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Keeping Ben Olivier entertained since 1998

Issue 726

www.edgenews.co.za

WHAT'S GOING DOWN WITH OUR WATER?

It's the question that is being asked by everyone in Greater Knysna - and fears of infrastructure failure are growing once again.

Even as The EDGE was being finalised for press, an urgent notice was despatched via WhatsApp.

"The potable water in Sedgefield is currently not fit for human consumption due to elevated conductivity and salinity levels.

"Please Note: The water should only be used for other domestic purposes until further notice. We are actively addressing the situation and are committed to resolving it as swiftly as possible"

The notice then indicated that water trucks would be sent in to provide water, then assured residents "This is an interim arrangement while we work on a permanent solution to restore safe drinking water. We kindly ask for your understanding and patience during this time. We are doing everything possible to resolve the issue as quickly as we can."

Having avoided going into crisis mode for most of this year - at least as far as water supply is concerned - it seems that Sedgefield is now suffering water woes with the rest of Knysna. The community has now been hit with severe shortages - on an off-and-on basis (sometimes literally!) and when the water does come out the tap there is often discolouration, an odorous smell and a highly salty taste.

Indeed multiple reports of stomach illnesses, especially in Smutsville / Sizamile areas have also come to the fore over the last fortnight.

Inundated with calls, Sedgefield's councillors are trying their utmost to keep ahead of the crisis. Ward 1 Councillor Leveal Davis sent in the following comments.

"Since the repair of the pump a few weeks back, various areas in Sedgefield have been experiencing water irregularities. On The Island and in the Village the water was originally discoloured, dirty and stinky. In Smutsville and Sedgehill water has been off and on, whilst Sedgehill is experiencing dirty, stinky water as well."

He said that water trucks have become the order of the day. "The flow of water to all areas has been consistent over the past week, but it has also been salty. Some residents have become sick, and a business that produces water has had its machines damaged by the high salt concentration," the councillor reported.

Meanwhile, Prof Mandy Lombard, a local marine biologist, says preliminary results from a water quality probe have confirmed the water's unsuitability for drinking. The level of Total Dissolved Solids is recorded at 2971 in Sedgefield's tap water, whilst it should be less than 1200, and the salinity level sits at 2.45 when it should be below 0.05.

(Continued on page 2)



Councillor Leveal Davis
agrees with most
residents that
Sedgefield's tap water is
unfit for human
consumption!

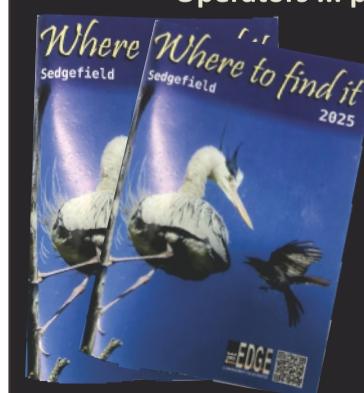
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SEDGEFIELD PINKS UP FOR BREAST CANCER AWARENESS



The Island, Sedgefield was packed to its pink brim on Saturday 18 October when record numbers of walkers arrived for the annual Pink Walk. Despite the rainy weather, people just kept pouring in to the venue at Engen Garage more than doubling last year's numbers from 280 to 650!

Organiser Adele van Zyl could not stop gushing with the emotion she felt from the support of Sedgefield for this worthy cause.

"I can tell you I have never seen so much pink in all my life. It was just pink, pink pink!" she said. The walk raised R30 000 in donations, all of which will be going to Knysna/Sedgefield Hospice.

"What a fabulous day it was — so many wonderful people showed up for the walk despite the rain. Dr. Lee-Ann Jones from Eden Oncology in George gave an insightful talk on the importance of mammograms and being proactive about breast cancer awareness.

"The atmosphere was vibrant, with everyone dressed in pink - the colour of the day! We were blessed with fantastic sponsors and heartfelt community support. Though emotions ran high, the day ended on a joyful note as we all shared a well-deserved cup of coffee from Wimpy after the walk.

"A big thank you to ER Emergency Services and the local police for keeping us safe along the 4.5 km route around The Island. Most importantly, thank you to every walker, supporter, and sponsor - your contribution made this event such a success. We are deeply grateful to everyone who helped make this day possible. See you all again next year!"



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Notes from T'Ed's Head

Look, I know I am getting a tad older ... just a tad, mind you (*and I can hear my daughter telling me that I am clearly old enough to remember the bloodthirsty battle between the Shuhites and the Kneehites if I think 'Tad' is a measurement, not a name*) but before I pop my clogs and shuffle off this insignificant spec of universe dust, please may I ask a simple question?

WHY, oh why, does social media insist on reminding me EVERY DAY that I am, er ... getting on ... in years ... just a tad ...?

For goodness' sake, Mr Zuckerberg, can't you do something?

I know (*after hours and hours of in-depth research on The Google*) that you happen to be 41 this year, so it won't be long before you too will be forgetting names, peeing a lot more and perhaps shifting on to +1,5 readers (*heh heh*), so wouldn't now - whilst you are still blessed with a large portion of your senses and maybe even (*if you have kept in training like me*) a little of your twenties physique -

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be the ideal time for you to fix your own creation before it turns on you, like it has me, just because I am ever-so-slightly (*a tad, I may have mentioned*) older.

I am, of course, talking about your, er ... app ... the *Book of Faces*.

TBH (*for those less hip than me, that stands for 'To Be Honest' – not 'Toes Before Heels'* – which is a handy morning acronym for when you are trying to put on your socks), I have gone off it, totally.

Facebook, I mean, not 'being honest'.

Why? Well, it at least used to keep me informed of semi-interesting things. Not REALLY interesting, but at least semi.

And now it doesn't.

For example:- A while back, over a morning coffee, a glance down at FB (*the person I was having coffee with was trying to tell me about Amway*) revealed that my schoolmate Lawrence had decided to move into a 'narrowboat' (*the new, posh name for a barge, I gather*) and live on a canal, in England.

Now, whilst I hadn't seen good ol' Loz for 43 years and so had no idea what led him to this life-changing decision, I nonetheless found this snippet of information interesting in a semi-sort-of-way, so I was delighted that FB had decided to share it with me.

Indeed, if by a million to one chance Loz and my paths should cross (*I might have to be skiing down a British waterway in order for such a chance meeting to occur*), at least I can now avoid the embarrassment of not knowing.

A day or two later, the same social media platform (*look at me, talking all techno!*) let me know that a good-looking young lady with whom I semi-attended (*in between bouts of beer-swilling*) the Harare Polytechnic (*I have currently misfiled her name, but it will come to me, I'm*



sure) is having another WONDERFUL break with family in the Maldives. It even included some photos of her whole clan sipping cocktails on the beach at sunset, coincidentally all wearing matching (*and immaculately laundered and pressed*) white shirts and khaki pants, with hair beautifully coiffured, despite the 'hard year' travelling Europe, which, apparently, necessitated the Maldives get-together.

Semi-interesting, no?

Perhaps semi-semi-interesting.

I should also state that on the odd occasion, I used to stumble across a 'potentially VERY interesting' post. This typically involved one of my twelve thousand odd online friends (*they're not ALL odd*) stating (*in bright, bold yellow letters on a seethingly dark burgundy background*) something along the lines of (*wait for it*):-

"Oh no! Not again! Well, they've picked on the wrong person this time!"

This would get my pulse racing and keep my adrenaline pumping, often for an hour or two. HOW EXCITING ... at least until the ... er ... interest rate dropped again.

Amongst the comments ('Thinking of you, hon', 'Go get 'em – don't take their *%\$#!', 'Let us know if you need any help' someone would (*quite recklessly, I think*) ask 'What's going on, my friend?' and so we would all yawningly discover that the 'poster' had received a note from the School Governing Body about her child's nose-picking habits.

Sigh. I would have preferred to have learnt of a home-invasion by a band of militant marsupials brandishing pocketfuls of penknives, but what-ho, at least my imagination had been kept busy for a moment or two.

But not any more. Not even that sort of food-for-thought appears in my Facebook feed.

In fact, in the last few weeks (*following my birthday, if I remember correctly*) ... (which I seldom do, these days, TBH) ... (*did I mention that stands for 'To Be Honest' – not 'Total Birthday Hero'?*) I have become so beset by stuff that hasn't even made the 'Semi-interesting' grade, but is deemed 'Downright Dull', I have been considering a reckless leap overboard from the social media ship.

You see, nowadays, an innocent click on the blue 'f' square sees me suddenly hit with absolute rubbish..

