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Not telling anyone where the buried treasure is since 1998

Issue 670

www.edgenews.co.za

26 July 2023

‘SAMS’ (Sedgefield Animal Matters) and their friends from Spar teamed up on Mandela Day to fend for pets in need. Thanks to the generosity of the local, animal loving folk of Sedgefield, they were able to reach their target: 100 cans of petfood in 67 minutes. These were then distributed in poorer communities where pet-owners were delighted to ‘dish out’ a Mandela Day dinner to their furry family members.



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In times when South Africa is going through so much uncertainty - loadshedding, high inflation and questionable politics seem to be uppermost in everyone's mind, it is wonderful that so many people still take time out on 18 July to remember and indeed practise Nelson Mandela's legacy of kindness and care for those who are less fortunate.

We salute all who did their bit in and around our village for 67 minutes and much more - from the Sedgefield Lions to SANParks to the Sedgefield Animal Matters crew, and indeed so many others who - either as individuals or as groups - took on the challenge to make a difference in their home town. *Dankie - Thank You - Enkosi!*

Lew Geffen

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Notes from T'Ed's Head

We went on holiday, Mrs Ed and I.

Did you miss us?

No? Well I suppose we weren't gone THAT long. Out on Monday, back on Wednesday could hardly be described as a lengthy sabbatical, could it?

We went for health reasons, if the truth be told. My health.

Oh – thanks for your concerns – no need to send flowers though (if you insist I have heard that a six-pack of Amber Nectar is an exceptionally good tonic) because I am not actually sick – it's just that Mrs Ed had remarked more than once that if we didn't go away soon she'd knock my block off.

Having checked all the options we chose Addo over The Algarve. Not only because it came first alphabetically in the Lonely Planet book on 'interesting places to visit', but also because we couldn't find an airline that would give us plane tickets for R300.

We left at the crack of dawn on Monday at 10.30am and drove and ate and drove and ate and drank coffee all the way to the Eastern Cape. It was very exciting. Mrs Ed and I worked out along the way (in between eating and drinking coffee) that it had actually been seventeen years since we had been to a game park.

"Why have we left it so long?" I mused around a mouthful of muffin.

"Because," said Mrs Ed, wiping clusters of croissant crumbs from her mid-day moustache. "Because the last trip was so lame, remember?"

She was right. It WAS lame. Not for us – but for our kids, who had both been teens at the time.

Let me explain.

We grew up, like many of you, in the times of old – what we call the ABC (Age Before Cellphones). So as teens, when our parents suggested, nay INSISTED that we go away with them for any length of time, we begrudgingly left our friends behind, assuring them that the impending trip



would not be cool "It's going to be so lame, spending so long with those old fogies" we would complain.

But once in the car – we would actually enjoy ourselves.

a) because we would be out of the CIA (Circle of Influence of our Age-group) and

b) because if we showed any sign of not enjoying ourselves a hefty clip around the ear, compliments of one old fogie, would result.

And of course it didn't matter that we did enjoy ourselves – because none of our friends would ever find out that we had stooped to such uncool depths as to actually smile and laugh and sing along with people lame enough to be over the age of 30.

But our kids were of the new era. A teen generation destined to always remain connected via their cell phones. So while we drove along happily singing excerpts from Shrek, sharing the latest (oldest) Dad Jokes and even delving into such ancient classics as 'I Spy with My Little Eye', they would not participate, because they were far too busy messaging their friends about how phenomenally lame their parents actually were.

But I digress. This trip was just Mrs Ed and I, and better yet, I had made sure that I mistakenly left the cooler box collection of Mrs Ed's pre-prepared 'padkos' in the driveway (there was the danger that someone would leap over the fence and steal it – but if you choose a criminal path you get your just desserts, don't you!) (See what I did there?) (Just Desserts?) (Yes, hilarious indeed) (Thank you for saying so). So with frequent stops to fuel

DAWID MALAN OPTOMETRIST
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our four hour snack-a-thon, we arrived at our destination in fabulous form, and were up with the sparrows (the ones that get up around 11-ish) the following morning to embark on our first game drive.

It was at this time that I realised two important things:- Our eyes had perhaps deteriorated in the last 17 years, and Mrs Ed's FBIM (Fear of Being Inadvertently Mauled) had increased tenfold.

This led to some interesting incidents, to say the least.

"IS THAT A LION??" she cried, pointing along the road with one hand, digging the fingernails of the other deep into my thigh and locking all the doors with the third (yes – she is tripidextrous, my wife), "STOP THE CAR! STOP – THE-CAR!!!"

So we stopped at least 50metres away from the savage beast, and waited for it to cross the road, whilst Mrs Ed tearfully gushed out garbled (and perhaps exaggerated?) stories of You Tube videos she had watched, in which big carnivores ripped open car doors and bitten chunks off the innocent passengers.

We sat for almost an hour, because the blood-thirsty creature seemed determined to out wait us – probably having not eaten a tourist for several months. In the end we had fifteen cars behind ours – that's what you do in game parks, isn't it? Never go past a stationary vehicle until you see what they have stopped to stare at so intently.

Eventually I started easing forward, hoping that the movement of the EDGEMobile might at least get the lion on its feet. But it didn't stand. Indeed it just lay there, like... like... like an anthill.

Exceptionally embarrassed, as we drove past the vicious heap of sun-baked earth I quickly wound

down (no – what does one do with car windows these days?) the window and pointed at nothing in the bush on the other side of the road, so the cars behind would believe my phenomenal game-spotting skills had located something they, as lesser-mortals, were unable to see.

Mrs Ed was curled up in foetal position sucking her thumb.

But eventually I coaxed her back to the upright position and we spent a wonderful few hours bumbling along the dirt roads, eating and drinking coffee whilst trying to recognize various blurred images on the horizon. Fortunately I had my camera with me, so I would snap away, then, with the assistance of reading glasses, we could 'zoom

in' on the Nikon's LCD screen and identify what creature (or tree, or rock) we had seen.

Despite our lack of vision, we had eventually notched up numerous elephants, buck, a pair of jackals, a VERY giraffe-like tree and at least twenty seven potential lion (there are a lot of anthills in Addo).

In fact, Mrs Ed was quite chipper as we headed back towards the game-park gate. We hadn't been too close to anything that might feel the need to digest her good self, and she was rather proud that SHE had been the one to point out that the pair of rhino I had spotted doing – well, what mommy and daddy rhinos do sometimes – were in fact two (rather intimately placed, I thought) large boulders that had clearly given up of any copulation hopes several millennia ago.

Towards the end of the day, as we rounded the corner a km or two from the gate she suddenly exclaimed, once again, pointing ahead of us.

"Wow! Now THAT's what I call

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an elephant!" But before I could even lift the camera to capture the mammoth-sized beast, my good wife lost it all over again.

"NAARTJIES! OH MY GOODNESS! THE NAARTJIES!" she bellowed.

Having never heard of anyone being attacked by a herd of rabid naartjies, or any other citrus for that matter, I ignored her and continued taking pictures of the beautiful pachyderm that was slowly, but oh so gracefully lumbering up the road ahead of us.

"STOP THE CAR!" She screamed, probably causing a buffalo stampede elsewhere in the park, "WE HAVE NAARTJIES. ELEPHANTS ATTACK FOR NAARTJIES. THE SMELL DRIVES THEM CRAZY AND THEY CHARGE AND TURN CARS OVER WITH THEIR TUSKS AND SMASH THEM AND BREAK THEM AND STOMP ON THEM JUST TO GET THE NAARTJIES. I SAW IT ON YOUTUBE!"

Fortunately for us, whilst staring at the camera's LCD screen through my reading glasses I had an epiphany: Tour buses don't have tusks, even if they are big and grey.

And hopefully, I mused, the tourists on board would, rather than turning our car over and stomping all over us, simply ask if they wanted a nartjie THAT badly...

They'd be mad if they didn't!

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MURDER DOCKET OPENED

SAPS has issued a statement indicating that the cause of death of the deceased body found near Sedgfield Rivermouth on Monday, 10 July, has now been listed as Murder. The victim has been identified as Johannes Le Roux (61).

