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Keeping Ben Olivier entertained since 1998

Issue 727

www.edgenews.co.za

5 November 2025

HOUSING - STILL SEDGE'S HOTTEST POTATO

It seems that Sedgefield is set to be continually plagued with land issues, setting communities against one another as more and more informal houses spring up.

The last two weeks came close to erupting into riots during a face-off between some Smutsville residents and local authorities, as more than sixty informal homes sprang up on municipal land behind the old 'U-Save' supermarket building.

Historically hesitant in taking action against this sort of offence, this time round Knysna Municipality management threw down the gauntlet and initiated court orders to have the structures dismantled and removed.

Structures made of anything from corrugated iron to cardboard, even simple camping tents popped up all over the grounds, despite regular warnings from Law Enforcement and SAPS members.

An initial order had been granted by the courts on 24 October, demanding that those at the beginning stages of informal home construction should cease and desist their actions. But this didn't seem to serve as a realistic deterrent, and building continued.

Hence the local authority's decision to take further legal action to prosecute those who had ignored the first court order.

"A docket has been opened at the Sedgefield SAPS office for contempt of court," explained Dr Richard Martin, Acting Municipal Manager at the time, adding that the interim court order was issued by the High Court of South Africa to evict illegal land invaders from municipal owned properties next to U-Save AND on the dunes in Smutsville.

"We are compiling a list of individuals who have illegally built and occupied any structures on the identified properties and individual dockets will be opened for trespassing and the contravention of the interim court order. We are also breaking down half-built illegal structures on the properties."

Whilst some heaved a sigh of relief at the Municipality's actions, others were desperate enough to keep building.

Frustrating History

The occupied land behind Usave is earmarked for the Sedgefield Infill Housing Programme, set to deliver more than 150 serviced sites during its first phase, for which many have been patiently waiting.

"Continued illegal occupation of this site will jeopardise this R10.7 million housing project. I once again ask that all residents cooperate with officials during this time," Dr Martin said.

But many residents of Smutsville are far from convinced the infill housing will ever happen. Understandably so, as the only movement on the project for years has been a continuous jumping on and off the Knysna Municipal Budget.

Many will remember promises made in the first quarter of 2019, after a second housing march in as many years had led to a riot in Sedgefield including clashes with Public Order Police members and the blocking of



Public Order (riot) Police Members watch over the municipal property as many swiftly built informal houses are removed.

the N2 by angry residents. As reported in The EDGE of 20 March that year, the municipality managed to subdue the riot by presenting a timeline for the construction of 220 subsidised homes in the Smutsville Sizamile suburbs – with the promise of building commencing 'within 10 to 12 months'.

Six and a half years later there is still no sign of a single building block being laid down.

The Municipality maintains that the project is still on the cards and that the transgressors are violating the rights of approximately 300 people who will be formal housing beneficiaries. "These include individuals representative of the disabled, elderly, military veterans and child-headed households, who have all been pre-screened by the provincial government," Dr Martin said on Friday, "We will prosecute these transgressors to the fullest extent of the law to protect the interests of our residents. Members of the community who are engaged with this – and any other – type of illegal activity are urged to desist immediately."

"We have appointed a service provider to assist in deconstructing and removing illegal structures from both the properties next to Usave and the Sedgefield Dune," the Acting Municipal Manager continued, "Around the clock security will prevent any further construction or illegal occupation. The cluster will implement an over-arching anti-land invasion plan."

He says the interim order and interdict recognise the situation as a matter of urgency, ordering that the land invaders may not erect any structures on the land in question; they may not enter the existing unlawfully erected structures; and they may not enter the property in question.

Meanwhile, despite a 2020 court order, houses are continuously being erected on the crest of the ecologically sensitive dune over-looking Groenvalei, whilst others are popping up on the dune between 'Die Gaatjie' and Myoli. It seems almost certain that as generation after generation of Smutsville residents face a future of no space in which to live with their families, unless land that is safe to build on is identified by the Municipality, this hot potato is only going to get hotter.

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Notes from T'Ed's Head

PHEW!

That was a VERY close shave.

I almost lost it, and that would have been disastrous, I tell you.

I'm talking about the MAN BOOK. The must-have book that every manly man should have stored in the safest of safe places.

Some of you may recognise the title: 'The Reader's Digest Complete DIY Manual' – though many of us know it better as the 'Book of Wonder and Magnificence'.

It's not just a book. Oh no. It's TWO Books, carefully contained in one wraparound thick, practically indestructible, plastic cover – with a locking latch to keep the kids (and possibly even the wife?) out of its precious pages.

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Dining room tables, garden paths, a built-in braai, even a full kitchen conversion – it shows you how to do it all in superb, fully illustrated detail.

So, you will understand yesterday's apoplexy (I screamed like a girl, I'm embarrassed to say) when I discovered, horror of horrors, that Mrs Ed had put it in the 'to go' box.

Can you believe it?

Downright emasculation, I say.

"You can just use Google," she hissed, as I tearfully rummaged through the cardboard carton containing not only the DIY DIGEST, but also four Stephen King books AND my Illustrated Bay-Watch Annual, "But be honest - When did you last use this book? In fact, when did you EVER use it?"

She has no idea. No. Idea. Whatsoever.

Because it's not about actually USING the book, is it? It's about HAVING it.

Such knowledge. Such craftsmanship. Such independence.

It's like having an extra (macho)

hard drive in your brain, just waiting to be accessed.

Yes, I am willing to admit that I haven't actually ever built that 'Terrace Furniture / handy Storage Unit' (page 45), but oh, it feels good to know that I could, if I wanted to.

Likewise, should ever we be overcome with an unquenchable desire to lower the bathroom ceiling, by 10 inches or so (pg 56), I would know exactly what tools and timber I would need, and the methodology to do it PERFECTLY.

And she was prepared to give all this potential away?

I guess the Reader's Digest Complete DIY Manual is what I would call a 'Man Must Have Thing'.

Something I have, and want, and will always consider My Precious (*Thanks, Mr Tolkien*), though when I will actually use it remains a mystery that only time will reveal.

Oh, I WILL use it. Of course I will. One day... you just watch me.

If I think about it, there's actually quite an array of other Man Must Have Things in my home. And if I think about it a bit more (I'm going to need a nap any moment) it's the Man Must Have Things that regularly result in er... heated, strong-willed debate between me and Mrs Ed.

Of course, I always win – every time. Though often (well, usually, to be honest) I am alone in the car driving away when I deliver the winning rebuttal to her ridiculous argument.

Yes. Being the peace-loving coward soul that I am, I find the best outcome of these ... er ... debates ... is to load the (somehow offending?) Man Must Have Things into the car, with a promise to drop them off somewhere, then sneak them back into the house a while later. Sometimes I ask a friend who has experienced similar oppression to store them for me for a week or two.



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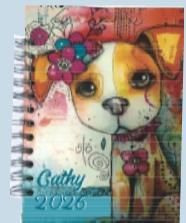
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DIY Manual, and I'm proud to tell all my fellow DIY men out there, that I am now using it Every Single Day. Yep – even as I write this missive, I am using that wonderful book, like I always said I would.

You see, even though I have always known it to be The Book of Wonder and Magnificence, not even I would ever have guessed it would be precisely the

right length, breadth and thickness needed to lift my PC screen to the most comfortable eye level I have ever experienced.

Thank You Reader's Digest. May your legendary pages live on to serve future generations of men as well as they have served us.

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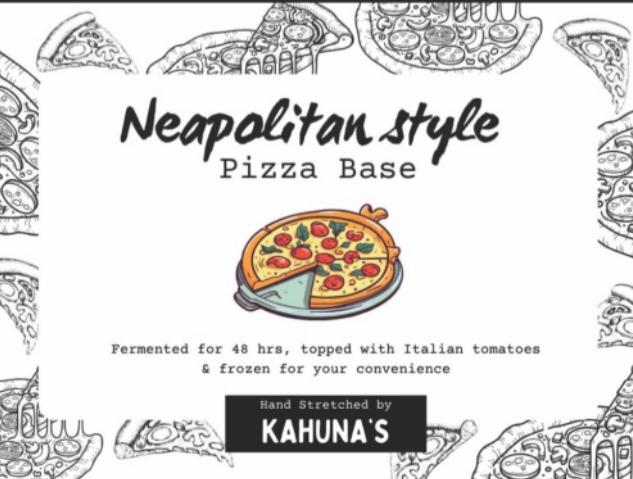
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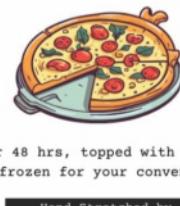


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MELODRAMA GIVES R200 000 TO CHARITY



The cast and crew of this year's Melodrama made huge money for local charities.

