

FAREWELL VISITORS



... and thanks for choosing Sedgefield

As the sun begins to set on the 2022/2023 holiday season and annual visitors start making their way back to the bigger centres, it is wonderful to get positive feedback from local businesses that it has indeed been a much-needed bumper season.

Reports received by The EDGE show that, with only a few exceptions, business boomed to new heights in December and early January, with so many folk arriving to spend their (hopefully happy) holidays in Sedgefield.

The Sedgefield Spar's management responded to our 'Successful Season?' enquiry with the report of a hefty turnover increase of about 20%.

All the local restaurants we managed to speak to also reported really good numbers of

'bums in seats' - some calling this season their best yet.

One popular point of call for most visitors - and indeed a good measuring stick for numbers - is Sedgefield's trio of markets, all of which came back to us with very positive comments.

Scarab Market's co-owner Jean Wright was very happy to report that most of her crafters had experienced a fabulous season. Indeed one of her Scarab Village tenants said it was the best he had had in 15 years of trading. "And it was great to see all the new faces visiting us, too," Jean enthused.

Cliff Elion, the owner of Mosaic Market, reflected that it was the first season showing growth like pre-pandemic times. "It's as if the COVID years have been erased from our trajectory," he said, "The crowds were very

well behaved too - it really was a great season from a hospitality point of view." His assistant Elaine Hannah reported that most traders had their best days ever over the season.

The Wild Oats team says that their Farmers' Market was absolutely bustling, with five to six thousand visitors each Saturday. "Both local and from abroad - they braved the inclement weather knowing that the market stallholders, local farmers and producers make sure that the market stays open, come rain or shine!" said Charlene Blacker.

So whilst some locals will understandably be happy to have their home town return to normal, a huge vote of thanks must go to our visitors - simply for keeping our economy running!

Sunset picture taken by the talented Luana Laubscher.

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BACK TO SCHOOL!

With schools reopening on 18 January, there are more than a few parents counting the days until then and a whole lot more children who would prefer that the school holidays stretch for another week or so. But of course, there are also those 'first timers' who are about to begin their school careers in Grade 1 and simply cannot wait for those gates to open.

When we put out a call for some Grade R graduates to volunteer for our traditional 'Back to School' photo, these five eager learners were more than happy to oblige, though getting everyone to smile at the same time was never going to be a simple task.

Olivia Smith, Ibongwe Phungulwa, Harper van Huyssteen, Addelyn Rose and Stephen Broderick - thanks for being such good sports, and all the best for your first year in Grade 1 at Laerskool Sedgefield Primary. We are sure you will thoroughly enjoy every moment in the very capable hands of Teacher Soné Rossouw.



Notes from T'Ed's

I received the Most EXCELLENT Christmas Present Ever, thanks to Mrs Ed.

Really. I kid you not.

In fact, you'd best listen up men, because this is Very Important.

If you only buy one more item in your life, this is it.

Indeed, if by some good fortune you find an old rusty lamp and, after giving it a rub, a genie pops out offering you anything you have ever wanted... forget the desert island holiday with Cindy Crawford, AND the keys for the local craft brewery... because THIS is the thing you'll want to wish for.

And if, over the course of the next week or so, you have the misfortune of finding yourself in front of a firing squad, with the traditional 'one final request' being offered.... don't even THINK about that plate of ribs and chips with a cold beer.....

Why?

Because your final request should be for...
A High- Pressure Cleaner.

Oh, my hat.

OH, MY HAT!

Have you got one? Of course not – if you had, you surely wouldn't be wasting time reading this column.

Just go and get one. Now, if possible.

NOW!

But wait, I am probably getting ahead of myself (which is quite impressive, considering how quickly I move). I am surely forgetting about those of you out there who, like me, are blessed with a high level of technical expertise, and so wouldn't even consider rushing out willy-nilly to make an impromptu purchase of an Important Piece of Machinery without having all the technical details as to what it is.

So, as a service to the technical community, let me explain.

A High Pressure Cleaner (HPC) is a yellow plastic box thing with a handle. On one side it has a



power-lead which plugs into the wall, and a hosed sort of connection into which you plug your common-or-garden hosepipe. On the other side there's a flexible hose (also attached to the yellow box) with a tube-like gizmo on the loose end. This tube has a special nozzle and, at the base, a trigger!

YES, lads IT HAS A TRIGGER!!

I know, I know – it sounds like a very intricately designed piece of technological genius, but if you concentrate for a while, I will précis the complicated operating procedure into point form.

1. Plug it in and connect the hose.
2. Turn on the garden tap.
3. Switch the wall plug on.
4. Turn the machine dial to 'full'
5. Point the nozzle at something and, with feet planted firmly on the ground (perhaps with your back against the wall to be safe) ...
6. Pull the trigger!
7. Quickly rush outside (you can rid the lounge of all the broken ornaments and that picture over the fireplace that no one ever actually liked later) and point it at something else, preferably an inanimate object (NB Your spouse's bottom is apparently not a good option)
6. Repeat the "WOW!" mantra over and over again.

Because....

WOW!

A thousand times WOW!

With this weapon twixt your hands (did I mention it had a trigger?), you will henceforth be granted powers similar to those of Gandalf the Grey wielding his magical staff.

(That's a Lord of the Rings

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reference I have included in an effort to impress the Millennial and Gen Z market.)

Because there surely is wizardry involved in the HPC, and whilst it isn't Orc-smoting lightning bolts that shoot from the front nozzle, what does spew forth is a jet of water so powerful it will literally strip the paint off the neighbour's chimney! (umm... apparently)

IT'S SO COOL!

And the best thing yet - it turns WORK into PLAY.

'Clean the dust off the garden furniture?' Yes – let me do it. In fact, I can herd them plastic tables and chairs up and down the lawn in front of me, screaming "Whoopie-ti-yi-yo!" as I do it, thanks to my new HPC.'

'Blast the leaves out of the gutters? Yip – easily done. In fact, while I'm up there I'll also power-spray the grime off the roof tiles, power-clean the fascia boards and annihilate that awful climbing rose that's creeping along the... Oops, oh... sorry... Three years?... Really?'

'Eradicate the moss off the paving stones?' Just you try and stop me (and my HPC). Just one squeeze of the trigger and OH MY GOODNESS I DIDN'T SEE IT STANDING THERE! WHOSE CAT WAS IT ANYWAY?'

It's like doing household chores.... with a light sabre! (Please note the Star Wars reference for the Gen X readers)

But wait. You are probably wondering how Mrs Ed finally got it right and bought me such a perfect gift, especially when history has shown how terrible the woman has historically been when it comes to gifts for her hubby (I still have the mental scars from the Box of Quality Street Containing Live Scorpion Incident of 2007).

Well... She didn't actually buy the HPC for me... there was a 'gift exchange' involved...

You see, despite the fact that I had been more than a little generous in my gifts to her this year (a record breaking total of 1000 presents, though admittedly I only managed to gift-wrap three of them), Mrs Ed had still furrowed her mono-

brow and glared most ungratefully at me for over an hour on Christmas morning. "What am I supposed to do with all these bricks?" she kept harrumphing, even after I had pointed out that it had been HER who had said on NUMEROUS occasions that 'she would like' me to find somewhere to park my motorbike other than the front porch (I managed to get most of the oil off with the HPC, by the way).

But no, she still went on and on about 'Hoping I had kept the receipt so the bricks could be exchanged for something more appropriate'.

Which is exactly what I did. And though I had to wait patiently until after Boxing Day to go back to the builders warehouse (it took Mrs Ed that long to load the bricks into her brother's bakkie), I am soooo happy with what I managed to exchange them for – my very own HPC!

It's even worth putting up with the continued grumbling of you know who!

But please don't think I am The Grinch Who Stole Christmas (reference included for the benefit of the Baby Boomer Generation). I have tried to console Mrs Ed by offering her a turn with this fantastic new

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addition to my stable of Important Tools (under strict supervision, of course). At the time she said she would wait for 'just the right moment', but I think she has probably forgotten about it since then, because she's gone back to her usual strange behaviour.

Very strange indeed.

Just yesterday, I found her walking back and forth between

the garden tap and my hammock, counting on her fingers as she did so.

When I asked her what on earth she was doing (it was disturbing my afternoon nap, after all), she cryptically asked if I thought our hosepipe would stretch to about 37 paces or so ...

And do you know what she said when I told her I had no idea?

That she'd be mad if it didn't!

DUNE & GLIDER COLLIDE

Well-known local tourism and social media entrepreneur Rose Bilbrough almost didn't see 2023 after she dropped from a dizzy height in her paraglider at Buffalo Bay on 31 December.

