

Issue 675

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**4 October 2023** 



### KITE FESTIVAL FLYING THIS SUN

This Sunday (8 October) the Garden Route Kite Festival will once again be taking to the skies over the picturesque countryside of Karatara, and promises another enchanting celebration of art, culture, and the great outdoors.

This year's event - the 7th edition of the festival features a diverse cast of guests including Team Binsbergen from Gqeberha, Mari Ware-lane from Cape Town, Jacques Fourie from Pretoria and Keith Mould from Sedgefield. As always, it promises a delightful mix of attractions on and off the ground!

One notable aspect of this festival is its charitable mission. All proceeds will

go towards the Masithandane Bursary Fund, which plays a pivotal role in transforming young lives, providing opportunities that might otherwise be out of reach. The fund allows children from marginalised groups in Sedgefield to attend high schools in George and Knysna by covering crucial expenses



such as transport, uniforms, shoes and stationery. A heartwarming cause that underscores the festival's commitment to making a positive impact on the local community.

Gate fees for the Kite Festival have been kept at the affordable price of R20 for adults and R10 for under-12s.

In terms of activities, this year's

festival is introducing an exciting addition - human-powered race cars! Teams of two or three people will compete against one another in this exhilarating addition to the program, giving festival-goers the chance to test their physical prowess and adding an extra layer of festival excitement. There will also be a

But the festival would not be complete without its beloved traditions. The mass ascension of kites will once again fill the skies with a kaleidoscope of colours and designs, creating a mesmerizing spectacle. Whether you are an avid kite enthusiast or a casual observer, this display never fails to amaze.

For those who love a challenge, the 'Highest Kite' contest is a thrilling competition to watch - or join - as participants vye for the coveted title sending their kites soaring to the greatest heights.

Of course, the festival's hallmark food and craft stalls will be back in full force, offering an array of

local cuisine and handcrafted goods. It is an opportunity to indulge in your favourite flavours and purchase one-of-akind crafts from local artisans.

For those in need of a peaceful retreat, the tea garden offers a serene escape with breathtaking views, accompanied by a hot or cold drink and sweet or savoury

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# KES MAJOR I

The cast and crew of Melodrama 2023 are both exhausted and elated at the conclusion of this year's production, and here's why:-"The accounts are still being totted up but it looks like we'll be able to hand close on R150 000 to charity!" says a very excited producer Margie van Rensburg.

A huge amount of effort from all concerned went into making the show the runaway success it was. Over two and a half months the cast and crew of 37 attended 20 rehearsals of two to three hours each. This aside from additional dance practices to ensure that their moves were

Across the six performance nights, they hosted 1047 audience members which included both paid and complimentary seats for the

Their hard work definitely paid off, as audiences showed their appreciation through the American 'Encore' Auctions held at the end

#### LOCAL CHARITIES TO REAP BIG BENEFITS

of each show. These raised an astounding total of R102 505 to add to the income from seat sales.

"I am so super proud of this year's cast and crew for their tireless efforts and hard work," says Producer Margie Van Rensburg

"2023 is certainly one for the record books and we thank our Sedgefield Community for their support!"

Once the Cast & Crew ceremony Awards is completed at the end of October, a full report on the distribution of the funds will be given.

Well-known Pedro Goncalves shows off his operatic prowess at the 2023 Melodrama.



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### Notes from T'Ed's Head

bought a new phone.

I had no choice – I've had the old one since 2018 and, well, under the ownership of T'Ed, five is the equivalent of 29 in cell phone years. ie I'm not good with phones.

My old one is cracked and bent and buckled and scratched so that I can barely read the screen, even with both Mrs Ed's and my reading glasses on (which plays havoc with my driving), and I don't know who is sending me voice messages, but they all sound like Darth Vader on Opioids.

The crunch came on a day I got a call from Mrs Ed (the only way I knew it was the old dragon was because I have allocated a special ringtone for her calls. It's the Ronan Keating song "You say it best when you say nothing at all." She's yet to pick up on the

Anyway, I answered, but even to my ears, finely tuned to Mrs Ed's dulcet tones as they are, it sounded as if she was gargling tar in a vacuum whilst simultaneously spewing out the word 'Shupsh' over and over again.

Fortunately, through that special connection that one has with one's spouse when one has been married since the Big Tree of Tsitsikamma was a mere sapling, I sensed she was probably asking me to 'pick up a few things at the supermarket on my way home' (the opposite direction) - a request often made by the trusty Mrs Ed.

I shouted back (my phone microphone hasn't been the same since the casserole submersion *episode*) that she should perhaps send a shopping list via a voice note, as I could no longer read my screen. (Please Note: Screen Protectors' apparently don't live up to their noble promise. *Indeed, the simple act of leaving* a cell phone on a car roof and then driving off can render the 'protected' phone (on the tarmac) with more unwanted cracks than a municipal budget.)

Mrs Ed obviously heard my clever suggestion, as only seconds later my phone emitted

Page 2 THE EDGE



the hideous 'Cry of the Dying Vampire' (another cleverly downloaded sound-byte allocated as her personal message alert). I climbed into the office cupboard where there are fewer noise disturbances and listened to her message before heading off to Sedgefield Central, shopping bags ready.

I thought I had pretty much got everything she'd asked for, and once home, congratulated myself on a job well done. Bottles clinked in melodious chime as I carefully placed the bags on the kitchen counter.

It seems I was wrong. Quite wrong. And, true to form, Mrs Ed did not believe it was an innocent error. She failed to understand how 'Butternut, toilet rolls, dishwashing liquid and a big bag of salt and vinegar chips' could sound like 'Six quart bottles of milk stout, any red that's on special and a demi-john of Old Brown Sherry'.

That's when she began insisting that I get a replacement phone. And she can be pretty insistent, Mrs Ed. Especially when she emphasises a point with an elbow in the ribs (often around 3 am). "And what if one of our kids calls to say they need urgent medical help? You'll probably end up driving round to drop off a chocolate fountain!'

Yes. I agree. Quite an imagination for someone of her exceptional years.

So, eventually, I caved in to the pressure of caving-in ribs and ordered a new phone online. It arrived and ...

No. Perhaps 'hate' is too strong a word. I LOATHE it passionately!

I think the problem is that I still dearly love my old phone. My



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I know I'm just being Siri; sorry, silly. But one can get attached to strange things.

You see, there are differences, BIG differences, between the 'old' and the 'new' because (and I know I am going to step on toes here) my wonderfully precious OLD phone is an iPhone.

And my new one isn't.

Now, let me say something to those of you looking for a bit of mirth during this emotional quagmire I find myself wading through. I am NOT going to discuss what make and model my replacement phone is, lest I get scorned by colleagues or pelted with rotting peaches as I make my way through the village.

Even so, I am fully expectant of some sort of backlash because... well. I might have accidentally become a bit of an iPhone snob.

Indeed, I have to admit to uttering sentences such as

"Just call me on my iPhone on this number," or

"Oh, that's funny, I was just talking to Siri about that on my iPhone the other day," or

"You have an iPhone 12? Me too! Let us and our phones do lunch one day....

It's Steve's fault.

Oh, apologies, I guess some of you (those who haven't bitten into the whole ... er ... Apple' experience, as it were) might feel a little uncomfortable calling him by his first name.

Steve Jobs. The man behind the wonderful Apple iPhone.

So, Steve (Mr Jobs to the rest of you) got me hooked right from the start with the packaging that my first iPhone arrived in, all those years ago. That white box, so beautifully designed, so elegantly fit for purpose, so extraordinarily neat.

It felt like I was unboxing the prototype Hadron Collider.

I still have it. The box, not the Hadron Collider. Because you can't possibly throw away such a masterpiece. I keep 'Important Things' in it, such as miscellaneous mystery keys which surely will fit something, someday; expired pen-light batteries (because you never really know, do you?) and three of those R5 coins with Mr Mandela's face on that I am sure will triple their original value if I hang on to them for another ten

In fact, I loved that iPhone box so much that I have purchased two other iPhones since then and have kept those boxes, too. (Don't tell any dishonest people, but that's where I store all my spare 'brown money' for a future family holiday. - you think it's worthless until it adds up. – just the other week, I counted a total of R35,73!)

Ahhhh. Those halcyon iPhone ordering days of yesteryear.

