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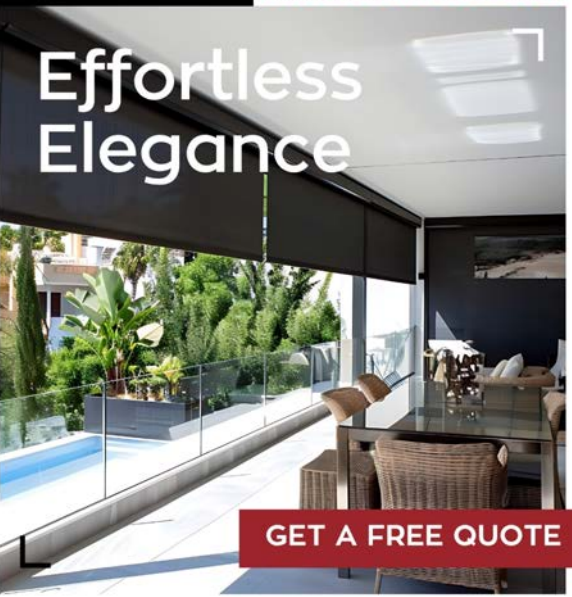
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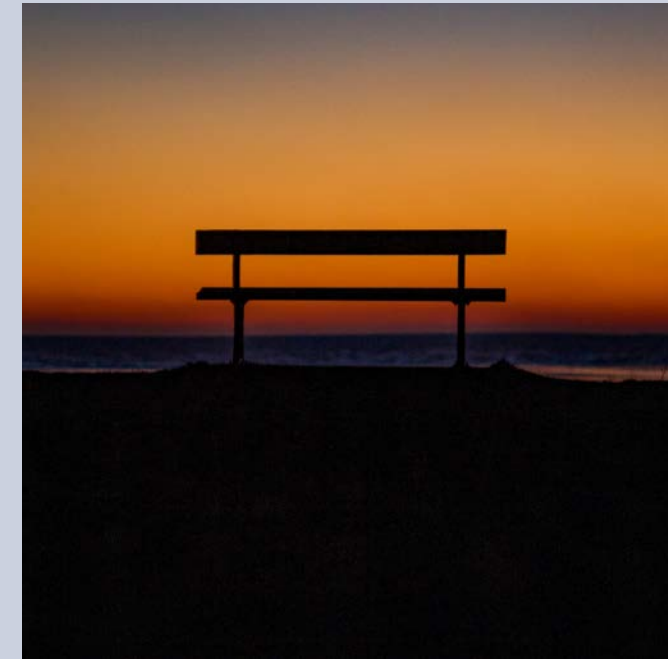
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Dit is moeilik om te glo dat die laaste maand van 2025 by elkeen van ons se voetrusbank aanmeld...

Die warboel van emosies: dankbaarheid, vrese, verliese, verrassings en soms woede was alles deel van die lewensreis tot op hede. Een ding is seker: of dit 'n dagreis was of 'n 365 lewenspad, alles behoort eersdaags tot 'n verlede jaar.



'n Jaar van avontuur, noue ontkomings en ontberings, afskeid neem van bemindes of bekendes, persoonlike groei, wegstap en groet...alles deel van 2025.

With no guarantees we will plan, aspire and approach the life journey in 2026.

The Post is grateful for its advertisers, contributors, readers and The Team for achieving a new milestone, the first 28-page December/January Edition, a fitting ending to this year. I'm excited to continue the success story in 2026 when *The Post* will applaud 20 years in print, previously known as The Great Brak Post for 10 years.

Regarding the Festive Season, may we become more aware of our many blessings, sensitive to all those by whom we are surrounded.

I'm grateful for the abundance we have, take nothing for granted, move forward with a heart filled with compassion and love. Extending an open hand to those you know and those less fortunate.

So it is, so be it.

Laurinda

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THE BALANCING ACT WITHIN

An introduction to gut health and the art of staying well.

This festive season, as the Garden Route fills with visitors escaping city stress, many come in search of sunshine, family, and renewal. Yet few realise that the same pressures driving our modern pace of life also disturb something far more delicate — the living world within our own bodies.

Why Gut Health Matters

Inside each of us lives a bustling community of microbes — trillions of tiny partners that keep us balanced, energised, and well. When harmony reigns, it's called eubiosis; when balance breaks, dysbiosis sets in.

Stress, processed foods, antibiotics, and sleepless nights can tip this balance. The results often appear as fatigue, poor immunity, skin flare-ups, allergies, and even mood changes. Many everyday health problems begin quietly here — in the gut.

When Balance Breaks — and Why Modern Life Makes It Worse

Modern convenience is no friend to our microbes. Fast foods, refined sugar, pollution, and constant deadlines thin out the good bacteria and allow the wrong ones to dominate. Add festive indulgence — late nights, rich meals, and a few extra glasses of bubbly — and our inner ecosystems can feel as

HARRY TRISOS



gridlocked as the N2 in December.

Fortunately, nature is forgiving. The gut can restore itself quickly when given the right support: wholesome food, natural fibre, good rest, and time outdoors all help our internal community regain rhythm.

Looking Ahead

Over the coming months, this column will explore how gut imbalance links to real-world conditions — from inflammation to anxiety — and how restoring microbial harmony can help us feel truly well again.

So, as we reconnect with the ocean, family, and festive cheer this summer, perhaps we can also reconnect with ourselves — beginning in the gut.

Learn more at www.eubiosis.pro

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WAAR DIE SAND LEEF: DIE MEERKAT EN SY KALAHARI-KONINKRYK



Wanneer die eerste goue sonlig oor die rooi duine van die Kalahari breek, verskyn daar 'n toneel wat net so eg-Suid-Afrikaans is soos rooibos en veldreuk: 'n groepie meerkatte wat regop staan, pootjies gevou, ore spits, oë blink van waaksaamheid. Hierdie klein wesens – skaars 'n halwe meter lank – is die onbetwiste wagte van die woestyn.

Agter hul oulike gesiggies skuil 'n merkwaardige sosiale stel-sel. 'n Meerkatgemeenskap, of "mob", funksioneer soos 'n goed georganiseerde familie – met wagte, oppassers, kos-soekers en selfs "onderwysers". Die dominante paar is die enigste wat teel, terwyl die res van die groep hul tyd wy om die kleintjies te voed en te beskerm. Wat min mense weet, is dat elke meerkat sy eie "werk" het, en dat hulle hierdie rolle onder mekaar afwissel met presiese dissipline.

Wanneer een op wag staan, gebruik hy meer as dertig verskil-lende roepgeluide om met die groep te kommunikeer – elke klank dra 'n spesifieke waarskuwing: een vir 'n slang, een vir 'n arend, en een vir 'n naderende jakkals. Hierdie taal van oor-lewing is so fyn afgestem dat wetenskaplikes meen dit is een van die mees ontwikkelde kommunikasie-stelsels onder klein soogdiere.

Fisies is die meerkat 'n meester van aanpassing. Die donker kringe rondom hul oë beskerm teen die verblindende son, ter-wyl hul lang kloue grawe tunnels met gemak. Hulle bloeibare mae werk soos sonpanele – soggens lê hulle plat in die sand om op te warm ná die koue woestynnag. Hulle kan selfs sker-pioene eet sonder om vergiftig te word, nadat hulle die angel behendig afbyt.

Onder die grond lê 'n hele wêreld: tunnels met kamers, uit-gange en skuilplekke, soms gedeel met grond-eksters of grondeekhorings. Hier slaap die familie styf saam, 'n warm bondel lewenslus en lojaliteit.