Though the accident left her with compression fractures to her C7 and L1 vertebrae, the positive local personality still considers herself lucky not to have suffered worse injuries.

A seasoned paraglider pilot, Rose had joined her fellow flyers at the Buffalo Bay take-off point in the morning. They waited for the wind to pick up, and when it did, they took to the skies, enjoying the summer weather and the thrill of flying as the wind speed increased.

"It all happened when I was doing 'wing over' manoeuvres (a sort of vertical flat turn)," Rose later told us. "I was on my third when I felt the pressure in the back right of my wing pretty much disappear."

She described how she and her paraglider did a sort of half spin, then plummeted!

"I think I was about 10 to 15 metres up. One of the paragliders watching the whole thing said the wing went 'parachutal' – in other words, it didn't re-inflate at all," she said.

Rose believes that what saved her was the +- 10-knot wind, which must have pushed her back into the dune. When she crunched into the land, it was fortunately on quite a sandy slope, and her slightly air-inflated harness around her back cushioned the impact even further.

Nevertheless, she was on the dune and could feel damage to her neck and back.

"The other paragliders came running up, along with NSRI lifeguard squad leader Trystenn Titchner, who made sure my head and neck were kept straight whilst the others held my legs," she said, grateful that those on the scene had known how sensitively such injuries should be handled.

Emergency services arrived, and paramedic Jacques Ainslie arrived and kept her strapped up and stable on a backboard until the medical chopper arrived. Soon it was hovering over her head, lowering a stretcher onto which she was carefully loaded.

Rose was then airlifted to the beach, where another attending paramedic could stabilise her and ensure she was safely put on board the chopper and whisked off to George. Once there, she was admitted to Medi-clinic.

After being examined, she was

happy to hear that no operation would be necessary as long as she took her rehabilitation seriously.

Rose is out of hospital now – taking her recovery slowly but surely, day by day. This wasn't her first paragliding accident – those who know her will remember her previous one in Brenton in 2016. Indeed one of the medics attending the 31 December seen - Hilton Roman - was quite dumbstruck when he recognised her from the previous incident.

"But at least that one wasn't on New Year's Eve," Rose laughs, "It was April the first. I sure pick my dates, don't I!"



Ever the social media guru - Rose ignores the pain to post a mid-rescue selfie.

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LIFEGUARDS KEEP BEACHES SAFE

But alcohol abuse is seemingly rampant

Whilst the NSRI lifeguard crew have had an exceptionally busy season on the beaches and waterways of Greater Knysna, they are relieved to report that no tragic incidents occurred.

Says Sedgefield's Mike Wood, Operations Manager of the NSRI Lifeguard operation, "I knew it was going to be a very stressful season because 80% of my team were new recruits. And whilst they had all the necessary training and certification, there's no substitute for experience!"

But his lads and lasses – hand-picked by Mike himself after stringent tests of their skills – certainly rose to the challenge.

"They worked hard," said Mike, "Very hard. For example, Buffalo Bay had more than 3500 on the beach on one of the busier days, with 600 and more in the water at any given time!"

The crew were able to keep a good record of the numbers, incidents, and 'lives affected' without the usual hassle of paperwork. Thanks to a phone app custom-designed for the NSRI, each beach supervisor could post stats more or less live.

With eight beaches from Knetzie to Swartvlei under their watch, there were +_ 58 members on the crew, with 26 lifeguards on duty every day, as well as supervisors and Mike himself, making sure that everything ran in order. Additional lifeguards had to be



deployed on traditionally busy days, and Mike and the team were more than grateful to a few qualified volunteers who gave their services, despite not being on the payroll.

As of 9 January, 2509 drowning preventions were logged in Greater Knysna over the Christmas season, paying testimony to the vigilance of the crew keeping our beaches safe.

On the downside, Mike is very perturbed about the lack of control regarding alcohol consumption on the beaches, saying that this was courting disaster. Not only were those drinking in danger, but they put others' lives at risk too.

"There was a noticeable lack of Law Enforcement and SAPS presence at the Knysna beaches, so people felt they could bring whatever they wanted in their cooler boxes," he reflected, asking why the strict policing at Wilderness beaches could not have been replicated in Knysna.

"Our lifeguards cannot be expected to control drunk people. The more intoxicated they become, the more arrogant they get, and the less they will listen to instructions. It isn't fair to put our young men and women in confrontational situations like that."

He said that whilst George Municipality clearly enforced its 'zero tolerance' position when it came to drinking in public places, this did not seem to be the case in Greater Knysna. On occasion, his lifeguards had witnessed parents so drunk they barely noticed their children in the water. There were also incidents where inebriated males tried to molest young female lifeguards. This is totally unacceptable.

"If we could ask for anything, it would be a strong presence of the law at our beach access points. This would allow our crew to focus on what they are trained to do and make the beaches safer for everyone," Mike said.

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DEGRADATION OF GERICKE’S



Whilst visitors are always most welcome to Sedgfield, the increase in foot traffic over some of our iconic places of natural beauty does take its toll – as Marine Biologist Mark Dixon of the Strandloper Project reports.

“The disregard for breeding marine birds was evident this December,” he reflected, “Gericke’s Point has become a popular destination with a few ‘selfie’ spots. Unfortunately, the high incidence of human traffic clambering over the point has disturbed a breeding colony of Kelp Gulls, chasing them off their nests. Another casualty has been the breeding pairs of African Black Oystercatchers. A further consequence of the quest for a selfie has been the noticeable erosion of the geological feature as new paths are worn looking for that different angle. This has resulted in the decimation of a series of

fossilised tracks dating back approximately 120,000 years.” Perhaps, as some have suggested, it is time for some educational signage or a wooden walkway to protect this special place and the fauna and flora it is home to.

Mark also has offered wise words about what we can learn from the much-publicised ‘seal attack’ in Clifton.

“As social media lights up about an incident of the seal ‘attacking’ bathers at Clifton Beach, it is imperative to consider the wildlife illiteracy that led to this event. The proposal that domoic acid was found in samples of the seal population has some merit. However, the ignorant behaviour of the majority of people when they encounter wildlife is overwhelming. In the past eight weeks, I have observed a variety of species that

have been subjected to harassment by the public on a variety of levels. A simple act of setting up ‘camp’ next to a breeding colony of Kelp Gulls, forcing them from their chicks and incubating eggs, threatens their survival, all the while snapping photos of dive bombing adult gulls instead of moving off to allow them to settle and rear their chicks. A travelling family feeding a monkey to get a cute photo with the kids, all lacking any consideration of the ramifications of their actions. Even feeding dassies on a popular coastal hike grooms them for biting future hikers.

Seals are apex predators with a raft of defence strategies to protect them from territorial challenges and predators. They also have incredible canines, evolved to catch fish, and are capable of inflicting flesh-ripping bites and deep punctures.

Just watching a colony of seals for 10 minutes will reveal that they participate in perpetual squabbles as they defend their ‘comfort zone’. Having crowds of humans surround them will illicit the same defence response.

Learning the respective species’ comfort zones, warning gestures, and calls is vital, not only for human safety but also for the wildlife’s safety. We have destroyed so much of their habitat and depleted many of their food resources, so they

are quick to DEFEND the sparse remaining areas they have. Give them space and observe from a distance that does not infringe on their comfort zone. A basic rule is: if an animal is responding to your presence, you are too close.”

Greta Thunberg’s “The Climate Book” - the essential handbook to change the world

In ‘The Climate Book’, environmental activist Greta Thunberg gathers wisdom from over one hundred experts – geophysicists, oceanographers and meteorologists; engineers, economists and mathematicians; historians, philosophers and indigenous leaders – to outline the



Securing a safe future for life on Earth, at a scale and speed never seen, against all the odds, might seem an impossible task. As Thunberg points out, there is hope — but only if we listen to the science before it’s too late.

Thunberg also shares her own stories of demonstrating and uncovering greenwashing around the world, revealing how much we have been kept in the dark. This is one of our biggest challenges, she says, but also our greatest source of hope. Once we are given the full picture, how can we not act? Read the excerpt.

“Hope is something you have to earn

Right now, we are in desperate need of hope. But hope is not about pretending that everything will be fine. It is not about sticking your head in the sand or listening to fairy tales about non-existent technological solutions. It’s not about loopholes or clever accounting.

To me, hope is not something that is given to you, it is something you have to earn, to create. It cannot be gained passively, through standing by and waiting for someone else to do something. Hope is taking action. It is stepping outside your comfort zone. And if a bunch of weird schoolkids were able to get millions of people to start changing their lives, just imagine what we could all do together if we really tried.

The transformation we need in order to stay below 1.5°C or even 2°C of warming may not be politically possible today. But we are the ones who determine what will be politically possible tomorrow.

