

HAPPY NEW YEAR

Here's wishing all of our readers, writers, advertisers, fans, truth-seekers, nay-sayers, conspiracy theorists, letter-composers, bird-cage liners, fire-starters, window washers (who says The EDGE hasn't got a myriad of uses) and anyone else who doesn't fit into one of these categories a fantastic, healthy and much-blessed 2024. May 2024 be a year of 'Plenty Plenty More' adventure, relaxation, good family, good friends, good meals and good humour.

MEET OUR 'FIRSTBORN' OF 2024



Proud parents Flora and Ephraim with their 1 January son, Moses Ziba.

What better way to welcome in the new year than with a brand new baby!

Moses Ziba, the first Sedgefield baby of 2024 as far as we know, popped out for his first big breath at Knysna Provincial Hospital at 11.40 am on the 1st day of January.

He was an impressive 3.395kgs in weight and all of 53cm long.

Moses is now safely at home in Beverly Hills, Smutsville, and proud parents Flora and Ephraim say he is doing very well.

Congratulations to the family on their firstborn, and welcome to the world Moses Ziba!

Harcourts
Mario Ferreira

SEDFIELD
044 020 0169

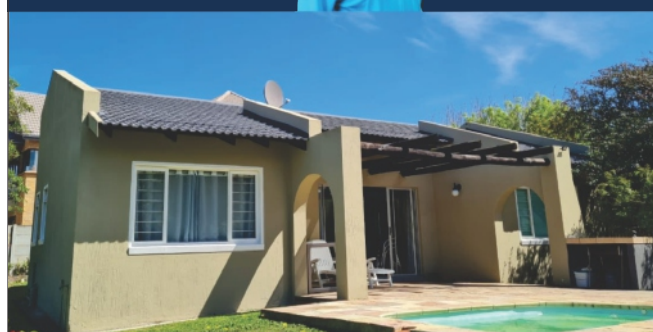
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A SEASON OF FAILING INFRASTRUCTURE?



Sedgefield's noxious 'welcome mat' greets motorists coming from the west. Picture taken 9/1/2024

Whilst it seems the December/January holidays have seen a welcome influx of visitors coming to spend time in the country's favourite 'Slow town', with many businesses reporting a bumper season and traffic to the Saturday markets queuing right back into the village, there have been service provision failures that could well have resulted in disaster, never mind a besmirched name for Sedgefield as a tourist destination.

After already suffering a brief period without water in late November due to a broken pump, Sedgefield was once again left 'high and dry' during the peak season days of 26 and 27 December when damaged pipes left the reservoirs drained. Whilst these pipes were eventually fixed, the reservoirs could not be filled fast enough to cope with the consumption of water.

Visitors – many having spent hard-earned money on accommodation and travel to Sedgefield – were no doubt highly perplexed and more than a little concerned that this might be the reality for their entire holiday. How does a tourism service provider explain to his guests that the accommodation they are paying thousands of rands per night for does not have a single flushing toilet?

Sporadic waste collection by the Municipality has also presented a huge problem – once again the result of infrastructure failure. Sedgefield's (ex) Recycle Centre has again become an unofficial

waste storage depot for the Knysna Waste management team, and visitors coming into town from the west end have had the most unwelcome sight (and smell) of towering heaps of bulging black bags, not to mention an increasing infestation of rats! Further, waste left uncollected on the verges outside homes through the heat of the day certainly do not give the impression that 'all is well' in our local municipality.

Given this shocking state of the Sedgefield refuse centre and the challenges with water supply, members of the Sedgefield Ratepayers and Residents Association (SR&RA) Executive committee called for an urgent meeting with Mr Ombali Sebola, Knysna Municipal Manager (MM) and Sedgefield Area Manager, Mr Pravir Hariparsad, on Monday 8th January 2023.

They have sent this feedback for publication.

The Area Manager explained that the main challenge behind the poor management of waste removal and the build-up at the refuse centre was the failure of the Knysna Waste Transfer Station (KWTS). A conveyor belt snapped, causing delays in compaction.

SR&RA requested that regular maintenance of the KWTS be done. The Area Manager advised that this was being attended to with a planned upgrade and refurbishment later this year.

SR&RA enquired how many refuse trucks are
(continued on page 3)

HOME IS OUR STORY

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Notes from T'Ed's Head

A hhhhhh," sighed Mrs Ed, "I do love the Christmas Holidays." She reached into the Quality Street box for yet another chocolate and popped it into her mouth before continuing. I silently cringed, wishing she would take the foil wrapper off first instead of chewing through and spitting it out post-chocolate swallow. "Hey," she smiled expectantly through her holiday beard, "You can do that picket fence you've been wanting to build for so long."



But this time, it was no knee-jerk reaction. What could be so hard about standing a few planks to attention along a carefully measured perimeter and nailing them to a support thingy? Surely all it would take is some careful planning?

"Never rush a project. Measure thrice, cut once," my high school woodwork teacher always used to say... well, prior to his nervous break-down at least (I think it was the quick-drying wood glue we pasted inside his tweed jacket sleeves that tipped him over the edge).

And, like the flesh on his forearms, his words stuck fast, which is why I so painstakingly took measurements for this fence-building project...

... every weekend for the next eight months.

Of course, being impatient of character and used to only tackling insignificant tasks around the home herself, such as cleaning the walls, mowing the lawn, paving the driveway and realigning the corrugated iron roof sheets, Mrs Ed became quite offensive (see what I did there?) about the delay, barking words of discontent even after I had explained

- The need for careful planning,
- That my old war injury had been playing up (I fell down the cinema stairs after watching 'Battle of Midway' back in 1985) and
- the disadvantage of my trusty old tape-measure (a family heirloom) being in inches.

"I'll finish the fence during the

Christmas holidays" became my mantra. I did, however, use 'Just going to check those measurements' as a regular excuse for anything from sneaking a skelm cigarette with a peaceful pint of amber nectar in my shed to the simple avoidance of an argument which I might not win (i.e.: most of them).

And then suddenly, in the blink of an eye (or the frivolous flash of a fencepole), that very same Christmas break was upon us. In desperation, I scoured the 'for sale' sites on social media, hoping to find something that might help.

"Free to a good home: 36ft of finished picket fencing, 4ft2 inches in height. Comes in four sections, two @ 9ft wide, one @ 12ft wide and one @ 6ft wide. The three longer sections each have a fitted pedestrian gate, wide enough for a pushchair to go through but not so wide that it will interfere with the roses or bang into the water tank. Comes with fence posts. Ideal for keeping a very barksy, elderly border collie x and an almost microscopic wire-haired Jack Russel inside. Will deliver and erect at your home within the next week. Comes with free case of beer and four ounces of rolling tobacco," was the sort of thing I had in mind, but, amazing as the interweb is, nothing even vaguely similar came up.

And so, as December arrived, I was left with no choice but to set about the task myself, first ordering the wood ... or should I say 'timber'? (I am becoming quite proficient in fencing jargon as I go along).

I have to admit, it was substantially more expensive than I thought it would be, and the chats with the timber merchant fellow were quite confusing because, due to some ridiculous international crisis of planning, somehow 'feet' are much shorter than 'metres', whilst 'inches' are substantially longer than 'centimetres'.

What were they thinking?

But I soldiered on, mostly against much adversity (I'm sure professional fence erectors don't have their spouses looking over their shoulders, rudely pointing out that screws would be easier than wood glue and string and that perhaps the fencepost wouldn't keep falling over if someone had the brains to dig a hole for it to stand in).

But despite this, on Christmas Eve, I finally had my fence standing. Fearing a strong wind may come and ruin the moment, I called Mrs Ed to quickly come and admire the masterpiece.

"Wow ..." she said, her tone a little insincere, I thought. "It rather dwarfs the water tank, doesn't it?" Standing on tiptoes, she reached up to the pedestrian gate latch. "And the gaps between the uprights?" she asked, raising her Christmas braided monobrow quizzically,

"Did you perhaps do that measurement in inches by mistake, or did you want to be able to drive your motorbike through?"

