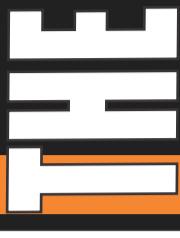


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TO BE, OR NOT TO BE UNDER ADMINISTRATION

Western Cape MEC
for Local Government
Anton Bredell
plans to put Knysna
under administration



Whether or not Knysna is placed 'under administration' and the current council dissolved is now hanging in the balance after the Select Committee on Cooperative Governance and Public Administration (Traditional Affairs, Human Settlements and Water and Sanitation) met in Knysna yesterday, Tuesday 23 September to consider submissions on the matter. The final decision will be made at a special National Council of Provinces (NCOP) meeting on Friday this week.

NCOP Chairperson Mxolisi Kaunda said the committee viewed yesterday's meeting necessary in order to interact with and get inputs from relevant internal and external stakeholders in the matter, before deciding whether the NCOP should overturn the provincial government's ruling.

The meeting follows the 12 September 2025 notice of intention from the Western Cape Provincial Government to dissolve the Knysna Municipal Council and appoint an administrator with full executive and legislative authority until new municipal elections can be held. This decision was made in accordance with Section 139(1)(c) of the South African Constitution, a measure used as a last resort when a municipality fails to meet its executive obligations.

Proceedings started at 10am, and after introductions had been made, Local Government MEC for Western Cape Anton Bredell made presentations regarding the controversial decision. He said that it was certainly not politically motivated, but had been triggered by the deterioration of Knysna's municipal services over time. He pointed out that the town had been under a 'hung council' since the last local elections, which had greatly impacted the stability of the administration.

"From where I sit, Knysna has a leadership and management problem, and if we don't deal with these problems we are going to lose everything that is so dear to the people," he said. The MEC then went on to list the town's infrastructure problems, from water supply, to sewage, to a heavily challenged fleet, to solid waste and environmental damage. He described the average council meeting as a 'circus', also suggesting budgets and priorities had been mismanaged and that the administration was collapsing under debt.

Since receiving notice of the administration earlier this month, Knysna Executive Mayor Thando Matika has gone to great lengths to challenge Bredell's decision, insisting that Knysna is definitely on the up and up.

At the meeting he reiterated that NCOP should take into account the measurable progress he believes the municipality has made, particularly since Council adopted the Consolidated Executive Obligations Monitoring and Enforcement Framework (CEOMEF) in June 2024.

He says Knysna Municipality has not stood still but taken decisive action to implement structural reforms and enhance service delivery, and that over the past year, Knysna Municipality had methodically implemented the Section 154 Support Plan and made notable strides in governance, infrastructure and environmental compliance.

The meeting also gave councillors, leaders of various institutions, political party representatives and civil action groups the opportunity to speak about the Knysna Municipality, each indicating whether they were for or against the Western Cape Government's 'administration' plan. Whilst the councillors held their party lines (the DA members for and the ANC Coalition members against), it seemed that the majority of the rest of those speaking were against the administrative take-over, but keen on more assistance from the Western Cape Provincial Government.

Even before the meeting the DA caucus had left no doubt as to the party's view of the best way forward.

"The DA in Knysna supports the dissolution of Council and appointment of an administrator as the only path to restore proper service delivery and good governance to our community," said Councillor Levaal Davis in a statement issued last week, "Since 2018, multiple diagnostic reports have revealed governance and service delivery failures. Under the ANC/EFF/PBI/PA and now KIM coalition, these failures have escalated to unprecedented levels across the municipal area."

If not set aside by NCOP, the administration order will be effective on 26 September, 14 days from the date of receipt of the notice. The administrator will be tasked with implementing recovery plans, enforcing service delivery standards, approving budgets, and stabilising municipal operations in Knysna.

Should the current council be dissolved, as proposed by the Western Cape administration, fresh municipal elections would take place within 90 days of the dissolution. These will be overseen by the Independent Electoral Commission (IEC). Current council members are permitted to stand for election again.

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"Last year we planted approximately 500 saplings. This year we're doubling that quantity," says Mariette Carstens of WBS. "We started out with a small and beautiful idea last year and have been blessed by growing public support as well as donations from as far afield as The Netherlands. We invite the local community to please come and join us again. Let's plant trees on behalf of future generations!"

Read full story on page 4.

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Notes from T'Ed's Head

A poem entitled "Waiting for Season"

Put another chair leg on the braai, Boetie,
We'll pretend that we got charcoal like before,
Remember 'them old days'?
We could stoke up quite a blaze,
There was bucks for *kameeldoring* wood and all!

Here's another bit of fencepost for the fire, laatjie,
We don't need it now the dog has jumped the gate,
I think he's looking for a home,
Where they may chuck him a bone,
And not put boiled cabbage on his plate.

I know that there's no steak, or chops or chicken, my boy,
But we have to braai because the Boks just scored!
No, I don't know who or how,
But I'm sure it was now-now,
Cos I heard the outjie screaming from next door!

Ja my seun, I remember watching matches with,
Your uncle Roy on the lekker Dee Es Tee Vee,
But remember, he's now in chookie,
After punching out his bookie,
And his wife's with that young manager from KFC.

Why not chuck another pile of EDGES on the fire, son?
That varnish on the chair leg's hard to burn,
If we get the flames up higher,
You can be the Master Braai-er,
And give those three viennas one more turn.

Ja, I know your best friend Vinnie braaied on Sundays,
And sure – the lamb chops his dad gooied were just the best,
Didn't you say they had sosaties,
'specially marinated for their parties?
And steak cooked to requirements of each guest?

But that was March, when they jus' moved down from Gauteng,
So they still had lots of boodle in the bank,
Just last week I checked his dad,
He was looking kind of sad,
As he gooied R50 of diesel in his tank.

You see, there's something called a 'Negative Economy', boy,
And Oom Cyril says our belts should all be tight,
But there's only so much we can do,
When there's nothing left to chew,
And Mom boiled my belt for soup the other night.

Don't you stress, things are definitely on the up, lad,
I heard tourists will be visiting real soon.
With the school hols starting Monday,
They'll be here this coming Sunday,
And the Sedge Economy will really start to boom!



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Whoah! Just check that bookcase isn't made of chipboard, my bru,
Cos you know your mother hates that acrid smell,
It'll make the fire smoke,
And she'll cough and choke,
And THEN my life will become a living hell.

Have you thought about that job down at the tavern, son?
Ja, sure, you're not 18, but who is counting?
And thrown into the deal,
You'll be fed a daily meal,
(And p'raps your dad will get some good discounting?)

You'd better rush to get the broodjies from your ma, my boy,
Cos I think we're starting to lose heat,
I've already burnt the bills,
The empty boxes from mom's pills,
And that wooden horse you got from Uncle Pete.

I am hanging out for Sedgefield's 'busy Season', son,
Cos I've put our house online for holiday rental,
I have heard somebody say,
You can earn a grand a day,
Don't tell mom, though, cos you know how she gets mental!

I've made a place for her there in the garden shed, seun.
I'm sure there's room for at least a single bed,
It might get a little damp
(But that's expected when you camp)
And you and I can fish with Uncle Ned.

No, don't waste another candle on the braai, Boet.
Because the broodjies are kind of, almost, brown,
And I am inclined to think,
The Viennas are not so pink,
Now the embers of the phone book have burned down.

When December's come and gone, there'll be more money, my boy,
And we can even maybe braai like times before!
Cos you know how wors tastes good,
Cooked on *kameeldoring* wood,
And my sosaties will make you shout for more!

You'd be mad if you didn't!

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— A MIGHTY TREE HAS FALLEN —

On Sunday 14 September 2025, Sedgefield was rocked to the core on hearing of the passing of Eugene Roux, an icon of the cycling community who died of heart complications in the Northern Cape during an outride with a friend. He leaves behind his loving wife Stephanie, son Haegyn, daughter Bronwyn, and grandchildren.

Many will have known Eugene from his years as the owner of Sedgefield Cycleworx, but he was so much more in so many people's lives.

When he and Stephanie first opened Cycleworx in 2002, Sedgefield was a walking and running village, with very little other organised exercise going on. But it wasn't long before things



began to change. Thanks to Eugene's outgoing personality and his 'go-the-extra-mile' attitude, soon Sedgefield's roads were abuzz with cyclists of all shapes and sizes, and every dirt track in the surrounding hills became a mountain bike challenge.

In a nutshell Eugene was less about selling and repairing bicycles and more about forging relationships and changing lives for the better.

Known in cycling circles all over South Africa, he was

regularly found at the bigger events, either competing or commentating, but always encouraging the cyclists from the front sprinters to the back pedalers.

Sean Hanekom, a close friend who took over the Cycleworx business early 2024, described Eugene as a remarkable man who set an example that we should all follow, every day.

