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MOENIE UITMIS

Onwillekeurig is ek deel van 'n gesprek, gewoon omdat die koffiewinkel se tafels nie voorsiening maak vir persoonlike ruimte nie. Ek sit langs 'n groep dames. Na 'n rukkie is dit vir my duidelik dat hierdie hul weeklikse bymekaarkom is. Die een dame met die parmantige modieuse haarstyl, vertel dat haar liddoring besig is om haar teen die mure uit te dryf. Ek is nie seker of haar klagte gaan oor die liddoring of die wye keuse van skoene wat besig is om stof op te gaar, aangesien sy dit nie langer met gemak kan dra nie. Die gesette dame laat nie op haar wag nie; as Hendrik my nog een nag uit die slaap hou met sy heup wat alewig neuk, trek ek spaarkamer toe. Die dame wat lyk asof sy dikwels mouloos op die strand loop gooi haar stuiwer in die beurs. Ek hoor julle, die feit dat ek my "Meesters" tennistoernooi vaarwel moet roep, aangesien my knieë die hardloop rem, kan ek nie hanteer nie...

Ek kom nie agter dat ek meegevoer is deur die gesprek nie, op so wyse dat ek al op die punt van my stoel sit, reg om my inset te lewer oor my kroontjie wat oornag sy opwagting regs agter in my kapsel gemaak het. Eerstens kan ek nie mooi sien nie, nog minder weet ek hoe om dit onder beheer te bring aangesien my kop nou effe van balans af vertoon. In my binnegesprek wonder ek, kon die kroontjie nie by my kuif wees nie, ek is seker 'n professionele haarkapper sou op 'n stylvolle wyse dit deel van my nuwe "look & feel" kon maak.



Met 'n lag na binne en huppel in my stap gaan ek na buite. Niks gaan my onderkry nie, dit is immers die eerste September, die lente is hier. Ek was nou wel nie my Ouma Kittie van Oudtshoorn se lentebloemetjie kleinkind nie. Die lente bring ontwakings van binne na vore na die lang winterrus. Die geur van pronkertjies bring heimwee van kinderjare, maar dankbaarheid dat ek 'n bossie kan pluk en in my gunsteling glasblompot op die bedkassie sit. Die sonsopkoms uit my kamervenster, dwing my om my gordyne oop te trek, sodat ek op niks uitmis wanneer die dagbreek aangekondig word nie.

Terwyl ek aan my koffie teug en wag vir die sonsopkoms, besef ek die lewe is vol "lastighede" die voorsiene en die onvoorsiene, maar ek wil glo dat wanneer ons bewustelik leef, jy nooit sal uitmis op die draai van seisoene en die nuwe wat dit teweegbring nie.

Laurinda



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SOUTHERN HEMISPHERE BIRDLIFE HOLDS IRREPLACEABLE SPECIES

WESSA EDEN

The snow petrel, a strikingly white bird with black eyes and bill, is one of only three bird species observed at the South Pole. Antarctica is the only place it lives, and like many sub-Antarctic species, it is endemic - found nowhere else on Earth.

Endemism highlights areas critical for conservation, but new research shows it has been underestimated in the southern hemisphere.

Endemic species often have restricted ranges and unique evolutionary histories, making them more vulnerable to threats like climate change and invasive species. If overlooked, conservation may fail to protect birds that are truly irreplaceable.

Why the underestimation? Traditional measures favor species-rich areas, overlooking species-poor regions such as Antarctica. Our study instead used “complementarity”- which identifies species unique to a site - revealing southern regions as global hotspots.

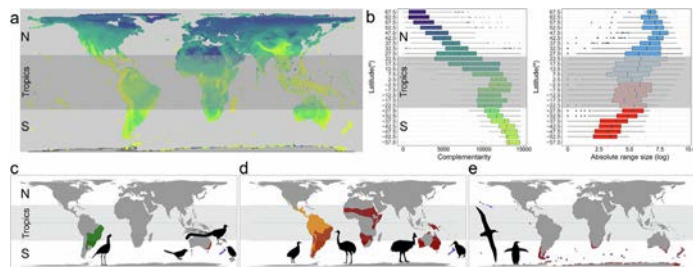
Global hotspots of endemism emerged in the sub-Antarctic islands, the High Andes, southern Africa, Australia, and New Zealand. These areas host charismatic lineages such as kiwis, emus, cassowaries, wrens, lyrebirds, penguins, and albatrosses.

Land and ocean distribution explains the difference. The northern hemisphere has continuous landmasses, allowing broader species ranges. The southern hemisphere, fragmented by vast

oceans, creates smaller, isolated habitats where species ranges are limited - driving higher endemism. Heightened vulnerability follows. Climate change will push species toward cooler zones, but southern-hemisphere birds face barriers of ocean.

For species at southern continental edges, the next landmass south is Antarctica—unsuitable for most birds. Meanwhile, many climate studies focus on the north, leaving southern species understudied.