"Will YOUR family be ok WHEN you GO?" said a post yesterday. It was accompanied by a picture of a man probably born the same year the Wright brothers' father sat them on his knee and told them to give up the idea of a flying machine.

If by 'GO' they don't mean a swift walk down to the pub, but



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WHAT'S WITH OUR WATER?

(Continued from front page) The saltiness is partly a factor of nature. When rainfall is minimal in the catchment area, the salt concentration at the water extraction point on the Karatara River tends to increase. This occurs because the heavier saline water tends to flow upstream beneath the lighter freshwater. Additionally, evaporation in dry conditions concentrates the salt in the Swartvlei lagoon, increasing water density and promoting the intrusion of saline water upstream.

Says Councillor Davis "No area in Sedgefield has been safe to collect water to distribute to affected residents. I have requested that the Municipality sends trucks with clean water from Knysna so that residents have clean water to drink, especially those who cannot afford to buy water."

He also reported that a contractor is busy restoring the borehole transfer pump which will enable the municipality to blend/dilute the salt water in the reservoirs with fresh water.

"They have been trying but there is not enough fresh water pumped into the system. So the main thing is to get that transfer pump working. There are two boreholes operational and they need to get a third one operational. The ability to pump enough fresh water into the system will determine how quickly the saltiness subsides. Until then they must keep the water trucks coming to ensure our residents have clean water. I urge the municipality to keep this issue at the forefront of their minds and resolve this issue as a matter of urgency."

The final straw was when his video ended with the slogan 'Retirees - Drop That Fat and Become a Real Man'.

"I'm out-a-here!" I said to Mrs Ed, "They ARE watching - How else would he have known I was eating a pork chop?"

I'd be mad if I didn't!

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KITE FEST SKY ART BANNER

This year the Remax Garden Route Kite Festival launched a Sky Art Gallery Banner Competition which was open to learners in Primary School. The Theme was – One Sky One World Is Your Canvas.

The students were given a pre-made fabric banner (approximately 1.9m by 1.1m). to decorate around the festival theme. Prizes for the winning school teams were:

1st Prize – R2 000 2nd Prize – R1 000 3rd Prize – R500

The children decorated the banners showing their understanding of the theme "One Sky One World Is



Your Canvas" and what this means to them and their school. They then provided a brief caption that described their creativity.

There were eight entries from participating schools. Gill Bloom, expert banner maker, judged the entries and prize-giving took place at the Kite Festival on Sunday.

The winning entry was from Grade 3, George South Primary School, second prize was shared by George South Primary School Grade 7 and Eibig Home School Grade R to Grade 7. The third prize went to Grade 4 from Classical Conversations Home School.

The banners were on show at the festival and made a stunning display of the children's creative talent and gifts. The captions were truly expressive of each banner and showed the thought processes of the children who had painted them:

Captions:

Winning entry: *One World, One Sky. Let's paint it together.*

Second place (shared): 1. *The world is in our hands we just have to let it shine and.* 2. *Using our different talents to work together under God's one sky.*

Third Place: *Psalm 19:1: The heavens declare the glory of God, the skies proclaim the work of His hands.*

MPAC SELECTION CAUSES CONCERN

Ward 8 Councillor Aubrey Tsengwa, a member of the ANC and the ex-Executive Mayor of Knysna, was voted onto the Municipal Public Accounts Committee (MPAC) on Wednesday, 15 October by a majority vote of council.

His selection was unsuccessfully opposed by the DA members in the meeting and has raised many an eyebrow amongst residents of Greater Knysna. The Ward 8 Councillor has a controversial recent history that raises

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KEEP ON MOVING

concerns about his suitability for this important position.

Tsengwa was removed from the Mayoral office in February 2025 via a motion of no confidence - the last of multiple attempts by other councillors. This followed the findings of a special committee assembled to investigate misconduct by several Knysna Councillors, particularly related to the illegal appointment of political appointees within the municipality, which the Western Cape High Court ruled as unlawful. The investigation also detailed breaches of the councillor codes of conduct and accused the councillors of providing

false evidence under oath in court.

Amid these allegations, Tsengwa resigned as a councillor the following month, only to stand for the ANC again in the June Ward 8 by-election resulting from his departure. During his three-month absence, Tsengwa had been temporarily suspended from the ANC due to the misconduct allegations, but by election time, he was back in the party. Tsengwa's constituents re-elected him, and he returned to council as Councillor of Ward 8.



Given MPAC's critical role in municipal oversight, accountability, and ensuring lawful financial management, many believe that the serious findings of the special committee and the Cape High Court's rulings have cast doubt on his appropriateness for MPAC membership.

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Talking Conservation Drie Valleyen

Are we facing a drought?

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

A drought is a period of below-normal rainfall or drier conditions, leading to reduced soil moisture, groundwater depletion, diminished stream flow, crop damage, and water shortages. It is the second-costliest weather event after hurricanes.

Unlike sudden weather phenomena, droughts are difficult to identify at their onset or conclusion, often taking weeks or months to confirm. They can last from weeks to decades, with prolonged droughts causing significant harm to people, agriculture, ecosystems, and local economies.

Drought impacts are categorised into environmental, economic, and social effects. Environmental consequences include wetlands drying up, increased wildfires, and biodiversity loss. Economically, drought disrupts agriculture, livestock, forestry, water supplies, recreation, and can negatively affect human health.

Social and health impacts involve heat-related health issues, rising food costs, stress from failed harvests, water scarcity, and increased air pollution from dust and wildfires. Extended droughts may also trigger mass migrations and humanitarian crises.

Categories of drought

Four major categories of drought, based on where in the water cycle the moisture deficit occurs, can be identified:

1) Meteorological droughts which occur due to lack of precipitation usually precede other kinds of drought and their impact on society and the ecosystem gradually increases.

2) Hydrological droughts relate to low runoff, low stream flow and reservoir and groundwater storage.

Hydrological droughts tend to present themselves more slowly, because they involve stored water, that is used, but not replenished. Due to the close interaction with water use, this type of drought can be heavily influenced by water management. Severe negative human influences are alien invader species choking our rivers and erosion from overgrazing. Like agricultural droughts, hydrological droughts can be triggered by more than just a loss of rainfall.

3) Ecological or agricultural droughts are causing plant stress from a combination of evaporation and low soil moisture. Agricultural or ecological droughts affect crop production or

ecosystems and ecosystem services in general. This condition can be caused by any change in precipitation levels, soil conditions, or erosion triggered by poorly planned agricultural practices. It is a deficit in water available to the ecosystem or crops.

4) Socio-economic drought occurs when the demand for an economic good (water) exceeds supply because of a weather-related shortfall in supply. The socio-economic drought is water scarcity.

Data from rainfall measurements in the Karatara catchment show that rainfall during five of the first nine months of 2025 was below average. Furthermore, it shows that for 2025 we are, as at the end September, ~240 mm below the average. This implies that for October, November and December 2025 we would need at least 80 mm of rain each month to reach the longer-term average.

Some key deductions and recommendations:

- During August and September of this year we had very little rain.
- The earth is hard/dry, and the forest understorey (litter zone) is very dry due to the lack of precipitation. This increases the risk of wildfires.
- There is a noticeably low flow in the Karatara and Hoogekraal Rivers, as well as, the Wolwe Spruit, with the non-perennial side streams having virtually no flow.
- To ensure a sustainable water future, it is essential to monitor and reduce daily water consumption through effective conservation practices, both at home and in industry.
- **At Home:**
 - Fix leaks and take shorter showers to save water.
 - Run full loads in washing machines and dishwashers.
 - Use a 2-litre bottle in the toilet cistern to reduce water per flush.
 - Avoid rinsing dishes under running water.
 - Recycle grey water from laundry, baths, and sinks for garden use.
- **Garden:**
 - Plant indigenous, drought-tolerant species.
 - Group plants with similar water needs.
 - Apply mulch to reduce evaporation and weed growth.
 - Water in the evening to minimise evaporation and ensure deep soil moisture.
- **Industrial and Commercial Sector:**
 - Determine water needs for operations.
 - Designate personnel to monitor and identify water waste.
 - Locate and understand the function of the main water shut-off valve.
 - Upgrade equipment to utilise recycled or less water.



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TURNING PAGES, SPARKING MAGIC

WHY AGES 10-12 IS THE MAKE OR BREAK STAGE FOR CULTIVATING A LOVE OF READING

Children between ages 10 and 12 are at a fascinating stage of life. They're no longer little kids, but they're not yet teenagers. They're starting to ask bigger questions, push boundaries, and search for who they are becoming. Amid all these changes, reading plays a powerful role, and schools and parents should strongly encourage students to build their 'reading muscle' during this time, an education expert says.