"He was a massive part of all our lives, and we will be forever grateful for everything he did for each of us," he said, "He always

showed the truest form of kindness in every aspect of his life. A natural leader – our chairman, our captain and our coach."

Eugene's always friendly presence and positive attitude will be sorely missed in Sedgefield.

Heartfelt condolences to his family and many friends.

Eugene's memorial service will be held at 1pm on 24 September at the Sedgefield Christian Church.

HARKERVILLE MURDER SUSPECTS ARRESTED IN SEDGEFIELD

The arrest of a man and woman suspected of the brutal murder of an elderly Harkerville resident went down on 10 September, after two security officers and SAPS members found them in Smutsville and Karatara respectively.

The 67-year-old victim had been tied up and killed on his farm, between Plett and Knysna, but for some time the authorities were unaware that any crime had taken place.

Knysna SAPS members had reportedly noticed a 'person of interest' driving a cream Mercedes Benz with a female passenger in Sedgefield, and knowing that he had only been released from jail weeks before,

traced the vehicle's number through their system. When it gave the owner's address they asked Plett security officers to go and find out whether the car had been stolen, and that is when the victim's lifeless body was found tied up. He had multiple injuries and was declared deceased by a paramedic.

A search ensued and the Mercedes was found abandoned in Sedgefield at the back of the graveyard near the railway line. A description of the suspects was circulated to local security companies, requesting they be on the lookout for the two potential murder suspects in the area.

Two Fidelity ADT officers – Leeroy Baadjies and Zadian

Hendricks kept their ears to the ground and were soon informed by members of the community that the male suspect was in Smutsville. Following several tip-offs they found him in hiding at around 7pm, and though the man tried to escape, they managed to apprehend and hold him until SAPS members arrived. The female suspect was later apprehended by SAPS members in Karatara.

According to Sergeant Chris Spies of SAPS Knysna, both the woman (28) and man (34) were scheduled to appear in court on Friday, 12 September 2025 on charges of murder and theft of motor vehicle. They were remanded in custody and await a bail hearing.

SRA DEMANDS SEWAGE SOLUTION FROM KNYSNA MM

On Monday 15 September Kevin Barnes, the Chair of Sedgefield Ratepayers Association (SRA), handed over a petition to Knysna's Municipal Manager Lulamile Mapholoba, demanding some sort of action plan be implemented to solve Sedgefield's sewage overflows.



"This reflects the collective voice of our community, who are deeply concerned about the condition, reliability, and maintenance of this essential infrastructure," the petition stated. "Beyond the immediate health and service concerns, it is important to stress the critical impact on environment. Sewage spills and failures in the system post a serious threat to our waterways, lagoons, and wetlands, which form part of the Garden Route National Park. Any pollution in these sensitive ecosystems undermines biodiversity, damages tourism value, and places long-term strain on the natural heritage that our community and visitor's treasure."

Barnes was impressed with the MM's response. "The handover of our petition to Municipal Manager Mr. Mapholoba and his deputies, Royden Parry and Reggie Wesso, went very well," he said. "I was encouraged by the genuine determination shown by the Municipal Manager when he received the 700 signatures. He gave his word that he would personally return to update members on progress with the petition."

"He also assured those present that the Municipality is committed to tackling the dune issue and illegal informal housing. The intention expressed felt sincere, and we remain hopeful that words will turn into action and real solutions on the ground."

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GREEN DUMP OVERFLOWING



Sedgefield's Garden Refuse site has been full to overflowing for months, and the team working on site are just as frustrated as the locals trying to drop off their green waste.

The hectares of tightly packed piles of dry vegetation surely form a serious fire hazard, right on the edge of Sedgefield's CBD and in close proximity to residential areas. One of the municipal workers said that there has been no wood chipper for over three years, and the front end loader hasn't been around for months. Of equal concern is the builders' rubble site which is also overflowing and now overlaps the garden refuse. This too hasn't been cleared for way too long. Knysna Municipality has been informed about the imminent danger this untenable situation presents.

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Talking Conservation

Drie Valleyen

National Arbour Week

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

South Africa celebrates Arbour Week annually in the first week of September. As the custodian of forestry in South Africa, the Department of Forestry, Fisheries, and the Environment, is responsible for the campaign which started in 1983. The purpose of Arbour Week is to call on all South Africans to plant indigenous trees as a practical and symbolic gesture of sustainable environmental management.

But why the hype about trees? Why do we value trees?

Socrates said that "only the people in the city" can teach him. What he means is that it is only by speaking to, and interacting with others, within the walls of the city, that we can learn how to be good. But he is wrong. We live among trees, and in nature, and how we interact with it, as well as the degree of our sensitivity to it, has a moral significance.

Visualise a person happily vandalising wildflowers while taking a walk on a nature trail or cutting down a tree for the sheer pleasure of it. We would agree that these actions are wrong. But why? It is not as if another person has been harmed through their actions. We can also assume that trees lack sentience. Then it is not

right to say that their actions are cruel, because cruelty presupposes a being that can suffer.

The German philosopher Immanuel Kant (1724 - 1804) condemns the wilful destruction of nature because he thinks such actions teach bad habits. He argues that we have an indirect duty to treat animals well. He argues that a person who is cruel to animals will often end up being cruel to human beings. Likewise, we have indirect duties to nature – because respecting its intrinsic, aesthetic value, helps instil in us the habit of treating each other well. Although Kant deals with humanity's relationship with nature, he does so in terms of how this relationship benefits human beings and their social interactions.

Baruch Spinoza (1632 - 1677), a Dutch Jewish philosopher, argued that who and what we are, is determined by nature. A more modern philosopher Henry Thoreau (1817- 1862), pondered on what human life would be without forests, "those natural cities". Thoreau states that we can never have enough of nature because nature is not something to have, it is something we are and that there is nothing that can be bad for nature yet good for us.

So, what is the dominant philosophical conception of nature and trees today?
The new trend reflects the Kantian approach to nature, at least in broad terms. It draws our

attention, rightly, to all the benefits of trees in our lives and in the lives of other sentient creatures: habitats resilient to climate change, opportunities for education, cultural enrichment, health benefits, the list goes on.

But, our human-centric approach slides relentlessly to an increasingly popular natural capital mode of valuation, in which trees and woodlands are conceived first and foremost as "assets" that provide vital "ecosystem services". Often these services are calculated in monetary value.

The philosopher in me would like to point out that we ought to value trees for their own sake and not simply for the benefits or "services" they provide to us, or other forms of sentient life.

However, in a time of environmental devastation, any reason to protect trees and forests is a good reason. We can, without contradiction, value nature for its own sake and for the sake of its benefits. In any case, trees are special, wonderful organisms and Arbour Week does a great service in drawing their silent, mysterious lives to our attention.

Aldo Leopold said that he believes that the time will come when we will be able to see the forest for the trees. With this he suggests that understanding the bigger picture is crucial for progress. Yet, we get caught up in the details of everyday life and overlook the overall health of our environment.

In conclusion, trees are vital to the health of our planet and the wellbeing of all living beings but, what is your philosophical view on trees?

FROM FESTIVAL TO FOREST

(Continued from front page)

Help us plant the next 1000 trees!



and Public Benefit Organisations who issue tax exempt certificates to donors.

But more about the festival: planting 1,000 trees sounds like hard work, right? Not really! The planting teams, accompanied by volunteers, musicians or mobile sound systems, put the emphasis on fun, so you can sing along and have a jolly good time while, say, putting a yellowwood sapling in the soil. How satisfying is that?

For those who do not feel like planting trees, there's a diverse range of other activities to engage in: talks, demos and workshops on anything from the establishment of wildlife corridors, the Plant-Based Treaty, the Healing Power of Water, various aspects of permaculture, regenerative beekeeping, etc.

or

In the past few weeks, a team of energetic young men from Touwsranten have helped clear invasive alien vegetation in preparation for the big plant, and the Ecolution Project is purchasing 112 saplings from Willie Pedro of Sizamile in keeping with its mission of establishing and supporting satellite nurseries in the area.

or

The festival is being held in association with the Precious Tree Project (PTP) and the Kula Malaika Foundation (KMF), both registered local Non-Profit

storm, enjoying a scrumptious meal or bringing your own packed lunch or picnic, we would love to see you there. And if you don't feel like staying for the whole four days, feel free to purchase a Day Pass."

The Ecolution organisers are giving two FREE tickets (valued at R590 each) to the first EDGE reader to make contact via WhatsApp (Send your name, surname and the word EcoEdge to 072 433 7421

Day Passes (R150 for adults; R50 for children ages 6 to 16 – kids younger than 6 enter for free) are on sale via the Well-Being Sanctuary website. To purchase your tickets or for more information on the event.

https://wellbeingsanctuary.co.za/event/ecolution-event/#tribe-tickets_tickets-form

Or scan the QR code on the advertisement on the front page.

