





# Notes from T'Ed's Head

It's SPRING!

The sky is blue  
The Sun is Riz  
And Mrs Ed  
Is in a Tizz!

Of course she is, because Spring means - horror of horrors - The List once again becomes an 'active document'.....

You will, (surely by now, dear reader?) know what I mean by The List?

Yes. Thank you for remembering. It's that wad of A4 pages on our fridge, held in place by the Union Jack magnet, next to our exceptionally talented grandchild's drawing of an elephant... (That's what her grandmother says it is, though I'm not sure if it mightn't be a Municipal Road Repair truck.) (No, probably an elephant. Sighting the other option in Sedgefield is far too ridiculous a notion.)

And let's be clear. The List isn't one of the Pantry Restocking variety. No – Mrs Ed keeps her shopping list (Eye of Newton, a dozen frog warts, three slugs, four snails and a small carton of



puppy dog's tails) safely on her phone, so she can WhatsApp it to me just as I reach the front of the queue at the supermarket, clutching my meagre lunch acquisitions (bottle of milk, loaf of bread, block of cheese, piece of cooked chicken, portion of chips, bag of peanuts and perhaps a meat pie or two).

How does she know I'm there? It's one of her special superpowers. She has others, like knowing how many beers I have consumed even when she wasn't there, and remembering that I forgot our wedding anniversary in 1998. However, her sixth sense as to when I am next in line to pay, with 16 shoppers behind me, is by far the most powerful.

But I digress. Let's get back to The List, shall we? (Please, at least try to stop interfering with the flow of this article. I have just been told I have limited space.)

The List is one which ... er ... lists (in bullet form) (She draws actual bullets.) (Quite threatening, don't you think?) the numerous things around the T'Ed Household which Mrs Ed insists need my attention.

It is an ever-evolving list, which

seems to grow at a steady rate, with very little 'crossing off' I might add. (Actually, it's Mrs Ed that does all the adding.)

I have regularly challenged the Old Reptile about this (usually when my children are present, so as to minimise any risk of bloodshed or severe bruising), always stating my case quite convincingly, I believe.

"How can you keep adding on but not crossing off?" I say, carefully pointing my famous long-suffering victim grimace in the direction of the jury (my children).

But alas. Apparently, according to some ancient, ridiculously outdated law, (scribed, no doubt, when Mrs Ed was a mere dragon pup), to get any task taken off The List, one actually has to complete it.

But hang on, you say. What does this have to do with Spring? Good question. Well done.

It's the window.

No, not the warped one with the wonky handle which doesn't close and lets the rain in when we have a south-east wind.

I mean the 'Window of Opportunity.'

You see, over the years I have developed quite an impressive mental collection of Self-Preservation Methods (SPMs), figuring I owe it to myself to do so as I intend to live to a ripe old age, and believe it vital to avoid any possibility of long-term damage to the finely honed athletic body with which I have been blessed.

And everyone knows that 'Lifting Heavy Things' may cause straining or even the tearing of a muscle.



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So, my top two SPMs are "I will certainly get to that when it gets a bit warmer," and "I will certainly get to that when it gets a bit cooler."

Yes. I agree. Absolute genius indeed. Used timeously, these get me off the hook, as it were, on most occasions.

Most occasions.

Mrs Ed once overheard me saying how wonderful September was, because ... yes ... you guessed it ... "It's spring! So it's not too hot, and it's not too cold!"

Her victory cry of "AHA!" still rings in my ears like a recurring nightmare, and every September The List is thrust under my nose.

Of course, being the tactical mastermind that I am, I courageously employ all the other SPMs in my artillery.

"This #27 is surely not a priority?" I say, "I happen to LIKE showering by candlelight, it's kind of romantic. And anyway - why can't YOU change the lightbulb? It's not exactly rocket surgery!"

"Because the ladder is in your shed, and you won't give me the key," she seethes.

Of course I won't. Not ever again. She kept Putting Stuff In There, which made it almost impossible for me to reach my Important Shed Things. At one stage it was so full I had to leopard crawl to get to my secret cigarette stash.

"What about number 52?" I ask, "Moving the bookcase from lounge to spare room - That's practically done. Surely you can cross that off?"

"You cleared the top shelf last September, then had to go for a lie down," she snapped, flexing her mono-brow most threateningly, "It's STILL in the lounge, and you've piled it up with even MORE books!"

There's just no pleasing some people.

I try to change tack. "What about numbers 1 to 17. They've been on The List so long, surely they've expired?" A masterful

point, don't you think? Why on earth would it be necessary to 'Paint the nursery' when the children are already 30 and 32?

"And as for #23 - I think it's kind of quirky that, after all these years, our downstairs bathroom door still randomly locks itself when nobody's in there. It's like having our own, personalised haunted room - think how much value that would add if we ever had to sell?"

But there's no shifting Mrs Ed. She wants it done, and she wants it done ... this year.

This year I'm trying psychological warfare, and have announced to the family I am

embarking on a hunger strike (which isn't THAT difficult, when it comes to Mrs Ed's cooking). I'm not 100% sure that it's working, though. Six days in, I found her pouring my beers into the basin.

"What are you doing?" I gasped, instantly thirsty, "You can't do that!"

"You're on strike, remember?" she chuckled, "And anyway – considering Google says that 'soaking overnight in beer' is the best way to get this steak n kidney gravy off the shirt you wore to work today...

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KINDNESS BACKFIRES

On Monday 25 August 2025 local pensioners Hans and Barbara Schotel went through the trauma of having their vehicle stolen by someone they trusted. Fortunately, thanks to SAPS and a network of License Plate Recognition (LPR) cameras, the car was retrieved and the perpetrator arrested at a roadblock in Barrydale two days later.

The man, who the couple had known for a number of years, had approached Barbara on Sunday whilst she was out shopping, and she said it was obvious he had fallen on hard times.

“Before we moved into Sedgemoor Park, he had carried out a number of jobs for us, and we knew him to be a capable handyman and mechanic,” said Barbara, “And so, in order to help him, I told him he could service our car and I would pay him.”

He duly arrived at their cottage early on Monday morning, and was given the Hyundai and money to buy the necessary servicing parts and oils. He was supposed to return the vehicle later that day, but that was the last they saw of him.

Early on Tuesday morning the Schotels went out looking for the man, but when they were without success, they reported the matter to the Sedgemoor Police Station.

“We were thrilled by the friendly, helpful and efficient service we received from the policeman on duty, who then sent out an alert to all mobile Police units in the Knysna/George area, as well as

to Michael Simon of the local Community Police Forum,” Barbara told us.

Once the word was out, the vehicle's particulars were loaded into the LPR system. As a result it was picked up by CCTV cameras in George that evening, and again on Wednesday morning. It then seemingly disappeared from view.

However, that evening it was stopped at a roadblock near Barrydale and the driver apprehended.

“We were immediately informed by the Knysna Police of its successful recovery, and they then transported my husband to Barrydale in order to collect our vehicle. The culprit is now awaiting a court hearing,” Barbara said.

Michael Simon of Sedgemoor's COP said the outcome is evidence of the great teamwork between SAPS and all other security role-players

“The cameras also played a major part in locating the vehicle. This again shows the importance of the camera network - not only in Sedgemoor, but all around the Garden Route,” he said, adding that continuous communication and feedback between all relevant parties had paid dividends.

The Schotels offered their grateful thanks to the Police Service, both in Sedgemoor and Knysna, as well as to Michael Simon and his team, for their outstanding assistance.

“We in Sedgemoor are indeed fortunate to have such capable

and helpful people providing their service to the community.”

Barbara stated, “This has been a traumatic experience for my husband and me, and a lesson to be less gullible and more careful future when responding to pleas for help in the future. We would urge others to do likewise.”

SAPS Knysna have confirmed the arrest of a 53-year-old man in connection with this case, but could not provide details of the outcome of his appearance in court on 1 September.

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Sedgemoor's Pick n Play Management Team are so proud to have played a role in this year's MELODRAMA - especially when we hear how much funding it raised for local charities. Tying in with our Sponsor partner Engen/Wimpy we ensured that the cast and crew were kept fed every show night, giving them the energy to perform their hearts out - which they surely did.

