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COMMUNITY RALLIES



A runaway fire swept through Beverley Hills in Smutsville last Wednesday, destroy homes and possessions but fortunately not taking any lives. Picture by Andre Victor.

“There’s nothing as powerful as relationships, and the reason Sedgefield has been able to rise from the dreadful disaster of last week is the authentic relationships we have across our communities.”

These were the words of Ward 1 Councillor Levael Davis, as he and so many others dealt with the aftermath of the devastating fire that hit Smutsville on Wednesday, 30 August 2023.

It has been officially confirmed that 28 informal homes, four ‘backyard addition’ homes, and two formal (brick and mortar) homes were destroyed when the fire, fanned by the afternoon’s warm berg wind, raged through Beverley Hills. Its trail of destruction left 87 men, women and children homeless and, in most cases, with nothing to their names but the clothes on their backs.

Reportedly, the fire started when a stove on which youngsters were cooking their lunch somehow malfunctioned. Without running water to immediately douse the flames, there was nothing to stop the resultant fire from spreading at a rapid rate, and in no time, it was simply out of control.

At 14:45, the Sedgefield Fire Department received the first emergency call, and four firefighting vehicles were swiftly dispatched. On arrival, it was evident that the crew had no small battle on their hands. The wind, combined with the proximity of the surrounding homes, ensured the odds were stacked against all efforts to extinguish it.

As the flames leapt from structure to structure, a potentially catastrophic disaster was looming, and the fire departments from Knysna, George and the Garden Route District Municipality were quickly summoned to assist. Further vehicles were dispatched to the scene, and the fight against the inferno continued.

At one stage, the berg wind blowing from the northeast pushed the raging fire towards Smutsville School and several formal homes bordering its perimeter fence. One of the COP members assisting on the scene rushed off to fetch bolt cutters to open the school’s back gate and give the fire team a better position to tackle the roaring blaze.

Then, mercifully, the wind direction switched, turning the flames back on their path. This was a game-changer for the exhausted firefighters who could finally take control.

By 17:30, the blaze was all but out. As the firefighters sifted through the rubble to extinguish remnant flames, the community could breathe a collective sigh of relief that nobody had perished or even suffered serious injury. Disaster had indeed struck, but many agree it could have been

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much worse.

Nevertheless, the damage to personal property was huge, and the community affected could only stand in shock as the smoke cleared to reveal little but heaps of ash, buckled metal and charred wood.

Meanwhile, members of COP, senior SAPS members, Mario Ferreira of Gift of the Givers, and Councillor Davis got together at the scene and formed an informal ‘disaster reaction team’ which quickly went to action. It wasn’t

long before the Sedgefield network was buzzing with requests for the immediate necessities to assist the many fire victims.

The Smutsville Community Hall was opened, and local organisations and individuals dropped everything to rise to the challenge.

“It was amazing how wonderfully the community reacted,” said the councillor,

(continued on page 3)

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Notes from T'Ed's Head

Yaaaaawn...

Sorry, but yes, since you ask, you ARE keeping me awake.

I haven't been sleeping well, recently, on account of... well... being awake too often, I guess.

It's the snoring that wakes me up, mostly. And then the other snoring that keeps me awake.

Yes, I know I'm making very little sense – let me try and explain myself a little better. Bare with me...

What? Oh. My sincerest apologies. I know! I totally understand how you might be offended. Very inappropriate indeed. Of course I meant 'bear' with me ... Just a bit tired, you see...

Where was I? Oh yes. Apparently both Mrs Ed and I snore.

And even as I write this - perhaps I am misusing the word 'apparently', because it's an actual FACT that Mrs Ed snores, so there is nothing 'apparent' about it at all.

I should know, I have been there, as a first-class witness, night in, night out (oh for a night out!) 365 nights a year.

And snoring is something Mrs Ed is able to do at a remarkably high level. I might even say it is her super-power, except she might just hear me (*using her supersonic hearing, one of her other super-powers*) and then she might box me round the ears, or worse, cook something for me.

Talking of super-powers, and snoring, you are probably unaware that President Putin almost employed the services of Mrs Ed as a tactical military ploy about a month ago. If my inside information is correct, he was going to have her clandestinely planted in the hierarchy of the Ukraine leadership as a 'sleeper' agent, in the hopes that she would keep them awake until they could bear it no more and surrender.

Fortunately for the Ukrainian army, his ploy never even got off the ground – apparently Mrs Ed



is already listed as 'Banned Weaponry' under the Geneva Convention – I think it's from the time Mr Trump despatched one of her frozen lasagnes to Kim Jong Un under the guise of a 'peace offering'.

Anyway, Putin is still pretty miffed about it all – that's why he cancelled his appearance at the recent BRICS summit. Just so you know.

But I'm not here to write about politics and chemical warfare. We were discussing snoring, weren't we? (*Please do try to concentrate*).

The amazing fact is that over many, many years (*and we have been married for longer than most people can keep a tattoo*) I have somehow managed to work around Mrs Ed's snoring and actually get some sleep. I guess it's like those folk who have lived right next to an airport runway for so long, they are eventually able to sleep, despite the scream of incoming and outgoing jet engines.

I have gotten used to it - Mrs Ed's cacophonous snoring, I mean. Learned to 'turn a deaf ear', one might say. Indeed, as long as I get to fall asleep first, I am able to slumber through even the most violent of her attacks on my audio senses.

So, up until recently, all has been well with me. Well, as far as sleep is concerned, that is. I have even enjoyed the added advantage that my afternoon naps on the WMCC (*World's Most Comfortable Couch*) can no longer be shortened by Mrs Ed's insistence on vacuuming right next to my ear. A small victory, I know, but a victory none-the-less.

However, it seems things have now changed.

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Apparently, (*and here I am using it in its true sense*) to indicate that the information is something that you have heard, but you are not 100% certain that it is true! I have started snoring too.

Or so Mrs Ed claims.

I believe it's a lie. The old *Diphylia ecaudata* is just trying to get her own back because of the time I accidentally posted a sound-bite of her snoring on Face Book. (*Incidentally, within two days a pair of gentleman from the South African Civil Aviation Authority were at the door, claiming it was illegal for a private citizen to own an XF-84H Thunderscreech aircraft and insisting on searching our 750 square metre garden for a hidden hangar.*)

But I still believe I DON'T snore - I have always been the 'snoree', never the 'snorer'.

Nevertheless, Mrs Ed continues to insist that my (*let's just put it in inverted commas from now on*) 'Snoring' is keeping HER awake. Indeed, of late she has taken to waiting (*like a cobra ready to strike*) until I have entered that wonderfully deep and peaceful REM sleep (*which usually involves a chance meeting with Katie Melua in some exotic location*), then heftily slamming her elbow into my ribs with such force that I find myself briefly airborne before I crash into the bedroom wall and slide down onto the floor in a crumpled heap.

And wide awake, of course. "What the...?"

But it's not even worth me asking the question, because by the time I have managed to untangle myself (*physically and mentally*), my dear, dear 'til-death-us-do-part betrothed has already turned on her side and recommenced pushing Zs through her nose, mouth and I suspect even her ears, loud enough to get the house vibrating, the dog barking and the neighbours moving into their cellar.

And it has been like this for a whole week. I am battered and bruised and can barely keep my eyes open, whilst Mrs Ed seems to be permanently smiling as sweetly as a seal catching a stumpnose in the Swartvlei.

So now I am left with no option but to snatch bits of sleep wherever possible - On the WMCC whilst Mrs Ed is at her Bricklayers' Guild meetings, on my shed floor under the pretext of 'looking for that important tool', I even offer to drive Mrs Ed to the pharmacy because I know

that's worth a good two-hour 'car kip' as she saunters in slow motion up and down the aisles.

In fact, something very strange happened whilst I was parked there the other day. I had dozed off quite comfortably and was busy walking arm in arm with Katie M along the beach, (*she was laughing huskily at my jokes and occasionally putting her head on my shoulder in that affectionate sort of way of a young girl in love*), when I was rudely awakened by someone banging on the car window. It was Eric the Car-guard.

"Sir!" he shouted, "Sir, please, stop revving the engine like that. It's making a lot of noise and people think you are mad." I noticed there was indeed quite a crowd standing around the car, staring at me. One toddler even had his hands over his ears.

Strange, because the car engine wasn't running. In fact, the keys weren't even in the ignition, so I have no idea what 'revving noise' they were on about. I certainly couldn't hear it.

Perhaps they should all get their ears checked?

They'd be mad if they didn't!

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COMMUNITY RALLIES FOR FIRE VICTIMS



New homes are already being put in place by Knysna's Municipal Housing Department to replace those burnt in the 30 August blaze. (Picture by Michael Hilton Photography.)

(Continued from front page)

overwhelmed by the heartfelt response from residents of Wards 1 and 2, "From cooking meals to animal rescue to bringing in bags of bedding and clothing and even offering counselling. So many people wanted to help wherever they could. Sedgefield people certainly stand together when they face a disaster."

Mario Ferreira who, wearing his *Gift of the Givers* hat, stepped in right at the beginning to coordinate efforts regarding the provision of food and clothing, concurs with Davis.

"Within two hours of the fire, every affected person had two blankets and a mattress to sleep on. An hour later, they all had a hot meal prepared by Sedgefield Slow Town Meals kitchen staff and the members of Sedgefield Lions," he said, "We

congratulate and thank the community of Sedgefield and surrounds for who you are and for all the assistance given. Sedgefield residents and property owners came forward to assist in restoring the dignity of those in need. To organisations such as SAM, C O P, S e d g e f i e l d Neighbourhood Watch, Masitandane, Sedgefield Lions, our local churches, SAPS, Sedgefield Fire Brigade, Eden Disaster Management, Eden Fire Services, Knysna Disaster Management, local kitchens, businesses, Sedgefield Local Community Volunteers, the Ward 1 Councillor, and the many anonymous donors - we say thank you so very much for making such a huge difference."

The Municipal Housing Department also played its part. Clean-up operations on the fire

site began at 8:00 sharp the next morning, and soon after, the municipal team began building corrugated iron structures to replace the homes lost in the fire. At time of going to press, 13 of the thirty were built, and the work still continues.

It has been a week since the fire, and Councillor Davis is happy to report that donations are still coming in, as much is still needed. Whilst clothing, toiletries and foodstuffs may be dropped at the Community Hall (non-perishable is best as this can be distributed via food parcels), there will be a call for larger goods (basic furniture, appliances, etc.) as and when the fire victims start moving into their replacement homes.

"We will keep people aware of specific needs over the various community WhatsApp groups," he said.

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The ladies certainly enjoy their competitive golf and have been very busy playing the Medal and Putt competition on Friday 25 August and an Individual Stableford competition on 1 September. Congratulations to the winners!