For your convenience, the final festival schedule plus the lineup of DJs and musicians will be published on Ecolution Festival 2025 Facebook event page from Wednesday, 24 September.

And if you can't make it to the festival but would like to make a personal donation, please contact Dion Viljoen on 072 433 7421 or

Mariette Carstens on 066 256 8468.

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VISIT KNYSNA CELEBRATES LOCALS

Knysna is renowned for its natural beauty, and landmarks like the famous Knysna Heads and Featherbed Nature Reserve are on the list of Top 10 things to do in the Garden Route.

The area also has an asset that often goes unnoticed: it is a living, breathing community of people, stories, and traditions that make the town extraordinary. It isn't just a destination.

This Tourism Month, Visit Knysna celebrates these stories and individuals by launching a people-centered digital campaign. Ms Lungiswa Goya, Local Economic Development Manager at the Knysna Municipality, said they will introduce some of the individuals who help shape the visitor experience, the "guardians of the forest, storytellers in mosaic, market icons, and everyday locals."

Nature's guardians

Knysna's natural beauty has many guardians - from passionate researchers like Mark Dixon, and his mom, Judy Dixon; The Estuary Research Foundation, SANParks, the Goukamma Nature Reserve Rangers and the Knysna Honorary Rangers. "Devoted environmentalists, they have dedicated their lives to fostering awareness of the environment and protecting it, along the magnificent coastline of the Greater Knysna area, but also in the estuaries and lagoons. As we look to the future, these environmental 'faces' are a reminder of our responsibilities. It reminds us that protecting our seahorses, forests, and estuary is more than conservation - it's a community. They remind us that protecting your home isn't just science - it's love, passed from one generation to the next."

Art installations

Art has always been a part of Knysna, and Goya says it has

regained its rightful place in the community. "Magnificent mosaics, murals and sculptures have been added to the landscape. Every mosaic is a story. Every colour a memory. Knysna's artists have transformed everyday spaces into living artworks, reflecting the spirit of a town where creativity runs deep. Using paint, mosaic, and upcycling, they transform the environment. We will showcase some of the artists and their passion that inspires and entertains us."

The Knysna Forest

What gives Knysna its aura of such great mystery? "Two words: Knysna forests," says Goya. SANParks and the Knysna Honorary Rangers are the guardians of the forest, but the lens of photographer Paul Bruins captures the magic and the mystery time after time. His lens finds the ancient stillness, the light filtering through the trees, and the quiet power of one of South Africa's last indigenous forests."



An iconic farmers' market in Sedgefield

Twenty six years old and counting ... Rose Brettell and Sue Garner, the friendly faces behind the Sedgefield Farmer's Market, started the market on an insignificant piece of land with hardly any infrastructure. "Today, it is an award-winning landmark and considered to be one of the best farmers' markets in the country. From farm-fresh produce to homemade crafts, the market became part of Sedgefield's Saturday rhythm. This isn't just a market. It's where Greater Knysna comes together."

"These are just some of the individuals you'll meet, and we invite you to come with us on this journey. It is more than a campaign. It's a celebration of the people that makes a destination."

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GARDEN ROUTE NATIONAL PARK EXTENDS SANPARKS WEEK TO 28 SEPTEMBER 2025

The Garden Route National Park will once again open its gates free of charge for the 20th annual South African National Parks Week, from 22 to 28 September 2025.

This milestone year offers visitors seven full days to explore the Tsitsikamma, Knysna, and Wilderness sections of the park. The invitation is extended to families, schools, faith-based groups, social clubs, senior citizens, friends, and nature enthusiasts to share in this nationwide celebration of South Africa's natural heritage.

The week's programme features guided hikes and nature walks, cultural activities, educational opportunities, and interactive experiences that highlight the vital relationship between people and nature. SANParks encourages schools and community organisations to seize this chance to deepen their understanding of conservation in an engaging, accessible way.

Entry during National Parks Week applies strictly to day visits and excludes accommodation, commercial activities, and other fee-based facilities.

Through initiatives such as this, SANParks reaffirms its commitment to connecting people with nature, fostering environmental stewardship, and ensuring that national parks remain spaces for all South Africans to enjoy.

KNYSNA SECTION

• Visit the Seahorses

at 10:00; 11:00; 12:00 and 14:00.

• Guided Tour

of Harkerville Forest and Fynbos Trail at 10:00; 11:00; 12:00 and 14:00

• Forest Legends Museum

and visit our elephant room.

30-minute Self-Guided Tour

at 10:00; 11:00; 12:00 and 14:00

• Picnic Time

Explore the hidden wonders on the banks of the Jubilee Creek in the deep forest, as you walk through the old mining trails or bask in the sun while the kids splash in the nearby creek. Adventurous souls can take a swim in the natural pools. Don't forget to visit the Dalene Mathee Big Tree & Memorial at Krisjan-se-Nek Picnic Site.

• Mountain Bike Fun

Try out one of the three mountain bike trails at the foot of the Outeniqua mountains, all

starting from the parking area at the Farleigh Forestry Station.

TSITSIKAMMA SECTION

• Suspension Bridge

Visit the famous Storms River Mouth Suspension Bridge with one of our well-informed rangers

• Big Tree Walk

The Tsitsikamma Forest is home to the Big Tree. Explore the forest on your own or join a guide on the path to learn more about these monumental trees.

• Otter Trail Waterfall

Take a leisurely hike to the Otter Trail Waterfall with a guide on hand to answer all your questions.

• Segway Tours

Visit the Tsitsikamma Section of the Garden Route National Park and receive a 20% discount at Segway Tours. Provide proof of entry into the park during SA National Parks Week to claim the discount.

• Canopy Tour Activity

Visit Storms River Adventures for a 20% discount on the canopy tour activity during the SA National Parks Week. Provide proof of entry into the park during SA National Parks Week to claim the discount.

WILDERNESS SECTION

• Forest Fun

The Woodville Big Tree is a short drive from Ebb & Flow Rest Camp and an easy walk from the parking area to the 810-year-old Outeniqua yellowwood tree. Self-guided.

• Casual Canoe

Canoe on the Touw River to Wilderness Beach or follow the Kingfisher trail to the waterfall. Special Offer: 6 Canoes per day will be free for 1 hour. First-come, First-served basis. Bookings to be made before arrival.

• Bird Watching

From lush indigenous forest to sparkling rocky shores and pristine sandy beaches, Wilderness is a birder's paradise. Some of the bird hides you can explore are the Gallinule Bird Hide and the Malachite Bird Hide.

All sections of the Garden Route National Park will be open free of charge during National Parks Week.

South African citizens and residents must present a valid SA ID to gain free entry. Children under 16 will be granted access without proof of identity.

Detect hearing loss early!

Hearing loss can affect anyone and often develops so gradually that it's hard to notice. The purpose of a comprehensive hearing test is to determine not only if you have a hearing loss, but how mild or severe it is.

Early signs of hearing loss

- 1 Asking people to repeat themselves
- 2 People complain that you talk too loud
- 3 Feeling pain or pressure in your ears
- 4 Feeling a ringing sensation in your ear
- 5 Not able to hear conversations well

Visit us for a FREE Hearing Screening*

* A hearing screening determines whether a comprehensive hearing test is required



AUDIOLOGY

KNYSNA MALL 044 312 0973

SEDGEFIELD 044 312 0975

Shop Z1-02, Knysna Mall,
39/41 Main Street

Audiologist: Chèzne Dowd

Combo # 6

• 3 cubes 19mm dry

Readymix

• 3 cubes building sand

• 2 pallets of Stock bricks

• 2 pallets of M140 blocks

• 10 rolls 75mm brickforce

• 15 bags of cement



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R3,150,000 WILDERNESS



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R14,000,000



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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 outside departs Cycle Worx. All welcome.
8 for 9am Sedge Gentlemen's Golf @ The Links
12:30pm Social Bridge School at St Anthony's Catholic Church hall. All levels welcome. Lessons 12:30, Play from 13:45. Enquiries: Gail 0834577647.
13:15pm Bowls. Tabs in
2:30pm Sedgefield Jukseki Group at Sedge Bowling Club. All welcome. Aniel 072 600 0722

Fridays
8am Ladies Golf @ Links Course

Saturdays
7am Eden Cycling Club Group Social outside departs Cycle Worx. All welcome.
8am-12 Wild Oats Community Farmers' Market
8 for 9am Saturday Competition Golf @ Links Course
8am-2pm Mosaic Market
8am-2pm Scarab Craft Market
13:15pm Bowls. Tabs in.

