

## A NOTE FROM THE EDITOR

At time of going to press, The EDGE Team is filled with an almost overwhelming sadness over the dark time that South Africa is currently going through. The carnage going on elsewhere in the country is not local news, but it affects each and every one of us. We hope above hope that by the time this newspaper is on the streets, the lawlessness that has resulted in so many deaths and so much destruction - physical and emotional - will be coming to an end.

Lord have mercy.

But whilst we all feel helpless, there is something that we can do to help. We can start by not spreading fear. Fear often leads to anger, and anger often leads to words - written or spoken - that cannot be unsaid. Fear can break the bonds we have holding our community together.

We can try not to blame anyone other than those committing the crimes, those who are destroying and stealing. We can make an effort not to vent our anger on people who might just be dealing with this in a different way to us. We can remember that on either end of every discussion, post or exchange of words is a human, just like us.

We can be kind to everyone we speak to, whether on social media, on the phone or in person, and remember they are also stressed. They might also have family in one of those areas.

We can think twice before sharing or forwarding stuff. We can ask will it help? Is it absolutely true? And more importantly, is it necessary?

We can not let the current situation rob us of our hope.

Our heartfelt condolences go to those families who have lost loved ones, and the many, many folk who have lost property, their businesses and their place of work. We so look forward to the time that these riots will be part of our country's very chequered past rather than its current reality.

*And we WILL get there, because South Africans are nothing if not resilient.*

## A BEAUTIFUL NEW BUFFS!

A trip to Buffalo Bay has always been well worth it, but now this tiny little section of our community has even more to complement its backdrop of blue waters and crashing waves - this thanks to the initiative launched by Visit Knysna and the Knysna Art Society, and grabbed with both hands by the Buffalo Bay residents, under the leadership of their Ratepayers Chair Vera Carstens.

The beachfront has undergone a complete make-over, with a quirky twist that pushes the 'Buffs' personality that Garden Route locals know and love.

The original plan for Buffalo Bay was to install a series of surfboards painted by local artists to create a "boardwalk", but as news of the project reached Buffs' townsfolk, they climbed on board in a big way and the project snowballed wonderfully.

With true community spirit, funds for more materials were raised, and soon, all the old benches and five cement braais were repaired and revamped by a "Blitz" team of ladies with seemingly endless enthusiasm (and a whole lot of mosaics). Now each of the braais has its own unique character, artistically stylised surfboards have been fixed to the backs of the benches, and local cartoonist Pieter Kruger has created a giant wave mural on the ablutions block.

The rail bridge on the road to Buffs is also being refreshed.

"It has been such a wonderful example of community teamwork," reflects Knysna Art Society, Chair Helena Gerber.

Follow the action on #knysnaartproject



One of the beautiful surfboard benches at Buffalo Bay Picture by Rose Bilbrough

## HOUSE RANSACKED

**Absentee property owners are being asked to take serious precautions to safeguard their holiday homes; this after the interior of a house in Volstruis Street has been all but destroyed by criminals, seemingly operating unhindered for at least a few days.**

With dry walls ripped open, electrical fittings pulled from the plaster and sanitary-ware chopped out - it seems like everything AND the kitchen sink has been taken from this home.

The huge mess was discovered by neighbours. Reportedly, they had called the Community Orientated Policing (COP) team earlier in the day to report an incident on their own property and later went next door to check that all was well there. That was the first they knew of the carnage - they found the double-storey house was open and had been totally ransacked.

COP members attended the scene and were shocked by the destruction. Aside from the house being stripped of crockery, small appliances and any other moveable property, larger items had also been removed - including two fridges and a washing machine. In the kitchen, the cupboards and drawers had been stripped bare, and some of them had been dismantled for removal, along with the kitchen sink. In the bathrooms, basins and a bathtub had been ripped out, leaving gaping holes in the walls. Throughout the house, electrical light fittings and all the wiring, including the DB board, had been torn out of the dry walling. Even the copper water-piping had been taken.

Further investigation uncovered that a third, larger fridge had been moved to the garage, and both its

doors ripped off.

There was no doubt that the perpetrator(s) had been at work there for some time, possibly even sleeping on the property when they weren't destroying it. There were also signs that they might have planned to return, as several items, including a dishwasher and washbasin, had been moved towards the entrance, seemingly for ease of removal later.

Though not walled or gated on the perimeter. Although the property had been fitted with an alarm system, the power had somehow been disconnected and the backup battery stolen. A security gate had also been taken down at the entrance to the home.

COP and SAPS are following up on various leads, one being a well known 'person of interest' who may be linked to the theft. This after a report from Smutsville Neighbourhood Watch that he had been seen pushing a wheelbarrow containing a fridge down Oostervanger Street.

The owners of the property (names withheld) are coming to Sedgefield to assess the damage.

Head of the COP team Mike Hofhuis says that the only way to prevent such occurrences is with community cooperation. "Get to know your neighbours. If you are away for any length of time, ask one or two of them to check on your home regularly. This includes making sure your alarm system is fully operational and the battery properly charged. If everyone keeps a look out for those living on either side and behind them, there is a much bigger chance of realising something is wrong sooner rather than later."

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# Notes from T'Ed's Head

I think Mrs Ed has expired.

OOPS! Sorry, I do agree with your sentiment. Perhaps ‘expired’ does sound rather final (*thanks for the concerned phone calls, and the flowers, though*).

When I say ‘expired’, I don’t mean she has passed on or gone to the ‘Brick Layers’ Guild in the Sky’ (*don’t get me started on Monty Python*). Oh no. She is definitely still around – I have the bruises to prove it.

No. Like most fire-breathing reptiles, Mrs Ed will no doubt be roaming the Earth for at least another century or two.

By ‘Expired’, I simply mean she has passed her sell-by date. Like the tub of yoghurt at the back of our fridge, I guess. *No longer palatable, off colour, and with random bits of furry growth popping up on the surface.*

That’s not to say she is heading for the bin (*like the yoghurt*). That would be silly because, bless her extra-large, heavy-duty wire-wool socks, she certainly still has her uses.

Not only does she continue to make a mean burglar deterrent (*I get her to stand at the front gate and growl at passers-by before she shaves in the morning*), but it’s also handy to have her around when it comes to lifting (*and vacuuming under*) heavy things, or doing simple maintenance jobs in and around the home. You know, those tasks that aren’t brain-stimulating enough for someone of my advanced intellect to attend to.

It’s just that, well, if I am to be honest, Mrs Ed isn’t what she used to be. She doesn’t have the full capacity of abilities that she originally came with, all those years ago, when the sentence first started.

I don’t know if it’s the result of old age or wear and tear - she doesn’t seem able to multi-task anymore.

Not at all.



In fact, whatever the opposite of multi-tasking is – that’s what she has/is/can do. *Mono-tasking? Anti-tasking? Non-tasking?*

It’s such a shame because she used to be so good at multi-tasking. REALLY good.

In our early years of marriage, I often used to lie on the couch and marvel at her abilities.

Any given day would find her paging through a magazine whilst changing one child’s nappy, spoon-feeding the other his scrambled eggs, and folding piles of recently laundered washing. All this with ‘Days of our Wives’ playing on the TV and the radio blaring ‘All the Hits – All the Time’ in the background.

It all seemed so efficient I felt absolutely no guilt asking her to fetch me a cold beer from the fridge.....

Indeed, over the (*many, many*) years, I have been blown away by this super-power of hers. Taking the kids to school, she would have one hand on the steering wheel (*she still does that whenever I drive*) and the other sewing a button on a skirt, simultaneously drinking a cup of coffee and reaching over the seat to wipe a mouth, plaster a sore or dish out a verbal warning to *behave or else*.

But her multi-tasking was always at its best when it came to her biggest passion, her No1 super-power – that of Dispensing Drugs.

No, please don’t call the police. I am NOT talking about Mandrax or acid or hallucinogenic fungi (*those rumours are almost all*

*unfounded*); I’m talking about LEGAL drugs. Headache pills, anti-inflammatories, vitamins, pain pills, cough muti, decongestants, supplements....

She could hand them out by the handful and never mis-dispense a single pill. In her Hay (fever) Day, Mrs Ed could walk into a crowded room and discuss, diagnose and dutifully dispense drugs to cure the ailments of 15 people, ALL FROM HER HANDBAG and, even more impressive, ALL AT THE SAME TIME!

And effectively too. I know this because she would later get phone calls from the most arbitrary people asking for further advice. I would often hear her talking to them....

*“From what I remember, Charlie.... you don’t mind me calling you Charlie? Good... From what I remember when you sat behind us at the school prize-giving last month, your headache was a dull throb emanating from the front left temple, with nausea, a small eye twitch and slight reddening of the ear... how is that going?... Oh, I’m so glad they worked. My pleasure. And now tell me – you said your wife needs something for her back.....? Is that lower back or upper? And would you say more of a surface stinging sensation or an ache?”*

Yes - Medical Multi-tasking was Mrs Ed’s forte indeed. In fact, at one stage, I was convinced she would be recruited into the international ‘Doctors Without Qualifications’ team and get whisked away to some distant land to use her triage skills for the good of mankind... (*one can always dream*).

But now....?

Now multi-tasking is simply not part of her make-up (*She even has to rest halfway during lipstick application*).

Now she turns the TV off to put her slippers on.

Now I will ask her why she isn’t answering her phone (*that Village People “In the Navy” ringtone of hers is enough to drive anyone overboard*), and she will simply reply, “Because I’m making tea.”

We’ll be driving along, and suddenly she will scream “STOP THE CAR!” and demand that the radio be switched off, all the windows closed, and everyone stop talking (*or moving!*)..... so she can find a vitamin pill in her handbag.

It’s like she has tunnel vision. And it’s getting in the way of VERY IMPORTANT THINGS. So much so, I have had to embark on Crisis Control.

The other morning, when I sauntered downstairs for breakfast at the crack of 11am, I found her vacuuming. This wouldn’t normally worry me - indeed I have learned that if I lie

on my hammock with the veranda door closed, I can barely hear the thing, except when she makes that clicking noise in her nose.