This means conservation must expand beyond species-rich areas. Even sites with fewer species can hold unique birds vital to ecosystems. Protecting these regions is essential to preserve evolutionary history, ecological function, and resilience in the face of global change.



Factors underlying the observed differences in endemism (complementarity) between hemispheres. Credit: Nature Communications (2025).

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KONINGSKOS

I don't remember the first time I tasted it. It arrived in my life like memory itself... soft, slow-cooked, and timeless. Curry tripe and trotters is a dish that had always been there, simmering in the breath of old stories and the steam of satisfaction. As a small boy, I didn't know it was called koningskos and that it was once reserved for the eldest men seated furthest from the kitchen, yet closest to the ancestors. I only knew I wanted it on my birthday.

Other children my age asked for cake. My sister wanted pickled onions. I, however, wanted my mother's mild curry of tripe and pig's trotters. Such was my devotion to this dish that every trip we ventured to the shop, I'd search the butcher's fridge counter for that familiar pale treasure waiting behind the cling wrap. Even if they only had trotters, I'd ask my mom to buy them and keep them in the freezer until they did have tripe available, or vice versa. Her eyes would flicker with both amusement and something deeper... perhaps a shared respect for a traditional meal not made lightly nor without love.

Before it even made it to my plate, the house would be perfumed with bay leaves, roasted masala, and the unmistakable scent of nostalgia. I'd sit in front of my steaming bowl with ceremony, sucking the gelatin from trotters, chewing on soft, honeycombed tripe, and decorating the bones around my plate's rim in a proud display of effort and joy.

SCOTT THOMPSON

Each bite was a slow celebration that somehow felt earned.

I didn't know then that this was food of honour and of economy. Nor did I know that what I asked for so freely had once been held back, portioned carefully for elders whose hands worked cattle, wielded wisdom, and knew the soil. That once, it was not a child's dish, but a man's privilege.

The craving has certainly not receded into memory, folded between birthdays and butcher visits. The want still sits with me, calling to me as a man and as a boy, gilded by a familiar bone necklace reminiscent of an archaeological discovery found in the tender centre of remembrance.



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Seesig is being developed in carefully planned phases. Phase 1 sales open in September 2025 and contains 70 prime stands, available as either Full Title or Life Right, giving you the flexibility to suit your lifestyle and investment goals. Each home is designed to maximise natural light, with northern sun exposure and, on select stands, sweeping ocean views to the south.

Care is paramount in Groenkloof – Seesig will be a gated community with controlled access, and advanced security measures. Upon completion, Seesig will offer 205 homes and its own modern Care Centre with assisted living apartments and a clinic. Peace of mind is assured from day one, with access for residents to either Groenkloof George or Groenkloof Great Brak River Care Units during the construction phase.

Nestled between the coastal gems of Great Brak River and Reebok, Seesig offers the rare balance of peaceful country living combined with easy access to Mossel Bay, George, and George Airport. Modern shopping malls, leisure opportunities and world-class medical facilities, are all within easy reach.

At Seesig, you're not just buying a house – you're joining a caring community with over 1,538 residents already calling Groenkloof home.

Groenkloof Quick Facts

- 20 Years Experience
- 7 Established Estates – One More in Development
- 1,538 Residents and Growing
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www.groenkloof.net



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WARNING : READ NO FURTHER, OR RISK BECOMING ADDICTED

GILL DUGMORE

Turkiye is certainly a different destination. But isn't that why we travel? The experience will be unforgettable, and the longing to return is when the addiction starts. I am talking about Turkey, or Turkiye as it is now spelled. It has changed since my first visit there in 1972, but in essence it remains the same, and is made up of all the elements needed for a perfect holiday.

Geographically unique, you can take a public ferry in Istanbul, across the Bosphorus which divides Europe from Asia. Or you can take a ferry up the Bosphorus from the Sea of Marmara in the south, to the Black Sea in the north. Once there, you can turn left to Bulgaria, or right to Russia. That alone gives one an incredible sense of adventure and freedom. Whatever your interests are, you will be satisfied. There are magnificent Caucasus for hiking and climbing, inhabited by mainly nomadic people who move their flocks seasonally to better pastures. There are rushing rivers for white water rafting and fishing. Along the Black Sea coast, you will find vast tea plantations and forests of nut trees. Swimming here is not recommended because of the dangerous rip tides, but here you will be thrilled by small towns like Ordu, Unye, and Trabzon.