*Congratulations to all involved on a most successful show!*

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ISSUE 723 10 September 2025

THE EDGE Page 3



# FIRE AT LAKE PLEASANT HOTEL

A blaze that broke out in the Lake Pleasant Hotel on Saturday 6 September has left the hotel's health spa gutted, but fortunately did not cause injury to any staff members, guests or visitors, nor any damage at all to the rest of the hotel and restaurant.

According to Hotel General Manager Wayne De Jager it was soon after 1pm when the flames were first reported, and whilst the cause is still to be determined by forensic investigators, it is surmised that the fire most likely started in the Sauna.

"When we have a booking for the spa, we power up all the necessary equipment well in advance. Obviously the sauna's heating system does reach quite high temperatures," he explained.

De Jager said it was quite something to see how staff and residents worked together to tackle the fire until the fire department arrived, and this went a long way to keeping it contained. The blaze was totally extinguished within 1 ½ hours.

Built in the 1940s, the hotel's original structure is very old, with

further buildings, including the one that housed the spa, being added on in the 2000s. Had the fire been given the chance to spread the damage could have been so much more serious.

De Jager is proud of how the hotel team has rallied, and aside from the spa, it's already back to business as usual "We are happy to say that our restaurant was unaffected and is still serving up delicious meals," he said. "And we are determined to rebuild our spa even bigger and better than before."

# BATTLE OF THE BUSKERS - HERITAGE DAY

by Debbie Olivier

We have another Lions Battle of the Buskers coming your way on 24 September on the Village Green! Live music, local talent, and toe-tapping fun. With every ticket sold, we are able to boost our service projects within our community. Bring your cheer, bring your friends, and come and enjoy three standout acts who perform with heart!

**Christo – BOB winner 2024, back to defend his title.**

This man has a voice that transforms every song, creates goose bumps, and carries audiences through eras of music with soul and style. With a Grand Champion SA title, four gold medals, and a General Achievement Award, expect passion, power, and pure entertainment.

**Atlas – new kid on the block!**

Atlas is a 37-year-old-one-man band who hails from the good old OFS, Sasolburg. He delivers a raw mix of Afrikaans and English

covers – from Oasis and Leo Sayer to Koos Kombuis – and heartfelt originals. He credits the inspiration for these to his children. Powered by a gritty "Vaalrivier vibe", his music is honest and soulful. Let's give Atlas and his family a warm and hearty welcome to Sedgefield, the kind that only our locals can give!

**And the Riddle – debut performance at BOB**

Lighting up the stage with energy and flair, "And the Riddle" were spotted and signed up after their cool performance was heard at the a Saturday market. They blend crowd favourites with their unique and quirky touch. Whether it's a cover or an original, every performance is crafted to make you move, smile, and sing along. You have been warned!

All this could not be happening without the generous sponsorship of Pick n Pay Sedgefield, Engen 1 Stop Sedgefield and Wimpy Sedgefield, who donate the prizes

for the artists. And thanks also go to Crystal at Wool n Things for handling our ticket sales.

Crafters are welcome to contact Sarah on 072 906 6312. There is no charge for stall holders, but a minimum of 2 people per stall, please. No food stalls as Lions are braaing, and we have secured the fab ladies of the pannekoek stall who always grace us not only with their beauty, but with delicious pannekoek too! Also lovely soft serve ice cream will be on sale.

This is a licensed venue - please support the Lions braai sales and bar! Funds raised from this event will be put towards the purchasing of stationery packs and school or sport uniforms for the children of Sedgefield Primary, as and when needed and advised by the school.

We so look forward to seeing you there!



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## FURTHER PUBLIC PARTICIPATION NOTICE

### THE AMENDED KNYSNA MUNICIPAL SPATIAL DEVELOPMENT FRAMEWORK (SDF) & THE SEDGEFIELD LOCAL SPATIAL DEVELOPMENT FRAMEWORK (LSDF)

Notice is hereby given that the amended SDF & LSDF reports are open for further public input and comment.

Copies of the amended SDF & LSDF reports can be accessed at Knysna Municipality's Land Use Management Department and on the website at the following address: <https://www.knysna.gov.za/do-business/planning-development/land-use-management/>, as well as all libraries.

Any comment/representation/objection/input in respect of the amended SDF & LSDF reports may be submitted in writing for the attention of Hennie Smit (044-302 6319 or [hsmit@knysna.gov.za](mailto:hsmit@knysna.gov.za)/ [knysna@knysna.gov.za](mailto:knysna@knysna.gov.za)) on or before the **3 October 2025**. Submissions received after this date will not be considered.

### KENNISGEWING VIR VERDERE PUBLIEKE DEELNAME

#### DIE GEWYSIGDE KNYSNA MUNISIPALE RUIMTELIKE ONTWIKKELINGSRAAMWERK (KMROR) & DIE SEDGEFIELD PLAASLIKE RUIMTELIKE ONTWIKKELINGSRAAMWERK (SPROR)

Kennis word hiermee gegee dat die gewysigde KMROR en SPROR verslae oop is vir verdere publieke insette en kommentaar.

Afskifte van die gewysigde KMROR & SPROR verslae kan verkry word by Knysna Munisipaliteit se Stadsbeplanning afdeling en die webblad by <https://www.knysna.gov.za/do-business/planning-development/land-use-management/> asook alle biblioteke.

Enige kommentaar/vertoë/beswaar/insette ten opsigte van die gewysigde KMROR & SPROR verslae kan skriftelik ingedien word vir die aandag van Hennie Smit (044-302 6319 of [hsmit@knysna.gov.za](mailto:hsmit@knysna.gov.za)/ [knysna@knysna.gov.za](mailto:knysna@knysna.gov.za)) voor of op **3 Oktober 2025**. Indienings wat ná hierdie datum ontvang word, sal nie oorweeg word nie.

**LULAMILE MAPHOLOBA**  
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## Talking Conservation

# Drie Valleyen

### Public Participation : A Cornerstone of Democratic Governance

by Charl van der Merwe, Environmental Ethicist  
*On behalf of Sedgefield Ratepayers Association.*

**Public participation is an essential element of our democracy. It allows us to shape decisions that affect our lives and environment. It is a dynamic process that promotes transparency, accountability, and inclusivity in governance. In South Africa, public participation is constitutionally mandated.**

**What Is Public Participation?**

Public participation allows individuals and communities to influence public decisions and contribute to policy development. It includes activities like attending public hearings and submitting comments on draft legislation. In the context of Environmental Impact Assessments (EIA), public participation informs the public about proposed developments and engages them in identifying potential risks and opportunities. The results of public engagement must be considered in deciding whether a project should be allowed and what measures should be taken to protect the environment. The "public"

includes any individual or group or stakeholders or anyone else who may be affected directly or indirectly by decision outcomes.

Consultation during the EIA stage can build ongoing relations between companies and communities, determining whether future interactions will be constructive or problematic. Poorly managed consultations can erode trust and undermine a company's social license to operate, potentially leading to appeals against development approvals. South Africa's National Environmental Management Act (NEMA) requires public participation in decisions affecting the environment. No permits or project authorisations can be issued without consulting affected members of the public.

At its core, public participation is based on the foundation that those affected by a decision have a right to be involved in that decision-making process. It ensures that authority is responsive to the public's needs, values, and concerns.

**Environmental Public Participation**

According to NEMA, an interested and affected party (I&AP) is anyone interested in, or affected by, an activity. An EIA process requires an Environmental Assessment Practitioner (EAP) to consider who may be directly or indirectly affected, whose activities/ interests may be impacted, and who may have relevant knowledge or expertise. Registered I&APs must be informed and involved throughout the process. Public meetings should be accessible, informative, and conducted with respect and transparency.

The EAP must respond to all matters raised and maintain a comprehensive record. Public participation extends beyond the EIA process and can include requesting information, contacting the applicant to raise concerns or argue for a negotiated solution, signing petitions, and monitoring activities. Even launching campaigns, staging peaceful protests/demonstrations or appealing a decision made by the Competent Authority. Public participation allows you to file a court application against a decision and become involved in inspections and monitoring activities during the construction and/or operation phase. These activities are an important and legitimate avenue for your opinion to be heard and for you to make a difference.