But that morning was different - there was a piece of paper lying on the table that needed her urgent attention.

“So,” I said nonchalantly (*I find it’s safer to be nonchalant than petulant, especially when I am in swinging distance of that heavy vacuum cleaner* ) “Remember yesterday we agreed that you ... er... needed to sign that application for the er... overdraft extension.... so you could get it off to the bank first thing?” We had decided that perhaps an application in HER name might be more successful, especially since the Bank manager still had that restraining order out against me... Apparently, popping round to his house after curfew for a ‘nightcap and a little chat about attitude’ somehow isn’t acceptable in bank circles.

“I can’t sign it now,” Mrs Ed bellowed above the hum of the machine, “Can’t you see I am vacuuming?”

“But you could stop, just for a few sec...” I began..... but then I got THE LOOK. It’s been known to repel the ravages of a rabid Rottweiler and once even silenced a harangued hadeda at 30 metres.

Though I certainly wasn’t prepared to risk any further suggestions that may be taken as antagonism, I was stuck. This lack of multi-tasking ability was having disastrous results. I needed the overdraft approved by the weekend because I had already put the all-important plan of Level 4 Lock Down Black-Market Black Label acquisition

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into motion. This was life or death! In desperation, I threw myself at Mrs Ed’s mercy. I knew it would be a sacrifice that would have dire consequences, but there was no other way I could claw my way out of this disaster... “What if.... what if I did the vacuuming?” I said, simultaneously determined and

delirious at my courage in the face of adversity. Mrs Ed stopped and stared at me. I winced but then realised it wasn’t THE LOOK. She even silenced the machine to make the proclamation. “You know what?” she said, with a smile rye enough to make a bakerproud...

*“You’d be mad if you didn’t”*

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# SEDFIELD PHARMACY VACCINATION PROGRAM ROLLS OUT

On Monday, 12 July, Sedfield Pharmacy launched its COVID-19 vaccination roll-out in an effort to take the pressure off the government programme and assist in getting as many people in our community vaccinated in as short a time as possible.

Running from the NG Church hall on an appointment-only basis, the pharmacy staff and volunteers have been welcoming - and indeed vaccinating - a steady stream of people, and for all intents and purposes, the system is working like clockwork.

In the first few days, they have streamlined the process, and Pharmacy Manager Stuart Daniell says that the time for each vaccination and the necessary paperwork is kept short and sweet.

The original plan to contact everyone on their books proved to be a drain on staff resources, so the pharmacy is requesting that people wanting the vaccine register with them via their WhatsApp number (079 483 1949).

"They should first enrol on the government portal (vaccine.enroll.health.gov.za), then send us all the necessary details," said Stuart.

This includes the person's ID number, medical aid card and number (if they have one) and their address. Once they have done this, they will receive an



"I didn't even feel it!" says long-time local Ronald Smith on receiving his Pfizer jab from Louise Daniell. Ronald and his wife Sandi were vaccinated on Tuesday 13 July.

appointment date and time, also via WhatsApp.

After receiving their first Pfizer vaccine, each person will be issued with a card which will include the date for the second round, also run on the same system.

During the first two days of the roll-out, the pharmacy dispensed 110 vaccines, and they should be past the 400 mark by the end of the week.

"Once we have expanded our admin volunteer team, we will be able to handle many more people, so the daily number should go up quite substantially next week," Stuart explained.

Another point to be noted is that even those without medical aid may be vaccinated in the pharmacy roll-out. Previously, the government had insisted that

private institutions could only vaccinate those with medical aid, but this has now changed, and everyone is welcome as long as they are in the correct age group. Furthermore, there is no charge for the vaccination, even for those without medical aid.

"It's important that people know that they should never pay for a COVID vaccine," Stuart told us, "Whether a government or private institution - it is illegal for any person or organisation to charge for a vaccine."

Meanwhile, Sedfield Clinic continues its vaccine roll-out this week, with Thursday and Friday marked as vaccination days. The Clinic has a two-tier system run via the government portal. Each day has a certain amount of vaccines allotted for those who have received an appointment via SMS and for walk-ins.

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# Well THAT'S Fantastic

## Masks – Read my lips!

by Liedz Astrei



Trust ol' Cyril to spark me into losing my good vibes again and airing the angry vibes in our Esteemed Local News Source. With this Adjusted Level 4 lockdown we're on for even longer than planned, I think it's time to ride the obviously-not-dead-yet horse again: MASKS.

Yes, I know. You roll your eyes, sigh in an exaggerated fashion and want to turn the page.

"Well, that's fantastic. This is old news," you think. It might be, but after more than a year, there are still some folks in this Slow Town of ours who seem to be a bit, well... slow... in learning how to wear a mask the right way.

Of course, there are those who wear masks religiously because they're scared of catching The Virus. They have two masks for each day of the week; they regularly replace the old masks and go into a full-on panic when someone sniffs behind them at Spar. They wear their masks for their own safety and the safety of others. They're the goody-two-shoes of school days whose hair never was too long; shirts always tucked in, and shoes always polished. If you're one of them, you're in Camp 1, and you're excused from this rant. (And thank you for being considerate.)

In between are the people who wear masks because it's the law and fighting against it is like

farting against a hurricane. They're in Camp 2. They don't deny the existence of COVID-19, but they don't buy into the "fear-mongering". Even though they dislike it as much as the next person, they don't pretend that it's okay (like some in Camp 1 may do) or "the new normal", and they also don't go on and on about it (like some in Camp 3 may do). So, to you, I say thank you for wearing yours as you should and for trying to help stop this pandemic.

Then you get the Angry Masker/Anti-Masker... These are the people who refuse to wear a mask because it "infringes on their rights"; the people who think that a mask is useless and that a mask worn under the nose is okay. (FYI, it is not!) I know you dislike (sometimes even hate) having your face covered. I know that your glasses fog up and that you can't see. I know that it feels stuffy to breathe into a mask for hours on end. Well, good news, sunshine: you're not alone! As a permanently bespectacled member of society myself, I fully understand your frustration. It does NOT exempt you from wearing your mask correctly, though. You're in Camp 3, and this rant and analogy are for you.

There's a meme doing the rounds again, called "The urine test", and it very simply explains why you should wear your mask:

- If we all run around without

pants and someone pees on you, you'll get wet immediately.

- If you are wearing clothes but your neighbour isn't, and he pees on you, some of it will get through your pants, but not as much.

Likewise, if you're wearing pants but the zipper is down, you'll still splash all over someone who made the effort of putting on pants and zipping it up.

- If we're all wearing pants and your neighbour pees in his, it will stay in his pants; he will only wet himself. Everyone around him will be clean and dry.

**What it means in mask terms:** If none of us wears a mask, we'll all spit and sneeze and cough on each other, and the virus will spread at an even more alarming rate.

If you wear a mask in the presence of an anti-masker, you're at least somewhat protected. If I were you, I'd also stay a good distance away, because just like wee, the droplets can only fly a certain

distance. Stay out of reach.

If we're all wearing our masks correctly, we'll all be protected against each other's droplets and cooties and germs.

If you're wearing your mask below your nose or under your chin while in public, you're part of the problem and part of the very thing you are against. You're part of the reason we're on Adjusted Level 4 lockdown. You're selfish and unkind because you're knowingly putting other people at risk. No, they can't all "stay home if they're scared". Someone needs to keep the economy going while others gasp for breath in an overcrowded hospital ward with overworked and exhausted frontline staff.

Please think of that next time you're pulling your mask down because "you can't breathe"...

P.S. I have sympathy for people who have genuine issues with

masks: claustrophobia; some kind of mental disability; older people who are already struggling to breathe (although you should probably not be out and about, then...); deaf people who rely on lip-reading to communicate with hearing, non-signing people.

For most of these people, there isn't much the rest of us can do to ease their discomfort. But we CAN help make it easier for deaf people.

If you are "stuck" at home over the next few weeks, wondering what to do with your time, here's an idea (a challenge; a dare, if you will): learn some basic South African Sign Language. Learn the signs for "My name

is...", "Can I help you?" and "bullshit!" – I promise you, there is one, and it's very funny. Then, learn to spell your name with the one-hand alphabet. (And before you shout, "Practice what you preach, Liedz!" from behind

your nose-covering masks – chillax; I know how to sign all of these.)

\*Retype this shortened link: <https://bit.ly/3drY0gG> to see the meme – it'll take you to the original post on Reddit.

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### KNYSNA MUNISIPALITEIT VERORDENING OP MUNISIPALE GRONDGEBRUIKBEPLANNING (2016)

#### VOORGESTELDE ONDERVERDELING & OPHEFFING VAN VOORWAARDES: ERWE 1539 & 1540, SEDGEFIELD

Kennis geskied hiermee ingevolge Artikel 45 van die Knysna Munisipaliteit Verordening op Munisipale Grondgebruiksbeplanning (2016) dat die bogenoemde aansoek ontvang is vanaf:

Naam van Aansoeker: Jenny-Lee Du Preez  
Kontak besonderhede: c/o Mark De Bruyn Epos: [mark@lazyleopard.co.za](mailto:mark@lazyleopard.co.za)  
Verwysingsnommer: Aansoek nommer 2512  
Eiendom beskrywing: Erwe 1539 & 1540, Sedgfield  
Fisiese Adres: Sarel Cillierstraat 7 & 5, Sedgfield  
Aard van aansoek:

- Die **Onderverdeling** van Erf 1539 Sedgfield in Gedeelte A = 698m<sup>2</sup> en 'n Restant = 603m<sup>2</sup> ingevolge **Artikel 15(2)(d)** van die Knysna Munisipaliteit Verordening op Munisipale Grondgebruiksbeplanning (2016); en
- Die **Opheffing van Beperkende Titellakte** voorwaarde D.9 ingevolge **Artikel 15(2)(f)** van die Knysna Munisipaliteit Verordening op Munisipale Grondgebruiksbeplanning (2016), soos vervat in Titellakte T1289/2021 van Erf 1539, Sedgfield, om die voorgestelde onderverdeling toe te laat.