Klein van gestalte, maar groot van gees – die meerkat is 'n le-wende simbool van moed, samewerking en aanpasbaarheid.

In die stilte van die Kalahari staan hierdie wagte trots, 'n herin-nering dat selfs die kleinste stem in die natuur 'n groot storie kan vertel.

Discover Die Wandelpad!

Die Wandelpad is a family-run venture, home to All Things Bisk – where it all began. It's from this artistic foundation that our restaurant, The Painted Plate, found its name and inspiration.

But that's not all you'll find here. Die Wandelpad is also home to Dels, CPI Plumbing and Water Storage, a Creative Space offering sublimation and custom printing, and Book Addicts, a charming second-hand bookstore for book lovers to explore, unwind and enjoy a carrot cupcake.

We host vibrant markets every Saturday, and during December, Die Wandelpad comes alive with a continuous festive market filled with local crafts, and holiday cheer.

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GROENKLOOF

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For 20 years, Groenkloof has been synonymous with secure, active, and vibrant retirement living. With seven thriving estates already established in Great Brak River, Reebok, and George, Groenkloof proudly announces its latest development – Groenkloof Seesig.

Seesig is being developed in carefully planned phases. In Phase 1, 70 prime stands are for sale either on Full Title or Life Right, offering 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

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- 1,538 Residents and Growing
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MASSAGE THERAPY

Why we do it and why you should do it too.

Massage therapy reminds us to pause, breathe, and listen to our bodies. In every session, there's an invitation to return home to your-self...calmer, lighter, and more connected.

Since the earliest days, touch has been a language of care. Massage was cherished by nobles in ancient Egypt and formed part of the preparation and recovery for warrior soldiers before and after battle. Today, its essence remains the same, a timeless ritual of healing and reconnection.

We all know the basics of massage: it releases muscle tension, improves circulation, tones the body, and reduces stress. Yet, after 22 years as a Massage Therapist, an expert in the field having worked with people from every walk of life, I've learned that massage goes far beyond easing aches and pains. It speaks to our emotional and energetic well-being, the parts of us that long to be seen, soothed, and balanced.

Massage Therapy not only benefits the muscular system, lowers blood pressure, and reduces cortisol levels; research shows it activates the cingulate cortex, a region of the brain's limbic system involved in emotion, cognition, attention, and pain processing. It also influences the Autonomic Nervous System, increasing vagal activity, the function of the vagus nerve that connects the brainstem to the heart, lungs, and digestive system.

This nerve quietly governs so much of our inner world, influencing everything from our heartbeat to our capacity to feel

MONIQUE FOURIE

connected to life. At our core, we all long to feel safe, connected and regulated within and with the world around us. When we drift away from this state, the body releases hormones, chemical messengers, which call other systems into action to restore balance.

Too often, we override these calls. We push through exhaustion, ignore our senses, and explain away pain rather than pausing to listen. Massage Therapy offers a sacred space to stop, breathe, relax, digest, and restore.

Through the techniques of a skilled professional therapist, we can remember to regulate and realign. In that remembering, we begin to feel safe and grounded again, ready to meet the world in our most authentic way.

Massage Therapy is a holistic experience, a whole-body conversation that brings you home to yourself - mentally, physically, and soulfully.



A ROAD LESS TRAVELLED - THE BALTICS

LAURETTE MOOLMAN

My sister and I recently went on a tour to the Baltics. The Baltics? Some people confuse it with the Balkans. These Eastern European countries, which were part of the Soviet Union, are not often visited by us from faraway South Africa and are a bit of a mystery to many.

The three Baltic countries, Estonia, Latvia and Lithuania, are fiercely proud to be independent again with their own languages as official languages. Some people still speak Russian because everyone had to during Soviet times, but it is mostly older people. They have their own scripts, incomprehensible to us, but fortunately, most also spoke English.

What struck us is how small these countries are. Estonia has a population of approximately 1.4 million, Latvia 1.86 million and Lithuania 2.83 million. Compare it to Cape Town, with a population of more than 5 million! However, the guide in Riga told us they actually do sometimes have traffic jams! What impressed us is that these countries with such small populations are amongst the world leaders in IT. Even though it was autumn and quite cold, we saw no autumn colours, only beautiful green landscapes wherever we went. Latvia and Estonia's forest cover are approximately 51% and Lithuania's a third. They protect their forests, and when trees are felled, they immediately have to replant more. More than half of their GNP is from timber exports. In Lithuania, we walked an open-air sculpture trail called the Hill of Witches. Under the tall trees,



A different style of architecture in Riga, Latvia

they have interesting, if not also strange, huge wooden sculptures that bring Lithuanian folklore and pagan traditions to life through woodcarving. We visited the ruins of forts and a few palaces, different from what can be seen in Western Europe. Old cities usually have charming Old Towns with narrow winding streets. We wandered past different architectural styles, from lovely old houses to spectacular Art Nouveau buildings in Riga. In Tallinn, we visited a pharmacy which has been continuously operating since 1422 in the same building. That makes it the oldest pharmacy in Europe of its kind. Some of the original medieval furnishings can still be seen there. An interesting fact is that marzipan used to be one of the best sellers in the 15th century, used as medicine and to cure broken hearts! Maybe marzipan can still do the latter ...

We felt privileged to have had a glimpse of these Baltic countries and to have picked up many new facts about their history.



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GROOTSTE EN MEES GEDETAILLEERDE RADIOBEELD VAN DIE MELKWEG SAAMGESTEL

Sterrekundiges het die grootste en mees gedetailleerde radiobeeld van die Melkweg nóg saamgestel – ’n kleurrike uitsig wat rooi en blou borrels wys waar sterre gebore word of reeds ontplof het. Die beeld, wat op 28 Oktober in die Publications of the Astronomical Society of Australia aangekondig is, fokus op die galaktiese middelpunt en bied ’n vars blik op die dinamiese hart van ons sterrestelsel.

Volgens dr. Silvia Mantovanini van Curtin-universiteit in Perth, Australië, help hierdie nuwe aansig – van die aarde se suidelike halfrond af gesien – wetenskaplikes om voorwerpe binne die Melkweg beter te identifiseer en te verstaan hoe sterre ontstaan en eindig.

Die projek het ontstaan uit die soektog na supernova-oorblyfsels – reuseborrels van gas en stof wat oorbly ná ’n ster se ontploffing. Hierdie oorblyfsels straal vir duisende jare radio-golwe uit. Alhoewel sowat 300 reeds ontdek is, skat navorsers dat daar meer as 2 000 in die Melkweg bestaan. Om hulle beter te bestudeer, het Mantovanini en haar kollegas meer as 140 nagte se waarnemings tussen 2013 en 2020 saamgestel met behulp van die Murchison Widefield Array, ’n radioteleskoop in Wes-Australië.

Elke opname het twee minute geduur en ’n klein gedeelte van die hemel vasgelê. In totaal is byna 2 000 beelde aanmekaar



“gestik” met superrekenaars om ’n asemrowende uitsig van sowat 60 000 ligjare te vorm – meer as die helfte van die Melkweg se wydte.

Om die verskillende radiostralings te onderskei, het die span 20 lae van die beeld gekombineer: langer golwe word as rooi en korter as blou vertoon. Die rooi borrels wys die kouer oorblyfsels van supernovas, terwyl die blou borrels warm sterrekrippe aandui waar nuwe sterre vorm.

Mantovanini sê hierdie veelkleurige uitsig maak dit makliker om die lewende prosesse binne die galaksie raak te sien – “van die geboorte van nuwe sterre tot die stille nasleep van antieke ontploffings.”