**Key Principles of Effective Public Participation**

Effective public participation is guided by principles such as inclusiveness, transparency, accountability, responsiveness, empowerment, and openness. These principles ensure meaningful engagement and the ability to influence real change. Participation must never be symbolic, but substantive - capable of influencing the right decisions, not for short-term gains, but long-term sustainability. **It is the right for our future, demand it.**

**The Right to Public Participation in South African Legislation**

The approach to public participation is guided by the principles and procedural requirements that are set out in relevant South African laws. These include the Constitution, national laws and statutes, and specific regulations in terms of these laws and statutes. The National Environmental Management Act (NEMA) ensures everyone has the right to be informed and participate in environmental decisions. Public participation must follow principles and procedures outlined in South African laws.

Public participation is not merely a procedural requirement - it is our right, in terms of our legislation, to take part in the conduct of public affairs, either directly or through elected representatives.

Importantly, the right to participate is linked to other fundamental rights, including freedom of expression, access to information, and freedom of association. Together, these rights create an enabling environment for civic engagement.

However, meaningful participation requires more than legal provisions. It demands political will, institutional capacity, and active citizenship.



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# WOWZER MELODRAMA

We asked Leigh Ann Ralph - the 'original Sedgefield Melodrama Director' who launched this charity fundraiser back in 2009 along with her mother Verona – to write a review on this year's production and she kindly submitted the following article.

Oh what a night! The generosity, creativity, and sheer enthusiasm in Sedge never cease to amaze. Once again, Producer Margie and Directors Tania, Nerina, Pedro and James, you've proven that when this community comes together, magic happens. A huge round of applause to the cast, crew, sponsors and audience. Together, you've managed to spread joy and laughter in true Melodrama style.

It was such a delight to see a wonderful mix of familiar faces alongside newbies gracing the stage this year. The combination brought a fresh sparkle while keeping the spirit of tradition alive. A special mention must go to the superb miming skills on display:- Margie, Roma, and Tania, you were word-perfect. Verona would have been proud to see you keeping the art of true theatrical mime alive. That's what keeps the “drama” in Melodrama, and you ladies nailed it!

And what a joy to welcome back our much-loved Doctor. JC, your presence for me lifted the show and brought such heart and energy. You've been missed! It was equally wonderful to see seasoned stars Sanet, Angela, Pedro, Ben and Jackie, to name a few, take to the stage once more. You are the “old hats” who shine just as brightly as ever, adding richness and depth to the production. Now, can we talk about the dancing this year? Gutlin, the choreography was infectious, fun, vibrant, and full of energy. Watching those moves, I half wanted to sign up for a Zumba class myself! Every routine sparkled with

enthusiasm, and it was clear how much joy the performers took in sharing it with us.

Bomber, you were brilliant. What you did with nothing at all was fabulous. Your timing, wit, and commitment never missed a beat. And then there was the lady in dazzling green, Chanelle. What a star! Your energy and that radiant smile lit up the entire hall. Every time you stepped on stage, it was impossible not to watch you. You are an absolute delight, and I daresay we'd all love to see you standing front and centre more often.

This year's cast was a healthy size, with plenty of new faces stepping into the spotlight. While it's impossible to name everyone, please know that each and every performance contributed to the whole. A show like this doesn't just “happen”; it's a true team effort. From the performers on stage, to the men and women backstage working tirelessly behind the scenes, every detail matters. When stunning costumes, lighting and music all come together perfectly, you have a show to be proud of. There's something so special about Melodrama in Sedge, it's not just a performance, it's a celebration of community, friendship, and shared laughter. It brings us together, lifts our spirits, and sends us home smiling.

So, to everyone involved, be it the Lions ushering us to our seats or whether you were applying make-up, stage managing, dancing, miming, moving props, adjusting lights, designing costumes, or simply clapping along in the crowd. Thank you. You've given us a night of pure entertainment, filled with sparkle, laughter, and heart. You should all be immensely proud. A shining reminder of just how generous our Sedge community is!

# COMMEMORATING SEDGEFIELD'S HERITAGE

The Dunes and their People project, in partnership with Smutsville Informal Settlement Forum (SISF), is inviting organisations and individuals to be part of a community event set for Heritage Day, 24 September 2025.

The aim of this special event is to create a space where the community can build and share local history together. All Sedgefield organisations and residents are encouraged to contribute their stories, pictures, and maps that reflect collective memories and heritage, especially the important events that in some way shaped the Sedgefield we know today. A special focus will be placed on how local folks' relationship with nature has evolved over time.

On Heritage Day, the Smutsville Community Hall will be transformed into a Living

Museum where everyone can meet and interact around the Sedgefield timeline, its shared history, and common aspirations. This Living Museum will be an opportunity to celebrate the roots of the community, the journeys taken, and the stories that shaped the village and its inhabitants.

The Dunes and their People welcome all types of contributions and would love to hear the story of local organisations – how they came into existence, their original motivation, the challenges and milestones in the early days, and how they have grown and changed over time.

Residents are also welcome to share their personal stories,



Hunter's Home eventually became Lake Pleasant Hotel

provided they can be meaningful to others. Each contribution should include a short text with place and time references and, where possible, a picture for illustration. The Dunes and their People project team can assist with printing selected pictures in laminated A3 format and with

capturing and sharing some of the stories contributed.  
**Date: 24 September 2025; Venue: Smutsville Community Hall; Time: 09h00**

Please confirm your interest by contacting Elspeth on 061 736 8960.

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THE ISLAND

MEEDINGSRIDE

GROENVALLEI

THE ISLAND

SEDGEHILL

MEEDINGSRIDE

CENTRAL

KINGFISHER CREEK

KLEINKRANTZ

THE VILLAGE

CENTRAL

COLA BEACH

SEDGEFIEL RURAL

THE VILLAGE

RONDEVLEI

SEDGEHILL

COLA BEACH

KINGFISHER CREEK

THE ISLAND

GROENVALLEI

THE ISLAND

RONDEVLEI

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**3<sup>rd</sup> Prize - AfriCamps**

**Terms & Conditions:**

- Competition runs from 1 August 2025 until 31 January 2026
- Exclusive mandates must be valid for at least 3 months within the competition period
- Mandates must be signed for at least 6% commission
- Prizes should be taken within the validity period of May 2026 to end of September 2026
- Packages include accommodation for 2 persons; Breakfasts and Dinners; Leisure activities; Spa activities.



## DIARY DATELINE

**Every 2nd Monday**  
**2pm** Sedgefield Art Society meets at Lions Club. New members welcome. Patsy 073 256 6021

**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  
**5:15pm** Sedgefield Striders Walking / Running time trials on road adjacent to Bowls Club. Beginners welcome.

**Thursdays**  
**7:00am** 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**  
**7am** 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.

**Sundays**  
**7am** Eden Cycling Club Group Social outride departs Cycle

**Sunday 14 September**  
**8am-12** Car Boot Sale at Steam Whistle Stop. 072 487 0395

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

## MASITHANDANE NEW VEHICLE FUNDRAISER

**TARGET**  
**R320 000**

If you would like to donate towards this worthy cause, the bank details are as follows:

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**ABSA**  
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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.

## LETTERS TO THE EDGE

**Dear Sir,**  
 I received a message recently from Charlene of the Wild Oats Market to advise me that someone had handed in my Drivers Licence and medical aid card at the Wild Oats market two weeks ago when I had been there.

I collected them both yesterday, but would like to thank both these people for their help and perseverance in contacting me, as I would never have discovered where I had dropped them without their help.

Regards  
**Lea Downing**

Dear Editor,  
**A letter from an ex Sedgefielder living in America**

Reading the Edge nowadays is really depressing. I cannot recall the Municipality

ever being more useless, or arrogant towards residents who try to improve roads etc. (with their own funds.)  
 I read and listen to the news about the US' attitude towards SA every day, and it's not positive.

To read about Groenvlei becoming a sewage-outlet, is heartbreaking.  
 Smutsville it seems is also

ticking quietly!

The real reason I took up the pen (figuratively speaking of course), was to remark on your remarkable dress-sense, once-again on display in the Liverpool photo!