I stood quietly, knowing this wasn't the time to enter into a lengthy conversation, as my arm had started to ache from nonchalantly holding up the gatepost.

"Well," I eventually offered, praying that the duct tape would hold as the gate swung open, "I planned to fill the spaces, but I seem to have ... er ... run out of wood ... timber."

She sighed as if somehow she had expected this outcome, "Next December then?"

She smiled as she handed me a small gift bag with 'Merry Christmas' emblazoned on the front. Inside was a brand-new METRIC tape measure!

"Yes," I said, rather excited at the thought of launching my fence-building career to new and exciting levels (in metres!) "I'll get to it just as soon as the Christmas holidays start!"

You'd be mad if I didn't!

Within minutes, she had thrust a quote from some fancy fencing firm under my nose. It had lots of zeros after the 'total' figure, and I had no choice but to parry this potential financial blow with an ill-thought, "For a fence? Don't be ridiculous. I can do it myself for a quarter of that price."

At this juncture, perhaps I should add that I am always a little quick with this sort of reaction, especially when there is the threat of *Wasteful Expenditure* of Capital that has (in my mental journal at least) already been allocated to my 'beer fund'.

"For a school hockey stick? Don't be ridiculous. I can make her one myself for half the price."

"For an engine overhaul? Don't be ridiculous. I can do it myself for a quarter of the price."

"For an appendectomy? Don't be ridiculous. I can do one on myself for a tenth of the price."

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take-out*

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Margie

2024

A SEASON OF FAILING INFRASTRUCTURE?

(Continued from front page)

operational in the Greater Knysna area. The Area Manager advised that there are 11 compactors, of which five are brand new.

The Municipal Manager reassured us he would commission a truck to clear the existing refuse.

SR&RA suggested recycled waste should be managed as a business, and further investigation needs to be done before signing the current proposal with Garden Route District Municipality. The Municipal Manager stated that the District Municipality must support local authorities and that recycled waste should be turned into employment/job opportunities. SR&RA confirmed

with the MM that we have submitted a written objection to the proposed section 33 agreement with the Garden Route District Municipality.

On the water issue, the Area Manager reiterated the failure of the pump at Cloud 9 reservoir, followed by two major pipe bursts. This left large parts of Sedgefield without tap water and reliant on water tankers. SR&RA asked what long-term plans are in place for water security. The Area Manager explained that Knysna Municipality was looking at all options, including drilling more boreholes, extending pipelines and, in the long term, even constructing a dam in Kruisvallei.

SR&RA will continue to engage with the Knysna Municipality on all service delivery issues.

Farewell to Sedgefield legend Gerry Stavros

‘A mighty tree has fallen.’ 28 May 1934 - 30 December 2023

In the early hours of 30th December 2023 we lost Sedgefield legend, Gerry Stavros. He had been suffering from dementia and died at the age of 89 at Berg n Sea where he was living with his wife Kathy.

Gerry was one of the oldest Sedgefield ‘pioneers’ who really made a positive impact on the village he loved so much. He relocated his family from Kimberley to Sedgefield in 1983, taking over the ‘Stop ‘n Stay’ which was both a motel and the main grocery shop in town. He and Kathy rebranded the building ‘Forest Lodge’, evolving the property by adding the pub and restaurant, and eventually converting all the rooms into the commercial space it is today.

An old friend of The EDGE (he was the newspaper’s first landlord back in 1999, often being most gracious in waiting

for rent!) Gerry had a bold colourful personality, famous for his Greek food and dry sense of humour. He played such an integral part in the Sedgefield

community over many years.

Gerry will be missed dearly by his family, friends and his dog Bengy.



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Knysna Municipality Announces Opening of Homeless Shelter this Month

From Knysna Municipality

The much-anticipated homeless shelter is set to open its doors this January. “Taking care of the most vulnerable people in our community is a shared responsibility and we are delighted to announce that we are a few steps closer to addressing their needs. It is not just a shelter; it's a symbol of unity, hope and community strength,” says Municipal Manager Ombali Sebola.

The initiative is a collaborative effort with key stakeholders including the Homeless Forum, Knysna Business Chamber, Buco, and dedicated community members, which aims to transform a building adjacent to the Knysna Town Hall into a haven for those experiencing homelessness in Knysna. The project has achieved significant milestones, including roof repairs, plumbing upgrades, and carpentry work essential for creating a safe and welcoming shelter.

Sebola emphasized the Municipality's unwavering commitment to providing the necessary infrastructure for the Department of Social Development to fund the Non-Profit Organization (NPO) managing the homeless shelter in the near future.

For further information or to contribute to this compassionate initiative, please contact Lizel Baartjies at lbaartjies@knysna.gov.za or 044 302 6343/060 998 7106.

More details will be communicated in due course.

Together, we can make a significant difference in the lives of those in need.

Pick n Pay

Supporting the Sedgefield Community 044 343 1055

HAPPY NEW YEAR!

The Management & Staff of Sedgefield Pick n Pay thank all locals for their ongoing support and wish everyone a happy and healthy 2024.



Congratulations to Amelia Pieterse, winner of the Kelloggs Noodles Air Fryer. Here (above) she is receiving her wonderful prize from Manager Tjaart van Aswegen.



In the **Score Win-A-Cooler** Promotion Jude Nelson was delighted to be drawn as the winner! He collected his prize from Kevin Bartleman, Floor Manager of Pick n Pay.

During the busy Christmas season Sedgefield Pick n Pay were proud to be one of the sponsors of the Cycle Night Race, held on 27 December.

PENSIONERS!

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DON'T FEED THE MONKEYS IT'S ILLEGAL



Residents have been reporting the presence of vervet monkeys in the Village, particularly on the properties along Uil Street, on the Northern side of the N2.

Indeed, so frequent are their visits to homes and flats that it has reportedly become quite an issue for some folks. Said one resident living in a multi-level retirement centre "It's becoming problematic, particularly for residents who live on the ground floor, who now cannot keep their patio doors open if they have no security gate. The monkeys also visit top floor units with open balconies." What seems to be exacerbating the problem is that some

households along Uil Street are reportedly feeding the monkeys. Whilst this may seem like a kindly gesture, it unfortunately causes long term problems, as can be seen in Simonstown and other parts of Cape Town where baboons have become so used to being fed by humans that they run riot in residential areas and special task teams have had to be formed to tackle the situation.

We asked Cape Nature about this relatively new problem to Sedgefield and the response from Communications Officer Luke Folb left no doubt as to whether the monkeys should be offered any food.

"The feeding of Vervet monkeys will result in them becoming

accustomed to obtaining food from humans, and they will continue to return to the source," he said, "As they become comfortable visiting houses where easy food rewards are located, they may become bolder and enter houses as they will not see a human as a threat any longer."

He went on to explain that residents will understandably perceive the overly familiar behaviour by the vervets as a threat to their own safety and this will undoubtedly end in conflict. "In some cases, humans take the law into their own hands, which results in Vervet monkeys being injured or killed," he said, "It is with good reason that feeding Vervet monkeys in urban areas is



Several times over the busy season, three of Sedgefield's security companies (Fidelity ADT, Suiderkruis and Niqua) got together with SAPS, local neighbourhood watches and COP members for a joint operational 'show of force'. This in an effort to portray their commitment to fighting the escalation of crime in the Sedgefield precinct. Four separate convoys of their vehicles patrolled various neighbourhoods, hopefully sending a stern message to any criminal elements looking to ply their nefarious craft!

Happy 98th Birthday

Today, we would like to pay tribute to the very best Mother, Oumi and Gran (Mookie) on her 98th Birthday!

She has continued to be our inspiration, our example of why never to give up and what the word *endurance* really means! Mom, Gran and Mookie, you have been a joy to all those around you, and greatly loved by your two children, five Grandies and ten Great Grandies, as well as family throughout the world. We pray that God will give you the strength and favour to still enjoy every day with us until you see at least your 100th birthday! Your beautiful veg garden that you tend to so lovingly, is a blessing to all those who enjoy the fruit of your labour. We love you desperately and thank you for your love, prayers, patience and the continued support to each one of us.