On Saturday, 25 October, the cast and crew of Sedgefield Melodrama 2025 came together to celebrate the stars of this year's show and to hand over R200 000 funds raised to their selected charity beneficiaries. In the 16th year of show's existence, Melodrama 2025 was truly one for the record books, exceeding total income far above any previous year.

"A comparison to the 2024 figures speaks to the success of the 2025 show," said Producer Margie van Rensburg. "Ticket sales increased by 36%, auction income by 93% and add sales by 84%."

These bumper figures allowed for generous donations to a number of good causes: Redfern Shell Hole MOTHS received R10,000, Sedgefield CCTV Project - R25,000, NSRI Station 23 Wilderness - R45,000, Rondevlei Learning Centre - R50,000, and Sedgefield Lions - R70,000.

Laerskool Sedgefield Primary's coffers were also plumped up, thanks to the R35 000 paid to them by Melodrama as rental for

the school hall for three months of rehearsals and performance nights.

Margie explained that the Directors of Melodrama NPC had decided early on to choose fewer beneficiaries, and thus give more impactful financial assistance for each one. As such five charity organisations had been selected.

"We are delighted to report that all donations made will go directly back into our local community!" she said, "Two other donations totaling R20 000.00 were also made to beneficiaries who were not included on the initial list, but were identified as worthy causes by the NPO Directors."

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Invited guests at the hand-over included representatives from the Sponsors of the 2025 show - Pick n Pay, Oasis Water, Xerox Eastern Cape and Engen / Wimpy.

Following the formal handover of donations, the atmosphere shifted up to even higher celebrations as awards were presented to the talented cast and crew. The winners (unfortunately too many to mention here) were selected through a voting process by their peers.

"I wish to express my heartfelt gratitude to the Sedgefield community for their generous support of this fund-raiser." Margie Van Rensburg.

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Over the last few weeks we have assisted with catering costs for the much-loved Barefoot Bowls tournament, keeping the members of all the teams well fed.

Last weekend we saw the fruits of our involvement in the 2025 Melodrama, when the production team hosted a special function to hand out over R200 000 to local charities.



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Talking Conservation Drie Valleyen

The legacy of Jane Goodall

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

Dr. Jane Goodall, naturalist, and founder of the Jane Goodall Institute was a remarkable example of courage and conviction. She worked tirelessly throughout her life to raise awareness about the threats to wildlife, promote conservation, and inspire a more harmonious, sustainable relationship between people, animals, and the natural world. She passed away on the 1st October, this year.

Jane Goodall was known for her lifelong study of wild chimpanzees in Gombe, Tanzania, one of the longest running wildlife research institutions in the world. However, in the latter part of her life she expanded her focus and became a global advocate for animal welfare, species and environmental protection, human rights, and other crucial environmental issues. She urged us to remember that "every single one of us makes a difference every day – it is up to us the kind of difference we make." For more than six decades, Goodall carried a message that was consistent, clear, and insistent: our fate is bound to the fate of the natural world.

Her legacy continues with the ongoing research at Gombe, and the chimpanzee sanctuaries established by her. I had the opportunity to visit her chimp sanctuary near Pointe Noire in the Republic of Congo. The kindness, empathy, and professionalism with which her carers look after, and socialise the chimps in captivity, and eventually re-introduce some back into nature, is unforgettable. Her legacy cannot be reduced to one discovery or one campaign. She was a scientist who redefined animals, a thinker who refused the split between reason and

reverence, a pragmatist and a mentor who invested her credibility in the young.

Dr. Jane Goodall's impact on environmental conservation is profound and enduring. She transformed our understanding of animal behaviour and challenged the boundaries between humans and other species. Her discovery that chimpanzees use tools—a trait once thought unique to humans—redefined scientific thinking and inspired generations of researchers. She also demonstrated that chimpanzees had inner lives, she blurred the categorical statement that placed humans above other animals. Her work became foundational not only for primatology, but for animal welfare and environmental ethics. Her work was not only scientific, but moral. Her research continues to yield insight into primate behaviour and ecosystem health.

Beyond her scientific achievements, Goodall became a global advocate for environmental protection. She tirelessly campaigned for wildlife conservation, habitat preservation, and animal welfare, emphasising that humanity's fate is inseparable from the health of the natural world.

She also founded Roots & Shoots, a youth-led movement active in over 140 countries, empowering young people to act for people, animals, and the environment. Her faith in the youth was not naïve. She knew the world they were inheriting—extinctions, climate disruption, inequality. But she argued that cynicism was toxic for the young. Where older audiences asked if it were too late, younger ones asked what they could do next.

Goodall was also a defender of the knowledge of Indigenous people. "If you want conservation to work, you must involve the people who live there," she said. "If they are not part of the solution, there will be no solution." Excluded communities were unlikely to



Dame Jane Goodall

support conservation goals. Those who benefited from sustainable use often became its fiercest defenders. Her message was consistent: respect for animals, respect for the natural world, and respect for the people who depend on it.

Jane Goodall embodied a disciplined, action orientated hope. She believed that hope requires action, not just optimism or slogans. Her hope was grounded in real experiences – witnessing environmental recovery and young people overcoming challenges. She saw hope as a responsibility, urging everyone to take meaningful steps, no matter how small, to address global issues like extinction and climate change. For her, hope meant actively working for change, such as planting trees, speaking out, voting and mentoring others. Her authority came from her direct experiences. Her credibility is rooted in acknowledging both sides but always emphasising that positive change must prevail.

Jane Goodall's life reminds us that hope is a responsibility, and that caring for the planet is everyone's responsibility. What is your hope, linked to action, for your environment?

SEAL SAFETY FOR SEASON

The public is urged to exercise caution and follow safety guidelines during the upcoming summer holiday season when encountering Cape fur seals.

While these marine mammals form an integral part of our coastal ecosystem, it is crucial to recognise that human-wildlife interactions can have severe consequences. Recently, reports of aggression related to positive rabies cases have been noted in Cape fur seal populations. Seals may also carry other diseases that can be transmitted to humans and have sharp teeth that can cause physical damage.

It should be noted that activities that disturb seals in general are illegal without a permit, according to the NEMBA (National Environmental Management: Biodiversity Act) TOPS (Threatened or Protected Species) regulations. These activities include petting, as it disturbs the animal's natural behaviour and exposes humans to potential dangers such as bites, scratches, infections and disease. Even in instances where a seal pup is found on a beach, people should avoid interacting with the animal. The public should contact the authorities who are trained and equipped to rescue and care for such animals.

While it is common for seals to haul out on beaches to rest, it is important to recognise any signs of distress or abnormal behaviour when encountering a them. Seals may display defensive behaviour if they feel threatened or are injured. They may be aggressive or disoriented if infected by rabies. Rabies can be transmitted through bites, scratches or direct contact with saliva and is fatal for both humans and unvaccinated animals.



IMAGE CREDIT: Scott Ramsay/CapeNature

The public is urged to stay away from seals and not to touch or engage with them. Swimmers and surfers must be extra vigilant while in the sea. If a seal is spotted, exit the water immediately and if you suspect it may have rabies, report it to the lifeguards or municipal authorities.

"As we approach the busy summer season, I remind everyone that Cape fur seals are wild animals. Even well-intentioned interactions can have serious consequences for both people and the animals," said Dr Ashley Naidoo, CEO of CapeNature. "We urge the public to act responsibly, avoid contact, and immediately report any abnormal or aggressive seal behaviour to the authorities."

In case of a seal bite/scratch/lick:

- If a seal bites/scratches someone in the water, the beach will be closed immediately, marked by the activation of a shark siren and the raising of a shark flag, if available.
- Shark spotters or lifeguards will promptly notify CapeNature and the State Veterinarian, who will provide guidance on the necessary action. Municipal Disaster Management and appropriate Marine Stranding Networks will also be informed.
- Lifeguards or first responders will monitor and track the seal's movements.

A video of the seal's behaviour should be captured if possible and sent to CapeNature on 083 236 2924, including a location pin. This will be placed on the appropriate stranding network for advice and planned reaction.