Regards and keep on fighting the good fight.

**Andre Kleynhans**

## In Memory of Henry Groves

26 January 1941 – 28 August 2025

To our dearest Husband, Father & Grandfather,

You will be sorely missed by us all. There is a huge void in our hearts, now that you have gone.

We all love you more than we can put into words! You were there for all of us in our times of need, and although we may only be left with memories, we will always remember you.

You loved life and living in this beautiful area, with such a scenic view. But we know that you will have an even better view from heaven, while you watch over us all, with your brother Thys by your side.

May you rest in peace and be with loved ones and animals up in heaven. As you would always say "The eagle has landed."

All our love Jenny, the Girls and Grandkids.



## Thanks from TLC

Last Month, the Living Cornerstone hosted their annual Women's Day Celebrations Fundraising event in the Sedgefield Community Hall, and the Facility Manager Marietjie Digue, would like to thank all the sponsors and artists for their support.

The 168 ladies from all over the Garden Route who attended, received a welcome drink and amazing goodie bags. They were entertained by Spanish dancers as well as a beautiful musical performance from violin and voice duo Cherith and Jean Marie.

Alida Gerber and Juan Pienaar both delivered touching motivational speeches which were very well received by all who attended.

There were also 23 lucky draw prizes, a few items auctioned off and a raffle too! Marietjie also expresses her sincere gratitude towards the amazing volunteer group - better known as the A Team.



## Brushstrokes

The Sedgefield Art Society warmly welcomes all new and returning members to share in their passion for creativity and community. With a vibrant calendar of exhibitions, workshops, and gatherings, the society continues to provide opportunities for local artists to showcase their work and develop their skills.

The Art Society extends heartfelt thanks to Louis and the Remax team for their unwavering support and for hosting so many wonderful exhibitions over the years. A special word of appreciation also goes to Nicholas Leonard, whose expert curating has brought together many memorable collections and helped highlight the talents of local artists.

Art lovers are reminded to visit the ongoing exhibition at Lake Pleasant Hotel, where members' paintings are currently on display. This exhibition will run only until the end of September, so be sure not to miss the chance to view some truly inspiring works and while you are there spoil yourselves with a meal from the marvellous Lake View Restaurant menu!

The society's much-loved "Pop-up Exhibition" at Heritage Nursery takes place on the last Saturday of every month. This

popular event continues to attract visitors who appreciate the wide variety of art on show, making it a highlight on the Sedgefield cultural calendar.

Beyond exhibitions, the society is also proud to give back to the community. Paintings have been generously donated to The Tortoise Takeover project, an initiative designed to raise awareness and support for wildlife conservation. In addition, artworks have been contributed to Melodrama, an event dedicated to raising funds for various local charities.

The next meeting of the Sedgefield Art Society will take place on **Monday, 13 October at 2:00pm at the Lions Hall**. All members, old and new, are encouraged to attend, and visitors with an interest in art are always welcome.

## Charles te ... WATER!



*This little ... er ... navigation mishap happened on The Island on 1 September. It could be that the young driver heading along Charles te Water was misled by Google Maps, or perchance overwhelmed by the need for a quick dip in the lagoon. According to reports of residents living nearby, the lass suffered no serious injuries (except to her pride) and the car was timeously removed before any sea-life could take up residence.*

## In Memory of Brian Churchill Humphries

19 March 1949 – 24 July 2025

Brian will be missed by his sister Jean and her family, David and the Masithandane and WoW families.

A memorial service was held in the Prayer Garden at Graceland, Milkwood Road, Sedgefield on Wednesday, 3 September 2025.



## Francina S. Stewart (nee van Eeden)

23/01/1945 - 22/08/2025

Sag heengegaan na haar Skepper, tuis in Sedgefield met haar geliefdes en klein Rietsie naby.

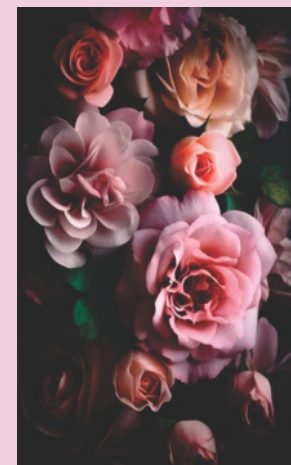
Haar sprankelende, positiewe geaardheid sal ons vir altyd bybly.

Wat 'n voorreg om haar as ons mamma en ouma te gehad het.

Van haar kinders Minette, Sakkie, Billy, Tanja, Veronica en Johan. Kleinkinders Lisa, Rian, Ridley, Andrea en Roedolf.



Met spesiale dank aan haar liefdevolle, kosbare vriendinne wat so gereeld kom besoek het (te veel om te noem). Asook Dr Janet Stanford en Henriette van Hospice, Dr Chris van der Westhuizen, Nelrie en almal by Sedgefield Apteek, Dr Albert Alberts (skrywer van die boek Kennis klop kanker), Rochelle en Regina McCallum, Anita by Montecello vir mamma se gunsteling kaaskoek en sop, Leon Schoeman van ABSA Knysna, Werner van Perks, almal by Sedgefield Rolbalkklub en al die ander vriende en familie se besoeke, blomme, geskenkies en boodskappe van sterkte en liefde toewensing. Julle was almal waarlik engele in haar lewe, soos sy julle met soveel dankbaarheid genoem het.



*The love, understanding, support and compassion of the people of Sedgefield is tangible, unique and beyond special. You carried us through a very difficult few months with moms sudden sickness. Also with the passing of Minette on 13 July 2025 after fighting a brave battle with cancer which started in 2017.*

*Thank you for being such good friends of my beautiful, quirky, fun loving, spontaneous, Mrs McGuyver, brilliant bowler, rose show champion, heart of gold, humble, kind, generous MOM.*

Love you forever Mom xxx





## Beginner Computer Course Offered in Sedgefield

Classes from 18 September – 11 December

### Beginner Course

Introduction to computer skills. Learn how to operate a computer and how to navigate Microsoft Word and Microsoft Excel. Classes are Thursdays from 10:00-12:30 for 12 weeks. Registration required. Cost R850

### Registration

Wednesday, 10 September, 9:00-10:00, Masithandane; Bring R50 Deposit

For more information, WhatsApp Kristen Golson — 079 655 1114 or

Amy Coon — 072 245 8799 - All classes will be held at

Masithandane, Milkwood St, Sedgefield, 6573



LAUNCH Workplace Readiness exists to educate and equip learners with marketable skills, preparing them for upward mobility in the workplace while also teaching Biblical principles for life and business.

## Knysna Road Maintenance

Knysna Municipal Manager Lulamile Mapholoba announced that the annual road maintenance program will start this week. “All necessary materials have been received, and maintenance can now begin throughout all 11 wards,” he said.

The sequence of wards undergoing maintenance was determined by administrative staff randomly drawing lots. Four teams will now follow a maintenance programme informed by this sequence. “The maintenance programme for formal streets throughout all

wards will run until January 2026,” explained Mapholoba. “Keep in mind that works will not commence in all wards on 8 September, but that all wards will undergo maintenance work within this time frame, according to the maintenance sequence. Priorities identified by ward councillors will also be addressed while maintenance occurs within that ward.”

Additional contractors will be appointed to assist the municipality's four teams. Residents are also reminded that this maintenance programme will focus on formal, not

informal, streets within wards.

“We are pleased that our planned maintenance programme can go ahead as scheduled,” Mapholoba concluded. “It reaffirms our commitment to maintaining and upgrading our infrastructure, and keeping all road users safe. We ask road users to be patient and cautious when encountering a maintenance crew on the roads.”

Please contact the Roads, Transport and Stormwater Department for more information on 044 302 6334.