Source: sciencenews

THE SPARKLING EVOLUTION OF CHRISTMAS LIGHTS

Every year, we wrap strings of Christmas lights around trees, windows, and rooftops – but have you wondered how they began? The history of Christmas lights is a story of tradition, innovation, and safety.

A Flicker of Tradition

In the 16th century, German families decorated trees with candles to represent the stars over Bethlehem. Magical as it looked, open flames on dry trees were risky – a foundation for today’s safer lights.

The Electric Revolution

In 1882, Edward H. Johnson, a colleague of Thomas Edison, created the first electrically lit tree in New York City with 80 red, white, and blue bulbs. No flames, just a steady glow – a groundbreaking start.

The 20th-Century Boom

By the 1900s, electric lights were more accessible. General Electric sold pre-wired strings in 1903, and by the 1920s, public displays decorated parks and squares.

The 1980s brought multi-coloured, tree-specific, and flashing bulbs. Bubble lights, first seen in the 1940s, added nostalgic charm with their bubbling liquid tubes.

The LED Era

LEDs use up to 90% less energy, stay cool, last longer, and are more durable – safer and more sustainable than incandescent bulbs. Modern innovations include solar-powered, projection, and smart lights controllable from your phone.

Decorating Safely

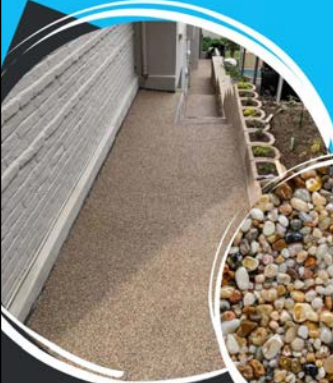
Inspect lights, avoid overloading circuits, and choose certified products to enjoy a safe holiday season.

From candlelit trees to energy-efficient LEDs, Christmas lights have transformed over centuries. They are more than decorations – they’re symbols of creativity, technology, and holiday magic.





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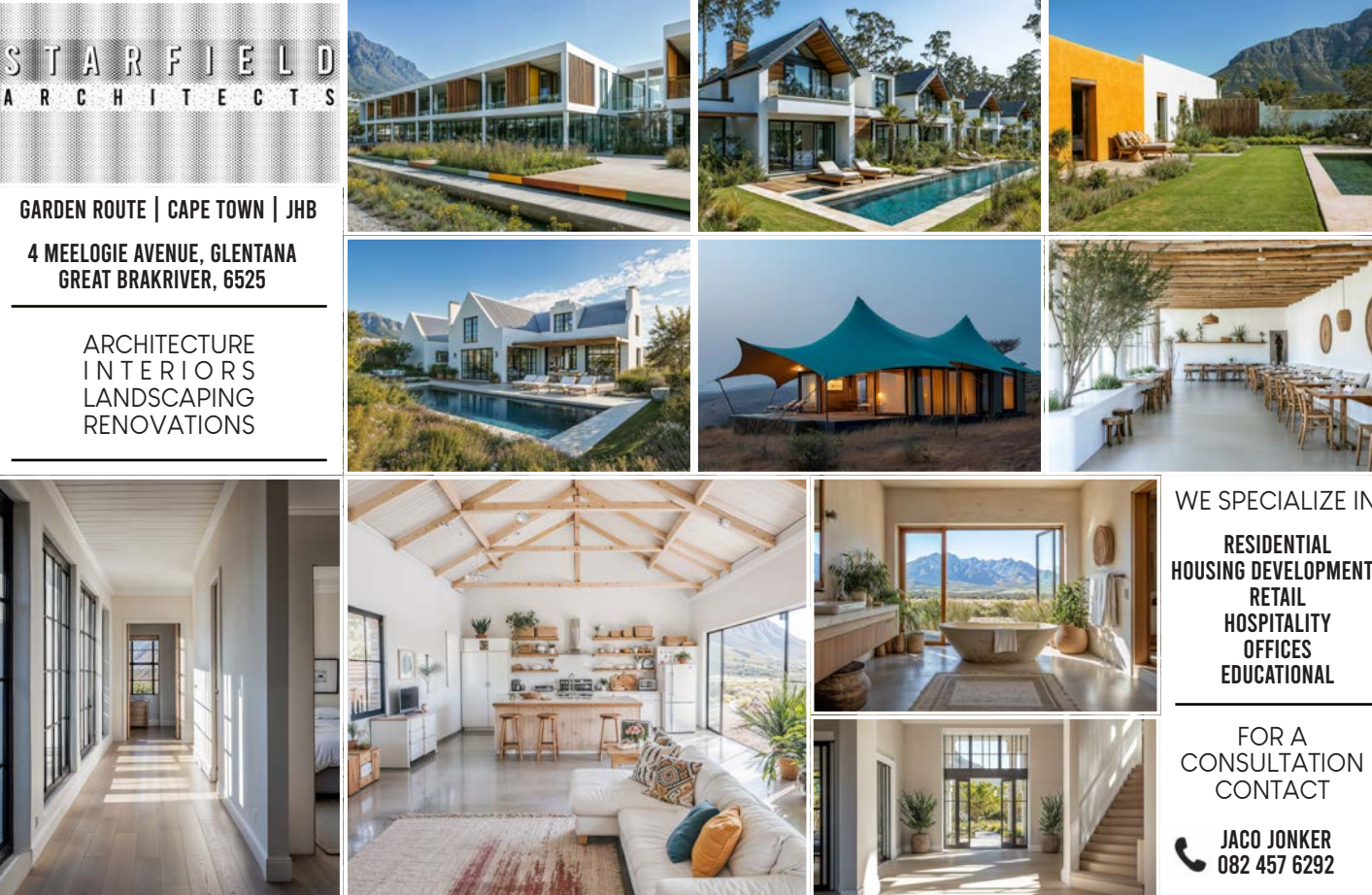
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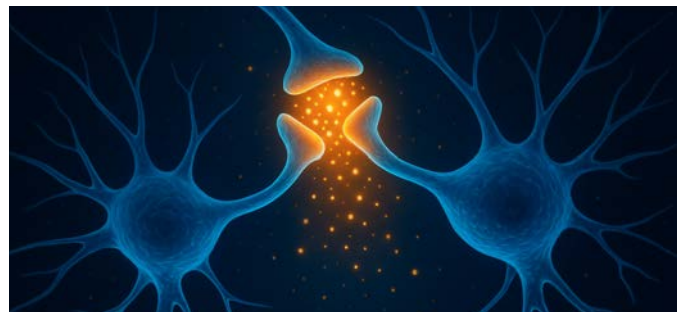
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BRAIN WELLNESS



“What if your thoughts could help you heal faster? The good news is — they can.”

Have you ever noticed how a stressful day can leave you feeling physically drained, or how a good laugh seems to energize your whole body? That’s your brain and body working together. Brain wellness is about understanding and nurturing that connection.

The body responds to the signals and beliefs of the mind. Our dominant thoughts — whether conscious or not — shape the body’s energy state. This is the mind–body connection: thoughts, emotions, and attitudes influence our brain’s chemical and electrical signals.

Neuroscience shows that “neurons that fire together, wire together.” Every thought sparks a pattern of brain activity. The more often a thought occurs, the stronger that pathway be-

MEL TIEDT

comes. Over time, repeated thoughts form habits that shape how we think, feel, and behave.