But this time ... well, things were just too tight. And when one needs a new phone, one must work within one's budget. 'Bite the bullet', one might say, if one referred to oneself as 'one', as Royalty and we iPhone owners are inclined to do.

The new (cheaper) handpiece arrived a month and a half ago in its poxy little, single-layered, cardboard box. It was totally inelegant and festooned with multi-coloured, fruitless logos and instructions (on how to open the box, would you believe?).

And it's nowhere near as good as my previous 'phone experience'. Not even close. Slow speed, lousy camera, uncomfortable to hold ... these are all things I expect of this new phone... this dreadful new phone ... this nasty, dreadful new phone ...

... when we eventually rip off the cellophane wrapper and unpack it from its nasty, dreadful box ...

... because we haven't had the courage to yet.

But we will, won't we? Yesssssss SSSirri .... we will unwrap this nasty evil cellular phone one day ... perhaps tomorrow ... perhaps next month ... perhapssss next

Just as soon as we gets ourselves closure on our precioussssss iPhone!

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The frequent heavy seas experienced over the last few weeks coupled with the flooding of several rivers feeding into estuaries along the Garden Route have resulted in a huge 'dumping' of plastic litter on local beaches.

And whilst us local folks certainly cannot be blamed for this mass of non-bio-degradable litter strewn all over our favourite walking spaces, it is surely up to us to make every effort to alleviate this ecological nightmare.

One local citizen has suggested that if as many people as possible make a point of visiting the beach with a collection bag in

tow, the problem might be substantially reduced within a week or so.

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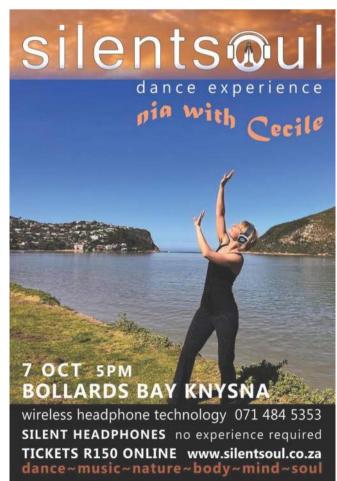
SCHOOL

Food for thought?









### **Laerskool Sedgefield Primary Cares**



In response to the devastating fires in Smutsville on 30 August, which left so many families with nothing, Sedgefield Primary School went into action under the leadership of the school prefects and the learners in Land Service.

In the following weeks, numerous boxes were filled with 'necessities' that would hopefully make the fire victims' lives just a

If you don't

want to

little bit easier. On Friday, 22 September, they were presented to one of the people at the forefront of the fire relief project - local 'Gift of the Givers' man Mario Ferreira.

Mario thanked the schoolchildren profusely and said the goods would be distributed to the affected families, who would be most grateful. On behalf of the school, Heloise du Plessis says that

behind the wheel all

the way to George,

in Sedge and let us handle

Asked what the 'Gift of the Givers' assistance to the fire victims had been in monetary terms, Mario explained that it had been estimated that the total relief value overall (aside from the new homes built by Knysna Municipality) had been R500 000. Gift of the Givers' spend

they would like to thank every

parent and learner who helped

make the project possible.

R500 000. Gift of the Givers' spend on various immediate relief items, including meals, blankets, household goods, clothing and groceries, had been estimated at R200 000, and the organisation had received R57 100 in monetary donations from individuals and organisations towards this.

"Obviously, this doesn't include the many wonderful donations of perishable and non-perishable goods that members of the public dropped off at our offices and the Smutsville Community Hall," he said, "The fire relief really was a community effort, and we are so grateful to everyone who helped."

He pointed out that the Gift of the Givers' relief efforts to assist the fire victims are ongoing.





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**Supporting the Sedgefield Community 044 343 1055** 



Supporting our local stage stars!

Cast of 2023 Melodrama take a bow – what an amazing show indeed!
Pick n Pay Sedgefield was once again proud to help this fantastic fund-raiser by sponsoring the printing of the programme and providing meals for the cast and crew.

Along with co-sponsors Wimpy / Engen, the Sedgefield Pick n Pay team are very happy to sponsor the Sedgefield Golfers' Monthly Mug Competition. Congratulations to all the winners of this great event.





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ISSUE 675 4 October 2023

### **RUSTY LABUSCHAGNE - BEATING CHAINS**

There's a talk coming up on 15 October that is surely not to be missed. In 'The Road to Forgiveness' Author Rusty Labuschagne tells of the years he spent in a Zimbabwean jail for a crime he didn't commit.

Rusty has recorded detail of the physical and mental trauma he suffered in his book 'Breaking Chains'.

In 2003, this successful Zimbabwean businessman (who ran a safari outfit, flew his own aircraft and had a fishing resort on Lake Kariba), was framed by a poacher, resulting in his arrest and the courts wrongfully convicted him of drowning someone. He served ten years in Zimbabwe's jails, including the notorious Chikurubi Maximum Security Prison where he suffered through food shortages, lack of running water and people dying around him daily.

Rusty describes how he not only lost everything he had worked so hard for but, more importantly, his freedom. His story is a testament to his extraordinary resilience in conditions most would find unbearable. He shares the life lessons he learned how to harness your inner strength, how

to forgive and how to show gratitude, as he found true freedom through sincerity and

Rusty's is an inspiring story of true grit in the face of great adversity. How a man who is left with nothing as he is broken by a corrupt political system, rises to



fight that same system on his own terms. In doing so he rebuilds himself from the inside

The talk – hosted by Suid Kaap Christen Familie, takes place at 9.30am at the Laerskool Sedgefield Primary School on the corner of Piet My Vrou and Swallow Drive.

The Sedgefield Tennis Club Championships are now well under way in spite of the rain on each Saturday.

The semi-finals are due to be played on Saturday 7 October, with the finals over the weekend of 14 -15 October.

Visitors are more than welcome to come and watch as the tennis being played is of a very high standard.

The men's draw is now down to Hennie Louw, John Djurak, Gerhard Badenhorst and Francois Hey, whilst the Ladies'

singles sees Robyn Hewson, Elaine Hannah, Deirdre Human and Lanie Farelly still in the mix.

There is also a very competitive 70+ section for the senior players.

Games have been very keenly contested and have been played in good spirit, some matches even going into the evening when floodlights have had to be used.

Thanks to local businesses who have been very generous in sponsoring our main event of the year.



### BLESSINE OF THE ANIMALS



You are invited to celebrate the feast day of St Francis of Assisi at a very special animal blessing service.



When: Saturday 7th October at 2:30pm Where: St Francis United Church, Swallow Drive



Bring your animals for a blessing. grieving Pet owners.

Dogs to be on leads and cats, hamsters, birds, snakes and rats in their baskets or cages.

All animals will receive a certificate.

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These are offshore seabirds which means, unlike shorebirds, they are seldom observed on the beach. However, just behind the waves along Paradise Ridge, east of Wilderness Beach, rafts of gannets can be found.

WRRA invites you to join Dr Zanri Strydom at 6.00 for 6.30 pm on 18 October at Faerie



Knowe Hotel, where she will share her last twelve months' research findings on gannets in the greater Wilderness waters.

Dr Strydom specialises in seabirds, and has conducted her doctoral degree specifically on the competition for food between humans and gannets in South Africa. Together with her husband she manages the reserve at Dunefields Private Nature Reserve situated on Paradise Ridge outside Wilderness. She continues to study the gannets with a special interest in the importance of the Garden Route as a year-round feeding area for both juvenile and adults of the species. Besides her involvement in

seabird documentaries and research, Zanri is a First Responder for sick and injured seabirds found along this coast. She has always valued the time spent rescuing and stabilizings seabirds in need, and believes that in return she has received the greatest gift - an evergrowing passion for them.

The admission fee for the talk is R10 for members and R20 for non-members.

For more info please contact admin@wrra.co.za.

### Have your say with the Municipal IDP

The Knysna Municipality **Integrated Development Plan** (IDP) is focussed on achieving communities." the development objectives and needs of our community and Council, Council has the authority to approve this fiveyear strategy, along with an annual review of the plan. The IDP informs all development and planning within the municipal boundaries and may initiate programs and projects in collaboration with the district municipality, provincial and national government.