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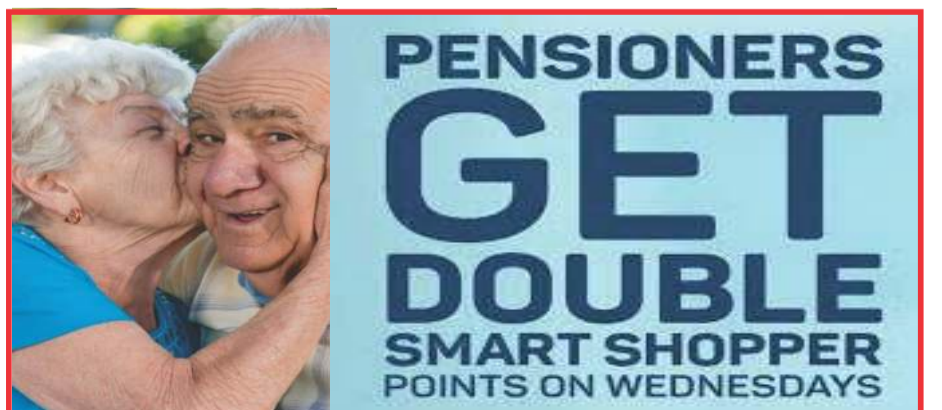
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Utopia Clivias

Carrie Kruger of Sedgfield has been cultivating and growing interspecific Clivias for more than 15 years. The owner and head horticulturist at Utopia Clivias is enthusiastic and passionate, "They are my favourite clivia, because they flower in July and August!"

These clivias are the smaller of the species and they pave the way for the main flowering season in September, the tentative start of our South African Spring season.

Interspecific Clivias have gained a lot of popularity over the last few years and because they flower much earlier than the

normal miniate types, most clubs now host annual winter shows especially for these blooms, brightening up the gloomy months with their fresh bursts of vibrant colour.

'The Garden Route Clivia Club Interspecific Show' was held on the 5th of August 2023, at the Outeniqua Palms Nursery in George.

Carrie's plant the "Bells of St. Clemens" was awarded the Best on Show trophy. Visitors to the exhibition were asked to participate, by voting for their favourite plant on the tables and the crowd favourite was a pink Interspecific from Utopia Clivias, "Secret Love", which

was awarded the People's Choice trophy.

Twelve plants from Utopia Clivias were entered in the show, of which ten won gold and two won silver awards. Over and above the golds and silvers, the selection of flowers from Carrie's collection went on to even greater glory, picking up 'Best on Show', 'Best Green Foliage', 'Best Variegated' and the popular 'People's Choice Award'.

Sedgfielders (and their beautiful blooming plants) are obviously a cut above the rest and bring home the gold each and every time we venture on to the world stage!

COMMUNITY THANKS LOCAL HERO

by Mornay Galant

As the community of Sedgfield Smutsville we would like to extend our appreciation to Fire Marshal Benjamin Kenneth Roberts, known as 'Benito', for his repeated excellent efforts in fighting fires in our neighbourhoods.

The outstanding factor about Benito is that he doesn't hesitate to respond to a fire, even when off duty. In fact, he makes sure he arrives on the scene first to clear the way so the rest of the crew can get to the fire quickly.

On numerous occasions, his extra effort has prevented serious damage and loss of lives. We are thankful to have people in the Fire Department who have a passion for what they are doing. Benito is a Real Hero and the community would like to thank him and the rest of the Fire Department.



TRAGEDY ON KNYSNA LAGOON

Jerome Simonis, NSRI Knysna station commander reported:

At 15h20, Wednesday, 30 August, during the peak of the Spring high tide, NSRI Knysna duty crew were activated following eye-witness reports of a small canoe capsized with one adult male onboard at Ashmead Channel on Knysna Lagoon, between Cathy's Park and Costa Sarda, about 200 to 300 metres off-shore.

NSRI Knysna rescue swimmers, SA National Parks (SANParks) rangers, SAPS, ER24 ambulance services, Knysna Fire and Rescue Services, WC Government Health EMS and the SAPS Water Policing and Dive Services responded.

The sea rescue craft 'Katherine' was launched.

A local man, believed to be a

shoreline angler, had attempted to rescue the casualty in the water at the capsized canoe. He was brought to shore where he was assisted by SANParks rangers and then taken to EMS paramedics where medical treatment commenced. He was then transported to hospital by the EMS ambulance in a serious but stable condition.

In an ongoing search operation, SAPS and the SAPS Water Policing and Dive Services continued to search for the missing canoeist assisted by NSRI Knysna, WC Government Health EMS Rescue Squad, SANParks rangers, Allsound Security and Knysna Safety and Security Initiative as well as members of the public. All are commended for their efforts.

Earlier media reports suggesting that a search had been called off on Wednesday night are incorrect and are highly insensitive and disrespectful to the extensive efforts the emergency services deployed on behalf of the missing man and his loved ones in this search.

The recovery efforts continued until the body of the missing man was finally located on Thursday.

NSRI commends the close working relationships between all emergency services involved as well as Duran de Villiers, a long standing volunteer who helped with his prototype ROV (Remotely Operated Vehicle) to assist the Police Divers

Condolences are conveyed to the family and friends of the deceased man.



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KNYSNA MUNICIPALITY BY-LAW ON SPATIAL PLANNING & LAND USE MANAGEMENT (2021) PROPOSED CONSENT USE & REMOVAL OF RESTRICTIONS: ERF 1455, 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: Wilhelmina van der Merwe
Email: wilna@wilnavdm.co.za
Reference number: Application number 2912
Property Description: Erf 1455, Sedgfield
Physical Address: 18 Hertzog Street, The Island, Sedgfield
Nature of application:

- Application for a **Consent Use** in terms of **Section 15(2)(o)** of the Knysna Spatial Planning and Land Use Management By-law (2021) to allow a second dwelling unit on the property; and
- Application for a **Removal of Restrictive Title Deed** condition E(8) from Title Deed Nr. T009530/2015 of Erf 1455, Sedgfield in terms of **Section 15(2)(f)** of the Knysna Spatial Planning and Land Use Management By-law (2021), which relates to the number of dwellings allowed on site in order to allow a second dwelling unit.

<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 mmhlanga@knysna.gov.za on or before **6 October 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, Ms Menelisi Mhlanga at 044-302 6339 or via email mmhlanga@knysna.gov.za

MR. OP SEBOLA
MUNICIPAL MANAGER

KNYSNA MUNISIPALITEIT VERORDENING OP RUIMTELIKE BEPLANNING & GRONDGEBRUIKSBESTUUR (2021) VOORGESTELDE VERGUNNINGSGEBRUIK & OPHEFFING VAN VOORWAARDES: ERF 1455, 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: Wilhelmina van der Merwe
Email: wilna@wilnavdm.co.za
Verwysingsnommer: Aansoek nommer: 2912
Eiendom beskrywing: Erf 1455, Sedgfield
Fisiese Adres: 18 Hertzogstraat, Die Eiland, Sedgfield
Aard van aansoek:

- Aansoek vir die **Vergunningsgebruik** ingevolge **Artikel 15(2)(o)** van die Knysna Munisipaliteit Verordening op Ruimtelike Beplanning en Grondgebruiksbestuur (2021) om 'n tweedewoon-eenheid toe te laat; en
- Aansoek vir die **Opheffing van Beperkende Titelakte** voorwaarde E(8) van toepassing op Titelakte T009530/2015 van Erf 1455, Sedgfield ingevolge **Artikel 15(2)(f)** van die Knysna Munisipaliteit Verordening op Ruimtelike Beplanning en Grondgebruiksbestuur (2021) wat betrekking het tot die hoeveelheid eenhede op die eiendom.

'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 mmhlanga@knysna.gov.za, op of voor **6 Oktober 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, Me. Menelisi Mhlanga by 044-302 6339 of per epos: mmhlanga@knysna.gov.za gerig word.

MNR. OP SEBOLA
MUNISIPALE BESTUURDER



www.knysna.gov.za

Melodrama 2023 - Go get your tickets!

With just 13 days left to Curtain up for Sedgefield Melodrama 2023, locals are being urged to ensure they get tickets before it's too late. The final show on September 29th sold out weeks ago and slowly the other nights have begun to fill up. 'If you don't want to miss out, get your table together and buy your tickets sooner rather than later,' is the word from Producer Margie Van Rensburg.



For those new to the area, the Melodrama is simply a 'must watch'. It really is a show by locals for locals and raises big money for local charities to boot. Sitting around your 'picnic table' with friends and family you will get to enjoy a sizeable cast performing a bizarre, but very-much tongue in cheek collection of numbers which, if past Melodramas are anything to go by, will have you clutching your sides with laughter.

Imagine, for example, seeing your hairdresser... dressed as an ostrich and strutting his (or her) stuff on stage as she (or he) lip-syncs to "Born to be Wild" ... whilst your family doctor (in his giant cockatoo costume) flaps about in the background... Well,

stranger things have happened at the Sedgefield Melodrama.

This is the 12th edition of the spectacular show, and charities will certainly be applauding as it adds even more funds to the well over a million total raised since the first Melodrama opened way back when.

The ticket booth is still at the location where Tourism was at Cycle Worx (Eugene has been kind enough to let Melodrama use the space for as long as required) There is a dedicated person there on Weekdays from 9am to noon. If you are unable to

get there during the day, you are also welcome to contact Margie (060 773 2433 or margie.maffei@gmail.com) after hours for assistance.

"This year we are really lucky to have Norman Anstey as our compere," says Margie, "He and his wife have settled in Sedgefield and are both amazingly talented, so it is wonderful to have someone of such high calibre on board!" For those who may not be familiar with the name, Norman is a celebrated South African actor, singer, voice artist, presenter and

MC. He is best known for the roles in the television serials such as; Black Sails, Heartlines, and Snitch. Most South Africans however would remember his signature line "Ja Boet" from a series of Castrol advertisements.

Opening night kicks off on September 19th with table wine sponsored by Tavcor BAIC and JAC. All the shows will also feature lucky draws for audience members.

The show dates are September 19th, 21st, 22nd, 26th, 28th and 29th.

"Directors Ian Perryman and Janice Gibson, the cast and the crew have been rehearsing non-stop for the last couple of months and cannot wait to entertain you," enthuses Margie, "We promise to deliver an amazing show!"

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4 beds, 3 baths, open plan living, swimming pool, dbl garage

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www.gardenroutelifestyleproperty.com



BUDGET GROCERIES IN SEDGEFIELD

Advertorial

There's a new business in town, and it's specifically dedicated to those who are watching their budgets, especially when it comes to food and household consumables.



Co-owner Francois Deysel at the new Budget Groceries shop on the Main Road (the old ABSA building)

It's quite aptly named "Budget Groceries" with the slogan "Your best BEST BEFORE store in town." Owner/Manager Francois Deysel tells how they are able to undercut their competitors. "We sell stock that is nearing or may have recently passed its Best Before date, NOT its expiry date. Remember, expiry dates are safety guidelines and Best Before dates are quality guidelines. In other words, food past its Best Before date is safe to consume, whilst food past its expiry date may not be. We certainly do not sell expired food."

He went on to explain how a Best before date is merely an indication of when the manufacturer believes that

product will still be at optimum quality.

"All products will gradually deteriorate, often over many years, in terms of texture, colour and sometimes taste, but it is highly unlikely that you would be able to tell the difference in taste between a pre Best Before date product and a post Best Before date product," he told us. And the new store is working on a tried and tested recipe for success. Francois and his partner Joe Spohr also own

Budget Groceries in Meade Street, George, which has been operating for some years now, and the concept is very well received by their many Georgian customers.

"We are delighted to present this new 'little sister store' to Sedgefield locals," Francois enthuses. He urges locals to add the stores WhatsApp number to their phones (see advert) so that they get regular updates of specials available.

We sell stock that is nearing or may have recently past its 'Best Before' date. WE DO NOT SELL EXPIRED PRODUCTS!



"Your best BEST BEFORE store in town"

Eden



Cell: 076 585 8847
Join our WhatsApp group for daily specials.