"In contrast to content on devices, books give children a safe space to explore new ideas, test out possibilities, and imagine life through someone else's eyes. They also strengthen critical thinking, boost vocabulary, and build empathy - all skills that help pre-teens navigate school and friendships with more confidence," says Nalani Singarum, Academic Advisor at ADvTECH Schools.

"Most importantly, reading at this age lays the foundation for a lifelong habit. A child who enjoys books at ages 10 to 12 is far more likely to carry that love into their teenage years, when the pull of social media and other distractions becomes stronger," she says.

A 2024 study of children aged 10 to 12 undertaken by neuroscientists at Columbia University's Teachers College found that reading on paper promoted "deeper reading" with better comprehension and processing of complex texts. It was noted that this age group is pivotal for transitioning from "learning to read" to "reading to learn", making physical books ideal for exploring ideas and imagining others' perspectives without digital distractions.

"Even where children at this age did not previously enjoy reading books, it is not too late to develop a regular and enjoyable reading habit," says Singarum.

"Regular reading during this key developmental

period will support stronger understanding across subjects, better information absorption, and clearer expression of ideas throughout the child's life."

CREATING A READING-RICH HOME

Pre-teens crave independence, yet they still look to their parents for cues. The best way to nurture reading at this age is to show that it's valued at home - not as a school task, but as part of family life.

Practical ways to create a reading-rich environment include:

Bedtime shifts: Before bedtime, spend some time reading side by side. You each choose your own book, then share a favourite line or moment. It shows that reading is for everyone, not just a chore for children. (And no, reading on devices does not count!).

Reading in everyday life: Invite your child to read maps while travelling, menus at restaurants, or DIY instructions at home. These moments prove that reading has value beyond the classroom.

'Word of the day' challenge: Let your child pick an unusual word from a book and challenge the family to use it naturally in conversation. Older children enjoy the playful competition and sense of mastery.

Treasure hunts with riddles: Write riddles or codes your child must solve to find the next clue. Link some clues to favourite books for an extra spark.

Peer power: Encourage your child to swap books with a friend or start a mini book club, to make reading become a social, not a solitary activity.

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KITE FEST FLIES HIGH



The Remax Garden Route Kite Festival, hosted by Masithandane took to the skies for the ninth time on 12 October on the Scarab Village fields, and once again proved itself to be a WIN WIN WIN WIN event. A top class attraction that brought locals and visitors from far and wide to Sedgefield, an opportunity for so many small businesses to trade in stalls around the venue. A family day packed with entertainment, fresh air, and face to face interactions for all who attended, and a sizeable sum of money raised to assist struggling families with the high costs of transporting their children to high school.

Whilst Keith Mould, the original kiter behind the festival, had to cancel his trip from UK at the last minute – an impressive line up of international and South African kiters certainly did not disappoint. With the help of a strong breeze, the skies above Sedgefield were filled with a multi-coloured array of ingeniously designed flying

creations, from a giant panda to a flock of birds to a manta ray – and even a gigantic pair of legs!

There was also wonderful entertainment to be enjoyed on ground level, including the Happy Dogs Agility Show, SAM's Dog Dress-up Parade, The Knysna Pipe Band, Saxophonist Beverly Fowler and local duo Alan and Shelly. Food and beverage stalls kept everyone fed as they wandered the fields not sure which attraction to look at next!

Festival kites were on sale for people to fly in a dedicated public flying area, where mass fly competitions were held. Wonderful prizes won for the highest kites in the sky. Many children and adults brought their own kites and joined in the fun.

Of course, much effort was put in by so many people to make the day run seamlessly. As Masithandane Board Member Celia Kossar reflected “The blessing of the kite festival was the way the community of Sedgefield united to help. Staff, regular volunteers, beneficiaries, friends of friends and donors all showed up to lend a hand and support the activities.” She added that the cherry on the top was the perfect kite-launching breeze. “Yes the wind came at the right time - a divine touch on a special day. Children of all ages were enthralled!”



The Happy Dogs Agility Show has always been a very popular part of the Kite Festival as dogs large and small come along with their owners to tackle the obstacle course.

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KNYSNA MALL 044 312 0973
/ 044 382 0530
next to Pizza Perfect

SEDGEFIELD 044 312 0974/5
Spar Centre, behind Postnet

International and local kiters flew in to be a part of the 2025 Remax Garden Route Kite Festival, filling the skies with flying creations of all shapes and sizes. All funds raised at this successful event will be used for Masithandane's school transport bursaries, enabling teens to attend high school in George and Knysna.



Sedgefield 1 Stop



Enjoy every moment

Loyalty Card

Become a card-holding Wimpy fan, and earn loyalty points towards your favourite meal for FREE.
Cards available in-store
T's & C's apply

Masithandane Chairperson Jacky Weaver was overjoyed with how the whole day came together.

“When I looked around I saw a real sense of true community, with service organisations like Knysna Rotary, Sedgefield Lions and Sedgefield Scouts, NGOs, local businesses and local government as well as Kiters from near and far all taking hands to make the day one of family fun in the sun and skies. The generosity of the sponsors prizes was overwhelming and so welcome. Many an adult and child went away with happy smiles! We could not have done it all without our principal sponsor Re/Max Coastal as well as WESGRO and Garden Route District Municipality. The SABC and our own community newspaper The EDGE did us proud.”

REMAX Coastal

CENTRAL



EXCLUSIVE MANDATE

3 2 1

R2,200,000 SEDGEFIELD RURAL



EXCLUSIVE MANDATE

2 2.5 1

R2,800,000 CENTRAL



EXCLUSIVE MANDATE

3 2 2

R3,150,000 WILDERNESS



EXCLUSIVE MANDATE

4 4.5 3

R14,000,000 HOEKWIL



EXCLUSIVE MANDATE

6 4 2

CHARMING & IN PRIME LOCATION! Jody: 082 043 8805

EXCLUSIVE DOUBLE-STORY VILLA Web ref RXED-1812 Andre: 060 887 6769

LOW-MAINTENANCE DUPLEX Web ref RXED-1776 Andre: 060 887 6769

UNINTERRUPTED OCEAN VISTAS Web ref RXED-1801 Andre: 060 887 6769

INCOME-PRODUCING GEM Web ref RXED-1805 Stefan: 079 692 0513

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 2 November
8am-12 Gardeners and Crafters Market at Steam Whistle Stop. 072 487 0395

Sunday 9 November
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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SCAN ME

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 Editor,
Proclaimed a town way back in 1929 Sedgefield is indeed an old town on the Garden Route... and it shows... However, despite many old, dilapidated and – for lack of a better description – rather tired and sad-looking buildings and infrastructure in the "C B D" and some surrounding suburbs, Sedgefield still retains much of its charm. It boasts breathtaking beaches, tranquil lakes, majestic mountains, lush greenery and an abundance of birdlife – qualities that should make it a jewel of the Garden Route.
Yet, all of this beauty is marred by something that should shame us all: the appalling condition of our streets. They are, quite frankly, a disgrace. Potholes are left gaping for weeks or filled in with shoddy "patches," leaving our roads uneven, bumpy and hazardous... and outright ugly! Driving on them is not only unpleasant – it is dangerous. This state of affairs is an insult to the taxpaying residents of Sedgefield. One can only imagine the impression left on visitors, many of them international tourists, who must

A note of thanks
I was fortunate to spend a week in Sedgefield recently, and as a runner who was training for the Cape Town Marathon, I did not want to lose my momentum in my training, so googled Sedgefield running club. Finding

the Sedgefield Striders, I contacted Belinda Tull who invited me to join their Saturday morning run.

As a slower runner I was nervous I may not keep up, but Belinda's husband Graham kindly hung back as I trailed behind the faster runners. Bomber Webb joined us 'at the back' and I enjoyed a full tour of the beauty of Sedgefield. Over 5km of the 14km route was on the beach, and I am most grateful to the pair for their hospitality in making their Saturday a slow run.

I joined a 10km run on the Tuesday and went to time trial on Wednesday, where again the Sedgefield Striders were welcoming of a visitor. Here I found Jeanne van der Westhuizen running at a similar pace and she kindly switched from her plan of the 4km to the 5km, in order to show me the route. Without the Striders I probably would have run in circles around the town and not had the awesome experience I did.

Sadly the Cape Town Marathon was cancelled, but my awesome runs in Sedgefield will be remembered, thank you.