You were the youngest of your nine siblings, and have lived the longest..what a blessing!

Audrey van der Merwe



a criminal offence in terms of Section 42(A) of Provincial Proclamation 955/1975, and offenders may be prosecuted."

CapeNature requests that those who have been feeding Vervet monkeys realise the consequences of their actions and cease such activities.

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ISSUE 681 10 January 2024

SAM'S NEW WHEELS



The past week has been a busy time for the three decision-makers of Sedgefield Animal Matters (SAM), but after much wangling, deep discussion, working and reworking of sums, phoning around for the best deals ... the result is finally here in the shape of a brand new, out-the-box VW Caddy!

SAM's Outreach Manager, Colleen Thyse started the year once again without a vehicle as

the old Caddy was in for repair. Now she has a reliable vehicle and the SAM team won't have to constantly be cutting corners to find money for repairs. A huge step but one that had to be done.

"We sincerely thank Gideon of Tavcor George for bending over backwards to give us a fabulous deal," said SAM's Kirsty Hofhuis, "And thank you too to our amazing SAM supporters for making this happen."

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WHY JOIN SEDGEFIELD RATEPAYERS AND RESIDENTS ASSOCIATION?

The Sedgefield Ratepayers and Residents Association (SR&RA) is an apolitical, membership-based volunteer association that acts as the voice for service delivery in Sedgefield.

We achieve this aim by:

- Representing and promoting the interests of all Ratepayers and Residents
- Influencing the decisions of

the Municipal Council and its officials

- Fostering unity and cooperation amongst ratepayers and residents
- Seeking to maintain a high level of municipal services provided to the ratepayers and residents by ensuring that the municipality employs competent and reliable officials
- Encouraging residents and

ratepayers to become actively involved in community service delivery issues

As a paid-up member:

You are allowed to vote or speak at the AGM or any General or Special General Meeting.

Over and above the essential work that the SR&RA does, as mentioned earlier, there is a great value proposition for members as

well as the local vendors.

The 2024 membership fee for the SR&RA is R150. Members will receive a membership card, securing members a discount of between 5 and 10% at listed vendors. Vendors that join our loyalty programme are doing so to build a customer base in the town and offer this discount as a reward for supporting the

SR&RA in its endeavours. Details on our website www.srra.online

We intend to grow the list as the vendors in the area see the value. We are trying to build a critical mass of membership, which will give the SR&RA a stronger voice for service delivery.

Our AGM is on the 23rd January 2024 at 17:30 for

18:00 at the Sedgefield Bowling Club.

A new committee will be elected, and our guest speaker is Dr Dennis Farrell from The Business Café. He will present the results of his survey conducted in 2023, "Current state of Garden Route Cities and Towns."



When was the last time your life felt so simple?

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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 outide 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 outide 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 outide departs Cycle Worx. All welcome.

Sunday 14 January
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!

LETTERS TO THE EDGE



PLEASE NOTE: If you would like to write a letter to the editor, it must be submitted with the author's full name, address and phone number. If a writer does not wish his or her name to appear in print, a 'pen name' (nom de plume) may be included. Email letters to: editor@edgenews.co.za The editor has full discretion as to which letters are included or excluded and no argument, badgering, cajoling, bribery or heated conversation will be entered into. Opinions expressed in published letters and articles are not necessarily those of the management and staff of The EDGE Community Newspaper.

I've learned ...

That love, not time,
heals all wounds.

by Andy Rooney

Dear Editor,

My family and I return to Sedgefield once a year and each time there is something amazing to look at and admire. Well done to all who are involved with keeping Sedgefield special. The mosaics art works are incredible. The VW buggy and the seahorse/boat are incredible. The tortoises, Guinea fowls and the rest are all just wonderful. We also loved the rock snake initiative which was another Wow. Then the work done on the garden in the circle, and the Cola parking and the Island were all completely appreciated and admired.

Well done to all involved, we



admire, love and appreciate the hard and talented work!!!

Thanks,

Jeff, Denise and family

Memorial Service



The Memorial Service for Sandy Frew will take place on Tuesday 23rd January 2024 at 10:30am at St Francis United Church, Swallow Drive, Sedgefield.

Sedgehill Security Group Now in Operation

A new security group has been launched by residents of the Sedgehill area, who are deeply concerned about the spike in crime in that area.

Thanking all of those who had joined this group so far, the steering committee reported that an increase in crime including numerous break-ins - some occurring whilst residents are at home - had been the catalyst for the decision.

The immediate plans of the security group are twofold:

Firstly to start the process of forming an active neighborhood watch, as they are the only area in Sedgefield that does not have one.

Secondly, to raise enough funds to fence off the entrance of Masithandane from Milkwood Street and exit into Kalossie Street with gates and

surrounding fencing, to increase security at night when the charity is closed and to stop the property being used as a late night thoroughfare by criminal elements.

They are convinced that communication between residents regarding crime is of prime importance, and that the more residents that are made aware of the criminal activities the better as this will encourage everyone to share information as soon as possible.

The initial meeting was orchestrated by Michael Simon from Community Orientated Policing (COP) and held by Mike Hoffhuis, in order to get advice with regards to the establishment of the new neighbourhood watch. In the meantime, measurements have been done and a quotation sourced from a fencing company for just under R65 000. The quote - for closing off the

entrance and exit of Masithandane - is for the installation of 72m of 1.8m fully galvanised diamond mesh fencing, 2 gates, treated poles planted in concrete, corner posts, intermediate posts and stays, razor wire, straining and tie wire.

Having received the go-ahead to fence off Masithandane, the next undertaking will be to raise funds to cover this project. Offers of various fencing materials have come in, which will cut the expenses somewhat, plus a few donations by Sedgehill residents.

Masithandane has agreed to let Sedge Hill Neighbourhood Watch use their banking account for fundraising purposes.

Although every resident in Sedgehill will benefit from this, the steering committee understands that not everyone may be in a position to contribute towards this project.

If anyone has any suggestions or ideas please do not hesitate to contact the committee via WhatsApp on +27 61 944 7944

Banking details for Masithandane are as follows:

Account Name Masithandane ABSA 4067253575 Please use 'FENCE' as the reference.



COLA MYOLI CONSERVANCY
 Living in Harmony with Nature

NOTICE OF THE COLA CONSERVANCY AGM

The Cola Myoli Conservancy committee would like to invite you to our next AGM.

Date 11 January 2024
 Venue Lions Club Sedgefield, Village Green (entrance on Pelican Street)
 Time 17h00 for 17h15 prompt start

Agenda

1. Welcome
2. Chairpersons Annual report
3. Financial report
4. Guest speaker Wayne

5. Election of committee and office bearers
6. Projects for 2024
7. General

A cash bar will be available.

For more information, please contact colamyoliconservancy@yahoo.com

Guess who just turned 80!

Congratulations to Martin Louw, on this milestone birthday.

Still tough and rugged though.

Wishing you many more years of good health, happiness and success.



Congratulations to Juliet Perkin and Ansgar von Oertzen who recently celebrated their marriage in a beautiful ceremony in De Rust.

Golden Wedding Anniversary

Congratulations to local couple Chris and Lollie Dorman who celebrated their 50th Wedding Anniversary on Friday the 5th of January 2024.

God's Richest Blessings for many more healthy, happy years together.



In Loving Memory

Noel van der Merwe

24.12.1937 - 01.01.2024

Noel was born in Pietermaritzburg. At a young age his family moved to Pretoria, where he grew up and later raised his family, where he became a pastor at Hatfield Church in Pretoria.

He then moved to Sedgefield where he started a small church, which is now known as the Sedgefield Christian Church. The church is now under the leadership of Pastor Juan Pienaar, who with his team have been a great support at this sad time.