Municipal Manager Ombali Sebola referred to the IDP as a living document that addresses the needs of the community and other stakeholders. "As we live in a constantly changing environment, the IDP is reviewed annually to ensure that Council's program remains relevant and aligned with this strategic document, and that it

speaks directly to the needs and development priorities of

#### HAVE YOUR SAY IN THE IDP

Public consultation forms an integral part of the IDP process. The consultation program starts on 21 September and is scheduled to end on 7 November 2023. Knysna Municipality will host public consultations and interactions with residents in all wards. Directors will provide feedback on progress made with the implementation of IDP priorities and the public will have the opportunity to make inputs on current priorities as stipulated in the current plan, and changes in conditions that require immediate

"We invite all interest groups, social structures, stakeholders, and the entire greater Knysna community to participate in this process at the venues indicated," said Sebola. "Please consult the schedule on our website to find

out when we will be in your area and attend the meeting to participate in this process. We plan that works for the better of municipality: entire community" schedule can be found at www.knysna.gov.za/news/noti

#### WHAT FORMAT WILL IT TAKE?

The Mayor, supported by the Mayoral Committee, respective Ward Councillors and Ward Committees, will lead wardbased public consultation sessions with the public or public representatives.

To streamline the feedback process residents have various options for how to engage and submit comments.

#### These include:

- 1. attending a meeting in your
- 2. submitting your comments in writing at the meeting venue

in your ward before the meeting starts; or

- 3. sending your comments in must work together to create a writing directly to the
  - email to idp@knysna.gov.za
  - post to P O Box 21, Knysna,
  - hand delivery to 5 Clyde Street, Knysna, 6570.

#### THE CLOSING DATE FOR WRITTEN SUBMISSIONS IS **15 NOVEMBER 2023**

"Community involvement is crucial to creating a municipality that is inclusive, innovative and inspired," Sebola concluded. "Please take the time to send us your feedback, comments and suggestions."

For any further inquiries please contact Mr C Chordnum, cchordnum@ knysna.gov.za / 044 302 6235 or Mr B Cornelius, bcornelius @knysna.gov.za / 044 302 6387

ISSUE 675 4 October 2023 Page 4 THE EDGE

### **GOOD LUCK TO OUR OTTER TRAIL RUNNERS!**



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**PROPERT** 

A number of brave and exceptionally fit locals are heading off this weekend to tackle the gruelling, yet stunningly beautiful 42km Otter Trail event in Tsitsikamma.

Pictured alongside are (back) Sveta Becker, Nicolette Brouwer and Chris de Jager. (Front) Megan Belton, Danielle de Jager and Zelda Delport.

Also running the race are Matty & Kyle Smith and Ida & Hans van de Wetering. To put this challenge into perspective, hiking the Otter Trail normally takes four days - this group will be joining dozens of trail athletes from all over the world to run it in less than 9 hours.

All the best to all of you!

### **Lakeside Baptist Church Grand Opening**

Lakeside Baptist Church invites you to the grand opening celebration of their new conference centre on 3 Duiwe Laan (corner of the N2 service road on the north side). The celebration will take place on Sunday, October 15 at 11:00. Cake and tea to follow.

If you would like more information on the church or the event please call Pastor JD Highfill on 066 160 7029.



The Lakeside pastoral team and their wives in front of the new church building.





**SEARCH FOR MISSING** 

At 13h46, Monday, 2 October,

**NSRI Knysna STATION 12** duty crew were activated following reports of a drowning in progress at Noetzie Beach, near Knysna.

NSRI rescue swimmers, SAPS and the ER24 ambulance services responded to the scene while the NSRI rescue crafts JayTee IV and Katharine were launched.

According to the NSRI report, when they arrived on the scene a search immediately commenced for a local boy aged approximately eight, who had gone missing in the water. He had been swimming with friends when an adult on the beach suggested that they come ashore. It is believed that at that stage the child may have been caught in a rip current. An adult bystander had reportedly attempted to rescue the child but was unable to reach him before he disappeared under water.

A local man, Duran de Villiers, volunteered his private helicopter to assist in the search operation, whilst NSRI rescue swimmers were deployed into the surf to conduct free dive sweeping line search efforts.

Despite the extensive air, sea and shoreline search, no sign of the child has been found. SAPS Water Policing and Dive Services are continuing the

Thoughts are with the family and friends of the missing child.

NSRI EMERGENCY: 0870949774.



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ISSUE 675 4 October 2023 THE EDGE Page 5

#### DIARY DATELINE

#### **Every 2nd Monday**

2pm Sedgefield Art Society meets at Lions Club. New members welcome. Colin Burgess 082 852

#### **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 outride 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 outride 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 outride departs Cycle Worx. All welcome.

#### Sunday 8 October

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!

#### Ive learned ...

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

by Andy Rooney

# **Matric** Dance 2023

Axola Krwetshe from Knysna High School attended her Matric Dance at Villa Castolini, Brenton-on-Sea on Friday 29 September 2023.



#### In Loving Memory of Debbie de Vos

Beautiful mom of Lara & Joshua • 14 March 1962 – 20 September 2023

To my dearest mom, the one who gave me life. I still cannot get over how suddenly this happened. I am truly grateful that you did not suffer. You are my rock and I know you will be looking out for me during my life. You know that you and I had a bond that most people would never know or understand. I love you so much mom. Rest easy now. Josh



#### In Loving Memory of Andy de Vos

Amazing dad of Lara & Joshua • 7 February 1959 – 29 September 2023

To the bravest father anyone could have asked for. Well done on fighting the fight and never giving up on me, and for being my biggest hero in life. I will wait until our next

I love you dad and will cherish every single memory with you forever. Josh.

# adventure to get that ride you promised me. installations advice on new hardware

repairs ram installations clean & service

> anager & tech & software guy hardware gu

WRRA Talk on Protecting the Cape Gannets 6pm 18 October at Faerie Knowe (see page 4)

### TEA FOR TLC

Saturday 23 September 2023 was a very exciting day for everyone at The Living Cornerstone.

We received delivery of our third brand new hospital bed this year along with a new hospital bedside cupboard.

We were able to purchase these items as a result of our very successful Women's Day High Tea fundraiser.

The bed has state of the art electronic functions with a battery back-up.

Marietjie Digue, our facility manager wants to thank everyone who was involved with the High Tea event. Any fundraising activity takes a lot of effort and planning, and

everyone went the extra mile and it is sincerely appreciated. "Thank you to the greater Garden Route community for supporting

our event and thank you for believing in us" "We have already started planning our Women's Day event for 2024. Please be sure to watch out for the date and details for the next event

### TLC IS FIRE-SAFE

On Wednesday 27th September 2023, TLC home for those suffering with Alzheimer's officially "unveiled" their accredited Fire Alarm System.

Facility manager, Marietjie Digue thanked Rotary Knysna, Rotary Anns Knysna and MG Motor Club Knysna, all of whom helped the NPO make the system a possibility.

Mike Smerdon from Rotary Knysna came to celebrate the occasion over a cup of tea with TLC's management and staff, and Marietjie used the opportunity to present his helpful organisation with a certificate of appreciation.

"We also received a plaque from the Rotary Knysna which will always have a special place in our home and our hearts!" she said.



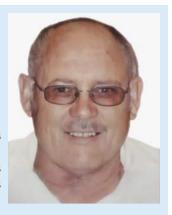


#### In liefdevolle herinnering aan Fred Nagel

15.06.1950 - 16.09.2023

Te gou is jy van ons weggeneem.

Maar ek weet die lig wat jy in my lewe agtergelaat het, sal altyd helder skyn. Van Marianna en al jou geliefdes.



### Sally Bauermeister

23.02.1946 - 24.09.2023

We celebrate the life of Sarah Emma Grace Bauermeister, better known as Sally.

Probably best known as the friendly lady who, with amputated legs and hand, independently drove around town in her electric wheelchair, going to the clinic, shops or church.



She was a post-war baby of older parents with siblings that were more than a decade older than her and just 12 years old when her mother died.

Despite the challenges she was social, popular and funny. She was a good sportswoman, ran track and swam gala for her school.