As reported in last edition of The EDGE, it was initially believed that the man had perished from exposure to the elements after his decomposing body was discovered near a cave above the river mouth beach by a passer-by on a morning walk. The walker reported his finding to the authorities who immediately dispatched officers to the scene. According to Sergeant Chris Spies of SAPS WC Media:- "Police found the body concealed under branches.

It was later established that the victim sustained stab wounds to the back and shoulder, and head injuries believed to be inflicted with a blunt object."

He added that an autopsy has been conducted to determine the cause of death, and the outcome of the awaited report will form part of the ongoing police probe.

"We urge the public to come forward with any information which could lead to the arrest of the assailant/s. Anyone with information may contact the investigation officer, Sergeant Vusumzi Xokozela, at the Knysna Detective Branch at 044 302 6652 or Crime Stop at 08600 10111," he said.

At time of going to press Sergeant Spies reported that there had been no further developments on the case.

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SEDGE TOURISM OFFICE CLOSES

Sedgfield's Info Office has announced the sad news that they will be closing their doors as of the end of July.

In their letter to members Belinda Hobson and Bronwyn Lloyd explained why.

"It has been just over 8 months since we opened a much needed Tourism Office for our town. During this time, we do believe we have shown how important and valuable this office is for tourism in our town.

During this time Cycleworx Sedgfield has supplied office space at no cost along with WIFI, electricity etc. We have for most months been able to cover Henwills salary out of the membership fees. We want to thank Heila Hartlief for the mosaic signs, Blitsdruk Knysna for the signage and printing and Ian Perryman for covering the cost of a feather banner. Also a big thanks to Stuart Lidstone for his unwavering support to cover costs when the situation was dire.

Through the winter months

membership has dropped off and we have paid Henwill's salary from our personal finances. This is not sustainable and we cannot continue to personally cover the costs to keep the info centre operational.

We have had many promises of financial support from municipal budgets that have not materialised. So far we have been able to cover the costs because of the support of some loyal members that still continue to support the office.

Both Bronwyn Lloyd and Belinda Hobson have not personally had financial gain from the business and therefore cannot sustain the costs to continue running this office.

We were allocated a total of R15 000 by the Ward Councillors in November 2022 but received no funds at all to date. We have been negotiating with the municipality for financial support to no avail. Knysna Municipality is not prepared to

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support a Tourism Office in Sedgfield.

Unfortunately we are forced to close the office at the end of July 2023. Any member that has prepaid membership beyond the closing date please contact Bronwyn or Belinda in this regard.

We are concerned that Henwill will be unemployed and if anyone is in the position to assist

with finding a position for a hard working diligent person please contact us for a reference.
Belinda and Bronwyn

STOPPRESS
Many members have suggested a meeting to workshop ideas for the continuation of the Sedgfield Info Office. If you would like to join this group at 11am 27 July at Pelican Lodge, please RSVP to 074 456 2253.

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A large, colorful mosaic sculpture of a reclining elephant, surrounded by a yellow caution tape and a sign that reads "NO ENTRY UNDER REPAIR". The sculpture is made of many small, multi-colored tiles and is set in a grassy area with trees in the background. A yellow caution tape with the text "CAUTION" is strung across the foreground, and a white sign with black text is attached to it.

Masithandane is calling on mosaic artists and interested volunteers to please come and assist.

We look forward to seeing you
on Friday at 9 am



However, this “Happy Event” can soon lose its attraction as these heronries often become problematic to the humans residing in the area. The guano smell is offensive, the parent birds are noisy as their calls begin at dawn and are incessant throughout the day, and the hatched chicks are messy eaters dropping quantities of their food (particularly fish) onto the ground. This attracts scavengers and the rotting food adds to the offensive smell.

Although *The Island Conservancy* will coordinate communication with Knysna Municipality, the municipality does not offer services on private property. To keep your garden clean and odour free we suggest the following:



- How others can help**
If you are a regular dog walker or hiker, please monitor and report increased nesting

Explain to neighbours what the Conservancy is doing and why intervention, often neglected in the past, is important. By promoting conservation, assisting with environmental initiatives, and inviting local people to discuss and cooperate in future policies – the conservancy is taking up a responsible role in society. Thanks to this, people are starting to see the conservancy as a benefit and not a burden.

The logo for Cobble Sedgefield Paving & Retaining is set against a background of grey and white stone patterns. On the left, the text 'since 1997' is written vertically in a black, sans-serif font. To the right, the word 'COBBLE' is in large, bold, blue, sans-serif capital letters. Below it, 'SEDFIELD' is in a smaller, bold, blue, sans-serif font. Underneath that, 'Paving & Retaining' is written in a bold, black, sans-serif font. At the bottom, the contact information 'Kevin 083 388 5909' and 'cobble@mweb.co.za' is on the left, and 'www.cobblepave.co.za' is on the right, all in a blue, sans-serif font.

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NOTICE OF AMENDMENT OF THE EXISTING CONTRACT

NOTICE IN TERMS OF SECTION 116(3) OF THE LOCAL GOVERNMENT: MUNICIPAL FINANCE MANAGEMENT ACT, 2003 (ACT 56 OF 2003) THAT THE MUNICIPALITY INTENDS TO AMEND THE FOLLOWING CONTRACT:

TENDER NO	DESCRIPTION	SUPPLIER NAME	REASON FOR AMENDMENT
T 90 of 2015	Shared Service Agreement between Garden Route District Municipality for the Collaborator Software License – Municipal Records and Workflow Management Software	Business Engineering (Pty)Ltd	In order to accommodate the procurement and implementation of an electronic Overtime workflow system. Total cost - R 124 660, 58 once off cost (Vat included) funded from the National Treasury FMG.

Notice is hereby further given in terms of Section 21 and 21A of the Local Government: Municipal Systems Act, 2000 (Act 32 of 2000) that the local community and affected parties are invited to submit comments or representations on the proposed amendment of the contract.

CLOSING DATE FOR COMMENTS

Written comments or representations on the proposed amendments can be submitted on or before 13h30 on Friday 11 August 2023 to S Fourie at sfourie@knysna.gov.za or visit the Knysna Municipal Website at www.knysna.gov.za – Do Business – Contract Management. Persons who cannot write may contact the SCM Office during office hours, where the responsible official will assist you in putting your comments in writing.

MUNCIPAL MANAGER
MR OP SEBOLA



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TENDER NO: T 10 of 2023/24:
EXPRESSION OF INTEREST FOR CONSTRUCTION OF HOUSES VIA ALTERNATIVE BUILDING TECHNOLOGIES FOR A PERIOD OF THREE (03) YEARS

Krnsna Municipality hereby invites tenders for Expression Of Interest for Construction of Houses via Alternative Building Technologies

Tender documents can be downloaded from the Knysna Municipality website: www.knysna.gov.za at no cost. Website navigation is as follow: Do Business – Bidding Opportunities - Tenders – Current Tenders.

Technical enquiries relating to the tender documents may be addressed to: Herbert Daries, email: hdaries@knysna.gov.za and Supply Chain queries may be addressed to: Mzwanele Mato, e-mail: mmato@knysna.gov.za

The closing time for submission of bids is **12h00 on Friday, 11 August 2023**. 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**, on or before the mentioned time and latest date. Telephonic, facsimile and late bids will not be accepted. Bids must remain valid for a period of 180 days after the closing date of the bid. Notwithstanding the period of validity of bids as set out in the bid documents, Knysna Municipality reserves its right to extend the validity period, should you not be willing to hold your bid valid in all respects for further period as requested, it will lapse on expiry of the current validity period.

Bids will be opened on the same day at the Supply Chain Management Offices at 12h00. Late or unmarked bids will not be considered.

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

The evaluation of this bid is subject to compliance to tender conditions, failure to comply with the stipulated tender conditions will result in a tenderer being deemed as non-responsive. Tender Conditions are stipulated in the tender document.

Tenderers must achieve a minimum functionality score of **60 out of 90** points for functionality in order to form part of the EOI. The functionality criteria and weighting is set out in the tender document.

Post establishment of the EOI, bids will be evaluated according to the **80/20 or 90/10** preference points system. The bids are subject to the Council Supply Chain Management Policy, Preferential Procurement Policy Framework Act, 2000, and the Preferential Procurement Regulations 2022.