We now live on a planet where technology has allowed nearly all of us to be connected to each other. In some nations, the political regime does not allow this. But still, if something big enough happens somewhere around the globe, then nearly everyone will instantly know about it. This opens up a whole new realm of possibility. No one yet knows what we are capable of once we collectively decide to respond to change. I am convinced that there are social tipping points that will start to work in our favour the minute enough of us choose to take action. The possibilities that follow are infinite.

The destruction of the biosphere, the destabilization of the climate and the wrecking of our common future living conditions are in no way predestined or unavoidable. Nor is human nature – we are not the problem. This is all happening because we, the people, haven’t yet been made fully aware of our situation, or of the consequences of what is about to happen. We have been lied to. We have been deprived of our rights as democratic citizens and left unaware. This is one of our biggest problems, but it is also our greatest source of hope – because humans are not evil, and once we understand the nature of the crisis we will surely act. Given the right circumstances, there are no limits to what we can do. We are capable of the most incredible things – the ability to change our minds, to invent, to forgive. Once we have been given the full story – and not something that has been conjured up to benefit certain short-term economic interests – we will know what to do. There is still time to undo our mistakes, to

step back from the edge of the cliff and choose a new path, a sustainable path, a just path. A path which leads to a future for everyone. Not just for those who think their money can buy them a way of adapting to dying ecosystems and mass extinctions. And no matter how dark things may become, giving up will never be an option. Because every fraction of a degree and every tonne of carbon dioxide will always matter. It will never be too late for us to save as much as we can possibly save.

Some of the people with the strongest voices in the climate movement today were barely even aware of this crisis a few years ago, and now they are a key part of changing the fate of humanity. I believe that in the years to come, this phenomenon will keep repeating itself – and this is where you come in. You see, this is the end of the book. It is where I am supposed to round up my thoughts and write some inspirational words worthy of the last sentences. But I will not do that. Instead, I will leave that to you. Because some of the best ways of igniting the changes we need have not yet been discovered. It is my belief that the best ideas, tactics and methods are still out there, yet to be thought of. Some have been tried, and some have failed because the timing was wrong –

because the level of public awareness was not high enough at the time. So we must try them again.

Things are changing, faster and faster. And all those changes have been made possible by the people who pioneered the climate and environmental movement: - the scientists, the activists, the journalists, the writers. Without them, we would not stand a chance. This time, we need everyone on board – especially the most affected people in the most affected areas. This is a moral issue, and you have the moral high ground. Use it.

Everyone is needed, everyone is welcome, no matter where you live, no matter where you come from, no matter your age or your background. You must take it from here and carry on connecting the dots yourself because, right there, between the lines, you will find the answers – the solutions that need to be shared with the rest of humanity. And when the time comes for you to share them, I would give you just one piece of advice. Simply: tell it like it is.

The Climate Book by Greta Thunberg is published by Allen Lane (R595). Visit The Reading List for South African book news, daily – including excerpts!

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BEAUTIFUL BRONZIES



by Paul Cannon

Francois Lourens and Roelof Viljoen, both hailing from Paarl, Cape Town, are very lucky fishermen. These young men had saved all year to spend the Christmas holidays doing what they love best at Buffalo bay, where they say there’s the best fishing you can get.

“Bronzies (copper sharks) are fast, strong and have ‘plenty in the gas tank’,” they told me, “They fight all the way!”

Both men are keen sports fishermen, practising catch and release. However, despite their experience, when it came to these two monster bronzies, it took way over an hour and a half of hard toe-to-toe battle, where they fought for every metre. Big

shark baits were used, and the men had to wade out to get a deep line cast behind the breakers.

Amazingly, the big fish were hooked within five minutes of each other at around 21:45, on a turning pushing low tide, with a bright full moon. The fight, which took them halfway to Brenton, provided an evening the men will surely never forget.

Both fish were reportedly in excellent condition and were returned to the sea after being unhooked and given good recovery handling in the shallows. This care and consideration for our bronzie stocks must be commended. Thank you, guys. May you enjoy many, many more big battles in future fishing trips.

—SWARTVLEI— MOUTH PROJECT

Leading up to the holiday season, there was quite a bit of activity in the vegetation around the Swartvlei Rivermouth car park. Locals will probably have noticed a team hard at work there and perhaps seen the strange stick enclosures along the dune.

Whilst the structures seem very simple in appearance, there is a scientific method behind them. They are being installed to protect and improve the ecological condition of the Swartvlei Estuary dune and to stop further degradation. This has been a Public/Private Partnership formed between the Garden Route Biodiversity Forum and Knysna Municipality via Pam Booth, the local authority's Environmental Manager.

At the project's helm is environmentalist Tessa Joubert who has been hands-on in managing the efforts from the start. She explained that the dune on the eastern side of the estuary had been severely damaged, primarily due to the overabundance of foot traffic

resulting in numerous informal pathways from the car park down to the water below. "Swartvlei Estuary forms part of the Wilderness-Sedgefield Lakes Complex, which, situated in the Cape Floristic Region, is a biodiversity hotspot," she says, "Swartvlei itself is regarded as the central part of the Complex, which was declared a World Heritage Site in 1991 by UNESCO due to its significant ecological and cultural value as a wetland."

But the fact that the dune is a Critical Biodiversity Area certainly isn't common knowledge, and as the paths have become more and more 'worn in', more and more people have used them to access the river mouth and the beaches on either side. Hence the once-abundant indigenous plants have disappeared at an increasing rate over the years.

Further adding to the degradation of the dune has been the well-intentioned harvesting of the alien Rooikrans. Though the invasive plant has to be removed, it must be done at a much less aggressive rate so that



The project leader is environmentalist Tessa Joubert

the dune's surface is not left bare for erosion to take its course.

Now, with Tessa and her team at work, it is hoped that the foot traffic on the dune will be minimised.

Using what is known as 'soft engineering' and guided by principles for the practice of ecological restoration, they are installing double rows of black wattle droppers and filling the space between them with indigenous biomass. The resultant 'hedges' form barriers which, it is hoped, will encourage folk to use the stairs to access the beach and estuary.

The success of this labour-intensive project – which fits in well with the United Nations'

Decade for Ecosystem restoration (2021 – 2030) - is more than evident in the regrowth occurring on the dune, and it is hoped that as this becomes denser, the footpaths will eventually disappear.

Pointing out and identifying numerous little clusters of indigenous plants growing on the dune, Tessa could not emphasise enough the importance of protecting the precious natural habitat of our indigenous fauna and flora so that it can flourish, and says that the Knysna Municipality's Environmental Planning Department should be commended for recognising the need for these measures, and their enthusiastic involvement in the project.

A REPORT BACK FROM SEDGEFIELD INFO



by Belinda Hobson

With only one month since opening the Sedgefield Info Office, we are delighted to report that the team at Sedgefield Info has started to deliver on our commitment to promoting tourism in the greater Sedgefield area.

Our initial order of business was to ensure the Sedgefield Info office at 7 Sandpiper Building was open and ready to sell our destination and to promote all that our town and our members have to offer. This was done with very little budget and a whole lot of community support.

We want to thank the community and our 30+ members for all their support. The financial support from our Ward Councillor's ward budget has still not materialised, and we could have never opened this office without the backing and support of the town.

The progress made in our first month:

- Henwill Kortjie was hired to be our information officer. With

a degree in tourism and several service excellence awards, we are incredibly appreciative to have him back and will endeavour to get enough funding to make him a permanent fixture in the office.

- We have opened our Whatsapp Information chat line 0720509999, launched our website – and have been actively promoting Sedgefield on Social media platforms – Facebook, Twitter, Instagram.

- We have put together a promotional video in collaboration with Harcourts Sedgefield

- We have started our own Sedgefield branded T-shirt range available in our office or online on our website. These shirts have already made their way to the USA and Australia.

- Our seasonal holiday information brochure has been printed and distributed.

- We have met with various local tourism partners and are collaborating with other smaller towns in the Garden Route Klein Karoo to promote the area. (Calitzdorp Tourism has even added Sedgefield to their

newsletter!)

- Editorials Published – Full-page Sunday Times, The Edge Newspaper, The Knysna/Plett Times Magazine.

- Upcoming Editorials to look out for– Grab a copy of the Weekend Post this weekend as Sedgefield will feature in from the Horse's mouth. Sunday Times will, we have been told, be doing another lifestyle and travel article on Sedgefield post-season.

- The Sedgefield Christmas Pledge - Children and their carers living in the greater Sedgefield area (mainly Karatara this year) received gifts and food packages. While there are many, many more needy children and families in the community, it was wonderful to appreciate the generosity of spirit towards those that could be helped this year. "I would like to say a heartfelt thank you to all those that so generously sponsored one of these special angels," said Hobson.