If your pet has been bitten or scratched by a seal, consult the local state veterinarian. Provide details of the incident, including wound type, treatment received, and vaccination history. Follow the same wound-cleaning protocol for pets as for humans. Ensure your pets are vaccinated against rabies as this is the only means to protect them against this deadly disease. It is a legal requirement for all dogs and cats in South Africa to be vaccinated against rabies.

GARDENING ... GET TO THE ROOT OF IT

by Slade West

Beating the Drought (and not drowning)

Water is one of the most underrated aspects when it comes to the health of your garden. Yes most of us know that plants need water to grow, but how much is enough and how much is too much?

There is no simple answer to that question as there are many variables involved, but there are some simple principles to follow to get you on your way.

Why is water important?

Some plant species can consist of up to 90% water and all plants use water to "eat" or transport nutrients from the root zone up into the foliage and plant material. When there is either too much or too little water in the root zone, this causes a disturbance in the flow or uptake of water

through the plant and as a result, can upset the uptake or availability of certain essential nutrients. This can show in the foliage of the plant changing colour and looking nutrient deficient, sometimes leading to gardeners adding more fertiliser unnecessarily or applying more water when there is already too much.

So how can we tell if our soil is too dry or too wet?

The most practical way is to physically observe. There are moisture meters on the market but most of the cheaper ones are very inaccurate and not helpful, while the better ones are often more costly than a home gardener is willing to invest. If growing in pots, one can feel the weight of the pot if small enough to lift or move. Sticking a hand or finger into the soil can also give you an idea of the content. Aim to feel at least 10cm deep into the soil,

does it feel more wet or more dry? Simply looking at the top layer of soil will not work. When growing in large pots, containers or in the ground, the only way to check without a good moisture meter is to dig into the soil. Aim 10cm to 20cm deep into the soil, this will give you a good indication of how much moisture is in the root zone area and will give you a better idea as to whether more water is necessary or not. The more often you check, the better idea you will have, however I would suggest at least once per week. With the lack of good rainfall and current water shortages, keeping our garden soil moist enough can be a challenge (especially in our more sandy areas). If you do not have access to ample rain water or a borehole, then adjusting your soil accordingly can make a huge

difference. Mixing good quality compost into your soil has a number of benefits and it will also greatly improve the water holding capacity of your sandy soil. This, alongside good mulching practices can make all the difference especially during the dryer periods. There are many good mulching options. Whichever you decide to use, make sure you apply a good thick layer and remember to top up this mulch layer once it starts to thin out.

Overwatering (especially in pots) and under watering are probably the most common errors I see gardeners making. It is bound to happen at some point in all of our gardens, but the takeaway is to be observant and aware of what is happening in your soil and act accordingly rather than just guessing. Water is life. After all, we are practically all water ourselves.

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WALEAF CHALLENGES WATER EXTRACTION APPROVAL IN GROENVLEI CATCHMENT

The Wilderness & Lakes Environmental Action Forum (WALEAF) has lodged a formal appeal against the re-approval of a water-use license that permits extensive groundwater extraction for commercial avocado farming by PG Bison Southern Cape (Pty) Ltd in the Groenvlei catchment area, near Sedgefield. This challenge comes amid their rising concerns over ecological degradation, water security, and the long-term sustainability of the area's unique freshwater resources.

The contested license, issued by the Department of Water and Sanitation, allows the renewal of water abstraction rights originally granted after the devastating 2017 Knysna fires. WALEAF's appeal criticises the license for lacking sufficient environmental safeguards and for expanding water extraction infrastructure without adequate public consultation or scientific justification.

Groenvlei is the Western Cape's sole freshwater lake within the globally significant Cape Floristic Region, classified as critically endangered in South Africa's National Biodiversity Assessment (NBA). Situated entirely within the Goukamma Nature Reserve, the lake is recognised as a Key Biodiversity Area and part of the Garden Route Critical Biodiversity Areas network. It supports endemic aquatic species such as the estuarine round-herring and the Cape silverside, alongside being home to South Africa's only known freshwater stromatolites, microbial formations essential for carbon fixation and ecosystem health.

Professor Amanda Lombard, a coastal and marine scientist at Nelson Mandela University, has backed up the WALEAF appeal with her own strongly worded objection to the license approval, citing over 15 years of ecological research. She warns that ongoing water abstraction, coupled with land transformation from pine plantations to water-intensive

avocado orchards, will severely impact the catchment's hydrology, biodiversity, and ecological balance.

A key point raised by WALEAF relates to the risk of saltwater intrusion into the freshwater aquifers underlying the area. Their October 2025 appeal details that freshwater in the Southern Cape is increasingly becoming saline due to reduced inflow from drought, invasive vegetation, and over-extraction. Scientific literature notes that abstraction near coastal zones can lower groundwater tables, allowing seawater to infiltrate freshwater aquifers.

WALEAF emphasises the potential irreversible contamination of groundwater supplies critical to surrounding human communities, including Sedgefield, currently facing water shortages leading to emergency water deliveries. They highlight the economic risks of aquifer salinisation, referencing global examples where crop yields and water quality have suffered major losses.

Specifically, they question whether BOCMA (the regulatory authority) has conducted the necessary hydrogeological assessments to evaluate impacts on both aquifer recharge and potential saltwater intrusion caused by the proposed additional boreholes, including a controversial new borehole not initially disclosed in the licensing documents.

Both appeals highlight that avocado orchards require significantly more water than pine plantations, which are better adapted to native rainfall and drought conditions. The transition to avocado farming will, they believe, involve consistent irrigation, fertiliser use, and pesticide application—all of which pose risks of nutrient run-off and chemical contamination affecting Groenvlei's delicate ecosystem.

Professor Lombard raises concerns about habitat

fragmentation and the erection of impenetrable fencing to protect avocado orchards, which threatens to disrupt movement corridors for native wildlife species such as otters, badgers, baboons, and velvet monkeys. WALEAF adds further worries about the potential conflict with primates attracted to avocado fruits, noting reports of unethical retaliations against animals in the region.

WALEAF criticises the process around the water use license, suggesting a lack of clarity on whether required environmental impact assessments (EIA) or basic assessments have been conducted under national legislation such as the National Environmental Management Act (NEMA) and the Protected Areas Act. They also flag the absence of authorisation from the Department of Agriculture regarding land-use change from pine plantations to avocado orchards.

Concerns extend to the adequacy of stakeholder engagement and transparency, with WALEAF pointing out that initial objections lodged in 2023 remain unanswered on key questions relating to cumulative environmental impacts and water supply implications.

Underlying both appeals is a critical question about resource prioritisation. WALEAF stresses the need to balance local water security for human consumption and ecosystem sustainability against commercial agricultural expansion aimed at international export markets.

"There is an urgent decision to be made whether to protect local water resources for community welfare or to allocate scarce water to large-scale avocado farming," states the WALEAF letter. They argue that issuing licenses favouring export-oriented business interests over local residents and the environment sets a dangerous precedent in an era of climate uncertainty and growing water scarcity.

KNYSNA MUNI AND PG BISON EXPLORE WATER PARTNERSHIP

A meeting was held on the 28 October 2025 between the Knysna Municipality, led by the Knysna Executive Mayor Councillor Thando Matika, Municipal Manager Dr Lulamile Mapholoba, and officials, together with representatives from PG Bison, to discuss potential collaboration on water supply solutions for the municipality.

The engagement focused on exploring how PG Bison could assist the municipality with access to groundwater resources from the well field located on Southern Cape Forests Fairview Farm.

The well field, originally developed after the 2017 fires to preserve burnt timber, has proven to yield a substantial and good-quality groundwater supply.

During the meeting, the municipality outlined its ongoing water supply challenges, including reduced river flows, limited storage capacity, and operational borehole constraints, factors currently affecting water quality and supply, particularly in Sedgefield. The discussions also touched on potential short-term emergency interventions as well as long-term sustainable solutions to strengthen Knysna's water security.

A technical overview was provided of the well field and its operational history, highlighting its capacity, water quality, and potential to support municipal needs. Both parties expressed commitment to continued engagement through a technical working group to explore feasible, mutually beneficial water supply options.

This dialogue reflects the municipality's commitment to securing reliable and sustainable water resources while strengthening long-term planning to better serve all communities.



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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
7am 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 Jukkskei 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.

Every 3rd Saturday
3pm G R Astronomical Society meet at the George Botanical Gardens. 083 743 1690

Sundays
7am Eden Cycling Club Group Social outside departs Cycle Worx. All welcome.