Sally started her career in the typing pool of the South African Airforce at Ysterplaat outside Cape Town. She was super fabulous with beehive hair, ultra miniskirts and smoking cigarettes with the

She fell in love and married Barry, her stepbrother from her dad's second marriage, in 1969. She was a stay-at-home-mom when they could afford it, but otherwise worked as a bookkeeper or

She was an active and outspoken Christian with a deep compassion for people in emotional hurt. She was a counsellor to hundreds of people throughout her life right up until a few weeks before she died.

She was a keen reader and a talented writer but had few opportunities to explore the latter. Fortunately, she could be indirectly part of the media world as her daughter, former Sedgefielder Athane Scholtz, became a journalist and author with Sally's encouragement and

She loved gardening and was good at it. She could sew, knit, crochet, cook and bake. While she was artistic, she only started painting after she retired and many of her friends and family have her art gifts in their homes today.

Sally was grandmother to five grandchildren, of whom two were intricately part of her life in Sedgefield. Emma and Nathan were picked up after school by their Ouma, she helped them do their homework and broadened their knowledge of God and the Bible. She also stayed connected via WhatsApp with Natalie, Mary-Elizabeth and Jason who lived in other parts of the country.

She had a special bond with her son, Niël Moolman.

She had health issues since she was relatively young including breast cancer, heart problems that required a stent, diabetes, Reynauds Syndrome and sclerosis.

Since 2015 she had undergone three amputations and experienced measures of pain until her death. Nonetheless she was determined to live life on her own terms, and to bear testimony to God's goodness despite circumstances. She inspired everyone around her with her exceptional good attitude, encouraging words and great sense of

Despite three amputations of both her legs and her dominant hand, she was fiercely independent and insisted on living on her own. She taught herself to write with her remaining hand, cooked for herself, did her own shopping, and even knitted and painted with her left

Like anyone else, she had very bad days and sometimes questioned why she was still on earth and in so much pain. She never stayed in that space for long though and was determined to be a witness of God's goodness despite circumstances. At the end of her life she was looking forward to be with her Creator and her family and friends rejoiced with her when she finally breathed her last breath.

Sally leaves behind her daughter, Athane, son Niël, grandchildren Emma, Natalie, Mary-Elizabeth, Nathan and Jason as well as extended family across the world.

She joins in heaven, her son-in-law-Desmond, her sister Betty, brother Jan and a host of family and friends who had served God

The family thanks the people of Sedgefield who had so faithfully loved and cared for Sally through the 17 years she lived here.

Sister Brigid Vincent, the Masithandane caregivers and HUG House, Pastor Juan and Tammy Pienaar of Sedgefield Christian Church, the Sedgefield ladies' Bible study group, the Thursday morning men's prayer group, Bomber and Kel Webb, Alex Walters, George Emslie, and Ken and Felicity Ironside.

(Sally died of organ failure due to the combination of illnesses she had lived with much of her adult life).

ISSUE 675 4 October 2023 Page 6 THE EDGE

# Coastal degradation and flooding **RE/MAX**LAKES will require substantial funding

"Degradation along the Western Cape coastline is well documented and is increasingly a cause for concern as valuable properties and infrastructure end up either damaged or destroyed, and lives are lost due to severe storm surges surprising the unsuspecting who are unable to move to higher ground and are swept away by powerful waves. But what would be the long-term effect of coastal degradation?", asks Cobus Meiring of the Garden Route Environmental Forum (GREF).

Ironically, Marlene Laros heading up the Biodiversity and Coastal Management Division of the Western Cape Environmental Affairs and Development Planning (DEADP), in June 2023, did a presentation on coastal vulnerability at the Annual GREF Climate Change and Environmental Management



Indaba. She explained the indicators used to determine where the future high water mark would be and how drastic the implication to land owners

The boardwalk down to the beach from the parking area above the Swartvlei estuary river mouth, which was washed away by the recent storm surge and high seas. Photo: Luc Hosten

and authorities would be in terms of climate change and sea level rise, and the most recent climate induced disasters causing billions of Rand in damages is a stark warning that the change is real.

The Southern Cape and Garden Route economy and tourism sector is highly dependent on its coastline, scenic rivers and lakes, forests and mountains, and degradation of these assets over time can negatively affect the allure of the region as a world class destination, and planning for change is paramount.

Regional authorities, including the Garden Route District Municipality (GRDM) and all the coastal municipalities are acutely aware of where their respective vulnerable infrastructure is in terms of exposure to storm surges and flooding, and where possible are already planning to move assets away from potential exposure, and not rebuilding where history no doubt will repeat itself.

Regular and severe flooding has hit the Western Cape badly throughout 2023, and the damage to infrastructure, agriculture and the economy at large, is substantial. Coupled with damage inflicted by storm surges are regular power outages caused by load shedding. Neither is helping the regional economy as even the most resilient are affected one way or another. Addressing coastal degradation requires substantial investments in mitigation and adaptation measures and may include beach nourishment, seawalls, and other engineering solutions to protect coastal areas. The long-term costs of these measures can be significant which does not bode well for cash strapped municipalities.

Governments globally lack the funds to assist coastal communities exposed to sea level rise and the destruction of storm surges, and South Africa is certainly no exception. Fixing bridges, hard infrastructure and roads after severe flooding is extremely expensive with significant knock-on socioeconomic impacts as products cannot reach markets, and power and water security is compromised for prolonged periods of time.

From an environmental point of view, coastal degradation often leads to the destruction of valuable coastal habitats. including wetlands, dunes, and estuaries. These ecosystems provide essential breeding grounds and shelter for many marine species.

In summary, coastal degradation in the Western Cape, as in other coastal regions, has far-reaching and potentially devastating longterm consequences for the environment, economies, and communities. Addressing these issues typically involves a combination of strategies, including sustainable coastal management, land-use planning, climate change adaptation measures, and conservation efforts to mitigate the impacts and preserve coastal ecosystems.

Issued: Garden Route Environmental Forum (GREF)





MOUNTAIN VIEWS Andre: 060 887 6769

Web ref RXED - 1610



PRACTICAL LAYOUT Louis: 082 390 0272

Web ref RXED - 1591



**CENTRALLY LOCATED** Thandi: 072 789 0845

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THE VILLAGE

R3 895 000



**CONTEMPORARY & SPACIOUS** 

Louis: 082 390 0272

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

ISSUE 675 4 October 2023 THE EDGE Page 7

### CLASSI-ADS

#### Index

- To Rent
- Accom. Wanted
- 3 Accom. - Holiday
- Announcements
- 5 Boats & Acc
- **Building Services** 6
- Businesses
- Cellular, Electronics & TV 8
- 9 Clothing
- 10 Computers Crafts & Home Industry 11
- 12 **Education & Tuition**
- 13 Electrical
- **Employment Offered** 14
- 15 **Employment Wanted**
- 16 Fabric & Haberdasherv
- Food & Wine 17
- 18 For Sale
- 19 Home & Garden
- 20 Health & Beauty 21 Hobbies
- 22 Home Improvements
- 23 Lost & Found
- 24 Miscellaneous

- 25 Motor Cars/Bikes
- 26 Personal
- 27 Pets & Livestock Plumbing 28
- 29 Property
- 30 Restaurants & Pubs 31 Security
- 32 Services Offered
- 33 Sport & Leisure 34 Tea/Coffee & Take-Aways
- 35 Heavy Vehicles & Mach. 36 Wanted / Swop etc
- NB. Classified adverts for the next issue need to be in by Monday 16th October 2023. Emailed classies will not be placed without payment

#### 3. Accommodation Holiday

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

#### 4. Announcements

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

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

Sedgefield Mosaic Tours Masithandane hosts mosaic art tours on Tuesdays and Thursdays. You can hear the stories that inspired the pieces that make up a magical outdoor gallery alongside a water wonderland. Come meet the talented mosaic team, learn about the town's history, people and 'slow town' character. Please call or WhatsApp Jacky 0824142133 to book your place.

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

#### Building & Related Services

Architectural Draughting Services Phone Tracy 082 695 3119 / 044 343

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



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#### 7. Businesses

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#### 9. Clothing

Embroidered burpers & face cloths handmade. Mariana 082 7710694

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#### 12 Education & Tuition

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

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

STEP IN TIME Dance Studio. Sedge. First lesson free! Beginners welcome Ages 7 upwards, Competition & Exams, Morning, Afternoon, Evening classes. Call Bev Fowler on 0732718144.