Sedgefield:- Shop 7, 30 Main Road.
George:- Shop 2, Multi Centre, 104 Meade St.

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So, if you... find that people mumble, struggle in groups and meetings, turn the TV too loud, or have whistling noises (Tinnitus) in your head **There is a solution.**



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Knysna, Sedgefield, George, Hartenbos Mossel Bay

DIARY DATELINE

Every 2nd Monday
2pm Sedgefield Art Society meets at Lions Club. 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.
4 - 8pm Mosaic Food Fare
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 Sedge 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
3 or 4pm Garden Route Centre of the Astronomical Society of Southern Africa. At Catholic Church, Cnr Sysie & Flamingo St. Visitors welcome. Peter 083 445 4634 for more info.

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

Sunday 10 September
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!



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 no matter how serious your life requires you to be, everyone needs a friend to act goofy with.
by Andy Fboney

The Editor,
Potholes in Sedgefield
Revive Sedgefield (and Revive Knysna) have done a lot to improve the appearance of our Village.

But all they have done, is in fact do what the Knysna Municipality should have done!!!

The Potholes in our roads are the worst that they have ever been & it seems as though there is little possibility of the Municipality attending to all of these in the short term, as we do not even have a dedicated Roads Team in Sedgefield any longer.

But there is a way out of this quandary. But it will require the Community to get involved!!!

As I have suggested in a previous Letter to the Edge, that the worst potholes can be backfilled using a little gravel stabilised with some dry cement. The Municipality has claimed that they do this but I, personally, have never witnessed it.

Specifically, based on the experience I got from one of the Foreman I worked with, he taught me that after rain, there was only one way to patch potholes, and that was to do gravel patching, using damp gravel with a bit of dry cement added & mixed in, so that the gravel did not splash out the pothole, due to traffic subsequently using the road.

I can only suggest that Residents backfill the deeper potholes outside their houses using this method.

I noticed with interest that "someone" has already done this in Hoopoe St & it has worked!!!

In this manner we might send a message to the Municipality that they are failing to do what we pay our Rates for???

Writing an email to them about potholes certainly does not have any effect!!!!

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

Dear Editor,
FISH EAGLE GREEN

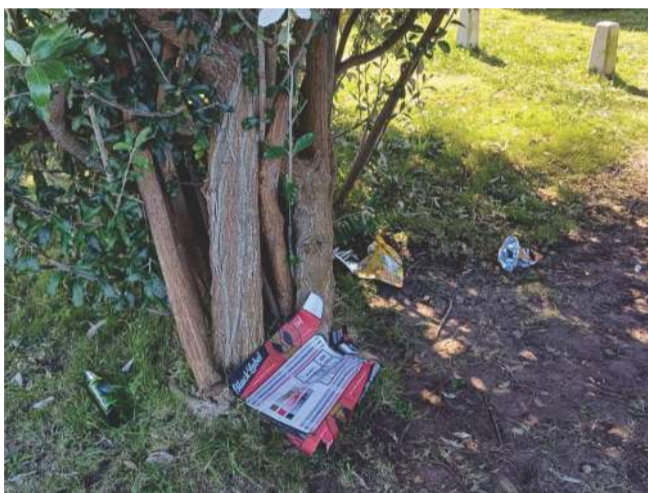
On Sunday 27 August I tried to take our dog, Angel, for an afternoon walk on Fish Eagle Green. When I arrived at the parking area, it was clear to me that the walk was not going to happen, because the occupants of about eight cars were sitting at the braai area and they were engaged in very noisy cooking.

So, we walked elsewhere and on Monday morning at 9am, we tried again. This time, Angel got out of the car and was so glad to find lots of food pieces thrown away. Lots of other stuff had been thrown all over the grass in the vicinity – empty bottles, beer cans and food packets, cigarette boxes, paper plates. There was even a stainless steel fork!

At 11am, I went back to look more widely and was delighted to see five employees from the Department of Fisheries & Forestry were just finishing a really thorough clean-up. They had done a great job.

The fact of the matter is that the staff should not have had to do the clean-up. It will have cost taxpayers a significant amount to pay for it and I plan to try to find ways of ensuring that the culprits are made to understand that this sort of behaviour is totally unacceptable. I think it is also necessary for the Municipality to control such activity by patrolling Fish Eagle Green at the weekends and on holidays.

Mike Young



APPEAL FOR QUINLAN

Shawn van der Berg, a local who has raised much money for worthy causes and individuals in need through her Zumbathon events, has put out a personal appeal as she is now needing to assist her son who requires a heart transplant.

Quinlan (35) is her eldest son who, she says, still has a lot to offer the world, despite bravely fighting a heart condition over the last three years

"He is a gifted animation artist who works hard, is kind and gentle to everyone he meets, and is loyal to a fault," says Shawn, "He is the one you would phone at four in the morning when you are in trouble."

She has launched an appeal for Quinlan on the Back-a-Buddy website where she gives a heartfelt description of her son's life and indeed his plight.

"As a youngster he was an avid rugby player and short distance

sprinter, played cricket and was a coach and inspiration to his younger brother Brandon to always do his best.

"When he was 13 his Father (aged 36 at the time) passed away after a heart attack.

"Family genetics have not been kind to him, and three years ago Quinlan suffered a massive heart attack. The only reason he survived is because the ER doctor refused to give up and continued emergency treatment for over 45 minutes. He spent five days in ICU, unconscious and there was a concern that there may be brain damage due to the long period that the heart had stopped. Quinlan fought back and woke up on day 6 ready to take on the world again."

Shawn writes that after the heart attack Quinlan was diagnosed with Congestive Heart Failure/ Cardiomyopathy. Tests showed that there was permanent damage to the heart muscle and

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In loving memory of

Barry David Cross

28-05-1936 to 26-08-2023



Barry, an ex-Sedgefielder, passed away on 26 August 2023 in George.

He was much loved and will be deeply missed by his wife, Marian, daughters, grandchildren, great granddaughter and family.

Sally Says Thank You!

Sally Bauermeister got her wheelchair – thanks to the many loved ones in Sedgefield and beyond who donated towards it.
"I don't have words to express how grateful I am. I am so relieved and feel so blessed. I am wholly dependent on my wheelchair, and this is life-changing for me! I praise God for the wonderful, generous people in my life. I couldn't help but burst into tears when my daughter told me the money had been raised."



The Sedgefield community, family and friends donated just over R15 000 towards a new motorised wheelchair when Sally's previous chair was too old for repairs and no longer met her needs. Tjebbe Witteveen of CE Mobility arranged for a trade-in of her previous wheelchairs to make up the rest of the funds required.

Sally is a well-known sight in

the streets of Sedgefield and uses her wheelchair to go shopping, the clinic and church. Notwithstanding her determination and positive attitude, her ability to live on her own has been mostly due to a good wheelchair.

Apology for Media Statement issued 9 March 2023 on legal action against Monde Stratu

On 8 March 2023, the Garden Route District Municipality (GRDM), Municipal Manager Monde Stratu, was ordered to appear before the Knysna Magistrate's Court on charges relating to the treatment of properties on the financial statements of the GRDM and Knysna Municipality.

In a statement on 9 March 2023, I stated that I was disappointed at how the matter was handled by law enforcement agencies and the Knysna Mayor Aubrey Tsengwa had advised me that Knysna Municipality had agreed not to pursue any dispute over the properties.

I further stated that this was a

malicious prosecution, marred with procedural flaws aimed at tainting the reputation of the two municipalities and embarrassing the Municipal Manager.

I unreservedly apologise for not ascertaining the facts regarding the existing dispute and for casting aspersions on the prosecuting authority and

complainants.

I fully endorse the rule of law and will fully co-operate with any further investigation on the matter to enable the necessary due process to run its course.

Ald. Memory Booysen
Executive Mayor, Garden Route District Municipality

SEDGE LIONS NEWS

By Debbie Olivier

Firstly, we would like to offer sympathies to the families who lost their homes in the fires on 30 August. Lions Club members rallied with the other organisations and were able to provide meals on the first night and donate R10 000 worth of school clothes to the children who were left with none after the fire.

"Our "years of practice"

marshalls went out on Sunday to assist Eugene from Cycleworx with his cycling event in Karatara. It was so good to see so many youngsters confidently and passionately racing around the set out track, future champion cyclists in the making for sure."



RE/MAX LAKES

KINGFISHER CREEK R2 100 000



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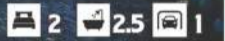
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Oodles of knowledge & experience

Lions will also be hosting our third Pick 'n Pay Sedgfield 'Battle of the Buskers' on Sunday, 24 September. We have a superb lineup of talent, with both first and second year winners, Stretch and Francois, back to once again vie for the title. Linda-Ann is back too, along with new to BOB, the delightful duo of Shelley and Alan. This live music is in conjunction with Heritage Day, so braai and refreshments will be on sale. Thank you to Karen Kretschmer and A Alive Life entertainment with your assistance. The "battle" commences at 12 midday at the Lions clubhouse, but there will be pre battle entertainment too.

It is Lions International Hunger Month so the funds raised from BOB will go towards our local kitchen, Slow Town Meals, and towards a movement in Karatara called 'The Golden Hands Movement'. Lions have for a long time made monthly donations to Slow Town Meals, but the Karatara project is still in its fledgling stage.

Our local boytjie and nursery boffin, Pedro, will assist Lions Peter and Jennie, the project coordinators for the Golden Hands, with developing a self sustaining food source by means of a vegetable garden. Work has already begun on the garden, and as soon as our weather warms up, Lion Pedro will get busy with selecting which crops to plant. Anyone wishing to donate towards the seedling trays, please speak to Pedro.

We are looking forward to some warmer weather and some great support at our hugely fun Battle of The Buskers Day. Tickets under the marquee are R70 each and table bookings are encouraged, and are available at Wool and Things. Picnickers (R50 pp) can pay on the day. Our Leos and Scouts will once again have a children's playground, and the ACVV ladies will have a stall with their superb pannekoek.

Any crafters wanting to sell some of their wares on the day, can contact, via whatsapp, 083 306 9998.

SANTA'S SHOE BOX pledges opened on 1 September. Please register at santashoebox.org.za

RE/MAX Art Initiative

The Sedgfield Art Society is proud to announce its annual

Spring Exhibition

Don't miss out on this great exhibition!

All original paintings are by local artists and are for sale

RE/MAX LAKES



On show at the RE/MAX Sedgfield Office
Curated by Nicholas Leonard

ISN'T IT TIME YOUR BUSINESS GOT ITS PIECE OF THE PIE?



The EDGE Team is currently working on the 2024 'Where To Find It' Sedgfield Business Directory, due for distribution in early December this year. All businesses are listed

FOR FREE
Every home and business gets a copy FOR FREE
Accommodation establishments get one for each room FOR FREE
For display advertising options please call
Joy 082 389 2024
Booking deadline
16 October



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Knysna Montessori

Montessori education is more than just a method of education. It is a message of how we can treat one another in a more respectful way. Montessori's original thinking has affected the world far more broadly than in the tens of thousands of schools bearing her name. Learner centered teaching and hands-on learning is now adopted in schools everywhere.

But what is Montessori education, really? Often misunderstood, or partially understood, a Montessori school is sometimes characterized on one hand as a place where children get to do whatever they want and on the other hand, a place that is too structured for creativity to be able to flourish, with a series of lessons that need to be presented mechanically correctly. Neither is correct. As usual, we must seek the truth in the middle way.