Sunday 9 November
8am-12 Car Boot Sale at Steam Whistle Stop. 072 487 0395

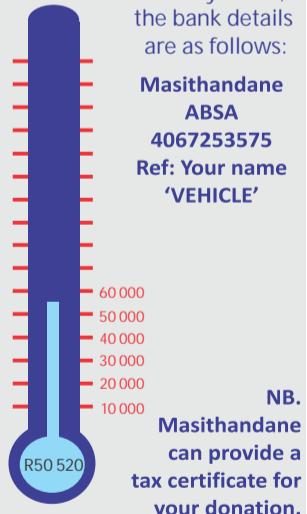
Should your association, Charity or group have any forthcoming events please send us details so that we may publish them in our next issue!

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RESIDENTS ASKED TO REDUCE USAGE AS WATER RESTRICTIONS REMAIN IN PLACE

July 2017."

The following apply under level three water restrictions:

- municipal potable water is for human consumption only;
- the watering of gardens is prohibited (the use of hosepipes, irrigation systems, watering cans, buckets or any other receptacle for gardening and other purposes is not allowed);
- the washing of vehicles and/or boats is not allowed;
- domestic consumption must be limited to 20 KI per household per month, and water restricting/management devices will be installed for transgressors;
- business consumption is to be reduced by 30% on the previous year's monthly average consumption (except car washes), and water restricting/management devices will be installed for transgressors;

While much of the Garden Route enjoyed good rainfall over the weekend, prevailing weather conditions do not present, nor predict, a break in the ongoing dry conditions.

"Council declared a local drought disaster in terms of

Section 55 of the Disaster Management Act, Act 57 of 2002, on 23 March 2017,"

Mapholoba explained. "This was supported by the Garden Route District Municipality and the Provincial Government. Consequently, level three water restrictions were implemented in

- areas where households receive a free basic water allocation will be limited to 6kl per household per month (200 litres per household per day);
- flow restrictors are to be installed in all standpipes;
- the stage two drought tariff is triggered; and
- penalties will be issued for violations.

"Remember that there is a difference between water restriction levels and drought situation levels," said Mapholoba. "Water restrictions are regulatory measures that tell us how to manage our water consumption during times of scarcity. Drought situation levels are tiered tariff- and water supply management measures that are implemented to control levels of water consumption relevant and appropriate to varying degrees of water scarcity."

"This is not new news," he concluded. "We have been living under these conditions since 2017. We must be reminded that our water is scarce, and that we must use it sparingly and with respect."

Memorable Order of Tin Hats

REDFERN MOTH'S ARMISTICE DAY PARADE 2025 INVITATION TO LAY A WREATH

Members of the public are cordially invited to lay a Wreath in memory of the Fallen. Those who gave their lives for their Countries during the two World Wars, the Korean War and other Theatres of Conflict.

DATE: Tuesday 11 November 2025

TIME: 10H30 – seated by 10H40

VENUE: SEDGEFIELD / MOTH MEMORIAL

Should you accept this invitation, you are requested to hand in your wreath and be seated by 10h40. You will receive the necessary guidance on the day as to the formalities of the parade and at the appropriate time during the ceremony you will be called upon to lay your wreath.

Dress code: Appropriate military attire with medals, formal legion / MOTH attire with medals, formal youth organisation uniforms or school uniforms. Public – smart dress.

Your attendance at the parade would be most appreciated; we look forward to welcoming you to the MOTH Memorial.

YOURS UNDER THE TIN HAT
Moth Willie Swart
OLD BILL REDFERN SHELLHOLE

SAM'S PRE-LOVED DECORATION SALE!

Christmas 2025 countdown has begun and what better way to start the Season of Giving than to supawt SAM's pre-loved Christmas Decorations Fundraiser!

Find bargains galore!...from pre-loved Christmas Trees, tinsel, baubles, lights, decorations to wreaths, tablecloths and gift bags. All funds raised go directly towards caring for animals in need and Sedgefield Animal Matters (SAM) depends heavily on the support of the local community.

Join us at the courtyard outside the SAM Charity Shop on Sat 8 November 2025 between 9am and 1pm. Baked Christmas treats and delicious SAM muffins will be on sale.

SAVE THE DATE:

Sat 8 Nov'25
from 9am –
1pm, SAM
Charity Shop, 4
Swallow Drive,
Shop 10
(opposite
Sotheby's)



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KEEP FLIES AT BAY WITH THE FLY PORTAL TRAP

Advertorial

Are flies buzzing around your space, causing annoyance and frustration? I understand the struggle firsthand as I used to manage a chicken breeding farm, next to a horse stud farm, which is why I'm excited to tell you about a revolutionary solution to your fly problem.

Introducing the Fly Portal Fly Trap!

After three years of relentless development and trials under the blazing African sun, we're thrilled to unveil the ultimate solution to your fly problem: the Fly Portal Fly Trap!

What makes it stand out?

- Innovative Design:** Crafted to fit seamlessly onto any standard soda bottle, our Fly Portal is a game-changer in fly control.
- Unmatched Effectiveness:** Simply place your fly bait in the bottle with 75mm of water, set it in a warm place on the ground, and watch as it effectively captures flies at their flight level.
- Strategic Placement:** Install them 3 meters apart along fence lines to create a virtual curtain of traps, ensuring your space stays fly-free.
- Eco-Friendly:** By repurposing soda bottles, we're not only reducing waste but also minimising our carbon footprint, making it a responsible choice for your home or business.
- Hygienic and Convenient:** The design allows for easy closure with a soda cap from the next bottle to be used and discarded, ensuring cleanliness and ease of use.
- Built to Last:** Withstanding extreme weather conditions, our Fly Portal Fly Traps are durable and reliable, providing long-term fly control solutions.
- Less Obtrusive and Odour-Free:** Unlike traditional face-level fly traps, our Fly Portal Fly Trap is unobtrusive and emits significantly less odour, ensuring a more pleasant environment for you and your surroundings.

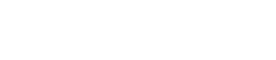
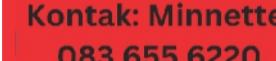
Why Choose Fly Portal?

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OP KARATARA



NEW YEAR'S EVE 2025 IN SEDGE



Masithandane have done it again – bringing another legendary act to rock Garden Route locals and visitors into the New Year.

See in 2026 under the stars with multi-talented Dukes of Note, a Carnival-Rock band from Cape Town bringing imagination & music to life. All profits go to a very worthy cause.

Come and be a part of this imaginative musical journey through time. With a mixture of their own compositions and familiar favourites, the Dukes are entertainers of note, showcasing a blend of playful theatrics, personality and serious musical talent that make for a truly unforgettable live experience! Fun, interactive

elements are woven into every performance.

Formed in 2014, the band blends Balkan rhythms, gypsy punk, vintage blues, and rock 'n' roll with a circus aesthetic, creating a "unique carnival rock" sound. Original songs will feature Escapism, Fantasy, Love and Loss and there will be re-imagined music from artists like Aron Chupa, Billie Eilish, Ray Charles, Ella Fitzgerald, Nancy Sinatra, Nick Cave and Nina Simone, as well as films like Dumbo and The Jungle Book.

Band members, Nick Knightshade (Vocals/Guitar), Andy Droid (Vocals/Bass) and Matt Cox (Drums), are looking forward to being 'Live in Sedgefield', bringing their

professional best to the Garden Route, and will be strutting their stuff on the open air stage at Scarab Village, N2 on 31 December, 2025.

The outdoor garden will open at 18:30
DJ in action from 19:30
Dukes of Note 'Live' from 21:00

Bring your own picnic basket to enjoy under the stars. Cash bar with gin, wine, coffee and craft beers. (No liquor to be brought onto the property).

Bring your own chairs, torch and mosquito repellent.

Book through Quicket. The evening is a fundraiser for Masithandane Care and Respite Centre.

PUBLIC NOTICE: TEMPORARY CLOSURE DURING FESTIVE SEASON

ARRANGEMENTS FOR THE PROCESSING OF LAND USE AND BUILDING PLAN APPLICATIONS AND ASSOCIATED PUBLIC PARTICIPATION DURING THE FESTIVE PERIOD.