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

Bidders must have a minimum CIDB designation of 7GB or higher.

NO BIDS WILL BE CONSIDERED FROM PERSONS IN THE SERVICE OF THE STATE AS DEFINED IN THE MUNICIPAL SUPPLY CHAIN MANAGEMENT REGULATIONS (GOVERNMENT GAZETTE NO 40553 DATED 20 JANUARY 2017).

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

O.P. SEBOLA
Municipal Manager
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3 WISE WOMEN WITH A VISION

It all started in 2008, when three good friends who shared a passion for the environment, decided to spread the word about the importance of leaving a light footprint on this Earth. The Cola Conservancy was born.

Marion Higgs, Mary McGregor and Karen Rotherham were joined by other volunteers to initiate a number of projects in their first year. These consisted of compiling a list of bird species one may see in the conservancy area, erecting signage to inform people that they were entering a conservancy area, and constructing a 'Poop box' to encourage people to use the bags

(freely dispensed) and to 'pick up' after their dogs.

Lars Nayler, an honorary SANParks Ranger, also assisted the conservancy in labelling all the indigenous trees along the path in the 'Green Bowl'. This is an area of lush green forest that supports many different species of birds and animals.

Over a period of 11 years these three ladies and other local volunteers have worked tirelessly to keep the conservancy going - and growing. They are well-known in the area, and are respected by both SANParks, and Cape Nature, as well as many other conservancies in and around Sedgefield.

In 2019 the committee decided it was time to hand over the reins and take a well-deserved rest, and the current committee has been running the Cola conservancy successfully for the past four years.

Last year, application was made to Cape Nature to incorporate Myoli Beach into the Cola Conservancy, and this was approved in January this year. We are now officially known as the Cola Myoli Conservancy.

A conservancy cannot operate on its own, and it is vitally important that we have the positive buy-in from the homeowners in our area. Our vision is to

- a) Protect the indigenous fauna and flora,
- b) Protect and maintain existing ecosystems,
- c) Promote environmental

awareness among residents and visitors and

- d) Help eradicate alien vegetation.

Contribution to the annual levies allows us to undertake projects like the Ocean Day beach clean on 8th June, which not only brings people together for a worthy cause, but educates our younger generation on the importance of keeping our Earth healthy.

On behalf of the Cola Myoli Conservancy, I would like to thank the three wise women, Marion Higgs, Mary McGregor and Karen Rotherham, whose vision will leave a lasting legacy for future generations to enjoy.

Adrienne Bartlett: Chairperson
Cola Myoli Conservancy

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THE EDGE ANNUAL



IT'S TIME ONCE AGAIN TO
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Please bring new or (clean) second hand blankets to The Edge Offices 63 Main Rd and we will pass them on to Masithandane for distribution amongst those in need.

One blanket can make a huge difference to anyone suffering from winter's chill, and there are so many struggling families

**YOU CAN MAKE A
DIFFERENCE!**

MASITHANDANE BLESSED ON MANDELA DAY

by Moray Swanepoel

Masithandane was blessed to be approached by Phumla Nyanthikazi from SanParks to be the recipient of their Mandala Day Outreach.

Phumla, with her two teams arrived at our premises ready to give a fresh coat of paint and face lift to the faded and dejected Reception area and Community-based Services Manager's Office. Indoor plants were also donated to make the area alive and welcoming.

The gardening team brought a mixture of 30 yellowwood and wild plum indigenous trees and plants. Together with Neil van Niekerk, a Permaculturist who is assisting Masithandane, some of the trees were planted. Neil is busy with a design for our Prayer, Food and Safe Park Gardens and other areas on the property to create a harmonious integration of the landscape for the community to provide food and wood in a sustainable holistic way. His design encourages children to engage with the site they spend time in by gardening and learning about various eco

systems and the environment. To start the local Aloe and exotic Agave (spiky plants) have been removed from the beds. (These were donated to Revive Sedgefield who are doing wonderful work beautifying Sedgefield.) Next, to bring in shrubs and other fruit and fragrant trees for short and mid-tier trees. Neil has mapped the contours of the area to create swales, (berms that capture water and help trees grow) major wind directions ensuring fresh wind moves through the play areas as well as sun movements

to have shade and sun where it's needed most during the seasons. Results from the study of the area show that new landscape of trees will provide shade, food and a natural bird life.

As Nelson Mandela said "What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others." To all who contributed you have made a difference to many a life and for that we thank you.

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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.

I 've learned ...

That the easiest way for me to grow as a person is to surround myself with people smarter than I am.

by Andy Booney

DIARY DATELINE

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

Every Monday
1:30pm Duplicate Bridge at Catholic Church hall. Enquiries (Whatsapp) to Toni 0722465024.

Wednesdays
8 for 9am Golf Day @ The Links. All members welcome.
5:30pm Sedgefield Striders Walking / Running time trials on road adjacent to Bowls Club. Beginners welcome.

Thursdays
6:30am Eden Cycling Club Group Social outside departs Cycle Worx. All welcome.
8 for 9am Sedgefield Gentlemen's Golf @ The Links
12:30pm Social Bridge School at St Anthony's Catholic Church hall. All levels welcome. Lessons 12:30, Play from 13:45. 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-2pm Scarab Craft Market
13:15pm Bowls. Tabs in.

Every 4th Saturday
3pm or 4pm Garden Route Centre of the Astronomical Society of Southern Africa. At Catholic Church, C/o Sysie & Flamingo St. Visitors welcome. Please call Peter 083 445 4634 to check meeting time and for more info.

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

Sunday 6 August
8am-12 Gardeners and Crafters Market + new Kiddies Sunday Market (under 12s) at Steam Whistle Stop. 072 487 0395

Sunday 13 August
8am-12 Car Boot Sale at Steam Whistle Stop. 072 487 0395

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

Good Day Editor,

With regard to your article in the Edge (last edition) on the forceful approach to the registering of all other means of obtaining electricity. There is now a fall in income to Eskom and the Knysna Municipality due to the fact that people now realize things are not going to get better as very little is being done to rectify this sorry state we are in.

Now many people have, (and others will follow) tried to not be dictated to by Eskom and improve their lives by finding another way of manufacturing electricity, such as wind turbines, or Solar banks. which will cost them thousands of Rands.

The Knysna Municipality has seen an opportunity to attach a levy to these people, but first they must get them all to register with all their details as to what course they have taken to obtain electricity, and is threatening them with a hefty fine and the dismantling of their personal means of obtaining electricity if they fail to comply.

Those that have Pay as You Go meters have paid a levy for the availability of electricity +Vat for years now, which is forever increasing.

The Municipality ignores any request to go back to the normal billing, because they want all people to be on Pay as you Go so they can collect on this levy, which will also happen once the Pay As You Go water meters are up and running.

The only light at the end of the tunnel is the one created by the thousands of people that can afford one of the multitude of goods you can buy that emit light.

Regards,
Gen Owner

Dear Editor,
George Municipality "butchers" indigenous trees

The recent storms in our area left many households without electricity as trees fell onto power lines disrupting supplies. Based on my own personal experience the main culprits are, as always, introduced and invasive wattles and pines. You

see, our shallow soils, at least in Wilderness Heights, prevent the development of extensive root systems, so these large trees are ill-equipped to support such a large amount of above-ground biomass, especially in strong winds. Despite it being illegal, according to the Alien and Invasive Regulations, as contained in the National Environment Management: Biodiversity Act, to have any of these species on your property without a permit, they are everywhere on private and public land. These large trees, even when not growing directly under power lines, but some distance away from them, because of their size, provide a constant threat to power lines. So, you would think that the Electricity Department would also focus on these trees, not only those growing directly under power lines. Logic would also tell you that by applying herbicides to the cut-stumps of those invasive alien trees that are felled, to prevent coppicing, they would save themselves a lot of time and money going forward. But alas, maybe this is too much to ask.

