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ON YOUR MARKS, GET SET, GO...

Somehow, I missed the first two commands—2026 started with a bang.

In Chinese culture, 2026 marks the **Year of the Horse**, part of the 12-year cycle of the Chinese Zodiac. Each year is represented by an animal, and the Horse is the seventh in the lineup. More specifically, 2026 is the **Year of the Fire Horse**, a rare occurrence that happens only once every 60 years.

In Chinese tradition, the Horse isn't just an animal; it is a powerful symbol of vitality, speed, and success—qualities many of us aspire to cultivate in our lives.

Over time, perhaps your approach—and mine—to the start of a new year has changed. Vision boards and year planners shift as life shifts: from full-time work to retirement, from children at home to students at university, from beginning the year with a partner to beginning it alone. We are continuously reminded that nothing stays the same.

What I have become deeply aware of—and grateful for—is the wisdom to change with time. To understand that when the idea of a new year feels overwhelming, a month-to-month, week-to-week, day-by-day, or even hour-by-hour approach can be a far kinder and more graceful way of living.



Making room for reset, pause, do-overs, and doing better—whether in the space of an hour, a day, a week, or a month—becomes far more achievable. There is less room for self-judgement, harsh inner critics, and a sense of failure. Instead, there is always the possibility of a new beginning, available in any given moment.

Will you be gifting yourself a new approach to beginnings this year?

Laurinda

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7 OF THE STRANGEST BIRD NOISES ON EARTH

Birdsong often evokes thoughts of gentle whistles and melodic chirps that soothe us and connect us with nature. But not all avian sounds are pleasant or familiar. Some species produce truly bizarre and surprising noises that challenge our expectations of what bird calls should be like.

One standout is the cowbird, whose song resembles water droplets rippling into a pond. This unusual, liquid-like sound comes from a highly specialised vocal mechanism, producing a bubbling effect that's far from ordinary.

The lyrebird takes mimicry to an extreme. Famously showcased in footage from David Attenborough's Life of Birds, it can imitate everything from chainsaws to kookaburras and car alarms. Once thought to be purely male behaviour during mating displays, females also produce complex vocalisations.

In the Amazon, the white bellbird holds the record for the loudest bird call ever measured. At up to 125 decibels - as loud as a pneumatic drill - its harsh, industrial-sounding call is believed to help attract mates.

South America's horned screamers emit a strange honking noise described as similar to a rubber pump with hiccups, often performed in duets that carry over long distances.

The prehistoric-looking shoebill stork adds to the oddball roster with rapid bill-clattering that resembles a machine gun. This behaviour serves as both a greeting and a nesting signal.

In Australia's rainforests, the southern cassowary communicates with deep infrasonic booms - so low they're below the range of human hearing - creating rumbles more akin to predator sounds than bird calls.

Lastly, the bearded bellbird, sometimes called the "anvil-bird," emits a loud, repetitive call that can sound like a hammer striking metal. These startling and unconventional sounds highlight just how diverse and unexpected bird vocalisations can be.

Source: Discoverwildlife



The shoebill stork

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WHEN THE GUT RUNS LOW: FATIGUE, MOOD, AND THE AFTERMATH OF THE FESTIVE SEASON

HARRY TRISOS

In the December 2025 edition of The Post, this column introduced the idea that our gut is not just about digestion, but about balance — a finely tuned internal ecosystem that quietly influences immunity, energy, and mental wellbeing.

As promised, this month we begin exploring specific conditions linked to gut imbalance.

A good place to start is with two of the most common and least understood complaints seen after the festive season: persistent fatigue and low mood.

By February, many Garden Route residents and returning visitors feel unexpectedly fat. The holidays may be over, but tiredness lingers. Motivation dips. Sleep feels unrefreshing. While stress, disrupted routines, and indulgent eating are often blamed, research increasingly points to the gut microbiome as a key player.

Energy Begins in the Gut

A healthy gut microbiome helps extract energy from food and produces vital compounds such as short-chain fatty acids and B-vitamins. These substances support mitochondrial function — the process by which our cells generate energy. When the gut falls into dysbiosis, energy production becomes less efficient. The result is not dramatic exhaustion, but a steady, nagging fatigue that rest alone does not fix.

Festive diets low in fibre and high in sugar and alcohol can reduce beneficial bacteria while encouraging inflammatory species. Add disrupted sleep and stress from busy households or crowded holiday spaces, and the gut's energy-supporting role is compromised.

Mood, Stress, and the Gut–Brain Conversation

The gut and brain are in constant communication. In fact, much of the body's serotonin — a neurotransmitter linked to mood and calm — is influenced by gut microbes. Certain bacteria also help regulate inflammation and stress hormones. When gut balance is disturbed, low-grade inflammation may increase, subtly affecting mood, focus, and emotional resilience.