Maryann Shaw

In memory of Brenda Taylor

22 June 1950 - 3 October 2025

In loving memory of Brenda Taylor, founder of Lifeline Garden Route and Director for 18 years. Sadly missed by all who knew and loved her. Our thoughts go to her family – her son James, her grandchildren Lucy, Gem and Taegyn and her sister Linda.



Brenda was a kind and honest person who always made time for people. She was a confidante and mentor to many. May you rest in peace Brenda. You will be missed greatly by the community of Sedgefield and Knysna.

Rest in Peace Michele McKenzie

It is with deep sorrow that Knysna Sedgefield Hospice announces the passing of Michele McKenzie, shop manager of the Sedgefield Hospice Charity Shop.

Michele served the organisation with unwavering dedication. Through her commitment and leadership, she made an invaluable contribution to the work of Hospice and to the Sedgefield community as a whole. Her professionalism will be remembered by colleagues and volunteers.

We extend our sincere condolences to Michele's friends at this difficult time. Her presence will be missed, and her legacy of service will remain an enduring part of our Hospice family. May she rest in peace. — Knysna Sedgefield Hospice



KEEPING OUR MOUTH TIDY



Isaak Kleintjies and Nicklaus Terblanche have been looking after the parking area at The Mouth for a while now, sweeping and keeping it clean and tidy.

These two men never ask for anything and are doing it of their own accord. They are doing an amazing job and surely also help to keep criminal elements away.

We think they should be encouraged rather than chased away and I'm sure that the occasional handout of food (tinned fish and the like) would be greatly appreciated.

SHARING THE JOURNEY: AN INVITATION TO SPECIAL NEEDS MOMS

As mothers of children with special needs, we know the road can be winding and unpredictable. We've walked the path, juggling therapies, appointments, and the unique challenges that come with caring for a child who sees the world differently. It's a journey that can be isolating, but it doesn't have to be.

Raising a child with special needs is a calling, one that requires patience, love, and perseverance. It's a journey that takes planning, thought, and anticipation of the unexpected. But we don't have to do it alone. Imagine if we could form a community of moms who understand the joys



and challenges of this journey! We're inviting you to join us for a casual gathering to get to know each other. We can share stories, laughter, and if need be, tears. We'll celebrate the little victories and offer comfort in the challenges.

Our vision is to form a network of moms and families who could meet quarterly to share experiences, tips, and resources. We'll invite experts to speak on relevant topics, organise outings for our kids, and simply enjoy each other's company.

Come and join us for tea at Sedgefield Christian Church on Saturday, 25 October, 2:00-3:30pm. As the saying goes, "Troubles shared are halved and

joys are doubled." We're sure we'll all benefit from it, and our kids will too!

RSVP to Tammy Pienaar (082 800 1585) or Michelle Hanekom (060 939 7930) or give us a shout if you have any queries. We look forward to meeting you and journeying together!

SANTA SHOEBOX PROJECT

Thanks to your incredible generosity, we've added another school in Smutsville to our Santa Shoebox list!

Please pledge now at Santashoebox.org.za





EXPERIENCE THE FUTURE OF GOLFING AT SLOW TOWN GOLF, SEDGEFIELD

ADVERTORIAL

Slow Town Golf, the newest state-of-the-art golfing experience in Sedgefield, is opening its doors next to the Sedgefield Gym, Northern Service Road, with a game-changing concept that will elevate your skill and enjoyment. Whether you're a seasoned player or just picking up the clubs, Slow Town Golf offers a cutting-edge venue equipped with top-tier golf simulators that bring the world of golf right to your fingertips.

At their custom-designed premises you will find two of the most advanced golf simulators available: the Garmin R50 and the Flight Scope Mevo+. Both devices use sophisticated technology to provide detailed performance analysis and immersive virtual play, helping you improve every aspect of your game.

The Garmin R50 simulator tracks a myriad of key stats including club head speed, ball speed, launch angle, and spin rates, using radar and sensor technologies. This allows you to understand the mechanics behind every shot, providing feedback that can refine your swing for precision and power.

The Flight Scope Mevo+ simulator enhances the experience by adding complex metrics such as carry distance, total distance, elevation, club path, and even backspin. With its advanced radar tracking, the Mevo+ offers a 3D visual

representation of each shot, giving you insight into your ball flight and helping tailor your practice sessions to target weaknesses and maximise strengths.

Choose your course from thousands of world-renowned golf courses pre-installed on both simulators. Imagine teeing off in the Scottish Highlands, navigating the fairways of Pebble Beach, or mastering the greens of St Andrews—all without leaving Sedgefield! For those wanting focused practice, the simulated driving range option provides detailed analytics on each shot's distance, elevation, club and ball spin, and peak height, offering a comprehensive tool for technical improvement.

Owner Stan Freeme is excited to invite the community to the launch event, hosted over three open days from October 24 to 26.

During these days, all visitors may test out the simulators free of charge. It's a perfect opportunity to experience firsthand how these innovative tools can transform your golfing skills and bring the joy of golf indoors regardless of weather or daylight.

Why wait for perfect conditions or travel long distances for your golfing fix? Visit Slow Town Golf, get expert-level feedback on your strokes, enjoy picturesque courses from around the globe, and engage in a fun, tech-enhanced environment. Whether for serious practice or social four-ball fun, Slow Town Golf is ready to welcome you.

Mark your calendar, bring your clubs or borrow ours, and come and enjoy the future of golf from October 24 to 26 at Slow Town Golf, Sedgefield. Your best game awaits!



CALLING ALL GOLFERS

Here's something you HAVE to experience!

SLOW TOWN INDOOR GOLF SIMULATOR

State-of-the-art technology meets the gentlemen's game! Play any one of THOUSANDS of international golf courses, with real clubs and balls, right here in Sedgefield through this amazing sporting innovation. Bring your own clubs - and your golfing buddies. or simply pop in for a practice swing on our simulated driving range.

**TRY IT OUT FOR FREE
OPEN DAYS
24, 25 & 26th OCT**

072 825 7130

Main Service Rd (North) Next to The GYM



Knysna
Municipality || Municipaliteit || uMasipala
inclusive || innovative || inspired

APPLICATION FOR GRANT-IN-AID 2025/26 FINANCIAL YEAR

Knysna Municipality annually awards grants to deserving non-profit organisations and establishments. Applications are herewith invited from non-profit organisations and establishments who would like to be taken into consideration for such financial assistance for the Municipality's 2025/26 financial year.

Any consideration and allocation are subject to the conditions contained in the approved Grant-in-Aid Policy of the Municipal Council, which is available on the municipal website, <https://www.knysna.gov.za/government/important-documents/policies/> Interested organisations need to consult the policy to ascertain whether they would qualify. The application upon submission must be accompanied by the following documents:

- A Constitution and or Business Plan
- Proof of active membership of the organisation
- Audited Annual Financial Statements,
- Minutes of general meetings held during the previous 12 months, and
- A brief detailed report on spending of the last funding awarded.

As a result of limited funds available, an allocation cannot be made to every organisation/establishment that applies.

Copies of the application forms are available on the Municipality's website <https://www.knysna.gov.za/government/important-documents/policies/> or from Ms. S Mtwa, at telephone 044 302 6346, or by email at smtwa@knysna.gov.za

Applications must reach the office of the Municipal Manager, by post at PO Box 21, Knysna, 6570, by email at knymsna@knysna.gov.za or by hand on or no later than **Friday, 14 November 2025 @13:30**

DR. LULAMILE MAPHOLOBA
MUNICIPAL MANAGER

Municipal Offices
No. 5 Clyde Street
KNYSNA



155071 www.ayandambanga.co.za

SILVER FOR KENT AT THE LOERIES

Last edition we announced that local lass, Kent Jordaan's editorial design entitled "Not Your Mother's Cookbook" had been nominated to win a most prestigious International Loerie Award. We are most proud to report that on 10 October 2025 this talented creative received a Silver award which was presented to her at the International Loerie Awards gala evening held at the Cape Town City Hall.

Kent's submission was toted as 'A bold, editorial styled cookbook made for the girls and young women who are navigating life, independence and late night cravings.'

Whilst four other students at Cape Town Creative Academy won bronze, Kent was the only silver award recipient.



IS YOUR BUSINESS LISTED IN THE SEDGEFIELD BUSINESS DIRECTORY?