Historically, Turkiye is as richly embroidered as an Ottoman Sultan's robes. You will be seeing centuries-old areas incorporated into what is now the modern country. There are many



Ron & Gill Dugmore have been visiting Turkey since 1972. Each year, at the ages of 83 and 94, they still travel – and this article and these photos are testimony to their latest trip.

museums, art galleries, sophisticated shopping areas, and sprawling ancient bazaars. There are spice markets, subtly exuding the fragrance of exotic ingredients. There are old churches from Byzantine times, and stunning mosques which dominate the skyline. Five times a day, you will be aware of the muezzin calling the faithful to prayer, and as there are many mosques, there are many muezzins, and their voices combine to deliver a reverential awareness of the country's religion. The space between the Blue Mosque and the Aya Sofia Mosque is a light and lovely area of grass, fountains, and gardens. In the summer, it is a favorite place for family picnics. It is near enough to the Bosphorus to attract wheeling seagulls, sometimes their harsh cries competing with



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the muezzins' calls. In winter, hot roasted chestnuts are sold – a welcome warmer in cold hands! In summer, mielies are roasted and are a popular snack. I heard the seller calling out what sounded like “soet”, but he was saying “sut”, meaning that his mielies were like milk. Other sellers carry a device on their backs which contains tea; stuffed mussels are another favorite taste. Kumpir are delicious stuffed potatoes, and for

something sweet, you can't do better than try the local equivalent of our koeksusters. You need never be hungry in Turkiye. And you should never leave without eating the famous döner kebab, where succulent lamb is roasted on a vertical spit and sliced off in golden slivers and wrapped in hot, crusty bread. Food becomes a real adventure whether you dine at a restaurant or on the street. Turks are very particular about their food. It will always be the best and freshest produce.

Taking a day tour in Istanbul is probably the best advice to a first-time visitor. Let a professional guide introduce you to the Turkish Delight. Let them organize your transport, and afterwards you will feel much more confident and familiar, and ready to set off alone the next day.

What about taking a Turkish bath? This is called a hamam. Rather expensive these days, especially in tourist areas, but if you ever find yourself in a rundown neighbourhood, take a deep breath and walk in. The building alone will be old and elegant. Marble columns and fountains have their place in the interior, which also has huge slabs of marble for your massage, and where you will be rinsed off and left to refresh, relax, and recover after your thorough scrubbing.

About accommodation, we find that once you are sure of where you want to be, and how much time you have, do some advance Googling to find suitable accommodation that suits your pocket. Ask all your questions regarding how to get there, and how to leave, etc., then make your booking.



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ONSTERFLIKE STORIES



Van ons vroegste dae af, word ons stories gebou uit dinge wat ons ervaar, en dan geklee met drama om dit lewe te gee. Voor die ontwikkeling van skrif was gesproke stories die draer van kulturele insig en geskiedenis oor millennia. Soos tyd verloop, vervaag die konteks, en die dramakleding verander, maar daar bly in sommige gevalle ontsyferbare dele agter wat ons kan lei na dit wat ons voorsate ervaar het. En in uitsonderlike gevalle is dit selfs relatief dateerbaar.

'n Australiese inboorlingmite vertel van "die vuur-duiwele wat vanuit die son gekom het en homself kom begrawe het in die grond" by 'n spesifieke plek met 13 groot kraters. Moderne ondersoek het honderde kilogram meteoorfragmente daarin gevind, en ontleding het die gebeurtenis gedateer en dus die storie-oorsprong bevestig as 'n eerstehandse getuie van 'n multi-ton-meteoor-impak 4 700 jaar gelede.

Die klimaat-onstabiele einde van die laaste ystydperk was die verhoog waarop meer as 200 onafhanklike vloedmites hul ontstaan het. Smeltende gletserdamme het met hul oop-

SCHALK VILJOEN

breek soveel water in die see gestort dat dit, in drie sarsies sowat 3 200 jaar uitmekaar, 'n totale vertikale seevlakstyging van 120 m veroorsaak het. Dieselfde klimaatverandering was die aandrywer vir die oorsakeling na permanente vestigings, en wêreldwyd is die ellendige impak van herhaalde ramps-poedige vloedings vasgevang in die stories van gemeenskappe wat moes toekyk hoe hul tuistes verswelg word. Met hul oorspronge tussen 8 200 en 14 600 jaar gelede lyk vloedmites se indrukwekkende ouderdom egter jonk langs die storie van die Sewe Susters. Net soos vloedverhale word hierdie storie ook wêreldwyd gevind. Elke weergawe benoem sewe sterre in 'n welbekende stergroep (Pleiades), alhoewel daar net ses sterre sigbaar is. Elke weergawe bevat dan 'n verduideliking waarom daar net ses gesien word. Met 'n sterk teleskoop is daar wel 'n sewende ster sigbaar, maar so naby aan die sesde dat dit lyk soos een ster. Dit was egter nie altyd so nie. Met behulp van die Gaia-ruimteteleskoop is die bewegings van hierdie groep sterre onlangs gekarteer en bereken dat die twee nabye sterre sowat 100 000 jaar gelede laas met die blote oog onderskei kon word, en die groep as sewe getel kon wees.