Anyway, it is rather obvious that large trees pose a threat to our power lines but when native trees, and even large indigenous shrub species, that pose no threat to our electricity infrastructure, are "butchered" then you need to ask yourself is there is a method behind the madness. Well, this is what our Electricity Department recently did along Whites Road, not considering the fact that most of these shrubs and trees posed absolutely no threat to our power transmission. I was even told that the unsightly cut branches would be removed, three weeks later they are still there

It does raise the question once again, if GM really cares about our natural environment. Have they heard about climate change or the 6th major extinction? I mean, what has changed in the way they operate in the last 10 years. From where I sit it's business as usual, climate change is something that happens somewhere else, as does biodiversity loss. Objections and concerns from SANParks, Cape Nature, and other concerned residents to developments are, in

most cases, simply overruled or ignored. This in areas adjoining the National Park and in the Garden Route Biosphere Reserve. When I look at this I ask myself if GM is simply ignorant, or just plain arrogant. They clearly think that the know better than anyone else. GM may do well to consider this native American saying – "when the last tree is cut down, the last fish eaten, and the last stream poisoned, you will realize that you cannot eat money."

Dr Arne Witt

The Editor,
Reply to Knysna Municipality - Sedgefield roads!!!!

In the most recent version of the Edge, Knysna Municipality has replied to my article about the poor state of roads in Sedgefield. It is a great pity that the Municipality did not tell Readers the truth about what they have done!

In regard to the main service roads north & south of the N2, the Municipality *did not* re-seal the roads in question. (Abt 1.4km on N & 1.3km on S)

On the north side, less than 2/3 of the length of the road was **RESURFACED**, not resealed. The resurfacing consisted of a hot-laid premix surface of about 20mm thickness. This resurfacing certainly improved the "ride", but regrettably, did not deal with the pools of water that still dot this section of road. This work was done ahead of any work on the south side service road.

We heard that the whole length of the north service road was not completed, as the Municipality found that the amount of premix needed was more than they expected, due to the much worse surface of the road. If this is true, one wonders why the Municipality did not carry out a more comprehensive assessment of this section of road before work started??? But why has the rest of that north service road not been resurfaced??? (An on-site inspection indicates that the resurfacing in fact went as far as Makou Street.)

In regard to the south service road, again only part of that road

was attended to. The road was **RESURFACED**, again not resealed. The resurfacing from the east end, stopped at the intersection with Vink Street, near the SPAR. In this case, at a recent meeting of Ward 2 ratepayers, we were told that the western section of this service road had not been resurfaced, because the road surface was in such poor condition due to undermining by moles.

One wonders what the Municipality were doing on a section of this road about a year ago, when we were told that they were installing "mole barriers". Part of this road was closed to through traffic for a while when this work was being carried out! In regard to "pot-hole repair", I personally have not seen any "stabilised gravel" used before an asphalt overlay was applied. Possibly this was the intention????

The closing remark by the Municipality in regard to being committed to ensuring safe and smooth travel for all is a nice thought. Pity it is not done!!!

On top of this, the Municipality still has not done much about restoring the road markings along these **RESURFACED** sections of road. A dotted centre line is all that has happened. No edge markings and no parking spaces have been done.

Terry Cockcroft, Pr. Eng., B. Sc. (Civil)

The Editor
Tar Roads in Sedgefield

It was with fascination that I read the response from the municipality to Terry Cockcroft's letter to the Edge, "Sedgefield roads are a mess" published on the 12th of July.

- Cost-effective approach
- Minimising repetitive repairs, etc

Rain was pointed out as being the main culprit for the state of our roads ...

In the last seven years, our roads have not been well maintained. A Civil engineer gives his experience and assistance for free and what happens – a typical political and maintenance ignorant answer is given. Instead of accepting the current status and facts, namely:

- The roads have been neglected
- If the current filling is working so well, why are potholes forming within the so called cost-effective new way of filling the potholes?

Why are the "Apache team" not taking inputs from a qualified, professional person who has more knowledge than the average pothole-filler?

Feedback on the N2 given was not relevant in the response feedback given and the sealing process currently happening is far too late anyway.

What happened to the moles-catchers/controllers, if moles are contributing towards the deterioration of our roads?

It is shocking and shameful to find that people looking after (road) maintenance believe that they can continue to deliver a poor service/quality of work and that Sedgefield residents will stay happy with this.

Where did Sedgefield's maintenance and new project's budget go to? I know and heard at the rate-payers' meetings, that some budgets were just dissolved!

It will be interesting to hear some ward councillors deliver the same old speeches and promises, when canvassing for election support next year. How can we believe them when they will once again promise improved infrastructure and that road maintenance projects will be attended to.

Thank you to the councillors who give regular feedback to the local people and trying their best to make Sedgefield a better place to live in.

Bertus Buckle



BRUSHSTROKES

As usual, the Sedgefield Art Society held its monthly meeting at the Catholic Church on the 10th July.

After a word of welcome to 14 of the existing members and a warm greeting to the newest member, the Chairperson, Corrie du Plooy, introduced Sheila Cooper Collins who gave a hands-on demonstration on the process of painting on silk.

Seen here are some of the members taking part and having loads of good creative fun, painting scarves. One of the scarves was won by Court Ruscoe in a lucky draw (see glamorous picture above) 073 256 6021.



THANK YOU SMUTSVILLE

by Paul Cannon

Our creche's Annual Sports Day Committee says thanks to everyone in our community who supported our big event, held on 11 March. Your support was fantastic and the proceeds allowed us to donate a wheelchair to Masithandane's HUG Care & Respite Centre as our Madiba Day contribution.

We chose this as we saw we had a few oumas and oupas at the sportsday, cheering the kids on from their wheelchairs. It was so wonderful to see them out there.

Monies raised by the raffle ticket sales and gate entrance fees also went towards the purchase of wax crayons and box puzzles for the creches.

Thank you Smutsville. You all

helped make this possible and proved that when our community pulls together things happen, and that every little bit counts.

Please support next year's Big Creche sports day event - it's going to be a whopper! To all our creche owners and support staff thank you - the class rooms and facilities are looking great. Please keep up the good, hard work and dedication.

Once again anyone with unwanted kids toys please contact Paul of Project Starfish, 082 222 3113. More 2nd hand toys are urgently needed to buy, please help us.

Annie Solomons, creche committee leader handing over the wheel chair to the Masithandane care centre.



IT IS A WRAP FOR THIS YEAR'S KNYSNA WINE FESTIVAL

The Knysna Wine Festival, a prominent event during the Knysna Oyster Festival, sold out both evenings at its venue, The Premier Resort the Moorings Knysna.

Attendees were thrilled about the opportunity to taste a variety of exceptional wines from both local and international wineries. Renowned winemakers, sommeliers, and other industry experts from the festival were present, offering their expertise and taking guests on a wonderful journey of tastes and fragrances. Guests got the red-carpet treatment with sponsors, Audi Centre George and BAIC Centre George exhibiting a gorgeous range of vehicles at the entrance. The event's planners would like to express their profound gratitude to our fantastic venue, The Premier Resort, The Moorings Knysna, as well as to their sponsors, Audi Centre George and BAIC Centre George. Thanks to all our guests, wineries, and exhibitors for participating in our annual event.

Sedgefield Information Office ran the Lucky draws at the event this year and ticket holders had the opportunity to win wine, accommodation, activities, and local products. Each were contacted individually the week after the event. Please follow the @Sedgefieldinfo Facebook page for the full list of lucky winners.

Knysna wine festival would like to thank our amazing staff, from Sedgefield, thank you for your dedication. Thank you to All Sound Security Knysna, Brisk Ice, Harcourts Sedgefield, The Knysna Neighbourhood Watch Bambinani's, Oysters Edge Restaurant, Black n White Visual Media, Sedgefield Information and Knysna Tourism for their support. A big thank you to all the lucky draw

sponsors for your amazing generosity.

The Knysna Wine Festival are also delighted to be able to hire and spend locally giving the Garden Route much needed revenue in the winter months.

For more information on our next events taking place or if you would like to purchase the amazing wines from this year's event, please contact us at admin@Knysnafestivals.co.za

Knysna Wine Festival charity component ensures that each of our events allocates a percentage of funds raised to a local charity. This year a portion of our profits has gone towards the Sedgefield Animal Matters spay and neuter programme.

Plans have already started for 2024 so watch this space.

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Our Sedge Hospice Shop desperately needs your second hand goods. Please drop off at our shop or call 044 343 1722 to arrange collection.