So let's take a look at some of the general characteristics of both traditional and Montessori pre and junior schools, to better highlight what Montessori education has to offer.

Toddler to Matric




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Montessori Schools

Mixed ages, three-year age span offers opportunity for leadership and natural profiles of abilities to stand out.

Prepared environment includes plenty of workspace on tables and floor rugs with a rich assortment of hands-on material displayed on shelves at children's height.

A two-to three-hour uninterrupted work period is provided each morning.

It is possible to accelerate children at their own rate, since there is a three-year span and multiple materials that can take a child from the simplest to more complex understanding, and no child is asked to perform at a level lower or higher than he can manage.

Discipline in a normalized class is largely self-discipline. Children are accountable to learn and are taught simple time management skills.

Children learn conflict resolution skills and apply them in about 80% of conflicts in Montessori Classrooms.

Traditional Schools

All the children are the same age in the classroom.

The classroom environment includes the teacher's desk, a whiteboard, children's desks and chairs with materials largely for the teacher to demonstrate with.

Work periods are specifically delineated for each subject and children must stop what they are doing if it is time for the next subject.

Students at a specific grade level have the same program, and a child either gets it or fails.

Interest of children often has little bearing on covering the curriculum.

Maintaining discipline is a function of the teacher.

Teachers are the arbiters of most conflicts. According to one study, teachers solved 80% of conflicts between children in traditional classrooms.

What are the secret ingredients that make Montessori schools so reliably successful all over the globe? In truth, not every Montessori school is successful since whatever any school or teacher does, passes through his or her consciousness and training. But when it is done well, there is nothing better. Even when it is not done so well, it is better than many alternatives. It works everywhere there are children; and builds socially well adapted, confident children, able to think clearly and creatively.

The work of Montessori graduates is stunning. Here are just a few former Montessori students who

have done their part in changing our world and who gratefully acknowledge their Montessori education as a key factor in what taught them to think clearly and creatively.

Larry Page and Sergey Brin, founders of Google, changing the way the world computes.

Jeff Bezos, founder of Amazon, changing the way the world buys pretty much everything.

Jimmy Wales, founder of Wikipedia, changing the way we access and share information.

Julia Child, TV chef and author, changing the way we cook and watch cooking shows.

Berry Brazelton, Pediatrician,

child psychiatrist and author, influencing countless families to raise children who are "confident, caring, and hungry to learn."

Gabriel Garcia Marquez, Columbian-born Nobel Prize winner in literature, changing the face of literature.

Will Wright, founder of SIMS games, changing children's ideas of how they can create their own prepared virtual environment.

Extracts from:
<https://aimmontessoriteachertraining.org/montessori-and-traditional-education-how-are-they-different/>

Seabridge School

When one considers, that a school as more than just a place, where students go to learn to pass exams, but is seen as an institution that is one of the community's important growth points, then the role of a school takes on wider implications. From that wider perspective a school is not an isolated institution, it is a microcosm of the community it serves. The aspirations, hopes and ambitions of the community are expressed in the day-to-day activities of the school; and in turn, the outcome of a school has a direct impact on the wellbeing of the community. In this sense, the development of a school in a community is everyone's business because it engages with the greater social and economic issues of that community.

From the outset, in July 2021, the founders of Seabridge have had a very clear vision of what they want the school to become. Apart from building a school

that uses an international curriculum to offer an innovative 21st Century education, Seabridge seeks to facilitate the realisation of students' potential in a way that contributes to a sustainable world. To this end the school strives to look 'outwards' as well as 'inwards'. By looking outward it is meant that the school seeks to build relationships with the broader community and its associated organisations – as in the case of the Masithandane/Seabridge Learner Support Programme – and by looking inward it is meant that the school seeks to find the very best paths to education.

Over the last two years Seabridge has put the necessary organisational structures in place to be able to register as an Independent school with the Western Cape Education Department (WCED); to become a member of the Independent Schools

Association of South Africa (ISASA); and significantly, to be recognised as a Cambridge International School. Of course, these registrations don't represent a 'destination' that says, "We have arrived!", but they set the benchmarks for the standards to which Seabridge aspires. They provide the framework within which the school is developing its culture and its quality assurance plan. These registrations provide traction in the implementation of the articulated goals of the school.

At an operational level Seabridge has made great strides in that its innovative blended model has already shown its educational worth. The content in its interactive online Moodle underpinning is taken shape nicely and most pleasing is the way in which the students have adopted the day-to-day approach to practical inquiry. Of course, an educational programme that is suited to the information age of

the 21st century calls for some new skills. Specifically, the students have to learn to play an active role in their own understanding; a requirement that is embedded in the Seabridge approach. Here it is useful to consider that preparing for the dynamic workplace of the future is quite different from what it was say thirty years ago. Now, with an emphasis on creativity, critical thinking, collaboration and communication, the educational

processes are a bit more complicated, more nuanced, and harder to assess. Fortunately there are clear signs in the personal development of Seabridge's students to show that its graduates will be in a position to reach their potential in this new world, and that our society and environment will also be beneficiaries.

So, having set a firm foundation, Seabridge looks

forward to its first Cambridge AS and A Level ('matric') class in 2024. At the start of next year the full academic programme from Grades 1 to 12 will have been introduced and established – including Marine Science as a subject – and the school's focus then moves to improving the efficiency in our teaching and broadening our engagement with the community of Sedgfield.

2024 ENROLMENTS OPEN

SA Curriculum
 Grades 1 to 9 and
 Cambridge IGCSE and AS
 Grade 10 to 12

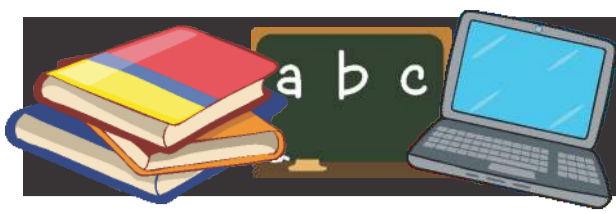
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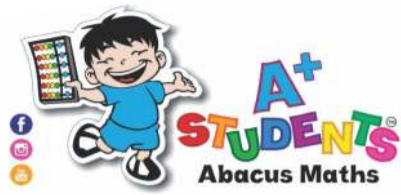




THE EDGE on Education

'A+ Students' is a Japanese method of education that teaches children as young as two and a half (30 months) to solve complex arithmetic problems by playing with educational toys like the Soroban and our 'A+ Play' Maths range of educational toys.

'A+ Students' is a powerful brain development tool! It improves concentration, boosts self-confidence, improves intelligence and creates a love for Maths. In the programme, we help children to develop both their left and right brain capabilities. At the same time 'A+ Students' aims at creating a love for Maths. 'A+ Students' enables learners to "see" Maths. It is much more than a mathematics course, it will also heighten the skill level that learners need throughout various learning areas like: comprehension, concentration, the ability to listen and pay attention, creativity and problem-solving. Our approach is 'learning through play'. Our lessons are interactive, physical and great fun.



We are also part of FASA and the momentum multiply rewards programs.
Head Office: 087 808 5954 • aplusstudents.co.za

Discover the exciting A+ Students Abacus Maths Programme right here in Sedgefield.

This extra curricular programme is led by Debbie Weideman, whose expertise and enthusiasm

ensure that our students in Sedgefield will be excited to learn Maths like never before!

We can't wait to partner with you to help your child excel in maths! Contact Debbie on 072 720 7706



The Knysna Initiative for Learning and Teaching (KILT) was established in 2017 to help build an empowered community through education.

KILT's leadership is an experienced group of professionals who believe in the power of learning and teaching. They are bright, talented, and passionate people who understand the industry and work to support local schools through their various areas of expertise.

KILT runs 18 projects tailor-made to enhance the love of teaching and learning and while also addressing the well-being and psycho-social needs of the people involved. They embrace 17 schools, 15 of which are non fee-paying, with around 13 300 children and 450 teachers. Their projects support the children, the teachers and the wider school setting.

KILT began by paying for additional teachers and auxiliary staff to reduce large class sizes immediately by lowering the teacher-to-learner ratio. They then developed tailored reading programmes and remedial support for children and are now addressing ablation hygiene and school safety.

For more information contact: 044 382 7508 info@kilt.org.za



Masithandane is a 15 year old registered non-profit and public benefit organisation located in Sedgefield. It builds partnerships and works collaboratively with the public, private sector and local organisations in order to serve those living in Smutsville, Sizamile, Fairview, Karatara, Elandskraal, Barrington and Farleigh who are infected/affected by: HIV/AIDS and TB. They also serve widows, orphans and the destitute.

Through its Early Child Development Program, Masithandane provides a Day Care Centre for children between ages 3 and 4 and a Pre-School Creche for children between ages 4 and 6. The centre and creche have both carers and teachers and are supplied with educational

games and toys. The children also receive meals at the centres.

There is also a literacy program for children at Smutsville Primary School where a number of volunteers give of their time every week to give children individual time to develop their reading skills.

Masithandane's Youth Programme encourages and supports teenagers struggling to cope with the trials and tribulations of living in homes where there is unemployment, a lack of education, and often alcohol and drug abuse are rife.

The program covers life skills, skills training, part-time computer courses and provides a number of bursaries for high school pupils. They also assist with school fees, uniforms and toiletries.

Bringing harmony to tourism marketing of the Garden Route

Garden Route-based actor and adventurer Ivan Zimmermann has teamed up with radio station Algoa FM to promote tourism to the region through the medium of short YouTube videos.

"I started 'All Things Vuma, Garden Route,' to connect people with people. "We live in such a fast track world that we forgot how important and healthy it is to be connected to each other," says Zimmermann.

His best-known roles during a nearly 25 year acting career include Steyn in 7de Laan; Koert Weideman in Egoli; Frik in kykNET drama Alles Malan; and more recently Justin's dad in Suidooster.

Strong family ties and the prospect of a new adventure drew Zimmermann to the Garden Route from Melkbosstrand in Cape Town some 18 months ago. "Adventure is change, and

change keeps the soul alive. For the first time in my life, I can now say 'I am home.'

The title of the show, "All Things Vuma," celebrates the sense of community in the Garden Route. "Vuma," an isiXhosa word, can be translated as being in agreement or harmony. YouTube was chosen as the medium because "it is the most watched channel in the world, and it is free. "Through this show I want to connect the Garden Route community and share its magical people with their beautiful stories to an international audience." "Radio is the ideal story-telling medium through which communities connect, which is why our partnership with All Things Vuma is a natural fit," says Algoa FM marketing manager, Lesley Geyer. The agreement commits All



Algoa Fm Simon Bechus and Ivan Zimmermann

Things Vuma and Algoa FM to promote each other's content through their various channels. "I believe this could make a difference in not just connecting people but also marketing the Garden Route," says Geyer. "Our partnership comes at a pivotal time for the growth of Algoa FM, both in the digital space, and as we plant physical roots in the Garden Route", says Alfie Jay, Algoa FM's Managing Director.



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TENDER NO: T 14 of 2023/24:

APPOINTMENT OF A PANEL OF DULLY ACCREDITED TRAINING PROVIDERS FOR THE IMPLEMENTATION OF VARIOUS SHORT TERM LEARNING PROGRAMMES, LEARNERSHIP AND APPRENTICESHIPS FOR A PERIOD OF 36 MONTHS

Knysna Local Municipality hereby invites tenders for the Appointment of a Panel of Dully Accredited Training Providers for the Implementation of various Short Term Learning Programmes, Learnerships and Apprenticeships for a period of 36 months.