#### 13. Electrica

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

HEUNIS Plumbing, Electrical and PV Solar. All Maintenance & Construction Qualified in both trades COC Certificates. Call 082 972 3911 manie.heunis

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

#### 14. Employment Offered

Sales Assistant required for Fishing Tackle Shop in Sedgefield. Contact Corrie 076 140 0931

15. Employment Wanted

#### FAMSA KNYSNA

**VACANCY** Project Manager and

Counsellor (Social Worker) (Half day position) Requirements:

- Social Work registration with SACSSP and valid annual registration
- Mature in social work practice (10+
- years experience) Experience in project management
- Must be in possession of a Code B Code EB drivers' licence.

CV's with a cover letter and proof of current SACSSP registration and Driver's Licence can be delivered

The Director FAMSA Knysna 21 Spring Street Knysna

Closing date for applications: October 2023. If you have not been contacted within 14 days of the closing date please accept that your application was unsuccessful.

#### CHARTERED ACCOUNTANT & REGISTERED AUDITOR



CATHERINE ANNE MATHER BCompt Hons CA(SA) (ACIS)

tel: **044 343 2202** cell: 083 779 7934 email: cathy@camather.co.za address: 14 Swallow Drive, Sedgefield

#### Building

Christopher - 073 123 4954 Paving Paint Lukas - 063 075 2756 Paint, Garden Nelson - 065 743 6565 Painting Simon - 0734460026 Paint, Tiles, Plumb

#### Domestic

Charity - 063 986 0224 Dynah - 061 202 3852 Emma - 074 220 1707 Lincy - 078 494 3118 Refs Martha - 081 025 1784 Mary - 065 287 0606 Tasha - 062 046 0102 Towera - 063 452 4624

Gardening Aaron - 073 493 4006 Alex - 083 774 0922 Ref Alex - 076 822 8291 Endrick - 074 947 9118 Painter Ephraim - 073 806 3027 Ref Karim - 083 774 0992 Phillip - 063 016 0094 Steven - 083 377 7660 Painting

#### 18. For Sale

Concrete standard stock bricks. R1250 per pallet of 500 (R2.50 each) Less than a pallet - R2.90 each.

M140 (M6) Concrete blocks with solid bottom. Quicker to lay and less mortar wastage by laying upside down. 84 blocks per pallet - R1092 (R13 each). Less than a pallet. R14 each. Delivered to Knysna or Sedgefield R300 per load (max 2 pallets per load). Delivery to other areas or more pallets per load are subject to quotation. WhatsApp 069 404 2037 for orders and enquiries

Empisal Sewing Machine R850 onco. Finesse Overlocker R750 onco. Call 066 562 5378

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

#### 19. Home & Garden

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

Compost, pot soil, seeds, fertilisers, irrigation, tools @ Sedge Hardware Garden Refuse Removal for as little as

R90 per month, 082 808 5984. www.dialadrumknysna.co.za KUBI HIRE - Digger Loader for Hire

Landscaping & hauling. Craig 073 726 RUMHORA ADIANTIFORMIS FERNS.

A beautiful evergreen herbaceous fern of many names. Leatherleaf, Seven week, Knysna fern available at Forest Roots next to The Edge. Call 076 619 3659

#### 20. Health & Beauty

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



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

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

Silver Scissors Unisex Hairstylists -21 Tiptol Street, Sedge. 072 205 7985

Yoga, Pilates, Dorn Spinal Method in Ruigtevlei Sedgefield. Contact Nicky 082 445 3310 www.happywholesome.co.za

#### 22. Home Improvements

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

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

#### 25. Motor Cars/Bikes

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

NISSAN TIIDA HATCHBACK for sale Well maintained. Pensioner owned R53000. Tel 071 194 0334

2015 SUZUKI SWIFT 1.2 GL. Excellent condition. 70 000km. R130 000. Call 076 405 5765

#### 27. Pets & Livestock

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

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

Sedgefield Dog Training in Sedgefield Peter 084 025 2650 Kusa CGC & Senior Obedience Judge all levels and ages.

The Groomer - Mobile Pet Grooming 064 607 6472

#### 28. Plumbing

Greentech Plumbing Qualified licensed plumber specializing in high pressure drain unblocking and CCTV drain camera inspection. COC's and maintenance plumbing. Hugo 079 507 9685 info@greentech-plumbing.com www.greentech-plumbing.co.za

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#### WHERE TO FIND IT 2024 DIRECTORY

Free Listings: We're currently updating our 2024 directory listings. Whilst we try our utmost to be as accurate as possible, it's not however, possible for us to phone every free listed business to check if there are any changes to your business address, contact numbers or email addresses. The onus is on you to send us updated information.

Attention New Sedgefield Business Owners: kindly email us your business info if you wish to have a free listing in our 2024 Directory. Please note that our closing date for free listings is Friday 27 October

For Display ad bookings, kindly contact Joy on 082 389 2024 or email sales@edgenews.co.za

#### 30. Restaurants & Taverns

Breakfast with Louisa @ Station now open on Saturdays! Karaoke & Costume Night with Shelley on Friday 13 October @Filos.

Prize for the best dressed. Book early 071 442 1704 31. Security

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

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

#### 32. Services Offered

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

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

COP- Community Orientated Policing. Fighting Crime in Sedgefield. 074 506



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

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

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907 3845

SURF LESSONS on weekends. Beginners to advanced. Call Slade 060



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ISSUE 675 4 October 2023 Page 8 THE EDGE

### **LIONS SUPPORTING GREAT CAUSES**

By Debbie Olivier

#### Cupcakes 4 Kids with Cancer

On the morning of Saturday 30 September, Sedgefield Lions and Leos held a successful cupcake sale on behalf of CHOC Childhood Cancer Foundation. September is the official month for Childhood Cancer Awareness, so a call was put out to both Lions and locals to assist with the baking, and we thank everyone who responded.

In the 1950's less than 10% of childhood cancers could be cured. Today, 85% of common childhood cancer sufferers go on to live healthy and happy lives.

Awareness is VITAL, and the Cupcakes 4 Kids with Cancer movement is a means to create that awareness. Currently between 800 and 1000 children are diagnosed with cancer annually. However, it is estimated that HALF of the children in South Africa are NEVER diagnosed.

Thank you to everyone who supported our sale, and thank you to Engen Sedgefield for once again availing us the use of your premises.

#### Santa's Shoebox

Sedgefield Lions are very proud to be part of the amazing Santa Shoebox project for the 5th year running.

Each year the Santa Shoebox project collects and distributes

personalised gifts and essential items and treats to the underprivileged little people in our community.

In 17 years, the generosity of South Africans has allowed 1 152 587 children all over the country and Namibia to experience the joy of Christmas with what could possibly be, their first ever Christmas gift.

These personalised gifts a delight to shop for, and what is even more delightful, is to see lots of little peoples' faces radiate absolute joy on receiving their very own gifts.

The guidelines for the eight items which make up the gifts are as follows: face cloth, toothbrush, toothpaste, soap, educational supplies, an outfit of clothing, sweets and a toy. All age appropriate please and no religious material, medicines or vitamins, toy guns or knives, no fragile items that include glass or mirrors. All liquids and toiletries (shampoo, blow bubbles etc) must please be

packaged separately in a zip lock bag.

The minimum requirements must please be met, and your pledge is your promise, but should you wish to add a couple of extra sweets or goodies for your pledged child, you are most welcome to. Rucksacks or kit bags may also be used instead of a shoebox, please just ensure your label is clearly shown (label to be downloaded from the Santa Shoebox web page).

Drop off days are Friday 2 November, and Saturday 3 November from 10am until 4pm at the Lions clubhouse, which is next door to the Sedgefield clinic.

Please visit the Santa Shoebox website at

www.santashoebox.org to make your pledge. All pledges will be kept within our area.

Bringing the joy of Christmas to Sedgefield, thank you Sedgefield!