Understanding your unique brain design — how you handle stress, emotions, and focus — helps you perform at your best. Lifestyle factors such as sleep, nutrition, exercise, and social interaction also strongly influence brain function. Mind-set plays a critical role. Positive thinking supports resilience, focus, and mood regulation. Chronic negative thinking, on the other hand, disrupts the brain’s electrical balance, raises stress hormones like cortisol, and weakens the immune system over time.

An optimistic mindset — grounded in gratitude, calmness, and emotional safety — promotes healthy brain chemistry and strengthens pathways linked to wellbeing, healing, and connection. Even small shifts, like choosing to calm over frustration, can improve mental and physical balance. While nutrition and exercise are essential, their benefits grow when paired with a hopeful outlook. True wellness happens when the body and mind work in harmony.

As we enter the festive season, let’s focus on gratitude, patience, and kindness. Approach challenges with curiosity and compassion. When we nurture self-love, we strengthen our ability to care for others and see the best in the people around us. Start working on your brain wellness today.

VYF AFSKAKELWENKE OM DOELBEWUS VAKANSIE TE HOU

Die einde van die jaar bied vir baie mense ’n welverdiende blaaskans — maar om regtig af te skakel, is makliker gesê as gedaan. Selfone, werk-e-posse en die voortdurende gedagte aan wat wag in Januarie kan dit moeilik maak om werklik te ontspan. Hier is vyf eenvoudige, maar doelgerigte maniere om hierdie vakansie intensioneel af te skakel en weer te laai.

1. Stel duidelike grense met werk

Laat kollegas en kliënte vooraf weet dat jy met verlof is en wanneer jy weer beskikbaar sal wees. Stel ’n outo-antwoord op vir e-posse en los jou werksfoon in ’n laai. Die wêreld sal nie vergaan as jy nie elke boodskap onmiddellik lees nie.

2. Skep ’n nuwe roetine vir rus

Afskakel beteken nie om niks te doen nie — dit beteken om anders te leef. Staan later op, eet rustig ontbyt, gaan stap of lees ’n boek. ’n Nuwe ritme herinner jou liggaam en brein dat dit nou rus-tyd is, nie haastyd nie.

3. Verminder skermtyd

Selfone en skermhou jou gedagtes vas in die wêreld van werk en nuus. Probeer sekere ure van die dag skermvry wees. Laat die foon tuis wanneer jy strand toe gaan of saam met familie eet. Jy sal verbaas wees hoe vinnig stilte weer lekker raak.

4. Doen dinge wat jou energie gee

Doelbewuste rus gaan nie net oor slaap nie — dit gaan oor herstel. Doen dinge wat jou vreugde bring: verf, lees, bak, tuinier of luister musiek. Wanneer jy dinge doen wat jou kreatief of geestelik voed, hervul jy jou tenk op ’n dieper vlak.

5. Wees teenwoordig

Die grootste geskenk wat jy jouself (en ander) hierdie vakansie kan gee, is teenwoordigheid. Sit die foon neer, kyk in mense se oë, ruik die seelug, proe die kos stadig. Om werklik te beleef wat om jou gebeur, is die kern van intensionele vakansie.

Source: Google



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R1.790m
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Tergniet
R4.2m
4 Slaapkamer woonhuis met prag uitsigte na die see. Noordelike braai area. Groen area voor die huis wat die uitsig waarborg. Stapafstand see toe. Dubbel garage. Lae onderhoud tuin. Tel: Linda - 082 415 9765

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'N STAP-VIR-STAP GIDS TOT TYDBOKS, MET VOORBEELDE



Tydboks is waarskynlik die kragtigste tegniek vir tydbestuur. Daar is egter nie een regte manier om dit te doen nie. Sommige mense gebruik elke week dieselfde skedule en hersien dit op Sondae, terwyl ander hul tydboks-kalender daagliks aanpas. Party gebruik sigblaie in 15- of 30-minuut-increments, ander Google Calendar, of spesiale tydboks-toepassings.

Hierdie stap-vir-stap gids, met voorbeelde van regte mense, sal jou help bepaal hoe tydboks vir jou kan werk. Onthou net: geen produktiwiteitstechniek is tegelyk maklik én doeltreffend nie – dit verg inspanning.

Stap 1: Identifiseer jou waardes

Volgens Russ Harris, skrywer van The Happiness Trap, is waardes “hoe ons wil wees, waarvoor ons staan en hoe ons met die wêreld wil omgaan.” Jou waardes beskryf die tipe persoon wat jy wil wees – eerlik, liefdevol, betroubaar of kreatief.

'n Waarde is nie 'n doel wat bereik word nie, maar eerder 'n rigtingwyser, soos 'n ster wat jou help kies hoe om te leef.

Deel jou waardes in drie lewensdomeine: jouself, verhoudings, en werk. Só bou jy 'n holistiese beeld van die mens wat jy wil word.

Stap 2: Vertaal waardes in tyd

Bepaal hoeveel tyd elke lewensdomein verdien om by jou waardes te pas. Lys die aktiwiteite wat daardie waardes uitlief – dit is jou “traksie”. As gesondheid belangrik is, skeduleer oefening of maaltydbeplanning. As jy 'n beter maat wil wees, reël gereelde afspraak- of geselsaande. As jy speelsheid waardeer, beplan speletjiesande of tyd saam met jou kinders.

Tydboks gaan dus nie net oor om dinge gedoen te kry nie; dit gaan oor om doelbewus te leef volgens wie jy wil wees. As ontspanning of sosiale media deel is van wat jy geniet – doen dit! Maar doen dit volgens jou plan.

Stap 3: Skep jou tydboks-kalender

Maak nou 'n weeklikse sjabloon gebaseer op hoeveel tyd jy aan elke domein wil wy. Skeduleer die aktiwiteite uit stap 2. Wees egter bewus van die beplanningsfout – mense onderskat gewoonlik hoeveel tyd take vat. As jy dink iets neem 30 minute, maak dit eerder 90. 'n 45-minuut oefensessie vereis eintlik twee uur as jy reistyd, stort en ete inreken. Veral vir

werkstake is dit slim om jou tydskatting te verdriedubbel.

Stap 4: Monitor jou vordering

Daar is slegs drie redes waarom tydbokse misluk:

1. **Interne sneller (soos verveling of stres),**
2. **Eksterne sneller (soos 'n oproep of kennisgewing), of**
3. **Beplanningprobleme (jy het te veel probeer inpas).**

Gebruik 'n afleidingsjoernaal om te noteer wanneer jy van kopers afgaan, wat dit veroorsaak het en hoe jy dit volgende keer kan voorkom. Soos Paulo Coelho sê: “'n Fout wat meer as een keer herhaal word, is 'n besluit.”

Stap 5: Hersien en verfyn

Tydboks is 'n deurlopende eksperiment. Spandeer weekliks 15 minute om te vra: Wanneer het ek gedoen wat ek beplan het? Wanneer was ek afgelei? Pas jou strategie aan. As iets onverwags gebeur het, besluit of dit 'n uitsondering was of iets waarvoor jy 'n plan moet maak.

Dit kan 'n paar weke neem om 'n ritme te kry. Wanneer jou omstandighede verander – nuwe werk, verhuising, ens. – hersien jou kalender weer.

Wenke vir beginners

Begin met jouself: rus, leer of oefen – dit bou die fondament vir alles anders.

Skeduleer plesier! Tydboks is nie net vir werk nie; beplan tyd vir stokperdjies, reekse kyk of speletjies speel. As jy dit vooraf beplan, geniet jy dit sonder skuldgevoel.