## ESTATE PLANNING WITH A SURVIVING SPOUSE

In South African law, if you bequeath your assets to your spouse in a valid will, those assets will generally pass to them according to your wishes. Let **KAPLAN BLUMBERG ATTORNEYS** guide you through the Estate Planning process. It is important to plan with the below key points in mind:



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# CLASSI-ADS

## Index

- 1 To Rent
- 2 Accom. Wanted
- 3 Accom. - Holiday
- 4 Announcements
- 5 Boats & Acc
- 6 Building Services
- 7 Businesses
- 8 Cellular, Electronics & TV
- 9 Clothing
- 10 Computers
- 11 Crafts & Home Industry
- 12 Education & Tuition
- 13 Electrical
- 14 Employment Offered
- 15 Employment Wanted
- 16 Fabric & Haberdashery
- 17 Food & Wine
- 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
- 28 Plumbing
- 29 Property
- 30 Restaurants & Pubs
- 31 Security
- 32 Services Offered
- 33 Sport & Leisure
- 34 Tea/Coffee & Take-Aways
- 35 Heavy Vehicles & Mach.
- 36 Wanted / Swap etc

NB. Classified adverts for the next issue need to be in by Monday 22nd September 2025. Emailed classies will not be placed without payment

### 4. Announcements


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

**BOOKS & COFFEE with homebaked treats.** We buy quality 2nd hand books. Free WiFi. Deo Gratia 082 9020 649


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

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



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### 7. Businesses

**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

**Jolly Juniors Registered Crèche and Aftercare** on the Island. Contact Anzelle @ 082 058 2988

**MUSIC LESSONS Piano, music theory and clarinet.** All ages from beginners to advanced. Please contact Ann Carroll on 083 275 7576, adrcarroll@gmail.com

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

**Supportive Learning for Ages 5-12** Is your child struggling with Phonics /Spelling, Reading, Maths? I offer one-on-one assisted learning in fun, friendly and focused sessions. Online or in Studio. Contact Margie on 083 629 9471 to discuss rates and book a free consultation.

### 13. Electrical

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tel: **044 343 2202** cell: 083 779 7934  
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address: 14 Swallow Drive, Sedgfield

### 15. Employment Wanted

**Bedza is looking for gardening work for 3 day.** Call 075 150 3582

**Elijah Newata is looking for gardening and painting work.** 060 341 1350

**G and M Renovation** - painting, paving, tiling, waterproofing, free quote. Call 065 748 8794

**Stanley is looking for home and garden work.** 070 423 8460

**Domestic**  
Joyce - 083 774 0992 Ref  
Rose - 069 825 4480  
Witness - 061 757 5595

**Gardening**  
Alex - 083 691 4627 Refs  
Elijah - 060 341 1350 Farming  
Karim - 083 774 0992 Refs  
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### 18. For Sale

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### 19. Home & Garden

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**Tree Felling & all other shrub & tree maintenance,** including Stump removal, palm pruning, crown lifting, site clearing, tree care. Call or WhatsApp Matthew SGD TREE FELLING on 064 129 4129

### 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!

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

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

### 22. Home Improvements

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### 25. Motor Cars/Bikes

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

### 27. Pets & Livestock

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

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

### 28. Plumbing

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

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### 31. Security

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### 32. Services Offered

**BATHROOM GURU** - All alterations. Plumbing, tiling, all fittings, Walk in Showers, Specialised bathrooms for aged/disabled. Anthony 074 708 4738

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

**Garden refuse removal** - bag/ drum/ bakkie ... Dial a Drum ... 082 808 5984

**Cindy's Cleaning Services** - Drop off Maids, Supervised Team Cleans, Holiday Homes. Competitive rates. Contact Casey on 066 068 5851 or email caseyleeowen393@gmail.com

**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 & Leisure

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## LEGAL NOTICES



**JORDAAN VAN WYK INC.**  
Attorneys, Conveyancers & Deceased Estates

### NOTICE TO CREDITORS IN DECEASED ESTATES

Estate Number: **019094/2025**  
Surname: **ECKARD**  
First Names: **ROSLYN HILDA**  
Date of Birth: **1948-10-28**  
Identity Number: **4810280117084**  
Last Address: **UNIT 10, LANDFALL GARDEN VILLAGE, PELICAN LANE, SEDGFIELD, 6573**  
Date of Death: **2025-07-25**  
Master's Office: **CAPE TOWN**

All persons having claims against the abovementioned Estate are required to lodge their claims with the undersigned within 30 days from the date of the publication of this advertisement.

JORDAAN, VAN WYK ATTORNEYS INC.  
65 MAIN ROAD, SEDGFIELD, 6573.  
Email: estates@jvwlaw.co.za  
Tel: 044 343 2126  
Authorised Agents: Anton Jordaan



**JORDAAN VAN WYK INC.**  
Attorneys, Conveyancers & Deceased Estates  
**ESTATE NOTICE**  
**Estate no 018420/2023**

**The First and Final Liquidation and Distribution Accounts** in the Deceased Estate:

Surname: **OLIVIER**  
Full name: **ALETTE MARIA**  
Identity No: **470116 0092 085**  
Last Address: **BERG-N-SEE RETIREMENT RESORT & CARE CENTRE, 13 MAIN ROAD, SEDGFIELD 6573 WESTERN CAPE**

will be open for inspection at the office of the Master, Cape Town, and the Magistrate's Court Knysna, for a period of **21 days** from the date of the publication of this advertisement.

If no objection is lodged with the Masters during this period, payments will be made in accordance with the accounts.

JORDAAN, VAN WYK ATTORNEYS INC.  
65 MAIN ROAD, SEDGFIELD, 6573.  
Email: estates@jvwlaw.co.za  
Tel: 044 343 2126  
Executor: Anton Jordaan

### PAMELA ANN RUSSELL Deceased

Pursuant to the Trustee Act 1925 anyone having a claim against or an interest in the Estate of the deceased, late of 11 Sea Breeze Villas, Flamingo Avenue, Sedgfield, 6573, who died on 05/02/2024, must send written particulars to the address below by 13/11/2025, after which date the Estate will be distributed having regard only to claims and interests notified.

**Juliette Taylor c/o Coodes LLP, St Austell Business Park, Carclaze, St Austell, PL25 4FD, United Kingdom. Ref: JRT/RUS106**



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SAQCC NO - 5535



# LAUNCH OF THE SEDGEFIELD WASTE FORUM

Late last year, the Western Cape Waste Policy and Minimisation unit was asked by the Director: Waste Management, Saliem Haider to assist the community of Smutsville in Sedgefield in finding solutions to escalating waste issues. In collaboration with the Dunes and their People project Nelson Mandela University (NMU), Smutsville Informal Settlement Forum (SISF) and Knysna Municipality, the department provided much needed support to the community by hosting two awareness raising workshops.

On February 26, 2025, the department hosted its first waste minimisation and co-design workshop, introducing participants to key waste management terms and legislation as well as touching on the importance of an awareness and educational campaign to drive waste management initiatives. Using a co-design methodology, the

workshop provided a platform for community members to identify and analyse their specific waste management challenges through root cause analysis and then collaboratively develop feasible solutions. Key challenges identified by the community were lack of awareness and education, lack of infrastructure (bins for waste collection), limited waste collection services, as well as partnerships and synergy. Key solutions provided consisted of youth involvement for personal growth, hosting communal events, recognising role models and community champions, resource mapping and availability and hosting fundraising events to name a few. On July 23, 2025, the department hosted a second value-adding workshop as a component of waste management with the Smutsville community. This included waste reclaimers and other relevant stakeholders. The primary objective of this workshop was to introduce participants to the concept of value adding which views waste

as a resource and finding new uses for waste materials that have economic, social or environmental value. The department collaborated with two Producer Responsibility Organisations (PROs), namely Petco and MetPac who were willing to come on board and provide the necessary support to the community. The two PROs emphasised the importance of waste management, focusing on maximising the value of recyclable materials and enhancing recovery efforts. The PROs presented their ongoing initiatives to support waste recycling efforts, detailing the assistance provided to local businesses and waste pickers. Through these discussions, participants explored strategies to foster varying waste management systems within the community, while acknowledging the challenges faced by the municipality. One of the great achievements of these engagements was the establishment of Sedgefield Waste Forum, inaugurated and

celebrated on the 26th of August 2025! Co-facilitated by Vuyisile Pauli (Smutsville Informal Settlement Forum) and Ed van Reenen (Recorra), this forum will play a crucial role in driving and ensuring the effective implementation of waste management activities. Some of the organisations already involved are SISF, and members of the Dunes and their People project (a three-year partnership between NMU, SISF and Knysna Municipality working on reconciling the social and environmental well-being of Sedgefield dunes), along with role-players from Afriforum, the Strandloper Project, Knysna Municipality, and Garden Route District Municipality. This forum aims to explore and implement strategies to address the issues of waste affecting Smutsville residents by working with the community, engaging with the Knysna Municipality, and bringing various organisations and stakeholders together.