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 via email to: Lungiswa Goya, lgoya@knysna.gov.za and Supply Chain related queries may be addressed to: Mzwanele Mato, e-mail mmato@knysna.gov.za.

The closing time for submission of bids is 12h00 on Wednesday, 04 October 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, e-mail, 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, the Municipality reserve the right to request validity extension.

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

Bids may only be submitted on the bid documentation that is issued. The evaluation of this bid will be subjected to functionality scoring. Tenderers must achieve a minimum functionality score of 70% for functionality in order to be evaluated further. The functionality criteria and weighting are set out in the tender document.

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

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
Clyde Street, KNYSNA, 6570



www.knysna.gov.za

TENDER NO: T 13 of 2023/24:

AMENDMENT OF THE KNYSNA MUNICIPAL SPATIAL DEVELOPMENT FRAMEWORK (MSDF).

Knysna Local Municipality hereby invites tenders for Amendment of the Knysna Municipal Spatial Development Framework (MSDF). Tender Project duration is estimated to be a period of 10 months.

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 via email to: Hennie Smit, hsmmit@knysna.gov.za and Supply Chain related queries may be addressed to: Mzwanele Mato, e-mail mmato@knysna.gov.za.

A compulsory Tender Clarification Meeting will be held on Microsoft Teams on **18/09/2023 at 10:00**. Bidders must request the Microsoft Teams link for the compulsory Tender Clarification Meeting from hsmmit@knysna.gov.za

The closing time for submission of bids is **12h00 on Wednesday, 04 October 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, e-mail, 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, the Municipality reserve the right to request validity extension.

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

Bids may only be submitted on the bid documentation that is issued. The evaluation of this bid will be subjected to functionality scoring. Tenderers must achieve a minimum functionality score of **70%** for functionality in order to be evaluated further. The functionality criteria and weighting are set out in the tender document.

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

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
Clyde Street, KNYSNA, 6570



TENDER NO: T 16 of 2023/24:

KNYSNA MUNICIPALITY INVITES TENDERS FROM PROFESSIONAL SERVICES PROVIDERS FOR THE PLANNING, DESIGN, AND CONTRACT SUPERVISION FOR THE ESTABLISHMENT OF THE SATELLITE RHEENENDAL FIRE STATION.

Knysna Local Municipality hereby invites tenders from Professional Services Providers for the Planning, Design, and Contract Supervision for the establishment of the Satellite Rheenendal Fire Station.

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 via email to: Project Management Office, psptender@knysna.gov.za and Supply Chain related queries may be addressed to: Mzwanele Mato, e-mail mmato@knysna.gov.za.

The closing time for submission of bids is **12h00 on Friday, 29 September 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, e-mail, 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, the Municipality reserve the right to request validity extension.

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

Bids may only be submitted on the bid documentation that is issued. The evaluation of this bid will be subjected to functionality scoring. Tenderers must achieve a minimum functionality score of **35 out of 50 points** for functionality in order to be evaluated further. The functionality criteria and weighting are set out in the tender document.

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

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
Clyde Street, KNYSNA, 6570



**KNYSNA MUNICIPALITY BY-LAW ON SPATIAL PLANNING & LAND USE MANAGEMENT (2021)
PROPOSED DEPARTURE & REMOVAL OF RESTRICTIONS: ERF 1496, 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: Cari Du Toit & Michael R. Halstead
Contact Details: c/o Planning Space (Pty) Ltd
Email: lundi@planningspace.co.za
Reference number: Application number 2919
Property Description: Erf 1496, Sedgefield
Physical Address: 4 Delarey Street, Sedgefield
Nature of application:

- (i) Application for a **Departure** in terms of **Section 15(2)(b)** of the Knysna Spatial Planning and Land Use Management By-law (2021) for a building line relaxation along the eastern building line from 2m to 1.57m to allow the existing encroaching veranda, as indicated on Site Plan Nr: SEDG_007 dated 28 May 2023; and
- (ii) Application for a **Removal of Restrictive Title Deed** condition D(5) from Title Deed Nr. T26188/22 of Erf 1496, Sedgefield in terms of **Section 15(2)(f)** of the Knysna Spatial Planning and Land Use Management By-law (2021), to allow an existing second dwelling.

<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 mmhlanga@knysna.gov.za on or before **6 October 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, Ms Menelisi Mhlanga at 044-302 6339 or via email mmhlanga@knysna.gov.za

MR. OP SEBOLA
MUNICIPAL MANAGER

**KNYSNA MUNISIPALITEIT VERORDENING OP RUIMTELIKE BEPLANNING & GRONDGEBRUIKSBESTUUR (2021)
VOORGESTELDE AFWYKING & OPHEFFING VAN VOORWAARDES: ERF 1496, 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: Cari Du Toit & Michael R. Halstead
Kontak Besonderhede: c/o Planning Space (Pty) Ltd
Email: lundi@planningspace.co.za
Verwysingsnommer: Aansoek nommer: 2919
Eiendom beskrywing: Erf 1496, Sedgefield
Fisiese Adres: 4 Delareystraat, Sedgefield
Aard van aansoek:

- (i) Aansoek vir die **Afwyking** ingevolge **Artikel 15(2)(b)** van die Knysna Munisipaliteit Verordening op Ruimtelike Beplanning en Grondgebruiksbestuur (2021) vir 'n boulynverslapping langs die oostelike boulyn vanaf 2m tot 1.57m om die bestaande stoep wat oorskry, toe te laat soos aangedui op Terreinplan Nr: SEDG_007 gedateer 28 Mei 2023; en
- (ii) Aansoek vir die **Opheffing van Beperkende Titelakte** voorwaarde D(5) van toepassing op Titelakte T26188/22 van Erf 1496, Sedgefield ingevolge **Artikel 15(2)(f)** van die Knysna Munisipaliteit Verordening op Ruimtelike Beplanning en Grondgebruiksbestuur (2021) om 'n tweedewoneenheid 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 mmhlanga@knysna.gov.za, op of voor **6 Oktober 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, Me. Menelisi Mhlanga by 044-302 6339 of per epos: mmhlanga@knysna.gov.za gerig word.

MNR. OP SEBOLA
MUNISIPALE BESTUURDER





NEW HOUSEHOLD REFUSE AND RECYCLING COLLECTION SCHEDULE
NUWE SKEDULE VAN VERWYDERING VAN HUISHOUELIKE VULLIS EN HERWINBARE MATERIAAL
AMAXESHA AMATSHA OKUQOKELELWA KWENKUNKUMA

To create a more effective and efficient service, the Knysna Municipality is implementing a new refuse collection schedule for residential and recyclable material. **This revised schedule will be implemented from Monday 2 October 2023 and only applies to the Knysna collection routes.** The collection schedule for Sedgefield and surrounding areas remains unchanged.

The collection schedule for Sedgefield remains unchanged. Enquiries can be directed to Ramona Loxton at rloxton@knysna.gov.za / tel no 044 302 6405. For the full collection schedule visit our website at www.knysna.gov.za

Om 'n meer effektiewe en doeltreffende diens te skep, implementeer die Knysna Munisipaliteit 'n nuwe verwyderingskedule vir, huishoudelike vullis en herwinbare materiaal. **Hierdie hersiene skedule sal vanaf Maandag 2 Oktober 2023 geïmplementeer word en is slegs van toepassing op die Knysna-insamelingsroetes.** Die skedule vir Sedgefield en omliggende gebiede bly onveranderd.

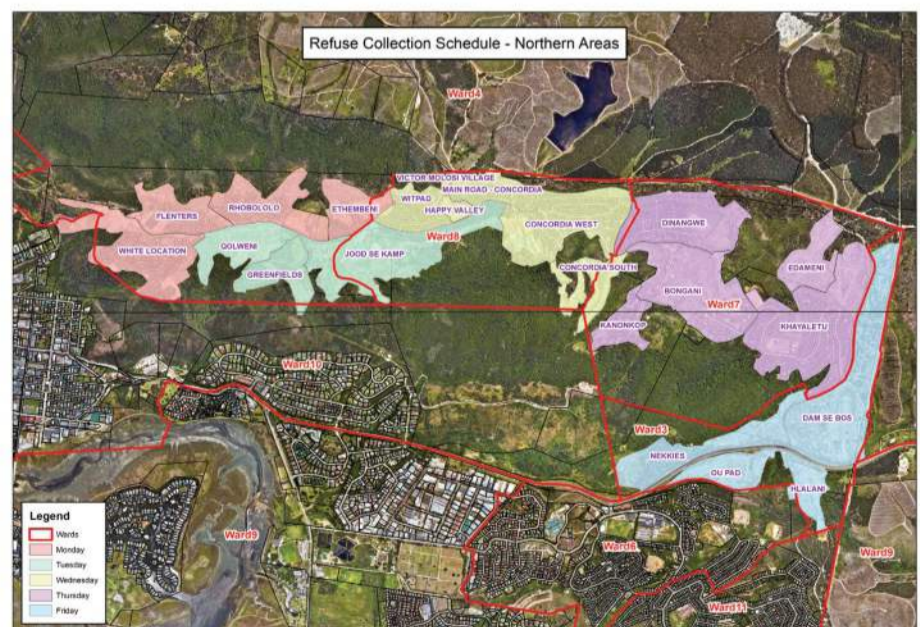
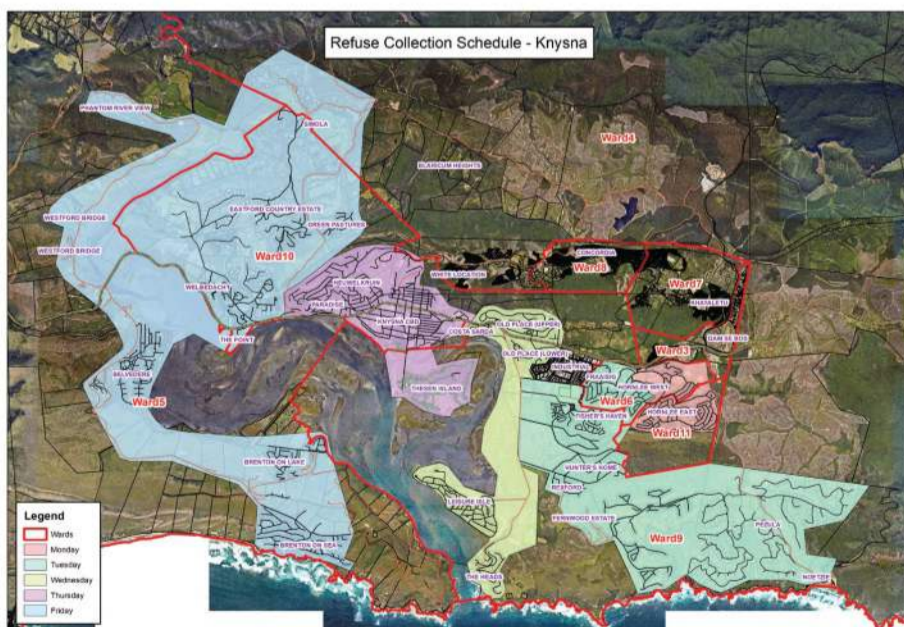
Die skedule vir Sedgefield bly onveranderd. Navrae kan gerig word aan Ramona Loxton by rloxton@knysna.gov.za. / tel no 044 302 6405. Vir die volledige afhaalskedule besoek ons webwerf by www.knysna.gov.za