Noel was senior pastor for over 37 years and dedicated his life to preaching the Gospel and became an integral part of the community. He will be greatly missed by his family, friends and community. Susan and the

family take great comfort in knowing that Noel is no longer suffering and is present with Jesus, our Lord and Saviour.

Thank you for the incredible outpouring of love, thoughts, prayers and condolences. He will not be forgotten, especially by Susan and the whole family.



SEDFIELD RATEPAYERS & RESIDENTS ASSOCIATION

YOU ARE CORDIALLY INVITED TO ATTEND THE ANNUAL GENERAL MEETING

Tuesday 23 January 2024
 Sedgefield Bowling Club
 17h30 for 18h00

ONS NOOI U HIERMEE UIT NA ONS ALGEMENE JAARLIKSE VERGADERING

Dinsdag 23 Januarie 2024
 Sedgefield Rolbal Klub
 17h30 vir 18h00



CALLING ALL RESIDENTS OF SEDGEFIELD

If you have not already collected your copy of the **2024 'Where to find it' Sedgefield Business Directory**, please collect from The EDGE Newspaper, 63 Main Road, Sedgefield.



GREAT NYE PARTY WITH ALAN AND SHELLEY

It seems not even weather warnings of 'torrential rain' could dampen the spirits at Masithandane's New Year's Eve fundraiser party, as the Mosaic Market venue filled with party-goers from near and far.

With over 250 tickets sold, Sedge local musical Duo Alan & Shelley soon got the party going and kept folk on the dance floor with a wonderful mix of Country, Rock n Roll and Dance favourites. coupled with a bit of banter and guest artist 'Francois'.

All this creating a festive time for young and old with teens strutting their dance-moves alongside parents and grandparents!

Said Albey - one of the party-goers "The evening exceeded our expectations! A fantastic way to enter 2024!"

Chairperson of Masithandane, Jacky Weaver was very happy with how the evening turned out. "Huge thanks go to all those who joined the party for a good cause and who brought such joy to a special evening," she said, "As well as the Masithandane and Mosaic Market teams and

food and drink stall holders who went out of their way to ensure everyone had a good time. As a result the Children's Bursary Fund will receive an injection of funds of R17000 once all expenses have been taken into account. Thank you Sedgefield."



NSRI PINK RESCUE BUOYS

The NSRI's Pink Rescue Buoys can be found on most beaches in the Garden Route, as well as beaches, rivers and dams all around the rest of South Africa. According to NSRI spokesperson Andrew Ingram they have been used to help rescue 177 people that they know of.

"Since the project started in late 2017, more than 1800 of these bright pink emergency flotation devices have been sponsored by individuals and companies and placed strategically around the coastline and at some inland rivers and dams. They are designed to provide emergency flotation - both for those who are in difficulty in the water AND for the rescuer who might go in to assist a person in

trouble," he reports. In cooperation with Municipal authorities, the NSRI is constantly identifying additional sites where these life-saving Pink Buoys may be placed. "The Pink Rescue Buoys have caught the imagination of communities as the word spreads that they successfully save lives," says Ingram.

Whilst there are volunteers within these communities who look after the Pink Buoys and make sure that they are always ready to be used, the institute also appeals to the public to assist in identifying any faults or missing buoys.

"Unfortunately, we have had a few Pink Buoys stolen over this

holiday season," he says, "If you see a pole that is missing a Pink Buoy, please call the cell number on the buoy's backing board to let us know so that we may replace it. Theft of a Pink Buoy may cost someone his or her life."

He further requests that if a person who does not have NSRI identification is seen with a Pink Buoy it has more than likely been stolen from its pole.

"Please ask the person who has it to return it from where they removed it. Alternatively, call



the NSRI so that we can recover the buoy to put it back in its rightful place."



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Web ref RXED - 1624

PINE LAKE MARINA

R1 800 000



EXCLUSIVE MANDATE

AFFORDABLE & CONTEMPORARY

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Web ref RXED - 1639

GROENVALLEI

R2 550 000



JOINT MANDATE

UNIQUE SUBURBAN HOUSE

Andre: 060 887 6769

Web ref RXED - 1632

AVIEMORE

R2 695 000



EXCLUSIVE MANDATE

NORTH FACING FAMILY HOME

Thandi: 072 789 0845

Web ref RXED - 1580

MEEDINGSRIDE

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EXCLUSIVE MANDATE

LOW MAINTENANCE

Adeline: 082 922 3956

Web ref RXED - 1634

THE ISLAND

R4 850 000



JOINT MANDATE

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Louis: 082 390 0272

Web ref RXED - 1631

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www.gardenrouterealestate.com

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TO SELL YOUR HOME

CLASSI-ADS

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NB. Classified adverts for the next issue need to be in by Monday 22nd January 2024. Emailed classies will not be placed without payment

1. To Rent

Available for storage space or small business. Municipal water, Elec (Pay as you go) Call 083 653 3177 for more info.

3. Accommodation Holiday

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

4. Announcements

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

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

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

Housesitter Pieter du Toit 062 247 4722 Looking after pets, house & garden

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

COMPUTERS

Hardware, Software & Internet Support

Ken Hampson 072 111 7791

6. Building & Related Services

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

Bay Hill Frameless Glass & Aluminium. Leading frameless Glass Specialist operating from Stilbaai to Plett. 20 years experience. Precision work & professional service. info@bayhillsa.co.za

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

7. Businesses

BUSINESS for sale. Call 076 804 4260

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

9. Clothing

Embroidered burpers & face cloths - handmade. Mariana 082 7710694

10. Computers

Computers Desktop, Laptop, Network & Internet support. Call Ken Hampson 072 111 7791

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 4749

13. Electrical

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

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

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

14. Employment Offered

Recruitment of Farm Supervisor We are looking for a permanent farm supervisor with workshop and equipment maintenance skills, livestock handling experience and valid driver's licence for a farm in the Barrington area, Knysna District, to commence work as soon as possible. Additional agricultural experience and training will be an advantage. The employee and their family could live on the property in a rented house. Anyone interested in discussing our further requirements is welcome to contact Dave (083 630 3620) or Sue (082 600 5139) before 20th January 2024.

15. Employment Wanted

Beatrice available Domestic work. Exp. Call 071 789 2564

Jessy is available Domestic work. Exp call 072 864 4465

Domestic Beatrice - 071 789 2564 Refs

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

Happiness - 084 577 0585 Refs
Jessy - 072 864 4465 Refs
Lincy - 078 494 3118 Refs
Naomi - 060 339 9361 Refs

Gardening
Aaron - 073 493 4006
Alex - 084 577 0585 Refs
Karim - 083 774 0992

18. For Sale

Avocado & Bayleaf plants. Call 076 804 4260

Concrete stock bricks, M140 blocks, pavers and Retainer Lite blocks - Ready Bricks. Collection at yard or delivery available. Cell 0694042037

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

19. Home & Garden

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

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

Concrete stock bricks, M140 blocks, pavers and Retainer Lite blocks - Ready Bricks. Collection at yard or delivery available. Cell 0694042037

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 4424

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

22. Home Improvements

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

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

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

25. Motor Cars/Bikes

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

27. Pets & Livestock

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

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

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

The Groomer - Mobile Pet Grooming 064 607 6472

CHARTERED ACCOUNTANT & REGISTERED AUDITOR



BOOKKEEPER/ ADMINISTRATOR

- Diploma or similar qualification in bookkeeping
- MS Office; Pastel; Sage One; Xero ; Quickbooks online; Payroll software/ intercode.
- Drivers licence

Job Description:

- Monthly processing of client information up to Trial Balance.
- Year-end adjusting journals.
- Prepare fixed asset registers.
- General ledger reconciliations.
- Vat returns.
- Payrolls and IRP5s reconciliations.
- SARS Efiling.
- COIDA; UIF
- Other general administrative duties.