#### TIMBACLAD PINE TIMBER PRODUCTS Decking Ceilings • Flooring • Solid log wall systems • Half log cladding Balustrading Staircases Handrails • Laminated posts timbaclad@telkomsa.net www.timbaclad.co.za ♠ Francois +27(0)82 411 0513 **Sanet** +27 (0) 82 829 4775

### **STUDIO 42 SHOWS**

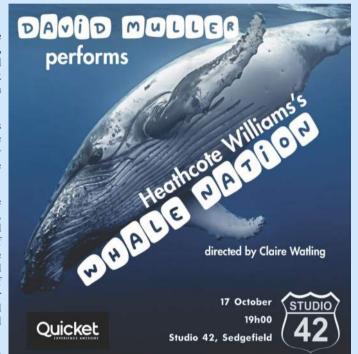
Astold by David Muller

David Muller, the quintessential storyteller, brings to life the beautiful story of a humpback whale that is beached on a remote shore.

During the fight to save its life, we will discover the story of these extraordinary creatures, denizens of the world's oceans.

Inspired by Heathcote William's bestselling book, WHALE NATION David takes us on a journey of discovery into the unexplored territories and barely known society of whales, with their remarkable abilities and incredibly rich and complex social lives.

Educational, moving and beautifully rendered - this piece is for all ages.



Ouicket or contact Melanie at secure a seat.

Tickets are available via Studio 42 084 567 9809 to

It is an open secret that the Garden Route is a special place where artists of all disciplines create works of ineffable beauty, multi sensory and mind blowing in their final form. One could argue that perhaps the very earth itself, so verdant and lush, allows creatives the good fortune to create meaningful work. This is especially evident during the Plett ARTS Festival.

Janet Botes, a renowned artist participating in the festival shared her candid thoughts. "Land Art offers an experience of belonging. Of re-imagining Space; seeing and emphasizing the beauty; and starting a conversation that are not in words but instead in colour, texture, line, repetition, sound, rhythm, movement, wind, sun, animals tracks and water line...'

The festival encourages not only greater exploration, active reimagining and engagement with nature, but it also dares one to define the perimeters of art

The Plett ARTS Festival takes place from 29 September to 8 October this year. An initiative started in 2021 by local resident, Daron Chatz in collaboration with Plettenberg Bay Tourism. "Plettenberg Bay is a spectacular canvas for land art and I was so inspired by the past Site Specific land art activity here that I felt compelled to facilitate this annual land art event.

We are in our third year now, and the event has grown from year to

Artists are encouraged to create art from raw materials in their immediate environment. At best, land art allows one to pause and consider the impact of individual choices on our environment. One of the featured artists, Cheryl Traud Adler shared her thoughts candidly, "For me, my practice is varied, I go in and out of the garden, bringing back bits into the studio, to commune with it and recreate it into something else. Such as grinding it down into a pigments, printing with it, or using it as an implement. Creativity knows no bounds, it is as endless as nature is. This synergy is gentle and selfreflective, ever-giving and timeless."

Each year a specific route is curated. This year it includes various local beaches, Fisanthoek Brewing, Tebelo Lighthouse and The Space Between.

A special screening of the movie Sculpting The Earth by award winning director Victor Van Aswegen that sensitively documents the works of internationally acclaimed land artist Strijdom Van Der Merwe over four seasons is scheduled for the evening of 5 October at The White House in Plett (tickets are available on Quicket).

An exhibition known as Fragile

Nature is set to take place from the 1st to the 7th October at The Space Between, bringing aspects of Land Art into the built form and emphasising Nature as a healing modality. A music and sound performance will take place at The Space Between on the 6th October from 5pm onwards at the exhibition opening featuring the magnificent vocals of Auriol

On Saturday the 7th October at 3pm James Van Minnen will take us on a musical journey at Fisanthoek Brewing and visitors will be invited to see the works of several artists who will be working on site and enjoy the local craft beer produced there throughout the day.

On the roster are acclaimed artists of various disciplines such as Mike Fisher, Andrée Bonthuys, Janet Botes, Zbys Kaczmarek, Cheryl Traub-Adler, Janet Ranson, Shayla Watson, Adri von Wielligh, Derek Saul, Martin Wolfhart and Auriol Havs.

The idea of the land art week is that you are invited to visit the various sites and see artists in their processes. Follow daronchatzevents on Facebook for information on which artists are working where across the week. Do not miss out on this unique opportunity to re-engage with nature and the inspired artists who allow us to view Mother Nature with not only deeper appreciation but awe.

### -SHAKESPEARE SHENANIGANS-**BACK AT STUDIO 42 FOR ONE NIGHT**

Due to overwhelming demand, Studio 42's recently-returnedfrom-tour theatre troupe will once again be trotting out The Complete Works of William Shakespeare- Abridged from their home base in Sedgefield, not some random other dorpie with a raised platform and willing audience!

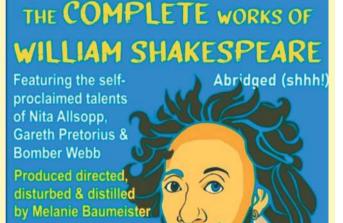
The date: 18 October. The place: Studio 42. The promise: 90 minutes of raucous laughter as three local yokels of dubious talent but legendary enthusiasm take to the stage to depict all of Shakespeare's thirty seven plays and 154 sonnets in a single, theatrical experience. Rumour has it that reviews of the 90 minute show had the Bard himself rolling in his grave though whether it was from anguish or laughter is still to be confirmed.

The trepidatious trio have put on this play no less than 30 times over the past five years, tormenting Shakespeare aficionados from Makhanda (Grahamstown) in the east to Barrydale in the west, and ensuring the script is regularly tweaked and twisted so that no two performances are ever the

'Tickets move almost as fast as Romeo's wig," warns producer/distiller/disturber Melanie Baumeister, adding "If you've seen it before, please consider leaving seats for some of the new Sedgefarians. They

may want to experience the eclectic exploits of 'Sedgefield's greatest exports since Miss Universe' for themselves.'

Get your tickets at Quicket (www.quicket.co.za) and diarise the date:- 18 October



YOU'LL LOVE THIS SHOW! IF YOU HATE SHAKESPEARE,

Quicket

R120

STUDIO

18 Oct 19h00

ISSUE 675 4 October 2023 THE EDGE Page 9

# THE EDGE ON HEALTH PHARMACY GROUP

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# Our organs can be a missing

### link in ongoing pain

muscles and joints, the bones, ligaments and tendons as a cause of pain and dysfunction in the body. However, if we start thinking in 3D, one can understand that the inside of the body must also have an effect on how we move.

If there is a tightness in a muscle or even a tight scar on the skin, we can see how that would alter normal movement happening at the joint and muscle. So what about all the other mobile structures - the organs, nerves, arteries, lymph and the internal ligaments connecting all of those together? Everything inside us has to be able to slide and glide as we bend and twist our bodies.

Visceral Manipulation is a modality that assists functional and structural imbalances throughout the body including musculoskeletal, vascular, nervous, urogenital, respiratory, digestive and lymphatic dysfunction.

3

We are used to thinking of the Each organ is different and has specific mobilisation techniques which evaluate and treat the dynamics of motion and suspension in relation to organs, fascia, membranes and ligaments. Tissue tension lines can cause pulls on the musculoskeletal system. By connecting with these tissue tension lines to facilitate release, Visceral Manipulation is often the missing link in chronic orthopaedic dysfunctions that have not responded to standard rehabilitation protocols. Visceral Manipulation increases proprioceptive communication within the body, thereby revitalising a person and relieving symptoms of pain, dysfunction, and poor posture.

> Strains in the connective tissue of the organs can result from surgical scars, adhesions, illness, posture or injury. Tension patterns form through the fascial network deep within the body, creating a cascade of effects far

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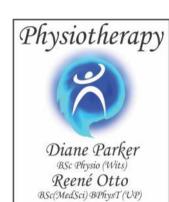
from their sources, for which the body will have to compensate. This creates fixed, abnormal points of tension that the body must move around, and this chronic irritation gives way to functional and structural problems. Visceral release may also include the role of the emotions in causing or maintaining dysfunctional patterns in the body, and vice

Comparative studies found Visceral Manipulation beneficial for people with various conditions such as neck pain and whiplash, trauma to brain, chest, sports injuries, digestive disorders, pelvic problems, anxiety and depression, post traumatic stress, orthopaedic problems, babies (reflux/colic, etc.), post surgical dysfunction and more.