Gee jouself opsies: jy kan breër kategorieë gebruik soos “administrasie” of “huistake”, eerder as spesifieke take. Wanneer daardie tyd aanbreek, kies eenvoudig wat jy in daardie kategorie wil doen.

Onthou: 'n krisis is iets onverwagte wat onmiddellik aandag verg – nie elke e-pos of versoek nie. Stel vooraf voorsorgplanne op en moenie elke afleiding as dringend beskou nie.

Tydboks gaan nie oor om 'n lys klaar te maak nie, maar om te leer hoe lank dinge regtig neem wanneer jy sonder afleiding werk. Jy beheer nie hoeveel take jy klaarmaak nie – net hoeveel aandag en tyd jy gee.

Ondernemer Marc Andreessen sê dat sy tydboks-kalender hom help om kalm te bly en te fokus. Hy beplan selfs rus- en vrye tyd: “As jy nie genoeg vrye tyd skeduleer nie, raak jy moedeloos oor jou eie kalender.”

Neha Kirpalani, 'n bemarkingskonsultant, het tydboks gebruik om haar werkslading ná 'n bevordering te beheer. Sy het klein begin – net 'n paar take per week – en haar tydskattings en roetine telkens aangepas.

Tydboks is nie 'n rigiede stelsel nie, maar 'n wetenskaplike eksperiment met jouself. Elke week bied nuwe data: wat werk, wat nie. Met tyd sal jy ontdek dat jy alles kan doen wat jy wil – net nie alles tegelyk nie.

Bron: Nirandfair



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THE PROS AND CONS OF BEING AN INFLUENCER

An influencer is an individual who builds a following, usually on social media or other digital platforms - and uses that audience to shape public perception, promote ideas, products, or services, or drive engagement around specific topics or brands.

Being an influencer has become one of the most desired careers of the digital age. It offers a lifestyle that blends creativity, independence, and entrepreneurship. Influencers build personal brands by sharing content that reflects their passions, interests, and daily lives with audiences who relate to them.

One of the greatest advantages of being an influencer is the ability to work creatively and independently. Influencers have the freedom to choose what to post, when to post, and how to express themselves. This flexibility allows them to design their own schedules, work from anywhere, and turn hobbies into full-time careers. The potential for financial success is another benefit. Successful influencers can earn income through brand partnerships, sponsorships, affiliate links, and merchandise. Many also find personal fulfillment in inspiring others or promoting positive change through their platforms.

However, the role comes with challenges. The pressure to stay relevant and maintain engagement can be overwhelming. Influencers often face long working hours, burnout, and anxiety due to the constant need to produce new and appealing con-



tent. Privacy is another major concern, as their personal lives are often exposed to public scrutiny and criticism. Income instability is also common since earnings depend heavily on brand deals and unpredictable social-media algorithms. Additionally, maintaining authenticity while earning a living can be difficult. Too many sponsored posts can damage credibility, while refusing partnerships can reduce income opportunities.

In conclusion, being an influencer offers creativity, freedom, and the potential for success, but it also demands resilience, discipline, and emotional strength. Behind the curated images and videos lies a career that requires continuous effort, adaptability, and the ability to handle both public attention and private challenges.

Source: Forbes

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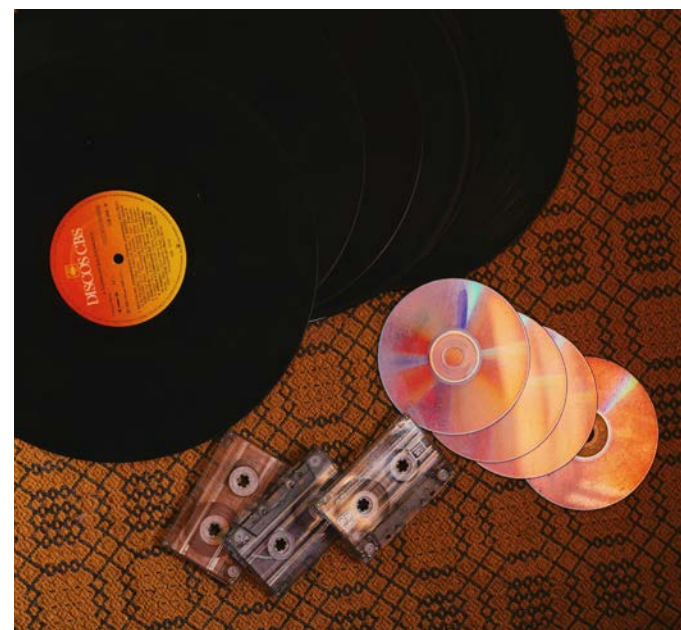
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BEFORE THE STREAM: WHEN MUSIC LIVED IN YOUR HANDS



Before streaming made music instant and invisible, it was something you could hold, see, and feel. From the first phonographs to today's vinyl revival, every physical format has shaped how we connect with sound — turning listening into a full-body experience that still resonates today.

It all began in the late 1800s, when Thomas Edison and Emile Berliner discovered how to capture a voice on a spinning surface. Edison's phonograph carved grooves into wax cylinders, while Berliner's gramophone pressed vibrations onto flat discs. Each groove was a physical imprint of sound — a pattern of movement made visible. Hearing those early recordings felt like witnessing magic: sound, once fleeting, had become something that could be played again and again.

By the 20th century, vinyl transformed that magic into art and community. A record wasn't just a way to hear music — it was

a shared ritual. Families gathered around turntables, fans explored album covers, and DJs used records to invent new genres like hip-hop. Vinyl gave sound a personality: warm, rich, and alive.

The arrival of magnetic tape in the mid-1900s made music portable and personal. With cassettes, people could record their own playlists, share mixtapes, or carry entire albums in their pockets. When the Walkman appeared in 1979, listening became mobile and immersive — music accompanied people wherever they went. Tape brought freedom and creativity, inspiring countless young musicians and fans alike.

Then, in the 1980s, the Compact Disc (CD) introduced digital precision. For the first time, listeners could enjoy crystal-clear sound with no hiss or distortion. CDs were durable, compact, and easy to navigate — you could skip straight to your favourite song in seconds. They also made it possible to preserve recordings in perfect quality, revolutionising how music was produced and shared.

Today, streaming offers convenience, but physical formats continue to thrive. Vinyl sales are climbing again, and cassettes and CDs have become cherished collectibles. Listeners appreciate their tactile beauty — the artwork, the weight, the deliberate act of pressing play.

These formats remind us that music is more than background noise. It's something we engage with, a sensory and emotional experience. Whether through a spinning record, a cassette click, or the shine of a CD, physical music connects us to sound in a way no algorithm ever could.

Source: Kartscrut via Medium

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HOE OM GEREED TE MAAK VIR 'N NUWE SKOOLJAAR

ABBOTTS

Wanneer 'n nuwe skooljaar begin, is dit normaal dat ouers en leerders effens gespanne voel. 'n Nuwe jaar bring nuwe moontlikhede – ander klasse, vars gesigte en nuwe onderwysers. Met die regte voorbereiding kan jy help om jou kind se angs te verminder en hulle positief te laat begin. Hier is vier eenvoudige maniere om dit te doen.

1. Laat hulle saam inkopies doen

Aan die begin van die jaar is daar altyd 'n lys van skoolitems wat gekoop moet word. Neem jou kind saam sodat hulle self sekere dinge kan kies. Dit laat hulle deel voel van die proses en maak hulle meer opgewonde oor die nuwe jaar. By Abbotts College hoef ouers nie oor uniforms bekommerd te wees nie – ons leerders dra nie uniforms nie, wat ekstra gemak en selfuitdrukking toelaat.