Abilities/ Characteristics:

- Plan jobs with reference to year ends and deadlines.
- Must have the ability to work well in a team environment.
- Must also be willing to take initiative and capable of working independently.
- Must have good time management and problem-solving skills.
- Must have strong communication and presentation skills.
- Must have the ability to work under pressure.
- Fully bilingual (Afrikaans and English).
- Manage and maintain excellent client relationships.
- Take responsibility for a client portfolio.
- Must be accurate.

Please email CV to cathy@camather.co.za



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ONGEBRUIKTE GOEDERE?

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28. Plumbing

Affordable rates and free quotes from Linked Plumbing. Qualified Plumber available for all kinds of plumbing services. Available 24/7 for emergencies. Contact 076 968 2051 or info@linkedplumbing.co.za

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

Klaus Schulz Plumbing. PIRB Registered. Does all work personally since 2006. 044 343 2114 / 073 345 6110

Plumbing Hardware @ Sedge Hardware

Smith Plumbing for personal service. Call Peet 084 889 2578

30. Restaurants & Taverns

Breakfast with Louisa @ Station now open on Saturdays!

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 7242

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

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

33. Sports and Leisure

SURF LESSONS on weekends. Beginners to advanced. Call Slade 060 907 3845

36. Wanted

Nautical items wanted. 076 804 4260

Wanted to buy Costume Jewellery. Call 076 804 4260



DRY DRY DRY

FIREWOOD

R35 / Bag

R700 / Bakkie Load

Includes delivery of bakkie load in Sedgefield and Wilderness
082 781 6413

BOEDELKENNISGEWING

In die boedel van **Wyle Stephanus Tjaart van der Walt** Identiteitsnommer 5011155057 088, getroud Binne Gemeenskap van Goed met Sylvia Charmaine van der Walt Identiteitsnommer 6103070098088, voorheen woonagtig te Plot 676 Hoekwil, Wilderness 6538, gebore op 15 November 1950 en oorlede op 12 April 2019. Boedelnommer 22020/2023 – Meester van Hooggeregshof, Kaapstad.

Krediteure en debiteure in bogenoemde boedel word versoek om hul vorderinge in te lewer en hulle skuld te betaal by die kantoor van ondergetekende binne 'n tydperk van dertig (30) dae vanaf die datum van publikasie hiervan.

Naam van Gevolmagtigde Eksekutrise: Sylvia Charmaine van der Walt Naam en Adres van Gevolmagtigde Agent: Anna-Marie de Beer, 22 Kaptein Proctorstraat, Brandwag, Bloemfontein (Verwysing: CJ Grobler Est37/0001) Pieter Skein Prokureurs, Kaptein Proctorstraat 22, Brandwag, Bloemfontein, 9301 Telefoon: 051 4300947 cj@skein.org.za

Wishing Georgie Amboulos
(Ann's Collectibles)
A Very Happy 77th Birthday



In association with Garden Route Life and Investment Brokers cc
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THE RED ROOF WITH CLOUD 9 BAND

New Year's Eve revellers are raving about this year's party 'under the Red Roof' hosted by Masithandane and Slow Town Meals with local music legends, The Cloud 9 Band, providing the entertainment.



All tickets sold out weeks before the event and despite some rather iffy weather earlier on, everyone arrived in the party mood! After a little juggling of tables here and there to keep folks dry, (the band members ably assisted by the very helpful STM volunteers), they 'were off to the races' with Cloud 9 playing live rock and pop classics from 8pm right into the night.

It only took a few songs to get the dance floor filling up, and once the rain clouds had dropped their last few drops the fun began!

Said Band leader John Archer "It was clear that the party spirit with friends and family easily transcended the dodgy weather and nothing was going to spoil our guests' enjoyment. It was a thrill to see everyone having such a good time and the dance floor full to the brim for most of the night. And all for a good cause with 50% of net proceeds shared between Masithandane and Slow Town Meals who both provide such incredible support to our local community. Definitely a great night to remember by all and we rocked

'till we dropped, well almost, playing until 12.40am with quite a few 'one more's' after we saw the New Year in."

Masithandane, Slow Town Meals and Cloud 9 would like to say a big "thank you" to all who attended and supported this event at the Red Roof, to Scarab Village for their considerable help with the venue and to Deo Gratia Coffee & Books for their sterling efforts in selling all the tickets. A remarkable team effort with much happiness accomplished.

THANK YOU FROM SEDGEMEER PARK

On 18 October 2023, representatives of LIONS in Sedgefield under the Chairperson Peter Hall and Alison Watson visited Sedgemeer Park to enquire whether they could assist Sedgemeer with any assistance in bringing to fruition any projects that we were anticipating. As with any NPO, and given the amount of charities in and around the community, we were honoured that the LIONS approached us with this offer as we realise their unwavering support of worthy organisations is and always will be a huge challenge to them as well.

After a fruitful meeting with the delegation, and us providing them with our "wish list", we were super excited when they contacted us a few days later and offered to pay for the recarpeting of the main house at Sedgemeer which provides accommodation for elderly residents who require our assistance on an ongoing basis. This facility, (House) is an integral part of the services we provide to the Elderly and it is paramount that this area is

conducive to those residents who spend most of their time inside this building and to ensure that it is as homely and pleasant as possible. It is after all their home and something we want them to be proud of.

Unfortunately due to financial constraints it is not always possible to simply embark on these projects and without the generosity of institutions such as LIONS, we would not have been able to do this right now.

On 07 December the contractor arrived on site and proceeded to lift all the old carpeting and replace this with brand new carpeting, which was sorely needed given that the existing carpeting in the house had been there for almost fifteen years already!

Throughout the period of the contractors on site, both Peter and Alison visited Sedgemeer to ensure that all was running smoothly and their interest in the progress of this was very much appreciated.

The Contractors were also kind enough to ensure that once the

carpeting had been done, all the furniture and fittings were carried back into the house which was very generous of them. But there was more to come.....

While we were admiring the new flooring it became evident that we now needed to paint the interior to match the new carpets and Peter immediately assured us that the LIONS would sponsor this as well!!, what a blessing.

We are busy making arrangements to have this done early in the new year and once completed we will definitely share some photo's of the revamped house for all to see.

What a wonderful ending to another difficult challenging year. THANK YOU LIONS for your ongoing commitment to uplifting organisations such as ours and others in the community, your deeds do not go unnoticed, may your endeavours going forward be blessed accordingly.

From all the Residents, Management, and Staff at Sedgemeer Park.

SO WHY SHOULD A BUSINESS ADVERTISE IN A NEWSPAPER?

Despite the general trend of those involved in marketing to lean towards the cheaper option of electronic advertising platforms over the last decade, we are happy to report that The EDGE still maintains a loyal client base for whom we continue to present effective marketing results. We know this because 75% of our advertisers are 'repeat business'. In addition, The EDGE is still reaching - and indeed holding the attention of - our steadily growing local community - as we have done for 25 years.

How are we able to do this? Well, it's a community thing. We believe that when it comes to reaching local people, a community newspaper is very well placed to garner their undivided attention.

Whilst social media certainly has its positive attractions – the daily buzz of interaction on the 'locals' Facebook pages is proof of this – most electronic platforms are continuously updating, with a rapid flow of national and international advertising, 'click-bait' and news (both real and fake).

This can become overwhelming for the reader, as often the advertisements are there one minute and gone the next.

Conversely, a community newspaper is by nature a long 'sit back' (relaxed) read, which can be returned to at any time.

And, if (like The EDGE) the newspaper is full of local content that is relevant to the reader's day-to-day life, it will undoubtedly be read from cover to cover - often by the whole family.

And then there's the issue of trust .

It seems that as we are living in what some are calling the 'post truth' era, print media is perceived to be a far more trustworthy platform. The reasoning behind this is obvious:- once a newspaper is printed and distributed, the content (dare we say 'facts'?) cannot be edited or withdrawn. Hence readers are able to trust that a lot more effort is put into providing reports that are accurate as well as newsworthy. Furthermore, by association, this trust flows through to advertising contained on the same pages. In

other words, readers feel reassured that once in the public domain, a print advertisement cannot be clandestinely altered.