- The Sedgefield Beach Festival - On the 26th of December, was organised in partnership with Harcourts



CHOOSE PROPERTIES



SOLE MANDATE

The Village
Peter Hall 061 560 8242

R3 400 000
3 Beds | 2 Baths | Pool



OPEN MANDATE

Meedingside
Peter Hall 061 560 8242 & Peter Ballan 083 870 7665

R4 800 000
Boutique Business



SOLE MANDATE

The Island
Bryan Eatwell 078 223 1393

R4 800 000
4 Beds | 2 Baths | 2 Garages



OPEN MANDATE

Cola Beach
Peter Ballan 083 870 7665

R5 400 000
4 Beds | 3 Baths | 2 Garages



SOLE MANDATE

The Village
Almarie Mead 078 223 1393

R2 200 000
2 Beds | 2 Baths | 1 Garage

044 343 1119 • Shop 1 • Pick n Pay Centre • Sedgefield
www.chooseproperties.co.za

inspire our beachgoers.

Sedgefield's economy.

We are in the process of bringing back a Sedgefield Festival this September and October to be known as "Sedgefield Outdoors Festival". Please contact us if you would like to host an event and be on the organising team. If you have your own local events, please let us know so we may assist you where we can.

We are looking forward to 2023 and trust we will glean enough support to keep playing what we believe is a very important role in

If you are a paid-up member of the Sedgefield Info Office, Please save the date for our first members' meeting at The Oysters Edge on 27 January at 5:30 pm.

Thank you to our members for realising the importance of working together by sharing information and marketing efforts in developing and promoting tourism and improving the town's and areas' economies.



AFRICAN BEAR Knives

Custom crafted chef and field knives
terry@africanbearknives.co.za
Cell: 069 404 2037

DIARY DATELINE

Every 2nd Monday

2pm Sedgefield Art Society meets at the Catholic Church. New members welcome. Colin Burgess 082 852 2586

Wednesdays

8 for 9am Golf Day @ The Links. All members welcome.
8am - 12. Midweek Village Market at Mosaic.

Thursdays

6:30am Eden Cycling Club Group Social outside departs Cycle Worx. All welcome.
8 for 9am Sedge Gentlemen's Golf @ The Links
12:30pm Social Bridge School at Tiffany's. All levels welcome. Lessons 12:30, Play from 13:45. Supported by Personal Trust. Enquiries: Gail 0834577647.
13:15pm Bowls. Tabs in

Fridays

8am Ladies Golf @ Links Course

Saturdays

6:30am 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
13:15pm Bowls. Tabs in

Sundays

7am 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!

Knysna Sedgefield HOSPICE
Sedge Charity Shop

All donations donated and sold in aid of Palliative Care & Support for our area.

Tel: 044 343 1722
Main Road, Sedgefield

DON'T HAND OVER YOUR SASSA CARD

The National Credit Regulator (NCR) urges consumers not to enter into loans with credit providers who unlawfully request to hold on to their bank cards, ID documents or South Africa Social Security Agency (SASSA) cards. Further, consumers are urged to only enter into loans with registered credit providers as a method of debt collection.

Other contraventions include failure to furnish consumers with credit agreements in the prescribed form, the charging of an interest rate over the imposed limit, and the use of prohibited collection and enforcement actions.

The NCR will continue to conduct industry-wide investigations into credit providers who use prohibited collection and enforcement methods.

The National Credit Regulator - responsible for regulating the South African credit industry – is an entity of the Department of Trade and Industry.

MOENIE JOU SASSA-KAART OORHANDIG NIE

Die Nasionale Kredietreguleerder (NKR) doen 'n beroep op verbruikers om nie lenings aan te gaan met kredietverskaffers wat onregmatig versoek om hul bankkaarte, ID-dokumente of Suid-Afrikaanse Maatskaplike Sekerheidsagentskap (SASSA)-kaarte te hou nie.

Verder word verbruikers versoek om slegs lenings by geregistreerde krediet-verskaffers aan te gaan as 'n metode van skuldinvordering. Ander oortredings sluit in die versuim om verbruikers van kredietooreenkomste in die voorgeskrewe vorm te voorsien, die heffing van 'n rentekoers oor die opgelegde limiet, en die gebruik van verbode invorderings- en afdwingingsaksies.

Die NKR sal voortgaan om bedryfswye ondersoeke te doen na kredietverskaffers wat verbode invorderings- en afdwingingsmetodes gebruik.

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.

Dear Editor,
Attention all restaurateurs and food markets – A letter to Herman Pieters.

Being in the tourist industry in the Garden Route, I took special note of the Garden Route District Municipality's (GRDM) media release dated 16 December 2022. No Pets Allowed.

The release refers to Government Notice 638, Article 10 (10), which states, "An animal, subject to the provisions of any law, is not kept or permitted in a room or area where food is handled." The release then incorrectly determines, in my opinion, that "This means that no animals (including domestic pets) are allowed at food premises or in any area where food is being served to the public." Nowhere in Article 10 does it refer to served or consumed. The Government Notice does, however, define "Handle" to include manufacture, process, produce, pack, prepare, keep, offer, store, transport or display for sale or for serving and "handling" has a corresponding meaning.

So, food may be consumed where pets are permitted. It is reasonable to accept that food must not be kept FOR SERVING in an area where pets are permitted, but food can be served and consumed in an area where pets are permitted.

I do know some people would prefer not to go to a restaurant where pets are allowed. Surely it is up to the restaurateurs to decide if they allow pets,

whether they exclude those who don't want to be served food in an area where pets are allowed, whether they want to exclude pet owners travelling with their pets or if they want a dedicated pet area. It leaves patrons with a choice as well. Since my dog, Bentley, was a puppy, I have taken him to the beach. After our walk, we used to come off the beach and turn right into the restaurant for breakfast. Since that restaurant became pet unfriendly, we have never been back. Bentley, however, always wants to turn right into the restaurant when coming off the beach rather than turning left into the car park. So sad.

While I am sure you have the welfare of the patrons at heart Mr Pieters, please understand that many tourists are now travelling with their pets. If the Garden Route gets known as an area where pets are not allowed, you will be excluding tourists from the Garden Route at a time when the only thing South Africa has going for it is tourism. Restaurants are currently trying to cope with load shedding, water restrictions, a decrease in tourist spend, and a dramatic increase in costs. Is it right to lumber them with a bad interpretation of a poorly written and ambiguous regulation? The result will be the closure of restaurants, loss of jobs and declining revenues for the GRDM, a reduction of tourists visiting the GRDM, reduced property prices and the further loss of jobs, and so the decline gains momentum. I am reminded of an article by Deon Rossouw: "The dark side of South Africans always being so accepting," when I say that we must not accept this poor interpretation and enforcement of the law. Accepting this interpretation will not serve anyone in the short term and harm everyone, especially those needing jobs, in the long term.

Antony Page
082 411 4555



Equleni Farm
Portion 24 of Farm 187
Sedgefield

The Editor

Garden Route District Municipality (GRDM) understands that there are many factors that can influence tourism decisions, and the ability to bring pets to a restaurant is one of the potential considerations. However, pets can carry a variety of bacteria and other contaminants on their fur and paws. These can be transmitted to food and surfaces in a restaurant. For example, pets can carry Salmonella, E. coli, and other bacterial pathogens that can cause foodborne illness if they come in contact with food or surfaces at a restaurant. Pets can shed hair and dander, which can also be a potential source of contamination in a food preparation or dining area. Allowing pets in restaurants can also create risks for people with allergies or sensitivities to pet dander.

Regarding "animals at food premises" referred to in your e-mail below, Garden Route District Municipality Municipal Health Services section is following the stipulations in terms of the following legislation:

The GRDM uses Government notice No. 41730, 22 June 2018, Regulation 638 of 22 June 2018, regulations governing General Hygiene Requirements for Food Premises, the Transport of Food and Related Matters, promulgated under the Foodstuffs, Cosmetics and Disinfectants Act, 1972 (Act No.54 of 1972), to guide its response to animals at food premises. Please take note of the definition of 'handle' in terms of Regulations 638, which includes "manufacture, process, produce, pack, prepare, keep, offer, store, transport, or display for sale or



for serving. Handling has a corresponding meaning.

"A person in charge of food premises must ensure that -

(Section 10) an animal, subject to the provisions of any law, is not kept or permitted in a room or area where food is handled, except that -

(a) a guide or service dog accompanying a person with a

disability may be permitted in the sales or serving area of the food premises.

(b) fish, molluscs or crustaceans may be kept alive until prepared for consumption.