'n Volledige afskrif van die aansoek is beskikbaar op die munisipale webtuiste:  
<https://www.knysna.gov.za/do-business/planning-development/current-land-use-applications/>

Lede van die publiek word uitgenooi om skriftelik kommentaar te lewer, saam met die redes daarvan ingevolge Artikel 50 van die Knysna Munisipaliteit Verordening op Munisipale Grondgebruiksbeplanning (2016). Kommentaar mag aan die Waarnemende Munisipale Bestuurder gerig word, en per epos ingedien word aan [knysna@knysna.gov.za](mailto:knysna@knysna.gov.za) en [smqhele@knysna.gov.za](mailto:smqhele@knysna.gov.za), op of voor **16 Augustus 2021**, met vermelding van u naam, adres, elektroniese kontak besonderhede en telefoon nommer, belang in die aansoek en redes vir kommentaar. Die munisipaliteit mag weier om kommentaar wat na die sluitingsdatum ontvang is, te aanvaar. Persone wat nie kan skryf nie mag die Stadsbeplanningskantoor per telefoon nader tydens kantoorure, waar die betrokke amptenaar u sal help om u kommentaar op skrif te stel.

Telefoniese navrae kan gedurende kantoorure aan die Stadsbeplanner, Steward Mqhele by 044-302 6339 of per epos [smqhele@knysna.gov.za](mailto:smqhele@knysna.gov.za) gerig word.

**MNR. D ADONIS**  
**WAARNEMENDE MUNISIPALE BESTUURDER**



### KNYSNA MUNICIPALITY BY-LAW ON MUNICIPAL LAND USE PLANNING (2016)

#### PROPOSED SUBDIVISIONS & REMOVAL OF RESTRICTIONS: ERVEN 1539 & 1540, SEDGEFIELD

Notice is hereby given in terms of Section 45 of the Knysna Municipality By-law on Municipal Land Use Planning (2016) that the abovementioned application has been received from:

Applicant's Name: Jenny-Lee Du Preez  
Contact Details: c/o Mark De Bruyn Email: [mark@lazyleopard.co.za](mailto:mark@lazyleopard.co.za)  
Reference number: Application number 2512  
Property Description: Erven 1539 & 1540 Sedgfield  
Physical Address: 7 & 5 Sarel Cillier Street, Sedgfield  
Nature of application:

- The **Subdivision** of Erf 1539 Sedgfield into Portion A = 698m<sup>2</sup> and a Remainder = 603m<sup>2</sup> in terms of **Section 15(2)(d)** of the Knysna Municipality By-law on Municipal Land Use Planning (2016); and
- The **Removal of Restrictive** Title Deed Condition D.9 in terms of **Section 15(2)(f)** of the Knysna Municipality By-law on Municipal Land Use Planning (2016), as contained in the Deed of Transfer T1289/2021 of Erf 1539, Sedgfield, to allow the proposed subdivision.

A full copy of the application is available for inspection on the municipal website:  
<http://www.knysna.gov.za/resident-services/planning/current-land-use-applications/>

Members of the public are invited to submit written comments, together with the reasons therefore in terms of Section 50 of the Knysna Municipality By-law on Municipal Land Use Planning (2016). Comments must be addressed to the Municipal Manager and submitted via email at [knysna@knysna.gov.za](mailto:knysna@knysna.gov.za) and [smqhele@knysna.gov.za](mailto:smqhele@knysna.gov.za), on or before **16 August 2021**, quoting your name, address, electronic contact details and telephone number, interest in the application and reasons for comment. The municipality may refuse to accept comments received after the closing date. Persons who cannot write may contact the Town Planning Office during office hours, where the responsible official will assist you in putting your comments in writing.

Telephonic enquiries may be made during office hours to the Town Planner, Steward Mqhele, at 044-302 6339 or via email [smqhele@knysna.gov.za](mailto:smqhele@knysna.gov.za)

**MR. D ADONIS**  
**ACTING MUNICIPAL MANAGER**





# TLC CLOSES SWALLOW STREET HOME

There were mixed emotions for The Living Cornerstone (TLC) team last week when the decision was taken to close one of their three homes.

Whilst it was sad news for CEO Gilda Scammell, it was also a relief as the closure will take some of the financial pressure off the charity – which provides care for those who have Alzheimer’s disease.

“The move will save us R25 000 a month,” she told us, “The

Swallow house, which we rented, only had five residents, all of whom we have been able to house in the other two homes in Blue Gill and Swift streets.”

Gilda explained that the home was heavily reliant on donations and fundraising. “Whilst the necessary caring and feeding of each resident costs TLC a minimum of R6000 per month, for the most part, their only income is the R1800 per month SASSA pension.”



She was glad to report that the residents seem to be much happier in their new surroundings. “I am amazed at what a difference it has made to them.

*Lunch on the patio, a treat enjoyed by the TLC residents*

Somehow they seem to have more zest in their new environment,” she said.

Gilda mentioned one resident in particular who is bedridden. “Whilst she was in the Swallow Street home, she refused to be moved into the lounge where she could mix with others. Now she is in the Blue Gill home, which

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Advertorial

## OCTOTEL - MORE THAN JUST FIBRE Connectivity to Trinity School Knysna

Octotel is a fibre network operator that provides connectivity to homes, businesses and connects communities. However, our story is about more than just fibre

At Octotel, we believe in giving back to our communities and local schools. Our network has expanded rapidly throughout the Garden Route, and we now have the opportunity to connect non-profit organisations and schools that need fibre to make learning fun and effective with a digital presence. Plettenberg Bay was the starting point of our Eden District rollout which continues through Knysna, leading up to Sedgefield.

One of these projects is Trinity School in Knysna.

Liz and Chris started Trinity school in 2009 with 20 children; since then, the school has steadily grown to 100 students. The school faced many obstacles along the way, especially finding suitable premises for the children to learn and grow. They received assistance from the government, which allowed their learners to attend classes in new premises, Melville Centre in Knysna.

In addition Trinity School has received assistance in the form of volunteers, art equipment, and reading books.

In the early stages of our Knysna rollout, we identified Trinity school for our School’s Initiative program. We started by connecting the school with a free 1 GB uncapped fibre line in partnership with their chosen ISP, Cool Ideas. Infrastructure, connectivity and data are provided free of charge to assist the school with online learning.

“Schools have taken their first steps in the journey towards digital learning, with uncapped fibre connectivity being the key to unlocking the door to the world of digital classrooms.” - Octotel Marketing Lead

The year 2020 was disruptive for schools; however, it also presented learners and teachers with digital opportunities to expand the realms of education. Unfortunately, children living in lower-income areas only have limited amounts of data and cannot gain access to the necessary resources for online learning. Providing schools with uncapped fibre connectivity means that schools become the central point for access to internet resources crucial to education.

“We have been extremely blessed to have Octotel & Cool Ideas assist with connecting Trinity Primary; our kids can finally use online learning at its best’. Thank you OCTOTEL, you guys are awesome’. - Says Jurie Groenewald (School Liaison)

Octotel has engaged with Oakhill School in Knysna, while

identifying two additional schools in Sedgefield and three schools in Plettenberg Bay that will be benefiting from the School’s Initiative Program. We continue our efforts to bring communities more than just fibre while supporting their digital future.



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R6 750 000

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KINGFISHER CREEK

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Web Ref: RXED - 1402



## DIARY DATELINE

### 1st Monday

**2pm** Art Society meets at the Catholic Church. New members are always welcome.

### Tuesdays

**13:45pm** Tabs in for Bowls.

### Wednesdays

**8 for 9am** Golf Day @ The Links. All members welcome.

**8am - 12.** Midweek Village Market at Mosaic.

### Thursdays

**7:30am** Eden Cycling Club Group Social outside departs Cycle Worx. All welcome.

**8 for 9am** Sedge Gentlemen's Golf @ The Links

**13:45pm** Tabs in for Bowls.

### Fridays

**8am** Ladies Golf @ Links Course

### Saturdays

**7:30am** Eden Cycling Club Group Social outside departs Cycle Worx. All welcome.

**8am-12** Wild Oats Community Farmers' Market

**8 for 9am** Saturday Competition Golf @ Links Course

**8am-2pm** Mosaic Market

**8am-1pm** Scarab Craft Market

**13:45pm** Tabs in for Bowls.

### Sundays

**8am** 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!

## LETTERS TO THE EDGE

PLEASE NOTE: If you would like to write a letter to the editor, it 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@edgenews.co.za

The editor has full discretion as to which letters are included or excluded 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.

### THANK YOU

To all the kind people who helped me when I fell outside Spar on Monday 5 July 2021. My grateful thanks It's good to know that there are such generous and caring people in our town.

**Barbara Schottel**




**FAMSA**  
 Families South Africa  
 044 382 5129




## REGISTER NOW!!!

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 Email Address: knysna@famsa.org.za  
 Whats App: 0728470322

## Johan Strydom Gone but Never Forgotten

On the 10th of July 2021, you left this earth, your wife and your children. There are no words that can describe what anyone who knew you felt on hearing this news. A gentle giant, a man of so few words but who touched every single person's life in so many different ways. You made an impact on this earth, you saw the good in everyone, you found a solution to every problem that came your way, and we all feel it wasn't fair that you had to leave.

You not only left family behind to take care of your wife and children, but you also left behind a village of people to be there for them, to encourage and support them. You indirectly chose the right people to stand in for you with your son to help him finish the projects you and him were going to do. You instilled confidence and bravery in your daughter. You showed your wife what it was to cherish, adore, respect, and love. You gave her the courage to take on an army with you by her side, and soon she will see that you really did leave her with an army by her side to take on life without you.

You may be gone, Johan Strydom, but you will never ever be forgotten, you will live through each and every one of us that knew and loved you.