A first step will be to gather information from within the community about waste issues, and to constitute a baseline of the waste situation in Smutsville including rubbish collection points, dumping sites, the state of communal toilets as well as sewage and drainage problems. This mapping will be coordinated by the Dunes and their People project, using an open-source mapping application designed specifically for the purpose of waste management, combined with a drone image which will be used to monitor progress. The data will be collectively



Left to right: Mark Dixon (Strandloper Project), Rethea Lombard (AfriForum), Vuyisile Pauli (SISF, Dunes & People), Chloe Guerbois (Dunes & People coordinator, NMU), Anna Kotschy (Dunes & People), Elspert Hartzenberg (Dunes & People) Ed van Reenen (Recorra, Dunes & People), Melissa Damons (Dunes & People), Clr Levael Davis (Knysna Municipality), Shashi Cullinan Cook (NMU), Frendolene Baartman (Smutsville resident and recycling business owner), Mthetho Sithonga (Garden Route District Municipality), and Johnnie Baartman (Smutsville resident and recycling business owner)

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analysed by all role players and community leaders at a workshop scheduled for 20 September to prioritise areas of intervention and collectively explore locally designed solutions. Some of the projects in the pipeline include the installation of XXXL “donkeys” to store rubbish bags until they are collected, preventing access by dogs (a major issue in the community); the revival of a

swop shop (in the spirit of the dearly missed Fresh Start project) and other recycling opportunities. There can be a greater impact on the waste issues in Smutsville if parties work together rather than alone! All types of experience, knowledge, and skills will be needed to be successful. Anyone can get involved, and may contact the forum chairperson Vuyisile Pauli 066 069 5971 for more information.

ADVERTORIAL

# Where water meets willpower

## Lessons from the trails of the Mountain Ultra Trail (MUT) by the Ultra-Trail du Mont-Blanc (UTMB) World Series

When it comes to endurance sports, performance relies on resilience, mental strength, and smart hydration. Stepping in as the hydration partner for wellness-conscious communities across South Africa, Oasis Water recently took its dedication to health, sustainability, and community support to the next level by backing the 2025 Mountain Ultra Trail (MUT) by UTMB, South Africa’s premier trail-running event held in the rugged Outeniqua Mountains in George.

The MUT by UTMB is part of the renowned UTMB World Series and attracts elite athletes and trail enthusiasts from over 40 countries. The three-day festival, held in May, hosted more than 2,000 participants and featured races ranging from the 11km MUT Lite to the formidable 163km MUT Miler.

For Franchise Director Mynhardt Oosthuizen, the event was an opportunity to share Oasis’ belief that “Water is the source of living better” while supporting athletes who push their limits in harmony with nature.

“Being part of this iconic race on our home ground was an honour,” says Deon Grobler, Oasis franchisee in George, who took on the 25km. “Trail running demands discipline and respect for nature, values that align perfectly with our own. It felt important to support the event while experiencing it alongside the runners we serve.”

“Our athletes need hydration to perform, but they also care about the planet they run through,” says Alana Munnik, Creative Director at Runner’s World and proud finisher of the UTCT 100 Miler in 2023, who also participated in the race. “It’s important to ensure they get



safe, clean water without adding to waste. Events like the MUT enable us to share that message and lead by example.”

By providing eco-friendly hydration stations and reusable water options, Oasis Water helped lessen the environmental impact of the MUT. They’ve long supported initiatives that promote personal wellness and environmental care. From their refill stations and efforts to reduce plastic to partnerships with events like the Skukuza Half-Marathon and now the MUT by UTMB, they consistently go beyond offering purified drinking water, they promote a clean living ethic.

### Why a model for future endurance partnerships?

“We don’t view this as a one-time event,” says Alana. “As more South Africans take their health seriously, from school sports to mountain marathons, Oasis wants to be there - providing the most important resource and nourishment. We aim to support a healthier, more conscious nation.”

If you’re training for something as demanding as the MUT trail run, here are Oasis Water’s hydration tips to help you stay on track:

1. Pre-hydrate wisely: Start drinking water several hours before your race. Aim for 500ml to 750ml in the two hours prior.
2. Drink according to a plan, not thirst: Once running, sip 150–250ml every 20 minutes, especially in heat.
3. Balance electrolytes: Supplement hydration with sodium and potassium through electrolytes or whole foods.
4. Avoid overhydrating: Too much water can lead to hyponatremia. Know your body and adjust for weather.
5. Refill responsibly: Use refill stations and reusable bottles to reduce waste and stay sustainably hydrated.

Hydration points to health and sustainability is its strength. Whether you’re on a mountain trail, the open road, or in daily life, better water choices lead to a better future for you, your community, and the planet.



# THE EDGE ON HEALTH

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044 343 3188 Cell 064 832 0263  
sedgephysio@gmail.com



## September is Heart Awareness Month

Heart Awareness Month is earmarked for September and is dedicated to raising awareness about heart disease and its risk factors in South Africa, and the importance of living a healthy lifestyle to prevent disease onset.

In this month, the importance of the correct treatment for those who have cardiac related medical conditions, is also highlighted. Heart Awareness Month culminates in World Heart Day on the 29th of September. The World Heart Federation (WHF), an organisation from which the Heart and Stroke Foundation South Africa (HSFSA) has a membership, takes the lead on this initiative.

In keeping with the WHF, the HSFSA upholds the World Heart Day theme, My Heart, Your Heart and carries it through the entire Heart Awareness Month programme in September which culminates on 29 September.

### Why Heart Awareness Month and World Heart Day?

- Cardiovascular disease (CVD – which includes heart disease and stroke) is the leading cause of death in South Africa after HIV/AIDS
- Heart disease is responsible for 18% of all deaths in South Africa
- 120 people suffer from a heart attack daily.

### Campaign aim:

1. **Reinforcing** the knowledge and awareness of heart disease and other circulatory diseases.
2. **Influencing** the behavioural uptake of a healthy lifestyle and reducing risk for cardiovascular disease onset.
3. **Promoting** the detection, prevention, treatment and care over a 4 – 5 week period with the main events occurring in September and on World Heart Day.
4. **Reduce** preventable heart disease by discouraging smoking, reducing salt intake,

eating well, moving more, and getting your health risk assessment.

### Weekly interview topics of our core awareness drives

For maximum awareness we need to give the public as many ways as possible to look after their hearts and more importantly, tell them why. This year we focus on reducing poor health habits which increase our risk for heart disease such as tobacco smoking and the use of excessive salt in our diets.

In addition, we also expand on nutritional advice for well-balanced eating and exercising as part of our lifestyles and not as a chore. Finally, we look forward to the culmination of Heart Awareness Month on World Heart Day whereby we will invite all media to cover various WHD activities around the country; including the lighting up in red of major land marks.

### Heart Awareness Month topics include:

### Week 1: Tobacco Breaks Hearts

Tobacco smoking is one of the biggest drivers of cardiovascular disease.

### Week 2: Hypertension, your body doesn't need the extra salt

Excessive salt consumption leads to high blood pressure which can cause a heart attack or stroke.

### Week 3: Eat well, move more!

80% of heart disease can be prevented by healthy living, keeping active, and getting practical about what we eat.

### Week 4: World Heart Day: My Heart, Your Heart!

This World Heart Day, take control of your life and the world around you for a healthier heart. Your annual check-up for "silent killers" like blood pressure and cholesterol is the best way to check your heart's power.

