the service user and their family to participate in an inclusive intervention programme.
- Comprehensive assessment and appropriate feedback.
- Controlled after-care and self-help groups.
- Substance abuse awareness and information to the service user and family.
- Employee assistance programs.

One of the services rendered is promoting support groups of those affected by a substance use disorder, and the team strongly encourages any person that is experiencing problems with alcohol and/or drugs to make use of the Sedgefield support group as a stepping stone for the road to recovery. Meetings are open to persons with a substance use disorder and their family members.

For more information on other services please contact the

KADC office on (Office) 087 095 3128 or (WhatsApp) 071 194 6255, (All hours) 079 228 4286 or email info@kadc.co.za. Alternatively, Tamaryn Angel (Social Worker) is available at the Smutsville Community Hall every Wednesday from 14:00 to 16:00 and at the Karatara Clinic every alternate week Tuesday from 10:00 to 13:00.



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Terry: 081 366 6935

NEW OWNERSHIP FOR PHARMACY

The Daniell Family has announced that as of 28 February, Sedgefield Pharmacy has been sold, but local customers can be assured that it certainly will be 'business as usual' under the new ownership.

After building up and running the pharmacy for the last 28 years, employing in the region of 20 people, Cliff and Louise Daniell have certainly become an integral part of Sedgefield, so this sale may seem like 'the end of an era' for many village residents.

However Cliff has pointed out that his family will still be very much involved in the running of the business under its new owners – the Arrie Nel Group of Pharmacies.

"My son, Stuart has been appointed as manager, and Louise, who has supported me 100% along the way, will remain at the Pharmacy as a nursing sister," he explained, "All Staff members have been accommodated except for two, which includes myself."

Indeed Cliff says that the reason he chose to sell to the Arrie Nel Group is that there would be no noticeable change in the Pharmacy - all faces and the pharmacy itself will stay the same and, after a short rest he plans to keep himself busy by helping where he can.

More than just business owners, the family have certainly been a part of the community. All four of the Daniels' children grew up in Sedgefield, going through Sedgefield Primary School. The three sons, Clinton, Keith and Stuart, followed in their father's footsteps and studied Pharmacy, whilst daughter, Megan, qualified as a Chartered Accountant.

"As of last week all three of my sons have returned to the Garden Route to work as Pharmacists," says Cliff, going on to explain how Stuart, the youngest of the twins, is to be married next month.

"This is what prompted me to contemplate withdrawing from the Pharmacy and allowing him to continue running it in the future. To



facilitate the whole process I decided to approach the Arrie Nel Group to buy me out and take over the day to day running of the business. Included in the deal is the takeover of existing staff and assets of Sedgefield Pharmacy."

"I would therefore like to take this opportunity to thank all my customers over the years for their loyal support. They will definitely be seeing me from time to time at the Pharmacy. I am happy to say I have been given the assurance that Sedgefield Pharmacy will not be changing in any way with regards to service and product, the same as it has delivered over the last 28 years," says Cliff.

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Prices all include VAT and based on customer supplying finished artwork - If design is needed please add R100 for cards and R195 for DL leaflets.

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Suspects Arrested for Cultivation of Dagga

A SAPS crime prevention operation led to the arrest of two suspects and the confiscation of dagga plants at two houses in Sedgefield on Sunday, 25 February.

This after they were tipped off by members of the public regarding possible 'drug related activities' at houses at Swallow Drive and Flamingo Street. The police responded and searched a house on Flamingo Street at about 15:45, where 109 dagga plants were found on the premises.

The police also seized equipment that was used for cultivation purposes during the operation and arrested two suspects aged 53.



Constable Charlin Cassel and Constable Sicelo Qoma with the confiscated items.

Local Coffee Shop Honoured

Congratulations to Heidi and Shaun Berriman whose popular eatery The Village Deli was selected as one of the Top 30 Garden Route Culinary Destinations at the Outeniqua Culinary Awards, held in Wilderness on Friday 2 March.

They were selected in the Coffee / Tea Emporium category.

"We are so pleased for our Deli to have been recognised in such high calibre competition," said Heidi, "They were particularly impressed that we have our own coffee roastery within our premises - so we can serve our own, unique flavour!"

The awards, convened by well known food connoisseurs Francois Ferreira and Anne Hadley Lombard, were based on each destination's uniqueness (no franchises were considered), as well as the knowledge of their products, quality of service and of course their food.

Judging was done by 'mystery diners', who visited restaurants and coffee shops from Mossel Bay to Plett.

The Village Deli is situated in Kingfisher Building on the northern side of the N2, and has been open for three years.



Shaun Berriman proudly holds the certificate whilst his wife and business partner Heidi offers one of her famous gourmet quiches.

RE/MAX LAKES

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THE VILLAGE R1 200 000

EXCLUSIVE MANDATE



WEB REF: RXED 0629

With some TLC this home could be a gem.

4 bedrooms, 2 bathrooms, 4 garages.

Thandi

072 789 0845

GROENVALLEI R1 795 000

EXCLUSIVE MANDATE



WEB REF: RXED 0684

Newly built home with superb finishes.

2 bedrooms, 2 bathrooms, double garage.

Louis

082 390 0272

KINGFISHER CREEK R2 280 000

EXCLUSIVE MANDATE

PRICE REDUCED



WEB REF: RXED-0675

Picture perfect family home with a flatlet.

3 bedrooms, 2 bathrooms, 3 garages.

Karen

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ELANDSKRAAL R3 750 000

DUAL MANDATE



WEB REF: RXED 0682

Beautiful home on 10.2 HA forested property.

3 bedrooms, 3 bathrooms, double garage.

Karen

083 556 5103

THE VILLAGE from R1 050 000

SOLE MANDATE



WEB REF: RXED 0448

New Development. Full title.

2 bedrooms, 1 bathroom, single garage.

Chris

082 418 8671

THE ISLAND R2 850 000

EXCLUSIVE MANDATE



WEB REF: RXED 0686

Pretty house with great sense of space.

3 bedrooms, 2 bathrooms, double garage.

Louis

082 390 0272

044 343 1905

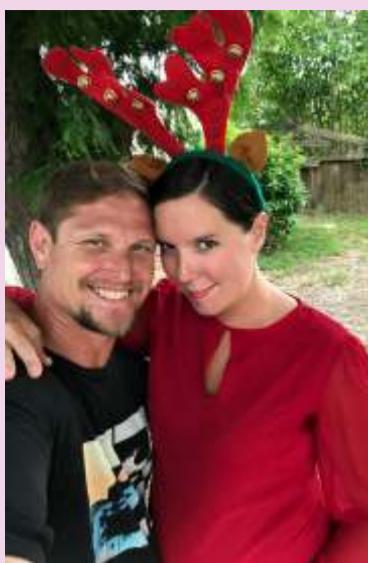
www.remaxlakes.co.za / www.remax.co.za

Support Kerry!

A call is being made by the local Zumba group to Garden Routers in and around Sedgefield to support their fundraiser this Friday, the proceeds of which will go to "Kerry's Cancer Crusade."

One can only admire the courage and dedication of our local young lady Kerry Jade West (32), who has stage two invasive ductal carcinoma (IDC) breast cancer and is also eight months pregnant.

After originally being diagnosed in November 2016, and discovering that the tumour was too large to operate on, Kerry started on a course of eight sessions of chemotherapy. During this time she discovered that there



was a very high chance of her becoming infertile due to the chemotherapy, which absolutely shocked her as she had specifically advised her team that she still wanted to have a family with her fiancé.

"I had lost all of my hair; my self confidence and self esteem; as well as any sense of well-being. I did not feel like a "normal" woman anymore and this was only just the beginning!" she said.

In desperation she started doing all the reading and researching she possibly could, and the more she learned the more convinced she became that 'conventional' cancer treatment was not something she was prepared to continue. And so, with the back up of her close-knit family, as well as Mike Panko, her fiancé of five years, Kerry took the decision to immerse herself in what she describes as a 'natural healing journey'. This soon became known as "Kerry's Cancer Crusade".

When she and Mike discovered in

the second half of last year that they had been blessed with a baby boy on the way, they became all the more determined to keep her treatment as natural as possible.

With the extremely high costs of her natural treatments not covered by medical aid, the couple is also burdened with raising money to pay for her medicines, with friends and family chipping in where possible.

Hence local Zumba ladies, led by Shawn van den Berg, have put together Friday's fundraiser.

Under the motto 'Move to give', the local Zumba group are hosting a Party in Pink event from 6pm to 8pm on 9 March in the Sedgefield Town Hall. Entrance will be R60pp. Please support this worthy cause and help this young lady continue her brave fight.

Kerry can be contacted on 060 884 9523, or look for Kerry's Cancer Crusade on Facebook.



Overwhelming Response to Tourism Ambassador Course

There has been an overwhelming response to the Tourism Ambassador Course that is being sponsored by Skål International and coordinated by the Francois Ferreira Academy, in association with Knysna Tourism.