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:

**Masithandane
ABSA
4067253575**
Ref: Your name
'VEHICLE'



NB. Masithandane can provide a tax certificate for your donation.

Please send details to masithandane.office@gmail.com

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LETTERS TO THE EDGE

PLEASE NOTE: If you would like to write a letter to the editor, it must be submitted with the author's full name, address and phone number. If a writer does not wish his or her name to appear in print, a 'pen name' (nom de plume) may be included.

Email letters to: editor@edgenews.co.za The editor has full discretion as to which letters are included or excluded and no argument, badgering, cajoling, bribery or heated conversation will be entered into. Opinions expressed in published letters and articles are not necessarily those of the management and staff of The EDGE Community Newspaper.

MANAGING OSDD

'Bella' is sharing her experience to raise awareness about OSDD – Otherwise Specified Dissociative Disorder – a rare and often misunderstood mental health condition that develops after overwhelming trauma has occurred.

Understanding OSDD
When trauma becomes too much for the brain to process, it creates different 'parts' (alters). Each part has its own personality, fears, and memories. This is not like what movies show – alters are not "dangerous," but rather a survival mechanism. In Bella's case, some alters even had to create their own 'parts' so to have a way to function in their daily life.

Sadly, OSDD is often misunderstood and misdiagnosed, and many people live for years without the correct treatment. There is still very little research, and stigma often prevents people from speaking openly about it. Bella hopes her story will help others feel less alone and that it will educate the public about dissociative disorders.

Her Journey
Bella is a registered nurse and worked in the COVID wards during the pandemic. After a traumatic incident at work, her symptoms of C-PTSD worsened.

Today she lives with C-PTSD. Although she couldn't recall the memories until a year ago, she had shown symptoms of trauma, such as insomnia, depression, severe anxiety, suicidal thoughts and at one stage an eating disorder. Therapy is ongoing and essential, but also extremely challenging for her.

"Financially and emotionally, we have had to learn to work together as a system. The parts must accept that they cannot always get what they want. This is especially difficult because the emotions and needs of one part – particularly very young ones – can overwhelm the whole body, making rational thinking very hard," she explains, "Some 'parts' are even younger than two years old. OSDD affects your whole life, and since I became aware of the other 'parts' I have had to learn how to live a lifestyle that is sustainable for all of us."

To manage daily life and the

PLEASE HELP THE HELPERS

Beverly Hills Soup Kitchen is making an appeal to local folk to help them help others. Moreen Speelman, the lady behind the Masithandane driven kitchen which provides nourishment to many less fortunate members of the community, has reported that her old gas hob has finally given up after years of hard work. She is currently making use of an electrical stove, but this is proving way too costly for her, so she is hoping someone will be able to offer a replacement gas stove/hob, so she can continue running her day to day programme.

Moreen may be contacted on 077 365 7434.

disorder, Bella needs treatment from two clinical psychologists. This is a heavy financial burden, but sadly there she has no other choice.

"Some friends have accepted me with all my 'parts', while others have struggled with it and even ended friendships," she says.

At work, the 'parts' follow strict rules: "We create an inner world where 'parts' can rest, ensuring they 'sleep' during working hours. Sometimes this means I wake at 3:00 a.m. just to give each 'part' time to be heard," Bella explains.

Triggers can be as simple as hearing a word her abuser used, or even just a look from someone.

Therapeutic Support and Research

Bella is currently undergoing EMDR therapy, which can last very long and is extremely intense. Despite this difficult journey, she remains fully committed to my healing.

To support her recovery, Bella uses the book *Finding Solid Ground* by Dr. Bethany Brand, one of the few researchers who has extensively studied DID/OSDD. Her work has been a lifeline, showing that healing is possible.

"We are deeply grateful that she has researched this condition," says Bella.

Unfortunately, dissociative disorders like OSDD and DID remain severely under-researched, due to:

- Stigma and misperception of this disorder
- Lack of training for therapists in this condition
- Limited funding compared to more "common" conditions
- It frequently overlap with C-PTSD, depression, and anxiety, making it highly complex.

As a result, many patients go undiagnosed or misdiagnosed for years and receive treatments that do not fully address their needs. Families, patients, and even therapists are often left without resources.

Why a Psychiatric Service Dog Matters

Bella's therapists strongly recommend a psychiatric service dog – a dog specially trained to help her with:

- Dissociation
- C-PTSD flashbacks
- Supporting routines and therapy compliance
- Reducing daily anxiety and stress

She has been accepted by Smart Service Dogs in Durban, but the training of each dog costs R120,000. To begin with, she urgently needs to raise a deposit of R12,000.

"I want to continue helping others as a nurse and use my story to break the stigma around OSDD," Bella says, "A service dog would give me the stability I need, to participate in daily life. I also want to continue advocating



PINK WALK
BREAST CANCER AWARENESS

save the date

18 October 2025

Adele PinkWalk



WHERE IN THE WORLD HAVE YOU GONE WITH YOUR EDGE?



Thanks to Alison Watson and Angie Roper for spreading the Sedgefield news. This picture shows them intently (well ... almost) studying The EDGE on board le Boat in Port Cassafieres, France.

for those who live silently with dissociative disorders."

You can learn more or support Bella's campaign here: <https://www.backabuddy.co.za/campaign/service-dog-for-bella>



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MUNICIPAL FINANCE MANAGEMENT INTERNSHIP PROGRAMME (MFMIP)

(X 1 POSITION)

INTERNSHIP CONTRACT

REMUNERATION: R100 000 per annum (all inclusive)

Suitably qualified individuals are hereby invited to apply for the above-mentioned vacancy, in order to acquire practical experience in Local Government Financial Management. This National Treasury initiative aims to capacitate and train young graduates to develop a career in Local Government.

Internship Overview:

The MFMIP is a structured professional training and work experience programme with the goal of providing high quality training and practical exposure in all aspects of a Municipal Budget and Treasury Office, which is governed by the Municipal Finance Management Act, No 56 of 2003 and the underlying reforms. The programme has a logical training sequence that builds on the skills and competencies acquired during University and Technikon training and ends with a qualification in Municipal Finance Management in accordance with the Municipal Regulations on Minimum Competency Levels, Gazette 29967 of 15 June 2007.

Key Internship Initiatives:

- Meet specific learning outcomes as set out in the National Treasury Finance Intern Skills Development Programme.
- The successful applicants will primarily be trained in the key areas of the Finance, Internal Audit and Risk departments to ensure that adequate skills are developed.
- Exposure to the implementation of the MFMA, GRAP Standards, Policies and Procedures.

Applicants **must** have matriculated in the Garden Route District (Knysna, Plettenberg Bay, George, Mossel Bay, Oudtshoorn, Hessequa and Kannaland), and must be in possession of a completed three-year Bachelors Degree or an Advanced National Diploma (NQF Level 7), with majors in Accounting, Business or Finance. Internal Audit and/or Risk Management will be an added advantage. Reasonable written and verbal communication skills, and computer literacy are further requirements.

The successful applicant will be expected to sign an Internship agreement, which is in addition to the employment contract. This will ensure commitment to the MFMIP Programme which requires, amongst others, full participation in the training and workplace programs. Interns will be subject to the Municipal Disciplinary Code.

An annual increase determined by the South African Local Government Bargaining Council applies. Only female applicants will be considered.

To apply, **submit a completed application form, detailed CV, certified copies of Identity Document and academic qualifications** to Human Resources at PO Box 21, Knysna, 6570 or e-mail to vacanciesfinance@knysna.gov.za. Application forms are available on the municipal website at www.knysna.gov.za or at Knysna Municipal offices.

Closing date: 09 October 2025.

No late applications will be considered.

The Municipality reserves the right to do reference, credit, qualification and security checks. Candidates must be prepared to undergo evaluation tests. Canvassing of Councillors and staff members is not permitted, and any proof thereof will result in disqualification. Only shortlisted candidates will be contacted. Candidates not contacted within 3 months of the closing date must accept that their application was unsuccessful.

The Municipality reserves the right not to make an appointment.

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CLASSI-ADS

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NB. Classified adverts for the next issue need to be in by Monday 8th October 2025. Emailed classics will not be placed without payment

4. Announcements

ALCOHOLIC ANONYMOUS Sedgefield 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

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

PLEASE NOTE Masithandane will be closed on 26 September for a staff team-building day

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. Call or WhatsApp Jacqui 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 on 044 343 1722

6. Building & Related Services

All DIY Hardware and Tools available @ Sedgefield Hardware. Tel 044 343 1960

Architectural Draughting Services.
Phone Tracy 082 695 3119

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

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

M140 blocks, M90 blocks and stock brinks by Ready Bricks! Combos available with other building materials! 068 600 6557

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 082 771 0694

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

Electrical Hardware @ Sedgefield H/Ware

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

15. Employment Wanted

Chantel is looking for work - childcare, dog walking, house sitting or painting. Please call me on 072 247 4346

Frank Beza is looking for a gardening work, of which he is good. Please call me on 063 045 6467 if you need one.