Of course, The EDGE is online too (www.edgenews.co.za), our digital edition being especially popular with 'swallows' who spend a few months of the year in the Garden Route and want to keep abreast of local news when they return to Europe, as well as tourists who have fallen in love with the area and wish to keep up to date with what is happening here.

But even so - we have kept the 'online' version of The EDGE in the same format as our printed edition so that visitors to the website get the same page-by-page experience (including all our clients' advertisements) as the folks who rush to pick up a 'hard copy'.

A link to our latest edition is shared on our Facebook page (and other 'local' pages) the same day the printed version is distributed.

So, in essence, our advertisers get the best of both worlds, and so do our readers!

Sedge Lions say thank you

Lion Bob Dudley and his 'Early Bird' team of fellow Lions were out the starting blocks by 6 am on Christmas morning. The early start was not about catching the worm, but rather to catch the folk who had worked on Christmas eve, and those who would be working on Christmas Day!

This early morning effort was to bestow small gifts of appreciation to our service providers here in Sedgefield, without whom our town would not function.

Bob is seen here handing over the gifts at our Engen Garage. Thanks go to our Lions and Leos for their efforts.



by Debbie Olivier

Sedgefield Lions would like to thank our locals for their continued support of our fundraising efforts in 2023.

Without you all attending our events, we would not be in a position to offer support to our

community and the community of Karatara. We rely on fundraising to make this happen!

So thank you to our residents, to Melodrama 2023 for their generosity (and talent), to Pick n Pay Sedgefield and Engen Sedgefield for your sponsorships, and thank you to our very own (Editor Bomber is an officio appointed Friend of the Lions) and the Edge for all you do for us and the community.

Our club is resuming activities and will have our first meeting of 2024 next week. We plan to have another busy year doing service projects within the community.

Look out for our posts on Facebook and our posters in

town and in The Edge.

Some upcoming highlights of our year are the CANSA Shavathon, Cupcakes 4 Kids with Cancer, two Night Rides, a karaoke evening, a Medieval Feast, Santa Shoebox, an October Fest, the Pick n Pay Lions Battle of the Buskers (fondly known as BOB), our Rocking the 70's and 80's, Carols by Candlelight, free diabetes and sight testing, beach cleanups, and many more service-orientated projects.

So to all out there, may your year be safe and healthy. And let's remember to be kind to one another.

THE

EDGE

PUBLICATION

TIMETABLE 2024

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ISSUE DATE	ISSUE NO.	DEADLINE DISPLAY	DEADLINE CLASSIFIED
10 JAN	681	05 JAN	08 JAN
24 JAN	682	18 JAN	22 JAN
07 FEB	683	01 FEB	05 FEB
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30 OCT	702	24 OCT	28 OCT
13 NOV	703	07 NOV	11 NOV
27 NOV	704	21 NOV	25 NOV
11 DEC	705	05 DEC	09 DEC

THE EDGE ON HEALTH

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FREE DELIVERIES

Chew slowly, don't skip breakfast and eat 30 plants a week : 14 easy food changes for 2024

by Alice Barraclough
(source: womenshealthmag.com)

It's a new year, and before you rush to set your resolutions and decide 2024 will finally be the year you completely overhaul your diet and fitness (for good, this time), we're here to remind you that making small, sustainable changes over time is often more effective than attempting drastic alterations which, often, can't be sustained. Stats show that 92 per cent of people fail to keep their New Year's resolutions and 80 per cent of us will have already failed by the second week of February, we've come up with a series of easy food changes, to help you make 2024 your healthiest yet. If you can figure out how to make your goals easier, you're more likely to succeed.

Easy food changes for 2024

1. Build your meals with plants first

You need to hit your five fruit and veg a day target. Make sure you're eating at least one plant with every meal.

Plants include whole grains, pulses, fruits, vegetables, nuts, seeds, herbs and spices.

2. Aim to eat 30 different plants a week

If your New Year's resolution is to eat more veg, why stop at 5-a-day, when many experts now believe that adding a variety of fruits and vegetables to our diet is just as important?

Given how important healthy gut bacteria are for supporting your mood and mental wellbeing, try to eat 30 different plants per week. Add frozen mixed vegetables or a can of mixed pulses to your regular dinner.

3. Try to eat more fermented foods

With recent studies looking at how fermented foods can affect everything from our gut health and immune system to our cholesterol levels and risk of type 2 diabetes, fermented foods are back in vogue.

Eating 3-5 portions of fermented foods regularly is linked to improved health outcomes. Different fermented foods contain different types and

strains of beneficial bacteria, which contribute to a more diverse and healthy microbiome. Examples are live yoghurt (unsweetened), kefir, sauerkraut, kimchi, and kombucha.

4. Don't skip breakfast

Breakfast is regarded as the most important meal of the day, and for good reason.

A good, hearty breakfast is important for managing your glucose levels and providing essential nutrients to set you up for an energised day. What is often overlooked are the psychological benefits of a healthy breakfast.

Breakfast seems to influence our metabolism more so than lunch or dinner, and so by starting your day with a nutritionally balanced breakfast, you are more likely to make healthy choices for the rest of the day.

When that 3pm crash happens, your body is programmed to crave the type of food you ate first in the day, so if you had eggs and avocado for breakfast, you are going to crave something savoury later in the day when your body needs to refuel.

5. Add seeds to your breakfast

Easy tweaks you can make for your gut is to add fibre-rich seeds to your breakfast each morning. Seed mix is a good option. Simply combine 1 cup of each of the following: chia seeds, sunflower seeds, ground flaxseed, pumpkin seeds, plus 2 tbsp cinnamon or try it with berries and Greek yoghurt.

6. Focus on the quality and timing of your snacking

The type of snacks you eat are important for maintaining your

energy levels, to avoid blood sugar dips and improve your health.

Avoid snacking late into the evening after 9pm, as it's linked with poorer cardiometabolic health.

7. Snack on nuts once per day

Reach for nuts as a snack. Nuts contain micronutrients such as selenium, zinc and magnesium which are harder to find elsewhere in the diet.

8. Chew slowly

We often overlook just how important the way we eat is for our health.

Digestion begins with our senses and in our mouth, and when we miss this crucial stage of digestion – we might be left with bloating and indigestion.

9. Drink more water

The daily recommended amount is six to eight glasses of water every day, perhaps 2024 is the year you finally commit to drinking more water.

Limit sugary drinks and excessive consumption of caffeinated beverages, as these can contribute to dehydration.

If you struggle to drink enough water, we suggest using a straw. We can take more liquid through a straw as we don't "gulp", and it makes the drinking process more pleasant and smooth overall.

10. Choose wholemeal for a fibre boost

Current guidelines say adults should eat 30g of fibre a day. Yet most adults eat 20g of fibre a day. Fibre is crucial for a healthy diet. It prevents constipation but also diabetes, heart issues, and bowel cancer. Fibre is also a power food for the good bacteria in your gut.

11. Watch out for ultra-processed foods

Processed foods increase risks of obesity, Type 2 diabetes, cancer, cardiovascular disease and depression.

To identify processed foods, nutritionists say it's best to check the label. Learn to read food labels to help you identify hidden sources of sugar and make positive changes to your nutrition.

12. Avoid large gaps in between meals

When it comes to eating a healthy diet, it's not just what and how much you eat that plays a role – when you eat can make a difference, too. Especially if you're trying to balance your blood sugar levels.

When we don't eat for hours on end we end up feeling ravenous and more inclined to reach for larger portions of foods to satisfy that hunger 'or foods that are high in sugar and energy to quickly satisfy our hunger – this can cause large spikes in blood glucose levels.

Blood sugar crashes can leave you feeling tired, irritable, hungry and anxious. Eating regularly, including protein and

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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.