According to Denise Lindley, Vice Principal for the Francois Ferreira Academy, nearly 50 applicants were interviewed this week at the Knysna Municipal Library, including parking attendants, staff from local restaurants, accommodation establishments, petrol stations, and even a beauty salon.

"I'm delighted with the response," enthused Lindley. "There is clearly a great need for this kind of skills training in Knysna and although we can only select 20 applicants for this course, we hope to be able to do more courses in the future and will keep all the applicants on file."

The three-day course which runs 7-9 March is aimed at staff employed in the tourism industry to enable them to assist with information about Knysna. It will be run by Debbie Thomas, a lecturer at the Academy. The cost of the course is R1,000 per person but the course is being sponsored by Skål International and so fees have been waived.

Knysna Tourism worked with Cheryl Britz, Chairperson of the Knysna Community Police Forum, to identify a number of parking attendants who would benefit from the course. Knysna Tourism Chairperson Elmay Bouwer explained: "If their applications are successful, Knysna Tourism will pay them a daily fee to attend the course so that they will not be out of pocket for missing three days' work.

"This is a wonderful opportunity for all people who interface with tourists to learn the skills and be empowered to promote various aspects of Knysna to our

visitors," Bouwer said. "As Chairperson of Knysna Tourism and a member of Skål, I'm very proud of this initiative and thankful for the role that Skål's international members continue to play in assisting with local tourism and skills training."

The successful applicants will be required to write a short test on completion of the course, in order to receive a certificate from the Francois Ferreira Academy. They will also be required to do a one-day refresher course every six months to keep them up to date with changes, new attractions and so on. The one-day course will cost R300.

On successfully completing the course, participants will be given a Knysna Ambassador badge with the Knysna Tourism logo, and a sticker for the establishment they work for, to say that they belong to the Tourism Ambassador Programme.

REBUILD EDEN RELIEF UPDATE

What's currently happening with the Rebuild Eden Sedgefield community initiative?



Louis from Build It unloading the donated fertiliser.

The volunteers took a short well-earned break in December and re-opened mid January. Volunteers are still working hard to assist the families that are registered to rebuild their lives, in any way that they can. Having distributed groceries until the end October the next priority was to make sure that all those who needed it were supplied with summer and winter wardrobes from the many clothes that had been donated.

Following this, in consultation with donor organisations, it was then decided to try and convert excess stocks such as clothing into cash to purchase things that were more appropriate for further relief and to donate goods to other charities from PE to Graaff Reinet including local Sedgefield charities. Initially this was done in the form of very successful Car Boot Sales. This however meant that volunteers were now giving up more of their time on Sundays, to load, unload, and sell.

It was therefore decided that a shop at the warehouse would be a more practical option. The space available was rearranged to accommodate a more formal shop as well as a storage section for relief items.

The shop is open from Mon-Thurs 9-4 and on Saturdays from 10-1 and has turned out to be a great fund-raising success. Fridays are still dedicated to fire relief, a day when registered families who

are being helped can come and update volunteers on what they are still needing and pick up items that have been purchased for them using funds raised in the shop.

Recently this has been bigger ticket items such as fridges, stoves, water tanks, roof sheeting and building materials.

There is a plant nursery at the side of the warehouse where donations of plants are kept for those trying to re-establish their gardens. One lady member of our Sedgefield community has challenged herself to take cuttings and bring 100 plants to help in this regard and she is well on the way to achieving her target.

The families who are being assisted just love the fact that they can stock up on plants and trees to re-do their gardens. It is hoped that this lady realises how much joy she brings them.

Please note donations are still gratefully accepted at the warehouse these will be used either to sell for funds or given for relief.

STOP PRESS! Just today the relief centre was able to assist with relief for 3 families in Plett who lost their homes last night due to a fire.

The need is ongoing. For further information please contact Rebuild Eden on 061 031 4102.



ESTABLISHMENT OF THE KNYSNA YOUTH COUNCIL 2018 SCHEDULE

The municipality invites the youth of the Greater Knysna Municipal Area to participate in the nomination and election process to establish the Knysna Youth Council. All youth between the ages of 14 and 35 are eligible to participate. Election dates for all wards are scheduled below:

Ward/Area	Youth Desk	Nomination Closing Date (Forms to be handed in at youthdesk)	Manifesto & Election Date	Venue: Manifesto/Election	Time: 18:00-19:30 Voting Close at 19:30
10	Reception Desk at Municipality in Town	27 February 2018	5 March 2018	Council Chamber	17:00
1	Smutsville	27 February 2018	6 March 2018	Smutsville Community Hall	18:00
5	Rheenendal	27 February 2018	7 March 2018	Rheenendal Community Hall	18:00
4	Forms to be handed in at Youth Desk	27 February 2018	8 March 2018	Chris Nissen primary	18:00
Brackenhill 9	Brackenhill Library/ Reception Desk at Municipality in Town	27 February 2018	13 March 2018	Community Hall Brackenhill	18:00
2	Karatara Library	27 February 2018	14 March 2018	Karatara Community Hall	18:00
7	Khayalethu	27 February 2018	15 March 2018	Khayalethu Community Hall	18:00
11	Homlee	27 February 2018	19 March 2018	AFM Church	18:00
6	Homlee	27 February 2018	20 March 2018	Homlee Community Hall	18:00
3	Damsebos/ Nekkies	27 February 2018	22 March 2018	Chris Hanl Hall	18:00
8	Concordia	27 February 2018	27 March 2018	Concordia High School	18:00

Contact your local youth centre for more information or Shahida Sigula on tel. 044 302 6442 or e-mail: ssigula@knysna.gov.za Nomination forms will be available at your nearest youth centre as well as the reception desk at the Municipality in Clyde Street.

THE OFFICIAL WORD ON LISTERIOSIS

With much information, and indeed panic, buzzing around regarding the Listeriosis outbreak that has hit South Africa, including the Eden District The Minister of Health Dr Aaron Motsoaledi has issued the following media statement.

As of 02 March 2018, the total of laboratory-confirmed cases has risen to 948 (counting from January 2017.) Of these 948, a total of 659 patients have been traced and 180 of them have unfortunately died. This constitutes a 27% case fatality rate.

In our constant search for the source of the outbreak and the treatment of people who are affected, a team from the NICD has interviewed 109 ill people to obtain details about foods they had eaten in the month before falling ill. Ninety three (85%) people reported eating ready-to-eat (RTE) processed meat products, of which polony was the most common followed by viennas/sausages and then other 'cold meats'.

On Friday 12th January, nine children under the age of 5 years presented to Chris Hani Baragwanath Hospital with febrile gastro-enteritis. The paediatrician suspected foodborne disease, including listeriosis, as a possible cause. This was linked by environmental health practitioners (EHPs) to two unrelated polony brands

(manufactured by Enterprise and Rainbow Chicken Limited (RCL)).

Following the lead from the tests performed on these children from Soweto and the food they had ingested, the EHPs together with the NICD and DAFF representatives and three technical advisors from the World Health Organisation in Geneva, visited a food-production site in Polokwane and conducted an extensive food product and environmental sampling.

Listeria monocytogenes were isolated from over 30% of the environmental samples collected from this site, which happens to be the Enterprise factory in Polokwane.

To conclude the investigation, whole genome sequencing analysis was performed from this Enterprise factory and the outbreak strain, ST6, was confirmed in at least 16 environmental samples collected from this Enterprise facility.

THE CONCLUSION FROM THIS IS THAT THE SOURCE OF THE PRESENT OUTBREAK CAN BE CONFIRMED TO BE THE ENTERPRISE FOOD-PRODUCTION FACILITY IN POLOKWANE

Additionally, preliminary results show that several ready-to-eat processed meat products from the Enterprise facility located in Germiston contain L.

monocytogenes, but the sequence type is not known as yet.

Investigation of the RCL Wolwehoek production facility is also underway. Polony products have tested positive for L. monocytogenes, but the sequence types of the isolates are NOT ST6. However, such contamination of ready-to-eat processed meat products constitutes a health risk. Also, over 10% of environmental samples collected by EHPs at this facility have tested positive for L. monocytogenes. The sequence types of these isolates are not known as yet.

With the information at their disposal the National Consumer Commission (NCC) has, in terms of Section 60(2) of the Consumer Protection Act, issued the manufacturers concerned with safety recall notices.

Section 60(2) of the Consumer Protection Act states that if the NCC has reasonable grounds to believe that any goods may be unsafe, or that there is a potential risk to the public from the continued use of or exposure to the goods, and the producer or importer of those goods has not taken any steps required by an applicable code contemplated in subsection the Commission, by written notice, may require that producer to:(a) conduct an investigation contemplated in subsection(1); or

(b) carry out a recall programme

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comes into contact with, including viennas, russians, frankfurters, other sausages, and other 'cold meat' products that are typically not cooked before eating.

The recall will affect the manufacturer's entire distribution networks, both domestic and international.

Just a reminder that people at high risk for listeriosis include:

- pregnant women
- neonates (first 28 days of life)
- very young infants
- elderly persons >65 years of age, and
- anyone with a weakened immune system (due to HIV infection, cancer, diabetes, kidney disease, liver disease, people with transplants and those on immunosuppressive therapy such as oral corticosteroids, chemotherapy, or anti-TNF

therapy for auto-immune disease).