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SEDFIELD LIONS NEWS



by Debbie Olivier

Sedgefield Lions participated in two projects on The Mandela 67 Minutes day on Tuesday. We did a collection of dog and cat food outside Sedgefield Pick n Pay on behalf of Sedgefield Animal Matters. Then a group of Lions also visited the residents of Hug House for a chat and a muffin.

Our next project is on Women's Day, 9 August, when our lady Lions will enjoy a tea and entertainment at the TLC fundraiser. Our Gent Lions will be out and about in town with a surprise for some lucky retail ladies and retirement home residents; let's hope you are one of the lucky ones!

TEST RUN FOR NEW COMMUNITY LIBRARY

At 10am on 24 July, the Kleinkrantz Community Circle held a 'test run' for their new community library. Says project leader Brian Mushfieldt.



"Residents were invited to view the inside of the revamped container for the first time. They viewed, registered, each received a magazine to take home and were invited to return on Wednesday to borrow books. After enjoying a snack and tea/coffee we could conclude a successful trial run!"

The official opening ceremony will take place at a date still to be determined.



With assistance of 'Nature's Valley Hand Up volunteers,

there is currently a number of ongoing projects in that community.

Says Brian "We are also creating two Kiddies playparks which, though at different stages of completion, are already in use, two woodburning stoves are being built to spread the workload of the soup kitchen serving the community, composting toilets are being tested for future roll-out;- first to the seniors and thereafter to others."

Other plans include building and equipping a table-tennis table, fixing basketball hoops with backing boards, installing netball practicing hoop and a carrom board for the older kids.

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NB. Classified adverts for the next issue need to be in by Monday 7th August 2023. Emailed classies will not be placed without proof of payment

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

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



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19. Home & Garden

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22. Home Improvements

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25. Motor Cars/Bikes

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

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)

The Groomer - Mobile Pet Grooming. 064 607 6472



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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

29. Property

FACE BRICK HOUSE R2.25m in Gated complex. Situated in Grootbrak River. 2beds, 1,5 bathr, fully plumbed single lock-up garage with personnel door into kitch. Contact: Bryan Eatwell (MPRE) valid FFC reg. with PPRA 0834495980

30. Restaurants & Taverns

Breakfast with Louisa @ Station now open on Saturdays!

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).

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.

COP- Community Orientated Policing. Fighting Crime in Sedgfield. 074 506 7242

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

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

Calling all boaters



I am offering a reward for the finding of our boat (see picture), it may have been 'borrowed' and not put back properly. Thanks. Paul Cannon 082 222 3113.

TOYOTA VEHICLE OWNERS OF SEDGEFIELD - You - yes you!



Are you tired of traveling for your services or waiting in or around town for your vehicle to be ready? KNYSNA TOYOTA offers a pickup service for your vehicle. Renaldo Calitz resides in Sedgfield and will pick up your vehicle to be serviced @ KNYSNA TOYOTA.

If you want to know anything TOYOTA – Buying, Selling or Service related –

KNYSNA TOYOTA

Please call Renaldo on 044-3821122 or 0845974734

== SEDGEFIELD == TENNIS TIDINGS

Due to a wet July the men's Tuesday challenge never took place, but the Ladies were far more fortunate having a beautiful morning for their challenge. Great tennis was played with Robyn Hewson once again coming out on top, with Carol Elion in second place and Deirdre Human third.

The updated ladders read as follows :
Ladies : 1. Michelle Lutener 2. Anita Flockhart 3. Carol Elion 4. Elaine Hannah 5. Lanie Farelly 6. Geraldine Thompson.

Mens : 1. Len Dekker 2. John Djurak 3. Ian Sparks 4. Marcus Eibig 5. William Rhodes 6. Gary Hager.
As always, these are positions are keenly contested.



FIRST AID FOR SEDGEFIELD'S FIRST SCOUTS



ByMelanieBaumeister

The 1st Sedgefield Scouts are working towards their First Aid Interest Badge. This is just ahead of the upcoming Outeniqua District First Aid Competition which is being hosted in Sedgefield on Saturday the 5th of August.

All the Scouts from the district, Mossel Bay, George, Oudshoorn, Knysna, and Plettenberg Bay will be descending upon our village to take part in the event.

The 1st Sedgefield Scouts will be setting up stations all over town dealing with possible emergency scenarios, from near drownings and dog bites, to accidental fires and car accidents. The event is always well attended and is an amazing opportunity for all involved to learn and become

better young citizens in their communities.

A big thank you to Jonathan Britton (SANParks and Sea

Rescue) who kindly hosted and ran the course for the Sedgefield Scouts, sharing his extensive knowledge of FirstAid.

Off the Mat

Sedge Bowling Club News



After a very busy week things have gone quiet in the bowling world, maybe the cold rainy weather (fortunately no snow) made us all stay at home with hotties, electric blankets and a cuddle to keep us warm. Actually, 6 players pitched on Wednesday, well done to them.

A BIG THANK YOU TO OUR MEMBERS.
Our Joker Winner – Dawid Malan generously donated his winnings back to the club to go towards getting the batteries

for the inverter, and to Doug Griffin for the sound bar for the TV. Many thanks from all of us.

Thanks to Frank Wittefeen for connecting the battery etc. so that we are able to watch during load-shedding and top up the bar profits.

PERSONAL TRUST – Prof Stadler from Personal Trust paid us a visit on Wednesday. As most bowlers are aware, they are great sponsors of bowls in our district. The afternoon winners were very happy with their bottles of wine – well done and thanks to the sponsors.

CLUB COMPETITIONS – Mixed Pairs is coming to the final rounds.

EDEN DISTRICT NEWS - Congratulations to CHARLES

FONTINI. Charles was voted in as Vice President of the Eden District. Congratulations and may you have an enjoyable and successful year. “We will be watching you”.

LADIES DAY – 10th August – There is still room for more teams please.

SICK MEMBERS;- We have quite a few members that are on our sick list. Please remember we have a great support group and if you are in need of anything or know anyone alone and sick, please call us and the ladies will swing into action.

That’s all for this week –LOVE & LIGHT

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KNYSNA MUNICIPALITY BY-LAW ON SPATIAL PLANNING & LAND USE MANAGEMENT (2021)
PROPOSED SUBDIVISION & REMOVAL OF RESTRICTIONS: ERF 1530, SEDGEFIELD

Notice is hereby given in terms of Section 45 of the Knysna Municipality By-law on Spatial Planning and Land Use Management (2021) that the abovementioned application has been received from:

Applicant's Name:	Steward & Lynette Valentine
Contact Details:	c/o Planning Space (Pty) Ltd
Email:	lundi@planningspace.co.za
Reference number:	Application number 2905
Property Description:	Erf 1530, Sedgefield
Physical Address:	20 Cnr of President Burger & Sariel Cilliers Street, Sedgefield
Nature of application:	

(i) Application for a **Subdivision** of Erf 1530, Sedgefield into two portions (Portion A with an extent of 612m² and a Remainder of 669m² in terms of **Section 15(2)(d)** of the Knysna Spatial Planning and Land Use Management By-law (2021) as indicated on the Subdivision Plan Nr. SUB E1530SED dated 15 June 2023; and

(ii) Application for a **Removal of Restrictive Title Deed** condition D(9) from Title Deed Nr. T52125/2012 of Erf 1530, Sedgefield in terms of **Section 15(2)(f)** of the Knysna Spatial Planning and Land Use Management By-law (2021), to allow the proposed subdivision.