LAND USE MANAGEMENT:

Kindly be advised that the following arrangements will be applicable during the Festive Period from Friday, 14 November 2025 until Monday, 12 January 2026:

1. The festive period will not be taken into account for purposes of calculating the number of days for public participation and/or the processing of land use applications, and that any such periods affected be accordingly extended.
2. Any new land use application submitted during the determined festive period will not be administratively processed and that this period will also not be taken into account for the purpose of calculating any of the legislative prescribed timeframes for the processing of land use.
3. No appeal period can commence, which will be affected by the festive period and no notifications of decisions on land use applications will be communicated after **14 November 2025**. The issuing of notices of decisions will resume from **12 January 2026**.
4. Public queries on land use and requests for and issuing of zoning certificates will continue as normal during this period and can be made during regular office hours.

BUILDING CONTROL:

The Building Control Division wishes to inform all applicants, professionals, and stakeholders of the following arrangements during the upcoming festive period:

1. Please be advised that the submission of Building Plan Applications, as well as Aesthetics and Outdoor Signage Applications, will close temporarily on Friday, 21 November 2025.
2. This closure will affect all requests for Pre-Checking of Applications, Submission of Amended Applications, and the Submission of Receipts for any building plan applications.
3. Requests for A22 building inspections — including commencement, trench, excavation, demolition, drainage, building completion, and occupancy certificates — will close on **Friday, 12 December 2025** at 13:00 PM.
4. Official requests for Occupancy or Completion Certificates received after **Wednesday, 17 December 2025** at 16:30 PM will only be processed and finalised from Thursday, 9 January 2026.
5. The submission and processing of building plan applications and A22 building inspections requests will resume on Monday, 12 January 2026.

We thank you for your cooperation and understanding during this period and wish all our stakeholders a safe and restful festive season.

DR. LULAMILE MAPHOLOBA
MUNICIPAL MANAGER



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CLASSI-ADS

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NB. Classified adverts for the next issue need to be in by Monday 17th November 2025. Emailed classics will not be placed without payment

4. Announcements

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

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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
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7. Businesses

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

9. Clothing

Embroidered burpers & face cloths - handmade. Mariana 082 771 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

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13. Electrical

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22. Home Improvements

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25. Motor Cars/Bikes

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

27. Pets & Livestock

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

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

28. Plumbing

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

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Plumbing all services. 083 226 2261

Plumbing Hardware @ Sedge Hardware

31. Security

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 caseyleeowen393@gmail.com

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Sedgefield Pharmacy, Woodpecker Mall. Tel 044 343 1628, Fax 343 1110.

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.

33. Sports & Leisure

PRIVATE TENNIS COACHING with Martin in Sedgefield. All levels. Bring your own racquet, 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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LEGAL NOTICES

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Attorneys, Conveyancers & Deceased Estates

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

LOST OR DESTROYED DEED

Notice is hereby given in terms of the provisions of Regulation 68 of the Deeds Registries Act, 1937, of intention to apply for the issue of a certified copy of Certificate of Registered Sectional Title ST28680/2024 passed by JOHENDU INVESTMENTS PROPRIETARY LIMITED, REGISTRATION NUMBER 2017/184496/07, in respect of certain Section No. 22 as shown and more fully described on Sectional Plan No SS171/2024 in the scheme known as BERG-n-SEE ANNEX in respect of the land and building or buildings situated at SEDGEFIELD, IN THE MUNICIPALITY AND DIVISION OF KNYSNA, PROVINCE OF THE WESTERN CAPE, of which section the floor area, according to the said sectional plan is 328 (Three Hundred and Twenty Eight) square metres in extent which has been lost or destroyed.

All persons having objection to the issue of such a copy are hereby required to lodge the same in writing with the Registrar of Deeds at ABSA Building, Info Desk 4th Floor, No. 2 Riebeek Street, Foreshore, CAPE TOWN, within TWO (2) weeks after the date of the first publication of this notice.

Dated: 3 November 2025

JORDAAN, VAN WYK ATTORNEYS INC.
65 MAIN ROAD, SEDGEFIELD, 6573.
Email: convey@jvwlaw.co.za
Telephone: 044 343 2126

Dated: 3 November 2025

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34. Sports & Leisure

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Thoughtful Development for Our Town: The Story Behind Erf 5008

When locals Ian Sparks, Clive Bouwer and Charles La Cock purchased Erf 5008, they saw an opportunity to build on what already makes our town special — community, creativity, and sustainable growth.

Previously owned by Cliff Elion, the site has been home to the popular Mosaic Market, which will be relocated to the Scarab Market property. This move will create a vibrant, community-driven tourism hub that continues to attract visitors and support local artisans and small businesses.

With Erf 5008 now under new ownership, Ian, Clive, and Charles have taken time to carefully consider the best way forward for this valuable property — one that balances progress with respect for the

town's character and infrastructure.

A Thoughtful Rezoning Application

Currently, Erf 5008 holds a mixed-use zoning designation, combining business and hotel rights. After reviewing the needs of the area, the new owners believe that a large-scale hotel development would not be in keeping with the surrounding neighbourhood.

Instead, they are proposing a rezoning "downgrade" — reducing the intensity of the hotel zoning to something more suitable and sustainable for the area.

What's Being Planned

The proposal keeps the current Mosaic Market area as business-zoned, preserving the opportunity for local enterprise

and small-scale retail activity.

Behind the market, the parking area (currently zoned business and hotel) will be thoughtfully divided:

Half of the site behind Engen will be used for a secure storage facility, meeting a growing local need for practical storage solutions.

The remaining portion will be developed into a group housing site of 16 townhouses — a modest, well-designed residential addition that fits comfortably within the town's scale and character.

Respecting Our Community and Services

The development team understands that any new project raises questions about infrastructure and services. This

proposal has been carefully designed not to overburden existing municipal services.

Every aspect of the plan — from access and parking to water and sewerage — has been guided by professional assessments and municipal requirements. The goal is simple: to create something beneficial for the town, without straining what already works.

A Project by Locals, for Locals

As residents themselves, Ian, Clive, and Charles share the same hopes as their neighbours — a vibrant, sustainable town that grows responsibly. This rezoning and subdivision application is part of that vision: a balanced approach that respects our heritage while providing thoughtful opportunities for the future.

For more information or to view the detailed rezoning application, please visit Knysna municipal office or website.


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In Loving Memory of
Mary Ann Jansen van Rensburg

10 November 1937 – 4 November 2025

It is with great sadness that we announce the passing of one of Sedgefield's oldest and most cherished residents, Mary Ann Jansen van Rensburg.

Mary Ann and her husband, Johnny Jansen van Rensburg, became permanent residents of Sedgefield in 1978. Over the years, Mary Ann became a well-known and deeply respected figure in the community. She served as a representative on the Sedgefield Council, where her strong will, determination, and dedication to the town left a lasting impact on those she worked with.

Known affectionately by many as "Liewe Heksie," Mary Ann's passion for her community and her ability to "get things done" became her hallmark. Her warmth, humour, and tireless energy touched the lives of countless friends and neighbours.

Mary Ann will be fondly remembered and dearly missed by all who had the privilege of knowing her.
Forever in our hearts.

KNYSNA MUNICIPALITEIT VERORDENING OP RUIMTELIKE BEPLANNING & GRONDGEBRUIKSBESTUUR (2021):

PROPOSED REZONING, SUBDIVISION & CONSENT USE: ERF 5008, SEDGEFIELD

Notice is hereby given in terms of Section 45 of the Knysna Municipality By-law on Spatial Planning and Land Use Management (2021) that the abovementioned application has been received from:

Applicant's Name: Rodney Nel Management Service (Pty) Ltd
Contact Person: c/o Planning Space (Pty) Ltd
Email: lundi@planningspace.co.za
Reference number: Application number 3583
Property Description: Erf 5008, Sedgefield
Physical Address: Jan van Riebeeck Street, Sedgefield

Nature of application:

(i) Application for the **Rezoning** from "Business Zone I" and "General Residential III" to "Subdivisional Area" in terms of **Section 15(2)(a)** of the Knysna Municipality By-Law on Spatial Planning and Land Use Management (2021) to allow a mixed-use development in accordance with Site Development Plan numbered "SDP-E5008-SED" dated 31 July 2025;

(ii) Application for a **Subdivision** of Erf 5008, Sedgefield into three (3) portions in terms of **Section 15(2)(d)** of the Knysna Municipality By-Law on Spatial Planning and Land Use Management (2021):

- a) Portion A measuring ±6,755m² to be zoned to "General Residential I" for Group Housing purposes;
- b) Portion B measuring ±2,433m² to be zoned "Business I" to accommodate offices and a self-storage park; and
- c) Remainder measuring ±4,125m² to be zoned "Business I" for shops, offices and restaurants.