The recall of these products does not mean that members of the public must now relax and that the 5 food-safety rules which we have recited many times have to be abandoned, i.e washing your hands before handling food or when coming back from the bathroom; making sure that food is well cooked; isolating raw food from cooked food; making sure that food is at an appropriate temperature; and washing non-cooked food with clean running water; as well as using only pasteurised or boiled milk products.

It means that the general status of hygiene of the population must still be a matter of priority to society as a whole, and must remain like that forever.

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EDEN DISTRICT MUNICIPALITY AND PARTNERS READY FOR THE GARDEN ROUTE INVESTMENT CONFERENCE

During a press conference held on 28 February 2018 at Eden District Municipality (Eden DM), the Eden DM Executive Mayor, Cllr Memory Booyens, confirmed the readiness of Eden DM and partners to engage with South African and international investors at the upcoming Garden Route Investment Conference which will be held on 7 and 8 March 2018 at Oubaai Hotel Golf & Spa, Herold's Bay.

More than 45 potential investment opportunities will be presented to investors during the conference, which could amount to millions of Rands in income, a range of new jobs and a sustainable economic environment.

The arrangements of the Investment Conference which has been themed "Vukuzenzela - Creating opportunity in a Global Uncertainty" is currently in its final stage, while investors are already entering the Garden Route to explore various attractions and scenic experiences.

Mayor Booyens explained the intention of the initiative, when he said: "We want this Conference to be a district Conference where we want to give an opportunity to Municipalities within the Eden district to showcase the potential economic investment opportunities of their municipal jurisdictions. We also want investors to zoom in on specific projects which these

municipalities are capable of offering," Mayor Booyens added.

International delegations, such as the South African ambassador to the Maldives, Sri Lanka and Bangladesh, Ms Ruby Marks, the Trade Commissioner, Business Sweden, and two groups of Chinese Business delegations, are expected to attend the event.

Investment Opportunities within the following sectors, will be presented and might evolve to possible investments and partnerships: Agri Processing, Aviation, Education and Training, Finance, Business Services and Real Estate, ICT, Light Manufacturing, Oil, Gas and Energy, Timber Economy, Tourism, Waste Beneficiation and Clean Energy.

In sharing Eden DM's personal interest in the Waste Beneficiation and Clean Energy sector, Mayor Booyens said that Eden DM plans to conduct one-on-one engagements with potential investors specifically due to Eden DM's plan of erecting a Regional Landfill Site that will be situated adjacent to PetroSA in Mossel Bay. Mayor Booyens further explained: "We have acquired the land to put up a landfill site, but our approach will be different to others because we are planning to convert waste to bio-renewable energy" and added, "The 1st phase will be the landfill site, but any other phase thereafter should be aligned with

The press conference was facilitated by Mr Lusanda Menze, Executive Manager for Economic Development and Planning and also attended by Ms Melanie Wilson, Eden DM's Manager for Economic Development and Tourism, Mr Simphiwe Dladla, Manager in the Office of the Executive Mayor and Mr Paul Hoffman, Programme Manager of the South Cape Economic Partnership.

DIARY DATELINE

7th - 21st March 2018

Wednesday 7
8:45am Monday, Wednesday & Fridays Guided meditation @ The Well, Plumtree Centre
2-5pm Sedgefield Tennis Club (Social)
5:30pm Sedgefield Striders- 5km time trials meet @ Bowling Club
6:30-10pm Badminton Town Hall.

Thursday 8
6am Eden Cycling Road bikes & MTB's depart Cycle Worx. All welcome.
7:30am Sedge Gentlemen's Golf @ The Links
11:30-12:30 Community meal at St Francis United Church, Swallow Drive - outreach to lonely & hungry.
5:15pm Guided meditation @ The Well, Plumtree Centre

Friday 9
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 044 343 1099
4- 8:30pm The Friday Market Supper and Craft Market for good vibes, licensed bar and great food @ Montessori School.
6-8pm ZUMBA Move to Give. Fundraiser for Kerry West in Sedge Town Hall.

Saturday 10
7:30am-12 Wild Oats Community Farmers' Market
8am - 2pm Mosaic Market
8am - 1pm Scarab Craft Market

Sunday 11
6am Eden Cycling Club Group Social outside departs Cycle Worx. All welcome.
9am -12 Car boot sale at the Station. R50 per car. Supports local charities. 072 487 0395

Monday 12
2:00pm Sedgefield Art Society meets St Anthony's Catholic Church Hall. All welcome. Enquiries Brian : 082 444 2317
6:30-10 Badminton Town Hall
7pm Duplicate Contract Bridge in Catholic Church Hall. 3432158

Tuesday 13
6am Eden Cycling road bikes & MTB's depart Cycle Worx. All welcome.

Wednesday 14
2-5pm Sedge Tennis Club (Social)
5:30pm Sedgefield Striders- 5km time trials meet @ Bowling Club

Thursday 15
6am Eden Cycling Road bikes & MTB's depart Cycle Worx. All welcome.
7:30am Sedge Gentlemen's Golf @ The Links
11:30-12:30 Community meal at St Francis United Church, Swallow Drive - outreach to lonely & hungry.
5:15pm Guided meditation @ The Well, Plumtree Centre
7pm The Lions Club of Sedgefield meets at the clubhouse (next to the Clinic). More information can be obtained from Debbie on 083 306 9998.

Friday 16
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 044 343 1099
4- 8:30pm The Friday Market Supper and Craft Market for good vibes, licensed bar and great food @ Montessori School.

Saturday 17
7:30 - 12 Wild Oats Community Farmers' Market @ Swartvlei
8am - 1pm Scarab Craft Market
8am - 2pm Mosaic Market

Sunday 18
6am Eden Cycling Club Group Social outside departs Cycle Worx. All welcome.

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

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



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

Dear Editor
CAN ANYONE ASSIST

Ntabaleng is looking for anybody who can assist her with a lift daily to Thembaletu from Smutsville for her son Leon, who attends Trade School in Thembaletu. Alternatively, if anyone is able to assist her with sponsorship for Leon's hostel in George. Available hostels cost between R900 to R2500. If anyone is able to assist with the above request, please contact Ntabaleng on 073 174 3621. Thank you kindly.

Ntabaleng

The Editor

A Cyclists Plea to Road Transport Operators

Cycling on roads in South Africa is hazardous. As a frequent cyclist on the roads in the Sedgefield, Knysna and George areas, mindful of the ever-increasing traffic volumes on the N2, I try as much as possible to use the back roads to Karatara, Barrington, Rheeendal and Buffelsbaai as my routes. Recently I have experienced several near misses on those roads, in one of which I was forced off the road entirely, from large timber laden trucks and trailers, and construction vehicles, the drivers of which seem to not be aware of the need to swing wide of a cyclist even if it may entail slowing down when another vehicle is approaching from the opposite direction. Unfortunately, the transport truck drivers are not the only culprits, but certainly being passed by a 20m long heavy vehicle with less than 0.5m gap and the associated wind wobble

that results, is very nerve wracking. The consequences of a minor deviation by either could be fatal.

My plea therefore is to the managers of the road transport companies to please try and ensure that your drivers are aware of the need to slow down and swing wide of cyclists even if they need to slow down to do so.

My appeal also extends to car and bakkie drivers who may not cycle and are, therefore, perhaps unaware of what it is like on a bicycle to be passed by a vehicle travelling at 100km/hr or more with a space of less than the recommended 1.5m between the two.

Ian Clarke

Dear Editor

I have a small son who went to pre-school, and it was a boys only school. I overheard a playground discussion amongst the boys: "My dad builds big missiles that can fly all around the world, and hit most cities".

Another boy said: "My dad builds even bigger missiles that can fly to the Moon, and kill all the people there".

A third boy says: "But my dad makes his missiles that can fly to Mars but it kills everything on its way".

The other school is for girls only, and they talk/compete about knitting and cooking.

Maybe we should just insist that all nations (including Russia, USA and North Korea) should only allow women to be Presidents?

A Sedgefielder

Knysna U3A General Meeting

On Thursday 29th March Dr. Sian Hartshorne will be giving a presentation on Skin cancers: How to WIN the war!! As this is a topic that affects everyone who enjoys the feel of the sun warming the surface of the largest organ of the body, her insight into the strategy of overcoming the effects of that exposure will be most welcome.

- Sian is very well qualified to address this topic. She graduated from the University of the Witwatersrand as a doctor and then specialised as a Dermatologist. After practising in Johannesburg she relocated to Plettenberg Bay where she has a busy and successful practice. She is also the Consultant dermatologist in Cosmetovigilance for L'Oreal South Africa and Secretary of SASDS (South African Society of Dermatological Surgery).