Met vandag se antropologiese kennis van ons ontstaan en beweging vanuit Afrika, beteken dit dat die oorspronklike storie heel moontlik sy ontstaan rondom kampvure in Afrika gehad het en saam gedra is met ons diaspora na die res van die wêreld. Dit is, sover ons kan bepaal, die oudste storie wat ons het.



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SURPRISING EXERCISES THAT CAN ACTUALLY HELP YOU SLEEP



Insomnia can feel like your brain staging a 2 a.m. mutiny - and you're not alone. Up to a third of adults struggle with chronic sleep problems. While TikTok hacks and lavender sprays have their place, researchers are finding something simpler works: gentle movement.

A new analysis in BMJ Evidence-Based Medicine reviewed 22 randomized controlled trials to see which low-effort, low-cost exercises improve sleep. Yoga, Tai Chi, walking, and jogging topped the list - plus one extra we think belongs there.

Here are five movement-based ways to outsmart insomnia without a gym membership or pricey gadgets:

1. Yoga

If your brain is spiralling through every bad decision since 2008, yoga can help. It builds body awareness and breath control, pulling you out of panic mode. Studies show it boosts GABA, a calming neurotransmitter, and quiets the amygdala - the brain's bedtime catastrophiser.

2. Tai Chi

Think slow-motion martial art meets meditation. Tai Chi improves balance, breath, and sleep - adding up to 50 extra minutes a night in some studies. It's gentle, low-impact, and doesn't require fancy gear.

3. Walking

Daily walks boost melatonin, regulate your circadian rhythm, and burn off stress. Morning strolls are best for syncing with daylight, but an after-dinner walk works too.

4. Jogging

If walking feels too easy, jogging adds just enough effort to help your body crave rest. You don't need marathon miles—just enough movement to shift from wired-and-tired to ready-to-sleep.

5. Dancing

Not in the study, but worth adding. Dancing raises your heart rate, engages your whole body, and burns off nervous energy. Plus, it feels like fun, not punishment. Ten minutes to your favourite playlist might be the wind-down your brain needs.

Insomnia doesn't always require medication. Sometimes, moving your body in a gentle, mindful way is enough to help you meet sleep halfway - and maybe even enjoy getting there.



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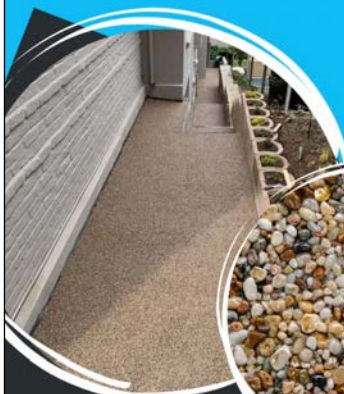
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CAN GENETIC TESTS PREDICT ATHLETIC PERFORMANCE?

Have you ever wondered how the world's top athletes became so good? How does Usain Bolt blaze across the track, or Michael Phelps glide through water like a dolphin? Is it all training, or is greatness written in their DNA?

While practice plays a huge role, recent years have seen a rise in DNA testing among athletes and teams, raising the question: can we be "born good"? From a scientific perspective, accessing genetic information to predict ability is an exciting prospect.

Our DNA is unique and unchangeable, influencing everything from speed to how we process food. But simply having the "right" genes doesn't guarantee success. It's the awareness of how DNA affects the body that allows elite athletes to adapt training, diet, and recovery to their genetic strengths.

Still, not everyone can afford genetic testing. A free way to maximise your potential is by understanding your body type, or somatotype. According to the Heath-Carter formula, there are three main categories—though most people are a mix of them, and training can shift you between types.

Ectomorph: Slim builds with fast metabolisms and low body fat. They struggle to gain muscle but can excel at endurance.

Endomorph: Stockier, rounder builds with slower metabolisms. They put on muscle and fat easily but find weight loss harder.

Mesomorph: Naturally muscular and triangular builds. They respond quickly to training with defined muscle growth and

strength.

Why does this matter? Each body type responds differently to exercise and diet. Training without taking this into account risks wasted effort. For example, endomorphs benefit from higher cardio focus, while mesomorphs can push strength training further.

So, athletic success isn't about DNA alone. In many cases, people naturally train in ways that suit their genetics because that's where they see the best results. Add practice, skill, and technique, and you have the formula for sporting greatness.

Whether through advanced genetic testing or simply listening to your body, understanding how you're built could be the key to unlocking your full athletic potential.

Source: BBC Earth



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'N KOEK VIR DIE MAAN?

Vir diegene van ons wat 'n soetrand het, is 'n lekker koek beslis 'n gunsteling. Dit is die een bederf wat die meeste kulture ook met belangrike vieringe assosieer. Koeke kan heerlik nostalgies wees, met 'n geur- en smaakprofiel vir feitlik elke smaak. Die eerste koeke verskil heelwat van dié wat ons vandag eet. Die voorloper in antieke tye, die Egiptenare, was die eerste kultuur wat bakvaardighede getoon het. Aanvanklik was die koeke egter meer broodagtig en versoet met heuning. Die Grieke het ook 'n vroeë vorm van kaaskoek gehad, terwyl die Romeine weergawes van vrugtekoeke met rosyne, neute en ander vrugte ontwikkel het (die woord 'koek' is van Viking-oorsprong).