To Sunet, Ruan and Lene, we as a village will never be able to fill the void in your life that your husband/dad left, but we promise you we will be there with you however you may need us.

*With love, The Portway Family*

## FORMER ACTING MUNICIPAL MANAGER LOUIS SCHEEPERS DIES

### A message from Knysna Municipality

"It is with great sadness that we have learned of the sudden passing of former acting Municipal Manager, Dr Louis Scheepers.

Dr Scheepers has been a respected and knowledgeable municipal manager and academic, and his passing will most certainly leave a huge void within the local government environment.

Our thoughts and prayers are with his wife, children and extended family during this difficult time. May his soul rest in peace."



# SOUTHLAND

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**Psalm 85:6**

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**Enquiries: Pastor Bernard Pieters**  
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## Maria Stander (Poppie)

17.05.1945 - 01.07.2021

Op die 1/7/21 het ons, geliefste-kosbaarste-dierbaarste Ma, Ouma, Ouma-groot, Tannie, Vriendin-van-baie & nou een van die mooiste Engele, verhuis na haar "Forever Home".

Dit laat 'n onbeskryflike groot hartseer & leemte in ons lewens.

Ons deel haar heel laaste post op Facebook van 18/6/21....Só het sy geleef elke dag, vir haar Here, haar familie & haar gemeenskap:

### WAT IS LIEFDE?

- Liefde is nie wat jy kan kry nie, maar wat jy kan gee.
- Liefde is nie wat ander vir jou kan doen nie, maar wat jy vir ander kan doen.
- Liefde is 'n glimlag, nie 'n frons nie.
- Liefde is 'n drukkie, nie 'n klap in die gesig nie.
- Liefde is omgee, nie misbruik nie.
- Liefde is om die sambreel vir iemand in die storm te wees en die reënboog na die storm.
- Liefde is om iemand se trane af te vee, nie dit te veroorsaak nie.
- Liefde is om boek te hou van goeie tye, nie die slegte tye nie.
- Liefde vergewe nog voor iemand jou seer gemaak het.
- Liefde maak van jou 'n ligtoring wat vir ander die rigting wys in die donker.
- Liefde maak van jou 'n boom wat koelte gee vir dié wat rus nodig het.
- Liefde word nie gespreek nie, maar gewys.
- Liefde kan genees, vertroos, versterk al het jy niks om iemand te bied nie, maar jy het liefde wat geld nie kan koop nie.

Selfs in haar laaste ure het sy gevra dat daar asb gebed moet word vir die mediese personeel, want hulle doen 'n goeie werk.

Ons eie Moeder Theresa/Maria/Martha a.k.a Moeder Poppie!  
'n Legend sonder dat sy dit ooit besef het.

Verewig in ons harte ❤️

Ons gaan haar mis.  
RIV - Tot wedersiens



## LIONS BID FAREWELL TO JOHN ALLAN

"Every man's life ends the same way. It is only the details of how he lived and how he died that distinguish one man from another." Ernest Hemingway.

And so we say fond and heartfelt farewell to our fellow Lion and friend, John Allan. 29 May 1939 - 7 July 2021.

John was an exemplary Lion, dedicated and loyal to the spirit of Lionism. He was always willing to serve and participated with initiative, enthusiasm and dedication, whether it was in the forest at 6am on a dark and cold (and often wet) winter's morning or getting to meet our lovely Miss Universe in gratitude for her assistance to Lions during the Knysna fires. One of his most memorable projects was the securing of the Emergency Vehicle, which along with the then Business Forum of Sedgefield, Lions donated to the Municipality for use by our local Fire Department as a First Response Vehicle. This vehicle has now been donated to COP, so for its entirety of service, it has



been of assistance to Sedgefield, which pleased John so very much.

John became a Lion in 1999 and served as President to the Sedgefield Lions Club during this period. In 2015 John was made an Honorary Member of Lions International in appreciation of his service and dedication, which continued until the time of his passing. He was a knowledgeable Lion who offered guidance and support to the new and less experienced members, always with a smile and a kind word of encouragement.

But John was not all about "all work and no play." Many will remember his participation in local Melodrama productions. He and Mary participated in the lovely Sonny and Cher number, and I'm almost sure Mary would have comforted John at the time of their reunion with the words "I've got you, babe".

RIP John Allan. You are now with your beloved Mary and at peace.

Your fellow Lions will miss you for the great example of a human being that you were.



**Knysna**  
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### NOTICE: APPLICATION FOR AGRICULTURAL REBATE

All agricultural zoned properties within the Knysna Municipal jurisdictional area will be charged with the base residential property rates tariff as from 1 July 2021. The agricultural rebate of 75% will only be applicable to owners of agricultural zoned properties who practice bona fide farming activities on the property. Therefore, owners must be registered with the South African Revenue Service as a farmer and must submit a copy of the last IT48 ("calculation of taxable income from farming operations") together with the application for a rebate.

If no IT48 can be produced due to recent ownership change or any other acceptable reason; upon application, a municipal official, authorised by the Municipal Manager shall issue an agricultural certificate to the owner of the property after an inspection of the property if he or she is satisfied that such land is used bona fide and exclusively by the owner or occupier for agricultural purposes.

Agricultural zoned properties used for bona fide farming activities as well as other non-related farming activities (business activities and etcetera) will be multi-purposed in terms of Council's Municipal Property Rates Act Policy and By-Law. The 75% agricultural rebate will only be applicable on the agricultural portion of the multi-purposed property valuation.

Application forms for the agricultural rates rebate, accompanied by the latest SARS assessment (IT48) must be submitted to the Rates Department at Customer Care Centre or email to [rates@knysna.gov.za](mailto:rates@knysna.gov.za)

For any clarification the Accountant: Property Rates (Ms. Mandisa Siko) can be contacted at telephone number 044 302 6453.

**DAWID ADONIS**  
**ACTING MUNICIPAL MANAGER**

15 July 2021





# Island Neighbourhood Watch

Sedgefield has a number of active neighbourhood watches that endeavour to assist SAPS and the COP to keep crime under control.

The residential suburb, known as “The Island”, has a well-established and successful neighbourhood watch, namely “Eyeland Neighbourhood Watch” (ENW). Chairman Terry Savage says that the aim is to involve and work with the community to keep the Island safe. As with all neighbourhood watches, members are expected only to keep a lookout and report anything suspicious. The Eyeland Neighbourhood Watch has 17 voluntary patrollers who patrol the Island at various times. This creates awareness of the ENW and definitely helps to reduce crime, even though patrollers are not expected to apprehend criminals but only to report to the appropriate authorities.

CCTV cameras are another part of the strategy used to protect the suburb from crime. Thanks to donations received and some funds available from the very low annual subscription of R100, newer and much more effective cameras have recently been

installed to replace rather old equipment. Cameras record both people and vehicles entering or leaving the Island and play a vital role in crime prevention as well as providing evidence following any criminal activity. The ENW recently circulated a proposal to add an additional six cameras to the security network. These will be monitored and will include maintenance not previously done. Initially, this project will require raising a substantial initial capital amount for the equipment and going forward, further monthly expenses for the maintenance and monitoring of the cameras will need to be covered. Sadly although there are more than 400 residences on The Island, only 50 responses were received to a previous appeal which means that the project as envisaged cannot go ahead. Therefore the ENW Committee has decided to embark on several fundraising projects and seek donations from those who can afford it. There would still be a monthly monitoring and maintenance fee which includes a callout response to suspicious activities and, depending upon the participation, could cost between R35 and R70 per month per member.



The ENW zone coordinators will shortly embark on a house-to-house call to recruit new members and inform residents more thoroughly regarding the camera project. Of the total of some 400 residences, only approximately 150 have paid the membership fee of just R100 per year. The zone coordinators will easily be identified as they will be wearing distinctive blue jackets with the Community Crime Prevention logo and which contain an ID approved by SAPS. If you live on The Island, you are kindly requested to engage with them. To be really successful, a Neighbourhood Watch needs the involvement of the whole community. If you are not a member of the ENW or have not heard of the camera project, you are invited to contact Chairman Terry Savage on 0828293446 or email: [terry.savage@vodamail.co.za](mailto:terry.savage@vodamail.co.za)

# THE MASK DRIVE CONTINUES

A frustrated yet still determined social activist Andrew Solomons of Smutsville continues his drive to encourage his community to wear masks, social distance and follow all the other health protocols associated with the COVID-19 pandemic.

He has enlisted the help of two 18-year-old cousins, Menissa Boesak and Kaylin Solomons, both of the ‘Fearless’ youth group. They

hope that if the message comes from young people, others of a similar age will sit up and take note. Says Menissa, who has had and recovered from COVID herself, “It might be the ‘in thing’ to follow the crowd and make ‘popular’ decisions, but at the end of the day, young people must realise that COVID can’t be handled lightly – the same way you would not cross the N2 without looking, or put your hand

in a cage with a mamba inside, that’s how we should be avoiding this disease.”

Andrew says that despite what has been in the media, his own efforts and that of various organisations and individuals, Smutsville is nowhere near the ‘COVID-wise’ level it should be. “It’s madness,” he said, “There are so many who are not obeying the rules – and obviously, that affects even those who are trying to do the right thing. It’s just not fair.”

Andrew believes that even small communities should be doing their bit to flatten the curve so that the economy can start up again.

“There are people who have helped us through the hard lockdown periods over the last year. When many of us lost our jobs, they fed those who had nowhere else to turn. Now South Africa is at that door again, and God forbid we go back to level five.”

He went on to say that those flouting the COVID protocols are not only putting themselves in danger but are also betraying the rest of the

community, including the very people and organisations that have been giving assistance. “Tourism is the lifeline of this town. It’s what brings the money in. Now without it, there will be less money and more jobs lost. How can businesses carry their staff when there is no money left to pay them?” he reasoned.

Andrew wants to remind everyone that youngsters are no longer safe - the Delta variant of COVID affects people of all ages. He is calling on residents to step up to the challenge and take the pandemic seriously. “COVID-19 is an enemy of the state – and we are letting him in,” he warns, “Let’s mobilise our people to mask up, social distance and stay safe - make sure we do everything we can to slow this disease down!”.