This helps explain why anxiety, irritability, and low mood often follow periods of dietary excess or prolonged stress, even when life appears to be “back to normal.”

Restoring Balance Gently

The encouraging news is that the gut is remarkably responsive. Supporting recovery does not require extremes. A return to regular meals, fibre-rich foods, adequate hydration, sun-



light, movement, and proper rest can help restore microbial balance.

Think of it as giving your internal ecosystem the same care you'd give a tired garden after a busy summer. In upcoming months, this column will continue exploring other conditions linked to gut imbalance — including inflammation, immune health, and metabolic resilience — and how restoring eubiosis can support genuine, lasting wellbeing.

Further reading: Khalil M. et al., “Unraveling the Role of the Human Gut Microbiome in Health and Diseases”, Microorganisms (2024). Available online via MDPI.



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Navorsing toon dat sekere darmbakterieë help om neurotransmitters soos serotonien en melatonien te produseer - hormone wat jou gemoed en slaap reguleer. Wanneer jou derm uit balans is, kan dit steeds moegheid en onreëlmatige slaap veroorsaak, selfs al volg jy 'n normale roetine.

Dit beteken 'n gesonde, veselryke dieet nie net jou spysvertering ondersteun nie, maar ook jou energie vermeerder, gemoed verbeter en goeie slaap bevorder.

RIDE INTO MOUNTAIN BIKING

Mountain biking is an exciting way to explore the outdoors, combining fresh air, fitness and adventure. This guide covers the basics to help you start riding with confidence.

Choose the Right Bike: Your journey starts with choosing a bike that fits both your body and your goals. Mountain bikes come in different styles, from simple hardtails to full-suspension bikes built for rough terrain. Make sure the frame size feels right when you sit on it, and try out a few to find what feels comfortable and responsive. A good entry-level bike is a smart investment — you don't need to break the bank, but quality matters for control and safety.

Gear Up Smartly: Safety gear is a must. A properly fitted mountain bike helmet protects your head, and gloves help with grip and comfort. Padded shorts make longer rides more enjoyable, while a hydration pack keeps water, snacks and tools close at hand.

A small repair kit — with a pump, spare tube and multi-tool — means you're prepared for most trail fixes.

Build Basic Skills: Before tackling technical trails, focus on some core skills. Practice braking evenly with both brakes and avoid sudden stopping. Learn to shift gears before climbs to maintain momentum. Keep a balanced body position — knees and elbows slightly bent, eyes looking ahead — so your bike feels stable on uneven ground.

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Pick Beginner-Friendly Trails: Look for trails marked “green” or “easy.” These paths are smoother, wider and have fewer obstacles, perfect for gaining confidence. Use trail apps and local reviews to find suitable routes, and consider riding with a friend or group for support and shared tips.

Trail Etiquette & Safety: Respect other trail users by yielding to hikers and horses, staying on the path, and announcing yourself politely when passing. Pack a basic first-aid kit and always let someone know of your planned route before you ride. Mountain biking is a journey that grows with you. Start slow, celebrate small victories, and most of all — enjoy the



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THE GRACE OF ORDINARY DAYS

We spend so much of our lives waiting. Waiting for the moment that changes everything. Waiting for clarity, for certainty, for something loud enough to announce that it matters. In the meantime, life happens quietly. It moves through small gestures, familiar rooms, and routines so ordinary, we forget they are alive with meaning.

Meaning does not always arrive dressed as a breakthrough. More often, it slips in unnoticed. It is there in the first sip of coffee before the day demands anything of you. In the way sunlight finds its way onto the kitchen floor. In the sound of someone breathing peacefully beside you, or the calm that settles when the noise finally fades.

We are taught to look for significance in milestones, in achievements, in moments that can be photographed and shared. But the truth is that the ordinary holds us together. It is the rhythm beneath the chaos. The quiet reassurance that life is still unfolding, even when nothing dramatic seems to be happening.

There is meaning in repetition. In showing up. In doing the same small things with care. Folding laundry, driving familiar roads, answering messages, preparing meals. These acts are not empty simply because they are familiar. They are evidence of continuity. Proof that we are still participating in our own lives.

The ordinary is where we learn who we are when no one is

watching. It is where patience is practiced, kindness is chosen, and resilience is built without applause. It teaches us that fulfilment does not always come from reaching higher, but from noticing deeper.

When we slow down enough to pay attention, the everyday reveals its quiet generosity. A shared smile. A moment of understanding. A pause that feels like relief. These are not insignificant moments. They are the threads that make life feel whole.

Perhaps meaning is not something we need to chase at all. Perhaps it is already present, waiting to be acknowledged. Hidden in plain sight. Asking only that we be present enough to see it.