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BCompt Hons CA(SA) (ACIS)

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

Domestic

Joyce - 083 774 0992 Refs
Ongie - 076 891 6703
Promise - 060 561 5703
Rachel - 069 589 3764
Witness - 061 757 5595

Gardening

Alex - 083 691 4672 Refs
Karim - 083 774 0992 Refs

18. For Sale

Retaining blocks by Ready Bricks! A lighter alternative that is easy to work with, affordable and attractive. 068 600 6557

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

19. Home & Garden

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

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

OUDENIQUA ORCHID NURSERY is open Wednesdays from 10-1pm. Blooming orchids and potting medium for sale. We repot your plants. Now at 34 Napier Street, Blanco, George. 044-870 8150

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

We do tree felling, bush clearing, plot clearing, paving waste removal, and any other related garden works. Call Godfrey on 078 337 7886

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

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



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

25. Motor Cars/Bikes

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

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

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

Plumbing all services. 083 226 2261

31. Security

Alarm and Gate Batteries. Tel 343 1960

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

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 Sedgefield. 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 caseyleewen393@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.

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

33. Sports & Leisure

PRIVATE TENNIS COACHING with Martin in Sedgefield. All levels. Bring your own racket, balls supplied. Coaching fees R150 hour + R50 court visitors fee. Call to book 071 558 8581

SURF LESSONS - beginners to advanced. Weekend bookings only. Call Slade on 060 907 3845

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PUBLICLY SPEAKING

Beyond the Budget: Why Money Alone Can't Fix Service Delivery.

by Leveal Davis

More than 60% of our municipalities are experiencing financial distress. However, today we explore why some municipalities with adequate budgets still fail to effectively deliver basic services to their residents.

A 2024 Development Bank of South Africa (DBSA) study revealed that municipalities have struggles in effectively utilising increased allocations for infrastructure. They have historically made poor choices regarding which infrastructure projects to pursue and have often failed to implement those projects cost-effectively, on time, and within budget.

The Auditor General's (AG) findings consistently confirm the inability of several municipalities to spend funding allocated to them, leading to unfinished projects and poor service.

Their reports often highlight that even financially sound metros have regressed in their service delivery and infrastructure maintenance. Additionally, some municipalities did not always spend the funds that they received in accordance with the grant frameworks.

Furthermore, the Municipal Financial Management Act (MFMA) 2024 report found that even well-funded municipalities are fiscally precarious due to a failure to collect revenue and debt. This striking observation reveals a fundamental truth that having money does not automatically translate to service delivery results.

The Constitution mandates that local government must provide democratic and accountable governance, ensure sustainable service provision, and promote social and economic development.

Yet even municipalities with healthy bank balances often stumble at these basic requirements. The root causes extend far beyond financial constraints, with poor planning, financial mismanagement, corruption, and lack of community participation emerging as key culprits that sabotage even well-funded initiatives.

The Bureau for Economic Research specifically found that low capital spending by municipalities, a debilitating supply chain management (SCM) process, and an auditing environment that focuses more on audit outcomes than on municipal performance are the main causes.

Too many municipalities create impressive-looking Integrated Development Plans that become tick-box exercises or never get adequately implemented. Proper planning requires understanding community needs, conducting feasibility studies, and creating realistic time lines.

A further aspect is when municipalities, especially those in smaller towns and rural areas, lack adequate administrative,



170th Anniversary Celebration - You're Invited!

Market Day 5 October at Holy Trinity Belvidere

The Holy Trinity Church in Belvidere, Knysna is celebrating 170 years of unbroken service to the community with a family market on 5 October from 10am to 2pm.

Established on 5 October 1855 as a vibrant new church, this iconic historical gem continues to thrive.

Known as the Duthie Church it is a lasting symbol of the faith, determination and commitment of the local mid-nineteenth century Anglican community.

Local settlers Thomas Henry Duthie and William Newdigate appealed to Bishop Gray for clergy in the Knysna region. On 14 September 1848 the bishop identified and approved a site overlooking the Knysna Lagoon.

Sophia Gray, the devoted wife of Bishop Robert Gray, distinguished herself as a talented draftswoman and Holy Trinity Church, Belvidere became one of her more prominent designs.

The foundation stone was laid on 15 October 1851. Stone quarried locally, about two miles from the church, was transported to the site by teams of oxen.

A defining feature of the

church is the so-called "Monster Stone" which was sculpted into the pulpit to become a striking architectural feature. Materials such as lime and timber were sourced locally while slates and bricks were imported.

Even during its construction, the church drew acclaim. In a letter dated 8 June 1852, Newdigate wrote, "The stonework is the most beautiful of its kind in the colony."

The church bell was cast in London by the Mears foundry. Whilst being unloaded near the Ferry House, it was dropped into the Knysna lagoon, taking several months to retrieve.

It has twice been taken down for repair. In 1987 the tower itself had to be rebuilt as it was moving with every peal of the bell. Donations for the repair came from all over South Africa.

Built at an approximate cost of £900, largely financed by Duthie himself, the church was officially consecrated by Bishop Robert Gray on 5 October 1855.

He described it as "the most perfect church as yet in the Diocese."



On 14 November 2015, a Prayer Walk with twelve benches and texts alongside each was dedicated by Bishop Brian Marajh. The pathway links the beautiful church and hall grounds.

The final station of the Prayer Walk ends at the Wall of Remembrance, consecrated by Bishop Edwin Pockpass on 8 March 2024. This allows for the interment of ashes and memorial plaques and has been designed to complement the church and Provincial Heritage graveyard.

The church survived the widespread Knysna fires of 2017, when local citizens intervened, connected the garden hose, and doused the hedge which had started burning, thus saving the building and grounds!

Isaiah 30:21:

"Whether you turn to the right or to the left, your ears will hear a voice behind you, saying: 'This is the way: walk in it'."

Holy Trinity Belvidere is now part of a thriving Anglican parish which includes the Church of the Resurrection in Sedgefield, St Saviour's in Rhenenadal and church communities in Karatara, Farleigh and Kraibosch.

The community in the greater Belvidere and surrounds are blessed to have the beautiful and special Holy Trinity Belvidere as their place for praise and worship!

SEDGEFIELD PICK N PAY EAGLE STARS RUGBY FOOTBALL CLUB'S SECOND TEAM THROUGH TO CHALLENGE CUP FINALS

by JP Jordaan

The Sedgefield Pick n Pay Eagle Stars Rugby Football Club's second team secured a thrilling victory over Seagulls RFC from Melkhoutfontein in the semi-finals of the Challenge Cup, held at Rosemore Stadium in George.

The Eagle Stars opened the scoring with a brilliant try by Brendon April, followed by a successful conversion from captain Chesco Julies. Seagulls responded with a try of their own, though their conversion attempt was unsuccessful. The first half was fiercely contested, with both teams showing strong defense and attack. Just before halftime, Junaid Ruiters slotted a well-timed drop goal, giving the Eagle Stars a 10-5 lead at the break.

In the second half, Gershwin Dirk added another try for the Eagle Stars, again converted by Chesco Julies. Seagulls answered with a converted try and began to dominate the scrums and lineouts. However, the Eagle Stars adapted their strategy, forcing Seagulls into costly penalties. One such penalty, awarded in front of the posts, was successfully converted by Chesco Julies.

Seagulls fought back with a penalty of their own and continued to apply pressure through powerful mauls.

With just minutes remaining, they scored a try in the corner and converted it, taking the lead 22-20.

With time running out, the Eagle Stars launched a determined 16-phase attack. After the final hooter sounded, they were awarded a penalty after forcing a Seagulls error. Chesco Julies stepped up and calmly slotted the winning

kick, sealing a dramatic 23-22 victory and a place in the Challenge Cup final.

The final will be played at Outeniqua Park, with the date to be confirmed. The Eagle Stars will face the second team of Riversdale Blues.

Club Management Statement: "We extend our heartfelt thanks to all our supporters for their

unwavering encouragement throughout the year. We call on the community to come out in full force and support our second team in the final. A special thank you to all our sponsors for their continued support."

Sedgefield Pick n Pay Eagle Stars Rugby Football Club

Legal Notices

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

ESTATE NOTICE

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

ESTATE NOTICE

Estate no 001679/2024
The First and Final Liquidation and Distribution Accounts in the Deceased Estate:

Surname: **FREW**
Full name: **SANDRA EDITH**
Identity No: **370816 0076 084**
Last Address: **4 Jan van Riebeek Street, Sedgefield, 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.