Treatment is gentle and pleasant. I have seen many people walk out from a treatment with greatly reduced symptoms.

By Andrea Lamprecht with reference to Barral Institute Andrea Lamprecht 082 457 2472





Sedgefield

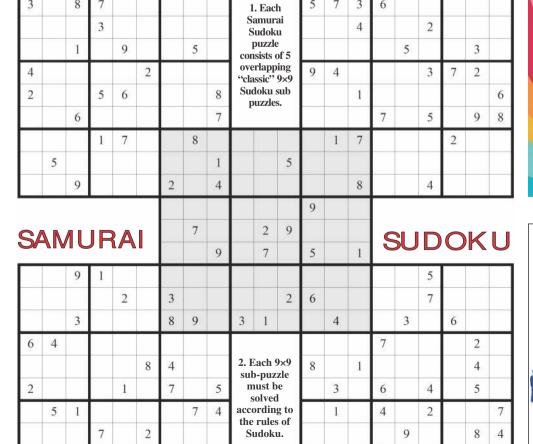
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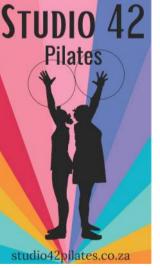


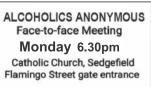
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### Knysna Sedgefield HOSPICE

Our Sedge Hospice Shop desperately needs Ladies clothing and novels. Please drop off at our shop or call 044 343 1722 to arrange collection.

All donations are sold in aid of Palliative Care and support for our area.

#### THE HOSPICE SHOP,

Main Road, Sedgefield. 044 343 1722 Mon to Thur - 10am to 2pm Friday10am to 4pm Saturday 9:30am to 12:30pm

Locals caring for locals



ISSUE 675 4 October 2023 Page 10 THE EDGE

### **CHURCH SERVICES**

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

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

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

Anglican Sedgefield See St Francis and Church of the Resurrection

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

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

**Church Without Walls** Red Shed, Scarab Market Sunday 9:30am Schalk van As - 082 413 8363 (Please bring a chair)

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

Elohim gemeente Kerkkantoor: 082 896 6387 Pastoor: Hansie Strydom

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

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

Lakeside Baptist Church 3 Duiwe Laan Pastor 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 Sedgefield: 08.45am Karatara: 10.30am Ds. Marius Coetzee 079 873 3832 Kerkkantoor (044) 343 2033

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

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

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

> Sedgefield Seventh-day Adventist Church Ph 081 270 7212

St Anthony's Catholic Church Cnr Sysie / Flamingo Streets Rod - 082 411 7683

St Francis United Church Sunday - 09h30 - Family Service Every 4th Sunday -09h30 - Communion Service Sunday School - 09h30 every Sunday during school term. Cnr Swallow Drive / Pelican Lane All welcome! 044 343 1702

Suid-Kaap Christen Familie Pastor: Leon & Elmarie Terblanche 081 271 1551.

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





**Sedge Bowling Club News** 

**CRUNCHER** 

A RAY OF HOPE - Finally, after all the rain and flooding, SPRING is in the air, bringing lots of sunshine and braais as we emerge from the long cold winter months. The Sedgefield Bowling Club took this to heart and started October with a birthday bash braai on Sunday. Congratulations to Gerry (big birthday) Gill (middle birthday) and Neels (older birthday) who organised a gettogether and invited the club members to join them. The idea was to ignite club spirit for social events and build some camaraderie amongst members.

Thanks to the birthday peeps for the salad, Linda for the brownies, and thanks to Gerry for a fantastic idea.

CLUB COMPETITIONS -Congratulations to the winners of the Mixed Pairs Competition – Charles Fontini and Sally Reeves. Runners-up were Martin Simonic and

everyone! (see photo) The Club Singles competition is still ongoing.

Francie Stewart. Well bowled

Personal Trust Fours are played over a number of months. Personal scores are kept by the competition secretary until the end of the competition, so it is best to play

each round in order to stand a chance of winning (no pitch /no

**SEDGEFIELD** 

COMMUNITY

**CHARITY** 

**EVENTS** 

**CALENDAR 2023** 

Venues and times will be

published closer to the

event date.

07/10 Revive Sedgefield

Spring Dance

08/10 Garden Route Kite

14/10 Pink Walk for Cancer

04/11 NG Karatara Bazaar

04/11 Anything That Floats

04/11 Dynarobics Amazing

11/11 Lions Battle of the

Festival - Masithandane

October

November

Race

Buskers

Ryder Cup – Sedgefield/Knysna vs Leisure Isle/Plett. Teams have been selected and listed on the notice board. This is a great competition played at Knysna Bowling Club, so pop along and support our team.

Welcome Cocktail Party - The President and committee invited approximately 30 new members

to a" meet and greet" at the club. Prof Stadler from Personal Trust was the guest speaker and, according to all reports, a very successful evening was had. Congratulations to Mary Bosh the convenor of the evening.

**Traders** 

Restaurant

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for LUNCH

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Find us @

**Lake Pleasant Living** 

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N2 towards Knysna,

3km from Sedgefield)

Reservation essential

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on 083 547 2066

or Stan

on 082 785 0817

We look forward to

seeing you there

For members who have retired from bowls it is with much sadness that we inform you of the passing of Kalie Haupt.

That's about all for this weekhamba kakuhle kwaye ube sempilweni (work it out)

Nearest the kitty

#### Assist Pastor: André & Soné Rossouw 072 341 7099

Across 1. Student of English short-course learns your ancient, long word. (7) 5. The one dishing up back-to-front cuddles.

10. Part Carlo sees he might not get. (4)

11. The guy who attended to your broken tumble dryer was a little clever with the report. (4,6)

12. Marked down as one who was inadvertently a bit one-sided? (6)

13. Point out the old coin or pay it to the teacher. (8) 14. Farming areas westerners might alter with a creative touch. (9) 16. You lose nothing after a tail signal from 26 tenderest beef stock! (5) 17. Learnt right away which way he favoured.

19. Be more than uncomplimentary about the 'fusion' dish on our table. (9) 23. Fifty one Romans match the New Testament in support of body connection. (8)

24. Board of Educational Achievement fills in on the building side. (6)

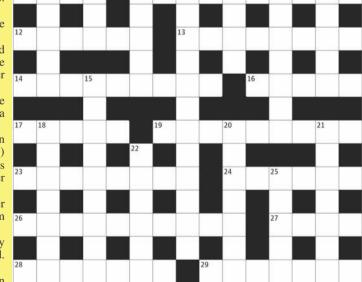
26. Feel superior to the visual of feathers. (4,4,2)

27. We hear the prophet might singe somewhat. (4) 28. Historically well-known

feet. (7) 29. I read 'Mr. Stupid' and

became a fan. (7) Down

2. Two notes that have terribly toxic content might be considered 'foreign' items. (7) 3. We gather she randomly



answered your visitor. (5) 4. Person of Jewish culture has identification, I see. (7)

6. Pea carrier I hesitate to give winning position. (6) 7. The only time it's repeated.

8. Saving money with such a lengthy drive! (7)

9. Hilariously divisive for the team! (4-9)

15. I have no idea about those

foolishly not masked. (4,3,2) 18. The one where Eastern Province rises (in part) above a poem. (7)

20. Old, old person (Head of Department) parked his car inside. (7)

21. Didn't know what parts of the gun a war eradicated. (7) 22. Time for the one behind to refresh the one in front. (6) 25. The ingredients of Cairo's timeless dish. (5)

Across: 1. Unscathed 6. Sift 8. Athletic 9. Square 10. Garden 11. Streamer 12. Events 15. Write off 16. Cherubim 19. Nimble 21. Embodied 22. Notice 24. Unwell 25. Swaddled 26. Dewy

Down: 1. Ultra 2. Saladin 3. Actin 4. Hacksaw 5. Desertion 6. Sausage 7. Forgetful 13. Vehemence 14. Subtitles 17. Rookery 18. Madison 20. Matador 22. Nears 23. Creel

#### The Wine Ghost tasted -Rhino Run Sauvignon Blanc (Organic wine) The attractive front label makes it clearly visible that Van Loveren is supporting the cause of the Rhinos. The back label is quite descriptive about the wine. The appearance is clear and it has a nice colour, for an organic wine. No legs.