In learning to honour the ordinary, we learn to honour our lives as they are. Not as something incomplete or in need of constant improvement, but as something already rich, already worthy, already full of quiet beauty.



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EVERYONE IS AN EXPERT

Everyone is an expert...after the fact. Before the fumes are out and the smoke has cleared, before the floodwaters recede, or the investigation concludes, the self-appointed authorities arrive on their high horses. They ride in on hindsight, armed with aspersions, crossed swords of confation, and a polished sense of moral superiority. From the comfort of distance and delay, they assume omniscience and declare themselves better than the people who were actually there. The firefighters, engineers, doctors, scientists, officials, and volunteers who had to make decisions in real time, with imperfect information and real-world consequences.

This brand of criticism has a predictable habitat, social media. It requires no risk, no accountability, and no contribution. Just a pair of lips, two thumbs, and an assumed audience. There is no skin in the game beyond the fleeting satisfaction of being heard. The psychology behind it, talks for itself. Studies in cognitive bias reveal to us that the bias found within hindsight convinces people that outcomes were obvious all along. While the Dunning-Kruger effect emboldens those with the least understanding to speak with the most confidence. Then add the dopamine hit of likes and shares, and you have a perfect storm of loud certainty paired with shallow insight. Whether it's a free response, flooding mitigation, an accident investigation, or the judgment of trained professionals, this commentary rarely helps. It doesn't save lives, rebuild homes, or improve systems. It sows the seeds of fake news and "us-

SCOTT THOMSON

versus-them" narratives. If anything, it mostly advertises the commentator as opinionated, idle, and convinced of their own importance. Often it reads less like concern and more like loneliness, mere noise filling a void, moral outrage standing in for meaningful purpose. If you truly care, or truly believe you are intellectually superior, there's a simple test. Where is your action? Why aren't you in the field you claim to understand so well? Why aren't you volunteering, training, serving, or contributing in a way that bears cost and responsibility? Critique without contribution is easy and cheap; commitment is expensive, and requires sacrifice.

Our country doesn't need more jawbones; we already have too many useless politicians. We need more backbones. Less commentary from behind a screen and more people willing to get off their arse and into the work. The world out there doesn't change because of words typed during or after the fact; it changes because of actions taken before, during, and after, by people with spines willing to carry the weight and do the hard work.



NEW YEAR, NEW PLANS, SAME YOU?

We entered the new year with the kidnapping of a president by foreign forces, various municipalities that have had to literally put out fires, a drought that threatens economic activities and life, a looming municipal election.

As we welcome another year, it's natural to feel both hopeful and uncertain. The calendar may change, but many of our circumstances remain stubbornly familiar. We're still working with the same resources, facing unresolved challenges, and trying to navigate the same frustrations that linger from last year. The people and institutions shaping our world continue their roles. Meanwhile, the demands on us - our time, money and resources - grow ever more intense. More babies are born, more families need support, and the strain on our environment only increases. We start to ponder - what is the path forward?

That's where the lessons of history offer guidance and inspiration. Throughout time, humanity has faced threats and adversity, yet we've always devised strategies for survival and progress. Our ancestors met their challenges with resilience and ingenuity, leaving behind a legacy of achievement that's worth remembering. If it's been a while since you've visited a local museum, consider going - it's a powerful reminder of what people can accomplish when faced with hardship. Or take a moment to stroll down memory lane, reflecting on both triumphs and trials, to see that while times change, the human spirit remains resourceful and determined.

This year, whatever your goals may be, make it a priority to safeguard our natural resources. Protect our water supply, keep our air clean, and help maintain the delicate balance of local wildlife and plants. Most importantly, take proactive steps to minimise your environmental footprint: reduce waste, challenge yourself to recycle more, and strive weekly to lower the amount of trash destined for the landfill. Even

INA BEZUIDENHOUT

small efforts, when multiplied across a community, can have a lasting positive effect.

Here in the Garden Route, the ongoing drought is a stark reminder of the importance of water conservation. Every drop truly counts, so let's rethink how we use water and commit to making responsible choices. Fix leaks, avoid unnecessary use, and stay mindful of the impact each action has. Let's embrace the mindset of "waste not," because the reality is, we simply don't have a lot to spare.

Looking ahead, let conservation be more than just a fleeting resolution; make it a purposeful goal that guides your decisions throughout the year. Achieving meaningful change will require careful planning, thoughtful use of resources, and steady implementation.

By working together and staying committed, we can rise to the challenge and ensure a better future for ourselves and generations to come.