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65 MAIN ROAD, SEDGEFIELD, 6573.
Email: estates@jwlaw.co.za
Tel: 044 343 2126
Executor: Anton Jordaan

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

ESTATE NOTICE

Estate no 014846/2023
The First and Final Liquidation and Distribution Accounts in the Deceased Estate:

Surname: **BANGHART**
Full name: **QUINTA CARA**
Identity No: **490719 0043 085**
Last Address: **12 Village Mews, C/o Uil & Vink Street, Sedgefield, 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.

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Alzheimer's: Be your own brain health activist

It's never too late for proactive memory care

While much of the Alzheimer's puzzle remains unsolved, evidence strongly suggests that a proactive approach to memory care can reduce the risk of developing this disease, which at 70% of all cases, is the most common form of dementia.

Dr Ryan Fuller, a psychiatrist specialising in geriatric mental health and practising at two Netcare Memory Care units, emphasises that committing to healthy ageing and addressing concerns early on are key to lowering the risk of Alzheimer's disease.

"The same applies to managing the condition once diagnosed – like diabetes or heart disease, it requires long-term management to maintain quality of life. It is never too late to take action, but the sooner you ask questions, the better your chances of preventing and managing memory loss, a subject which sadly gets swept under the carpet far too often," he says.

Supporting mental health
Dr Fuller explains that

Alzheimer's is a chronic neurodegenerative disorder involving a naturally occurring protein, amyloid, that builds up and affects brain function. It has multiple effects on mental and physical health and can be characterised as the disease of the A's – amnesia (memory loss), aphasia (difficulty with words), apraxia (loss of coordinated movement) and abulia (diminished motivation).

"The emotional toll of an Alzheimer's diagnosis should not be underestimated, and counselling is essential for individuals and families, before and after confirmation of the disease. Mental health support is crucial for addressing the stigma that surrounds Alzheimer's and reducing the risk of suicide, which can increase after diagnosis in individuals struggling to reconcile themselves with such difficult news," he says.

Coping with the reality

According to Dr Fuller, many conditions can present with impaired memory function and assessing for Alzheimer's requires a medically trained doctor. This typically begins with a screening questionnaire and usually includes a physical examination, as well as certain medical tests to rule out underlying conditions. Insights and observations from a close loved one will be taken into account.

"Once a diagnosis is confirmed, treatment begins immediately and may include medication such as cognitive enhancers and mood stabilisers, as well as suggested lifestyle changes to support health as the disease

progresses. Ask about the pros and cons of experimental therapies, which can have side effects, and always consult your doctor before including any herbal supplements in your regimen.

"A sound treatment plan should include a referral to an occupational therapist for a home visit to advise on managing safe mobility around the house, as balance becomes impaired, and to collaborate on a schedule for memory enhancing activities like listening to music, doing puzzles and social activities to reduce isolation and support brain health. A memory project including photos, videos and mementoes can be a hugely valuable activity, both for a person with Alzheimer's and for their loved ones," he says.

Dr Fuller recommends a complete, multidisciplinary approach to care planning and management, which also includes a clinical psychologist to help transition to this new reality and a social worker to provide a professional, unbiased perspective on protecting the best interests of the person.

"This should include preparing for what lies ahead as the disease progresses in terms of providing care, financial and legal considerations and ensuring long-term wellbeing. High functioning memory clinics offer safe spaces where families and patients can access care confidentially.

"An Alzheimer's diagnosis is a life-changing event and there is no way to sugar-coat it, but with the right blend of support and a proactive approach, individuals can empower themselves, stay connected and continue to experience joy," he says.

Caring for the carers

Dr Fuller points out that the needs of primary caregivers and loved ones can be overlooked, but support is equally crucial for those who are putting in the daily energy to care for someone with Alzheimer's.

"Caregiver burnout is real, and it is vital that primary caregivers have sufficient time to recharge their own batteries, physically and mentally. If a professional caregiver is forming part of the mix, it is advisable to ensure that they are a good match in terms of personality type and cultural background. Sharing some meaningful family details,

preferences, and dreams or achievements between caregiver and patient can help to establish common ground and highlight the 'human' in one another.

"Caregivers can also find further resources and support communities online – the Alzheimer's Association of South Africa, and Dementia SA are good places to start," he says.

Take action early on

While it is normal to experience moments of forgetfulness from time to time, Dr Fuller encourages a proactive approach rather than passive acceptance of memory decline for long-term healthy brain function.

"Memory problems can arise from many different causes. Mild cognitive impairment that is persistent, pervasive and not accounted for by a medical condition often precedes Alzheimer's. This may include being forgetful, missing appointments, losing train of thought, trouble finding the right word, poor judgement, depression, anxiety, irritability and other symptoms. However, with early treatment, mild cognitive impairment can be reversed.

"The stress brought on by retirement is another common problem, particularly among men, which can have devastating effects on brain health.

"It is important to be aware that memory issues do not necessarily mean you have Alzheimer's but waiting in hope that these problems will subside is not advisable. The sooner you determine the cause of memory impairment and treat it, the greater your chances of reducing the risk of Alzheimer's. It is recommended that you discuss your symptoms with your doctor and establish a proactive strategy for addressing these," he says. Dr Fuller emphasises that in

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addition to seeking care early on, it is never too late to start making lifestyle decisions that support healthy ageing and brain function:

Stress management – exercise, breathing techniques and journaling can be effective, along with

- A heart-healthy diet rich in fresh fruit and vegetables, whole grains, pulses and lean protein.
- Physical activity – a daily 20-minute walk and regular social sports.

- Sleep hygiene – ensuring that your routine and environment support sufficient quality sleep.

- Social activity – reach out to friends and family, join community initiatives, stay connected.

- A sense of purpose – daily practices that bring you joy, regular expressions of kindness.

"The key to addressing dementia concerns is to practise healthy habits, ask questions and take action by seeking professional help. It's never too late, but sooner is always better," concludes Dr Fuller.

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

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

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

SUDOKU

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

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

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Sekretariesse 072 189 0215

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Wilderness
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Church of Christ
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Elohim gemeente
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Ds. Dawie le Roux 084 532 9958
Kantoor : 078 965 3651

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Carpe Musicam!



Carpe Musicam! has been bringing wonderfully enjoyable and accessible orchestral and choral musical entertainment to the Garden Route for the last ten years.

As part of the first decade celebrations, and as a follow up to their wildly successful "Ten of the Best" concert series, they will be bringing "The Rest of the Best" concert to Sedgefield in October.

This is a compilation of another 10 of their most well received pieces. Be prepared to ride with the "Good, Bad and Ugly" and other Morricone Western themes. Tango to "Por Una Cabeza" with virtuosa violinist Cherith Bain. Camp on an alp with the choir to the show-stopping tunes of "The Sound of Music." Relive ABBA's greatest

hits. Train Your Dragon; feel the heat of a southern "Summertime". And lots more ... all delivered in ineffable style interspersed with witty chat. Fun and educational for the whole family.

Experience this local phenomenon on **Sunday, 12 October, at 15h30 in the NGK Hall in Hoopoe Street.**

Tickets priced at R150 for adults and R50 for scholars. Book early at www.carpemusicam.co.za as tickets are going fast. The Living Cornerstone will be selling delicious edibles from 14h30 until the concert starts in aid of their own funds.

"The Rest of the Best" will also be presented in George at the Laerskool George-Suid on Friday 17 October, 19h00 and in the Mossel Bay Town Hall on Sunday 19 October, 15h30.

Ladies' Golf

Club Report

Friday, 12 September

Sixteen ladies gathered on the Sedge Links deck for a quick stretch and catch-up before heading out to the tees. The warm weather and recent rain brought out the 'miggies' in full force, adding an extra layer of challenge to getting that little white ball into the hole. The day's format was Beauty and the Beast - with the best and worst scores on each hole counting and a longest drive competition thrown into the mix. Meanwhile, the remaining first-round Knockout matches were completed, and the players advancing to round two are now set to continue the competition.

Results

Winning Team: Brenda Howden, Daleen Schooling, Almarie Mead, Charlene Blacker and Fran Kirsten (133 points)

Runners-up: Daleen Schooling, Wendy Mack, Eleanor Sparks, Esme Steinmann (130 points)

Runners-up: Elize Mackenzie-Blom, Michelle Gilchrist, Fran Kirsten and Eleanor Sparks (61 points)

Longest drive: Handicaps 15 and under: Shannon Nicol
Handicaps 16 and over: Sylvia de Moor

Birdies: Almarie Mead (6,13)
Esme Steinmann (9,14) Brenda Howden (4) Linda Evans (13)
Daleen Schooling (2) Shannon Nicol (13) Elize Mackenzie-Blom (4)

1st round knockout matches
Fran Kirsten vs Eleanor Sparks -
Fran moves on to 2nd round
Elize Mackenzie-Blom vs
Michelle Gilchrist - Elize moves on to 2nd round.