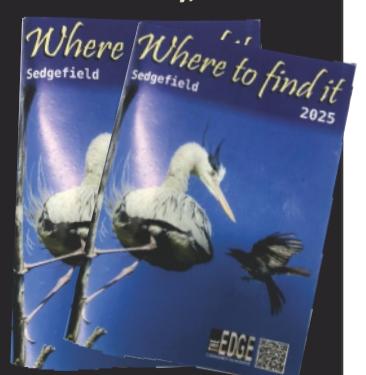
The **Where To Find It** lists Sedgefield businesses for free

An easy to use A-Z listing of all local businesses - from Plumbers to Paragliders, Hairdressers to Haberdashers, Take-aways to Tour Operators ... plus emergency numbers and a handy, fold out street map!

Copies available @ The EDGE offices (63 Main Road), Dolphin Stationers and all local coffee shops. It is FREE.

Scan the QR code to get the 2025 Directory on your phone or PC

Contact us to be included in the 2026 Directory
accounts@edgenews.co.za



CLASSI-ADS

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NB. Classified adverts for the next issue need to be in by Monday 3rd November 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

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 Jacky 0824142133 to book your place.

WANTED: Sedgefield Hospice Shoppe need your second hand goods. Have a clean out and help others with your unwanted items! Please give them a call 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 & Aluminium operating from Stilbaai to Plett. 20 years experience. Precision work & professional service. info@bayhillsa.co.za

CXTIPPERS & DIGGERS - Quality products & service at your doorstep. Tel 044 382 1645

BUILDING PLANS

SACAP & SAIAT Registered Professional Senior Architectural Technologist
Design of New Houses (Modern & Contemporary)
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Approval of Unauthorized Building Work
Swimming Pool & Roof Solar Panel Approval
Subdivision and Consolidation of Erven
Business Signage Application
All Rezoning Applications
Contact Details: Cell: 062 6252 096

COMPUTERS

Hardware, Software & Internet Support
Ken Hampson 072 111 7791



Tortoise Car Hire
044 343 2991
082 874 6245
Based in Sedgefield
Deliver between Mosselbay and Plett

M140 blocks, M90 blocks and stock bricks 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

13. Electrical

Electrical Hardware @ Sedgefield HWare

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

Data capturing/Online work Shelley - 076 866 1239

17. Domestic

Amonie - 063 307 0090
Chipo - 073 099 3405
Joyce - 083 774 0992 Refs
Ongie - 076 891 6703
Rachel - 073 988 8330 Refs
Suzana - 083 337 7660
Thandi - 074 330 9262
Vivian - 078 745 4100

18. Gardening

Alex - 083 691 4672 Refs
Elijah - 060 341 1350 Painting
Essau - 073 241 2878

CHARTERED ACCOUNTANT & REGISTERED AUDITOR

CAMATHER
CHARTERED ACCOUNTANT REGISTERED AUDITOR

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

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

Karim - 083 774 0992 Refs
Steven - 083 337 7660 Housework

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.dialadrunknysna.co.za

KUBI HIRE - Digger Loader for Hire Landscaping & hauling. Craig 073 726 4424

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 7786

OUTENIQUA 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

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

BUILDERS... Contact CX Tippers & Diggers for all your plant hire & aggregate requirements. Quality products & service at your doorstep. Tel 044 382 1645

DAN THE HANDYMAN

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

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

25. Motor Cars/Bikes

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

27. Pets & Livestock

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

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

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.

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.

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

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



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Light Industrial • Pet Blankets
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Beginners to Advanced
Weekend Bookings Only
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FABRIC RUST REMOVER
Various sizes available.
Collect from The EDGE
Enq: Verity 076 619 3659

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SKIPS
Division of Divaris group
Contact Georgou: 079 211 3308

TOYOTA VEHICLE OWNERS OF SEDGEFIELD - You - yes you! 
Are you tired of travelling for your services or waiting in or around town for your vehicle to be ready? KNYSNA TOYOTA offers a pickup service for your vehicle. Renaldo Calitz resides in Sedgefield and will pick up your vehicle to be serviced @ KNYSNA TOYOTA.
If you want to know anything TOYOTA - NEW OR USED - Buying, Selling or Service related - Please call Renaldo 044-3821122 or 0845974734

KNYSNA TOYOTA AUTOMARK CERTIFIED PRE-OWNED VEHICLES

PUBLICLY SPEAKING

by Levaal Davis

Breaking Down the Walls: How Silo Planning Undermines Municipal Service Delivery

Have you ever wondered why the municipality digs up your street to fix water pipes, only to have another team tear it up again weeks later to install electricity cables? Or why you get sent from one department to another when you have a complaint, with no one taking responsibility? This frustrating experience is a result of silo planning, and it happens when municipal departments operate independently, without talking to each other or coordinating their work.

The government's 30-Year Review of democracy, published in 2024, identified this as a major problem. The Department of Planning, Monitoring, and Evaluation (DPME) found that working in silos makes it nearly impossible to monitor government programmes effectively, and it leads to chaotic service delivery. The National Minister of Cooperative Governance and Traditional Affairs (COGTA) recently remarked that service delivery cannot be executed in silos. Yet across South African municipalities, departments continue to work separately, crippling their ability to serve communities in an impactful manner.

Silo planning happens when, for example, departments like water, roads, town planning, and finance each create their own plans, operating procedures, service standards, and budgets without consulting each other. This is bound to cause chaos or, at the very least, frustration or conflict. When departments work in silos, it comes with a great cost to our communities. Water pipes get installed, then roads are dug up again for an electricity line, or new houses are built, but they remain without electricity for months. A further example is where the same street gets repaired multiple times because the road maintenance plan was not coordinated. Additionally, public funds that could build schools, upgrade water pipes, or sewer infrastructure is wasted on duplicated work. Projects get

delayed while departments blame each other, and our rates and taxes unfortunately have to pay for these inefficiencies.

Silo planning is perpetuated because of the way the systems are set up. Each department receives its own budget and protects it fiercely, and managers are rewarded for their own department's performance, so they do not deem it necessary to work together. Different departments use different computer systems that do not talk to each other, and department heads fear losing control of their budgets. Officials worry that working together means more work for them, and different professional groups like engineers, finance officials, and community workers articulate differently and struggle to communicate, empathise, or understand each other effectively. Legal and political complications make things worse as laws sometimes force departments to work separately. Coalition governments or politicians lord over departments as their party's territory, while others interfere in appointments and projects. Then there are those cases where union agreements lock people into narrow job descriptions, and particularly in smaller towns and rural municipalities, there is simply not enough staff to coordinate properly. In other cases, officials have not been trained to work across departments, and there's little commitment to budget together or for joint planning meetings.

Imagine the potential benefits of departments working together. Your street would get fixed once, with water, electricity, and road repairs happening consecutively. Your complaint would get resolved by a team that coordinates, not one that bounces you from pillar to post. Millions would be saved by not digging up the same road three times, and new housing developments would come with water, electricity, and roads from day one. This would ensure that communities would receive services that actually work. Breaking down these silos requires creating shared spaces where departments can work together.

Regular joint planning meetings where all departments collaborate, multi-department teams for big projects rather than



single department ownership, and shared service centres for things like IT and fleet management would help to break down the walls. Additionally, the systems could also be fixed, and information hoarding eliminated by implementing a central database that all departments can access and update.

The Intergrated Development Plan should require departments to submit carefully discussed and articulated joint budgets and plans. Performance measurements should reward collaboration, not competition. To change the fragmented planning culture, municipal managers must lead by example, breaking down the walls themselves. Politics must stay out of project implementation, supply chain processes, and appointments.

Coalition partners must stop claiming departments as their party territory, and officials need training to understand what other departments do and how they do it. Making it easier through simplified legal requirements, compatible computer systems, and adequate staff, especially in smaller municipalities, would support this transformation. Breaking down silos requires courage from leaders and a genuine commitment to serving residents rather than protecting departmental empires. In several municipalities where resources are already stretched thin, working together isn't just nice to have; it is essential for survival and service delivery impact.

Our communities deserve unified, efficient service delivery, and we cannot afford to keep working in silos. The walls must come down so that service delivery can rise. The next time you see the municipality digging up your street for the third time, remember that it does not have to be this way.

ADHD OR CONSTANTLY DISTRACTED? HOW TO TELL THE DIFFERENCE IN TODAY'S 'ALWAYS-ON' WORLD

As October marks Mental Health Awareness Month, attention is turning to how today's fast-paced, digitally driven lifestyle overlaps with the symptoms of adult ADHD. Constant notifications, the pressure to multitask and everyday stress, are leaving many adults wondering whether their struggles to focus and concentrate stem from clinical ADHD or if it's simply the effects of constant distraction.