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**R4 000 000**

**Cynthia 078 131 7725   Mairi 082 852 4567   Kim 082 680 4691**

*In Loving Memory of*  
**JOHN RICHARD ALLAN**  
**29 MAY 1939 - 7 JULY 2021**

Our Dearest Dad and Granddad was the most supportive, proud and loving man. He was always encouraging and invested in our lives Overseas and never missed an opportunity to crack a joke with his granddaughter. We have fond memories of him, from us fishing along the river bank to watching the stars over Sedgefield, and we shall always cherish those. He will be dearly missed and loved forever.  
*Mark, Tammy & Samantha Allan*

Dear John, you were a very special Brother, Brother-in-law and Uncle to us. We will never forget you and will always remember the wonderful times we shared together. Thank you for your love and for all the laughs. We will miss you forever! Rest in Peace now, dear John.  
*Patsy, Duncan, Lee-Anne, Linda, Michael*

Thank you, John, for the special friendship we developed over the years. We shall miss you but shall never forget you. God Bless you as you are once again reunited with your beloved wife, Mary.  
*Roy an Barbara*

**How does the GEFP's 5 Year balance apply?**

**What is a five years balance?**  
When you retire with the GEFP with 10 years or more of service, the GEFP retiring member (pensioner) receives a gratuity (lumpsum) and an annuity (monthly pension) calculated according to the rules of the Fund. The monthly pension is guaranteed for as long as the pensioner lives. If a pensioner dies within 5 years of retirement, a lumpsum equal to the balance of the five-year annuities, excluding the annual supplement, will be paid to the beneficiaries.

This means that in the event the pensioner passes away within the first five years of retirement, the remaining balance that would have been payable up to five years after retirement will be paid to their beneficiaries.

Put simply, if a pensioner passes away within the first five years of receiving his/her pension, his/her beneficiaries will receive a death benefit that is equivalent to the remainder of her monthly pension.

**What happens if a member passes on within the 5 years of retirement?**  
Where a pensioner passes away within 5 years of retirement, the surviving spouse(s) and dependants can apply for a portion of the 5 year balance, and the spouse and qualifying children can also apply for spouse and child pension.

The default value of the spouse pension is 50% of the annuity the pensioner was receiving on date of death, but this may be 75% if the member opted for enhanced spouse benefits on retirement. If the member has more than one wife, the annuity will be shared equally among them, subject to certain rules.

The value of the child pension is decided by the number of eligible children and spouses. In addition, the deceased member's dependants may submit a funeral benefit claim. The benefit payable will depend on the date of death, but for deaths on or after 1 October 2017, the benefit payable in the event of the death of a member, pensioner or spouse is R15000, and for an eligible child it is R6000. This benefit is subject to taxation.

**What happens if a member passes on after 5 years of retirement?**  
If a pensioner passes away more than 5 years after retirement, there will be no lumpsum payable to his or her dependants, but the spouse(s) and eligible children can still apply for annuities and a claim for the funeral benefit can also be submitted.

In addition, the deceased member's dependants will be entitled to spousal pension and child pension for all the children under the age of 22 years.

For more information contact us at:

0600 117 888   [enquiries@gefp.co.za](mailto:enquiries@gefp.co.za)   [gefp.co.za](http://gefp.co.za)   Government Employees Pension Fund   @GEFP\_SA   **GEFP**  
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# CLASSI-ADS

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- 31 Security
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- 33 Sport & Leisure
- 34 Tea/Coffee & Take-Aways
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- 36 Wanted / Swap etc

NB. Classified adverts for the next issue need to be in by Monday 26 July 2021. Emailed classies will not be placed without payment

### 1. To Rent

Fully Furn. 2 bedroom garden cottage. R7000 W+Elect Incl. (No pets) 082 575 9295

### 2. Accommodation Wanted

Bachelor or Granny flat or spacious room with amenities. Plus 2 Bedroom house or apartment - long term rentals, 072 782 7822

Young couple and mature mother seeking minimum 2 bedroom, pet friendly long term rental. Please contact Slade 074 280 5010

### 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

Wanted - Holiday accommodation pse for December 2021. 24 Dec-01 Jan 2022. (8 days) 6 adults 3 children (7 7 10) Verity 076 619 3659.

### 4. Announcements

ALCOHOLIC ANONYMOUS Sedgfield Acorn Group. If you have a problem with alcohol you are very welcome to join us for online (Zoom) weekly meeting Friday 7.30pm. Call 079 323 2085 for details.

BOOKS & COFFEE Delicious homebaked eats & treats. Coffees, lattes & Milkshakes. Good quality 2nd hand books for sale (we also buy books). Wi-Fi, printing, scanning & emailing - generator during load-shedding. Pop in to Deo Gratia, next to Pick n Pay. 082 9020 649

Garden refuse removal... your affordable solution in Sedge, Knysna & Plett. Dial a Drum... 082 808 5984

Midweek Village Market at Mosaic



**Tortoise Car Hire**  
082 874 6245  
044 343 2991  
Based in Sedgfield  
Deliver between Mosselbay and Plett

Every Wed from 8am till 12 noon. Shop local for all your fresh produce, eggs, flowers, baked goods, seedlings, compost, etc.

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

### 6. Building & Related Services

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

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

Craftsman Homes - Quality building in Brick & Timber 082 812 1820

Demolition Excavation & Planthire. Contact CX Tipplers & Diggers for all your plant hire requirements. Tel. 044 382 1645

Tools, tiling, paint, varnish, electrical, plumbing, hardware Sedge Hardware 343 1960

### 9. Clothing

Adult Sedgfield T-shirts and Hoodie Tops for sale at Soozis. Tel 044 373 1813. Pick n Pay Centre, Sedgfield.

### 10. Computers

Computer Help & Support - Martin - 082 576 5038

### 11. Crafts & Home Industry

Midweek Village Market at Mosaic. Every Wed from 8am till 12 noon. Shop Fresh. Shop Local

### 12. Education & Tuition

MUSIC LESSONS - On line lessons also offered.- Piano, music theory and clarinet. From beginners to advanced, for all ages. Please contact Ann Carroll on 083 275 7576, adrcarroll@gmail.com. www.touchwoodmusic.co.za

Piglet's Pen Pre-School 076 737 3490

### 13. Electrical

HANDS ON ELECTRICAL For service and repairs, installations, fridges, washing machines, dishwashers, microwaves, stoves, TV & audio. Quality workmanship. Reg on 083 297 1929

HEUNIS Plumbing & Electrical. All Maintenance & Construction Qualified in both trades COC Certificates. Call 082 972 3911 manie.heunis@gmail.com

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

### 15. Employment Wanted

William - Gardener avail 2 days. Refs. Malawian. Call. 078 108 4566

Wilson - Gardener avail 3 days. Refs. Malawian Call 062 399 7158

Domestic  
Esther - 060 579 5170  
Eunice - 065 648 9609  
Hellen - 073 800 3235  
Jane - 061 983 5049  
Linda - 083 998 0552  
Mercy - 072 539 6913 Mlw



**CATHERINE ANNE MATHER**  
BCompt Hons CA(SA) (ACIS)  
tel: 044 343 2202 cell: 083 779 7934 fax: 086 750 4629  
email: cathy@camather.co.za  
address: 20 Plum Tree Trading Post, 52 Main Road, Sedgfield

Gardening  
Alex - 083 774 0992  
Karim - 083 774 0992 Mlw Ref  
Peter - 078 486 8684 Paint, Handyman  
Hellings-071 001 4034 Driver & Mechanic

### 17. Food & Wine

Midweek Village Market at Mosaic Every Wed from 8am till 12 noon. Shop local for all your fresh produce, eggs, flowers, baked goods, seedlings, compost, etc.

HONEY - 1,3kg R160. 500gr jar R65. Raw, Pure, Fynbos - NON-irradiated. Babette 062 171 6980

### 18. For Sale

Rust Stain Remover Fabric. 50ml for R45. R100 for 100ml. Available from the Edge offices. Enquiries Verity 076 619 3659

2 single Beds, Sealy Posturepedic R1900. Call 083 626 4602

### 19. Home & Garden

AQUAMAN POOL CARE Service Maintenance, Pump Repairs. Call 044 343 3237/072 704 2872

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

FOREST ROOTS - Organic veggie mix, ideal for raised beds and pots. 30L bag - R120. Please call 079 910 5398 www.forestroots.co.za

Garden Refuse Removal for as little as R80 per month, 082 808 5984. www.dialadrunknysna.co.za

KUBI HIRE - Digger Loader for Hire Landscaping & hauling. Craig 082 715 8002

LIVING LANDSCAPES  
Professional garden make-over. Luke 072 022 5977

Midweek Village Market at Mosaic. Every Wed from 8am till 12 noon. Shop Fresh. Shop Local

MINERAL PACKS - Rejuvenate your soil and boost the microbial life. Available from Forest Roots. R199. 079 540 5398

### 20. Health & Beauty

Adult Incontinence Nappies available at Soozis's, Pick n Pay Centre 044 343 1813/082 771 0694

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

Dynamic Pilates : Improve your balance, flexibility, strength & mobility. I specialise in back, knee, hip & feet issues. Online & Studio classes. Vanessa 084 551 2356

Imago Relationship Coach & Clinical Counsellor. Specialising in Marriage/Relationships, Anxiety, Depression Management, Bereavement, Grief, Loss & Personal Development. Please phone Merle Lifson-Dettori on 083 709 0467

The Greenmere Studio (est. in 1994) - for your optimal health & wellbeing! Ageless Grace classes, Thursdays @ 11am, St Anthony's Church Hall. Therapeutic Massage by appointment. Briony: 084 487 7140 / thegreenmerestudio@gmail.com

Sedgfield Pharmacy, Woodpecker Mall. Tel 044 343 1628, Fax 343 1110. Mon-Fri 8am-6pm, Sat 8am-1pm, Sun & Pub Holidays 9:30am-12.