2. Stel 'n roetine vas

Om goed uitgerus te wees, is noodsaaklik vir 'n suksesvolle skoolbegin. Maak seker jou kind kry genoeg slaap en volg 'n vaste slaaproetine. Begin reeds 'n week voor skool met hierdie "skooltye" om aan te pas. Beperk elektroniese toestelle saans – dit help met beter slaap en verbeter konsentrasie gedurende die dag.

3. Praat oor skool

Gesels saam oor die mooi herinneringe van die vorige jaar – dalk het jou kind 'n wedloop gewen of nuwe vriende gemaak. Deur oor positiewe ervarings te praat, bou jy hul selfvertroue en entoesiasme vir die nuwe jaar. Dit motiveer hulle om weer hul beste te gee en nuwe doelwitte te bereik.

4. Wees oplettend

Ouers sien dikwels eerste wanneer iets nie reg is nie. As jou kind anders optree, minder eet of slaap, vra rustig uit wat aangaan. Soms help dit om met hul onderwyser te praat. By Abbotts College werk ons onderwysers deur 'n mentorstelsel een-tot-een met elke leerder. Dit verseker dat elke kind die nodige ondersteuning kry om akademies en emosioneel te groei.

ARE WE LOSING THE ENVIRONMENTAL BATTLE?

INA BEZUIDENHOUT

The battle for environmental conservation is most probably the oldest battle fought on earth. And for as long as there was life on earth, it has been a battle to maintain the delicate balance between development and preservation of resources: Initial attempts at conservation entailed curtailment of hunting and deforestation so far back as the 1650s, but with a world population of 8,2 billion people (this is the tally at the date of writing this article according to Worldometer; by the time you read it, the count will be higher) humanity is putting natural resources under extreme stress.

We impact on air quality to such an extent that we have to convince ourselves that we can trade air quality impacts through carbon offset programs, only to find out after 15 years that our model was fatally flawed and that the programs implemented over this period resulted in minimal greenhouse gas emission reduction – we believed that construction of a wind farm to generate electricity in one area whilst polluting the air in another resulted in a cleaner environment, build a forest in a mostly under developed area, only for it to burn down or only forced a development to be done in another area improved environmental conditions – legalized alchemy on a universal scale.

We generate waste at an alarming tempo – over two billion tons of municipal solid waste annually, then we did not even consider industrial waste and because we ran out landfill space, or realized we need the space for housing or industrial developments, we dispose it in the ocean, thereby creating floating waste islands – we even named it: the Great Pacific Garbage Patch: a collection of marine debris collecting in the North Pacific Ocean – litter that ends up in oceans, seas and other large water bodies. The Patch already consists of a Western Patch, close to Japan and the Eastern Patch located between Hawaii and California. The patch is formed



by movement of ocean currents and tells the grizzly story of the actual success of waste minimisation efforts – we don't minimise waste disposal, we simply try to hide it out of sight – another attempted eye-wizardry disclosed. And in this process, we are killing off the marine biodiversity. What an achievement!

Let us look at another element we require to survive – water. Less than 1% of the world's total water resources is fit for human consumption. Whilst photographs taken from space show that Earth has more water than land, only three per cent consists of freshwater and of that three per cent, many of the resources are capped in glaciers, icecaps and groundwater. Only 0,3 per cent of freshwater is found in the surface water of lakes, rivers and swamps – and it is a well-known fact that these resources have been impacted to such an extent that it is not fit for human consumption. You may reason that we have adequate knowledge and available technology to recover water through purification, but in order to do that, we need to use natural resources to construct the purification facilities that will implement technology that result in harmful emissions and result in waste generation – start reading the article from the top.

As we are going into the festive season, consider the environment. And through doing so, you will pass on a gift to future generations – an environment with adequate resources to maintain the delicate environmental balance.

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INTERNASIONALE FEESKOS: DIE ONVERWAGTE EN OPMERKWAARDIGE GEREGTE

Feeste en vakansies gaan nie net oor musiek en dans nie – dit gaan ook oor kos! Van soet lekkernye tot verrassend vreemde disse, elke land het sy eie tradisies wat nie net die smaak-knoppies prikkel nie, maar ook 'n storie vertel. Hier is 'n paar van die interessantste en soms selfs vreemdelinge feesgeregte wat regoor die wêreld geniet word.

In Japan is KFC 'n gewilde keuse vir Kersfees. Dit mag vir baie mense vreemd klink, maar die gewilde ketting het in die 1970's 'n advertensieveldtog begin wat Kersfees met gebraaide hoender verbind het. Vandag bestel gesinne maande vooruit om hul KFC-kerstafel te verseker!

In Italië is die tradisie van La Befana, 'n feesviering op 6 Januarie, uniek. Kinders kry lekkers in hul kous vir die fees van die wyse vrou wat gifts bring. Soms is die lekkers egter peperkoek of selfs 'n klein bietjie swart sout vir die stout kinders – 'n interessante balans tussen soet en stout.

In Denemarke is risalamande 'n klassieke Kersfeesnagereg. Dit is 'n ryspoeding gemeng met amandels en room, met 'n geheime heel amandel in die mengsel. Die gelukkige kind wat die amandel kry, wen 'n klein geskenk – 'n feeslike speletjie en 'n lekker happie in een.

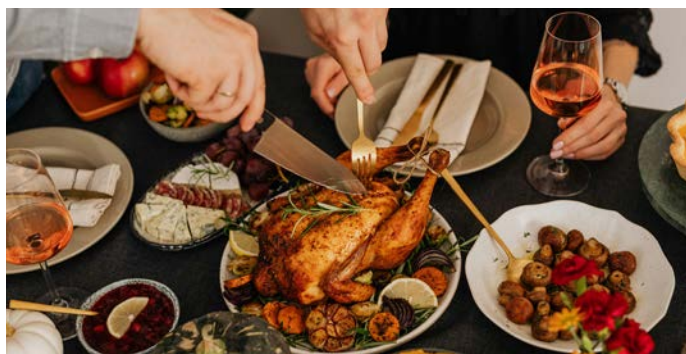
Verder noord, in Ysland, word laufabrauð gemaak – dun, knapperige broodjies met ingewikkelde patrone, wat die

kombuis byna soos 'n kunsgalery laat lyk. Die tyd en moeite wat in die sny van die patrone gaan, maak dit 'n fees in beide smaak en skoonheid.

Selfs in Mexiko is daar chiles en tamales vir Kersfees en Nuwejaar, vol geurige speserye wat families bymekaarbring om saam te kook en te eet. Hierdie disse is nie net kos nie, maar 'n simbool van kultuur en gemeenskap.

Feesseisoene regoor die wêreld wys dat kos 'n universele taal is. Al mag sommige geregte vreemd lyk vir die oningewydes, hulle bring mense bymekaar, vertel stories en skep herinneringe wat lank ná die laaste happie bly. Soms is die vreemdelinge kos net die lekkerste deel van die fees!

Source: Google



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SHOOTING STRAIGHT

In a world increasingly disconnected from the realities of nature and the origins of our food, particularly meat, ethical hunting remains one of the most misunderstood yet indispensable tools for conservation, food production and sustainable land management. Far from being an act of supposed cruelty or sport alone, ethical hunting when practiced within the realm of ecological, legal, and moral frameworks serves as a cornerstone of modern wildlife stewardship.

Game reserves, game farms and conservation areas across South Africa face mounting pressures such as habitat loss, invasive species, limited grazing capacity, and the economic demands of maintaining vast tracts of land. Ethical hunting provides both a biological and financial mechanism to help balance these realities.