(iii) Application for a **Consent Use** in terms of **Section 15(2)(o)** of the Knysna Municipality By-Law on Spatial Planning and Land Use Management (2021) to use Portion B as a warehouse for self-storage facilities; and

(iv) Application for a **Subdivision** of Portion A into sixteen (16) Group Housing erven and one (1) Private Open Space erf (including access roads, infrastructure and communal gardens).

<https://www.knysna.gov.za/do-business/planning-development/current-land-use-applications/>

Members of the public are invited to submit written comments, together with the reasons therefore in terms of Section 50 of the Knysna Municipality By-law on Spatial Planning and Land Use Management (2021). Comments must be addressed to the Municipal Manager and submitted via email at knysna@knysna.gov.za on or before 5 December 2025, quoting your name, address, electronic contact details and telephone number, interest the

application and reasons for comment. The municipality may refuse to accept comments received after the closing date. Persons who cannot write may contact the Town Planning Office during office hours, where the responsible official will assist you in putting your comments in writing.

Telephonic enquiries may be made during office hours to the Town Planner, Ms. Linda Mniki at 044-302 6383 or via email lmniki@knysna.gov.za.

KNYSNA MUNISIPALITEIT VERORDENING OP RUIMTELIKE BEPLANNING & GRONDGEBRUIKSBESTUUR (2021):

VOORGESTELDE HERSONERING, ONDERVERDELING & VERGUNNINGSGEBRUIK: ERF 5008, SEDGEFIELD

Kennis geskied hiermee ingevolge Artikel 45 van die Knysna Munisipaliteit Verordening op Ruimtelike Beplanning en Grondgebruiksbestuur (2021) dat die bovenoemde aansoek ontvang is vanaf:

Naam van Aansoeker: Rodney Nel Management Service (Pty) Ltd
Kontak Persoon: c/o Planning Space (Pty) Ltd
Epos: lundi@planningspace.co.za
Verwysings nommer: Aansoek nommer: 3583
Eiendom beskrywing: Erf 5008, Sedgefield
Fisiese Adres: Jan van Riebeeckstraat, Sedgefield

Aard van aansoek:

Aansoek vir die **Hersonering** vanaf "Sakesone I" en "Algemene Enkelwoonsone III" na "Onderverdelingsarea" ingevolge **Artikel 15(2)(a)** van die Knysna Munisipaliteit Verordening op Ruimtelike Beplanning en Grondgebruiksbestuur (2021) om 'n gemengde-gebruik ontwikkeling toe te laat in ooreenstemming met Terreinontwikkelingsplan genoem "SDP-E5008-SED" gedateer 31 Julie 2025;

(ii) Aansoek vir die **Onderverdeling** in drie (3) gedeeltes ingevolge **Artikel 15(2)(d)** van die Knysna Munisipaliteit Verordening op Ruimtelike Beplanning en Grondgebruiksbestuur (2021):

- a) Gedeelte A wat ±6,755m² meet, sal gesoneer word as "Algemene Residensieel I" vir Groepbehuisingsdoeleindes;
- b) Gedeelte B wat ±2,433m² meet, sal gesoneer word as "Sakesone I" om kantore en 'n selfbergingspark te akkommodeer; en
- c) Restant wat ±4,125m² meet, sal gesoneer word as "Sakesone I" vir winkels, kantore en restaurante.

(iii) Aansoek vir die **Vergunningsgebruik** ingevolge **Artikel 15(2)(o)** van die Knysna Munisipaliteit Verordening op Ruimtelike Beplanning en Grondgebruiksbestuur (2021) om Gedeelte B as 'n pakhuis vir selfbergingsfasiliteite te gebruik; en

(iv) Aansoek vir die **Onderverdeling** van Gedeelte A in sesstien (16) Groepbehuisingserven en een (1) Privaat Oop Ruimte-erf (insluitend toegangspaaie, infrastruktuur en gemeenskaplike tuine).

'n Volledige afskif van die aansoek is beskikbaar op die munisipale webtuiste: <https://www.knysna.gov.za/do-business/planning-development/current-land-use-applications/>

Lede van die publiek word uitgenooi om skriftelik kommentaar te lewer, saam met die redes daarvan ingevolge Artikel 50 van die Knysna Munisipaliteit Verordening op Ruimtelike Beplanning en Grondgebruiksbestuur (2021). Kommentaar mag aan die Munisipale Bestuurder gerig word, en per epos ingedien word aan knysna@knysna.gov.za en lmniki@knysna.gov.za, op of voor 5 Desember 2025, met vermelding van u naam, adres, elektroniese kontak besonderheid en telefoon nommer, belang in die aansoek en redes vir kommentaar. Die munisipaliteit mag weier om kommentaar wat na die sluitingsdatum ontvang is, te aanvaar. Persone wat nie kan skryf nie mag die Stadsbeplanningskantoor per telefoon nader tydens kantoorure, waar die betrokke amptenaar u sal help om u kommentaar op skrif te stel.

Telefoniese navrae kan gedurende kantoorure aan die Stadsbeplanner, Me. Linda Mniki by 044-302 6383 of per epos: lmniki@knysna.gov.za gerig word.

DR LULAMILE MAPHOLOBA
MUNICIPAL MANAGER/ WAARNEMENDE MUNISIPALE BESTUURDER

  
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152879 www.ayandambanga.co.za

ISSUE 727 5 November 2025

THE EDGE Page 9

THE EDGE ON HEALTH

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Understanding Diabetes in South Africa : Prevention, Management, and Support

November is National Diabetes Month, a time when communities across the country seek to bring attention to diabetes. This year's focus is on taking action to prevent diabetes health problems.

Diabetes is a chronic health condition that affects millions of people worldwide, including South Africa. In this article, we will delve into the prevalence of diabetes in South Africa, discuss prevention strategies, explore effective management techniques, and shed light on the support available for individuals living with diabetes.

The Prevalence of Diabetes in South Africa:

According to recent studies, diabetes has reached alarming levels in South Africa. In fact, it is estimated that around 4.5 million South Africans are living with diabetes, with an additional 2 million undiagnosed cases. This high prevalence is largely attributed to factors such as

sedentary lifestyles, unhealthy diets, and genetic predisposition.

Prevention Strategies

Preventing diabetes is crucial in combating this widespread health issue. South Africans can reduce their risk of developing diabetes through simple lifestyle modifications. Here are some key prevention strategies:

Healthy Eating: Embrace a balanced diet rich in fruit, vegetables, whole grains, lean proteins, and healthy fats. Avoid excessive sugar, processed foods, and sugary beverages.

Regular Physical Activity: Engage in regular exercise such as walking, jogging, cycling, or dancing. Aim for at least 150 minutes of moderate-intensity aerobic activity per week.

Weight Management: Maintain a healthy weight through a combination of healthy eating and regular physical activity. Shedding excess pounds can significantly

lower the risk of developing diabetes.

Effective Diabetes Management

For individuals already diagnosed with diabetes, effective management is key to maintaining good health and preventing complications. Here are some essential management strategies:

Medication and Insulin: Follow the prescribed medication and insulin regimen as advised by your healthcare provider. Ensure regular monitoring of blood glucose levels.

Healthy Meal Planning: Create a personalised meal plan with the help of a registered dietitian or diabetes educator. Monitor carbohydrate intake and make informed food choices to keep blood sugar levels stable.

Regular Physical Activity: Engage in regular exercise, as recommended by your healthcare provider.

Physical activity helps control blood sugar levels and improves overall well-being.

Blood Sugar Monitoring:

Regularly monitor blood glucose levels using a glucose meter. This helps track progress and identify any necessary adjustments to the treatment plan.

Support for Individuals with Diabetes

Living with diabetes can be challenging, but South Africa offers various resources and support networks to assist individuals in managing their condition:

Diabetes Support Organisations:

Seek support from organisations such as Diabetes South Africa, which provide valuable resources, educational materials, and support groups for individuals living with diabetes.

Diabetes Education Programs:

Participate in diabetes education programs to enhance your knowledge about the condition, self-care practices, and the latest advancements in diabetes management.

Healthcare Professionals:

Regularly visit healthcare professionals, including endocrinologists, diabetes educators, dietitians, and podiatrists, to receive comprehensive care and guidance.

Online Communities:

Join online diabetes communities or forums to connect with others facing similar challenges. These communities offer a platform to share experiences, seek advice, and find support.