Abdurahman Kenny, Mental Health Portfolio Manager at Pharma Dynamics says clinical ADHD is characterised by persistent inattention, impulsivity and hyperactivity that often begin in childhood and interfere with daily functioning, relationships and work and school. Yet modern life can create similar traits. Studies show that constant task-switching and "continuous partial attention" can impair memory, reduce focus and increase levels of the stress hormones, cortisol and adrenaline.

"The challenge is that environmental overload and short attention spans can look very similar to ADHD," explains Kenny. "But while constant distraction may improve with boundaries, rest and lifestyle changes, ADHD is a neurodevelopmental condition that often requires medical management."

How technology affects focus and attention

The Global Digital Report 2025, produced in partnership with Meltwater and We Are Social, reported that South African users (age 16+) spend a daily average of 9 hours, 37 minutes on the internet on any device, the highest internet usage rate in the world. The report states that the figure is almost exactly the same as last year, suggesting that many internet users in South Africa have developed (and are comfortable with) an always-online lifestyle.

The report also highlights that South Africa's internet penetration rate is around 78.9%, with 50.8 million internet users, supporting the high usage time statistic. The consistency in usage suggests comfort with constant online connectivity among users in South Africa.

This digital overload doesn't come without consequences. It has had considerable impact on our cognitive abilities, notably on focus and attention. Factors, such as shrinking attention spans due to the consumption of bite-sized content, multitasking, frequent notifications leading to ongoing distraction, information overload and skim reading leading to surface-level engagement and disrupted sleep patterns from late-night screen use, all contribute to diminished cognitive performance and attention.

Recognising the difference

Kenny explains that while technology-induced attention challenges are more environmental and behavioural, neurodivergence has a biological and neurological basis. "This means that people who are easily distracted can refocus and get back on track and doesn't impact the person's ability to get important things done or their daily functioning."

However, people living with ADHD already struggle with attention on tasks, are easily distracted and have difficulty with organisation, making them more vulnerable to the attention-disrupting effects of technology. Added to that is inattentiveness, which presents as overlooking important details, misplacing belongings or forgetting appointments.

Adults who suspect ADHD should begin with a validated screening tool, such as the WHO Adult ADHD Self-Report Scale (ASRS v1.1), which helps identify whether symptoms warrant further assessment.

Kenny notes that if difficulties with focus, organisation or emotional regulation have been present since childhood and impair functioning, then it's important to consult a healthcare

professional.

Tips to improve focus

Whether the root cause is ADHD or distraction, adopting healthy screen habits and lifestyle behaviours help maintain your physical and mental well-being. Here are a few practical tips to help you.

Set digital boundaries:

- Set time limits for device use and set daily time limits on your favourite apps.
- Use only one device at a time.
- Turn off unnecessary notifications.
- Schedule to check your favourite social media or news sites only once or twice a day.

Create tech-free times:

- Plan to stop using your device at a certain time each night.
- Focus on one task at a time.
- Break tasks into smaller steps makes it less overwhelming.
- Move regularly.
- Prioritise sleep and nutrition.
- Spend time in nature.
- Write down distracting thoughts on a post-it or a notebook until you are done working.
- Schedule regular recovery breaks (without a screen), such as deep breathing, yoga, meditation, tai chi, massage, aromatherapy, hydrotherapy and creative therapies like music or art.

Try relaxation techniques to focus attention and increase awareness.

Methods include:

- Autogenic relaxation, which uses calming words and imagery to ease stress.
- Progressive muscle relaxation, where you tense and release muscle groups to notice the contrast.
- Visualisation, which involves imagining a peaceful scene using all your senses.

If you're struggling, don't dismiss it as just part of being busy – the right support can make a significant difference," encourages Kenny.

LEGAL NOTICES

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

NOTICE TO CREDITORS IN DECEASED ESTATES

Estate Number: 022660/2025

Surname: GROVES

First Names: HENRY HERBERT

Date of Birth: 1941-01-26

Identity Number: 410126 5006 082

Last Address: 1 TIPTOL STREET, SEDGEFIELD, 6573 WESTERN CAPE

Date of Death: 2025-08-28

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, SEDGEFIELD, 6573. Email: estates@jvwlaw.co.za Tel: 044 343 2126 Executor: Anton Jordaan

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

NOTICE TO CREDITORS IN DECEASED ESTATES

Estate Number: 024760/2025

Surname: BARNARD

First Names: MAGDALENA

CATHARINA

Date of Birth: 1947-07-20

Identity Number: 470720 0011 084

Last Address: ELANDSKRAAL FARM 203, PORTION 5, KARATARA SEDGEFIELD, 6573

Date of Death: 2025-08-05

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, SEDGEFIELD, 6573. Email: estates@jvwlaw.co.za Tel: 044 343 2126 Authorised Agent: Anton Jordaan

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

SAMURAI

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

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

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

SUDOKU

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

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

PREVENTING FALLS AS YOU GET OLDER

Tips to reduce fall risks and how to recognise when urgent medical help is needed

After road accidents, falls are the second leading cause of unintentional injury and death worldwide and each year, millions more of these accidents are serious enough to require medical attention.

"Although most falls are not fatal, they are responsible for more years lived with disability than drowning, burns and poisoning combined, according to the World Health Organisation," says Dr Letasha Kalideen, a geriatric physician practising at St Augustine's Hospital.

"While children and adults over 60 are considered at higher risk, falls can have serious consequences at any age. Fortunately, there are simple steps we can take to help prevent trips and falls and reduce the potential hazards in environments like our homes or residential care facilities for older persons," she adds.

"There are both individual and environmental risks that should

be considered, and for older people, these should preferably be professionally assessed, because many fall injuries are preventable. Individual risks may include difficulty maintaining balance, poor vision, and side effects of medication.

"In elderly patients, one in every five falls can result in serious injury, such as broken bones or head injuries. As people become less active, they become weaker, which increases their chances of falling. These injuries can have a dire impact on quality of life and make it harder for older people to live on their own."

The following simple tips offer a practical starting point for reducing the risk of accidents at home or in care facilities.

1. Check floors are not slippery, uneven or cluttered.
2. Remove trip hazards and ensure electrical cords are secured out of the way.
3. Ensure adequate lighting throughout the home.
4. Keep active to improve balance and strength.
5. Have regular vision checks.
6. Drink enough water and eat a wholesome diet.

7. Wear well-fitting, non-slip shoes; don't walk around in socks only.

8. Ensure that beds and chairs are at a comfortable height.

9. Remove unnecessary items from the floor.

10. Install sturdy grab rails wherever they may be needed.

11. If you have walking aids and grab rails, use them consistently.

"Older people have the highest risk of death or serious injury arising from a fall, and that risk increases with age. This is why forethought is especially important for prevention where older persons are concerned," Dr Kalideen says. "Falls resulting in head injuries can be very serious, especially if the person is on medication that thins the blood. If an older person falls and hits their head, they should be seen by their doctor as soon as possible to ensure that a brain injury has not been sustained."

Medical emergencies

Serious injuries can occur from falls in occupational settings, home accidents and falls from heights in urban and remote rural areas. Where these accidents can't be prevented, it is essential to take quick action to identify if the person needs urgent medical attention so any emergency treatment required can begin as soon as possible.

Signs that medical assistance is needed immediately:

- If the person is seriously injured or unconscious
- If the person has hit their head, especially in the case of children

- If the injured arm or leg feels numb
- If toes or fingers are white or blue
- If you suspect an injury to the person's neck or back
- If you can see a bone sticking out of the skin
- If the limb or joint appears to be at an unnatural angle
- If bleeding can't be stopped after several minutes of firm pressure
- If blood is spurting from a wound

In any emergency requiring medical assistance, it is helpful to have a fast and efficient way to find it promptly. Ensure the numbers of your doctor, the ambulance service, and, where possible, a close-by friend or relative are loaded and easy to access on your phone.

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Did you know?

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MASITHANDANE
Care and Respite Centre

House Under Grace HUG Huis uit Genade

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CHURCH SERVICES

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

AGS Lighuis
Kontak : Kerkkantoor 044 382 6551
Sekretariesse 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
Sunday 9.00am
Schalk van As - 082 413 8363
(Please bring a chair)

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

Elohim gemeente
Kerkkantoor: 082 896 6387
Pastoor: Hansie Strydom
Evangelisch-Lutherische
Gemeinde SüdKap
Southern Cape Evangelical
Lutheran Congregation
Rondevleihoogte
Peter Lor 076 649 3050

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

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

Ned. Herv. Kerk Outeniqua
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THESE ARE THE CHURCH
DETAILS WE HAVE ON FILE.
PLEASE SEND UPDATED
DETAILS. THERE IS LIMITED
SPACE SO PLEASE ONLY LIST
THE TIME AND CONTACT NO.