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Die begin van 'n nuwe skooljaar bring opwinding, nuwe roetines en soms ook 'n bietjie spanning. Een eenvoudige manier om kinders te help om die skooldag vol energie en selfvertroue aan te pak, is met 'n goed beplande kosblik. Wat kinders gedurende die dag eet, speel 'n groot rol in hul konsentrasie, bui en algemene gesondheid.

Hoekom 'n gesonde kosblik saak maak

Kinders se liggame en breine is steeds besig om te ontwikkel. Hulle het gereelde voeding nodig om te leer, te speel en te groei. 'n Kosblik vol suiker en verwerkte kos kan vinnige energie bied, maar dit verdwyn gou en kan lei tot moegheid en konsentrasieprobleme. Gesonde keuses help kinders om langer versadig te bly en beter te fokus in die klas.



Pak 'n gebalanseerde kosblik

'n Wen-kosblik bevat gewoonlik vier belangrike elemente: koolhidrate, proteïene, gesonde vette en vrugte of groente. Kies volkoringbrood, wraps of beskuitjies eerder as verfynde witbrood. Proteïene soos eiers, jogurt, kaas, hoender, tuna of hummus help om energievlakke stabiel te hou. Gesonde vette uit avokado, sade of grondboontjebotter (waar toegelaat) is ook belangrik vir breinontwikkeling.

Maak dit kleurvol en aantreklik

Kinders eet meer gewillig kos wat mooi lyk. Voeg verskillende kleure by deur vrugte en groente soos appels, bessies, wortels, druiwe, tamaties en komkommer in te pak. Sny kos in klein stukkes en gebruik herbruikbare houertjies om alles netjies te hou.

Praktiese wenke vir besige ouers

Beplanning is die sleutel. Beplan kosblikke vooruit en doen voorbereidings die vorige aand. Sny vrugte, kook eiers of maak toebroodjies gereed om soggens tyd te spaar. Betrek kinders by die beplanning—selfs jong kinders kan help om vrugte te kies of houertjies toe te maak. Dit gee hulle 'n gevoel van eienaarskap en leer gesonde eetgewoontes van vroeg af.

Hou dit pret, maar gebalanseerd

Dit is heeltemal reg om af en toe 'n klein bederf in te pak. Die geheim lê in balans. Gebruik koekies of lekkers as 'n uitsondering, nie 'n reël nie. Wissel ook kosse af sodat kinders nie verveeld raak nie—dieselfde kos elke dag kan selfs gunsteling ongewild maak.

Moenie hidrasie vergeet nie

Water is die beste drank vir kinders. Dit help met konsentrasie, spysvertering en fsiese aktiwiteit. Vermy versoete drankies en vrugtesappe. As water vervelig raak, voeg 'n skyfe suurlemoen, lemoen of komkommer by vir natuurlike geur.

'n Gesonde roetine vir die hele gesin

'n Gesonde kosblik is deel van 'n groter leefstyl. Gereelde etes, genoeg slaap en tyd vir speel en rus dra alles by tot 'n suksesvolle skooljaar. Met 'n bietjie beplanning en kreatiwiteit kan elke kosblik 'n bron van energie, gesondheid en vreugde wees.

'n Goed gepakte kosblik is nie net kos vir die liggaam nie—dit is ook kos vir selfvertroue, leer en geluk.

Source: Nutritionsource



NEURO-AGILITY: KEEPING YOUR BRAIN FLEXIBLE AND SHARP MEL TIEDT

Have you ever stood staring into the fridge, wondering why you walked there in the first place? Or felt mentally slow when you know you're capable of more? Whether it's forgetfulness, overwhelm, lack of sleep or feeling stuck, the underlying question is the same: **How do I get my edge back?**

The answer lies in brain fitness and flexibility — what we call “Neuro-Agility”. Just like muscles respond when we move and stretch them, the brain adapts and grows stronger when we challenge it with new ideas, habits, and experiences.



Neuro-Agility is the brain's ability to learn, adjust, and move smoothly between ideas, tasks (different parts of the brain), and challenges. Just as physical agility allows the body to move with ease and coordination, Neuro-Agility allows the brain to think clearly, learn efficiently, and respond well under pressure. Our brains are shaped by what we do, think, and focus on repeatedly. In simple terms, we don't improve by intention alone — we improve through practice. Neural pathways

strengthen with frequent use, while those we neglect weaken over time. This means our habits, attention, and daily routines play a powerful role in keeping our thinking sharp and flexible. In modern life, both adults and students must constantly adapt — whether it's learning new technology, solving problems, or coping with stress and change. Neuro-Agility helps us stay mentally flexible, make better decisions, and perform well in unfamiliar or demanding situations.