Alhoewel koeke in enige denkbare vorm gebak kan word, was die meeste koeke tradisioneel rond. In antieke tye het sommige beskawings koeke gebak as 'n soort gebaar vir hul gode en geeste. 'n Ronde koek was bedoel om die sikliese aard van die lewe, sowel as die son en die maan, te simboliseer. Veral in Antieke Griekeland was dit tradisie om die geboorte van hul gode te vier. Vir die viering van die geboorte van die godin Artemis, is daar 'n ronde koek ter ere van haar gebak. Teorieë dui daarop dat die koek met aangesteekte kerse versier is, sodat dit soos die maan sou gloei.

Teen die 13de eeu het Duitse kinders hul verjaarsdae (Kinderfest) met koeke en kerse begin vier. Kerse het gestaan vir die lig van die lewe - een kers vir elke jaar, en een bykomende kers vir voortgesette lewe. Anders as vandag het die kerse egter die hele dag gebrand en is dit dikwels vervang wanneer die vlam verdoof. Uiteindelik, voordat die koek geëet is, is die kerse uitgeblaas en die kind sou 'n wens maak. Die oortuiging was dat die rook die wens hemel toe sou dra (soos moderne tradisie mag jy nie jou wens vertel nie, anders word dit nie waar nie).

Intussen in die middel van die 17de eeu met die vooruitgang in tegnologie en toegang tot bestanddele in Europa, is koeke

LYDIE TERBLANCHE & JAN NEL



meer gereeld gebak. Europa was ook die voorloper van die moderne ronde- en versierde koeke. Die eerste versiersel wat gebruik is, was gewoonlik 'n gekookte mengsel van suiker, eierwitte en 'n paar geurmiddels. Gedurende hierdie tyd het baie koeke ook nog gedroogde vrugte soos aalbessies en sitroene bevat.

In die 19de eeu het koek soos ons dit vandag ken, meer gewild geword. Die lekkerny is egter as 'n luukse beskou, aangesien soet bestanddele soos suiker en sjokolade baie duur was. Koeke is gebak met ekstra verfynde witmeel en bakpoeier in plaas van gis. Botterroom het ook tradisionele gekookte versiersels begin vervang.

Die nywerheidsrevolusie het bestanddele makliker beskikbaar en goedkoper gemaak. Met die vooruitgang in temperatuurbeheerde oonde, het 'n bakker se lewe ook baie makliker geword omdat hy nie meer 'n voortdurende wakende oog oor die koek hoef te hou nie.

Vandag word koek steeds gebruik om geleenthede soos troues, herdenkings, vakansiedae en natuurlik verjaarsdae te vier. So, bak dus gerus daai ronde koek ter viering van die siklus van die lewe, of net eenvoudig ter ere van die manjifieke maan.

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SHARING CORPORATE INFORMATION – WHAT DOES ESG REPORTING ENTAIL?

INA BEZUIDENHOUT

Every so often a new development creeps up on us, forming part of the ever-present change cycle. And just so often, it is a very welcome development. ESG reporting is an excellent example of such a development.

The concept is, however, not that new – some elements of the concept have their roots in labour and industrial developments decades ago.

But it was formally accepted in a 2004 UN Report entitled Who Cares Wins. And with that formulation, businesses were forced to evaluate their performance beyond the usual financial metrics and to include information on its actual impact on the environment, its relationship with its stakeholders (employees, local community and local authorities) and the effectiveness of its governance structures. A move to integrated management of the different components, as opposed to the silo approach followed up to that stage. And it forced businesses to include ESG considerations in their corporate decision-making. It influenced their policy frameworks, their investment strategy and global business operations. They were forced to include the information in annual reports.

And because the information formed part of annual reports, it became part of the organisation's public information – for the whole world to see. Literally.

In European countries, the concept became part of corporate legal obligations more than a decade ago. In South Africa (and the rest of Africa), we are still implementing these provisions as voluntary obligations. But, because of the demands from international investors and trade partners, South African organisations are required to adopt the ESG strategy if they wish to trade with international entities. And this, in turn, forced the South African government to make good on the commitments made in terms of international conventions such as the Stockholm and Rotterdam Conventions – and all of a sudden we noted legislation focusing on persistent organic pollutants, ozone-depleting substances and other hazardous substances of concern.

Of course, there was opposition to the strategy – some communities called the strategy woke capitalism and argued that it forces companies to shy away from their maximum potential. But as the majority of organisations argued for the inclusion of the strategy as a business imperative to ensure their success, the tide turned against the opponents and ESG became a way of doing business.