Silver Scissors Unisex Hairstylists - 21 Tiptol Street, Sedge. Tel 044 343 2112

### 22. Home Improvements

BATHROOM GURU - All Bathroom Alterations. Plumbing, tiling and all fittings, Walk in Showers, Specialised bathrooms for the aged and disabled. Call Anthony 074 708 4738

Built in cupboards expertly designed and fitted. Contact Village Kitchens and Cupboards for a free quotation. Graeme 076 709 7869

Carpentry & Tiling. Rene 084 617 0260

Christie's Work - for all Handyman jobs - anything & everything you need done. 072 701 7774

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

DAN THE HANDYMAN  
General Repairs & Maintenance, Tiling, Painting, Glazing, Carpentry, Plumbing, Roofing & Soak Ways. No job too small. 084 400 5437. Luke 072 022 5977

JIMMY CATER Quality painting and decorating. Free quotes. 082 773 9782

Kitchen looking old and tired? Why not have your kitchen revamped or completely replaced? Village Kitchens and Cupboards design and manufacture kitchens and cupboards to your specific needs. Contact Graeme for a free consultation and quotation 076 709 7869



**Built-In Cupboards | New Kitchens**  
**Remodeling Kitchens | Bathroom Vanities**  
**GRAEME GLANVILL 076 709 7869**  
1 Marigold Street, Meedingside, Sedgfield.  
villagekitchencupboard@gmail.com

Tiler & Plasterer. Philip - 082 350 1241

### 25. Motor Cars/Bikes

All makes of vehicles services. We collect & deliver or will do on site services. Call P R Motor Services. Alan - 083 792 5103 or Pauline 073 500 5883

PLOMS Auto Mobile personal service on your vehicle. Phone Peter 083 455 6224

### 27. Pets & Livestock

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

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

Sedge Pets now @ 1 Gardenia St. Jock Dog Food. Gill 071 111 5605

### 28. Plumbing

EDEN PLUMBERS AND HANDYMAN SERVICES for all general plumbing maintenance, renovations and construction. I have over 30 years experience and take care and pride in my workmanship. Call Dale on 0835642425 for friendly and expert service.

Heunis Plumbing & Electrical. All Maintenance & Construction Qualified in both trades COC Certificates. Call 082 972 3911 manie.heunis@gmail.com

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

Plumbing Hardware @ Sedge Hardware

Smith Plumbing for personal service. Call Peet 084 889 2578

### 31. Security

JVM AUTOMATION - Alarm systems. Automated Garage Doors, Gates, Remotes & Batteries. Installations, replacements & repairs. Sedgfield based. Call Jaco Venter 072 083 1977

### 32. Services Offered

Affordable garden refuse removal ... Dial a Drum ... 082 808 5984 ... operating in Sedge, Knysna & Plett.

AIRPORT & CHARTER TRANSPORT, GARDEN ROUTE and KAROO. Call Anthony on 083 253 0838.

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

CINDY'S CLEANING SERVICE  
Drop off maids, Supervised team cleans, Holiday homes. Competitive rates. For more info Cindy on 076 374 4945. Email: flower@websurfer.co.za

Experienced Babysitter available over weekends. Whatsapp 067 761 8081

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

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

M J P HOME MAINTENANCE - Roof cleaning, painting, deck maintenance, gutter cleaning, wall extensions, window sanding & repairs and fencing. Call Martin 071 558 8581

Sylvia's Flowers - Local florist with a passion for flowers. We cater for weddings, funerals, functions, birthdays - if it's flowers you need - we deliver! 081 824 7353



In association with Garden Route Life and Investment Brokers cc  
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67 Main Road Sedgfield  
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**Peet Prinsloo**  
Property Consultant -  
Sedgfield, Garden Route  
Let's Chat: 084 811 9973  
**PAM GOLDING PROPERTIES**  
peet.prinsloo@pamgolding.co.za



**ESTATE NOTICE**  
**Estate No. 004277/2019**  
The First and Final Liquidation and Distribution Accounts in Deceased Estate  
Full Name : NORMA DAVIES  
Identity No: 400526 0093 187,  
Last Address : 17 Swallow Drive, Sedgfield 6573  
will be open for inspection at the office of the Master, Cape Town, and the Magistrate's Court, Knysna, for a period of 23 days from the date of publication hereof.  
If no objection is lodged with the Masters during this period, the Executor will proceed to make payments in accordance with the accounts.  
JORDAAN VAN WYK ATTORNEYS Inc  
65 MAIN ROAD, SEDGFIELD, 6573.  
Tel: 044 343 2126  
Executor : Anton Jordaan

**NOTICE OF MAINTENANCE MANAGEMENT PLAN (MMP).**  
**INVITATION TO REGISTER AS AN INTERESTED & AFFECTED PARTY (I&AP) AND COMMENT ON THE MMP.**

**PROPOSED EROSION CONTROL MEASURES FOR ROAD OP06914, ADJACENT TO SWARTVLEI LAKE, SEDGFIELD, WESTERN CAPE.**

**LOCATION:** The Proposed Erosion Control Measures are situated along the eastern banks of the Swartvlei lake on Erf 1654, Erf 1653 and ID: 17/0 of Unalienated State Land, within Ward 2 of the Knysna Local Municipality, Garden Route District Municipality, Western Cape.  
**DESCRIPTION OF THE ACTIVITY:** The Garden Route District Municipality proposes to construct Erosion Control Measures in the form of stacked sandbags and gabions in places.  
**NEMA & EIA LISTED ACTIVITIES:** While the project does require activities such as the infilling, depositing, dredging, excavation, removal or moving of more than 10 cubic meters of material, within the Swartvlei lake, it was determined that the project does not trigger the need for NEMA authorisation as this is regarded as a maintenance activity. The activities of this specific project are seen to be excluded from any listed activity under NEMA as it is for maintenance purposes and a Maintenance Management Plan has been developed.  
**OPPORTUNITY TO REGISTER AS AN I&AP:** Potential I&APs are invited to register & provide comment on this proposal. I&APs must provide their comments together with their name, contact details (preferred method of notification, e.g. e-mail or fax number) & indicate any direct business, financial, personal or other interest they have in the application to the contact person indicated below, within 30-days from 14 July 2021. Requests for registration &/or comment must reach us before or on 17 August 2021.  
**AVAILABILITY OF REPORT:** This report is available for 30-days on SES's website: www.sescc.net, as well as contacting the consultant below.

**For more information: Tiaan Fortuin**  
Tel: 044 873 4923 | Fax: 086 575 2869  
Email: tiaan@sescc.net  
PO Box 9087, George, 6530



# MID-MONTH MARKDOWN

## SPAR



**Country Range**  
Fresh Chicken  
6 Piece  
Braai Pack

**46<sup>99</sup>**  
per kg



**SPAR**  
Butcher's Best  
Viennas  
(Chicken, Cheese,  
Chilli or  
Chicken & Cheese)  
500 g

**36<sup>99</sup>**  
each



**SPAR**  
Light Meat  
Shredded Tuna  
in Water or Oil  
170 g

**BUY ANY  
2 FOR 30<sup>00</sup>**



**Jacobs**  
Krönung  
Instant Coffee  
(200 g) or  
Doy Pack (230 g)  
(Selected excl.  
Decaf)

**Get R5 off**  
Rewards Customers Pay  
**82<sup>99</sup>**  
each



**39<sup>99</sup>**  
each

**Five Roses**  
Tagless  
Teabags  
(Ceylon Blend  
Only)  
100s



**49<sup>99</sup>**  
each

**Nestlé**  
Milo  
500 g



**Twinsaver**  
Luxury  
Twin Ply  
Toilet Tissue  
Rolls  
White  
9s

**54<sup>99</sup>**  
per pack

**royalükb**

**SAVE  
70%**



**BUY ANY  
PARTICIPATING  
PRODUCT  
AND RECEIVE  
2 STICKERS**



Specials available from **14 JULY 2021** at selected SPAR, SUPERSPAR and KWIKSPAR stores in the Eastern Cape up to and including **18 JULY 2021**.  
Products not available in Mthatha, Qumbu, Mount Frere, Mount Ayliff, Kokstad, Matatiele, Mount Fletcher, Maclear, Tsolo, Mthatha, Libode, Port St Johns, Lusikisiki, Flagstaff, Tabankulu and Bizana.  
ONLY AVAILABLE WHILE STOCKS LAST. We reserve the right to limit quantities. Price and product availability may vary in certain areas. Not available in Mthatha. Prices include VAT.



# The EDGE on Health

## MINDING YOUR PEAS

### Building your muscles this winter with the garden pea!

You may have memories of chasing tiny mushy green peas on a plate with a fork. I certainly do. Soon round green semi-deflated peas were flying into the air, landing in all sorts of hidden crevices. The good old spoon often came to the rescue. To this day, I try always to eat peas with a spoon. It just makes life so much easier. Nonetheless, peas are valuable and worth chasing, even if you must do so with a fork. The nourishing pea is a seed sourced from fruit pods. Note though, that peas are classed as 'legumes' and legumes tend to be high in protein.

The legume family includes foods such as lentils, beans and chickpeas. All legumes can be stored in dried form and last for months until being cooked. This means they are great winter foods. Well, they most certainly would be if we were snowed in and lived in rural areas, with occasional access to shops. However, that is not the case where we live, and we can, fortunately, obtain fresh produce all year round.

Our winter seasons are mild, and we are blessed to be still able to get out and about and enjoy sports, walks, runs and so on. So, what do we need to exercise? We need muscle. Yes, how are your muscles this winter? Do you need a boost to get you motivated? Perhaps some power foods get you going?

Peas are a powerhouse food. Yes, the good old traditional garden pea supports muscle growth. Interestingly many vegan based protein powders are made from peas. This is because peas can proudly boast of being complete proteins as they hold all the essential amino acids. However,

to get optimum protein quality from your foods, you need to get balanced levels of essential amino acids into your body. But let's keep this simple.