Ukukhawulelana needlela ezingcono zokuqokelelwa kwenkukuma, uMasipala waseKnysna uza manaxesha amatsha wokuqokelela inkunkuma kumashishini nakwiindawo zokuhlala. **Lamaxsha matsha ayakuqala ukusebenza ukususela ngoMvulo we-2 kweye Dwarha (Oktobha) 2023 kwingingqi zaseKnysna kuphela.** Amaxesha wokuqokelelwa kwenkukuma eSedgefield nakwingingqi ezisondeleneyo awazotshintsha

Amaxesha wokuqokelelwa kwenkukuma eSedgefield awazotshintsha. Imibuzo ingabhekiswa kuRamona Loxton apha rloxton@knysna.gov.za / kule nombolo 044 302 6405. Ukufumana amaxesha aphantangaleleyo wokuqokelela ndwendwela iwebhusayithi yethu ku- www.knysna.gov.za

Business collection and Business recycling will remain the same.
Die verwydering van besigsheids vullis en herwinnings materiaal bly dieselfde.
Ukuqokelelwa kwenkukuma kumashishini akuzotshintsha

Monday	Tuesday	Wednesday	Thursday	Friday
Ward 6 – Donkerhoek, Katanga (excluding Rykmanshoogte) Ward 11 White Location Flenters Rholobolo Ethembeni	Ward 6 Rykmanshoogte, Fraaisig Fisher Haven Hunter Home Rexford, Pezula, Fernwood Qolweni Green Field Jood-se-Kamp	The Heads Leisure Island Upper & Lower Old Place Costa Sarda Concordia West Concordia South Victor Molosi Village Happy Valley	Upper & Lower Town Thesen Island Paradise, Heuwelkruin, Knysna Heights Dinangwe Bongani Kanonkop Khayaletu Edameni	Salt River Green Pastures Welbedacht Belvidere Phantom River The Brentons Dam-se-Bos Nekkies Hlalani, Oupad



**OP SEBOLA
MUNICIPAL MANAGER**

ELEVEN LEOS INDUCTED

On 27 August, our Sedgefield Lions Club hosted a very important event. This was the welcoming and the induction of 11 young people to our newly formed Leos Club of Sedgefield.

Past District Governor Lion Viv Grater addressed us all "In 1957, the first Leos Club was established in Pennsylvania. From those small beginnings we now have over 180 000 Leo members in more than 7000 clubs worldwide." The LEO acronym stands for Leadership, Experience and Opportunity.



Although our local Leos were established some years ago by Lions Bonita and Shelley, it was decided to make this programme official, and on the 17 May 2023, our Leos Certificate of Organisation was issued by Lions International Head Office. This was made possible by the great efforts of Lion Kevin Scanes, who also heads up the Scouts and Cubs movement in Sedgefield. Very well done Kevin, this is a very prestigious addition to our club. As we all know, behind every successful man is a very supportive woman, so thanks and congratulations must also go to Lion Teresa Scanes, our Vice President and better half of Kevin, who stood by and supported her man through months of teething problems.

Sedgefield Leos have 11 young,

like-minded members who - through the pillars of Leadership, Experience and Opportunity - will learn the value and satisfaction of being of service to their community. As Lions we all so very proud of you and look forward to your continued and dedicated presence in Sedgefield.

Congratulations also to the proud parents of the

"Sedgefield 13". Thanks to those who joined us for the braai after the ceremony, it was lovely to meet you all.

Further appreciation must go to the Leos District Co-ordinator David Jacobs and his wife Michelle who joined us on the day, and to our present District Governor Neville who sent along a video of Congratulations.

Thanks for the Soccer Assistance

Jomo Phike, the Director of Sedge United FC in Smutsville, has offered a huge vote of thanks to Sedgefield's 'Arrie Nel' Pharmacy.

"I approached Mr Stuart Daniell with a request for soccer ball sponsorship and was so very happy when the pharmacy so kindly donated 10 balls!" the soccer man told us, "I don't have the words to thank him for what he did. May God bless you, Mr Daniell"

Jomo explained that the club has been struggling to provide their development teams with even the basics needed for training, because there are so many youngsters who want to play. "As well as the senior squad we have four development teams - Under 11, Under 13, Under 15 and Under 17," he told us, adding that they are currently busy with registration for the development league.

His next quest for Sedge United FC is to acquire sponsorship for soccer jerseys for his young players.



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

Off the Mat

Sedge Bowling Club News



Happy Spring - As the song goes with a slight change - I think to myself what a wonderful place we live in, and may the new month give all the bowlers lots of love, happiness and good health. Winding down to Christmas time.

Changes and more changes at the bowling club. Good bye to our barman Len, thank you for

all your hard work, getting the drinks to flow and feeding the members, it was a pleasure to know you. Welcome to our new barman MICHAEL ESTIE. We hope you will enjoy working with us, you have been part of the bowling family for many years, we are so glad you are joining the bar team.

LEAGUE: The Eden League is in its final stages and all results will be posted in the next Edge.

SHELL DAY - 14th September - Notice on the board please enter your teams.

CLUB COMPETITIONS - Drawn Mixed Trips final still to be played at a later stage - Results to follow.

LADIES LOCKERS - Please will the lady that checked all the keys and locked the open locker no 31 open it again as the owner lost her key and has left it open since (Drake played on his boat 1588) and cannot get her bowls out to play. Guess who!!!! guilty as charged.

That's all for this week, see you'all - be good, be safe. NEAREST THE KITTY

From the Desk of Studio 42

Embrace the Power of Strong Ankles for an Active Retirement

Nestled in the heart of a picturesque landscape, our community loves outdoor activities. The trails and cycling routes are not just paths; they are gateways to an active, fulfilling retirement. As you stride through these adventures, there's a silent but crucial companion—your ankles. These unassuming joints play a pivotal role in your ability to enjoy life's excursions, making their care and support vital for the journey ahead.

Discovering the Unsung Heroes: Your Ankle Complex

Ankles are often underestimated, labeled as mere joints. Yet, they are intricate marvels composed of three joints, working seamlessly to orchestrate your graceful movements. With each step you take on those scenic hikes or every push of the pedal, your ankles bend and flex to maintain balance and stability—crafting an unbreakable bond between you and the world you explore.

A Foundation Built on Support: The Role of Tendons and Ligaments

Tendons, ligaments, and joint capsules collaborate to ensure the harmony of your movements. Tendons are bridges between muscles and bones. They contribute to the stability of your joints. Ligaments, the connective threads between bones, serve as guardians, keeping your ankles strong and steady. This symphony of support is what empowers the ankle joint.

Elevating Life's Moments: Strengthening Ankles for Vibrant Pursuits

Imagine the amount of force on the ankle as you navigate challenging terrains and pedal through the world. Your ankles shoulder these loads with grace,

absorbing forces that often exceed your own body weight. This resilience of the ankle is the cornerstone of injury prevention.

Understanding Ankle Sprains: Guarding Against a Common Foe

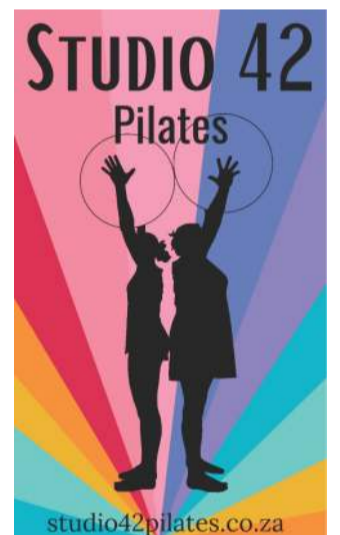
Ankle sprains are a common opponent for your legs in the pursuit of your favorite activities. Surprisingly 40% of all sprains can cause lasting discomfort that stick around for more than a year after the injury. Limited ankle movement can affect not only your ankles but also your knees, lower back, hips, and even your pelvic area. Neglecting proper rehabilitation sow inefficiencies within your body's mechanics echoing for years.

Ankle Wellness: Nurturing Strength and Balance

Prevention is better than cure. Luckily, there's a smart way forward - easy yet effective exercises that shield you from ankle sprains. By making the muscles around your ankles stronger and improving your balance, you start a journey to protect yourself from injuries.

1. Single Leg Balancing: An Invitation to Stability
On a flat surface, stand with intention for 30-60 seconds. Focus on maintaining a slight bend in your knee to ensure balance. For an added challenge, close your eyes, engage with uneven terrains, or incorporate gentle arm and leg movements.

2. Calf Raises: Elevating Strength, Elevating Life
With feet hip-width apart, place your hands on a counter or wall. Lift onto your tiptoes, heels leaving the ground. Pause briefly at the top. Aim for 10-15 repetitions across 2-3 sets. As a



bonus, this exercise encourages healthy blood circulation.

Remember to stack your ribcage and pelvis and avoid shifting your weight forward or gripping the floor with your toes. Challenge yourself by performing calf raises without external support or eventually transitioning to single-leg calf raises.

3. Heel Walks: Nurturing Balance and Harmony
Lift your toes off the ground, standing on your heels. Take controlled steps forward - around 20-30 steps. Ensure your weight remains centered on your heels without tilting forward.

Writing Your Ankle Wellness Story

As you stand at the crossroads of active retirement, remember that strong ankles are the pillars of vitality. These exercises, easily incorporated into your daily routine, pave the way for an active life. Whether you choose the path of solo exploration or the guidance of classes, the journey to ankle wellness starts with acknowledging their significance. It's time to weave ankle strength into your tale of active living.



NOTICE

IDP/PMS AND BUDGET TIME SCHEDULE FOR THE PREPARATION OF THE TABLING AND APPROVAL OF THE 2024/2025 AMENDED REVIEW INTEGRATED DEVELOPMENT PLAN AND MULTI-YEAR BUDGET

Notice is hereby given in terms of Sections 28(3) of the Local Government Municipal Systems Act (MSA), Act 32 of 2000, that the Knysna Municipal Council during a Special Council meeting held on 31 August 2023 considered and approved the tabled 2024/2025 IDP/PMS and Budget Time Schedule.

The approval of the Time Schedule was in accordance with Sections 21(1)(b) and 53(1)(b) of the Local Government Municipal Finance Management Act (MFMA), Act 56 of 2003. The Time Schedule outlines particulars and key deadlines of the process that informs the drafting of its multi-year Budget and the revision of its Amended IDP for the 2024/25 financial year.

The Knysna Municipal Council further resolved that the community/public of the Knysna municipal area be afforded an opportunity to provide inputs and comments on the approved IDP/PMS and Budget Time Schedule prior to the implementation thereof.

In accordance with the resolution of Council, the community/public is requested to provide written inputs/comments on the approved IDP/PMS and Budget Time Schedule up and until **14 September 2023**.

The Time Schedule with Key Deadlines is available on the Municipal Website www.knysna.gov.za

ALL COMMENTS AND INPUTS MUST BE DIRECTED TO idp@knysna.gov.za OR ALTERNATIVELY TO THE IDP/PMS OFFICE AT THE MUNICIPAL MAIN OFFICE IN CLYDE STREET FOR THE ATTENTION OF MR. BRIAN CORNELIUS.

Persons, who are unable to read or write, may contact the IDP/PMS and Budget Office or the nearest Municipal Office, during normal office hours, for assistance with understanding the IDP and Budget process.