It is no longer enough to focus on the basic environmental components of limitation of air pollution, minimisation of waste, voluntary recycling of waste (the latter obligation formed part of our environmental laws since 1998) and limita-

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tion of water pollution – not even to mention window dressing. SA businesses had to accelerate their environmental management to include concepts like no-waste-to-landfill, implementation of cleaner air technologies, recovering and reusing water in innovative ways – not only minimising pollution, but also contributing in the long term to the welfare of the communities in which they operate, benefiting the communities – environmental management on steroids.

The Governance component includes information on labour practices, employee benefits and also implementation of anti-corruption measures – all the price industry has to pay for government inefficiencies.

What are the challenges? The lack of uniform reporting standards. Companies and investors measure different elements, add different weighting to the different elements and develop their own reporting formats, which confuses investors when they try to compare applications from different industries. A huge step in the right direction was the adoption of Sustainable Finance Disclosure Regulations by the European Union in 2019.

Despite your thoughts on the initiative, as our regulatory environment continues to evolve, companies will have to remain proactive and integrate ESG considerations, not only to comply with emerging laws, but to build long-term value, enhance corporate reputations and remain relevant in the international business arena.

LENTEVREUGDE

Met die eerste tekens van lente word die wêreld buite weer lewendig - bome bot, blomme kleur die landskap in, en die son skyn langer en warmer. Hierdie seisoen bring nie net nuwe lewe in die natuur nie, maar ook vars energie in ons lewens.

Om tyd in die son deur te bring het 'n merkbare uitwerking op ons gemoed. Die natuurlike lig help ons liggeme om meer serotonien vry te stel - die "gelukshormoon" wat stres verlig en 'n gevoel van welstand bevorder. Medies is dit bewys dat sonlig ook vitamien D-produksie verhoog, wat 'n belangrike rol vertolk om bene sterk te hou, 'n gesonde immuunstelsel te handhaaf en selfs die voorkoming van depressie. Selfs 'n kort stap in die park kan jou bui lig en jou meer gefokus laat voel.

Lente is ook die ideale tyd vir buite-aktiwiteite: stap, fietsry, pieknieks of selfs tuinmaak. Hierdie eenvoudige handeling verbind ons weer met die natuur, verbeter ons gesondheid en herinner ons daaraan dat geluk dikwels in klein, sonnige oomblikke lê.

Source: Google





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WE'RE ONE STEP CLOSER TO LIVING ON THE MOON – AND IT'S THANKS TO SOMETHING 'MAGIC'

It's been 56 years since Neil Armstrong set foot on the Moon, yet no one has followed him there. That could change, as Nasa plans to build lunar homes for astronauts and civilians by 2040.

Chinese researchers suggest this is possible: lunar soil may support life. Scientists at the Chinese University of Hong Kong have devised a method to extract water from the chalky regolith. This water can then be used to convert exhaled carbon dioxide into carbon monoxide and hydrogen gas, creating fuel and oxygen. With the cost of flying up essentials astronomical - a single gallon of water could cost £61,000 - this technology could eliminate huge expenses and "open new doors for deep space exploration."

Lead researcher Lu Wang marvelled at the "magic" of lunar soil. Years of impacts from asteroids and comets have left water ice trapped in minerals within permanently shadowed craters at the poles. The new tool would heat ilmenite in the regolith with sunlight to release water. Adding carbon dioxide triggers photothermal catalysis, a sunlight-driven reaction that could integrate water extraction and oxygen production in one step.

Challenges remain: harsh temperatures, radiation, and low gravity complicate the process. But the concept mirrors Nasa's plan to use local resources, including blasting a 3D

printer to the Moon to create structures out of lunar concrete from rock, dust, and mineral fragments. This debris, though harmful to humans, could form the basis of permanent settlements.

The Moon's future may not belong to Americans alone. South Korea has announced plans to develop lunar landers by 2040 and establish a "lunar economic base" by 2045.

Half a century after the first footprint, the Moon might finally host neighbours - not just explorers but communities built on the strength of its own soil and starlight.



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RETENSIEREGTE IN OORDRAG

BEVAN WRIGHT



Wanneer eiendom gekoop of verkoop word, fokus mense meestal op prys, ligging en papierwerk. Wat dikwels eers ter sprake kom wanneer dit reeds 'n probleem is, is retensieregte – regseise wat die oordrag kan vertraag, bemoeilik en selfs ontspoor. Maar is dit 'n gevaarlike regstydboom of bloot 'n hanteerbare deel van die proses?

Wat is 'n retensiereg?

'n Retensiereg is 'n afdwingbare reg wat 'n skuldeiser oor iemand anders se eiendom het as sekuriteit vir skuld. Dit kan statutêr wees, uit 'n hofbevel voortspruit of kontraktueel ooreengekom word. Selfs al is die verkoper die geregistreerde eienaar, kan iemand anders 'n geldige eis hê.