<https://www.knysna.gov.za/do-business/planning-development/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 Spatial Planning and Land Use Management (2021). Comments must be addressed to the Municipal Manager and submitted via email at knysna@knysna.gov.za and lmniki@knysna.gov.za on or before **25 August 2023**, 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, Linda Mniki at 044-302 6383 or via email lmniki@knysna.gov.za

MR. OP SEBOLA
MUNICIPAL MANAGER

KNYSNA MUNISIPALITEIT VERORDENING OP RUIMTELIKE BEPLANNING & GRONDGEBRUIKSBESTUUR (2021)
VOORGESTELDE ONDERVERDELING & OPHEFFING VAN VOORWAARDES: ERF 1530, SEDGEFIELD

Kennis geskied hiermee ingevolge Artikel 45 van die Knysna Munisipaliteit Verordening op Ruimtelike Beplanning en Grondgebruiksbestuur (2021) dat die bogenoemde aansoek ontvang is vanaf:

Naam van Aansoeker:	Steward & Lynette Valentine
Kontak Besonderhede:	cc/o Planning Space (Pty) Ltd
Email:	lundi@planningspace.co.za
Verwysingsnommer:	Aansoek nommer: 2905
Eiendom beskrywing:	Erf 1530, Sedgefield
Fisiese Adres:	Hv. President Burger & Sariel Cilliersstraat 20, Sedgefield
Aard van aansoek:	

(i) Aansoek vir die **Onderverdeling** van Erf 1530, Sedgefield in twee gedeeltes (Gedeelte A met 'n omvang van 612m² en 'n Restant van 669m²) ingevolge **Artikel 15(2)(d)** van die Knysna Munisipaliteit Verordening op Ruimtelike Beplanning en Grondgebruikbestuur (2021) soos aangedui op die Onderverdelingsplan No. SUB-E1530SED gedateer 15 June 2023; en

(ii) Aansoek vir die **Opheffing van Beperkende Titelakte** voorwaarde D(9) van toepassing op Titelakte T52125/2012 van Erf 1530, Sedgefield ingevolge **Artikel 15(2)(f)** van die Knysna Munisipaliteit Verordening op Ruimtelike Beplanning en Grondgebruikbestuur (2021) om die onverdeling 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 Ruimtelike Beplanning en Grondgebruiksbestuur (2021). Kommentaar mag aan die Munisipale Bestuurder gerig word, en per epos ingedien word aan knysna@knysna.gov.za en lmniki@knysna.gov.za, op of voor **25 Augustus 2023**, 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, Linda Mniki by 044-302 6383 of per epos: lmniki@knysna.gov.za gerig word.

MNR. OP SEBOLA
MUNISIPALE BESTUURDER

www.knysna.gov.za

ISSUE 670 26 July 2023

Page 9 THE EDGE

THE EDGE ON HEALTH

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Teen Depression Reaches All-time Global High

Depression has reportedly become the leading cause of illness and disability among adolescents worldwide, and in most cases goes undetected and untreated, increasing the risk of suicide.

Abdurahman Kenny, Mental Health Portfolio Manager for Pharma Dynamics, says while teen mental health was declining before COVID-19, the pandemic exacerbated feelings of sadness and hopelessness.

"Disruptions to routines, missed milestones, extended school disruptions, prolonged social isolation, fear and anxiety over health and finances have, without doubt, taken a cumulative toll on the mental well-being of youth. Extraordinary stress and disruption, as experienced during the pandemic, can be very damaging for a child's psyche that typically thrives on routine and predictability."

A study found older children to be impacted more severely than younger ones, likely because of puberty, hormonal changes, and lack of social interaction. Girls were more prone to depression and anxiety than boys, which

aligns with studies from before the pandemic.

Kenny explains that depression, anxiety and behavioural disorders are among the most common mental health concerns in youths.

"Depressive symptoms, such as sadness, loss of interest in activities that used to bring joy, disturbed sleep, changes in appetite, lack in concentration, irritability, low energy or little motivation to do anything, risky or harmful behaviour, substance abuse and feeling hopeless for weeks on end can lead to suicide ideation if not properly addressed," he says.

In South Africa, where we have limited mental health resources, it's important for parents to become more aware of their children's behavioural changes to provide them with the right support.

Here's what you can do as a parent:

1. Be there for your child. Show empathy and understanding – even if they don't want to talk to you or do much of anything. Depression

makes doing even the smallest of tasks difficult. Validate their emotions, but not their unhealthy behaviour. Ask questions about their mood in a non-threatening way. Don't be judgemental or try to solve their problems; listen to what they are saying and let them know you are there for them while showing compassion for what they're going through.

2. Focus on the positive.

Compliment them on the positive things they do – even if it's just going to school, setting the dinner table or helping with the dishes. Try not to belabour their negative points, but acknowledge that they're trying. Remember – they don't want to feel this way. If they could 'snap out of it' they would, but depression doesn't work that way. Showing love and appreciation for the little things they do well will strengthen your relationship.

3. Encourage self-care.

While it may be difficult for your teen to look after themselves while feeling depressed, it's vitally important. Getting regular exercise, eating healthy meals, sleeping enough, participating in sports and wholesome hobbies that make them feel good about themselves, limiting screen time and social media use, practising gratitude by keeping a journal, encouraging social interaction, and setting achievable goals are all things they can do that will improve their mood and self-esteem.

4. Set boundaries.

Healthy boundaries are essential for youth to form positive relationships with others.

Setting these limits create physical and emotional safety for your teen, so they know what is acceptable and what is not. Even when they are depressed, rules should be respected.

5. Get them the help they need.

Discuss going to a therapist if their mood doesn't improve. If they don't want to go, ask how you can help. If they tell you to back off, don't retaliate with anger. It might just be their way of telling you they need space. Accept their response and give them some more time to think about it. If they don't come back to you, ask your GP to recommend a few therapists. Then suggest these therapists to your teen and ask them to make a choice. It's important to make them feel involved in the process, which sets the stage for effective therapy.

Kenny says there are several kinds of therapy that might be helpful.

"These include interpersonal therapy, cognitive behavioural therapy, and dialectical behavioural therapy, which all play a role in the recovery process. However, a thorough assessment should be done by a psychiatrist in order to recommend the most appropriate treatment for your child.

"Teenagers with depression may also benefit from medication, such as anti-depressants, but the best results are usually obtained when combining medicine with psychotherapy (talking with a therapist). That said, your teen has to be committed to therapy; therefore, finding a therapist your child can connect with is key."

He says while challenging behaviour tends to be the norm for teenagers, parents should be

on the lookout for signs of depression, as early detection and treatment are crucial.

For more info on how to manage depression, visit mydynamics.co.za or contact Pharma Dynamics' toll-free helpline, 0800 205 026, which is manned by trained counsellors who are on call from 8 am to 8 pm, seven days a week.

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

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

SAMURAI SUDOKU

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

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

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for more info call 079 323 2085

Bereavement Support Group
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These groups provide a supportive and confidential therapeutic setting for people who have suffered significant loss,
To share their grief and gain a better understanding of this impact on their lives.
For further information please contact
Linda Lifson
083-680-9620

CHURCH SERVICES

Afrikaanse Protostante 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 9:30am
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
Rondeveihooft
Peter Lor 076 649 3050

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

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

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THE TIME AND CONTACT No.

Ned. Herv. Kerk Outeniqua
Telefoon: 044 - 8712125

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 SAT 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
Rod - 082 411 7683

St Francis United Church
Sunday - 09h30 - Family Service
Every 4th Sunday -
09h30 - Communion Service
Sunday School - 09h30
- every Sunday during school term.
Cnr Swallow Drive / Pelican Lane
All welcome! 044 3431702

Suid-Kaap Christen Familie
Pastor: Leon & Elmarie Terblanche
081 271 1551.
Assist Pastor: André & Soné Rossouw
072 341 7099

Wilderness Christian Fellowship
Pastors: Chris & Trudie Smit
044 877 0307 or 084 240 5414

SEdge UNDER 19 SOCCER PLAYERS EXCEL



Soccer Coach Jomo Pike recently took Sedge United FC Under 19 squad to Jo'burg for friendly games as part of soccer academy trials.

"We played against FC Leapers – the team of Orlando Pirates legend Innocent Chikoya - and beat them 3-2," the proud coach told us, "Baber Siddique of Mzantsi Mayfair academy was also on the field with his coach Abel Shongwe of Kaizer Chiefs fame."

He was happy to report that these

well-known soccer men were very surprised with how well the young Sedge United players fared, and that five of our local players were selected as best performers.

"I would like to thank Sedge United FC management for arranging this trip and giving their financial support," he said, "And of course the parents who did everything to make sure their kids could be part of the team."

He added that the club's management still has a lot to do to assist young players who have

potential. "As a team we are battling with basic football needs, hence we are looking to get sponsorships," he said. He was overjoyed with the feedback from the boys' parents.