Regards,
Herman Pieters
Manager: Communications
Garden Route District Municipality

HAPPY BIRTHDAY TO ONE VERY 'SPECIAL LADY' Mookie Botha Sunday 8 January

What a great privilege to have our precious – Mommy, Gran, Oumi and MOOKIE with us on her 97th birthday!!!!

We, as your family, would like to take this opportunity to honour you for the example that you have been to us and the lessons that we have learned from you, all from a very young age!

After 73 years of dressmaking and alterations, nimble fingers have changed from pins and needles to computers, a tablet, and numerous editions of Word Search, keeping her mind as clear as a bell!!!!

Being the LAST of her Generation, she has been God-fearing all her life and has now become the Matriarch of her family.

She enjoys her two children, five grandchildren and 10 great-grandchildren, and her adopted daughter and her children and grandchildren, every opportunity she gets!

Her lifestyle motto's -

Can't died, and Can took its place ...
Never leave for tomorrow what you can do today, for tomorrow has its own problems ...
Never let things get you down because God knows what lies



ahead for all of us ...
When you get R10 as a gift, you must save half first and then you can spend the other half ...

Endurance and determination are keywords that still come up in conversations!!

ROCKING IN THE NEW YEAR WITH SAM AND THE CLOUD 9 BAND!

Well, it always had the makings to be the Sedgefield party of 2022, and between hosts Sedgefield Animal Matters and the Cloud 9 band, they would appear to have delivered!

All tickets were quickly snapped up for this most spectacular sold-out event, and as soon as the lights went low, it was party time, with most guests up dancing and boogying to the band. Cloud 9 were on top form playing live rock and pop classics from 8 pm to 12:30 pm with just two short breaks – around four and a half hours of party fun.

At midnight everyone saw the New Year in with Auld Lang Syne and then gleefully formed circles to do the Hokey Cokey, a Cloud 9 tradition! Band leader John Archer said, "It was so good to see folks having such a ball, and it certainly looked like this was a party on another level. We have played several NYE parties at



the Red Roof over the years, and this was almost certainly the most fun and best attended. With all the developments of the last two years or so, everyone was ready to let their hair down. In the end, the band was running on adrenalin after almost non-stop

playing for so long, but we enjoyed every second, and it was great to meet up with old friends and make new ones".

SAM send big thanks to visitors and everyone from the Sedgefield community who joined the party and believe the fantastic party spirit shown reflects the support that SAM receives, keeping all the SAM volunteers inspired and enabling them to continue with their efforts to care for and improve the lives of animals in Sedgefield. SAM's Peer Rademeyer said, "We hoped to give something back to Sedgefield, and on the day, out of the craziness, we pulled it off with many wonderful people

helping to set things up, bringing items for the event, donating prizes and decorations, selling tickets and anonymously doing whatever was necessary to make the event a huge success. It is deeply moving to be part of such an incredible team".

SAM would like to give special thanks to the members of the band, Café Vienna, Deo Gratia, Sedgefield Lions, Precious Paws, Paraglide Africa, Rosie's, Satin and Silk, Station Whistle Stop, Harry's Bar and Diner, VDM Bistro and all the donors, volunteers and indeed everyone who pitched in to make what was, in their view, the greatest, happiest and most festive goodwill party of the year in 2022.

THE EDGE
COMMUNITY NEWSPAPER
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Garden Resolutions?
Let us help you reach and exceed your gardening goals during 2023.

We supply the highest quality garden inputs, from compost to mulches, fabric pots and raised beds to mineral packs for rejuvenating your tired soil. That and much more, we also have a very experienced team with great advice and knowledge to share with you. We are your one stop organic garden shop, taking you from roots, to nutrient dense fruits!

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NATIE PASSES AWAY

Knysna SAPS has confirmed that the deceased body of Natie Nieuwoudt was found early in the morning of 10 January 2023.

An inquest docket has been opened after he was discovered by a security officer on the Main Service Road, Sedgefield.

He was later officially declared deceased by medical personnel called to the scene.

According to witnesses, this was reportedly at his 'usual spot' in the car park opposite the Pharmacy block, where he habitually slept most nights in the summer.

Sergeant Christopher Spies of SAPS Communications, says that no foul play is suspected, and an autopsy will be conducted later this week to determine the cause of death.

An often infamous character who clearly spent his last years in a gruelling battle with addiction, Natie could create mayhem on bad days and greet cheerfully on good ones.

There's no denying that this 42-year-old man was a part of Sedgefield's quirky tapestry.

Our condolences to his family.

COLA BEACH R1 250 000
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1.102m² VACANT LAND
PRIME SPOT WITH STUNNING VIEWS
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6.3HA VACANT LAND
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GROENVALLEI R2 495 000
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NB. Classified adverts for the next issue need to be in by Monday 25th January 2023. Emailed classies will not be placed without proof of payment

1. Rental

60m² SHOP TO LET in REMAX Building, Main Road, Sedgfield. Email bashewa1@hotmail.com for more information or Whatsapp 082 858 0424

3. Accommodation Holiday

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

4. Announcements

ALCOHOLIC ANONYMOUS Sedgfield Acorn Group. Call 079 323 2085 for details.

BOOKS & COFFEE Delicious home baked eats & treats. Coffees, lattes & milkshakes. Good quality 2nd hand books for sale (we also buy books). WiFi, 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

Sedgfield Mosaic Tours Masithandane hosts mosaic art tours on Tuesdays and Thursdays. You can hear

Tortoise Car Hire
082 874 6245
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Based in Sedgfield
Deliver between Mosselbay and Plett

the stories that inspired the pieces that make up a magical outdoor gallery alongside a water wonderland. Come meet the talented mosaic team, learn about the town's history, people and 'slow town' character. Please call or WhatsApp Jacky 0824142133 to book your place

TRANSPORT available in Sedgfield and various areas around the Garden Route - Airports, schools, shops, clinics. Contact Barry - 072 507 5407

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

Whistle Stop Station now open on Saturdays between 9 and 1pm.

5. Boats & Accessories

PEDALO Excel cond, stainless steel pedals. R7500onco. Cell 082 467 3232

6. Building & Related Services

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

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

7. Businesses

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

9. Clothing

Children's Clothes - Hooligan Range. Hooligan clothes 0/3m - 6/7 years still available at 30% off on price. Mariana 082 771 0694

Embroidered burpers & face cloths - handmade. Mariana 082 771 0694

10. Computers

Fast, affordable and reliable computer support and services. Call Derick at 40TWOBIT on 082 041 8660 / theconsultant@outlook.com

11. Crafts & Home Industry

Handmade Ragdolls & Soft Toys. Mariana 082 771 0694

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

SINGING LESSONS from classical to contemporary, and musical theatre. All welcome. Contact Lynne Brown. 083 660 4749

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address: 14 Swallow Drive, Sedgfield

13. Electrical

Electrical Hardware @ Sedgfield H/Ware

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 and PV Solar. All Maintenance & Construction Qualified in both trades COC Certificates. Call 082 972 3911 manie.heunis@gmail.com

Industrial & Commercial Electrician available. Call Craig Eyberg 062 215 3607

15. Employment Wanted

House Sitter available for season. Call Sanchia on 079 110 7989

Luckson Moyo experienced gardener with good refs, alien vegetation clearing, honest & hardworking. 084 454 6887

Domestic
Falless - 073 080 6969
Lincey - 078 494 3118 Ref
Mercy - 083 686 0379

Gardening
Aaron - 063 485 8419
Alex - 083 774 0992
Karim - 083 774 0992

Painting
Collings - 081 099 5835 Plumbing

17. Food & Wine

Mosaic Food Fare - Food stalls, Wine/Craft Beer/Coffee and more EVERY Wednesday, 4pm-8pm at Mosaic Market.

18. For Sale

Rust Stain Remover Fabric. Various sizes available from Edge offices. Enq. Verity 076 619 3659

19. Home & Garden

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

BEKARU TREE SERVICE. 072 239 9067 Insured.

FLOYA Irrigation & Filtration 076 379 6588

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Garden Refuse Removal for as little as R85 per month, 082 808 5984. www.dialadrumknysna.co.za

KUBI HIRE - Digger Loader for Hire Landscaping & hauling. Craig 073 726 4424

OUTENIQUA ORCHID NURSERY is open Wednesdays from 10-1pm. Blooming orchids and potting medium for sale. We repot your plants. Now at 34 Napier Street, Blanco, George. 044-870 8150

TREE SURGEON. Dean 072 239 9067 Insured.

20. Health & Beauty

Aloe Ferox Products whole range in stock @ factory prices. The Aloe Lady : 044 343 2214/ 071 362 0433 @ Wild Oats Market on Saturdays.