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Rev Tim Hawkrigde
083 324 3562

Lakeside Baptist Church
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Pastor J D - 066 160 7029
Sunday 9am

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Enq: Anthony Davis - 083 641 5027

NG Kerk
Sedgefield: 08.45am
Karata: 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 Protestantse 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
Find us on FB Rod - 082 411 7683

St Francis United Church
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Every 4th Sunday -
09h30 - Communion Service
Cnr Swallow Drive / Pelican Lane
All welcome! 044 343 1702

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

Eight Mercedes-Benz 300SLs to headline the 2024 George Old Car Show

The biggest gathering of original Mercedes-Benz 300SL sports cars will take place at the 2024 George Old Car Show on the weekend of February 10 to 11. A total of eight of the nine original series 300SLs residing in South Africa will be at the show, which is now in its 27th rendition in 2024.

These are the cars that earned the 300SL the title of "Sports Car of the Century" in 1999!

"We are thrilled to have committed entries of these magnificent cars", says Waldo Scribante, chairman of the organising club. The Southern Cape Old Car Club, has established this show as the premier Western Cape event for classic cars, over the past three decades.

"Seven of the 300SLs are Roadster versions, and for the first time, a magnificent original Gullwing 300SL Coupé will be joining the Roadsters at our event. The Gullwing is presently the only one of these original SL series coupés in South Africa. The sight of this car joining seven roadster versions is going to be awe-inspiring," says Scribante, who personally owns one of the most comprehensive Mercedes-Benz classic collections in South Africa.

"From the club's point of view, we are extremely honoured to have eight of these ultra-rare and very valuable Mercedes sports cars attending our show, and it points to the status that the George Old Car Show has in the classic car fraternity, all over the country.

"What I find intriguing is that the SL 300s entered for next month's show hail from many parts of the country. The cars are arriving from as far afield as Johannesburg, Klerksdorp, Cape Town, and Paarl, - while one of them is a local machine owned and garaged here in George.

"And even more significant is that our SL display marks, almost to the day, the 70th anniversary of the Mercedes-Benz 300SL."

The 300SL - A motorsport heritage harking back to 1954

The original Mercedes-Benz 300SL premiered at a time of supreme dominance in international motor racing by the Stuttgart-based manufacturer. Juan Manuel Fangio scored two of his Formula One world championships in the Mercedes W196 Grand Prix machine in 1954 and 1955. Mercedes-Benz also famously won the 1955 Mille Miglia in the hands of Stirling Moss, with its 300SLR sports racer.

The road-going Mercedes-Benz 300SL, launched in coupé form at the New York Auto Show in February 1954, was derived from the first 300SL which was built by Mercedes' competitions department for the 1952 Carrera Panamericana, a tortuous 3 500 km road race run over dirt roads in Mexico. The special triangulated tubular space-frame design of the chassis was largely carried over into the road going version.

The famous Gullwing Mercedes 300SL

The heavy tubular chassis bracing along the flanks of the competition-spec 300SL resulted in very high door sills, which made cockpit access difficult for the average person. So Mercedes came up with the novel solution of extending the door openings into the roof area, and hinging the doors so that they flipped upwards, instead of outwards. Daringly, this access system was carried over into the production 300SL coupés built between 1954 and 1957.

Thus the racing DNA present in the production coupé versions of the 300SL resulted in the famous nickname of the car, the "Gullwing" as the doors resembled seagull wings when they were both opened to receive the driver and the passenger. But there was a lot more to the 300SL that was trail-blazing from an engineering perspective.

First direct-injection petrol engine

The 3,0-litre straight-six overhead camshaft engine was the first production engine in the world to feature direct petrol injection, nearly half a century before this practise became popular in today's production cars. The engine was rated at 179 kW, and canted over to one side to achieve the famous low SL bonnet line. Also helping achieve that low bonnet line was a dry-sump lubrication system.

Depending on the rear axle ratio, top speed of the SL ranged between 235 and 263 km/h, making it the fastest production car in the world in the mid-1950s.

The Mercedes-Benz 300SL Roadster

By 1956 sales of the Gullwing coupé had tapered off and Mercedes released the 300SL Roadster version in 1957. It featured the same mechanical layout as the coupé, but the side



sections of the chassis frame were modified to accept conventional doors. Most roadsters featured leather interiors to contrast with the beautiful ivory of the steering wheel and gear lever knob and stainless steel dashboard insert. A hard top option was added soon after production began.

A striking feature of both the coupé and roadster is the small frontal area achieved by the low bonnet line and the cockpit that is narrow relative to the wings of the car. A distinctive feature of the 300SL is the use of "eyebrows" above the wheel arches, said to deflect rain away from the windscreen.

In total some 1 400 Gullwing coupés and 1 858 roadsters were built between 1954 and 1963.

Famous owners of the car include Sophia Loren, Pablo Picasso, Clark Gable, Bernie Ecclestone, Hugh Hefner and Paul Newman,

*The George Old Car Show 2024 takes place on 10 & 11 February, 2024 at the Eden Technical High School, Union Street George. The show runs from 9am to 6pm on Saturday, 10 February and from 9am to 2pm on Sunday, 11 February 2024.

*The organisers, the Southern Cape Old Car Club, are expecting upwards of 1 000 classic cars for this year's event.

*Tickets are now available through iTickets. Log on to the iTickets website using this link: <https://itickets.co.za/events/475607>

*Ticket prices for Saturday February 10 are R100 for adults, R80 for pensioners R50 for high school scholars, while children under 12 are free. Sunday February 11 ticket prices are R80 for adults, R50 for pensioners, and R50 for high school scholars.

*The organisers strongly recommend buying tickets online to avoid queueing at the gate for this highly popular event. Online tickets are purchased at a discounted rate.

*Owners of pre-1985 classic cars who wish to show their vehicles should visit the Southern Cape Old Car Club on <https://scocc.co.za/register/index-new.php>. Only pre-registered cars will be admitted to the show grounds.

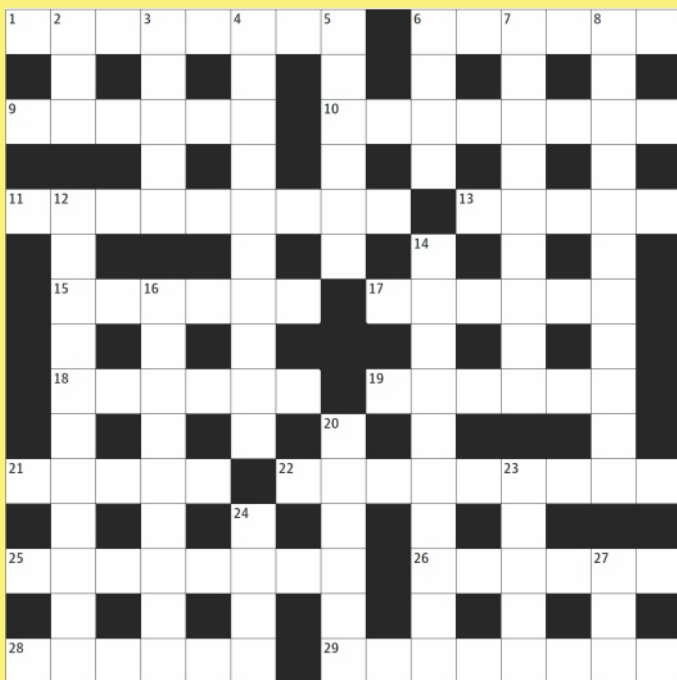
For more information, visit www.scocc.co.za

TED'S BRAIN CRUNCHER

Across

1. Exclaim my disappointment right back between two hospitals. (8)
6. Was Scott free to disembark? (3,3)
9. One inner thought on silly tissue needing extraction. (6)
10. Average baker attempt at banishment? (8)
11. A few little coins in the direction of Italy. (9)
13. Cute song one may do oneself about a famous race. (5)
15. Mouth about rented old wine holder. (6)
17. Something pure about a spinning record being colourful. (6)
18. We heard how the little fellow was eating! (6)
19. Was it her songs we recently sang? (6)
21. To make an unhappy sound is difficult. (5)
22. Dust shown all over the place as a result of businesses closing. (9)
25. CIA alarm panicked those in restaurant rings. (8)
26. Without the costume cuts, Keanu disturbed some viewers. (6)
28. Sounds like it's dodgy, or in the least, hard to digest. (6)
29. Sense that putting a 'unique selling proposition' in situ will cause apprehension. (8)
Down.