For updates on our World Heart Day activities please visit [www.heartfoundation.co.za](http://www.heartfoundation.co.za)

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

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

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



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**SEPTEMBER IS Deaf Awareness Month**

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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

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

Church of the Resurrection  
Service 9.30am  
Petronella Buis 084 252 1698

Church Without Walls (WOW)  
Red Shed, Scarab Market  
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Schalk van As - 082 413 8363  
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Past Danie & Karin de Bruyn  
044 343 1301 or 084 714 7023

Elohim gemeente  
Kerkkantoor: 082 896 6387  
Pastoor: Hansie Strydom

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

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

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

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Karatar: 10.30am  
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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

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081 749 2534  
info@sedgefieldchurch.co.za

Sedgefield Seventh-day  
Adventist Church  
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St Anthony's Catholic Church  
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Wilderness Christian Fellowship  
Pastor: Steve Grewar  
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# GUSTAV GETS GOLD!

Sedgefield athlete, Gustav Schutte and the Oakdale Tug of War team (pictured below) won the 560kg category at the World Champs held in Nottingham, England, from 3-7 September, where they represented South Africa after winning the national championships in Mossel Bay.

The grade 11 student and his family are grateful to all individuals and businesses who assisted him on this once-in-a-lifetime journey, especially Grant Ongley, Sedge Gym, Elmay Bouwer of Black Waters, Tyrone of Little Prince, St Francis United Church and all friends and family that contributed towards the trip to the UK. The winner of the "losbandige lam" fund-raising raffle was Robert Teifel.



## Off the Mat

Sedge Bowling Club News

*“Split happens, but not often enough in our favour”*

It has been a busy and successful two weeks at the club since the last newsletter with the completion of the final round of the Eden League. Our Sedgefield Ladies team brought home a silver medal and were promoted to the premier league for 2026! Congratulations to Ann Dold, Ros MacMillan, Felicia Gerber, Ronel Eloff and Debi Stanford you really did us proud!

Our mens premier league team were not to be outdone and added a bronze medal to the trophy cabinet! Well done Dave Cant, Neels Theron, Robin Gibbs, Chris Baker, Brian Concannon, Louis Kruger and Dan Metter.

Further breaking news from Eden has Luke Hugill and Debi Stanford invited to participate in section 1 of the Eden Invitational Masters Tournament. You go Guys!

The annual fours Shell Day, which has been sponsored by Shell for the last 20 years, was a scintillating event with the top five teams receiving cash prizes sponsored by the Sparks family. Every other participant going home with something from the prize table. Thanks Ian, you're a star!

On a lighter, but still suitably competitive note, the Sedgefield Pick n Pay Ladies Day was a real groovy happening, with the green turning into a mini-Woodstock celebrating the sixties. Bowls, beats, and bell-bottoms set the tone as players enjoyed a far-out day of fun, filled with friendship, super spoiling by the men of the club and some pretty slick rolling. Everyone was well fed, well

watered, and left with nothing but good vibrations.

Big love and thanks to the cool Ladies Day sponsors for helping us keep the peace, love and the bowls rolling. At the top of the list was Pick n Pay, our old stalwart, as well as Rietvallei Wines, Oasis Water, Engen, Wimpy and a new face on the Garden Route tourism scene, Forest Footpaths, where qualified guides Debi and Sally will turn your “walk in the forest” into something special.

Looking ahead to one of the big events of the Sedgefield social calendar, the Sedgefield Bowling Club will be proudly hosting the second Barefoot Bowls for 2025! We know you want to be part of the party, prizes and, for the winners, prestige, so you had better get your teams registered early to avoid disappointment. Please contact Adri via WhatsApp on 083 565 1945 for details and registrations.

On a more sombre note, we will be saying au revoir to Merle de Kock who is leaving the club after many years of exemplary service in a variety of capacities. Merle is relocating to Bloemfontein and

handicap cut to A division status. Brian Stewart continued his good form with 38 to clinch second spot while Niel de Villiers had 37 points after a count-out with Roger Jardine. A guest, Jonathan, had his first experience of the Sedge Links course which he reportedly really enjoyed. He was rewarded by receiving “The Duck” for worst player of the day. He earned the nickname of 007 after achieving no pars, no birdies, and allegedly taking seven shots to get out of a bunker (which one should add is customary nowadays).

Nearest the pin rewards went to Roger Jardine and Len Moul. One can add that whilst Len does have a fantastic driving technique, it is unfortunately only recognised by car enthusiasts.

**Thursday, 4 September**  
At Peter Heath's suggestion the game for the day was to play 6 tees each off the blue, red and black tees, in that order. Winter, already exceeding its allocated months, at least gave allowance to the club as they enjoyed a lovely day of golf.

Dave Herbst continues to

The 2<sup>nd</sup> Barefoot Bowls of 2025 will be taking place from 10<sup>th</sup> - 31<sup>st</sup> October. Lots of fun and prizes to be had. Space is limited so don't delay and register your fours team today. Entry fee is R200 per team per week which includes a hamburger. Register with Adri via WhatsApp on 083 565 1945.

will be sorely missed. Happy rolling in Bloemies Merle and here's hoping it is au revoir and not goodbye!

Just a quick reminder that the summertime tabs-in schedule starts on 17 September, so get your tabs in by 13h45 to start rocking and rolling at 14h00.

*“Aim small, miss creatively and, when all else fails, blame it on the wind”*

**That's a wrap, see ya'll “on the mat!”**

**SOCIAL BRIDGE CLUB**

**28th August**  
1st Brian & Clive 58.3%  
2nd Terry & Ann 55.6%  
3rd Diana & Maryke  
Christel & Willem 52.78%

**4th September**  
1st Terry & Kieran 71.88%  
2nd Christel & Willem 56.2%  
3rd Brian & Clive 46.8%

## TED'S BRAIN CRUNCHER

**Across.**

8. Game for single seller? (8)  
9. Points to the centre again. (6)  
10. Picture the return of salt holders. (4)  
11 & 23. Expressing revenge for tennis, or perhaps chess? (2,2,4,2,4,4)  
12. Marsh breaking the leg may blow your mind. (6)  
14. Drinking game involving regular jumps. (8)  
15. Keen on joining the directors walking the plank? (2,5)  
17. A pill broken where dinner gets consumed. (2,5)  
20. Struggle to find the right words. (8)  
22. Where there's potential loss of some orcas in Ocean World. (6)  
23. (see 11)  
24. Round Smeagol finds hidden. (4)  
25. When match-made partners want more than love... (6)  
26. What's on the cards? Bed with my unfinished bagel! (8)

**Down**

1. Things will be great in that part of the CBD – it's 'women first' in the Abbey. (4,4)  
2. You can flip the deck – it still reeks! (4)  
3. Military action of a kind, that is. (6)  
4. Was Mad Rosy bad in her ways? (7)  
5. Having brought up the wage internally, Matt had a lot of power! (8)  
6. Erroneously blamed beasts from the Southern Cape. (10)  
7. I had a vision that Donald Trump captured the papers. (6)  
13. Cog I change around for new version of hide 'n seek! (10)  
16. Increase with a re-boot? Do it and lose jobs! (8)  
18. Daddy's on the wing - but not shortly. (4-4)  
19. About the lighter one wanting to play again. (7)  
21. Perhaps a knife is more sweet about the first time. (6)  
22. Half clap for Eric doing church work. (6)  
24. Would Joe from the army be having a dig? (4)

**Across:** 1. Lime pit 5. Tidings 9. GI Joe 10. Rheumatic 11. Organised crime 13. Site 14. Enmeshed 17. Revealed 18. Stan 21. Large intestine 23. Guillemot 24. Baize 25. Rations 26. Sleight

**Down:** 1. Luge 2. Majority verdict 3. Prefab 4. Turnip 5. The Beano 6. Damocles 7. Notwithstanding 8. Succeeding 12. Astrologer 15. Waterloo 16. Pen names 19. Tenths 20. Stable 22. Vest



# THE SPORTS EDGE

## Swim for a HUG

### Every Stroke Brings Comfort and Care

On 27 September 2025, Jonathan Lewis will be attempting the amazing feat of swimming 14 km down the Kromme River in Cape St Francis to raise funds for Masithandane's HUG Care & Respite Centre.

Whilst Jonathan has participated in several swimming events, including 3 km, 6,4 km, 7,5 km and 10 km distances, this will be his furthest. He is inviting personal and/or corporate sponsors to pledge an amount for each km that he is able to swim.