The Wine Ghost

On the nose one gets flower nuances. Notes of geraniums and carnations. Hints of straw in the background. No flaws.

Balanced body with a mineral taste, as well as peaches.

The Sauvignon has a short mouth feel. Mineral taste is left in the mouth.



It will be good with white meat and seafood/fish. The wine is in the R40-R60 price range.

In Vino Veritas, till next time.

### SEDGEFIELD BRIDGE CLUB

18 September Paddy + Bernard 63% 51% Ann + Suzette 3= 49% Linda + Meg / Jeannie + Mark

25 September

Clive + Thinus 53% Diana + Linda 3 Paddy + Bernard 51%

#### SOCIAL BRIDGE SCHOOL

21 September

1st: Thinus & Koos 2nd: Brian & Clive (tie) Christine & Jeannie

#### 28 September

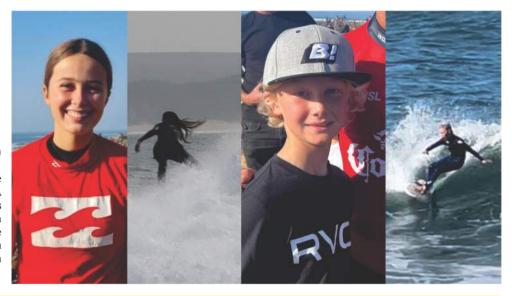
1st: Willem & Christel 2nd: Gail F & Jeannie 3rd: Brian & Clive

THE EDGE Page 11 ISSUE 675 4 October 2023

# THE SPORTS EDGE

### LOCAL **SURFERS HEAD TO** NATIONALS

Two Sedgefield youngsters will be representing Eden at the SA Junior Surf Champs in Jeffrey's Bay from 4 to 8 October. Jua Swanepoel will be surfing in the U/16 Girls and Lazaro du Bruyn in the U/12 Boys. We wish them all the best!



### **BONGANI SOCCER TOURNAMENT TURNS 10**

Simunye FC of George was the winning team of the 10th edition of the Bongani Soccer Tournament, held in Smutsville over the last two weekends of September.

Sixteen teams from Sedgefield, Knysna, Karatara and George battled for the winning position. While the Smutsville soccer supporters loved the abundance of matches, there's no doubt most would have preferred to see a local team run onto the field for the final.

But the big match saw Simunye playing last year's champs, Black Cats FC (also from George), and when the scores were equal as the final whistle blew, the ref called for a penalty shootout to decide the winner. Simunye edged ahead and won the tournament with a 6-5 score.

The most hopeful Sedgefield team was Young Boys FC, who were knocked out by the Black Cats during the tournament's semi-finals. This game also went to penalties, but the Cats

**TIDE TABLE** 

04 Oct - 17 Oct 2023

Wed Oct 04 2023

Tue Oct 10 2023

low tides 07:33 19:58

low tides 00:06 12:02

took the honours, scoring four goals to two. Simunye had won their semi-final, ousting Knysna's FC United out of the running with a 2 -

Tournament founder and convener Bongani Dyani was delighted with how much support came from the local community despite the poor weather conditions. Furthermore, he sang the praises of Richard Meyer of Knysna Municipality regarding the continued topquality condition of the sports facility in Smutsville.

"The field was always great. It never got waterlogged, even with the heavy rains. This really means a lot to teams playing in the tournament," he said.

Bongani also thanked Gavin Campher, Clive Solomoms,

Wed Oct 11 2023

Thu Oct 12 2023

low tides 08:00 20:23

high tides 01:59 14:13

sunrise 05:53 sunset 18:39

moonrise 04:27 moonset 15:43

moonrise 07:05 moonset 21:40



Bongani and the winning 'Simunye FC' team (Pic supplied)

# Golf

G.C. Captain, Brian Gerard dished up a load of drivel on this gorgeous day for golf in the guise of the competition rules. Having drawn the pairings at random he announced that each player had to play his partner's drive to complete the hole. This was to be played in medal format and at the end of the game the two scores were to be added and reduced by their combined handicaps.

Although we may appear to be cynical, there was a lot of fun and laughter during the course of the game. This contributed much to the companionship of the group which at the end of the day

is what it's all about. However, many an A division player was unappreciative of the fact that they were introduced to parts of the course they had only heard of before.

The eventual winners were firstly, Mike Hubberstey and Rudy Bosch with a net total of 120. Three pairings followed on 124. They were Bill Craig and Peter Heath (it must be noted that Peter was responsible for the calculations and also that we agreed not to mention that Bill, a two handicapper, took an 8 on the easy par three fifth hole) then followed Jan Lotter and John L.B. In fourth spot were Malcolm Goldhill and Brian

After announcing the winners, the Captain reminded all that the following week's competition

BREAKFAST

was the Monthly Mug and he then attempted to tell a joke. The only thing that he and Billy Connolly have in common is their Scottish accent. Enough said.

NEXT EDGE: Wednesday 18 October 2023 - Issue 676 PLEASE NOTE OUR DEADLINES

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DISPLAY ADS: Email to editor@edgenews.co.za by 12 October 2023

ooba

A beautiful spring day with nary a wind greeted the G.C. members for the Pick n Pay/Engen sponsored Monthly Mug competition and it was justly rewarded by some seriously good golf.

In the A division Malcolm Goldhill put in another sterling round to win with a net 56. He was followed by Willem de Villiers after a count out with Dave Herbst both on 57. Bill Craig then followed with 59.

In the B division Len Moult, with 36 points, continued his winning

streak and one wonders if his continued success cannot be attributed to his immoderate zest for the grape. We are now privileged to announce the rising of a future Ryder Cup member owing to his meteoric rise in golfing proficiency. Peter Heath with 34 not only scored the highest number of points in a game in his life but actually missed an eagle on the long par 4 third hole by three inches. The Captain said that he would quite willingly offer to act as caddy should Peter make the Ryder Cup team. Peter wisely and courteously declined his offer, saying that he would need somebody who could tell a joke. Glen Mauchline took third spot after a count out with the intrepid Dave Wright both with 31





DOUBLE UP

**Engen 1-Plus** Sedgefield 044 343 1696





high tides 06:16 18:34 low tides 08:25 20:47 sunrise 06:02 sunset 18:33 high tides 02:26 14:37 moonrise - moonset 09:09 sunrise 05:52 sunset 18:40 Thu Oct 05 2023 moonrise 04:52 moonset 16:39 low tides 00:39 12:36 Fri Oct 13 2023 high tides 06:52 19:14 low tides 08:49 21:13 sunrise 06:01 sunset 18:34 high tides 02:54 15:02 moonrise 00:25 moonset 09:58 sunrise 05:50 sunset 18:40 Fri Oct 06 2023 moonrise 05:16 moonset 17:36 low tides 01:18 13:28 Sat Oct 14 2023 high tides 07:40 20:22 low tides 09:14 21:38 sunrise 06:00 sunset 18:35 high tides 03:20 15:27 moonrise 01:23 moonset 10:52 sunrise 05:49 sunset 18:41 Sat Oct 07 2023 moonrise 05:40 moonset 18:33 low tides 02:26 18:05 Sun Oct 15 2023 high tides 11:00 23:26 sunrise 05:58 sunset 18:36 low tides 09:39 22:05 high tides 03:47 15:52 moonrise 02:12 moonset 11:50 sunrise 05:48 sunset 18:42 moonrise 06:05 moonset 19:33 Sun Oct 08 2023 low tides 06:06 19:02 Mon Oct 16 2023 high tide 12:42 low tides 10:05 22:32 high tides 04:15 16:19 sunrise 05:57 sunset 18:36 moonrise 02:54 moonset 12:49 sunrise 05:47 sunset 18:43 moonrise 06:33 moonset 20:35 Mon Oct 09 2023 Tue Oct 17 2023 low tides 07:02 19:33 low tides 10:33 23:01 high tides 00:46 13:19 sunrise 05:56 sunset 18:37 high tides 04:44 16:48 sunrise 05:46 sunset 18:44 moonrise 03:30 moonset 13:48

high tides 01:27 13:48 sunrise 05:54 sunset 18:38 Full Moon 28 October 2023 moonrise 04:01 moonset 14:46