Diabetes is a prevalent health condition in South Africa, affecting millions of individuals. By understanding the prevalence of diabetes, implementing

Physiotherapy

Diane Parker
Bsc Physio (Wits)

Karen Williams
BSc Physio (Stell)
Elriette Snyman
Bsc Physio (UFS)

8 Fraser Street, Sedgefield
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sedgephysio@gmail.com

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preventive measures, effectively managing the condition, and utilising available support networks, individuals can lead fulfilling lives while keeping diabetes under control. Remember, regular check-ups, healthy lifestyle choices, and a strong support system are essential in the fight against diabetes in South Africa.

Sources: International Diabetes Federation, South Africa ; Diabetes South Africa and Centre for Diabetes and Endocrinology, South Africa

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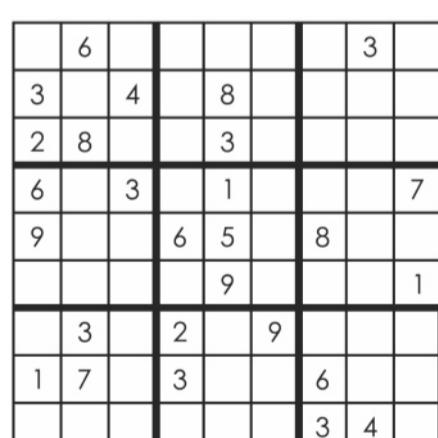
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2. Each 9x9
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must be
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according to
the rules of
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SUDOKU



2. Each 9x9
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Christo Matthee 083 769 9313

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Kontak : Kerkkantoor 044 382 6551
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Anglican Chapelry of St. Aidan's,
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Peter Mundell 060 985 9113
or Paul McMillan 083 273 2601

Church of Christ
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Tel: 076 068 2900

Church of the Resurrection
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Church Without Walls (WOW)
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Pastoor: Hansie Strydom

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

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

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

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Erediens Sondag 11vm
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Dr Wim Dreyer - 082 859 6876

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Karataru: 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
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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
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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
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Ladies' Golf

Club Report

Friday, 24 October 2025

Islanders vs Villagers 2025
20 ladies. 2 teams. 1 trophy!
At last, the most anticipated event of the year arrived - the Captains Cup: Islanders vs Villagers. With both teams holding four wins each, 2025 promised to be a thrilling decider to see who would take the lead! A big thank you goes to Wimpy Sedgefield for supplying hot cappuccinos to get the morning started, and to Captain Almarie Mead for baking her very tasty buttermilk rusks - the perfect pre-game treat on the Sedge Links deck.

The Villagers, dressed head-to-toe in blue, and the Islanders, proudly sporting red, filled the deck with laughter, friendly banter, and team spirit as they prepared for the much-loved annual dance-off! This year, both teams joined together for one big performance to the lively tune of "The Cha Cha Slide." After a few practice sessions post-Friday games (and a bit of home rehearsal, too!), the teams were ready to show off their moves. Thanks to Garth Schooling for bringing the monster speaker - and after the obligatory team photos, the car park turned into a dance floor! The ladies in red and blue impressed all by keeping (mostly) in sync, their faces a mix of focus and fun, with giggles breaking out at the occasional misstep. They did themselves proud!

With the dancing done, it was time to tee off and get serious. The first nine holes were played in a Betterball format, followed by Individual Stableford on the back nine. Despite the blustery conditions, spirits remained high



and the competition fierce.

After the final putts dropped, the ladies gathered for a well-deserved meal of baked potatoes with delicious toppings, eagerly awaiting the results. Cooked by Beay and Clare Garner and sister Sue.

Christine Coetzee, with her trusty laptop and plenty of patience, worked her magic on the scores.

Tension mounted as Almarie began to announce the special prizes: Longest Drive and Nearest the Pin before revealing which team would host the Captains Cup 2025!

For the first time in eight years there was a draw with The Islanders and The Villagers both having four wins each - congratulations!

FINAL RESULTS

Longest Drive Islanders:
Esme Steinmann

and Villagers: Shannon Nicol
Nearest the Pin Islanders:
Daleen Schooling

and Villagers: Almarie Mead
BIRDIES

Elize (16), Marina van der Westhuizen (5), Daleen Schooling (15), Almarie Mead (15), Linda Evans (6)

Barbara Renfield and Joy Herbst both played 2 under their handicap and Linda played 1 under.

Friday, 31 October 2025

Fourteen ladies, proudly wearing their red Wimpy/Pick n Pay-sponsored shirts, gathered on the deck today for the monthly Medal and Putt game. The general consensus after the round - it was hot and windy! As a result, the group has decided to start play earlier from next week, in preparation for the summer heat. Prizes sponsored by Pick n Pay.

RESULTS GOLD DIVISION

Winner: Shannon Nicol (nett 57)

Runner-up: Daleen Schooling (nett 60) count out with Brenda Howden

SILVER DIVISION

Winner: Eleanor Sparks (nett 54)

Runner-up: Almarie (nett 57) count out with Barbara Renfield

BRONZE DIVISION

Winner: Christine Coetzee (nett 58)

Runner-up: Ronnie Maingard (nett 59)

LEAST PUTTS TROPHY

1st place: Daleen Schooling (24 putts)

2nd place: Elize Mackenzie-Blome (28 putts)

BIRDIES

Daleen Schooling (6,13)

Almarie Mead

Joy Herbst (4)

Well done to all players!

SEDGEFIELD GENTS' CLUB

Club Report

Thursday, 16 October

A sunny day greeted the gents golfers for the Monthly Mug which is the most popular competition of the month because of the fantastic prizes offered by the sponsors Pick n Pay and Engen. However, their joy at having a great day for golf was short lived as a massively strong easterly sprang up to destroy any hopes of a good score. Once again, this was not the case for all golfers. Some maintained their uncanny knack of weathering the storm through both superior golfing expertise and an understanding of how to manipulate the weather for their own benefit, and managed to achieve good scores. In the A division, playing medal, the first prize went to Koot Viljoen with a net score of 54. He was followed by Trevor Pahl with 56 after a count out with Des Munro and Derek van Zyl with the same score. In the B division, playing stableford, where

there is actually a lot of seriously hidden talent, the honours went to John L.B. with a total of 34 points, playing absolutely beautiful golf. He was followed at some distance by Ian Moul with only 31 and even further back by Tony Hunter with a miserable 30 points. In fourth place was Ken Cullinan who, after scoring 41 points the previous week, only managed to score 27 this week. No comment.

The "Nearest the pin" competition was won by Hans Anema who is the first in the history of the club to have won both holes in a single game, in this case the 4th and 14th. Niel de Villiers was distraught when he was told that he had lost the "Duck" on a count out but burst into tearful smiles when he learned that he had won the Lucky Draw. He sobbed that his wife was going to be so proud of him.

We, unfortunately, have to end this report on a sad note. Peter Heath, who had earlier won the "Duck" for the worst golf, had an appointment later in the day to see his doctor for his annual checkup. Although his health is good, the doctor has advised him to give up golf. When Peter asked why, he was told that the doctor had seen his scorecard.

Thursday, 23 October

Golf can best be defined as an endless series of tragedies obscured by the occasional miracle. However, one can learn many things from this sport and 'how to suffer' is the most common one. Ten minutes after teeing off a sudden strong and cold wind sprang up to frustrate the gents who were simply looking for a quiet game to escape the clamour back home. However, said frustration did not encompass everyone as a number of gents played very well with the competition's ruling of only being allowed to use three clubs plus a putter. One being Ken Cullinan who took the honours with a magnificent 41 points, followed by Ian Wright with 38 after a countout with Glenn Mauchline on the same score. The rest of the field were left to ruminate on why they had chosen the wrong clubs or - in some circumstances - even bothered to get out of bed. We owe an apology to Dave Herbst who we thanked recently for buying a round of drinks to celebrate his 70th birthday when it was in fact his 79th especially as you can see quite plainly that he doesn't look as young as he used to be. Many apologies you old codger, lang may yer lum reek.

The Wine Ghost

The Wine Ghost tasted Waterside Chardonnay (Unoaked) 2025

The front label depicts a water colour painting of horse riders, which is quite interesting and the back label provides some tasting notes about the wine. Abv. 13.5%

This chardonnay has a very light, clear colour, with a few legs visible. Nosing the wine, no flaws could be found. In the foreground peach and semi-ripe gooseberry aromas were

experienced and some lime in the background.