Simple Tips to Improve Neuro-Agility

- **Learn something new** — Try a skill, hobby, or language. Small changes, like using your non-dominant hand, also help.
- **Move your body** — Exercise, dance, swim, or walk while talking/thinking. Coordination matters.
- **Manage stress** — Deep breathing, mindfulness, short breaks, or time in nature can calm the mind.
- **Prioritise sleep** — Rest strengthens memory and clears mental clutter.
- **Focus your attention** — Limit multitasking and give one task your full focus.

Neuro-Agility isn't about working harder — it's about working smarter. By caring for our brains and being whole brain oriented, we can remain curious, resilient, and mentally sharp, no matter our age or circumstances.

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WANNEER DIE LAASTE KIND DIE HUIS VERLAAT: WENKE VIR MOEDERS NÁ DIE “LEË NES”

Wanneer die laaste kind die huis verlaat, is dit 'n groot lewensverandering. Die kamers wat eens vol lag en lawaai was, is stil. Die bekende roetines verander skielik, en die rol wat jou lewe vir jare gestruktureer het, voel onvervangbaar. Hierdie oorgang, dikwels die “leë nes”-fase genoem, kan 'n mengsel van emosies oproep—hartseer, trots, verlange en selfs vryheid. Terwyl dit 'n uitdagende tyd kan wees, is dit ook 'n kans vir nuwe begin en selfontdekking.

Erken jou emosies

Eerstens is dit belangrik om jou gevoelens te erken. Dit is heeltemal normaal om hartseer te voel oor die vertrek van jou kinders, selfs as jy trots op hulle is. Jy mag ook verlange ervaar vir die klein, alledaagse oomblikke wat nou verby is. Praat met 'n vriend of familielid oor jou gevoelens, skryf dit in 'n dagboek neer, of neem tyd vir stilte en nadenking. Deur jou emosies te erken, kan jy dit beter verwerk en aanvaar.

Herontdek wie jy is

Vir baie moeders was sorg vir die kinders die kern van hul dag. Nou is daar ruimte om weer te ontdek wie jy is, wat jou inspireer en wat jou vreugde bring. Dalk is dit tyd om 'n stokperdjie op te neem wat lank geskiet het, 'n kursus te volg of selfs vrywilligerswerk te doen. Hierdie fase bied die geleentheid om jouself te herontdek en weer van jou eie behoeftes en drome bewus te word.

Skep nuwe roetines

Roetines help om 'n gevoel van stabiliteit en doelgerigtheid te behou. Jy kan jou dae nuut struktureer deur oefeningssessies, yoga, lees of selfs 'n koffietyd met vriende in te sluit. Selfs klein, konsekwente gewoontes gee jou dag rigting en kan die gevoel van leegheid verminder. Dit is ook 'n goeie tyd om jou huis en omgewing aan te pas by jou nuwe lewenstyl.

Herdefinieer jou verhoudings

Die vertrek van kinders verander jou verhoudings, nie net met hulle nie, maar ook met jou maat en vriende. Respekteer die nuwe onafhanklikheid van jou kinders deur gereeld te bel, te video-oproep of boodskappe te stuur, maar nie te besorgd te wees nie. Terselfdetyd kan jy meer tyd bestee aan jou verhouding met jou maat of vriende te versterk, of nuwe vriendskappe aan te knoop.

Fokus op selfversorging

Jare lank was jy besig om vir ander te sorg. Nou is dit tyd om dieselfde sorg aan jouself te gee—emosioneel, fisies en geestelik. Gereelde oefening, gesonde eetgewoontes en genoeg slaap is noodsaaklik. Selfs tydelike, klein rituele soos 'n warm bad, meditasie of 'n kort stap kan help om jou energievlakke en bui te verbeter.



Omhels die nuwe hoofstuk

Hoewel die huis stil kan voel, is dit ook 'n tyd van vryheid en nuwe moontlikhede. Jy het die kans om jou eie belange te volg, drome na te streef en 'n lewe te bou wat nie net rondom jou kinders draai nie. Hierdie nuwe fase kan jou inspireer om te reis, nuwe vaardighede te leer of projekte aan te pak wat jy lank uitgestel het.

Reik uit na ander moeders

Om met ander moeders in soortgelyke situasies te praat, kan baie ondersteunend wees. Hulle verstaan die uitdagings van 'n leë nes en kan raad en aanmoediging bied. Aanlyn forums, gemeenskapsgroepe of byeenkomste vir ouers kan help om gevoelens van afsondering te verminder en jou netwerk van ondersteuning uit te brei.

Wees geduldig met jouself

Laastens, onthou dat hierdie oorgang tyd neem. Sommige dae kan moeilik wees, ander dae kan verrassend bevrydend voel. Gee jouself die ruimte om die verlies van jou ou rol te rou, maar ook om die nuwe een te omhels. Met geduld, selfdeernis en aktiewe betrokkenheid by jou eie lewe, kan jy hierdie fase nie net oorleef nie, maar foreer.