There is a difference between protein quality and protein quantity. Eating high quantities does not guarantee protein quality (note most animal produce is considered high protein quality and quantity). When you eat foods with high protein quality, moderate protein quantity will be sufficient. The bottom line is, when we are deficient in essential amino acids (the building blocks of protein), we suffer from illness. So protein is an important part of any healthy diet. Remember, it is the quality that counts.

While peas contain nearly all the amino acids, they are low in amino acids named methionine, cystine and tryptophan. Also, peas are known to have high levels of lysine. Grains are known to be low in lysine and some other amino acids but contain good levels of methionine, cystine and tryptophan. When you combine different vegetarian foods (like legumes and cereals) to get a much higher protein quality score, it is called 'protein complementation'. So, even eating a simple meal of peas and rice provides you with a mighty balanced source of essential amino acids. This ensures that the combined foods now deliver a higher protein quality in the body.

Amino acids are fundamental building blocks of protein structures! They are used by your body to make hormones, hair, nails, bones, cartilage, muscle, and so much more.

Peas are worthy sources of magnesium, iron, fibre and various vitamins. A cup of

cooked peas delivers about 40% of your vitamin K. This special vitamin is pivotal for building your strong bones and for fast wound healing.

Planting peas gives you great food to munch on and also benefits the soil! This friendly green plant enriches nitrogen levels in soil, wherever it grows.

Peas supply small amounts of essential fatty acids, good levels of fibre and antioxidants. They are low in calories and so great for weight management. There is no doubt; eating peas will help

build and repair your muscles in all seasons.

Until next time

Anastacia

D.N. Med

Anastacia qualified in Nutritional Medicine and has written for newspapers and specialised publications for over ten years. Currently, Anastacia is completing her counselling psychology degree. You can contact her for more personal advice and consultations on 0793530393.

**Total Foot Care**  
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**MASITHANDANE**  
**MEAL VOUCHERS**

Available from Deo Gratia  
and Sedgefield Pharmacy

**SAMURAI SUDOKU**

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

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



**DAWID MALAN**  
**OPTOMETRIST**  
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**Oral Hygienist Available**

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Tel: (044) 343 3124 all hours

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**SEDFIELD ACORNS AA**  
If you have a problem with alcohol you are very welcome to join us  
For more info call:  
**079 323 2085**  
**083 458 4444**  
**NEWCOMERS WELCOME**

**Physiotherapy**  
*Diane Parker*  
BSc Physio (Wits)  
*Reené Otto*  
BSc (MedSci) BPhysT (UP)  
1 Lynnwood Centre, Main St  
Sedgefield  
Tel/Fax 044 343 3188  
sedgephysio@gmail.com

**Dr Dani Nelson**  
M.Tech: Chiropractic (DUT)  
P.R. No. 0446912 /AHPCSA A1111  
**Chiropractor**  
064 900 1178 (by appointment)  
8 Plum Tree Trading Post, Sedgefield  
info@holisticbalance.co.za www.holisticbalance.co.za

**TED'S BRAIN CRUNCHER**

**Across.**

- I feel somewhat homely, haven gained lawful reprieve. (7)
- A newly prescribed drug set moves slowly. (7)
- Ignore those baked products - they are on the turn! (4)
- Confused, little Thomas puts a metre in the planet - what a fruit! (4,6)
- I'm told I owe the prize specimen a bit of creative space. (6)
- Poop turned inside out at the venue results in contrary outcome. (8)
- Matter of fact way of re-working the magic part. (9)
- For those going undercover in the cold war? (5)
- Would an 'over-served' customer at least impress the staff? (5)
- Adopts BEE process for fast water transportation. (9)
- One overhead known to quickly expand providing shady deal. (8)
- Assert that bad sin comes first. (6)
- "I need it" put differently shows lack of skills. (10)
- She's a good friend! (4)
- A lekker drink after a bad day is about right - but only the smallest amount of water, naturally! (7)
- Cut-backs put wife at her lightest weight! (7)

**Down**

- Who will watch the reptile? (7)
- Secure the printer's measurement of sleeping arrangement. (5)
- Clandestinely listen to nothing - a mix up in the Central Intelligence Agency catering? (7)
- About the sort of person that would need to record it again? (6)
- The Democratic Alliance Members of Parliament may quibble a little, but no fireworks! (4,5)
- Give the right directions to read on the front. (7)
- Would a bible/gun coup recreate such an historic blight? (7,6)
- One footer associated with the stomach vessel? (9)
- I am of the Afrikaans people, and that's HUGE! (7)
- Not a good look for one of singular view. (4,3)
- Can the first two find the answer? Or will you let them off the hook? (7)
- Taking from the special bin, one is exceptionally fair. (6)
- Having little information to start with, Sue simply cannot. (5)

**Last issues solutions:** Across: 7.Petunia 8.Cartoon 9.Wall 10.Black hole 12.Spurn 13.Stockade 15.Mesh 16.Quite 17.Watt 18.Opposite 20.Cinch 21.Charlotte 22.Warm 24.Feigned 25.Red Rose Down 1.Beta 2.Furlough 3.Big Ben 4.Backbone 5.At work 6.Hope 11.Abstinent 12.Steep 14.Ditch 16.Quill pen 17.Windward 19.Orange 20.Clever 21.Cred 23.Rush.



#### BID NO. T 07/2021/22: COLLECTION OF RECYCLABLE WASTE FROM HOUSEHOLDS WITHIN THE KNYSNA MUNICIPAL AREA FOR A PERIOD OF THREE (3) YEARS

Bids are invited from suitably qualified service providers to provide recycling services for the Knysna Municipality for a period of three (3) years from the date of appointment.

The points obtained for Functionality must be 30 out of 40 (75%). Prospective applicants who obtained less than 32 points will not be considered by the Bid Evaluation Committee.

The physical address for collection of bid documents is **the municipal SCM offices at Clyde Street, Knysna**. Tender documents can be downloaded from the following website: [www.knysna.gov.za](http://www.knysna.gov.za) at no cost. Website navigation is as follows: Information centre – SCM – Tenders.

A non-refundable bid deposit of **R 62-00**, payable in cash or by bank guaranteed cheque, made out in favour of the Knysna Municipality, is required on collection of the bid document. Bids may only be submitted on the bid documentation that is issued.

Queries relating to the issue of these documents may be addressed to Mr Randall Bower, Tel No. **044-302 6282** or e-mail: [rbower@knysna.gov.za](mailto:rbower@knysna.gov.za)

The closing time for submission of bids is **12h00 on Wednesday 18 August 2021** Bids must be sealed in an envelope clearly marked with the bid number and title given above, and placed in the **bid box at the Supply Chain Management Unit, Finance Building, Queen Street, Knysna**, before the latter time and latest date. Telephonic, facsimile, e-mail and late bids will not be accepted. Bids must remain valid for a period of ninety (90) days after the closing date of the bid.

Bids will be opened on the same day at the Supply Chain Management Section at 12h05.

Bids will be evaluated according to the 80/20 points system. The bids are subject to the Preferential Procurement Policy Framework Act 2000, the Preferential Procurement Regulations 2017 and Council Preferential Procurement Policy adopted in terms of Section 2 of the Act.

Notwithstanding the period for validity of bids as set out in the bid documents, bids shall be deemed to remain valid until formal acceptance by the Knysna Municipality of an offer at any time after the expiry of the original validity period, unless the Knysna Municipality is notified in writing of anything to the contrary (including any further conditions) by the bidder.

**DAWID ADONIS**  
**Acting Municipal Manager**  
Clyde Street  
KNYSNA  
6570



#### BID NO. T 08/2021/22: IMPLEMENTATION OF AN INTEGRATED PEST MANAGEMENT (IPM) PROGRAMME FOR A PERIOD OF THREE (3) YEARS

Bids are invited from suitably qualified service providers to provide implementation of an integrated pest management (IPM) programme period of three (3) years.

The physical address for collection of bid documents is **the municipal SCM offices at Clyde Street, Knysna**. Tender documents can be downloaded from the following website: [www.knysna.gov.za](http://www.knysna.gov.za) at no cost. Website navigation is as follows: Information centre – SCM – Tenders.

The evaluation of this bid will be subjected to functionality scoring. Tenderers must achieve a functionality score of **40 out of 50** points in order to be evaluated further. The functionality criteria and weighting is set out in the tender document

A non-refundable bid deposit of **R 62-00**, payable in cash or by bank guaranteed cheque, made out in favour of the Knysna Municipality, is required on collection of the bid document. Bids may only be submitted on the bid documentation that is issued.

The closing time for submission of bids is **12h00 on Wednesday 18 August 2021** Bids must be sealed in an envelope clearly marked with the bid number and title given above, and placed in the **bid box at the Supply Chain Management Unit, Finance Building, Queen Street, Knysna**, before the latter time and latest date. Telephonic, facsimile, e-mail and late bids will not be accepted. Bids must remain valid for a period of ninety (90) days after the closing date of the bid.

Bids will be opened on the same day at the Supply Chain Management Section at 12h05.

Bids will be evaluated according to the 80/20 points system. The bids are subject to the Preferential Procurement Policy Framework Act 2000, the Preferential Procurement Regulations 2017 and Council Preferential Procurement Policy adopted in terms of Section 2 of the Act.

Notwithstanding the period for validity of bids as set out in the bid documents, bids shall be deemed to remain valid until formal acceptance by the Knysna Municipality of an offer at any time after the expiry of the original validity period, unless the Knysna Municipality is notified in writing of anything to the contrary (including any further conditions) by the bidder.

**DAWID ADONIS**  
**Acting Municipal Manager**  
Clyde Street  
KNYSNA  
6570



## Off the Mat

Sedge Bowling Club News



Bad news for the bowlers once again, hopefully for the next two weeks only.

CLUB COMPETITIONS: All cancelled will be played at a later date.

EDEN DISTRICT COMPETITIONS: As above.