New Apostolic Church
Enq: Anthony Davis - 083 641 5027

NG Kerk
Sedgefield: 08.45am
Karatarra: 10.30am
Ds. Marius Coetzee 079 873 3832
Kerkkantoor (044) 343 2033

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

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

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

Sedgefield Seventh-day
Adventist Church
Ph 081 270 7212

St Anthony's Catholic Church
Cnr Sysie / Flamingo Streets
Find us on FB Debbie - 083 242 2808

St Francis United Church
Sunday - 9:30 - Family Service
Teen Church & Junior Church
Every 4th Sunday -
09h30 - Communion Service
Cnr Swallow Drive / Pelican Lane
All welcome! 044 343 1702

Suid-Kaap Christen Familie
Pastor: Leon & Elmarie Terblanche
081 271 1551.
Assist Pastor: André & Soné Rossouw
072 341 7099

Wilderness Christian Fellowship
Pastor: Steve Grewar
044 877 0307 or 083 594 7505

Ladies' Golf

Club Report

Friday, 10 October

Thirteen lucky ladies arrived today ready to play the fun Pink Ball format! In this game, each Three-ball team shares one pink ball, with each player taking turns to play it. If a player completes the hole with the pink ball, she earns double Stableford points — but if the pink ball is lost at any stage, the bonus scoring ends for that team. The ultimate goal? Bring the pink ball safely back to the clubhouse after 18 holes to keep those double points rolling all the way!

The three 3-ball teams took on the challenge with only one team losing their precious pink ball along the way. We also had Almarie Mead and Charlene Blacker, and Elize Mackenzie-Blom and Sylvia de Moor, playing their semi-final round of the knockout competition.

RESULTS:

Winning team: Linda Evans, Brenda Howden, Michelle Gilchrist (125 points)
Runners-up: Eleanor Sparks, Clare Garner, Christina Coetzee (117 points)
3rd Place: Marie Joubert, Ronnie Maingard, Barbara

SEDGEFIELD GENTS' CLUB

Club Report

Thursday, 9 October

A lovely day arrived for the Pink Ball competition, looked forward to by so many Gentlemen golfers (we won't mention either of their names).

In rotation, each player in the team has to play a hole with the pink ball and so with the teams being divided into threes, over the eighteen holes each player has six opportunities to lose the pink ball. As it counts double, if you lose the pink ball you will feel like a doormat in a world of boots because your chances of winning a prize are massively diminished.

After announcing the teams, Captain Brian Gerard thanked Dave Herbst for his very sizeable contribution to the Christmas kitty. Dave did this to celebrate his 70th and the Gents' Club wishes him a very Happy Birthday as well as many more.

With a score of 152, an amount that hasn't been witnessed in

Stableford scoring, but with a twist — after the round, three hole numbers were drawn from a hat, and those scores were deducted from the players' totals.

After a cheerful catch-up and a few stretches on the deck, the ladies set off onto the course, unfazed by the blustery breeze — because as any golfer knows, any day on the course is a good day!

Before play began, Almarie Mead and Charlene Blacker faced off to settle the tie from last



week's match and determine who would meet Elize Mackenzie-Blom in the Knockout Final. It was a challenging playoff, but Charlene sealed her spot with a fabulous birdie on the deciding hole — well done!

RESULTS:

1st Place: Christine Coetzee (33 points)
2nd Place: Clare Garner (29 points)
3rd Place: Almarie Mead (28 points)
Christina played 4 under her handicap.

Nearest the Pin 17 and under handicaps

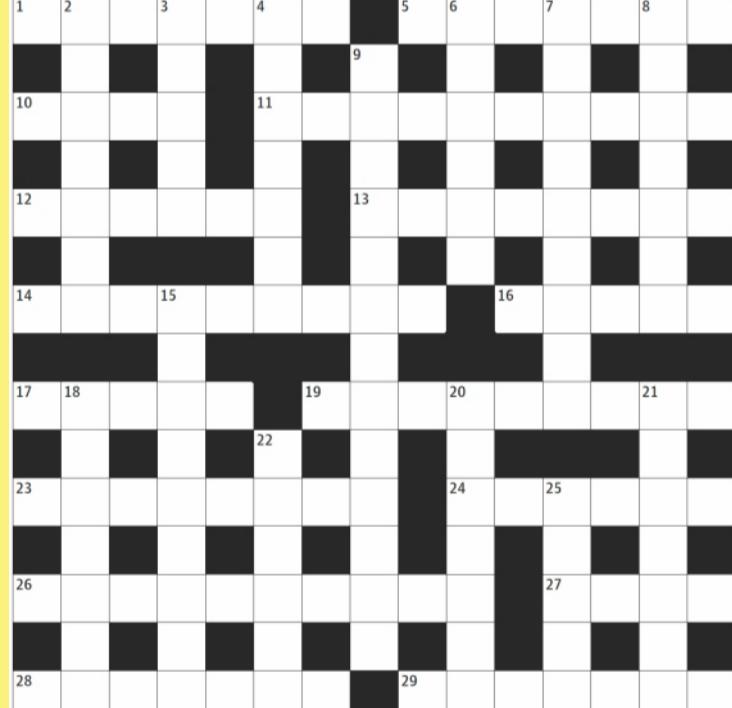
Charlene Blacker (hole 5) and Daleen Schooling (hole 8)
BIRDIES
Elize Mackenzie-Blom (6,13)
Charlene Blacker (11)
Linda Evans (13)



TED'S BRAIN CRUNCHER

Across.

- Man may go to great length to stabilise shelter. (3,4)
- A tax return is Mike's capital, though he suffers regression. (7)
- One of the swimmers feels less of a failure. (4)
- Healthy? Well done! (4,3,3)
- One bad French party ends first with a subtlety. (6)
- Go to the section dedicated to leaks. (8)
- Not all old, the group had a sense of smell? (9)
- Outside bet I'd put on a fixture that's French. (5)
- Following a bonnie river. (5)
- One user or another is wrong. (9)
- Lack of business seeing someone busy. (8)
- To be a Master of Ceremonies at half a feline affair! (6)
- Did your husband lie about the cheese? (6,4)
- Three plus zero makes three. (4)
- What will come out when you give the man a terrible start. (7)
- Lack of leader shows a card is missing.
- That section of the dune qualifies it to be different. (7)
- About the bad side of fibreglass. (5)
- Colour the breakfast provider was referring to, so I hear. (7)



SOLUTIONS FOR LAST ISSUE

Across: 1. Summits 5. Apropos 9. Ad hoc 10. Lithesome 11. Poignantly 12. Era 14. Disappointed 18. Liver sausage 21. Par 22. Managerial 25. Automation 26. Dream 27. Hipster 28. Yardage **Down:** 1. Scampi 2. Mohair 3. Incendiary 4. Salon 5. Antelopes 6. Reel 7. Property 8. Stewards 13. Ringleader 15. Alabaster 16. Slapdash 17. Overstep 19. Cinema 20. Flambe 23. Annoy 24. Emit

Ons, the winning trio consisted of Len Moult, Peter Schnetler and Brian Stewart. In second spot were Niel de Villiers, Dave Malyon and Bill Craig with a miserable 129, followed by Ken Cullinan, Rudy Bosch and Trevor Pahl even further back with 124.

This competition also highlights how bad a group of golfers can be as there was one three ball who only scored 62 points. This in spite of not losing the pink ball and the fact that one of the players has a handicap of 32.

The Captain - a remarkable 79-year-old who, despite his years, still has no need for glasses (he drinks straight from the bottle) - announced that in the following week things would return to normal with an I.P.S. competition.

SOCIAL BRIDGE RESULTS

Thur 9th Oct.

1st. Terry & Keiran 70.6%
2nd. Jeannie & Mark 64.2%
3rd. Johann & Thinus 53.1%

Thur 16th Oct

1st. Keiran & Terry 68.7%
2nd. Shirley & Gail P 59.7%
3rd. Linda & Robyn 58.3%

SEDGEFIELD BRIDGE CLUB

6th October :

1 64.5% Pam & Colin
2 54.1% Johann & Thinus
3 53.1% Paddy & Bernard

13th October :

1 60.1% Kieran & Terry
2= 53.5% Pam & Colin /
Paddy / Bernard

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- Sedgefield -

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The Wine Ghost

The Wine Ghost tasted –
Bon Courage's André's Fame Colombar 2025 and Van Loveren Neil's Pick Colombar 2025

This time the Wine Ghost was challenged to a parallel tasting. Bon Courage (BC) Colombar and Van Loveren (VRL) Colombar.