Mr C Chordnum cchordnum@knysna.gov.za
Mr B Cornelius bcornelius@knysna.gov.za

044 302 6235
044 302 6387

Mr. OP SEBOLA
Municipal Manager



THE EDGE ON HEALTH

SEDGEFIELD PHARMACY

ARRIE NEL
PHARMACY GROUP

Mon-Fri 8am-6pm • Sat 8am-1pm • Sun & Pub Hols 9.30am-12pm

044 343 1628 | A/H 082 804 0115

FREE DELIVERIES

Heart Awareness Month 2023

September is Heart Awareness Month – an entire month dedicated to raising awareness about cardiovascular disease in South Africa, culminating with World Heart Day on 29 September.

Much has changed in the world of health in the last few decades, from a time when doctors would recommend smoking certain brands of cigarettes, to today when preventative care is fast becoming a way of life for many people. Yet despite this, the rate of cardiovascular disease in South Africa continues to rise and is a leading cause of death in the country.

You can do much to keep your heart healthy. Eat a healthy diet, exercise regularly and be aware of the risk factors such as smoking, drinking, taking drugs, high blood pressure, high cholesterol, obesity and stress.

HEALTHY LIVING

The great news is that up to 80% of heart diseases and strokes that happen before the age of 70 years can be prevented by simply living a healthy lifestyle and treating conditions such as high blood pressure, high cholesterol and diabetes. A healthy lifestyle

involves eating a healthy diet, exercising regularly, not smoking, managing day-to-day stress, if drinking alcohol then doing so in moderation, and maintaining a healthy weight.

In reality, the lifestyles of most South Africans are steadily becoming unhealthier

- 68% of women and 31% of men are overweight or obese
- Up to 45% of adults suffer from high blood pressure
- 37% of men and 7% of women are regular smokers
- Nearly 1 in 2 women and over a quarter of men are physically inactive

HEALTHY EATING

Most South Africans eat a diet high in processed meat, salt, sugars, deep-fried foods, refined starches, and don't eat enough fruits and vegetables.

More than 50% of children don't take a lunch box to school.

Everyone can benefit from making some lifestyle changes, and even small changes can make a powerful difference to lower the risk of heart diseases and strokes. Learn more about what it means to live a healthy

lifestyle and what you can do to lower your risk.

Simple steps to healthy eating

Eat more healthy foods such as:
Fruit and vegetables: Variety can be achieved by ensuring the consumption of different coloured fruits and vegetables and will provide you with important vitamins, minerals and phytochemicals. Majority of fruits and vegetables should be consumed whole rather than as a juice.

Beans and lentils: They also add extra flavor to dishes and can be used to make dishes go further.

Low fat or fat free dairy foods such as milk or yoghurt for calcium, protein, minerals and vitamins.

High fibre wholegrain starchy foods such as wholewheat bread, brown rice, oats, wholewheat pasta and barley, instead of refined cereals. Fibre is good for your heart and can help to improve cholesterol levels.

Lean and fresh protein like fish, eggs, skinless chicken, lean mince and ostrich meat instead of processed and fatty meats like polony, viennas, salami, sausages and sandwich ham.

Choose healthy fats found in canola, olive or sunflower oil, soft tub margarines, peanut butter, nuts and seeds, avocado and fish.

Choose foods high in omega 3 fats Especially naturally oily fish such as sardines, pilchards, mackerel and salmon. Omega 3 fats help to reduce blood pressure and risk of stroke. The Heart and Stroke Foundation South Africa recommends that fatty fish



should be eaten at least twice a week.

Clean water and unsweetened tea or coffee.

Enjoy your food and avoid overeating

It's good to enjoy food and share meals together but eating too much can lead to weight gain, increasing your risk for obesity, diabetes and heart disease.

Reduce your portion sizes of fatty, starchy and sugary foods if you are overweight.

Portion with caution. Try to portion your plate according to the 'Plate Model' where:

- 1/2 of your plate consists of non-starchy vegetables such as broccoli, cabbage, tomatoes, cucumber, carrots etc.
- 1/4 of your plate consists of high fibre starches such as brown rice, whole wheat pasta, sweet potato, butternut.
- 1/4 of your plate consists of lean protein such as grilled skinless chicken, fish, lean mince, ostrich meat, soya.

Eat less foods with added sugar, salt and bad fats

Cut down on unhealthy fats like saturated and trans fats which can raise cholesterol levels. These can be found in foods such as fatty and processed meats, chicken skin, butter, ghee, cream and hard cheeses, pies, pastries, biscuits, crackers, fast and deep-fried foods.

Limit added sugars such as sweets, chocolates, and especially sugary drinks such as soda's, fruit juices and flavoured water as they provide empty-kilojoules and contribute to weight gain. They also increase triglycerides (TG), a type of fat in the blood.

Cut down on sodium and salt. A high salt intake is linked to high blood pressure. Reduce your salt intake to no more than 5g (1 teaspoon) of salt, from all sources, a day:

- Reduce the salt added to your food during cooking and at the table.
- Make use of fresh and dried herbs, spices, garlic or lemon juice to add flavour to your food, without adding extra salt or salty seasonings like chicken or BBQ spice.

Total Foot Care
Sr. Gillian Williamson
071 877 2638 • 072 672 4162

PHYSIO THERAPY
Andrea Lamprecht
WILDERNESS • KNYSNA
SEDGEFIELD 082 457 2472

Physiotherapy
Diane Parker
BSc Physio (Wits)
Reené Otto
BSc (MedSci) BPhysT (UP)
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Sedgefield

• Foods like packet soups, stock cubes, gravies, cheese, many breakfast cereals, breads, salty snacks, processed meats and fast foods are very high in salt, so should be used sparingly.

Avoid alcohol. Avoid the harmful use of alcohol. Recent evidence has found that no level

of alcohol consumption is safe for health and alcohol consumption increases the risk of Cardiovascular Disease (CVD).

Look out for the Heart Mark on foods to help you choose healthier options.

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- MASSAGE

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B.Ch.D., PDD (Implantology) (Stell)
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9 Tarentaal Road, Cnr Tarentaal Rd & Flamingo St
Tel: (044) 343 3124 all hours

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

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

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

ALCOHOLICS ANONYMOUS
Face-to-face Meeting
Monday 6.30pm
Catholic Church, Sedgefield
Flamingo Street gate entrance

AA RECOVERY

Newcomers Welcome!

for more info call
079 323 2085

PINK WALK
BREAST CANCER AWARENESS

14 OCTOBER 2023

Start: Engen Garage Time: 08h30
Entry: Free Distance: 4.5 km

Everyone Welcome
Show your support and dress up in Pink

CHURCH SERVICES

Afrikaanse Protatante 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 Sedgfield :
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
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

THESE ARE THE CHURCH
DETAILS WE HAVE ON FILE.
PLEASE SEND UPDATED
DETAILS. THERE IS LIMITED
SPACE SO PLEASE ONLY LIST
THE TIME AND CONTACT No.

Ned. Herv. Kerk Outeniqua
Telefoon: 044 - 8712125

New Apostolic Church
Enq: Anthony Davis - 083 641 5027

NG Kerk
Sedgfield: 08.45am
Karatar: 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 Protestant Kerk
Ouderling Jakobus Grootboom
078 158 2042
Chris Solomons 071 617 5630

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

Sedgfield 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



**4 Acts
1 Title**

Stretch, Shelley & Alan, Francois, Linda

The BATTLE of the BUSKERS

**At Sedgfield Lions Club Sun 24 Sept,
battle commences 12 midday**

**Market stalls open & food and refreshments on sale
Playground for the kids**

Table bookings for under the marquee R70pp

Tickets available at Wool n Things

Picnickers R50pp (children under 12 free).
(Please bring your own chairs/umbrellas).

LIONS INTERNATIONAL & **Pick n Pay** SEDGFIELD

IT'S HERITAGE DAY
so of course we'll be braaing!
Chisa Nyama & salads on sale

The Wine Ghost

The Wine Ghost tasted **John B - Sauvignon Blanc 2023 (Box-3litre)**. The name, **John B, stands out, but the varietal indication gets lost, as it is printed in virtually the same green colour, as the rest of the box. It is a young wine. The date on the box indicates, it was filled 29-03-23.**

There is information about the family history of the Burger family and where the wine originates from, but nothing

about the wine itself. The Sauvignon blanc is produced by Rietvallei wines. The appearance is slightly murky, with a light yellow colour. No legs visible. On the nose, no flaws could be found. Nectarines, guava, "spanspek" and also green pepper are some of the prominent aromas. The wine has a well balanced "lemony" acidity and the flavours tasted, are nectarines, green pepper, green apple, greenish paw-paw. The Sauvignon blanc has quite a long mouth feel and the apple and paw-paw taste lingers. Even though the label design was not so exciting, the quality and taste definitely made up for it.

This time the Wine Ghost went for something totally different and found great value for money, with a pleasant surprise, in a box! Price Range: R130 - R150 (3litre)
In Vino Veritas, till next time.

SEDGFIELD COMMUNITY CHARITY EVENTS CALENDAR 2023

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

September
19, 21, 22, 26, 28, 29.
Sedgfield Melodrama '23

September
23/09 Anything that Floats
24/09 Lions Battle of the Buskers
24/09 TLC Golf Day
The Living Cornerstone

October
08/10 Garden Route Kite Festival - Masithandane
14/10 Pink Walk for Cancer



Tiffany's

**Bed 'n Breakfast
Family Restaurant
Tea Garden & Pub**

GOOD FOOD AT AFFORDABLE PRICES

WORLD CUP RUGBY SEPT. LINE UP (3 BIG SCREENS)

Get here early to watch the opening game - kick off at 9pm
Friday 8 Sept. France vs NZ
Sun 10 Sep 17.45 SA vs Scotland
Sun 17 Sep 15.00 SA vs Romania
Sat 23 Sep 21.00 SA vs Ireland

WEAR SPRINGBOK KIT & BRING YOUR GEES
Order from our kitchen or off the bar menu

Tiffany's Monthly Supper Club ~ Italian



Sat 7 Oct 6.30 for 7.00pm R150 per head
3 course meal + entertainment

Dress Code: Black/White Mafia Prize for Best Dressed Couple (Bookings Essential before 4 October)

Closed on Mondays

082 374 6951
tiffanys.sedgfield100@gmail.com
N2/Egret Street

TED'S BRAIN CRUNCHER

Across

- Did you two have an argument? Deal with the repercussions or you might plummet. (4,3)
- Failing toilet makes one blush - sounds as if something is wrong. (7)
- You in the party with your sporty car. (5)
- Allege bad discrepancy with America's national flyer. (4,5)
- About the three sisters starting in dense surroundings - did they have fashionability? (5,5)
- Well then, 'Yes', it's been real. (4)
- Meteorological decision makers use storm protection constructively. (12)
- Perhaps mopping shall keep it clean for those looking to spend. (8,4)
- Did some of you strip him of his leadership? (4)
- The last twenty at the end of a test? (5,5)
- If you want to be easy-going, then reverse the wagon in front of the dining spot. (9)
- Derik annoyed us. (5)
- Plan to have a beer! (7)
- It's when you use your fingers to get it on the screen. (7)

Down

- A bit of marketing on the clock on the front of the building. (6)
- One of those you might rest on with a hardy sort of fellow. (6)
- Creative verse Poles wrote about a fellow who doesn't heed an alarm. (10)
- If you put forward the need for a bit of sporting equipment it may sound like a bit of a racket! 5&23d Oddly, asthma fuelled a desire to proceed as fast as possible. (4,5,5)
- None of the fellows picked up the sign. (4)
- Large No. I recalculate is neither local nor national. (8)
- Those who won't give up their action movies! (8)
- The bad translation of his blog, in a word, needs to be banned. (10)
- (see 4)
- Beast, or yours truly - there are various options. (8)
- Baton was exchanged with our neighbour. (8)
- Man, did Elton find space? (6)
- Failed subservant governance system is due to turn on a little alarm. (6)
- (see 5 across).
- Male platform has lost direction. (4)

Across: 1. Plaster 5. Slap-up 9. Spotless 10. Stools 12. Body language 15. Alice bands 17. Ads 19. Fee 20. Dideridoo 22. In triplicate 26. Tender 27. Intimate 28. Dismal 29. Hogwash
Down: 1. Post 2. Awol 3. Talk over 4. Rusty 6. Lets go 7. Propaganda 8. Possession 11. Lapdog 13. Half witted 14. Milestones 16. Afield 18. Frothing 21. Cinema 23. Cinch 24. Saga 25. Yeah

SEDGE GENTS' GOLF

24/05/23

The pugilistic competition devised by the Captain consisted of three different formats to be played every six holes by two teams drawn up by the selfsame tormentor. The teams were firstly all players who reside on or near the island against the rest of South Africa, a case of a modern David versus Goliath scenario. However, that's where the similarity ended as David received a massive walloping in this case by only being able to win one of the five pairings. The tears that flowed after the game reminded one of a group of mourners peeling onions.