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

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

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

25. Motor Cars/Bikes

A big thank you to Pieter Norval from Halfway Toyota Sales in George for his excellent service, and going the extra mile.

Auto Mobile Diagnostics & Services - We collect, service, deliver to you. Call Cecil 083 701 3655

Vehicle Diagnostics, Aircon refills and repairs. Mobile service. Antonio 072 433 9051 Lara 082 748 7127

27. Pets & Livestock

All pet food or 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, emergency 073 461 9825. (24hrs)

28. Plumbing

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

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

Smith Plumbing for personal service. Call Peet 084 889 2578

JOLLY JUNIORS
Child Care & Development Centre
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Enrolments now open for 2023
Limited space available
Contact Anzelle at 082 058 2988 99juniorcare@gmail.com

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We provide and deliver meals to the aged, frail, disabled or needy people - regardless of race, colour or creed.
Any assistance is much appreciated
Jennie 082 452 9102

30. Restaurants & Taverns

Breakfast with Louisa @ Station now open on Saturdays!

Mosaic Food Fare - Food stalls, Licensed Venue, Live Music & Kids' entertainment. EVERY Wed between 4pm and 8pm @ Mosaic Market.

31. Security

Alarm and Gate Batteries. Tel 3431960

GARAGE DOOR SERVICING, Alarm systems, Electric fencing, Intercoms gate, Gate motors. CCTV. All your Security solutions. Pieter - PDV Alarms 071 057 7935 (Available 24 hours).

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THE FIVE CURRENT DECOR TRENDS

As we move into 2023, it's a great time to pause and reflect on some of the design and décor trends that have shaped the last 12 months. After two and a half years of being masked up and locked down, 2022 was the year of easing back into normalcy.

We unmasked and started to venture back to the office, shops and schools and even gathered again with family and friends. Despite things being business as usual, we are only now beginning to properly understand the real impact that the pandemic has had on our psyche and, in turn, our design and décor choices.

Kim Williams, a top Cape Town interior designer, behaviour specialist, and owner of the Kim Williams Design Studio, explains how many of the design and décor trends for this year have been influenced by our most recent experiences.

1. The value of zoning

Lots of us are still working from home this year, which has crafted a new appreciation for space, the privilege of having it and a deeper desire to connect better with it.

Larger families especially require separate living areas to work and recharge, as well as a communal place to energise and socialise and a dedicated corner to play. This dilemma has forced designers to look at zoning areas off to create better fluidity, energy, and balance. This year, I have seen both commercial and residential clients invest in ways to make their spaces flow and work better, not just because it creates a better user experience but because it is likely to increase property values.

2. The return of the dining room

A separate dining room that flows off either the living or kitchen area has made a huge comeback this year. During the pandemic, the dinner table was the centre of the home, doubling up as a classroom, office desk and even a place for family entertainment. Now, it is a vehicle to bring loved ones together, especially during the summer entertaining season - a space that facilitates easy conversation and connection around a delicious meal.

Well-designed dining rooms can create an ambience and atmosphere that are both casual and formal, depending on the occasion. The most engaging tables are rectangular or round, with comfortable, simple-to-clean seating and enough space for easy movement. Lighting is functional, with elevated table scaping used to ramp up the mood and feel.

3. Health and healing

There has been a huge emphasis on mental health and wellness during 2022, with our homes acting as a tranquil sanctuary to escape from the chaos and confusion of the outside world. I have always believed that our living space can have a dramatic impact on our well-being and energy, promoting a desire for not just peace and privacy but also grounding, healing, and spirituality.

From a décor perspective, there has been a strong move towards warm and natural palettes that are soothing but also mystical and engaging, with the addition of

comforting fabrics and textures to add layers of interest. We have also seen a lot of deepened healing - which focuses on balancing masculine and feminine tones to ensure that the interior space is meditatively balanced and promotes healing for all.

4. Re-connecting with nature

Our desire for sustainability and eco-conscious design has been huge this year and will probably continue well into 2023. It has been amazing to witness the massive move towards recycling and repurposing. A lot of the younger generation have been bringing old memories from past generations to life by adding their own stamp and aesthetic to create beautiful quilts and wall hangings, for example.

Being conscious of our planet is not just about opting for greener materials in our décor choices but also bringing mindfulness into the entire design process. As we go into the warmer summer months, the trend of opening indoor and outdoor spaces is likely to become more apparent. Not only does this provide a wonderful connection to nature, but it also extends our living space, adds more natural light, and allows for fresh air and the sounds of flowing water to breeze through the entire home.

5. Less is more

After having had to wear masks for so long, it makes sense that we have had a greater desire to be heard and seen during 2022. Although we have seen greater emphasis on the embracing of different voices, cultures, and individual interests when it

comes to décor choices, it is important to note that the minimalist movement is still very much in vogue. Less is always more, as is the yearning to shop for locally sourced materials, such as rattan, wood, stone, and weaves. Glass objects and translucent furniture have also been used this year to help reflect light and engage the eye.

Looking ahead, Kim says 2023 is going to be the year for exploring depth, especially when it comes to deepened healing. "The trends of this year will continue well into the next, but with greater consideration of the impact they have on us and our surroundings," she says.

After being cocooned in a grey world for so long, Kim is also looking forward to seeing the return of bright colours as the world bursts back to life.

For more tips from Kim Williams, sign-up for her blog at kimwilliams.co.za or follow her on Facebook and Instagram @kim_williams_design.



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FREE DELIVERIES

START 2023 PRACTISING HEALTHY HABITS

You know what that means: eating a healthy diet healthier and an exercise routine. These are popular goals set every New Year. However, taking on healthy habits sounds easy enough, but can be difficult to commit to. "You want results yesterday, and desperation mode kicks in," said Pamela Peeke, MD, author of *Body for Life for Women*. "Beware of the valley of quickie cures."

Still, you can succeed if you don't expect overnight success. For changes in your diet, start slowly by introducing new healthy foods one at a time to see which ones you enjoy most.

Include exercise in your schedule based on a combination of physical activity you enjoy and any recommendations from a healthcare provider. One starting point might be figuring out how to work your way up to meet the guidelines of 150 minutes of exercise per week.

Finally, plan for bumps in the road: A support system can help. "Around week four to six...people become excuse mills," said Dr. Peeke. "That's why it's important to have someone there on a regular basis

to get you through those rough times."

Stay in Touch

Feel like old friends (or family) have fallen by the wayside? It's good for your health to reconnect with them.

One study found that out of 9,392 adult participants, 12.3% aged 18-79 years old reported experiencing social isolation. The same study noted that, in general, a lack of social bonds can damage your health as much as smoking, obesity, and high blood pressure!

In a technology-fixated era, it's never been easier to stay in touch - or rejuvenate your relationship—with friends and family, so fire up your favourite social media and then follow up with in-person visits.

Quit Smoking

Quitting smoking might be the resolution to pick. However, you'll need to work hard to stick to your decision to quit.

If you fear that you've failed too many times to start quitting or to try stopping again, talk to anyone who has quit smoking. You'll find that multiple attempts are often the path to success.

One way that may help you succeed is to create a quit plan, which includes:

- Picking a quit day and your reasons for quitting
- Letting loved ones know that you are quitting
- Identifying your reasons for quitting, smoking triggers, and places to seek immediate help
- Removing smoking-related reminders
- Finding coping strategies
- Setting up rewards for different quit milestones (e.g., smoke-free for 24 hours or one week)

Ultimately, being prepared to quit can aid in the success of quitting for good.

Try to Control Your Stress

Stress isn't always a bad thing, and it can be helpful for short periods. But chronic stress can increase your risk of - or worsen - anxiety, depression, diabetes, heart disease, and more.

"Long work hours, little sleep, no exercise, poor diet, and not spending time with family and friends can contribute to stress," says Roberta Lee, MD, author of *The Super Stress Solution*.

Still, stress is something that we're all bound to experience at some point. "Stress is an inevitable part of life," adds Dr. Roberta. "Relaxation, sleep, socialising, and holidays are all things we tell ourselves we deserve but don't allow ourselves to have."

Adding more ways to relieve stress that work for you, like going for a walk or doing meditation, can be helpful.

Volunteer

Choosing to volunteer can improve your mood. We tend to think our happiness relies on bettering ourselves, but it also increases when we help others.

That's in part because happiness can be good for your health. Researchers have noted that happier people:

- Have better heart health and immune systems
- Live longer lives
- Engage in healthier behaviours

Cut Back on Alcohol

While much has been written about the health benefits of a small amount of alcohol, too much tipping is still the bigger problem. Drinking alcohol in excess affects the brain's neurotransmitters and can increase the risk of depression or memory loss.