"I have been getting compliments from them, saying that since their youngsters have been playing soccer they can see a huge difference. This game is definitely a good move for the boys."

Jomo may be contacted on 071 985 5399 call or WhatsApp.

NAMASTE BAE COMES TO SEDGEFIELD

After sold-out runs in Cape Town, London and Joburg and winning the Gold Standard Bank Ovation Award at the National Arts Festival 2023, the viral sensation, Namaste Bae, is bringing his healing to

the Garden Route.

Created by and starring comedy legend, Rob Van Vuuren, and directed by Louw Venter, Blessings & Kombucha is a healing ceremony unlike any you've ever experienced. Some say he was born with a bottle of kombucha in one hand and a yoga mat in the other during a Vedic Shadow Planet eclipse. Some say he takes all the psychedelics so you don't have to. Some say he is still looking for a ticket to Burning Man. Whatever they say, Namaste Bae is the guru you both need and deserve.

A self proclaimed oracle of the Mother Scoby, Namaste Bae will help you find yourself inside yourself and with the power of comedic catharsis he will help you give birth to a better version of yourself.

Namaste Bae is the globally viral brainchild of multi-award winning South African comedian and actor Rob van Vuuren, and will provide you with a night of healing hilarity and titillating transcendence you won't forget!

Date: 3 August & 4 August
Time: 7:30PM
Venue: Studio 42
Tickets: +27 84 567 9809

DUPLICATE BRIDGE CLUB

JULY 10 :

- 63.4% Irene + Meg
- 55.0% Annette + Terry
- 52.3% Jeannie + Mark

JULY 17:

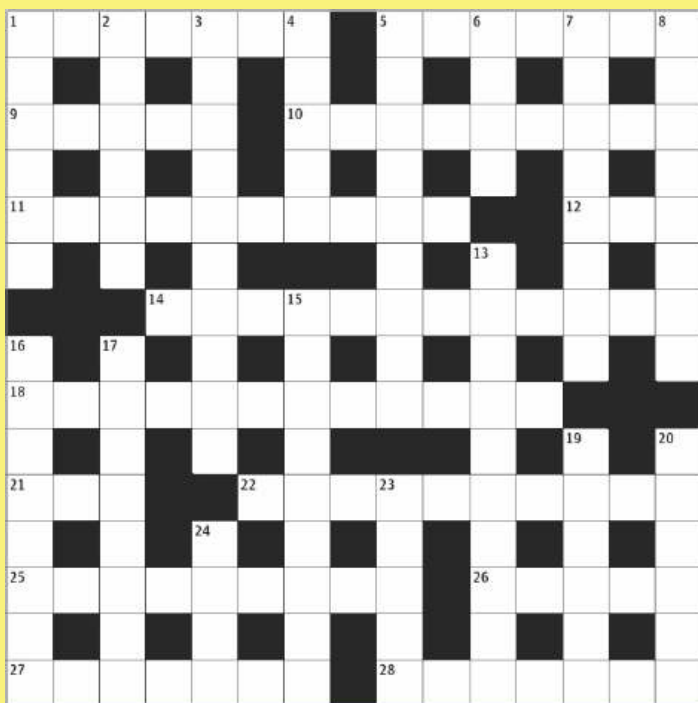
- 64.3% Pam + Colin
- 62.9% Glenda + Ina
- 50.9% Annette + Terry / Irene + Linda / Paddy + Bernard



T'ED'S BRAIN CRUNCHER

Across

- Gee, sounds like the girls had an amount of wine! (7)
 - Be on a mission to leave. (7)
 - I am a number of years, according to what I see in the mirror. (5)
 - Made the alarm go off inside the jar? (9)
 - Shell out for a bit of crayfish, perhaps? (10)
 - Talk back to dad? We hear it's usual, of course. (3)
 - The point from where directives are issued – A, D, E and H are such! (12)
 - New coriander pot recipe is brought in to the mix. (12)
 - Ate terrible drink. (3)
 - Where you might find cells living on the road. (6,4)
 - Problem? A time-line will get rid of it. (9)
 - One who might be in to react originally? (5)
 - Spit out and the kids will dig it! (7)
 - Child's friend wholeheartedly! (7)
- Down**
- George Lucas initially scratched due to a hiccup. (6)
 - Grab a custard slice for an old accountant. (6)
 - Endlessly sweep the art, dear! (10)
 - Added the air conditioner to the tree! (5)
 - Radar Cuba set up to find game fish. (9)
 - One of four siblings with muscle! (4)
 - Types of test the last three



- people sat to begin with. (8)
- When did little Theodore get up? We offer conjecture.....(8)
- I rant about the broken lever which has no significance. (10)
- When there's a need for refreshments in the pits. (8)
- Tired? You should not jot things down so often. (8)
- A happening that may happen once in a while. (8)

Across: 9. On the move 10. Emoji 11. Ten four 12. Dead end 13. On air 14. Scarifer 16. The fat of the land 19. Mad hatter 21. Scone 22. Stalker 23. Kinkier 24. All in 25. Euclidean
Down: 1. Post mortem 2. Stoneage 3. Renoir 4. Dour 5. Head master 6. Get a life 7. Dorment 8. Rind 14. Short brief 15. Red herring 17. Alaskans 18. Atomiser 20. Doable 21. Sunlit 22. Stat 23. Kick



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avoid disappointment)



RUGBY

SATURDAY 29 JULY
5PM KICK OFF

Springboks vs
Argentina



Snack baskets
available at R50

Closed on Mondays

082 374 6951
tiffanys.sedgefield100@gmail.com
N2/Egret Street

SEDFIELD COMMUNITY CHARITY EVENTS CALENDAR 2023

Venues and times will be
published closer to the
event date.

August

09/08 Women's Day High Tea
- TLC

September

23/09 Anything that Floats
SUP - Masithandane

24/09 Golf Day The Living
Cornerstone - TLC

October

08/10 Garden Route Kite
Festival - Masithandane

The Wine Ghost

The Wine Ghost tasted – Robertson
Winery Beukett 2022

The front label is traditional and the use of royal blue and gold in the design, definitely draws attention. There is some info about the wine's character and the region where it originates from, on the back label. The Beukett's appearance is clear, with no legs. It has a light yellow, straw colour.

No flaws on the nose. The wine hits you with a floral and sultana punch on the nose.

There is perfect balance between acidity and sweetness and sultana flavours are very prominent.

This Beukett has a long mouth feel, with a lingering sultana aftertaste.

This is a very pleasant, enjoyable wine, especially when paired with a spicy curry dish. It is good value for money in the R40 - R60 range. In Vino Veritas, till next time.



THE SPORTS EDGE

NEXT EDGE: Wednesday 9 August 2023 - Issue 671

PLEASE NOTE OUR DEADLINES

(Careful, they tend to fly by VERY quickly)

DISPLAY ADS: Email to editor@edgenews.co.za by 3 August 2023

CLASSIFIEDS: (stuff for sale, jobs, get-rich-quick schemes, secret treasure hints)
accounts@edgenews.co.za by Monday 7 August 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 w

KICKBOXING KUDOS

Shihan Schalk Labuschagne, Instructor and Head Coach of Sedgfield, Knysna and Hoekwil All Styles Kickboxing clubs reports on the 'Battle Of the Continents', hosted for the first time in Oudtshoorn on 1st July 2023.

"South African clubs took on kickboxers from Canada in a tournament, and we went to participate, gain experience and just do our best," he said, "We certainly did all of these things and more! A huge congratulations to our local team ASKK kickboxing - I am so proud of all our guys and girls."

Schalk reported that Wayne Lurner, Rachel Brooks, Taylon De Kock, Joshua Matzner, Peter Edgar, Franco Kloppers, Sarina Wannenburg, Daniel Compaan, Janke De Wet, and Zenno Marallich all had fights well fought.

"The great results prove it," he

enthused, "Six gold medals and eight silver! What a great show of humility, tenacity, and determination from every one of them."

The instructor also sang the praises of coaches Laetitia Bensley, Wayne Lurner, Peter Edgar and Frank Brink, saying they did an amazing job.

"If it was not for their great coaching, encouragement, wiping away of tears and amazing positivity, we certainly would not have done as well as we did."