Die vertrek van die laaste kind is nie die einde van jou lewe nie - dit is die begin van 'n nuwe hoofstuk vol geleenthede, groei en selfontdekking. Met bewustheid, selfversorging en die regte ondersteuning kan hierdie tyd 'n periode van vernuwing en vreugde wees, waarin jy jouself en jou pasgevoonde vryheid herontdek.

Bron: heatherplettcom

EXPLORING HOLISTIC THERAPIES FOR MIND, BODY, AND SOUL

In recent years, there has been a growing interest in alternative approaches to health and wellness. Many people are seeking ways to manage stress, improve emotional well-being, and enhance their overall quality of life. As a result, holistic therapies have become increasingly popular as a complementary approach to conventional medicine, offering support for the mind, body, and soul.

Holistic therapies focus on treating the whole person rather than just addressing the symptoms of illness. Practices such as sound healing, breathwork, massage, and energy work aim to restore balance, promote relaxation, and support the body's natural healing processes. By addressing physical, emotional, and energetic aspects together, these therapies encourage a more integrated approach to well-being.

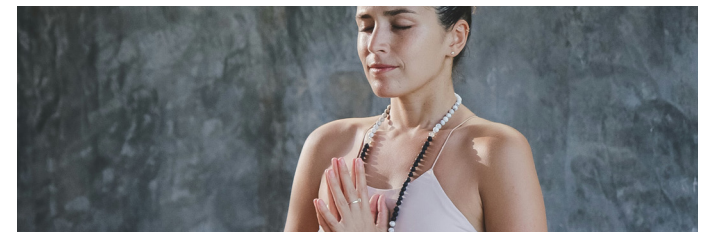
The Power of Sound Healing: Sound healing uses vibrations to help calm the mind and relax the body. One well-known method is Tibetan Singing Bowl Therapy, which involves playing bowls that produce soothing, resonant sounds. These vibrations can help quiet the nervous system, ease tension, and create a meditative state, allowing individuals to let go of stress and reconnect with a sense of inner calm.

Breathwork: A Simple yet Powerful Tool: Breathwork is another effective holistic practice with wide-ranging benefits. By becoming more aware of the breath and learning to breathe

deeply and intentionally, individuals can reduce stress, improve oxygen flow, and support relaxation. Breathwork can be practiced alone or in groups and adapted to suit different needs and experience levels.

Massage, Bodywork, and Energy Therapies: Massage and bodywork therapies focus on releasing physical tension, improving circulation, and promoting deep relaxation. Techniques can be tailored to individual preferences, helping to ease both physical and emotional stress. Energy work, such as Reiki or acupuncture, works with the body's energy systems to restore balance and support healing, often leaving individuals feeling calmer and more centred.

Getting Started with Holistic Therapies: Those interested in holistic therapies should seek qualified practitioners and remain open to exploring different approaches. By doing so, holistic therapies can offer a natural and supportive path toward reduced stress, improved well-being, and a more balanced, fulfilling life.



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DIE VERBAND TUSSEN REUK EN EMOSIE

Die verband tussen reuk en emosie is waarskynlik die sterkste van al die menslike sinne. Dit is nie net poëties nie, maar diep gewortel in die brein se struktuur. Terwyl ander sinne eers deur die talamus verwerk word, het reuk 'n direkte "VIP"-verbinding met jou emosionele en geheuesentrums.

1. Die Anatomie van 'n Reuk

Wanneer jy 'n geur inasem, beweeg dit na die olfaktoriese bol bo jou neusholte. Van daar af gaan seine direk na:

- **Die Amigdala:** Die brein se emosionele sentrum wat gevoelens soos vrees en plesier verwerk.
- **Die Hippokampus:** Die sentrum vir leer en geheue.

Omdat reuk die talamus omseil, ervaar jy dikwels 'n emosie voordat jy die geur herken. Daarom kan 'n bekende reuk onmiddellik nostalgie of angs ontlok.

2. Die "Proust-effek"

Hierdie verskynsel, vernoem na Marcel Proust, beskryf hoe geure sterk, outobiografiese herinneringe aktiveer.

- **Emosionele Intensiteit:** Reukherinneringe word as meer emosioneel beleef as dié van sig of klank.
- **Tydreis:** Hulle kom dikwels uit vroeë kinderjare (0–10).



3. Praktiese Effekte op Gemoedstoestand

Geure word gebruik om emosies te beïnvloed:

Laventel: Bevorder ontspanning.

Sitrus: Verhoog waaksaamheid.

Vanille: Word met veiligheid geassosieer.

Peperment: Verbeter fokus en energie.