This will be the General Meeting of Knysna U3A and is held in the Brenton on Sea Community Hall. Doors open at 9am when tea, coffee and biscuits will be served. The meeting starts promptly at 10am. Members pay R5 and visitors R10 towards the hire of the Hall. Enquiries Judy Dixon 0723906667



Monday 19

6:30-10 Badminton Town Hall
7pm Duplicate Contract Bridge in Catholic Church Hall. 3432158

Tuesday 20

6am Eden Cycling road bikes & MTB's depart Cycle Worx. All welcome.

Wednesday 21

2-5pm Rocking the Red Roof for SAM with Cloud 9 Band.
2-5pm Sedge Tennis Club (Social)
5:30pm Sedgefield Striders- 5km time trials meet @ Bowling Club

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by Ginny Viner

This weeks Village Person is a lady whom I have had the privilege to work with on various occasions and on a variety of projects under the Masithandane umbrella (sometimes literally under an umbrella!) She is the driving force behind the exciting Eden Kite Festivals and the 'Amazing Race' Treasure Hunt, which is being held again this year on Saturday 31st March. Her great organisational skills have also been well employed co-ordinating and managing the events and stalls on the Village Green during Slowfest. Tertia Rothman followed her only daughter Danielle and her son-in-law to Sedgefield in 2007, they came for a less stressful life, Tertia has probably never been so busy! However, she has no regrets and has not looked back except to get together with her sister and two nieces who stay in Benoni.

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

I was born in Durban but from the age of 7 we relocated to Bloemfontein where I completed my education at Eunice High School.

How do you relax ?

I find it difficult to relax but do force myself to attempt knitting and crocheting while watching TV. I also like to read.

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

Years ago we went on holiday to Lake Kariba in Zimbabwe. To keep the mosquitos away we started with gin and tonics at 9 in the morning! The history of the building of the Lake Kariba dam was very interesting.

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

I love curries and stews so either one would do nicely.

Do you enjoy singing? I used to sing in the school choir but just sing to myself these days.

Village People

Tertia Rothman



choose from so I should never run out of reading material.

What concerns you?

The lack of pre-school education which is detrimental to the children functioning in main stream schooling. The rural communities who will never have the same opportunities as their peers in the cities. The lack of employment plays a huge part in this.

Is music an important part of your life?

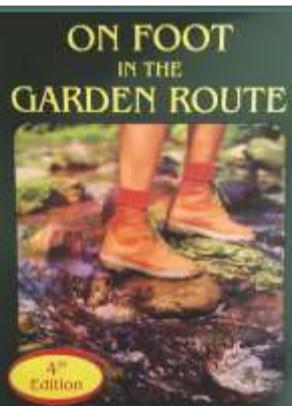
Not really. If I have the radio on then it will be on LM Radio where I know a lot of the music.

What makes you Laugh?

Life, a good comedy show and ladies nights out

Please complete this sentence; I think Sedgefield ...

Was the perfect choice for my retirement. Besides the wonderfully laid back lifestyle, I have met so many wonderful caring people. This community stands together in times of need and the support for the many charities is phenomenal. Sedgefielders make you feel part of a community and not just a random number.



This 4th edition of a great collection of walks on the Garden Route is available

Where on Earth was your Edge?

Compiled by Ginny Viner

Frans and Dot Sadie seem to be getting a good laugh out of Notes from T'Ed's Head !!!

We were out for a ride on our tandem bike and stopped for a rest after climbing the hill from Myoli Beach. We live in Myoli Beach and enjoy walking on the beach and cycling. You can't miss with our bright jackets and helmets. Give us wave next time you see us, so we'll know you also enjoy your Edge !

Take a copy of The Edge with you when you travel locally or overseas, and have a picture taken of you reading it somewhere interesting. Send us the photo and a short story, where, when, who etc. and we'll print the best one received for each issue.

Your entries can be funny, quirky, beautiful or just simply interesting . There are no prizes only the enormous prestige of seeing your photograph published in the Edge, and a few days of fame! So, don't forget to pack your Edge when you go ... anywhere. Please e-mail your stories and photos to ginnyviner@yahoo.com



Police Warn Public Against ATM Fraud

The Knysna Police have received reports of a number of attempts by perpetrators to defraud unsuspecting cardholders at Automated Teller Machines (ATM's) over the past month and would like to warn members of the public to take extra care when using ATM's.

These perpetrators are usually smartly dressed with a professional appearance. They also sometimes act as security guards or as car guards. The perpetrators normally leave a slip or card at the machine before they leave. Upon their return they start a conversation with the would-be victim at the ATM in an effort to win trust and offer assistance. During this period they swap the card or obtain the victim's security pin.

Our preliminary investigation indicates that perpetrators are using a hired vehicle usually registered in the name of someone else. They mostly target ATM's which are being used by tourists in the central business district and its surroundings.

A lot of incidents were prevented due to strong partnerships with banks security, Neighbourhood Watch volunteers, Security Companies and law enforcement agencies. The partnerships also made use of



close-circuit television recordings in an effort to deal with these incidents. We appeal to the public to report any incident immediately so that members of the South African Police Service can respond. Information regarding such incidents should also be reported to 08600 10111 immediately.

Safety tips at ATM's

- Be alert and conscious of your surroundings when using the ATM.
- Never give your card or PIN (Personal Identification Number) to anyone, for any reason.
- Don't write your PIN on the card or anything that is kept with the card.
- Do not insert your card until asked to do so by the display screen.
- Never use an ATM with a blank screen and, if the ATM is obscured from view or poorly lit, leave immediately and find another ATM.
- Stand close to the ATM and use your body and hand as shield to make sure nobody sees you keying in your pin.
- Also, make sure you keep your hand over the card slot to make sure nobody can swoop or take your card.
- Never accept help from strangers when using an ATM. You should be wary of strangers asking for help.
- Criminals work in teams-one to distract you while the other steals your card or money.
- If your card is retained (swallowed) by the ATM it is advisable to phone your bank toll free stop card line immediately and stop your card.
- Never allow a bystander to call the toll-free stop card line on your behalf- they could be tricking you into thinking your card has been stopped.
- Guards are placed at ATMs to discourage criminal activities and therefore cannot help you with transactions.
- If you need help, ask a bank official.
- It is advisable to set a daily ATM withdrawal limit at your branch.

Rocking the Red Roof for SAM

Do you care about animals? Do you like live music? Do you love a picnic? If the answer is yes, then this is for you! Sedgefield Animal Matters are pleased to announce that the legendary Cloud 9 Band will once again be performing at the Red Roof, Scarab Village, Sedgefield, from 2pm (Public Holiday) WEDNESDAY 21st March. Doors open 1pm.



Everyone is welcome and entrance is completely FREE. So why not make it a fun family afternoon and just bring your picnic gear, food and drinks. Donations are entirely discretionary and will be most gratefully accepted, as literally, 100% of all monies received will go directly towards the considerable costs S.A.M. incur on a daily basis for their incredible vocational work.

The Cloud 9 Band have been entertaining along the Garden Route with many hundreds of gigs over the last ten years, be it residencies at Fancourt, festivals, local night spots, private parties and even their narrated musical story shows. Band members are all ex professionals and some have enjoyed success in the UK, Europe, Australasia and even 4 No 1 hit records back in the day, playing on the same bill as a

number of the all-time greats. But when asked, band leader John Archer said, "This event is not about promoting Cloud 9, but as dog owners ourselves, it is entirely about raising awareness and support for Sedgefield Animal Matters. We are delighted to have been asked and that we are able to make our contribution in a way that folks appear to enjoy."

S.A.M. is a registered Non-Profit Organisation consisting of a group of local voluntary people dedicated to improving the lives of animals in our community. Their main focus is to help with spaying and neutering via local vets to reduce pet suffering caused by overpopulation. S.A.M have also had success in

finding homes for a bused, abandoned and unwanted cats, dogs and other animals under their 'Happy Endings' scheme. They are often rushing off to respond to some animal emergency, injury, lost pet or other crisis.

S.A.M. have also launched a dog training initiative, especially for children, so they may not only learn dog-handling skills, but build up an awareness and responsibility for their animal's needs. All of this comes at a significant financial cost. You can help by supporting this event, but bring your dancing shoes!

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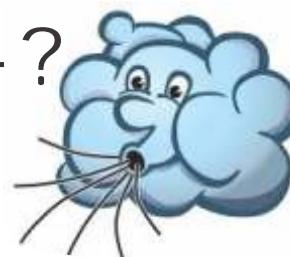
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Whither the Weather- ? Ask Yr.no!



The Norwegian weather service has a large and unlikely group of avid followers on the other side of the world. In the past year, more than three million South Africans have logged on to the Norwegian government-owned yr.no to get their weather forecasts.

The century-old Norwegian Meteorological Institute uses intricate modelling based on data collected from satellites and buoys. (It operated the last remaining weather ship in the world until 2010.) North Sea oil drilling rigs depend on its detailed weather predictions.

The weather service, along with the Norwegian state broadcaster, launched Yr (the Norwegian word for drizzle) almost a decade ago, and, soon after, the website managers noticed that

South Africans were among its top users. From 5,000 South African users in April 2009, this has exploded to 3,037,678 users by February 2018. The largest group of users are from the Western Cape.