“The sponsorships, and knowledge that funds will go to a good cause will provide me with the motivation I need to do the necessary training and complete the 14km - which translates into about 3,5 hours of swimming!” he told us.

Jonathan is a bachelor who has been living in Sedgefield for a year now. He is an Environmental, Social, and Governance specialist, as well as an author and entrepreneur.

He believes HUG – Sedgefield's Care and Respite Centre – is a most worthy cause as it provides 24/7 compassionate care for people in need. More often than not, for patients whose families cannot afford to pay.

**HUG (House Under Grace) cares for:**

- Patients recovering from surgery such as hip or knee replacements.



- Families needing respite from caregiving.
- People facing terminal illness, with dignity and love.
- Day patients while caregivers are at work.

“The Centre receives no government funding, and most patients cannot pay, yet caregivers are needed day and night. Without public support, this lifeline cannot survive,” Jonathan says, “That's why I'm asking you to sponsor me per kilometre in my 14 km swim. Even R10 per kilometre will directly fund caregivers, meals, and medical supplies.”

To pledge, visit Back-a-Buddy page: <https://www.backabuddy.co.za/organization/house-under-grace>

“Every kilometre I swim is a promise of care. With your support, that promise becomes reality.”

## LADIES' GOLF

### Club Report

#### Friday, 5 September

Sixteen of us arrived at Sedge Links to celebrate spring day with flowers in our hair. All the prizes were chicken-inspired (spring chicken), and with the Springboks taking on New Zealand, we were also asked to don our green-and-gold. While not everyone sported the full kit, everyone certainly arrived with a spring in their step.

The day's round also marked the kick-off of the 2025 Ladies Knockout competition, played in Individual Stableford format. With grey clouds hanging about but no rain forecast, we sprung into action, ready for our favourite Friday game. But, as any seasoned chick knows, the weather can be fickle. Halfway through the round, the heavens opened, leaving us all looking like drowned chickens by the 18th hole. Still, being the tough birds that we are, we played right through, feathers (and hairdos!) damp but spirits unshaken.



### RESULTS

1st Place: Barbara Renfield (39 points) c/o  
2nd Place: Almarie Mead (39 points)  
3rd Place: Charlene Blacker (36 points) c/o

### NEAREST THE PIN

0 – 15 Handicap: Brenda Howden  
16 upwards: Almarie Mead

### BIRDIES

Eleanor Sparks  
Sylvia de Moor (4,11)  
Brenda Howden (11)  
Shannon Nichol (4)  
Marina van der Westhuizen (4)  
Barbara and Almarie both played 3 under their handicap  
Marina, Almarie, Charlene, Shannon, Sylvia and Barbara will move forward to the 2nd round of the Knockout once the outstanding 4 players of round 1 have played.

### ECLECTIC 2025

We congratulate Joy Herbst as the winner of the 2025 Eclectic Competition with a winning average score of 31.6 and congratulations to Clare Garner as the runner-up with a score of 32.0. Well played to everyone, and congratulations to our winners.

NEXT EDGE: Wednesday 24 September 2025 - Issue 724

## PLEASE NOTE OUR DEADLINES

(Careful, they tend to fly by VERY quickly)

Display Ads: Email [editor@edgenews.co.za](mailto:editor@edgenews.co.za) by 18 September 2025  
Classifieds: (Stuff for sale, jobs, get-rich-quick schemes, secret treasure hints) Email [accounts@edgenews.co.za](mailto:accounts@edgenews.co.za) by Monday 22 September 2025

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

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Sedgefield Striders TIME TRIAL Wednesdays @ 5.30pm on Wally van der Walt Street adjacent to Sedgefield Bowls Club  
Beginner runners/walkers welcome.

PLEASE SEND YOUR SPORTING RESULTS OR ACHIEVEMENTS TO [editor@edgenews.co.za](mailto:editor@edgenews.co.za).

Please keep sporting editorial brief in order to enable us to include everyone.

## TIDE TABLE

10 Sept - 23 Sept 2025

● Full Moon 7 October 2025

Wed Sep 10 2025  
low tides 10:56 23:30  
high tides 04:59 17:20  
sunrise 06:35 sunset 18:17  
moonrise 21:36 moonset 07:55

Thu Sep 11 2025  
low tide 11:29  
high tides 05:36 17:57  
sunrise 06:33 sunset 18:18  
moonrise 22:48 moonset 08:28

Fri Sep 12 2025  
low tides 00:08 12:04  
high tides 06:14 18:38  
sunrise 06:32 sunset 18:18  
moonrise - moonset 09:07

Sat Sep 13 2025  
low tides 00:48 12:43  
high tides 06:55 19:25  
sunrise 06:31 sunset 18:19  
moonrise 00:02 moonset 09:52

Sun Sep 14 2025  
low tides 01:36 13:39  
high tides 07:49 20:37  
sunrise 06:29 sunset 18:20  
moonrise 01:14 moonset 10:46

Mon Sep 15 2025  
low tides 02:54 17:08  
high tides 09:41 22:59  
sunrise 06:28 sunset 18:20  
moonrise 02:18 moonset 11:48

Tue Sep 16 2025  
low tides 06:01 18:54  
high tide 12:28  
sunrise 06:26 sunset 18:21  
moonrise 03:15 moonset 12:55

Wed Sep 17 2025  
low tides 07:14 19:43  
high tides 00:43 13:26  
sunrise 06:25 sunset 18:22  
moonrise 04:01 moonset 14:0

Thu Sep 18 2025  
low tides 07:54 20:19  
high tides 01:37 14:03  
sunrise 06:24 sunset 18:22  
moonrise 04:39 moonset 15:09

Fri Sep 19 2025  
low tides 08:25 20:48  
high tides 02:16 14:35  
sunrise 06:22 sunset 18:23  
moonrise 05:11 moonset 16:13

Sat Sep 20 2025  
low tides 08:52 21:15  
high tides 02:49 15:04  
sunrise 06:21 sunset 18:24  
moonrise 05:39 moonset 17:14

Sun Sep 21 2025  
low tides 09:17 21:41  
high tides 03:19 15:32  
sunrise 06:19 sunset 18:24  
moonrise 06:04 moonset 18:12

Mon Sep 22 2025  
low tides 09:41 22:06  
high tides 03:47 15:58  
sunrise 06:18 sunset 18:25  
moonrise 06:27 moonset 19:10

Tue Sep 23 2025  
low tides 10:05 22:31  
high tides 04:15 16:23  
sunrise 06:17 sunset 18:26  
moonrise 06:52 moonset 20:07

## EAGLE STARS RUN GEORGE RAGGED

by JP Jordaan

The PNP Sedgefield Eagle Stars played their penultimate league match against the George Rugby Club this past weekend and it was a real humdinger!

It was their last home game of the season and the crowd witnessed some amazing running rugby from the PNP Sedgefield Eagle Stars.

The B team won a close match 34-29. Tries were scored by Greg Grootboom, Michael Whyne, Junaid Ruiters and Rameon Krigga scored twice. Chesco Julies slotted 3 conversions and also converted a penalty kick.

Thanks to some brilliant running rugby the A team won their match 36-21. Tries were scored by Renier Jantjies, Diaan Godfrey, Jayron Jantjies, Alessandro Dirk and Morné de Wet had a brace of tries. Clayton Solomons scored three conversion kicks.

The PNP Sedgefield Eagle Stars will play their last league match this coming Saturday, 13 September against the Oudtshoorn All Blacks in Bridgton.



## Tennis News

### Club Report

**The monthly Men's Monday challenge was played on 1 September, a perfect afternoon for tennis with a full house of 12 players.**

Great competitive tennis was played in good spirit and the day was enjoyed by all. Hennie Louw and Bruce Schulze emerged as joint winners.

A huge thank you must go to

Len Dekker for organising a well run competition and boerie braai to round off the afternoon.

Sedgefield Tennis Club is very sociable and all members of the community are welcome to join. Club Championships start on 20 September and entries are looking good thanks to the new format being played.

Please come and watch the play leading up to the finals, due to be played on Saturday /



Sunday 11 & 12 October, weather permitting.

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