4. Kulturele & Persoonlike Subjektiviteit

Hoewel die meganisme universeel is, is reukassosiasies persoonlik. 'n Traumatiserende ervaring kan veroorsaak dat 'n geur 'n veg-of-vlug-reaksie ontlok. Ons brein koppel geure aan die emosies van ons eerste ervarings.

Source: Google

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ARMAGEDDON, WETENSKAPSFIKSIE?

LYDIE TERBLANCHE & JAN NEL

Ek lees onlangs dat Suid-Afrika die tuiste van vier kraters - meteoriet-impak-terreine - is. Om die waarheid te sê, wetenskaplikes beweer dat ons aarde ongeveer 200 sulke kraters het! Hier ter plaatse is die jongste van die vier kraters, die "Tshwaing-krater", 45 km Noord van Pretoria geleë. Daar word geskat dat hierdie meteoriet 'n deursnee van 50 m gehad het, sowat 200 000 jaar gelede geval, en 'n impak-area van 35 km radius gehad het. Hierdie spesifieke krater word as een van die bes-bewaarde fondse ter wêreld beskou. Vroeër jare het dit as die Soutpan-krater, vanweë die sout oppervlakte (wat ook gemyn was), bekend gestaan.

Op 'n plaas sowat 50 km suid van Aberdeen in die Oos-Kaap, is die Kalkkop-krater. Daar word aanvaar dat hierdie krater ongeveer 250 000 jaar gelede deur 'n meteoriet van 20 m in deursnee veroorsaak is. Dié krater van 640 m in deursnee, is 'n paar honderd meters diep begrawe.

In die Kalahari-woestyn, naby die Botswana-grens en die dorpie Morokweng, lê die Morokweng-krater onder woestynsand begrawe. Die deursnee van die 2 miljard jaar oue meteoriet word op 5-10 km geskat. Dit het 'n krater van 240 km in deursnee veroorsaak en lê ongeveer 770 m onder die oppervlakte.

Naby Parys in die Vrystaat is die Vredefort Koepel wat as die grootste meteoriet impak struktuur in die wêreld beskou



word. Hierdie meteoriet wat die aarde ongeveer 2 biljoen jaar gelede teen 'n geskatte spoed van 72 000 km per uur getref het, kon tussen 15-20 km in deursnee gewees het.

Dit het 'n krater van 170 km in deursnee veroorsaak en 'n uitwerking op die omliggende omgewing van tot 300 km in deursnee gehad. Die oorblywende struktuur soos wat dit vandag te sien is, het na biljoene jare se verwerking steeds 'n deursnee van 70 km.

Van die eerste teorieë oor hierdie krater was dat die koepel deur vulkaniese ontplofings gevorm is. Latere jare is daar egter bepaal dat dit deur die aardkors wat opwaarts gedruk word, gevorm is. Die aardkors kon net deur impak van 'n baie groot voorwerp, 'n meteoriet, so gedruk kan word (dink aan 'n groot klip wat in 'n dam gegooi word met die water wat boontoe spat).

Die aanvanklike krater was waarskynlik baie diep, maar dit is groot moontlik dat die sykante met die tyd ineen gestort het. Sodoende is 'n vlakker en wyer krater gevorm. Hierdie impak het heel moontlik bygedra dat baie edelmetale soos die Witwatersrand se goudneerslag, na die oppervlakte gedruk is.

Ja, dit is die waarheid. Die edelmetaal in jou waardevolle juwele (wat eintlik in bankkluis agter dik staaldeure gesluit moet word), is nie inheems aan ons planeet nie. Kortliks, dit is 'n kosmiese reisiger wat sy wortels in die katastrofiese gebeure wat in die verste uithoeke van die heelal plaasvind, het. 'n Sterontplofing moes plaasvind om elemente deur die intense hitte en druk in die kern te vorm, en oor die kosmos te versprei.

En nou klink al die daai wetenskapfiksie oor buiteruimtelike wesens en meteoriete wat 'n Armageddon veroorsaak, nie meer so vergesog nie, nê...

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DOES PRINTED MEDIA STILL HAVE A PLACE IN THE MODERN BUSINESS LANDSCAPE?

In a world dominated by notifications, scrolling, and short-form video, it is easy to assume that print is a relic of the past. However, for businesses looking to cut through the digital noise, physical media is experiencing a significant "renaissance."

Here is why printed media still holds a strategic advantage in the modern business landscape.

1. The Power of Tangibility

Digital content is often viewed as "disposable." A promotional email is deleted in seconds, but a high-quality brochure or a well-designed business card occupies physical space. This tangibility creates a sensory connection with your brand that a screen simply cannot replicate.

2. Higher Trust and Credibility

Statistics consistently show that consumers often trust print advertisements more than digital pop-ups or social media banners.