Almost 264,000 South Africans are now using the yr.no app – an increase of 14% from the previous year. After Norway, Sweden, Denmark and the Czech Republic, South Africa represents the biggest group of users – exceeding those from Germany and the UK.

Yr is popular among South Africans due to its accurate long-term forecasts, which include hour-by-hour weather expectations nine days ahead. It also assists South Africans with detailed reports for remote areas

not usually covered by our local weather reports. (Examples: Brandvlei airfield in the Karoo and the Quthing river basin in Lesotho.) Yr.no provides forecasts for seven million places.

Yr is now the largest free weather service in the world, and Ingrid Støver Jensen, its head of product development and editor, believes the platform's success is due to the fact that it develops new functions and features in close connection with its users.

"They give us lots of feedback to help us understand their needs. Users tell us that the reason they choose Yr is that we give them updated, user friendly and reliable weather prognosis."

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LOCAL LISTERIA?

Not likely, but as a precaution, Pick n Pay has removed all products from Enterprise & Rainbow Chickens, which have been identified as sources of risk. If you have bought any of these products you can return them for a full refund.

By chance, the other day I came across a book called "Fast Food Nation". Its subtitle is "What the All-American Meal is Doing to the World". One chapter is called "What's in the Meat?" and Listeria monocytogenes is listed as one of the culprits. The book is written by a UK journalist called Eric Schlosser. What caught my interest was the history of how the fast food industry started. A pioneer was one Carl Karcher, a poor Ohio farm boy. In 1941, using his car as security at the local bank, he purchased a hot dog stand in Los Angeles, shown in the adjacent picture. He paid just \$32! The takings on the first day were \$14.75 and by 2015 the family business turned over \$14 billion a year. In 1945, Carl started Drive-In Barbecue and its success was the trigger for the founding of

GEARING UP FOR GREEN

LOCAL LISTERIA?

By Mike Young

mind-boggling!

McDonalds, Kentucky Fried Chicken and other such household names. Reading this book got me thinking just how global the influence of fast food has become. We in South Africa do not escape the impact. The Karcher family seem not to be here, but we are very aware of KFC and particularly of McDonalds (thanks to our president).

An aspect of this influence that we should be aware of is flavour. According to Schlosser, the flavour industry is highly secretive and its leading companies will give no information about the precise composition of flavour compounds or who their clients are. The world's biggest flavour company is International Flavors & Fragrances (IFF). They and many of their competitors are based in New Jersey in the USA. The list of chemicals they use to manufacture artificial flavours and other chemicals used by big food is

so what impact should all this have on our lives? I think the most important message is that we should find out more about what we are offered to eat. I'm not suggesting that we should avoid Fast Food at all costs, but in the 21st century, thanks to Google, it is possible to get information about what we are being fed. Another thing to remember is that Fast Food Executives are business men, not bad men. Finally, we should do whatever we can to stop those business men creating adverts aimed at children and remember that "Local is Lekker".



The Kevin Floyd Project for TLC

By popular demand, on 24 March the 'Sunset Sounds' team will once again be presenting 'The Kevin Floyd Project' live, accompanied by the amazing Wild Lettuce percussionist, Eugene van Platzen.

This concert, a fundraiser for Sedgefield's TLC home for those suffering from Alzheimer's Disease, follows on the success of last November's event which raised over R14 000 for the Rebuild Eden Project.



emotional needs in a warm and loving environment.

Kiesouw explained that he and the rest of the 'Sunset Sounds' team are merely the facilitators of these concerts. Whilst not making any profit, they thoroughly enjoy bringing an international quality live music experience to Sedgefield.

"We believe that the open air Red Roof at Scarab Market makes for a perfect listening /dancing venue, so everyone should bring their party shoes, especially if you are into the likes of Sting, Eagles, Led Zeppelin, Pink Floyd, Stevie Ray Vaughan, U2, Dire Straits and Radiohead," he said.

With a R50 pp entrance fee the concert will start at 6:00 pm and go on to 9:00 pm. Beers and pies

will be on sale, but revellers are also welcome to bring their own refreshments if they wish, as well as chairs and a picnic table if needed. There will be some tables at the venue, but it is on a first come first serve basis and no bookings are available.

Sunset Sounds are hoping for the same level of support this time around as last year, so that more concerts, and indeed more artists, can be organized for the future.

"We intend to keep the admission price at around R50.00 as that seems to be the sweet spot for most families, and it really does make a difference when there are lots of people at the event," says Kiesouw.

Rehoming a Pet

As much as we'd love to live in a world where all pets, adopted or bought, are loved and cared for until their final days, the unfortunate reality is that there are pets that need to be rehomed.

The Pet Food Industry Association of Southern Africa (PFI) urges owners who are considering rehoming to do so in the kindest and most considerate way possible. With so many unwanted animals bursting out of shelters already, rehoming really should be a last resort. Issues such as behavioural problems can often be rectified with medical intervention or through behaviour modification in consultation with an accredited animal behaviourist. The cost of expensive medical attention may be reduced through the use of rescue medical facilities. Allergies can often be managed with medication or careful cleaning and restriction of pet's access within the home. Please consider and investigate thoroughly any and all possible solutions before making the difficult decision to rehome.

When rehoming truly is the only solution, the tips below may make the transition as kind as possible:

- Start by contacting the person or organization where you adopted or bought the pet from. Often, they may prefer to get involved in rehoming to ensure the correct checks are done.
- Connect with family and friends in case they are willing to take over caring for your pet. Please do home checks to ensure that all of their needs will be met. Networking and time are key but advertising that a pet is "free to a good home" is not advisable as your pet may end up in an unsavoury situation, especially if



case of no longer wanting the pet, say so. Creating false reasons will reduce the likelihood of finding a new home for your pet or not disclosing issues will increase the likelihood of an unsuccessful match being made.

- Be clear and truthful about your pet's personality and individual needs to maximize the chances of finding them the right home. If, for example, your dog does not do well with children, be upfront with the information so that he is not rehomed with young kids.
- Remember that rehoming a pet will be stressful for you and even more so for the pet. Every precaution and measure that you can take to make the change as stress-free as possible will assist in the transition.

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GREENPOP'S Festival of Action Aims to Help Regreen the Garden Route

Greenpop's Festival of Action which is taking place in Knysna from 23rd June to 15th July 2018 aims to help regreen the Garden Route by striving to repair damage caused by fires in 2017. The festival brings eco-warriors together to learn, plant trees and take part in collective action.

The 2018 Festival of Action will be Greenpop's seventh annual action event. During the festival, the Capetonian urban greening and reforestation non-profit aims to bring people together to plant thousands of indigenous trees, build with eco-bricks, host sustainability and eco-friendly workshops alongside the local community, and create environmental murals for public spaces. Connecting environmental educators, experts and volunteers from around the world, the core concept revolves around collaborating for active change and a sustainable global future.

Tree Planting

As for the past few years, when held in Zambia, the Festival's primary pillar will remain tree planting, with complimentary missions of greening communities with indigenous forest trees. These trees will also help bolster the biodiversity and ecosystems of the area. Planning on planting 5000-8000 trees in total, Greenpop selected two key reforestation sites in the area: Featherbed Reserve and Phantom Forest, both of which were severely affected by the fires, with little vegetation remaining unharmed.

Alien Clearing

Over the course of the Festival, three intensive alien clearing days will be held, assisting local authorities and organisations such as Pledge Nature Reserve, Goukamma Nature Reserve, and Cape Nature in removing invasive saplings that are currently re-sprouting in the affected areas.

Eco-bricking

Greenpop will also be creating three public benches from previously collected "eco-bricks". These benches will be used in schools or community spaces, and constructed from so-called eco-bricks, made from recycled bottles that can last for 300-500 years. The eco-bricking concept unites citizens by raising environmental awareness and empowering communities to take responsibility of their plastic waste, as well as educating them on how recycling can benefit them.

Environmental Art

Continuing the environmental art project aptly called, "Conservation Conversation Corners" by bringing it to the Garden Route, Greenpop will help transform three public spaces through citizen participation with mural art and public seating. The public artwork spaces aim to spark conversation concerning our relationship with the natural

world, with workshops scheduled to be held in each location, drawing concepts from local community members and artists.

Eco-Education

Throughout the Festival, eco-education will be facilitated to teach communities and participants the significance of the environment. The eco-education program aims to raise awareness and enable opportunities for activism, deepen understanding of nature and develop new leaders who will be the environmentalists of the future.

The 2018 Festival of Action will be an opportunity for young people to get involved with the global community, connect with sustainability leaders and build crucial leadership skills, all while furthering their knowledge about the environment. Greenpop's central goal for the event is to create a platform where current and future leaders can collaborate in searching for sustainable solutions.

You can also donate to support the project at: <http://bit.ly/EdenRegen>



funds raised be used to plant trees across Southern Africa, but for every tree raised, a discount will also be applied on programme fees to the Festival of Action - if enough trees are raised, this could even mean attending the Festival for free! More info about this at: <http://bit.ly/GPEden18TFF>

Who is Greenpop?