Thank you to Brenda for taking in the fees for the day and Christina for coming especially to ensure that the scores were completed and correct.

Friday, 19 September

What a gorgeous morning at Sedge Links golf course! Twenty enthusiastic ladies gathered on the deck, ready to enjoy our Friday golf. It marked the second round of the Ladies Knockout, and for those no longer in the running, a fun format of combined stableford was the game of the day.

With the sun shining and a gentle breeze that picked up to a playful bluster halfway through, we happily wheeled our carts onto the tees, eager for a morning of good company and golf. How fortunate we are to have such a well-kept and ever-improving short course right here in our neighbourhood!

Results

Winning team: Marina van der Westhuizen, Almarie Mead, Charlene Blacker and Fran Kirsten (133 points)

Runners-up: Daleen Schooling, Wendy Mack, Eleanor Sparks, Esme Steinmann (130 points)

Runners-up: Elize Mackenzie-Blom, Michelle Gilchrist, Fran Kirsten and Eleanor Sparks (61 points)

Longest drive: Handicaps 15 and under: Shannon Nicol
Handicaps 16 and over: Sylvia de Moor

Birdies: Almarie Mead (6,13)
Esme Steinmann (9,14) Brenda Howden (4) Linda Evans (13)
Daleen Schooling (2) Shannon Nicol (13) Elize Mackenzie-Blom (4)

Knockout round 2: still to play
Sylvia de Moor vs Barbara Renfield

Knockout round 3: Charlene Blacker vs Almarie Mead and Elize vs the winner of round 2, Sylvia vs Barbara Renfield
Another lovely day at Sedge Links, congratulations to the winners of the day, and well played to all.

SEDGE GENTS' GOLF CLUB

Club Report

Thursday, 11 September

Only 14 hardy players decided to play the individual stableford competition which was a foolhardy decision as rain had been forecast for the whole morning. Surprise, surprise! - It broke with its recent tradition of ignoring the local forecast and duly performed what it is good at, to the sudden dismay of a group of sneezing contestants. In fact, only seven holes were completed before the very damp towel was thrown in.

The captain, Brian Gerard, is a very loving husband. He recently thought that he'd give his wife a surprise gift but he inadvertently bought her a gluestick instead of lipstick. She's still not talking to him. However, this did not deter this mild-mannered fellow from announcing that although the players had only managed to complete seven holes, he was going to award the top four players a bottle of red each. The day's lucky winner was Tony Hunter with 15 points. He was followed by Niel de Villiers with 14 after a count out with, you guessed it, the 33 handicapper Peter Heath, who used to be known as a self-made golfer. Living proof of unskilled labour but no longer. Neville Large came in fourth with 13. Brian, on behalf of the G. C. Club, also

congratulated Neville on continuing his lucky run as Neville has also announced his recent engagement.

Thursday, 18 September

As the famous poet said:

*Spring has sprung
The Grass has riz
The boid is on the wing
But that's obsoid
The wing is on the boid
But what's more obsoid
Is winter is still abroad.*

Apologies for the poem's amendment but obviously even though we should be experiencing normal spring weather, the morning was still extremely cold for the golfers who participated in the Better ball competition. However, what was far more chilling was the uncanny putting display by Tony Hunter.

At a later stage in the game his opponents considered giving him a 20 foot putt as a "gimme" such was his unerring accuracy.

He and his partner, Brian Craddock, went on to win the competition with a club record of 51 points of which Tony contributed 44. He says he hopes that the handicapping committee takes note of his achievement and cuts at least 10 off his 19 handicap. In a very distant second place were Niel de Villiers and Ian Wright with 44 followed by Brian Stewart and Pierre de Villiers with 43 after a count out with Bill Craig and Len Moult.

The players were reminded that the following week's competition would be the ever popular Engen/Pick n Pay Monthly Mug.

The Wine Ghost

The Wine Ghost tasted - Badsberg Sauvignon Blanc 2024

The wine has a simple, but attractive front label. The back label offers concise tasting notes. Abv. 12,5%

The wine's appearance is clear, light coloured, with a few short legs. On the nose no flaws could be found and aromas of ripe mangoes, papayas and bananas were experienced.

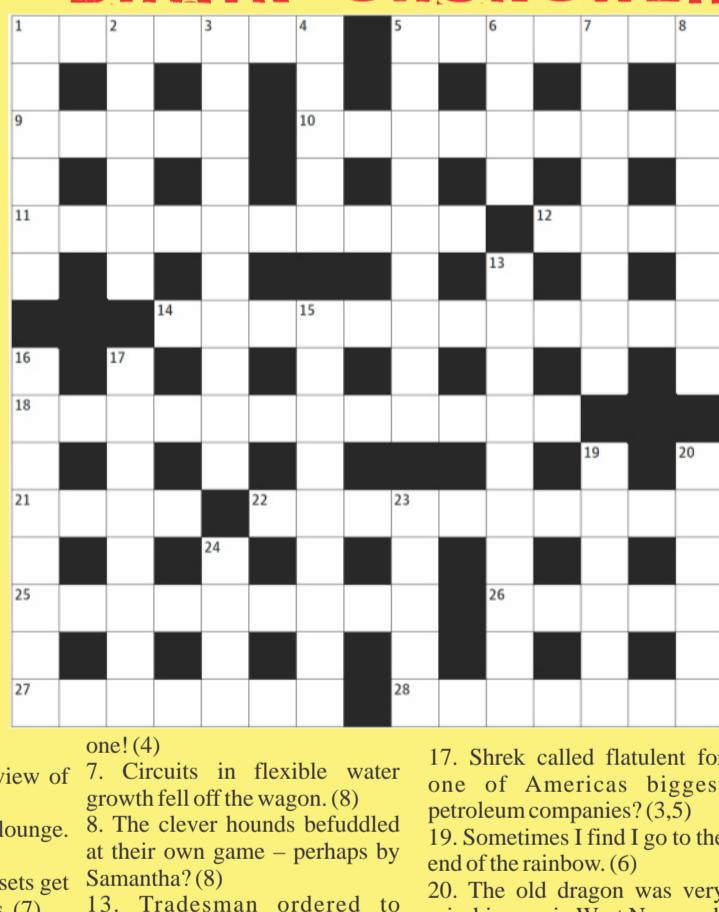
This sauvignon does not have a long mouth feel and flavours of green peaches and bananas carry through in the tasting. Slight acidity and salty sea spray were also present.

It is a lighthearted wine that will complement an oily fish like salmon, or can just enjoy on its own. The price range is R60–R80.



TED'S BRAIN CRUNCHER

Across:
1. A bride's ruination thanks to albatross. (7)
5. Has Cher zoned in on a triple movement? (7)
9. Packing first, I leave again, returning to old beliefs. (5)
10. Initially, Cynthia and Dave left a tile lying around whilst enjoying romantic supper. (9)
11. On financial security, a road not hard to negotiate. (4,6)
12. Coming towards the choice you get. (2,2)
14. One regularly attending that venue is suddenly challenged by security. (3,4,5)
18. Captains onboard? (12)
21. Using local news source as a sideline. (4)
22. We gather funding for restaurant bill was put on a horse. (5,5)
25. End a round about view of the plain. (9)
26. Sue moves it into the lounge. (5)
27. A couple of different sets get substantial living quarters. (7)
28. Just when the biggest star of the world goes into hiding. (7)
Down:
1. Petitioner has two people for dinner. (6)
2. Golden wind-up for those profoundly honoured last month. (6)
3. Oops! In here is an order from (almost) outer space! (10)
4. Were the embellishments from December or what? (5)
5. Foolish that I don't pick it up so much anymore. (9)
6. The elderly are so over that



Across: 8. Monopoly 9. Encore 10. Snap 11. Two can play 13. Boggle 14. Draughts 15. On board 17. At table 20. Scrabble 22. Casino 23. At that game 24. Golf 25. Tennis 26. Cribbage
Down: 1. Down town 2. Poop 3. Sortie 4. Byroads 5. Megawatt 6. Scape goats 7. Dreamt 13. Geocaching 16. Robotise 18. Long legs 19. Rematch 21. Cutter 22. Cleric

THE SPORTS EDGE

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

NORTJE SHATTERS 3-HOUR MARK AT LIONS KAROO TO COAST

Having broken the course record in 2024, Tristan Nortje became the first rider to dip below the 3-hour mark at the Lions Karoo to Coast, as he bettered his own record en route to victory in the 26th edition, on Sunday, 21 September. He was joined atop the podium by fellow George local, Mellusca Toovey, who held off the women's defending champion, Catherine Colyn, to win the 2025 title. Chilly but clear conditions made for good racing weather, though a headwind detracted from what would otherwise have been even faster times.