Because print requires an upfront investment in production and distribution, it signals to the customer that your business is established, legitimate, and serious about its message.

3. Combating "Digital Fatigue"

The average person is bombarded with thousands of digital impressions daily. This has led to "banner blindness," where users subconsciously ignore online ads. Print provides a refreshing break from the screen.

A physical catalogue or a direct mail piece offers a lean-back experience, allowing the customer to engage with your brand during their downtime without the distraction of tabs and notifications.



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4. Enhanced Retention

Studies in neuromarketing suggest that paper-based reading results in better brand recall. The act of turning a page and the tactile feel of the paper help the brain process information more deeply. If you want a client to remember your brand's story, print is often the more effective teacher.

Today, print shouldn't exist in a vacuum. The most successful businesses use print as a bridge to the digital world.



Print is no longer a volume game; it's a premium game. By using printed media for high-impact touchpoints—like welcome kits, annual reports, or luxury packaging—you provide a level of "high-touch" service that sets you apart from your digital-only competitors.

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WALVISLIED EN DIE MENSLIKE VERBINTENIS MET DIE SEE

Ancient Voices is 'n kort dokumentêr deur die Suid-Afrikaanse rolprentmaker Daron Chatz wat 'n unieke samewerking tussen twee plaaslike musikante en 'n mariene bioloog vasvang.

Die flm volg hul pogings om deur klank en sang 'n verbinding met boggelrugwalvisse te verken. Met behulp van hidrofone word walvisliedere in die oseaan opgeneem, waarna die musikante spontaan saam met hierdie antieke klanke improviseer.

Die dokumentêr ondersoek die ooreenkomste tussen walvisliedere en menslike musiek, en bevraagteken hoe klank as 'n vorm van kommunikasie en kultuur funksioneer.

Deur intieme beeldmateriaal en klankontwerp skep *Ancient Voices* 'n meditatiewe kykervaring wat die grens tussen mens en natuur vervaag. Bron: GOODTHINGSGUY



Foto deur: Daron Chatz

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2	0553	1936	0405	2.16	1621	2.14	1014	0.31	2226	0.16	2010	0609	☉
3	0554	1935	0441	2.22	1656	2.13	1049	0.30	2256	0.17	2040	0718	
4	0555	1934	0514	2.21	1728	2.06	1122	0.35	2324	0.22	2107	0822	
5	0556	1933	0547	2.15	1759	1.96	1152	0.43	2351	0.31	2132	0924	
6	0557	1933	0617	2.05	1828	1.83	1222	0.53	---	---	2158	1024	
7	0558	1932	0646	1.92	1856	1.68	0017	0.44	1251	0.65	2224	1124	
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10	0601	1929	0841	1.47	2131	1.25	0156	0.92	1506	1.00	---	1421	
11	0602	1928	1032	1.37	---	---	0327	1.06	1835	1.00	0006	1519	
12	0603	1928	0059	1.32	1253	1.44	0639	1.02	1940	0.86	0051	1613	
13	0603	1927	0150	1.48	1349	1.58	0737	0.87	2016	0.70	0143	1703	
14	0604	1926	0223	1.64	1426	1.72	0814	0.72	2045	0.55	0241	1746	
15	0605	1925	0253	1.79	1458	1.86	0847	0.57	2113	0.42	0342	1824	
16	0606	1924	0321	1.93	1528	1.98	0919	0.45	2140	0.30	0446	1857	
17	0607	1923	0350	2.06	1558	2.06	0950	0.35	2207	0.21	0551	1927	☀
18	0608	1922	0420	2.16	1629	2.11	1022	0.29	2234	0.17	0655	1955	
19	0609	1921	0451	2.23	1701	2.12	1055	0.26	2302	0.17	0759	2022	
20	0610	1919	0523	2.24	1734	2.07	1129	0.28	2331	0.22	0904	2050	
21	0611	1918	0557	2.19	1808	1.97	1204	0.34	---	---	1011	2120	
22	0612	1917	0634	2.08	1846	1.82	0002	0.33	1241	0.45	1120	2154	
23	0613	1916	0715	1.92	1928	1.64	0036	0.48	1324	0.60	1231	2235	
24	0614	1914	0808	1.72	2028	1.45	0117	0.67	1418	0.77	1343	2324	☾
25	0615	1913	0931	1.54	2242	1.34	0219	0.88	1603	0.91	1452	---	
26	0616	1912	1149	1.52	---	---	0546	0.96	1847	0.82	1554	0023	
27	0616	1911	0059	1.50	1317	1.66	0719	0.78	1948	0.64	1647	0129	
28	0617	1910	0155	1.72	1410	1.82	0809	0.59	2029	0.46	1731	0239	

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