Greenpop is a social enterprise on a mission to (re)connect people with the planet. They plant trees through urban greening and reforestation projects, spread environmental education, and activate people through green workshops and events.

Greenpop was founded in 2010 and has since planted 80, 000 indigenous and fruit trees at schools and other urban sites, community farms as well as forests across South Africa, Zambia and Tanzania. More than the number of trees, Greenpop is inspired by the hands that have helped to plant the trees and the further thousands that have joined Greenpop's eco-education programmes and made a commitment to be custodians of our beautiful planet.

Website: www.greenpop.org

Crowning of Mr Gay World 2018

You are hereby cordially invited to attend the Mr Gay World events that will be held in Knysna this May to bear witness to the crowning of a global gay ambassador.

The Pink Loerie Mardi Gras and Arts Festival is hosting the Mr Gay World Competition for the second time, and this is Africa's third time hosting during Mr Gay World's ten year history. Tickets are on sale now and you can book your seat for either the President's Ball on Friday 25 May or the Grand Finale on 26 May. The venue, Villa Castollini, has stunning views over the Knysna lagoon and is the perfect setting for this event.

International singing sensation and winner of the Voice Israel, LINA, will be back in South Africa for the second time. Those who saw her perform at the Mr. Gay World Southern Africa Final will agree that dynamite does indeed come in small packages. In 2013, LINA won The Voice Israel, an incredible achievement, musically and culturally, considering the fact she is the



first Palestinian to ever win a major TV show chosen by the Israeli public. LINA performed at the Tel Aviv Pride Parade to some 200,000 people and in so doing, she became the first Arab female singer to publicly support gay pride and the LGBT community.

She will be supported by Eden Michelle, who trained as a classical pianist from the age of six and released her first album at age sixteen. Living in London, Eden has been producing, writing and composing for numerous artists. Her debut EDM single is "Lost for Love", featuring Dan Shaw.

Tickets are now available for these amazing two evenings filled with international talent and of course the hunky finalists of Mr. Gay World from over twenty countries.

Tickets can be found at www.webtickets.co.za.

For more information, visit www.mrgayworld.com; www.pinkloeriefoundation.co and www.pinkloerie.co.za

CLASSI-ADS

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NB. Classified adverts for the next issue need to be in by Monday 19th March 2018.
Faxed or emailed classies will not be placed without proof of payment

1. To Rent

Sedgefield - House for rental (3 month contract with possible extension) 3 bedroomed house, 2 bathrooms, 1 garage enclosed. R6200 pm. Double deposit plus 1 months rental required. Available 1 April 2018. Please contact Japie on 0766362004

2. Accommodation Wanted

I am looking for a long term house rental. Preferably with 3 bedrooms or else 2 reasonably sized bedrooms, plus a garage. Would really like to stay on the Island if possible. Prepared to pay up to R8000.00 per month. It will be for myself and my 84yr old mother and 2 cats. I have been renting my present home for 11 years. Contactno: 084 3806 133

Middle-aged male, non-smoker, no pets, looking to rent bachelor/garden flat. Helpful, in and around house & garden. 084 812 9614

Sedge Area : Retired Single non-smoking professional, currently 4 years in Sedge, seeks unfurnished 2 bed cottage with garage for long lease around R5k, no agents. Jan Minnaar 073 203 6460

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

Luxury self-catering accommodation in Sedgefield. Blue Bottle House overlooks the lagoon, 1,5km from beach. Sleeps 6 in main house & sleeps 3 in flatlet. Call 082 781 6413



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7. Businesses

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9. Clothing

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10. Computers

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11. Crafts & Home Industry

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12. Education & Tuition

MUSIC LESSONS - Piano, music theory and clarinet. From beginners to advanced, for all ages. Please contact Ann Carroll 044-343-2687, 0832757576, adrcarroll@gmail.com. www.touchwoodmusic.co.za

Piglet's Pen Pre-School 076 737 3490

TOUR GUIDE COURSE: Will be offered from 9-18 April in Mossel Bay. Interested parties should contact Uli at 0827897604.

TUITION for Children with specific learning difficulties. Very experienced. Please call 064 792 9881

YOUR TEENAGER not happy at school? Home schooling? Loves the Sciences? Join www.schoolonline knysna.co.uk/cambridge to work on theory @ home & take part in weekly workshops. Ph Jamie 076 125 7277 for more information.

13. Electrical

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The Therapeutic Value of Visceral Manipulation

VM assists functional and structural imbalances throughout the body including musculoskeletal, vascular, nervous, urogenital, respiratory, digestive and lymphatic dysfunction. It evaluates and treats the dynamics of motion and suspension in relation to organs, membranes, fascia and ligaments. VM increases proprioceptive communication within the body, thereby revitalizing a person and relieving symptoms of pain, dysfunction, and poor posture.

An integrative approach requires assessment of the structural relationships between the viscera, and their fascial or ligamentous attachments to the musculoskeletal system. Strains in the connective tissue of the viscera can result from surgical scars, adhesions, illness, posture or injury. Tension patterns form through the fascial network deep within the body, creating a cascade of effects far from their sources for which the body will have to compensate. This creates fixed, abnormal points of tension that the body must move around, and this chronic irritation gives way to functional and structural problems.

Imagine an adhesion around the lungs. It would create a modified axis that demands abnormal accommodations from nearby body structures. For example, the adhesion could alter rib motion, which could then create imbalanced forces on the vertebral column and, with time, possibly develop a dysfunctional relationship with other structures. This scenario highlights just one of hundreds of possible ramifications of a small dysfunction - magnified by thousands of repetitions each day.

There are definite links between body structures, such as the muscles and joints, the sympathetic nervous system, the visceral organs, the spinal cord and the brain. For example, the sinuvertebral nerves innervate the intervertebral disks and have direct connections with the sympathetic nervous system,

which innervates the visceral organs. They are linked to the spinal cord, which has connections with the brain. In this way someone with chronic pain can have irritations not only in the musculoskeletal system (including joints, muscles, fascia, and disks) but also the visceral organs and their connective tissues (including the liver, stomach, gallbladder, intestines and adrenal glands), the nervous system, the spinal cord and brain.

Visceral Manipulation relies on the palpation of normal and abnormal forces within the body. By using specific techniques, therapists can evaluate how abnormal forces interplay, overlap and affect the normal body forces at work. The goal is to help the body's normal forces remove abnormal effects, whatever their sources. Those effects can be global, encompassing many areas of bodily function.

How is Visceral Manipulation Performed?

Visceral Manipulation is based on the specific placement of soft manual forces to encourage the normal mobility, tone and motion of the viscera and their connective tissues. These gentle manipulations can potentially improve the functioning of individual organs, the systems the organs function within, and the structural integrity of the entire body.

Harmony and health exist when motion is free and excursion is full - when motion is not labored, overexcited, depressed, or conflicting with neighboring structures and their mobility. Therapists using Visceral Manipulation evaluate the quality of the body structures and their functions in relation to an overall harmonious pattern. Due to the delicate and often highly reactive nature of the visceral tissues, gentle force

precisely directed reaps the greatest results. As with other methods of manipulation that affect the body deeply, Visceral Manipulation works only to assist the forces already at work. Because of that, trained therapists can be sure of benefiting the body rather than adding further injury or disorganization.

How Did Visceral Manipulation Begin?

Jean-Pierre Barral first became interested in biomechanics while working as a registered physiotherapist at the Lung Disease Hospital in Grenoble, France. Working with Dr. Arnaud, Barral followed patterns of stress in the tissues of cadavers and studied biomechanics in living subjects. This introduced him to the visceral system, its potential to promote lines of tension within the body, and the notion that tissues have memory. Using his work with Dr. Arnaud as a foundation, Barral continued to investigate how the thickening of tissues in the body creates areas of greater mechanical tension that, in turn, pull on surrounding tissues.

Disorders treated by Visceral Manipulation

Visceral Manipulation (VM) was developed by world-renowned French Osteopath and Physiotherapist Jean-Pierre Barral. Comparative studies found Visceral Manipulation beneficial for various disorders.

Acute Disorders: Whiplash, Seatbelt Injuries, Chest or Abdominal Sports Injuries, Concussion, Traumatic Brain Injuries

Digestive Disorders: Bloating and Constipation, Nausea and Acid Reflux, GERD, Swallowing Dysfunctions

Women's and Men's Health

Issues: Chronic Pelvic Pain, Endometriosis, Fibroids and Cysts, Dysmenorrhea, Bladder Incontinence, Prostate Dysfunction, Referred Testicular Pain, Effects of Menopause.

Musculoskeletal Disorders: Somatic-Visceral Interactions, Chronic Spinal Dysfunction, Headaches and Migraines, Carpal Tunnel Syndrome, Peripheral Joint Pain, Sciatica, Neck Pain

Pain Related to: Post-operative Scar Tissue, Post-infection Scar Tissue, Autonomic Mechanisms.

Pediatric Issues: Constipation and Gastritis, Persistent Vomiting, Vesicoureteral Reflux, Infant Colic.

Emotional Issues: Anxiety and Depression, Post-Traumatic Stress Disorder.