Appearance: BC - Clear, light yellow colour, no legs. VRL - Clear, very light colour, no legs.

Nose: BC - Gooseberries and sweet melon, with guavas in the background.

VRL - has a long mouth feel, with the guava and nectarine tastes lingering for quite a while.

of guavas, nectarines and yellow cling peaches.

BC - has a short mouth feel, with gooseberry, apple and minerality tastes left in the mouth.

VRL - has a long mouth feel, with the guava and nectarine aromas.

The BC will compliment fish and creamy dishes, whereas the VRL can be enjoyed on its own, or with white meat.

The price range for both wines = R60 - R80.

Because of the general complexity of the VRL, this one is definitely WG's choice.

In Vino Veritas till next time.



THE SPORTS EDGE

CLUB RUGBY SEASON ENDS

by Alvin Witten

The PnP Sedgefield Eagle Stars played their last match for the 2025 club rugby season this past weekend.

Unfortunately the A team did not qualify for the knockout stages of the competition, however the B team made it all the way to the final to face the Riversdale Blues at Outeniqua Stadium in George.

The Riversdale Blues were in command from early on in the game and went on to win the match 39-12. The PnP Sedgefield Eagle Stars finished as runners-up in their respective league. Renier Jantjes crashed over for a try and Luigi Coetze arguably scored the try of the



season as he sliced through defenders from within his own half. Chesco Julies scored one conversion.

"It's still a proud achievement for the team to reach the final and there are a lot of positives to look

back on throughout the season", said Club Chairperson Freddie Hartnick.

The PnP Sedgefield Eagle Stars would like to thank their supporters and sponsors for their generous support

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

NEXT EDGE: Wednesday 5 November 2025 - Issue 727

PLEASE NOTE OUR DEADLINES

(Careful, they tend to fly by VERY quickly)

Display Ads: Email editor@edgenews.co.za by 30 October 2025
Classifieds: (Stuff for sale, jobs, get-rich-quick schemes, secret treasure hints)
Email accounts@edgenews.co.za by Monday 3 November 2025

KINDLY NOTE: Due to the epic craziness of life as we currently know it, our EDGE office may not always be open.
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JOINT MANDATE



Central • R 2.895 million

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Modern finishes throughout this exquisite home in Aviemore Estate

Peet 084 811 9973

JOINT MANDATE



Kingfisher Creek • R 2.995 million

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An International Associate of Savills

TOURNAMENT TURNS 10

The Bongani Soccer Tournament has reached its tenth year, with the 2025 edition taking place from 24 September to 5 October. Once again, the tournament was played at the Smutsville Sports Grounds, with the Astro-turf pitch providing the perfect playing field for 20 teams from Sedgefield, Knysna, Karatara, Rheeendal, Plett, George and Hoekwil.

"We are very grateful to be able to host this tournament on such fantastic facilities," says organiser Bongani Dyani.

Whilst spectators poured through the gates to enjoy the sporting entertainment, fans of Sedgefield teams did not get the results they were hoping for as no local teams managed to get past the group stages.

The final match, played on 5 October between Simunye FC and Bitou Pirates, saw the



Off the Mat

Sedge Bowling Club News



"Lawn bowling is like a relationship - sometimes you're on the same page, sometimes you're in the ditch, but hopefully you're always rolling forward."

After the frenetic, action-packed fortnight we've just had on the greens, this report feels far more in tune with life in our beloved "Slow Town." While we've enjoyed plenty of success across district, club, and social events, the brief lull has given us time to pause, savour our achievements, and gear up for that grand Sedgefield spectacle — Barefoot Bowls!

But before we get ahead of ourselves, let's celebrate the fruits of our collective efforts from the last two weeks.

Eden Fours

• Our Silver Foxes — Charles Fontini, Gerry Botha, Carl Ballan and Dave Baker — narrowly missed top spot, finishing second in the finals and earning themselves a new nickname in the process!

• The formidable team of Ann Dold, Lynn Otto, Ros MacMillan, and Analize le Roux claimed fourth place and a bronze medal.

Eden Invitational Masters Tournament

Our invitees to Eden Invitational Masters Tournament Debi Stanford and Luke Hugill did the club proud, with Debbi placing third and Luke fourth in their

respective sections. Excellent results against top-class competition!

Wonderful Wilize

Our pride and joy, Wilize Botha, led her Eden Under-15B side to a 9-all draw against Western Province — a stellar start to the Envar Buys Tournament at Franskraal. Well done, Wilize — the future's bright!

Club Championship

Our premier competition is heating up and congratulations go to the men's finalists. Dave Cant and Robin Gibbs will battle it out at the club on the 21 October, should anyone be interested in watching a session of really good bowls.

On the ladies' side, congratulations to Kris Raubenheimer, who won her semifinal to make it to the finals.

She will be playing the winner of Ann Dold and Wendy Mack. Both the semi as well as the final should present spectacular bowling and be a treat to watch!

Just a Bit of Fun

The joy of bowls lies not just in the game, but in the friendships and laughter that flourish on and off the greens.

Our ladies, still glowing from Women's Month, enjoyed a

stylish day at the "Grand Ladies Lawn Bowls Affair" in Knysna with Sally Reeves, Debi Stanford, and Adri Ciorovich finishing in sixth position while

Jani Klomp, Sue Crone, and Janet Larkins showed off their Charleston flair. The ever elegant Felicia Gerber, Lynn Otto, and Ronel Elof made their presence felt with Jenny

Williams, Pikkie Nortje and Wilize Botha adding the perfect touch of grace and poise.

At the **Leisure Isle Ladies Day**, Ann Dold, Lynn Otto, and Ros MacMillan stunned the greens by scoring a nine on one end — the bowling equivalent of a hole-in-one! We trust the insurance claim covered the obligatory round at the bar.

Not to be outdone, our gents — Dawid Malan, Trevor Jones, and Barry Gerber — finished a strong eighth out of 24 teams at the **Groot Brak Men's Trips**. Bravo, lads!



the pub was up to meeting the demands of adequate and in some cases enthusiastic rehydration.

By 16h00 the buzz was palpable as 36 teams took to the greens. Once the "Let the Games Begin!" call rang out, the evening rolled into a blur of fun, friendly rivalry, and the occasional barefoot victory dance.

Congratulations to the Sedge Town Rollers, (seen above) who stormed ahead with 18 points to take the first leg. Second place was hotly contested between South Coast Real Estate, Legends 3, and the Go Green Grans, each with 12 points.

Here's to good bowls, great friends, and enough laughter to keep the greens rolling until next time!

"Keep your eye on the jack and your ear on the gossip ... Both are important!"

TIDE TABLE

22 Oct - 04 Nov 2025

• Full Moon 5 November 2025

Wed Oct 22 2025	low tides 09:36 22:02
high tides 03:49 15:51	
sunrise 05:39 sunset 18:48	
moonrise 05:48 moonset 19:55	
Thu Oct 23 2025	low tides 10:02 22:28
high tides 04:16 16:17	
sunrise 05:38 sunset 18:49	
moonrise 06:17 moonset 20:54	
Fri Oct 24 2025	low tides 10:29 22:54
high tides 04:42 16:42	
sunrise 05:37 sunset 18:50	
moonrise 06:52 moonset 21:53	
Sat Oct 25 2025	low tides 10:57 23:22
high tides 05:09 17:09	
sunrise 05:36 sunset 18:51	
moonrise 07:34 moonset 22:50	
Sun Oct 26 2025	low tides 11:26 23:53
high tides 05:37 17:38	
sunrise 05:34 sunset 18:52	
moonrise 08:20 moonset 23:43	
Mon Oct 27 2025	low tide 12:03
high tides 06:09 18:15	
sunrise 05:33 sunset 18:53	
moonrise 09:14 moonset -	
Tue Oct 28 2025	low tides 00:29 12:53
high tides 06:53 19:07	
sunrise 05:32 sunset 18:54	
moonrise 10:13 moonset 00:30	
Tue Nov 04 2025	low tides 08:22 20:54
high tides 02:22 14:37	
sunrise 05:25 sunset 19:00	
moonrise 18:00 moonset 04:18	

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