The winning pairs were Des Fenner and Roy Harrington with 55 points followed by Paul Spencer and Des Munro with 54, Derek van Zyl and Willem de Villiers with 50 and then Rudy Bosch and Peter Heath on 46. The leader of the Islanders rudely rejected a kind offer by the Rest to give the Islanders free golfing lessons. The Captain was so overcome by the golfing tragedy, for some, that he gave everyone a bottle of wine. However, some believe that this was to make up for the lack of clarity in explaining how the different formats were to be scored. As we always tend to reflect

only on competition results we tend to neglect the reasons for the Gentlemen's Club very existence. These are respecting the values and traditions of the very game of golf not only for the exercise, the rules but, evenly as important, the camaraderie and respect that exists between members. A golfer like Guy Maingard epitomises all of the above and as he contemplates retiring from the game of golf we congratulate and thank him for upholding all the values he, and the Club, stand for.

31/08/23
A day that was perfect for golf, warm and cloudy with no wind, heralded the start of the Monthly Mug competition which offers so many fantastic sponsored prizes. Bill Craig once again ran away with the A division competition with a net score of 59. In second spot Dave Herbst came in with 62 and he was followed by Malcolm Goldhill with 63 and then Paul Spencer on 66. The B division was won by Jan Lotter with a great 38 pointer and second was Peter Heath on 36. When Peter was young he was useless at golf but he practiced and played regularly. Now he is no longer young. However, on this day it was a pure delight to watch him play. Most importantly of all, however, he never lost a ball. A miracle. In third spot was Jan Potgieter with 34 followed by John L.B. after a count-out with Henry Crowther. Sadly the latter never received a prize.

SEDGFIELD BRIDGE CLUB

21 AUGUST :

1	64.1%	Pam + Colin
2	56.6%	Glenda + Ina
3	53.3%	Maryke + Rodney

28 AUGUST :

1	70.8%	Irene + Linda
2	56.2%	Paddy + Bernard
3	51.0%	Annette + Terry

BRIDGE SCHOOL RESULTS

24 August:
1st: Koos & Thinus
2nd: Christel & Willem
3rd: Judy & Louise

31 August:
1st: Koos & Thinus
2nd: Louise & Jeannie
3rd: Christine & Rosalie
(tie): Christel & Willem

Nearest the pin were Peter Heath on the 4th hole and Mike Hubberstey on the 17th. The winner of the "Duck" for worst player on the day was Brian Stewart. His score is too embarrassing to report. However, we would never say that he is getting on in years but when he squats to pick up his ball his knees sound like a goat chewing on an aluminium can filled with celery. There was a sigh of relief when the Captain announced that the next week's competition would be individual stableford. All newcomers are welcome with only one proviso - you need to understand the Scottish language.

THE SPORTS EDGE

NEXT EDGE: Wednesday 20 September 2023 - Issue 674

PLEASE NOTE OUR DEADLINES

(Careful, they tend to fly by VERY quickly)

DISPLAY ADS: Email to editor@edgenews.co.za by 14 September 2023

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

accounts@edgenews.co.za by Monday 18 September 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

LOCALS SHINE IN TOUGHEST SINGLE STAGE MTB RACE

As one of South Africa's premier mountain biking events, the TransBaviaans 24 Hour Mountain Bike Race creates the perfect combination of extremely challenging cycling and spectacular scenery. It takes riders through exquisite mountain ranges right into the heart of the magnificent Baviaanskloof Wilderness Area, all in a team format. Since its start in 2004, the race has been growing annually, deserving its place on many mountain bikers' wish lists.

This initiative started on a family holiday in the Baviaanskloof. Being avid mountain bikers, and wanting to share the Baviaanskloof experience, the family decided that there was no better way to do this than having a mountain bike race. It took them seven years to finalise the concept.

Eugene from Cycleworx: Cycleworx Sedgfield has been the official retail partner and

support since 2006, and has ridden the event many times with different partners.

Teams are made up of 2, 3 or 4 members and participate in various categories.

This year a number of locals and 'UP Country' locals participated in the grueling TransBaviaans race and the perfect weather conditions gave them admirable results.

Karen Vermaak and Emile van Vuuren finished in 3rd place in the mixed category with a time of 11h46m, and husband and wife team, Theo and Talita Van Zyl took 8th place in the same category.



Karen and Emiel took third place in the 'Mixed' category of the 2023 TransBaviaans

Also taking part were Trevor Cripps who teamed up with Jos Van Eeden, Andre Poolman and Gerhard Muller. Natalie Delaney and Pedro Casais rode together, whilst Wayne Hodgson teamed up with Anina Seton for her first TransBaviaans race.

Local Vet Johan Eksteen rode with Marius van Koller, finishing in 16h 08m, whilst Sedgfield

Spar owner Ferdi Coetzee rode with Pieter Kriel for his first TransBaviaans race. Their team name JUST FINISH was a clear indication of their goal, and finish they did in a very good time of 12h 25m.



Custom crafted knives terry@afrikanbearknives.co.za Cell: 068 404 2037

PLEASE SEND YOUR SPORTING RESULTS OR ACHIEVEMENTS TO editor@edgenews.co.za. Please keep sporting editorial brief in order to enable us to include everyone.

TIDE TABLE

6 Sept - 19 Sept 2023

● Full Moon 29 September 2023

Wed Sep 06 2023
low tides 01:21 13:09
high tides 07:25 19:59
sunrise 06:41 sunset 18:14
moonrise 00:32 moonset 10:31

Thu Sep 07 2023
low tides 02:05 14:00
high tides 08:18 21:16
sunrise 06:40 sunset 18:14
moonrise 01:37 moonset 11:16

Fri Sep 08 2023
low tides 03:35 18:18
high tides 11:30 23:51
sunrise 06:38 sunset 18:15
moonrise 02:36 moonset 12:06

Sat Sep 09 2023
low tides 06:45 19:26
high tide 13:13
sunrise 06:37 sunset 18:16
moonrise 03:30 moonset 13:01

Sun Sep 10 2023
low tides 07:36 19:59
high tides 01:11 13:51
sunrise 06:35 sunset 18:17
moonrise 04:15 moonset 13:59

Sedgfield - Mon Sep 11 2023
low tides 08:07 20:26
high tides 01:54 14:20
sunrise 06:34 sunset 18:17
moonrise 04:55 moonset 14:58

Tue Sep 12 2023
low tides 08:33 20:51
high tides 02:27 14:46
sunrise 06:33 sunset 18:18
moonrise 05:29 moonset 15:56

Wed Sep 13 2023
low tides 08:57 21:15
high tides 02:55 15:11
sunrise 06:31 sunset 18:19
moonrise 05:58 moonset 16:54

Thu Sep 14 2023
low tides 09:21 21:40
high tides 03:22 15:34
sunrise 06:30 sunset 18:19
moonrise 06:24 moonset 17:51

Fri Sep 15 2023
low tides 09:45 22:06
high tides 03:48 15:59
sunrise 06:28 sunset 18:20
moonrise 06:48 moonset 18:46

Sat Sep 16 2023
low tides 10:10 22:32
high tides 04:14 16:24
sunrise 06:27 sunset 18:21
moonrise 07:12 moonset 19:43

Sun Sep 17 2023
low tides 10:34 22:58
high tides 04:40 16:49
sunrise 06:26 sunset 18:21
moonrise 07:36 moonset 20:40

Mon Sep 18 2023
low tides 10:59 23:26
high tides 05:07 17:16
sunrise 06:24 sunset 18:22
moonrise 08:01 moonset 21:40

Tue Sep 19 2023
low tides 11:25 23:55
high tides 05:35 17:45
sunrise 06:23 sunset 18:23
moonrise 08:30 moonset 22:42

Sedgfield Striders TIME TRIAL Every Wednesday 5.15pm Road adjacent to Sedgfield Bowls Club Beginner runners/walkers welcome For more info call 072 275 6894

Ladies' Golf

Friday 25 August 2023

16 ladies played the Medal and Putt competition for August.

Results as follows:

GOLD DIVISION

Winner: Sam Bowen (nett 59)

Runner up: Brenda Howden (nett 60)

SILVER DIVISION

Winner: Eda Greenway (nett 56)

Runner up: Joy Herbst (nett 63)

count out Charlene Blacker

BRONZE DIVISION

Winner: Kandy Grieve (nett 57)

Runner up: Ronnie Maingard (nett 63)

LEAST PUTTS TROPHY

Sam Bowen (24 putts)

BIRDIES

Brenda Howden (6th)

Sam Bowen (3, 11, 13, 14 and 18th)

Charlene Blacker (17th)

Elize Mackenzie-Blom (11 and 12th)

Moraig McLeod (12th)

Sylvia de Moor (9 and 14th)

Friday 1st September

14 ladies played today's competition which was individual Stableford.

Today's winners were:

1st: Sam Bowen on 33 points.

2nd: Joy Herbst on 32 points, count out.

3rd: Eleanor Sparks on 32 points, count out to

4th Christina Coetzee on 32 points.

Well done to Christina for being the only player who played to their handicap today.

Nearest the pin was won by Sylvia de Moor on the 17 and

PAM GOLDING PROPERTIES

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Hilna 082 722 4611 • Tania 062 974 8899

JOINT MANDATE



Aviemore • R 2.5 million 1SH1625954
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Peet 084 811 9973

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www.pamgolding.co.za/sedgfield



above and Michelle J Gilchrist on 16th and below. Two excellent shots.

Birdies today were scored by: Michelle J Gilchrist 3, 6 Sylvia de Moor 9, 11 Sam Bowen 1

WIMPY
Enjoy every moment

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ENGEN 1plus



Double Chicken Schnitzel

R89⁹⁰

2 chicken schnitzels,
2 slices cheese & mushroom sauce

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