Source -
<http://www.barralinstitute.com/therapies/index.php>

Andrea Lamprecht is a physiotherapist qualified to perform visceral manipulation. She operates from Sedgefield, Wilderness and Belvidere. 044 343 3059 or 082 457 2472



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HOSPICE is holding a new event this year called the HOSPICE GARDEN FESTIVAL.

It will be held on the 28th of April at Montecello's. There will be lots of fun things going on so please put the date in your diaries. We will have stalls selling Books, Plants, Cakes and Bric-a-brac at this event so please if you have unwanted items around the house or you are moving on and would like to de-clutter then please donate them to Hospice for our sale. If you donate electrical items be them large or small please make sure they are in working order as we do not have the means to repair them and cannot sell items which are not in working order. We are also running a Raffle for a 3 Litre bottle of Red Wine plus two Crystal Glasses. The draw will be held on the 28th at the Festival. Tickets are R5 each and can be purchased from the Hospice shop.

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If you want to DRINK it's your business!
 If you want to STOP it's ours. Meetings every Friday night.

TED's 2018 Brain Cruncher

Across

1. US Map drawn up especially for the Argentinean rugby players. (5)
4. Does the religious pamphlet contain a short answer to exchange? (8)
8. The fog rushed, insulting those guilty of getting the message wrong. (14)
10. In one of his self-important moments, the ogre turns, loses a hand and stumbles. (3,5)
11. Part of the 70s band, all in all. (2,4)
12. It's a 'no' either way for Steven's new arrangements - they barely happened. (3-6)
15. Nothing in the hair regulator showed the hidden English valley. (5)
17. Share the admin position trigonometrically. (5)
18. Pulverise! Pulverise! And the result will be abhorrent. (9)
19. Points to the crease to wrap up. (6)
21. Undemonstrative, unfriendly person who faces the result of eating his chips first. (4,4)
24. Six mentalities stupidly believe the philosophy that they are self-responsible. (14)
25. According to the person on the phone it was after the show that the deterioration returned. (8)
26. Kid's slimy pet had no right to bring on poor visibility. (5)
29. You couldn't be more definite about getting parts of the composure right. (5)
30. The light-weight first performer provided access to good content. (3,6)
32. Sounds as if she's betwixt and between. (4)
33. It's a canal, redirected in a rather evil direction. (9)
34. A prophylactic takes a million offluxury living. (5)
35. When strong drink hits you it can be twice as unpleasant. (6,6)
36. Did the controversial vicar lose his chance to be a speechmaker? (9)
37. I'm one who likes the idea of 'Stand up paddling' with the bag carrier. (9)
38. I'd go in six new orders of a gassy chemical reaction. (9)
39. Renovate Xif. (3,2)
40. Bashful, one in seven may only appear shortly? (5)
41. Next you'll swap the Pole for an intimate communication. (4)

Last issue: ACROSS: 1. Popular 5. Alludes 9. Retro 10. Flipchart 11. Sentiments 12. Polo 14. Significant 18. Niche Market 21. Hide 22. Before long 25. Homeopath 26. Ochre 27. Pickled 28. Red Card

DOWN: 1. Peruse 2. Potent 3. Leominster 4. Rifle 6. Lace 7. Dragoman 8. Set Forth 13. Hit the Road 15. Graceland 16. On the Hop 17. Academic 19. Joshua 20. Agreed 24. Tool

CHURCH SERVICES

AGS Lighuis
H/v Waterfront Dr & Tide Str
Knysna (Oorkant Fruit & Veg)
Dienste : Sondae: Erediens 9h30
Sondagskool (Snr & Jnr) 8h45
Woensdae : Selbyeenkoms 19h00
Donderdae : Bybelskool 18h30
Kontak : Kerkkantoor 044 382 6551
Sekretariesse 072 189 0215

Anglican Chapelry of St. Aidan's, Wilderness
Holy Communion Service 8:00am
Nic Hanekom 044 850 1925 or Anne Pharoah 044 877 1753

Anglican Sedgefield :
See St Francis
and Church of the Resurrection

Church of Christ
Lynn van der Walt.
Meeting 10am & 6pm
Tel: 076 068 2900

Church of the Resurrection (CPSA - Anglican)
David Curry Ave, Smutsville
For service times contact Petronella Buis 084 252 1698

Deo Gloria
Paradise Lake 09h30 Afrikaans.
Interkerklike Kinderkerk
Aand dienste : 18h00
Woensdaggaande : 19h00 Lering
Navrae: Past Danie & Karin de Bruyn
044 343 1301 or 084 714 7023

Elohim gemeente
Protea gemeenskapsaal - Karatara
Sondae: 09:00,
Kinderkerk tydens diens
Kerkkantoor: 082 896 6387
Pastoor: Hansie Strydom

Evangelisch-Lutherische Gemeinde SüdKap
Southern Cape Evangelical Lutheran Congregation Rondevleihoogte Peter Lor 076 649 3050

Knysna Presbyterian Church
Sundays 9.30am, 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

Methodist Sedgefield:
See St Francis

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

SEDGEFIELD BRIDGE CLUB
19 FEBRUARY 2018 : 26 FEBRUARY 2018 :
1 71.00% Bernard and Paddy
2 61.00% Leslie and Pam
3 60.00% Irene and Reinet

We meet in the Catholic Church hall, Sysie/Flamingo Streets every Monday at 18h45 to play at 19h00. New pairs very welcome. Enquiries : Geoff 044 343-2998 or Bernard 044 343-2741.

WILDERNESS BRIDGE CLUB
21st February 2018 28th February 2018
1st Bella Scoccia / Barbara vd Noort 1st Oswald Dittrich / Johan Steyl
77.08% 65.28%
2nd Hanneke Nieman / Eileen Rigg 2nd Hanneke Nieman / Eileen Rigg
54.17% 56.94%
3rd Marcia Kriek / Ann Lamprecht 3rd Bella Scoccia / Barbara vd Noort
48.96% 53.47%

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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Ladies Golf

23 FEBRUARY 2018

It was delightful to see 19 ladies arrive for our monthly medal and putt/individual stableford competition. Well done to those ladies who remembered to wear their club shirts, you looked very smart. Helen Pahl won the Gold Division on 63 gross, Liz Stewart on 66 gross, Bronze went to Eda Greenway on 77 and the least putts for the day was 27 and this was achieved by Joy Herbst, Eda, Wendy Mack and Joy won this trophy on a count back. Nearest the pin was Meg Isherwood and Individual stableford trophy was won by Jean Elaine Melvill on 29 points with a net of 62. 14 birdies were shot. Well done ladies and thank you so much for braving the weather, it was a lovely fun morning.



Gentlemen's Golf

The 22nd February was a lovely day for golf and with the course being in such great condition thanks to Bertus and his team there was no reason for any excuses from the thirty six players.

We welcomed Vaughan back after his long lay off due to injury we also welcomed new members Malcolm Goldhill, Philip Williams and the brothers Pierre & Willem de Villiers to our Thursday Gentlemen's Club. The 22nd of February's game was the Monthly Mug "A" and "B" division's, The "A" division playing Medal was won by Willem with a net 54 he was followed by Terry Savage on 56

with John Hawkes coming 3rd on 57. The "B" division playing Stableford was won by 83 year old John Mac our oldest member with 39 points he was followed by Hamish on 35 with Doug in 3rd place with a 34, Quacker the duck found a new home in island village when Henry took him home to show his wife.

The 1st of March - Already! Another perfect day for golf and there were thirty eager players ready to play a Better Ball stableford format some of the players playing in the continuing Knock out competition. In 1st place was the team of John Hawkes & Roy Stedman on 46 points, Dolf Botha also had 46 but with a ghost player Ian Wright & Malcolm Goldhill came 3rd on 45 points. Congratulations go to Dolf for his hole in one on the 5th.

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SUPER RUGBY 2018

Saturday 10 March
10h45 Reds vs Bulls
15h00 Sharks vs Sunwolves
17h00 Lions vs Blues

Boerie Bash Thurs. 29 March from 5.30pm.
In aid of Kerry's Cancer Crusade

Swallow Drive (next to the circle)

CAR BOOT SALE

On Sunday 11th March from 9am-12pm the Steam Whistle Station will host their monthly Car Boot Sale.

One Man's Junk is another Man's Treasure! Bargain hunters or those who want to declutter come down on Sunday to browse or sell your wares. The cost is R50 per vehicle.

If the weather is bad it will be postponed to the following Sunday. 50% of all proceeds are donated to local charities.