Even more: Chronic heavy drinking boosts your risk of liver and heart disease, hypertension, stroke, mental deterioration, and even cancers of the mouth, throat, liver, and breast.

The bottom line? It's best to start drinking less - or not start in the first place if you've never consumed before.

Get More Sleep

You probably already know that a good night's rest can do wonders for your mood—and appearance. But sleep is more beneficial to your health than you might realise.

A lack of sleep has been linked to a greater risk of obesity and type 2 diabetes, and sleep is crucial for strengthening memories (a process called consolidation).

Therefore, aim to get quality sleep and more of it by exercising sleep hygiene or good sleep habits.

These habits can include actions such as:

- Going to bed and waking up at consistent times daily
- Having a comfortable bedroom atmosphere (i.e., one that is dark, quiet, and relaxing)
- Getting exercise during the day

(Source www.health.com)

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SAMURAI

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

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

SUDOKU

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

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

CHURCH SERVICES

Afrikaanse Protastante Kerk
Cearn Saal, Leisure Isle, Knysna
10am Service
Christo Matthee 083 769 9313

AGS Lighuis
Kontak : Kerkkantoor 044 382 6551
Sekretaresse 072 189 0215

Anglican Chapelry of St. Aidan's,
Wilderness
Peter Mundell 060 985 9113
or Paul McMillan 083 273 2601

Anglican Sedgefield :
See St Francis and
Church of the Resurrection

Church of Christ
Lynn van der Walt.
Tel: 076 068 2900

Church of the Resurrection
Service 9am
Petronella Buis 084 252 1698
Priest: Rev : Charlton Daries
082 387 7149 / 044 343 1491

Church Without Walls
Red Shed, Scarab Market
Sunday 9am
Schalk van As - 082 413 8363
(Please bring a chair)

Deo Gloria
Past Danie & Karin de Bruyn
044 343 1301 or 084 714 7023

Elohim gemeente
Kerkkantoor: 082 896 6387
Pastoor: Hansie Strydom

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

Knysna Presbyterian Church
Office 044 382 7722
Rev Tim Hawkrige
083 324 3562

Lakeside Baptist Church
3 Duiwe Laan
J D - 066 160 7029
Sunday 9am

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New Apostolic Church
Enq: Anthony Davis - 083 641 5027

NG Kerk
Sedgefield: 08.45am
Karatara: 10.30am
Ds. Marius Coetzee 079 873 3832
Kerkkantoor (044) 343 2033

NG Kerk Die Vleie, Hoekwil
Ds. Dawie le Roux 084 532 9958
Kantoor : 078 965 3651

Pinkster Protestante Kerk
Ouderling Jakobus Grootboom
078 158 2042
Chris Solomons 071 617 5630

Sedgefield Christian Church
Sunday services @ 09h00
Kairos Jnr & Snr Youth Fri 6pm-8pm
Pastor Juan & Tammy Pienaar
081 749 2534
info@sedgefieldchurch.co.za

Sedgefield Seventh-day
Adventist Church
Ph 081 270 7212

St Anthony's Catholic Church
Cnr Sysie / Flamingo Streets
079 840 3383

St Francis United Church
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Every 4th Sunday -
09h30 - Communion Service
Sunday School - 09h30
- every Sunday during school term.
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Suid-Kaap Christen Familie
Pastor: Leon & Elmarie Terblanche
081 271 1551.
Assist Pastor: André & Soné Rossouw
072 341 7099

Truth Centre Church
Dr Levaal and Ps Alicia Davis
084 804 6558 or 078 992 4723

Wilderness Christian Fellowship
Pastors: Chris & Trudie Smit
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Cell: 083 661 9403



Bomber Webb



Jaco Kriek

DARING DEENA DOES IT!

by Melanie Baumeister

Our very own Deena Colloty of the 1st Sedgefield Scout Troop spent 10 days (30/12/2022 – 8/1/2023) away from home and in the wild at the 65th Gilten Patrol Leaders Training Unit (PLTU) Camp in Gilwell Scouting Centre, Florida Lake, Johannesburg. With no communication with the outside world for the duration of the course, it was a challenge not only for this intrepid teenager but her brave family and fellow Scouts too.

The PLTU courses are among the finest challenges on the South African scouting calendar. They are filled with exciting outdoor activities that support the specialised leadership training the participants receive during ten tough but achievement-filled days. The courses are staffed by fellow scouts and rovers who have previously risen to the PLTU challenge.

We can't wait to hear all about her experiences and to have her amazing stories told to the younger scouts and cubs of Sedgefield to spur them on and inspire them to take part in this leadership programme in the future.

Welcome home, Deena!



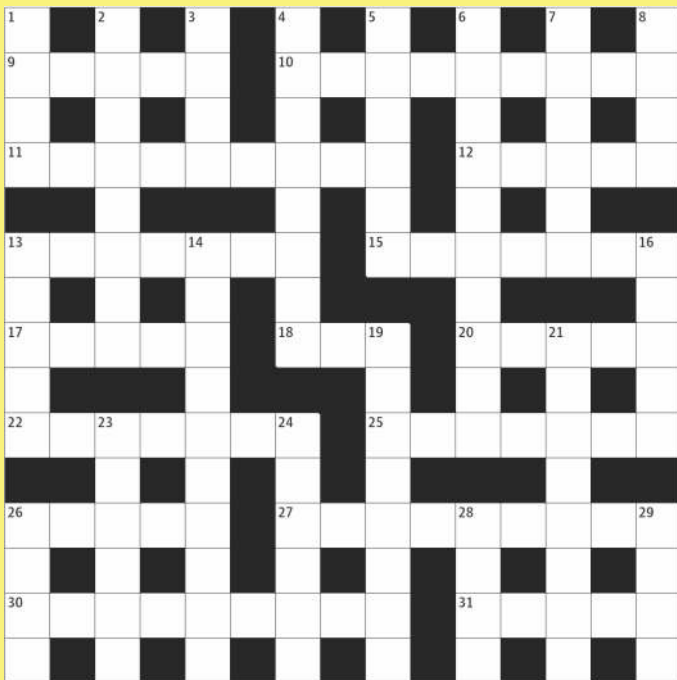
TED'S BRAIN CRUNCHER

Across

9. Speak at zero speed . (5)
10. Making a noise about kidney related matters might end in SUCH a rush. (9)
11. Mad that you forgot something. (3,2,4)
12. Punch.... er.... the rabbit? (5)
13. To some, a floater is on the cards. (7)
15. When that sort of salesperson shows turnover, the fellows are in theirs! (7)
17. Where you're at when they can't find you, big guy? (5)
18. You are turning back time. (3)
20. Tie down the bits you are going to return. (5)
22. Such a beast resulted from Rudolph's cut-backs. (3,4)
25. I replaced nothing for the little kid except a small fish. (7)
26. Average temperature might be a con. (5)
27. Jill's boyfriend has returned with a student actor. (4,5)
30. Within a unit I have gained motivation. (9)
31. If you let me, I shall owe some letters to you. (5)

Down

1. Would one flying go as close to the ground as we heard? (4)
2. One example may zip about quickly. (8)
3. The sort of service a person may offer the same person. (4)
4. Patricia (my insubordinate niece) used up all I had. (8)
5. Cross that the bride managed to get the leading groom inside. (6)
6. Though the light was confusing, the 'turn-over' pudding at least left us relaxed.



(10)

7. Are you all sure the Pole left the attraction? (6)
8. Hey! We're both on a break. (4)
13. Bear with me on the caps. (5)
14. Having first left a boiling car, I began packing it in without any caution. (10)
16. To narrow it down a bit, get a permit. (5)
19. Stories about tiniest of things are without the perfect beginning. (8)

21. Trustworthy, though they are libel perhaps. (8)
22. Dame Judi has a right to pour it on. (6)
24. To come back into the fold they will have to rein young Josephine in. (6)
26. Note Eve's origin was a bed. (4)
28. "I lost nothing on my way up," Greta would boast. (4)
29. Being a bit sick, I will consume exotic fruit. (4)

Across: 1. Wanderlust 6. Spam 9. Ineptitude 10. Agog
12. Preposterous 15. Ventricle 17. Rotor 18. Reins
19. Absorbent 20. Incandescent 24. Iris 25. Demolition
26. Gags 27. Inveigling

Down: 1. Waif 2. Need 3. Enterprising 4. Let up 5. Side steps
7. Pigeon toed 8. Magistrate 11. Heart rendering 13. Overriding
14. Unhitching 16. Chameleon 21. Clone 22. Kiwi 23. Snag

THE SPORTS EDGE

WATCH OUT FOR THIS FUTURE SPORTING LEGEND!