By selectively removing animals according to scientific quotas, stock management prevents overpopulation, habitat depletion, and genetic bottlenecks and degradation that unchecked breeding will cause in closed systems.

Moreover, the revenue generated from controlled hunting funds habitat restoration, anti-poaching initiatives, and community employment. Without this income, many private reserves, home to most of South Africa's wildlife, would be financially unsustainable and therefore potentially forced to convert their land to agriculture or development, erasing

SCOTT THOMSON

biodiversity in the process. Ethical hunting ensures that wildlife carries its own economic value, making conservation not just a moral pursuit but a sustainable livelihood.

The word ethical is key. It demands respect for the animal, fair chase, and adherence to conservation science. These hunters act as custodians, not conquerors, taking only what is necessary whilst essentially ensuring the survival of many natural species through their actions. This relationship cultivates a deeper understanding of ecology, mortality, and responsibility, something that detached urban activism often overlooks and fails to understand.

Critics who oppose all forms of hunting, fail to understand the notion of carrying capacity and risk undermining the very systems that keep wildlife alive outside of national parks. Conservation without ecological and economic grounding is unsustainable because sentiment alone cannot pay for fences, rangers, feed during drought or manage stock. Ethical hunting, by contrast, merges morality with pragmatism and practically honours life by ensuring its continuity.

In modern conservation, the question is not whether hunting should exist, but whether it is conducted with integrity, purpose, and respect. Ethical hunting remains not the enemy of wildlife but its most committed guardian posing far less a threat to species than disconnected opinion and uneducated outrage does.

DIE BETOWERENDE KNYSNA-LOERIE



Foto: bubblegum_and_coffee

In die stille woude van die Tuinroete, waar mis tussen geelhoutrame dryf en voëlgesang soos water vloei, woon een van Suid-Afrika se mees betowerende voëls: die Knysna-loerie (of Knysna-turako, *Tauraco corythaix*).

Sy pragtige groen vere en flitsende rooi vlerke maak hom 'n simbool van die Suid-Kaap se wildernis, maar agter daardie kleurprag skuil verrassende geheime wat baie mense nie ken nie.

Vir begin: daardie heldergroen kleur is nie eintlik 'n pigment nie! Die loerie is een van die min voëls op aarde wat ware groen vere het, nie net 'n weerkaatsing van lig nie. Dit kom van 'n seldsame pigment genaamd turacoverdien, wat net in loeries voorkom. Die dieprooi van sy vlerke kom van nog 'n

unieke pigment, turacin, wat koper bevat. As 'n veer nat word, kan die rooi selfs effens afvlek — 'n teken van hoe metaalryk dit is. Die Knysna-loerie is ook 'n meesterlike springer. In plaas daarvan om ver te vlieg, beweeg hy met elegante spronge tussen die boomtakke, amper soos 'n eekhorning. Hy verkies om te hardloop, glip en hop bo die bosdak eerder as om groot afstande te vlieg. Sy roep, 'n diep, borrelende "kow-kow-kow", weerklink dikwels deur die miswoude lank voordat jy hom sien.

Nog iets wat min mense weet: die Knysna-loerie help woude groei. Sy dieet bestaan hoofsaaklik uit vrugte, en die sade wat hy eet, versprei wyd deur sy mis. Só plant hy die woude aan, een vruggie op 'n slag. Hy is ook baie gesinsgeoriënteerd: paartjies bly vir jare saam en word dikwels hul hele lewe lank monogaam. Wanneer die kleintjies uitbroei, voer albei ouers hulle versigtig met fyngedrukte vrugte.

Hoewel hierdie voël algemeen in beskermde woudegebiede voorkom, word sy wêreld steeds bedreig deur habitatverlies. Tog bly die Knysna-loerie 'n simbool van hoop: 'n herinnering dat die woude nog leef – kleurvol, luidrugtig en vol geheime.

Volgende keer as jy in die Tuinroete stap en 'n rooi flits tussen die bome sien, weet jy – dis nie net 'n voël nie, dis die woude self wat vir jou glimlag.

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As jy reis, reis soos 'n kind wat 'n pakkie op Kersdag oopmaak. Geniet elke nuwe ervaring met verwondering en moenie vergelyk of kritiseer nie maar neem alles in met entoesiasme.

Baie jare gelede het die destydse Poolse ambassadeur vir my en my suster daar in Teheran, Iran vertel dat Warsaw so platgevee en vernietig is deur die bombardering tydens die Tweede Wêreldoorlog dat ons eerder Krakow moet besoek



Stalin se Seven Sister-gebou in Warsaw

indien ons ooit na Pole kan kom. Maar ons het albei stede besoek en het Warsaw steeds baie interessant gevind. Die meeste geboue is na die einde van die oorlog, meestal in die 1950s opgerig maar een het ons veral opgeval. Dit is een van Stalin se Seven Sisters. 'n Hoë gebou van 32 verdiepings in die 'troukoek' –styl gebou.

Die ander Seven Sisters is in Rusland behalwe hierdie een in Warsaw en een in die nuwe hoofstad van Kazakstan, Astana. Die Seven Sisters is meestal tussen 1947 en 1952 gebou en Stalin is in 1953 dood. In Moscow het besoekers dalk al hierdie troukoek geboue gesien en dikwels is Stalin se Rooi Ster nog op die hoogste punt.

Ons het opgegaan in die reuse gebou en het die goeie uitsig oor die stad baie mooi gevind en somer so deel gevoel van 'n hartseer-verlede.

Krakow was natuurlik so interessant met die ou geboue en dele van die stad wat alles behoue gebly het. Ek het alleen opgestap na koning Krak se kasteel omdat ek dit net so fassinerend gevind het dat Krakow sy naam van koning Krak gekry het. Verder was daar afbeeldings van drake want daar is 'n mooi legende oor die drake wat deel is van die Poolse tradisie.

Een foto van 'n kraan by die rose in die tuin van die kasteel is

ook 'n draak se kop. Daar is ook baie aandenkings van drake vir die toeriste om te koop.

Van die kasteel wat hoog op 'n kop geleë is, het ek 'n mooi uitsig op die kronkelende Vistula-rivier gehad en met die afstap het ek ook verby die groot metaal draak (waaruit daar kort-kort rook borrel om die besoekers te vermaak) gestap. 'n Besoek aan die baie ou soutmyn met baie tunnels en kamers en selfs 'n groot kerk ouditorium was ook die moeite werd.

Die Pole is ook maar senuweeagtige oor die onvoorspelbare Putin daar in Rusland maar Pole is inderdaad 'n interessante plek om te besoek.



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TURMERIC MILK TART RECIPE

1 x 400g roll puff pastry, thawed
Egg white, to glaze

Filling:

- 500ml milk
- 1 cinnamon stick
- 3 green cardamom pods
- 6 black peppercorns
- 100ml (60g) cake flour
- 25ml)16g) corn starch
- pinch of salt
- 60ml sugar
- 3 egg yolks
- 2 tsp turmeric (use fresh turmeric, if you can find)
- 1 tsp freshly grated ginger
- pinch of ground nutmeg
- 1 tsp almond extract
- 165ml milk
- 10g butter
- 3 egg whites
- 40ml sugar
- Cinnamon/turmeric for dusting

Line a 25 cm tart tin (or enamel plate) with puff pastry and trim to fit. Cut an extra strip for the edge – braid if desired – brush with egg white and press onto the rim. Brush the base with egg white and refrigerate.

Preheat oven to 260 °C (or 240 °C fan).