Tipes retensieregte:

- Verbande: Mees algemeen; ten gunste van 'n bank of kredietverskaffer. Moet gekanselleer word voordat oordrag kan plaasvind.
- Munisipale skuldretensieregte: Ontstaan uit agterstallige munisipale heffings/belasting. 'n Uitreikingssertifikaat is nodig om te bevestig dat skuld vereffen is.
- Bouers-/kontraakteursretensieregte: Waar kontraakteurs nie betaal is nie, kan hulle 'n retensiereg registreer – veral relevant by nuwe of onlangs opgeknapte eiendomme.

Waarom dit saak maak

Retensieregte kan onsekerheid oor eienaarskap skep, oordrag vertraag, kopers onwetend aanspreeklik maak, en selfs tot litigasie lei. In *City of Tshwane v Mitchell* is bevestig dat nuwe eienaars in sekere gevalle vir vorige eienaars se munisipale skuld aanspreeklik kan wees. Al vereis die wet nou uitklaringsertifikate, bly risiko's bestaan as transportbesorgers nie waaksaam is nie.

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Tydbom of hobbeltjie?

As 'n retensiereg laat ontdek word, kan dit groot vertraging, kostes en moontlike litigasie veroorsaak. Word dit betyds geïdentifiseer, kan dit egter net nog 'n administratiewe stap wees.

Wenke vir kopers, verkopers en agente

Verkopers: Vereffen alle skuld voor bemaking.

Kopers: Kry 'n omvattende verslag en opdatering van sertifikaat.

Agente: Werk nou saam met transportbesorgers om verrassings te voorkom.

Met deeglike regsadvies en tydige ondersoek hoef retensieregte nie 'n ramp te wees nie. Dit bly egter 'n herinnering dat eiendomsreg meer behels as bakstene en akte – dit gaan oor sekerheid en veiligheid in die oordrag van eienaarskap.

Dr. Maureen Kritzinger
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DEVELOPING AND ENCOURAGING CRITICAL THINKING IN OUR CHILDREN

CHERYL BARNETT

We need our children to develop critical thinking skills from a young age. Too much screen time robs them of these abilities. Critical thinking builds strong character and shapes wise, humble, and successful individuals. It's the ability to analyse information, make judgments, and solve problems - skills that help children make sense of the world around them.

Examples of critical thinking skills:

- Asking questions: Encourage curiosity; questions should relate to their surroundings and relevant topics.
- Analysing: Break down information and compare it to what they already know. Ask: "What does that mean? How does it make you feel? How would you change it?"
- Making judgments: Weigh pros and cons. Every decision has consequences — make that clear.
- Hypothesising: Imagine possibilities and outcomes. Let their creativity run wild.
- Drawing conclusions: Apply what they've learned to new situations, both in school and everyday life.

Critical thinking activities at home:

- Creating art: Drawing or composing music develops creative problem-solving.
- Ask questions: When reading a story, discuss characters,

predict events, and explore alternate endings.

- Solve puzzles together: Games like Monopoly, jigsaws, or brain teasers build strategy and problem-solving skills.
- Real problems in pretend play: Present challenges like global warming and ask for solutions, e.g., "If you were president, how would you fix this?"
- Play with building blocks: LEGOs and similar toys encourage imaginative thinking.

Balancing digital life with real-world activities is key. We can teach children healthy digital habits, set screen time limits, and promote active lifestyles that include face-to-face interaction. Social Kids is committed to helping children understand the digital world and protect themselves while navigating it wisely.



REDISCOVER YENTL – SCREENING AT THE BIOSCOPE



Yentl is a 1983 American romantic musical drama film directed, co-written, co-produced by, and starring American entertainer Barbra Streisand. It is based on Isaac Bashevis Singer's short story "Yentl the Yeshiva Boy".

The film received the Academy Award for Best Original Song Score and the Golden Globe Award for Best Motion Picture-Musical or Comedy and Best Director for

Streisand, making her the first woman to win Best Director at the Globes.

In a quiet Polish village, Rebbe Mendel devotes his life to teaching the Talmud to young boys. Secretly, he shares this

forbidden knowledge with his daughter, Yentl, who hungers for learning despite traditions barring women from studying scripture. When her father dies, Yentl refuses to give up her pursuit of knowledge. Disguising herself as a young man, she enters a yeshiva to continue her studies. But as she navigates her new identity, Yentl becomes entangled in unexpected emotions, torn between devotion to learning and the stirrings of love that complicate her secret.