MEMBERS NEWS: (Past & Present) Pieter Potgieter is out of ICU and in a general ward (not COVID). According to reports, he is getting better. Our thoughts and prayers are with Rose and family. One of our founder members, Shirley v.d. Merwe, celebrated her 90th birthday on Sunday and became a nonagenarian (I looked it up). Congratulations Shirley, may you have many more years.

BOOKING FOR TABS IN: Remains the same - Whatsapp Ian. Please be careful.

All for this week. Nearest the kitty

## Sedgefield Gentlemen's Golf

1/7/21

With an unruly wind blasting away, there was a distinct lack of music from twittering birds. This absence was, however, more than compensated for by the twittering and fluttering of our golfer's hearts when they learned that the day's competition was "Three clubs plus a putter" only. Despite the gale, Len Moul scored an unbelievable 42 points, but he shrugged off the accusation that he was making full use of his close friendship with the gentleman responsible for the handicapping system. In second spot was Rudy Bosch, with Trevor Pahl taking third after a count out with Dave Malyon, both with 34. The scores of the rest of the field were horrendous. The law of life that a cyclist learns is that for every uphill, there is a downhill to follow. Life's law, a golfer learns, is that no matter how badly you play, it can only get worse. He also learns that, unlike certain politicians, all golfers are equal before this law, as a certain Ian Wright discovered when he came in with a pathetic 26 points after leading the pack for weeks.

8/7/21

The day's competition was Individual Stableford but also included the individual knockout competition. Despite gale force warnings, the morning was a sublime one for golf, and the gentleman who made the most of the conditions was Mike Hubberstey, who amassed 38 points. He was recently seen opening a car door for his wife, which usually means a new car or a new wife. Trailing by one point was Trevor Pahl, and he was followed by Tony Hunter on 35 after a count out with Andre de Wet. Reflecting on his golf Andre says that he used to be indecisive, but now he's not so sure. The following players qualified for the next round of the individual knockout competition: Des Munro, Pierre de Villiers, Derek van Zyl, Brian Stewart, Theo Pelser and Dave Herbst.

TIDE TABLE						Next Full Moon: 24 July 2021	
14 July - 28 July 2021						○ Full Moon ● New Moon	
Wed 14	low tides sunrise	00:01 07:33	12:15 sunset	17:38	high tides moonrise	06:13 18:36 10:37 moonset	22:02
Thur 15	low tides sunrise	00:45 07:32	12:55 sunset	17:38	high tides moonrise	06:56 19:22 11:08 moonset	23:06
Fri 16	low tides sunrise	01:35 07:32	13:40 sunset	17:39	high tides moonrise	07:44 20:16 11:38 moonset	-
Sat 17	low tides sunrise	02:34 07:31	14:36 sunset	17:39	high tides moonrise	08:42 21:20 12:09 moonset	00:10
Sun 18	low tides sunrise	03:47 07:31	15:51 sunset	17:40	high tides moonrise	09:56 22:33 12:42 moonset	01:17
Mon 19	low tides sunrise	05:17 07:30	17:26 sunset	17:41	high tides moonrise	11:24 23:50 13:19 moonset	02:25
Tue 20	low tides sunrise	06:38 07:30	18:47 sunset	17:41	high tide moonrise	12:46 14:02 moonset	03:36
Wed 21	low tides sunrise	07:41 07:29	19:50 sunset	17:42	high tides moonrise	01:00 13:51 14:54 moonset	04:48
Thur 22	low tides sunrise	08:33 07:29	20:43 sunset	17:43	high tides moonrise	02:01 14:43 15:53 moonset	05:57
Fri 23	low tides sunrise	09:18 07:28	21:31 sunset	17:43	high tides moonrise	02:55 15:29 16:59 moonset	07:00
Sat 24	low tides sunrise	09:59 07:28	22:14 sunset	17:44	high tides moonrise	03:43 16:12 18:08 moonset	07:55
Sun 25	low tides sunrise	10:37 07:27	22:55 sunset	17:45	high tides moonrise	04:26 16:52 19:17 moonset	08:40
Mon 26	low tides sunrise	11:11 07:26	23:34 sunset	17:45	high tides moonrise	05:06 17:30 20:22 moonset	09:19
Tue 27	low tide sunrise	11:43 07:26	00:00 sunset	17:46	high tides moonrise	05:42 18:08 21:25 moonset	09:51
Wed 28	low tides sunrise	00:10 07:25	12:14 sunset	17:47	high tides moonrise	06:17 18:45 22:24 moonset	10:20



# THE SPORTS EDGE

## GEORGE BACKS KAROO TO COAST

George Municipality has partnered with the 100km Karoo to Coast mountain bike challenge due to take place on 26 September 2021.

The 100km challenge is an extreme endurance off-road race from Uniondale over Prince Alfred's Pass ending at the Knysna High School sports field. This will be the 22nd race which jointly belongs to the Uniondale and Knysna Lions Clubs, with all proceeds going to charity. The 2020 event, formally titled the CCPP Lions Karoo to Coast, was cancelled due to Covid-19. The 2021 event will be held with all Covid-19 protocols in place.

Every year, the small town of Uniondale is flooded with 4500 riders, all ready and eager to take on the difficult challenge ahead of them. The event organisers have indicated that the 2021 event is fully subscribed, this year at 2500 riders, making the already coveted race in even greater demand (taking into account Covid-related protocols required).

The race is focused on the safety of athletes and crew while not forgetting about the exceptional experience that riders come back for year after year. Not for the faint of heart, the sinewy Prince Alfred's Pass dirt road is a masterpiece to ride, and the race's quirky shotgun start makes it all the more memorable.

When asked why the Municipality is partnering with the event, Joan Shaw, George Municipality's Tourism Manager, highlighted the need for events that drive tourism.

"George Municipality has consistently supported a mixture of events to stimulate travel to the destination. The Karoo to Coast has been voted the 'Top MTB Ultra-Marathon in South Africa' and is an official seeding event of the 2021 Cape Town Cycle Tour. While it is one of the premier events on the Garden Route calendar, as with all events over the past year, the Karoo to Coast was hit hard by not being able to take place in 2020 due to COVID-19.

This event is critical to tourism in the Uniondale area, as it has created a keen interest in mountain biking through Uniondale's open plains and passes. Karoo to Coast entrants often book trips to Uniondale throughout the year to get a lay of the land and ride the area pre-event, thereby supporting tourism in an otherwise very quiet area.

This is evidenced through tourism office insights and again highlighted in the Wesgro Cape Garden Route and Klein Karoo Visitor Trends report for 2019, which indicates that the main



Knysna local, Martin Hanson, leads a pack as they approach the mid-mark at Buffelsnek where the Karoo merges with the Knysna Forest, during the 2019 Karoo to Coast

reason for visiting Uniondale is Sport (34%). Uniondale is the only town in the Garden Route where sport is a top driver of tourism, according to the same Wesgro data. George Municipality is committed to doing all we can to help events, like the Karoo to Coast, survive our current climate", says Shaw.

To maximise their enjoyment of the event, Race Director Zandile Meneses encourages riders to train sufficiently for the scenic but challenging route. "The George and Uniondale areas are rich in mountain biking trails and have a variety of terrains which offer the perfect training ground

leading up to the race," says Meneses.

Riders looking for accommodation can get great deals in the George and Wilderness area. With Uniondale selling out yearly, establishments in George and Wilderness have come on board to offer participants discounted deals for their stay. Activity providers have also joined in to allow riders and their supporters to extend their stay and enjoy the area's offerings. Find exclusive deals for Karoo to Coast riders and their supporters

NEXT EDGE: Wed. 28 July 2021 - Issue 620  
**PLEASE NOTE OUR DEADLINES**

(Careful, they tend to fly by VERY quickly)

DISPLAY ADS: Email to editor@edgenews.co.za by Thursday 22 July 2021

CLASSIFIEDS: (stuff for sale, jobs, get-rich-quick schemes, secret treasure hints)

Email to accounts@edgenews.co.za by Monday 26 July 2021

KINDLY NOTE: Due to the epic craziness of life as we currently know it, The EDGE offices may not always be open. Please call 072 516 4701 if you would like to a) make sure we are here, or b) wake the guard-crocodile.

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by visiting  
[www.visitgeorge.co.za/Blog/BlogItem/?id=33](http://www.visitgeorge.co.za/Blog/BlogItem/?id=33) and check out the 2019 Super Sport video to see

just how special the Karoo to Coast route really is:  
<https://vimeo.com/369267319>

## A SEMI-VIRTUAL KNYSNA FOREST

Local runners are singing the praises of the Knysna Forest organising team,, especially when the race had to be run as a semi-virtual event.

Runners were still encouraged to do the distance mostly on the original course, but there was no official send off time. "We could start whenever we wanted to," says Sedgefield Strider Emma Rorke, "But the route was well marked and they still had water tables along the way. At the end we collected our medals and race goodies - it almost felt normal!" Emma says that there were



quite a few people along the way, but nowhere near the normal Forest Marathon numbers. Emma and her running mates (Michael Rorke and Mikhai Kossar - all pictured above) did the 21km course on Saturday, with other Striders running it on Sunday. There was also a new 10km course as well as the infamous gruelling full Marathon

(42,2km) which local runner Kyle Smith ran in an impressive time. Sedgefield Striders Results are as follows:

### Saturday: 10km Walk

Paul Laubscher	1:15:14
Chris Fimpel	1:24:55
Cynthia Barnes	1:29:59
Rea Cilliers	1:29:59
Tina Erasmus	1:29:59
Barbara Derbige	1:31:08
Doris Nayler	1:31:08
Bridgit Farham	1:57:00

### Forest Half Marathon:

Michael Rorke	1:40:55
Mikhai Kossar	2:10:04
Emma Rorke	2:18:32
Sonja Smith	2:18:33
Zelda Gooderham	2:22:55
Pedro Goncalves	2:22:55

### Forest Full Marathon

Kyle Smith	4:07:35
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