Brandon Jacobs (13) has gathered up all the trophies that Laerskool Sedgefield Primary has to offer a rising sports star. Having just finished Grade 7, Brandon is set to take the world by storm with these accolades to his name:

Best u/13 rugby and hockey player. Last year he played for the SWD rugby team, and was first lad ever from LSP to play for the SWD 7's team. At the School's 2022 prize-giving Brandon took home the School trophy for Senior Sportsman of the Year as well as the Sportsmanship Trophy.



As if this wasn't enough of an achievement, this talented young man was also the proud and worthy recipient of the Victor Ludorum trophy for Athletics.

Well done Brandon and all of the best at Outeniqua High School in 2023!

PLEASE SEND YOUR SPORTING RESULTS OR ACHIEVEMENTS TO editor@edgenews.co.za for publication by 19 January 2023.

NEXT EDGE: Wednesday 25 January 2023 - Issue 656

PLEASE NOTE OUR DEADLINES

(Careful, they tend to fly by VERY quickly)

DISPLAY ADS: Email to editor@edgenews.co.za by 19 January 2023

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

accounts@edgenews.co.za by Monday 23 January 2023

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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Off the Mat

Sedge Bowling Club News

Welcome back, all you happy bowlers; I hope you had a fantastic Christmas and holidays with family and friends.

EDEN DISTRICT COMPETITIONS: Men's & Ladies Singles, Draw on the notice board starting 14 January. Good luck and good bowling to the players that entered.

CLUB STUFF: The club officially opens on Wednesday, 11 January. The duty roster has been sent out and is on the notice board. Thank you to Francie and Ronel for doing tab duty during the holidays. Also, to Pieter for his daily bulletin on load-shedding.

COMPETITION: The list for the drawn pairs is on the notice board. Games start on 17 Jan. (remember, no pay, no play)

LUCKY BOWLERS: Our past President, Dave Jooste, and Jennie, are off to watch the World Indoor Championships – enjoy and give us lots of tips on how the big guys play the game.

Bye for now
NEAREST THE KITTY

TIDE TABLE

11 Jan - 25 Jan 2023

● Full Moon 8 December 2022

Wed Jan 11 2023
low tide 12:04
high tides 06:01 18:12
sunrise 05:29 sunset 19:44
moonrise 22:42 moonset 09:17

Thu Jan 12 2023
low tides 00:15 12:41
high tides 06:36 18:46
sunrise 05:30 sunset 19:44
moonrise 23:08 moonset 10:13

Fri Jan 13 2023
low tides 00:48 13:23
high tides 07:15 19:25
sunrise 05:31 sunset 19:44
moonrise 23:33 moonset 11:10

Sat Jan 14 2023
low tides 01:25 14:15
high tides 08:02 20:14
sunrise 05:32 sunset 19:44
moonrise 23:58 moonset 12:08

Sun Jan 15 2023
low tides 02:12 15:24
high tides 09:00 21:24
sunrise 05:33 sunset 19:43
moonrise - moonset 13:09

Mon Jan 16 2023
low tides 03:21 16:58
high tides 10:13 23:02
sunrise 05:34 sunset 19:43
moonrise 00:27 moonset 14:13

Tue Jan 17 2023
low tides 05:01 18:29
high tide 11:33
sunrise 05:35 sunset 19:43
moonrise 01:00 moonset 15:22

Wed Jan 18 2023
low tides 06:31 19:34
high tides 00:36 12:47
sunrise 05:36 sunset 19:42
moonrise 01:40 moonset 16:33

Thu Jan 19 2023
low tides 07:37 20:27
high tides 01:43 13:49
sunrise 05:37 sunset 19:42
moonrise 02:28 moonset 17:45

Fri Jan 20 2023
low tides 08:31 21:12
high tides 02:35 14:44
sunrise 05:38 sunset 19:42
moonrise 03:29 moonset 18:52

Sat Jan 21 2023
low tides 09:21 21:55
high tides 03:21 15:34
sunrise 05:39 sunset 19:41
moonrise 04:39 moonset 19:50

Sun Jan 22 2023
low tides 10:08 22:35
high tides 04:05 16:20
sunrise 05:40 sunset 19:41
moonrise 05:55 moonset 20:38

Mon Jan 23 2023
low tides 10:53 23:14
high tides 04:48 17:04
sunrise 05:41 sunset 19:40
moonrise 07:12 moonset 21:19

Tue Jan 24 2023
low tides 11:38 23:50
high tides 05:31 17:45
sunrise 05:42 sunset 19:40
moonrise 08:26 moonset 21:53

Wed Jan 25 2023
low tide 12:21
high tides 06:13 18:24
sunrise 05:43 sunset 19:39
moonrise 09:37 moonset 22:23

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Hilna 082 722 4611
Tania 062 974 8899
Groenvallei • R 3.5 million

EXCLUSIVE MANDATE

1SH1595655
Bedrooms 3 • Bathrooms 3 • Garages 2
Home with stunning view and top end finishes in excellent condition in a gated estate.
Hilna 082 722 4611
Tania 062 974 8899
Cola Beach • R 4.5 million

ON SHOW Sat 14th Jan 12h00 - 15h00

EXCLUSIVE MANDATE

1SH1597845
Bedrooms 5 • Bathrooms 4 • Garages 2
Magnificent family home with separate flat plus additional teen pad.
Peet 084 811 9973
The Village • R 3.65 million
www.pamgolding.co.za/sedgefield

SAVING SEA TURTLES

RESCUE HOTLINE: 083 300 1663

Visit our website for more information: www.aquariumfoundation.org.za

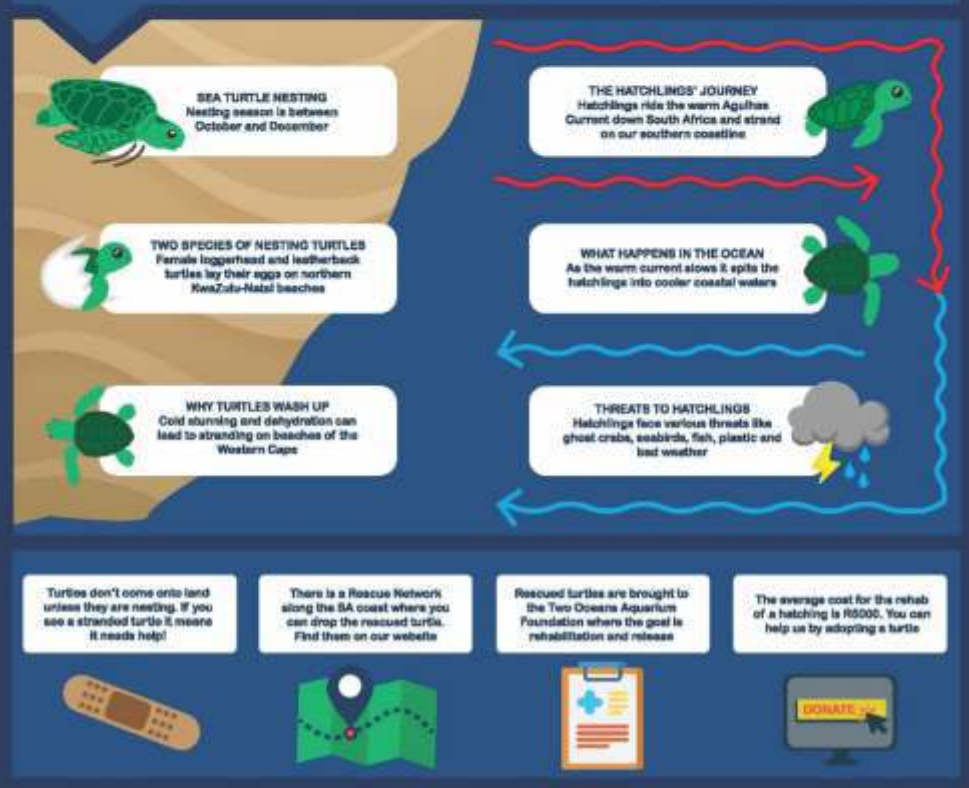
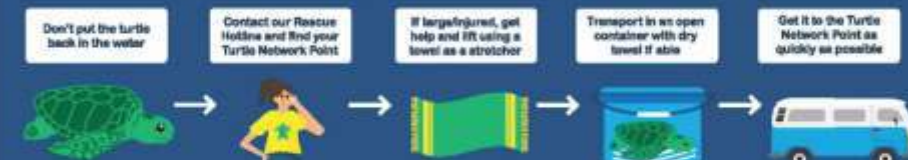
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WHAT TO DO IF YOU FIND A TURTLE HATCHLING



WHAT TO DO IF YOU FIND A LARGE SEA TURTLE



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