'n Musefees Eerste

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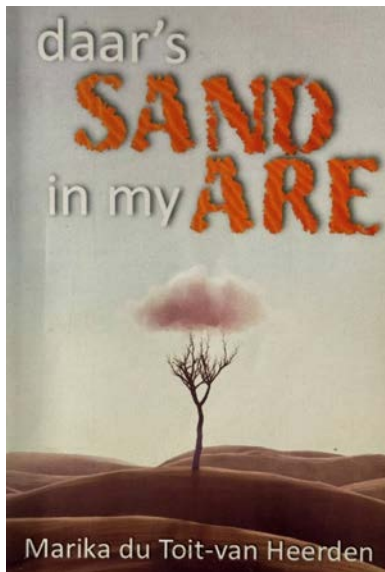
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DAAR'S SAND IN MY ARE RESENSIE DEUR LOUISE VILJOEN

Hierdie kranige storiëverteller, 'n boorling van Namibië, dra haar bundel vol mymeringe op aan elke mens en dier en bos wat die versugting na water ken en telkens opstaan uit 'n droogte – van enige aard. "Ons is 'n tawwe lot, ons Namibiërs," skryf sy op bladsy 118. "Ons maak dit deur die droogte- en die swaarkryte.

Ons het vasbyt in ons onderste waters en ons kan boonop droom." Haar liefde vir mens en natuur en haar deernis vir diegene wat swaarkry loop soos 'n goue draad deur haar pennevrug. Sy put veral inspirasie uit geharde streke waar ontbering – in hierdie bundel verwoord sy veral die ritme van droogte en reën – aan die orde van die dag is, en waar mens en dier ondanks die uitdagings met bewonderenswaardige veerkrag voortbeur en die beste maak van hulle omstandighede.



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Day	Sunrise	Sunset	High Water				Low Water				Moonrise	Moonset	Moon Phase
			Time	Height	Time	Height	Time	Height	Time	Height			
1	0650	1813	0918	1.24	2209	1.33	0241	0.97	1533	1.07	1145	0215	
2	0649	1813	1247	1.34	----	----	0615	0.97	1835	0.97	1239	0310	
3	0648	1814	0038	1.42	1332	1.52	0720	0.81	1925	0.80	1339	0400	
4	0646	1815	0131	1.59	1404	1.71	0756	0.63	2002	0.62	1444	0445	
5	0645	1815	0209	1.76	1434	1.90	0826	0.46	2036	0.45	1552	0524	
6	0644	1816	0243	1.92	1505	2.08	0855	0.30	2109	0.30	1700	0558	
7	0642	1817	0316	2.05	1537	2.23	0924	0.18	2143	0.19	1808	0628	☉
8	0641	1817	0350	2.13	1610	2.33	0954	0.10	2218	0.13	1917	0657	
9	0640	1818	0424	2.16	1644	2.36	1024	0.08	2253	0.13	2026	0726	
10	0638	1819	0459	2.12	1720	2.31	1055	0.13	2330	0.20	2138	0756	
11	0637	1819	0536	2.02	1757	2.18	1128	0.25	----	----	2251	0830	
12	0636	1820	0614	1.87	1838	1.98	0008	0.32	1203	0.42	----	0908	
13	0634	1821	0656	1.68	1926	1.74	0048	0.50	1243	0.64	0005	0954	
14	0633	1821	0750	1.49	2038	1.51	0137	0.70	1339	0.87	0116	1048	☾
15	0631	1822	0943	1.34	2302	1.41	0256	0.88	1719	0.99	0221	1150	
16	0630	1823	1229	1.46	----	----	0605	0.87	1855	0.82	0317	1257	
17	0629	1823	0043	1.52	1325	1.66	0714	0.71	1943	0.65	0403	1405	
18	0628	1824	0136	1.68	1402	1.85	0754	0.55	2019	0.51	0441	1511	
19	0626	1825	0215	1.82	1434	1.99	0825	0.41	2048	0.40	0513	1615	
20	0625	1825	0248	1.92	1503	2.10	0852	0.31	2115	0.33	0541	1716	
21	0623	1826	0318	1.99	1531	2.16	0916	0.24	2140	0.30	0606	1814	☀
22	0621	1827	0347	2.02	1558	2.18	0940	0.22	2205	0.29	0630	1912	
23	0620	1828	0415	2.01	1623	2.15	1004	0.24	2230	0.31	0654	2010	
24	0619	1828	0442	1.96	1648	2.09	1028	0.29	2255	0.35	0719	2108	
25	0617	1829	0507	1.89	1712	1.99	1053	0.38	2321	0.43	0747	2206	
26	0616	1830	0533	1.79	1736	1.87	1118	0.49	2347	0.53	0818	2306	
27	0615	1830	0559	1.68	1803	1.73	1145	0.63	----	----	0855	----	
28	0613	1831	0627	1.55	1835	1.57	0015	0.65	1216	0.78	0938	0004	
29	0612	1832	0705	1.41	1924	1.42	0050	0.79	1259	0.94	1028	0100	
30	0610	1833	0828	1.27	2115	1.30	0146	0.93	1455	1.07	1125	0152	☾

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