2. Gave it an attempt in the past. (3)
3. Did you do bad again? Perhaps you are out of your tree! (5)
4. I detail mum about using various platforms to sell. (10)
5. Be ok about the average



insider, hey - and stick to sport. (6)
6. Note the way he handed over. (4)
7. Crafty spinner to be performed by sportsman. (6,3)
8. Wrote in it just like Adam. (5,6)
12. 'Anti-Groping Movement' for those beastly, uneducated yobs. (3-8)
14. Songs about art and (some) drugs are sweetly uplifting. (5,5)

Across: 9. Qualifier 10. Remus 11. Alerted 12. Faberge 13. Easel 14. Spit it out 16. Animated cartoon 19. Double dip. 21. Swede 22. Anguish 23. Be quiet 24. Munch 25. Sacred Cow **Down:** 1. Square Yard 2. Water ski 3. Lintel 4. Bind 5. Traffic cop 7. Embryo 8. Isle 14. Speed chess 15. Tinsel town 17. All night 18. One piece 20. Urgent 21. Sequel 22. Alms 23. Bach

16. Youngest offspring royally good on the keyboard! (4,5)
20. Arbitrates meetings of the sitting council. (6)
23. Somewhat of a fool - Di enjoyed a good song from way back. (5)
24. Living in the summertime is not like a crossword. (4)
27. She's relatively disliked in SA. (3)

THE SPORTS EDGE

SMUTSVILLE SCHOOL'S HOTTEST RUGBY STAR

Local schoolboy rugby star, **Jadewin Solomons**, was educated at Smutsville Premiere, then Knysna Secondary School up to Grade 9.

Jadewin's brilliant performance on the rugby field has been recognised and indeed, impressed other school rugby sports coaches, with 3 schools vying for him to persuade his family to bring his rugby talents to play for their U16 rugby team.

Jadewin, after giving much thought to which school to relocate to, took the decision to transfer to Welkom Gimnasium, to add his great skills to the highly talented pool of Welkom Gimnasium. Jadewin will be travelling to Welkom on 16 January 2024.

Jadewin's rugby mentor and fitness coach, Richard Voorslag is appealing to all

interested local businesses and/or private individuals who would be willing to assist Jadewin with sponsorship of some much needed rugby and school clothing for him.

Jadewin is rugby-crazy. This move to Welkom will allow him to commit his total focus and determination, to achieving his life-long goal of being selected to play for a top league rugby club and ultimately be selected to play for the Springboks.

Sponsorship Requirements
Rugby Boots size 6 (ideally 2 pairs – 1 pair for practice and 1 pair for matches)
School Shoes size 6 black lace ups
School Backpack & Clothing

Kindly contact Richard Voorslag on 060 781 1096 if you are able to assist Jadewin to realise his rugby dream.



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Sedgefield Striders TIME TRIAL Every Wednesday
5. 15pm Road adjacent to Sedgefield Bowls Club
Beginner runners/walkers welcome
For more info call 072 275 6894

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

10 Jan - 23 Jan 2024

Wed Jan 10 2024

low tides 08:47 21:25
high tides 02:54 14:59
sunrise 05:28 sunset 19:44
moonrise 03:49 moonset 19:16

Thu Jan 11 2024

low tides 09:32 22:05
high tides 03:35 15:44
sunrise 05:29 sunset 19:44
moonrise 04:55 moonset 20:12

Fri Jan 12 2024

low tides 10:16 22:44
high tides 04:17 16:29
sunrise 05:30 sunset 19:44
moonrise 06:08 moonset 21:00

Sat Jan 13 2024

low tides 11:01 23:23
high tides 04:58 17:12
sunrise 05:31 sunset 19:44
moonrise 07:24 moonset 21:40

Sun Jan 14 2024

low tide 11:47
high tides 05:41 17:54
sunrise 05:32 sunset 19:44
moonrise 08:38 moonset 22:14

Mon Jan 15 2024

low tides 00:01 12:33
high tides 06:26 18:37
sunrise 05:33 sunset 19:43
moonrise 09:50 moonset 22:45

Tue Jan 16 2024

low tides 00:39 13:21
high tides 07:12 19:21
sunrise 05:34 sunset 19:43
moonrise 10:59 moonset 23:14

Wed Jan 17 2024

low tides 01:19 14:13
high tides 08:02 20:09
sunrise 05:35 sunset 19:43
moonrise 12:06 moonset 23:43

Thu Jan 18 2024

low tides 02:03 15:16
high tides 08:59 21:09
sunrise 05:36 sunset 19:43
moonrise 13:13 moonset -

Fri Jan 19 2024

low tides 03:02 16:45
high tides 10:10 22:42
sunrise 05:37 sunset 19:42
moonrise 14:19 moonset 00:13

Sat Jan 20 2024

low tides 04:56 18:29
high tide 11:34
sunrise 05:38 sunset 19:42
moonrise 15:27 moonset 00:47

Sun Jan 21 2024

low tides 06:49 19:40
high tides 00:38 12:54
sunrise 05:39 sunset 19:41
moonrise 16:31 moonset 01:27

Mon Jan 22 2024

low tides 07:54 20:27
high tides 01:51 13:54
sunrise 05:40 sunset 19:41
moonrise 17:33 moonset 02:11

Tue Jan 23 2024

low tides 08:40 21:03
high tides 02:37 14:42
sunrise 05:41 sunset 19:40

● Full Moon 25 January 2024

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Enjoy every moment

Offer valid from
09/01/24 to 18/03/24



NEXT EDGE: Wednesday 24 January 2024 - Issue 682

PLEASE NOTE OUR DEADLINES

(Careful, they tend to fly by VERY quickly)

DISPLAY ADS: Email to editor@edgenews.co.za by 18 January 2024

CLASSIFIEDS: (stuff for sale, jobs, get-rich-quick schemes, secret treasure hints)
accounts@edgenews.co.za by Monday 22 January 2024

KINDLY NOTE: Due to the epic craziness of life as we currently know it, our EDGE offices may not always be open. Please call 072 516 4701 for any enquiries.

SEDGEFIELD
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EMAIL sedgefield@pamgolding.co.za

JOINT MANDATE

The Village • R 8.5 million **1SH1641137**
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Peet 084 811 9973

JOINT MANDATE

Cola Beach • R 4.95 million **1SH1640355**
Bedrooms 5 • Bathrooms 5 • Garages 3
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Hilna 082 722 4611 • Tania 062 974 8899

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Myoli Beach	1776m²	Direct beach access	R4.0 million
Cola Beach	1280m²	Spectacular sea views	R2.4 million

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Off the Mat

Sedge Bowling Club News



Happy 2024 to all the members and their families. May this year bring health, happiness, new goals, and new achievements - by taking part in all the bowling club activities and being a productive, rather than critical member.

Nyakhomtsha to you all! (Which means Happy New Year in Xhosa)

CLUB OPENING
WEDNESDAY 10th
JANUARY - CLUB
COLOURS.

CLUB COMPETITIONS
Mixed Drawn Pairs – List on board – Starting Date 16th January, it looks pretty full already.

DUTY LIST

On the board. Please, if unable to do your duty please get someone to take your place.

SUGGESTION

Why don't one of our artistic bowlers, and there are a few, get together and paint a rock from the bowling club for "Rockie" who was a snake but is now a "ROCK STAR". Come on everyone. Let's get behind the Revive Sedgefield Team.

The holidays are over and the visitors and family are going home:- To them we say we all hope you have had a wonderful time with us, safe journey home and we'll see you again next year in our beautiful town.

All for this week

NEAREST THE KITTY