Nortje and his Imbuko ChemChamp Toyota teammate, Marco Joubert, raced aboard gravel bikes. This choice aided the winner in his bid to break the 3-hour mark. "The route was tough!" Nortje grimaced on the finish line. "The descents are rough and even on the climbs you have to stay in the saddle to keep traction, so I'm not sure how the gravel bike is faster, but it is."

"The Lions Karoo to Coast is a race I always wanted to do as a kid growing up in George, so to be able to come here and take the win last year was very special," he said, "Coming back this year, the aim was to break the record again."

Nortje got away from the leading pack about two kilometres into

the race and rode solo from there on to the finish. "There was a headwind the whole way, so that made things really tough! But I just kept my head down and kept pushing!" he said.

Nortje's winning time of 2 hours, 56 minutes, and 51 seconds is 3 minutes and 40 seconds faster than his 2024 course record. His nearest rivals finished 11 minutes and 38 seconds down.

In the women's race, Toovey, a multisport star from the Garden Route who has notched up victories in triathlons and trail runs, now an iconic mountain bike race too. Tactics and group strength played their part in her victory, too, but the foundation was laid by Toovey's ability to descend faster.

"I was in a group with Catherine Colyn and a few very fast men, at the top of Prince Alfred's Pass," she explained. "On that long descent to De Vlugt, she [Colyn] wasn't able to follow, and I thought if I could stay with those men, I'd have a good chance of winning."

Drafting and working with that group, Toovey was able to maintain an advantage over the defending champion, but Colyn was not easily beaten. "She came back to us a bit at the end there," the 2025 winner noted. "So, she was super strong over the back of the course."



Mellusca Toovey was able to distance Colyn on the long descent to De Vlugt and then capitalise on that advantage to ride to victory. Photo by Oakpics.com.

The newly crowned Queen of the race completed the course in an impressive time of 3 hours, 45 minutes, and 54 seconds, ahead of Colyn 3 minutes and 53 seconds down.

The Lions Karoo to Coast is one of South Africa's most iconic mountain bike events. Having been first staged in 1999, it has witnessed the evolution of off-road cycling. Alongside the competitive elites, over 1 600 more social riders took to the course in 2025. They were treated to magnificent and constantly changing scenery on their journey from Uniondale in the Karoo to Knysna on the Indian Ocean coast. Leaving the small town of Uniondale, sparse

shrubbery gave way to orchards in the Langkloof, at Avontuur, before a mix of fynbos and forests lined the sides of the road along Prince Alfred's Pass. From Kruisvallei, 54 kilometres into the route, 15 kilometres of pine plantations dominated, before Kom se Pad heralded the approaching coast with indigenous forest, which is inexorably linked to Knysna. The final climb, from the Gouqua River to Simola, brought the gravel to its conclusion, and the final seven kilometres were gloriously smooth asphalt, providing an opportunity to reflect on the ride before reaching the finish line on the Knysna High School's sports fields.



A GREAT EVENT ON THE WATER AT GLYC

It was a beautiful afternoon for the "Double Handed" racing event at George Lakes Yacht Club (GLYC) on Sunday, September 14. The event, which aims to promote two-person dinghies like the Fireball, GP14, Sprog, Laser 2, Gypsy, and Mirror, saw a good turnout of sailors. The Sailing School even provided some of the crews, helping to get more people out on the water.

Single-handed boats were also welcome to join the fun, and the first race of the day was a special one. It was designated as the "Barts Bash" race, sailed in solidarity with the worldwide Andrew Simpson Foundation. This foundation was created in honour of Andrew "Bart" Simpson, a beloved UK Olympic sailor who tragically died in an America's Cup accident.

Despite the club's "hooter" running out of

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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.

steam, the day was a resounding success thanks to Race Officer Alistair, who did a splendid impersonation to start the races. A number of new faces were seen

on the water, and everyone is looking forward to an even bigger fleet for the normal racing schedule next Sunday. Well done to all the sailors who participated!

SEDGEFIELD'S JUKSKEI PLAYERS KEEP HERITAGE ALIVE

by Magda Naudé

The residents of Sedgefield never cease to impress. Did you know that Sedgefield has its very own Jukkskei group? Every Thursday at 2:30pm, a lively bunch of residents gathers next to the bowling club on The Island to enjoy this age-old South African pastime.

With 24 members already part of the group, convenor Aniel Duvenage says there are big plans to expand: "We'd love to welcome more players and, in time, expand the sandpits to accommodate more members."

As South Africans celebrate Heritage Day on 24 September, it's the perfect opportunity to shine a light on this traditional sport, which has been part of South African culture for close to 300 years.

Jukkskei was born in the days of the early transport riders who used the "skei" (a piece of an ox-wagon's wooden yoke) to aim at a peg stuck in the ground. Over time, this pastime evolved into a structured sport and is now officially recognised by the South African government as a

indigenous/traditional sport. Jukkskei is a game for all ages, and the sport has even attracted attention from schools that offer it as an extramural activity.

Once mainly associated with Afrikaans-speaking communities, today it's enjoyed by players across all cultural backgrounds in South Africa and Namibia. The game has spread to other countries, and in 1984 an International Jukkskei Association (IJA) was even established to regulate Jukkskei at an international level and to organise matches, tournaments, and tours.

In South Africa, Kroonstad is the heartbeat of Jukkskei. Just a few weeks ago on 5 September, players from various clubs gathered in Kroonstad, Free State to pay tribute to veteran Jukkskei players from all over South Africa.

Modern Jukkskeis are made from rubber composite to prevent splintering, making the game safer. The aim is simple but challenging: players must throw the Jukkskei (1.2 kg for women and 1.4 kg for men) from 14 to 16 metres away, aiming to knock over a peg planted in the middle of the pit. Both the peg and the skei have set specifications to keep the game fair. It is not nearly as easy to play as people might think. It requires strategy and



With all the skei in the sandpit, it requires careful measuring with callipers and a cross-string to determine the winner.

history, but also with heart. We're building community while keeping tradition alive."

Anyone interested in joining the Sedgefield Jukkskei Group is invited to come along on a Thursday afternoon, watch a few games, and perhaps even give it a try. For more information, contact Aniel Duvenage on 072 600 0722.

TIDE TABLE

24 Sept - 07 Oct 2025

• Full Moon 7 October 2025

Wed Sep 24 2025
low tides 10:29 22:55
high tides 04:42 16:48
sunrise 06:15 sunset 18:27
moonrise 07:17 moonset 21:05

Thu Sep 25 2025
low tides 10:54 23:21
high tides 05:07 17:12
sunrise 06:14 sunset 18:27
moonrise 07:45 moonset 22:04

Fri Sep 26 2025
low tides 11:19 23:47
high tides 05:32 17:36
sunrise 06:12 sunset 18:28
moonrise 08:16 moonset 23:03

Sat Sep 27 2025
low tide 11:46
high tides 05:58 18:02
sunrise 06:11 sunset 18:29
moonrise 08:53 moonset -

Sun Sep 28 2025
low tides 00:15 12:16
high tides 06:26 18:34
sunrise 06:10 sunset 18:29
moonrise 09:37 moonset 00:01

Mon Sep 29 2025
low tides 00:49 12:58
high tides 07:04 19:22
sunrise 06:08 sunset 18:30
moonrise 10:26 moonset 00:57

Tue Sep 30 2025
low tides 01:43 14:49
high tides 08:25 21:13
sunrise 06:07 sunset 18:31
moonrise 11:23 moonset 01:49

Wed Oct 01 2025
low tides 05:17 18:09
high tide 12:07
sunrise 06:06 sunset 18:32
moonrise 12:24 moonset 02:35

Thu Oct 02 2025
low tides 06:45 19:00
high tides 00:06 12:56
sunrise 06:04 sunset 18:32
moonrise 13:30 moonset 03:16

Fri Oct 03 2025
low tides 07:22 19:36
high tides 01:02 13:30
sunrise 06:03 sunset 18:33
moonrise 14:36 moonset 03:51

Sat Oct 04 2025
low tides 07:53 20:10
high tides 01:40 14:01
sunrise 06:02 sunset 18:34
moonrise 15:43 moonset 04:23

Sun Oct 05 2025
low tides 08:23 20:44
high tides 02:15 14:33
sunrise 06:00 sunset 18:35
moonrise 16:51 moonset 04:53

Mon Oct 06 2025
low tides 08:53 21:18
high tides 02:49 15:07
sunrise 05:59 sunset 18:35
moonrise 18:01 moonset 05:22

Tue Oct 07 2025
low tides 09:24 21:54
high tides 03:25 15:41
sunrise 05:58 sunset 18:36
moonrise 19:13 moonset 05:52

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