And the local fighters made their Head Coach proud in other ways too. Schalk said there was so much positive feedback from the event organiser, other instructors, referees and fighters, regarding not only their standard of performance but also their great attitude and sportsmanship during the competition.



Above: Wayne Lurner standing next to Shihan Schalk Labuschagne (Head coach Sedgfield Kickboxing), top right hand corner Rachel Brooks, bottom right hand corner Taylon De Kock.

"I'm so proud to be their coach. Well done to both Team South Africa and Team Canada on amazing fights and team spirit."

South Africa were the eventual winners of the spectacular contest, taking 24 bouts to

Canada's 17.

Ladies' Golf

Friday 14th July 2023

Today we had 13 ladies who braved the chilly morning to play the format 2 ball alliance.

Results as follows:

4 ball team with 84 points.

Brenda Howden, Sandra van 't Slot, Kandy Grieve and Sylvia de Moor

Nearest the pin:

0 to 15 handicaps: Elize Mackenzie-Blom
16 upwards: Will roll over to next week

Birdies shot on the day:

Marina van der Westhuizen 18th
Michelle J Gilchrist 3rd
Wendy Mack 7th
Brenda Howden 14th
Sylvia de Moor 14th

Congratulations to our winners and well done to all players!

Friday 21st July 2023

The morning temperature measured 5 degrees... in other words pretty cold! Deciding to make the tee off slightly later at 9am it gave us time to enjoy our Winter Warmer drinks, the hot chocolate sponsored by Wimpy SA and Gluhwein especially made and sponsored by our very own Charlene Blacker.

In the past, we celebrated Christmas in July, but it was a case of *been there, done that* for many years, so let's do something different. Being winter it seemed quite appropriate to celebrate the winter solstice but we were too late for that, so we opted for a plain old *Winter Warmer* theme.



Seeing that the temperatures were freezing it didn't take much to persuade the 14 ladies who were playing to come along in their winter warmer outfits.

We were treated to goodie bags supplied from funds out of the kitty to take our minds off the cold and to help us along the way and around the course.

3-ball alliance was the format for the day and, wearing beanies, gloves, and scarves, and with our tummies warmed, we set off for the game ahead.

Results:

Winning team: Christine Coetzee, Michelle Gilchrist, Sylvia de Moor with 87 points.

Runner-up team: Janet Wood, Elize Mackenzie-Blom, and Wendy Mack was the ghost score to make up the 3-ball score with 84 points.

Nearest the Pin: 0-16 handicaps: Eleanor Sparks and the 17 upwards nearest the pin was not claimed and will roll over to next week.

Only two birdies for this week Martha Smith on the 2nd and

Marina van der Westhuizen on the 9th

Best dressed for the day just had to be Clare Garner, who wore her Onesie for the whole game and then some!

We were treated to a most delicious chicken curry, rice, and sambals made by Clare Garner and the best Malva pudding and custard ever, made by Christine Coetzee. We were also treated to drinks from Joy Herbst and Michelle J Gilchrist.

The 2023 Eclectic Competition results were generated and we are very pleased to announce that the 2023 winner is Marina van der Westhuizen and runner-up Martha Smith. The results were very close culminating in just a decimal point difference in the end!

Many thanks need to go out to the following for making the Winter Warmer competition possible: Wimpy Sedgfield, Pick n Pay Sedgfield, Kandy Grieve Sotheby's, Clare and Christine, Beau Garner and Martha.

SEDGE GENTLEMEN'S GOLF

13/07/23

The day was the first round of the knockout competition and partners were drawn at random by The Captain, resulting in some rather surprising results:- Indeed the first two winners were amongst those who had played the worst golf the previous week, when they reportedly did for golf what the film 'Jaws' did for swimming.

All the prizes were sponsored by Legends Restaurant and Bar who have kindly offered to sponsor the mid-month game until the end of the year which is very much

appreciated by all the Gentlemen's club members.

Points wise, in first spot was Paul Spencer with 38. It was touching to see him collect his prize with fluttering eyelids and quivering nostrils. Second was John L.B. with 36. This announcement was received with dismay by all the members as well as the recipient. Then in third spot was Dave Herbst with 33 after a countout with Hans Anema.

Nearest the pin on the 17th was Glen Mauchline and on the 4th Mike Goodwin. Mike missed a hole in one by 5cm, thereby selfishly making it almost impossible for anyone to surpass his achievement. He was, however, elated at the missed opportunity because of the large field - buying a round may well have bankrupted him.

20/07/23

On a day so cold somebody saw a politician with his hands in his own pockets, a surprisingly large field arrived for a betterball competition. What was also surprising was that most of the players were very happy with their partners drawn by the Captain. There were, however, some who felt that they were like doormats in a world of boots. Whilst their partners were in great shape, unfortunately it was the shape of a potato.

The happiest player of the day was Bill Craig, who has an uncanny knack (some say 'close relationship with the Captain') of drawing the right partner. In this case it was Brian Stewart, who had a fantastic game. The two ended with a remarkable 45 points to end the day top of the standings. In second spot were Ian Wright and Jan Potgieter with 43 and they were followed by Derek van Zyl and Mike Goodwin with 42. In fourth position, after a countout between four pairs, were the brandy brothers, Pierre and Willem de Villiers.

The Captain, Brian "Legless" Gerard reminds all that the following week is the Monthly Mug competition and that all the players are to wear their blue shirts.

TIDE TABLE

26 July - 7 August 2023

● Full Moon 01 August 2023

Wed Jul 26 2023
low tides 02:47 14:44
high tides 08:51 21:30
sunrise 07:27 sunset 17:45
moonrise 11:57 moonset 00:53

Sedgfield - Thu Jul 27 2023
low tides 04:04 16:14
high tides 10:16 22:49
sunrise 07:26 sunset 17:46
moonrise 12:29 moonset 01:56

Fri Jul 28 2023
low tides 05:44 17:58
high tide 12:00
sunrise 07:25 sunset 17:46
moonrise 13:10 moonset 03:03

Sat Jul 29 2023
low tides 07:03 19:13
high tides 00:11 13:17
sunrise 07:24 sunset 17:47
moonrise 13:59 moonset 04:12

Sun Jul 30 2023
low tides 08:01 20:09
high tides 01:22 14:12
sunrise 07:24 sunset 17:48
moonrise 15:00 moonset 05:21

Mon Jul 31 2023
low tides 08:48 20:59
high tides 02:20 14:58
sunrise 07:23 sunset 17:48
moonrise 16:10 moonset 06:24

Mon Jul 31 2023
low tides 08:48 20:59
high tides 02:20 14:58
sunrise 07:23 sunset 17:48
moonrise 16:10 moonset 06:24

Tue Aug 01 2023
low tides 09:31 21:46
high tides 03:11 15:42
sunrise 07:22 sunset 17:49
moonrise 17:27 moonset 07:20

Wed Aug 02 2023
low tides 10:12 22:31
high tides 03:57 16:25
sunrise 07:21 sunset 17:50
moonrise 18:43 moonset 08:06

Thu Aug 03 2023
low tides 10:50 23:15
high tides 04:41 17:07
sunrise 07:20 sunset 17:51
moonrise 19:59 moonset 08:45

Fri Aug 04 2023
low tides 11:28 23:58
high tides 05:23 17:49
sunrise 07:20 sunset 17:51
moonrise 21:11 moonset 09:19

Sat Aug 05 2023
low tide 12:04
high tides 06:03 18:31
sunrise 07:19 sunset 17:52
moonrise 22:20 moonset 09:50

Sun Aug 06 2023
low tides 00:41 12:40
high tides 06:43 19:14
sunrise 07:18 sunset 17:53
moonrise 23:27 moonset 10:18

Mon Aug 07 2023
low tides 01:25 13:17
high tides 07:24 20:00
sunrise 07:17 sunset 17:53
moonrise - moonset 10:48

Double Chicken Schnitzel

2 chicken schnitzels,
2 slices cheese &
mushroom sauce

SEDGFIELD ENGEN 1 PLUS

T&Cs apply. Available while stocks last. Visuals for descriptive purposes only. Full nutritional information available at wimpy.co.za



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