It is a medium-bodied, well-balanced wine with flavours of peaches, gooseberries and lemon peel. The wine has a medium to long mouthfeel, with tastes of gooseberries, lemon peel and a slight minerality, lingering for a while.

The WG thinks, as a result of the lemon peel experience, the wine will pair well with seafood dishes. The price range is R70 – R90.

In Vino Veritas till next time.



TED'S BRAIN CRUNCHER

Across:

- It counts Granola recipe as 'well done'. (15)
- Tried hard to get right inside the kitchen appliance. (6)
- Herb the old sailor has an cleaner add-on. (8)
- A security interest consumed might cut one out. (8)
- So mix a new set of self-evident truths. (6)
- Dress down a roast as the starter. (7)
- Alan read and heard why before time. (7)
- Coming back with lies about his degree – he'll go down by rope. (6)
- Use your outgoing personality to tell us what the best cleaner is, mom! (8)
- South Africa cruder about religious war participant. (8)
- Green stinger shows profit less half. (6)
- With surprising haste, John's wives go knocking on doors. (8,7)
- That's a little retort I'll allow for Mexican starch. (8)
- Take no notice of the sign, or end up in the centre. (6)
- Snappy insurance that we can always see you later! (6)
- Somewhat past that spot - you'll find some fur there... (7)
- What one might cough up for a wig do. (8)
- Flipper gives world champ two points to prepare for. (8)

Down:

- Where you might find an official question that will make you wiser? (6)
- First be less before you get good wishes. (5,3)
- Restaurant section might prevent the local boy coming in. (5,3)
- Break the pest up into the bowl. (8)
- Guy rope 5. Atavism 10. Eels 11. Good for you 12. Nuance 13. See pages 14. Olfaction 16. Bidet 17. Clyde 19. Erroneous 23. Inaction 24. Tomcat 26. Danish blue 27. Trio 28. Emanate 29. Not rump
- Unequal 3. Resin 4. Pigment 6. Tuffet 7. Versatile 8. Slovene 9. Bobs your uncle 15. Addiction 18. Long arm 20. On the go 21. Uranium 22. With it 25. Meter

SOLUTIONS FOR LAST ISSUE 726

Across: 1. Guy rope 5. Atavism 10. Eels 11. Good for you 12. Nuance 13. See pages 14. Olfaction 16. Bidet 17. Clyde 19. Erroneous 23. Inaction 24. Tomcat 26. Danish blue 27. Trio 28. Emanate 29. Not rump

Down: 2. Unequal 3. Resin 4. Pigment 6. Tuffet 7. Versatile 8. Slovene 9. Bobs your uncle 15. Addiction 18. Long arm 20. On the go 21. Uranium 22. With it 25. Meter

THE SPORTS EDGE

Tennis Championship Finals

Club Report

With unusually dry weather persisting the Club finals drew to fitting climax on 11 and 12 October with perfect conditions availing.

Large crowds gathered on both days to watch the finals. On Saturday the men's doubles was won by Jarryd Patrick/James Cross who played strong tennis throughout the tournament.

The mixed doubles was won by the ruthlessly consistent pairing of Mike v d Marel/Carol Elion who outplayed all the opposition.

Off the Mat

Sedge Bowling Club News



"You can always tell a Sedge bowler — they walk slowly, talk slowly, and even drive slowly (perhaps to avoid potholes). They don't, however, stop at stop streets to make up time!"

Over the last fortnight, the energy and enthusiasm of the Sedgefield Bowling Club have been poured into rolling out the red carpet for our Barefoot Bowls guests. The result? A few quieter weeks on other fronts, but plenty of good humour and busy greens.

This lull gives us a rare chance to peek beyond our Garden Route bubble — where the greens are smooth, the sun nearly always shines, and our biggest worry is whether there'll be birthday cake at Saturday tabs — and look to the world stage.

Proteas on the World Stage

Our Proteas will soon be trading sea breezes for air-conditioning and real grass for synthetic turf in Kuala Lumpur, representing South Africa at the inaugural 2025 Indoor

On Sunday the ladies doubles was won by Michelle Lutener/Robyn Hewson in a game of epic proportions lasting more than two hours. The ladies all received a generous voucher from Arrie Nel Pharmacy Group.

The ladies singles saw Michelle Lutener once more gaining the upper hand in a well contested game.

The final game of the championships saw Jarryd Patrick win the men's singles in great style.

The club is most grateful to our generous sponsors; Pick n Pay, Engen, Wimpy and Arrie Nel Pharmacy Group.

All in all a very successful, sociable event was held in the prescribed four week period, which the participants really enjoyed.

As always the club remains a social club and all in the Greater



Robyn, Michelle, Carol and Lanie

Sedgefield community are welcome to join.



The Ryder Cup

And no — you haven't picked up the golfing newsletter by mistake! The Knysna Personal Trust Ryder Cup is an annual interclub lawn bowls competition, with Jani Klomp, Doug Griffin, and Neels Theron currently topping the leaderboard. If you're not among them, don't despair — there's one more chance to climb the rankings on 3 December.

Huge thanks to Personal Trust for their ongoing support!

Barefoot Bowls: The Grand Finale

Barefoot Bowls excitement has been building week by week. After three rounds, Legends 3 (44 points) held a commanding lead, followed by Smiley's (20 points) and Holtons (19 points).

On Friday 31 October the Barefoot Bowlers wrapped up the season in true Sedgefield style — with colour, camaraderie, and a good-natured party to match. The winners were the indomitable Legends 3, with Footloose coming 2nd and Ravens 3rd.

"There are only two kinds of shots in bowls: the ones you meant to play and the ones you pretend you meant to play."

That's a wrap — see y'all on the mat!

TIDE TABLE

Wed Nov 05 2025
low tides 08:58 21:33
high tides 03:02 15:16
sunrise 05:25 sunset 19:01
moonrise 19:17 moonset 04:53

Thu Nov 06 2025
low tides 09:37 22:12
high tides 03:42 15:57
sunrise 05:24 sunset 19:02
moonrise 20:34 moonset 05:35

Fri Nov 07 2025
low tides 10:17 22:53
high tides 04:24 16:39
sunrise 05:23 sunset 19:03
moonrise 21:50 moonset 06:25

Sat Nov 08 2025
low tides 11:00 23:35
high tides 05:06 17:24
sunrise 05:22 sunset 19:04
moonrise 22:57 moonset 07:25

Sun Nov 09 2025
low tide 11:49
high tides 05:51 18:13
sunrise 05:21 sunset 19:05
moonrise 23:54 moonset 08:32

Mon Nov 10 2025
low tides 00:20 12:49
high tides 06:42 19:10
sunrise 05:20 sunset 19:06
moonrise - moonset 09:43

Tue Nov 11 2025
low tides 01:13 14:22
high tides 07:50 20:26
sunrise 05:20 sunset 19:07
moonrise 00:39 moonset 10:53

05 Nov - 18 Nov 2025

• Full Moon 5 November 2025

Wed Nov 12 2025
low tides 02:27 16:37
high tides 09:35 22:08
sunrise 05:19 sunset 19:08
moonrise 01:15 moonset 11:59

Thu Nov 13 2025
low tides 04:24 17:57
high tides 11:13 23:34
sunrise 05:18 sunset 19:09
moonrise 01:46 moonset 13:01

Fri Nov 14 2025
low tides 05:49 18:48
high tide 12:13
sunrise 05:18 sunset 19:10
moonrise 02:12 moonset 14:00

Sat Nov 15 2025
low tides 06:39 19:24
high tides 00:33 12:55
sunrise 05:17 sunset 19:11
moonrise 02:37 moonset 14:58

Sun Nov 16 2025
low tides 07:16 19:55
high tides 01:17 13:30
sunrise 05:16 sunset 19:12
moonrise 03:00 moonset 15:54

Mon Nov 17 2025
low tides 07:47 20:23
high tides 01:55 14:01
sunrise 05:16 sunset 19:13
moonrise 03:25 moonset 16:51

Tue Nov 18 2025
low tides 08:16 20:49
high tides 02:29 14:30
sunrise 05:15 sunset 19:14
moonrise 03:51 moonset 17:49



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NEXT EDGE: Wednesday 19 November 2025 - Issue 728

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(Careful, they tend to fly by VERY quickly)

Display Ads: Email editor@edgenews.co.za by 13 November 2025

Classifieds: (Stuff for sale, jobs, get-rich-quick schemes, secret treasure hints)

Email accounts@edgenews.co.za by Monday 17 November 2025

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