For the filling, heat milk with cinnamon, cardamom and peppercorns. Whisk the flour, cornstarch, salt, sugar, egg yolks, almond extract and spices with a little milk to form a smooth paste. Strain hot milk into the paste, whisking continuously, then cook until thick. Add butter. Beat egg whites to stiff peaks, slowly add remaining sugar, then fold into the warm custard.

Pour into the tart case and bake for 8 min, then lower to 200 °C (or 180 °C fan) and bake 15–20 min until just set and slightly wobbly. Dust with cinnamon.

Tip: Use an old-fashioned enamel plate (“blikbord”) – it prevents a soggy pastry base and gives the best texture.



THE KATE TIN

TIDES DECEMBER 2025

MOSSEL BAY

Times of														Moon Phase
Day	Sunrise	Sunset	High Water				Low Water				Moonrise	Moonset		
			Time	Height	Time	Height	Time	Height	Time	Height				
1	0513	1927	0015	1.61	1240	1.99	0624	0.63	1908	0.47	1535	0215	☉	
2	0513	1928	0111	1.74	1327	2.12	0713	0.51	1953	0.33	1649	0247		
3	0512	1929	0159	1.86	1413	2.21	0758	0.41	2037	0.23	1806	0324		
4	0512	1930	0247	1.96	1459	2.24	0843	0.35	2121	0.19	1924	0410		
5	0512	1930	0332	2.03	1547	2.21	0929	0.34	2204	0.20	2037	0505		
6	0512	1931	0417	2.05	1634	2.13	1016	0.37	2247	0.25	2140	0611	☾	
7	0512	1932	0502	2.03	1722	2.01	1105	0.45	2331	0.34	2232	0723		
8	0512	1933	0549	1.96	1810	1.86	1156	0.56	----	----	2314	0836		
9	0513	1933	0638	1.87	1859	1.71	0014	0.45	1250	0.69	2348	0946		
10	0513	1934	0732	1.77	1951	1.57	0057	0.57	1352	0.81	----	1052		
11	0513	1935	0835	1.68	2052	1.46	0144	0.69	1507	0.90	0016	1154	☾	
12	0513	1935	0950	1.64	2208	1.39	0241	0.80	1636	0.93	0042	1253		
13	0513	1936	1102	1.64	2331	1.40	0359	0.87	1752	0.89	0106	1350		
14	0514	1937	1201	1.68	----	----	0528	0.88	1847	0.81	0130	1447		
15	0514	1937	0039	1.46	1249	1.73	0631	0.84	1928	0.72	0156	1545		
16	0514	1938	0131	1.55	1330	1.78	0717	0.77	2003	0.63	0224	1643	☾	
17	0514	1939	0212	1.65	1407	1.83	0755	0.71	2034	0.55	0256	1742		
18	0515	1939	0247	1.73	1442	1.87	0830	0.65	2105	0.48	0333	1840		
19	0515	1940	0319	1.80	1515	1.90	0903	0.59	2135	0.44	0416	1936		
20	0516	1940	0350	1.85	1548	1.92	0937	0.56	2206	0.41	0506	2026		
21	0516	1941	0421	1.88	1622	1.92	1011	0.54	2237	0.40	0602	2111	☾	
22	0517	1942	0452	1.89	1655	1.91	1046	0.56	2309	0.42	0702	2150		
23	0517	1942	0526	1.88	1731	1.87	1123	0.59	2342	0.45	0805	2224		
24	0518	1943	0603	1.86	1809	1.82	1203	0.64	----	----	0907	2254		
25	0518	1943	0645	1.83	1851	1.74	0017	0.50	1249	0.70	1009	2321		
26	0519	1943	0734	1.79	1940	1.65	0056	0.57	1342	0.75	1111	2348	☾	
27	0519	1944	0833	1.77	2040	1.55	0141	0.65	1447	0.79	1214	----		
28	0520	1944	0940	1.77	2156	1.49	0238	0.73	1604	0.79	1320	0015		
29	0521	1945	1052	1.80	2325	1.50	0359	0.79	1728	0.73	1428	0044		
30	0521	1945	1202	1.87	----	----	0533	0.77	1841	0.62	1541	0117		
31	0522	1945	0046	1.60	1305	1.95	0650	0.69	1941	0.49	1656	0157	☾	

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Day	Times of												Moon Phase
	Sunrise	Sunset	High Water				Low Water				Moonrise	Moonset	
			Time	Height	Time	Height	Time	Height	Time	Height			
1	0523	1946	0151	1.73	1405	2.02	0753	0.58	2034	0.39	1811	0246	
2	0524	1946	0244	1.88	1458	2.09	0846	0.47	2120	0.29	1919	0346	
3	0525	1946	0331	2.01	1547	2.13	0935	0.40	2203	0.23	2017	0455	
4	0525	1946	0415	2.09	1633	2.12	1021	0.36	2242	0.22	2104	0609	
5	0526	1946	0457	2.13	1715	2.07	1105	0.39	2319	0.24	2142	0723	
6	0527	1947	0538	2.11	1754	1.98	1147	0.45	2354	0.31	2214	0833	
7	0527	1947	0617	2.05	1831	1.86	1226	0.55	----	----	2242	0939	
8	0528	1947	0656	1.95	1907	1.73	0026	0.41	1305	0.67	2307	1041	
9	0529	1947	0736	1.84	1944	1.58	0058	0.53	1344	0.78	2332	1140	
10	0530	1947	0819	1.71	2029	1.45	0132	0.67	1431	0.89	2357	1238	
11	0531	1947	0913	1.60	2137	1.34	0213	0.82	1536	0.96	----	1336	
12	0532	1947	1027	1.53	2340	1.31	0317	0.95	1732	0.97	0025	1434	
13	0532	1946	1156	1.53	----	----	0519	1.00	1900	0.88	0055	1533	
14	0533	1946	0112	1.41	1306	1.59	0652	0.94	1950	0.77	0130	1632	
15	0534	1946	0201	1.54	1355	1.67	0744	0.83	2026	0.65	0211	1729	
16	0535	1946	0238	1.66	1435	1.77	0823	0.72	2058	0.54	0259	1821	
17	0536	1945	0309	1.78	1510	1.86	0858	0.61	2128	0.45	0354	1909	
18	0537	1945	0340	1.88	1543	1.94	0932	0.53	2158	0.37	0454	1950	
19	0538	1945	0410	1.96	1614	2.00	1005	0.47	2227	0.31	0556	2026	
20	0539	1944	0441	2.03	1646	2.03	1038	0.44	2256	0.28	0659	2057	
21	0540	1944	0513	2.07	1719	2.02	1113	0.43	2325	0.28	0803	2125	
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23	0542	1943	0622	2.05	1829	1.89	1227	0.50	----	----	1008	2218	
24	0543	1942	0701	1.99	1909	1.77	0027	0.40	1308	0.57	1112	2246	
25	0544	1942	0746	1.90	1955	1.62	0102	0.52	1356	0.67	1219	2317	
26	0546	1941	0842	1.79	2058	1.48	0146	0.66	1458	0.77	1328	2353	
27	0547	1941	0959	1.69	2243	1.40	0249	0.82	1634	0.84	1440	----	
28	0548	1940	1139	1.67	----	----	0459	0.91	1836	0.77	1552	0037	
29	0549	1939	0047	1.49	1307	1.75	0700	0.80	1947	0.62	1701	0130	
30	0550	1938	0156	1.68	1410	1.89	0805	0.64	2037	0.45	1802	0233	
31	0551	1937	0245	1.88	1500	2.01	0853	0.48	2118	0.31	1853	0344	

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