The station will be open so you can enjoy a cup of coffee and a nice breakfast! Call Joe on 044 343 1052 / 072 487 0395

7 Nelson Street
Knysna



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TIDE TABLE

07 March - 21 March 2018

		Wed 07	low tides	00:23	12:54	high tides	06:50	19:06
		Thur 08	low tides	00:55	13:29	high tides	07:24	19:43
		Fri 09	low tides	01:33	14:17	high tides	08:07	20:41
		Sat 10	low tides	02:37	16:05	high tides	09:23	23:30
		Sun 11	low tides	05:32	18:51	high tide	11:55	moonrise 00:45 moonset 15:06
		Mon 12	low tides	07:01	19:39	high tides	01:03	13:12
		Tue 13	low tides	07:44	20:13	high tides	01:48	13:56
		Wed 14	low tides	08:18	20:42	high tides	02:21	14:30
		Thu 15	low tides	08:49	21:08	high tides	02:50	14:59
		Fri 16	low tides	09:20	21:35	high tides	03:18	15:29
		Sat 17	low tides	09:49	22:02	high tides	03:47	15:58
		Sun 18	low tides	10:20	22:30	high tides	04:16	16:29
		Mon 19	low tides	10:52	23:00	high tides	04:47	17:01
		Tue 20	low tides	11:26	23:31	high tides	05:20	17:34
		Wed 21	low tide	12:02	23:59	high tides	05:55	18:10

GODZONE Good to Go



The world's biggest expedition race kicked off at 9pm South African time, on 1 March in New Zealand's Fiordland, which had promised to hold off its torrential rain for a brief while.

92 Teams have been advised that most will not finish the arduous course. It is the most technically difficult and taxing route yet designed in the 7 years of this event staged in different parts of New Zealand and spectators can follow live tracking on www.godzoneadventure.com

Former Springbok Stefan Terblanche, racing with Team Merrell in his first expedition race said he will not be the one to call "Kan nie meer nie Korporaal!" He will be taking his mind and body to places way beyond where they have ever been but with the experienced team rallying him on, there is no doubt in their mind that they have the capability to finish well. "Going straight for GODZone in your first attempt at adventure racing is like sending a Tweet to tackle the All Blacks during the World Cup" he said, talking of team Captain Graham 'Tweet' Bird, who has done 21 expeditions (but doesn't know how to throw a ball backwards).

Adding excitement to their race and for the media crew, and just maybe an added incentive to keep moving forward, is the appearance of yet another rugby

Merrell adventurer Stefan Terblanche with Richie McCaw. Photo credit Alexandre Soccia

legend, no less than Richie McCaw, racing with Kiwi team PwC.

The old rivals met up again after the extensive race briefing and behind the genuine smiles and camaraderie was evidence of the hardened game face on both of them.

With just 7 legs for a 450km course, the teams have had to pack very carefully, planning to be out for up to 60 hours on a brutal 150km trek, carrying and using a packraft for up to half of it until they reach a Transition zone. In total the winners are expected to finish no earlier than 5 days after starting, with the back teams taking up to 10 days.

Live tracking of this epic non-stop race and images of the athletes and incredible terrain they will pass through will be available for all to follow on www.godzoneadventure.com from the start with updates from the course during the event FB Godzone Adventure as well as the team page Merrell Adventure Addicts. Team number is 39.

Thanks to the team sponsors Merrell as well as Black Diamond, Island Tribe, Ocean Eyewear, Extreme Lights, ButtaNutt Spreads, Racefood, Giant, Fluid Kayaks, BackCountry Cuisine and Nuun.

BOWLS TIDBITS

PERSONAL TRUST CHALLENGE. The first round was played on Thursday last at Sedgefield – a most enjoyable day. Knysna are ahead with Sedgefield in second place (two points behind). The second game will be at Leisure Isle on 13th March. Well done and good luck to those competing.

LADIES AND MEN'S NOMINATED PAIRS. List is on the board.

N.B. SPECIAL GENERAL MEETING – after bowls on 14th March. Please make an effort to attend this meeting – to discuss fees for the year ahead.

ST PATRICK'S DAY - SATURDAY 17 MARCH. This is a normal Tabs-in afternoon but please dress in green – there will be a prize for the best dressed and also for the best Irish joke. Bangers and Mash will be served for supper at a cost of R25 per head. Please put your names on the board for catering purposes.

PRESIDENT'S DAY. Thursday 22 March. This competition is fully subscribed but please check where assistance is needed as it is a very busy day.

LADIES SINGLES. First round commenced yesterday.

CLUB NEWS - We are deeply saddened by the death of James Kitching who passed away on Saturday 3rd March after a long illness. James was very well loved and our deepest sympathy goes out to Sheila and the family. There will be a "Farewell to James Kitching" gathering at the Club tomorrow morning (Thursday) at 10 a.m. Please make an effort to attend and members are requested to bring a plate of snacks and to wear whites.

Happy to report that Ina Moult is back home after successful surgery and is making good progress. Joy Benger has recently had a knee replacement and we understand that she is making a very good recovery and will no doubt be back on the green very soon.

Good bowling everyone.
OFFTHEMAT

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21st Tortoise Tuff

The 21st Tortoise Tuff (takes place on Saturday, 10 March 2018 and for the 8th year the host club, Sedgefield Striders, are offering four races:

10km | Run and Walk
21km | Trail Run;
30km | Run and Walk;
2,5km | Fun Run

All the races take place in and around Sedgefield, giving those taking part a grand tour of some of the village's most beautiful areas.

The flat course of the 10km event has always been popular amongst the 'speedsters' of both the running and walking sectors, but the 1½ hrs allocated for the event also attracts those just looking for a

gentle run - or stroll - through the Village, around The Island, and back again. This race also serves as official ASWD Race Walking Trials to select a team for the SA Road Walking Champs later this year.

The 'TUFF' 30km course covers some of Sedgefield's most spectacular climbs, drops and flats on both gravel and tar. It is an ideal training run for Two Oceans AND a great 'target distance' for those who normally stick to half marathons. Walkers are also welcome for this event, but should take note of the 4 hour cut off time.

The Trail Run in its 8th year, presents a challenging course that includes sections along the beach, through the Goukamma Nature Reserve, and some serious 'dune work'. Cape Nature's co-

operation makes it possible for runners to enjoy stunning views and almost untouched trails as a reward for the hard work-out this event will provide for the ever-increasing market of adventure racers.

And of course the youngsters (and perhaps not-so-fit) haven't been forgotten with a gentle 2.5km fun run which always attracts great numbers of younger athletes (minimum age 9).

Timing for the race will be electronic – which in effect means the Athletes will have their time electronically recorded via a microchip as they cross the finishing mat.

Please note that the Tortoise Tuff 10km, 30km and trail run are pre-entry events, no late entries will be accepted on race day but entries for the Fun Run will be accepted on the morning of the race.

All the races will start at the Sedgefield Primary School field.

Starting times are:
10km run/walk | 07:00
30km walk | 06:00
30km run | 07:00
21km trail run | 07:10
2,5km fun run | 08:00

Spectators are encouraged to come and support the runners, and there will be food on sale at the school.

Registration will take place at Sedgefield Primary School from 17:00 to 19:00 on Friday, March the 10th and from 05:30 on race day.

For more information contact Sarie Exton at: e-mail: [sarier@cordinsa.co.za](mailto:sarie@cordinsa.co.za) mobile: 074 177 6888

SA CANOE POLO CHAMPS FOR KNYSNA

by Jeannine Orzechowski

The Knysna Canoe Polo Club will host the 2018 South African Canoe Polo championships at the Knysna Waterfront over the Easter Weekend, 30 & 31 March and 1 April.

The inter-provincial championships are traditionally hosted by the major provinces that compete in canoe polo – KwaZulu Natal, Gauteng and Western Province. This year, the turn of Western Province, it was agreed that Knysna should play host because of the enormous amount of effort that has been put into the sport locally and the great facilities that the Knysna Waterfront offers, explained organiser Nelson das Fontes.

Das Fontes said that eight teams from around the country will compete for the championship title in three divisions: Seniors, Under 21 and Under 16.

The games will be played on two pitches in the Knysna Harbour and will make for great spectator viewing. On Friday 30 March from 17:00 there will be warming up games, and the

championships will start on Saturday at 08:00. Sunday will see the finals being played from 08:00 until about midday.

According to Das Fontes, the sport, which is a discipline of the International Canoe Federation, has grown considerably in South Africa over the last decade and locally there are 20 seniors and 25 juniors who will compete in the championships.

"We have a strong group of both senior and junior players in Knysna and two of our under 21 boys - Coban-Dean Suttie and Daniel van Wyk - play for the SA National team, so we are hoping to upset at least one of the visiting teams."

The local Canoe Polo Club is part of the Knysna Canoe Club and has been promoting the game seriously for the last four to five years, investing in boats and equipment, coordinating regular training practices, and participating in inter-provincial championships.

"There's definitely a growing interest in the sport, because it's not just fantastic for gaining confidence on the water and getting fit, but it's also one of those sports which is great for families because seniors and



build up our young players and then they leave Knysna when they finish school," says Das Fontes. "But we have resigned ourselves to being a teething ground for the teams in other provinces."

Das Fontes said that he is grateful for sponsorship from the Knysna Waterfront and the Knysna Yacht Club and cooperation from the Featherbed Company which has agreed to park the iconic John Benn ferry at the Featherbed Terminal, from where it will operate for the weekend.

"I think that this will be a great spectator event and we're hoping to draw lots of visitors to Knysna for the championships," he said.