

THE POST

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NOVEMBER 2023

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In summer, the song sings itself. William Carlos Williams. Photo Vicko Mozara on Unsplash.



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Van Laurinda

Gedurende die saktyd van die tweede laaste uitgawe van *The Post* vir 2023 gaan die sluise van die hemel behoorlik oop in die kusdorp, Groot-Brakrivier.

My oog vang die wasgoedlyn deur my kombuisvenster. Onwillekeurig begin ek glimlag, want vir 'n verandering is die wasgoedlyn, wat altyd sinoniem is met werk, 'n bekoorlike kunswerk. Vandag spreek elke druppel iets van die hemel wat genadewater uitstort. Die glinsterende druppels vertoon soos prisma's wat reflekteer wanneer die sonstrale van tyd tot tyd daarop skyn.

Elke grashalm, blom, blaas, boom en vetplant is ontvanklik vir die welwillendheidsdruppels. Soos die natuur skoon gewas word, so kan die mens soms sielsinsig ervaar wanneer traan-druppels gestort word. Trane is nie noodwendig verteenwoordigend van hartseer of verlies nie, maar kan 'n wonderlike uitvloeisel van pure dankbaarheid, verligting en vreugde wees.

Vandag bring hierdie druppels op my wasgoedlyn nie net vir my vreugde nie, maar ook groot dankbaarheid vir die voorreg van sintuie, vir stilword en stilstaan om in die oomblik geanker te bly.

Around us, life bursts with miracles, a glass of water, a ray of sunshine, a leaf, a caterpillar, a flower, laughter, raindrops.

Nhat Hanh




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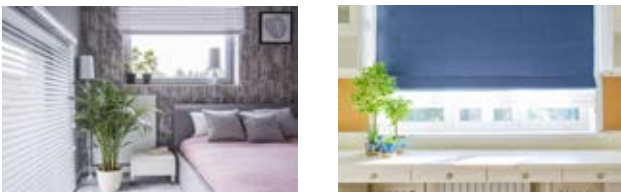
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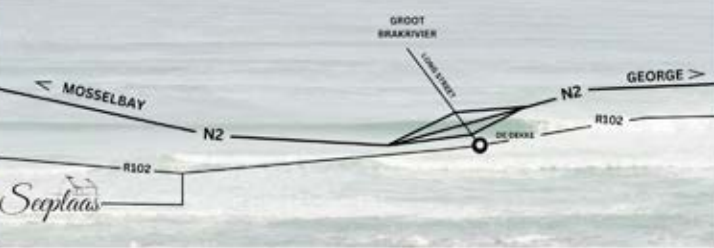
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OCTOBER – A BUSY MONTH ON ALL FRONTS!

JANNES BUYS

October proved to be another busy month for the Wonderful Team at the Youth Café as we had a holiday program, a few outreaches, and a supportive role at the first Khoisan First Nation Festival to run with through the month.



Our holiday program, as always, was a resounding success, and we even had the opportunity to go to outlying rural areas such as Buisplaas (near Petro SA) and Brandwag (past Hartenbos) to facilitate a day in the holiday program in these areas as well. Unlike the more urban regions, these outlying areas do not always have the same access to programs on offer, and we count it a privilege to work with our municipality to facilitate in these areas. It was a week of laughter and fun, and many new skills were acquired.

For all our youth, keep an eye out during November for our “Youth Outreach” program. All the details will be on our social media channels, radio stations and more!

Local artists Kattie and Mr. MP also paid us a surprise visit, and they spent some time with us talking to the youth about what it is like in the music industry, what mindset to cultivate if you want to be a successful artist, and advised them on the



journey of being an artist or influencer. They also used our facility to record a song with a powerful, yet simple message.

We also welcomed three young volunteers from overseas to our facilities, giving them the opportunity to engage with young people from Great Brak. It is fantastic to give youths from different backgrounds the chance to engage with one another, and broaden their horizons.

The Khoisan First Nation Festival was a first for the people in Great Brak, and we are always happy and excited to celebrate and support any of the amazing cultures in South Africa. We look forward to welcoming even more people at future events.

As always, we love meeting with members of our community, so if you would like to be involved at all, please come have a cuppa with us at the Youth Café.

ARTICLE SUPPLIED BY YOUTH CAFE/WONDERFUL SA FOUNDATION



KLEIN VREUGDES, GROOT GELUK

MADELEIN CAMPHER

Jare gelede het 'n gewilde tydskrif maandeliks 'n artikel gepubliseer oor vyf dinge wat verskillende bekende persoonlikhede vreugde bring. Alhoewel ek toe maar 'n jong meisie was, het die artikels 'n baie groot indruk op my gemaak. Dit was heerlik om te sien wat mense lys as dinge wat hulle vreugdemeter opjaag, maar wat meer was, hoe eenvoudig en alledaags die vreugdeverskaffers kon wees! Wanneer ons vreugde slegs uit die groot gebeure moes put, sou die lewe vir baie mense maar saai gewees het.

Hierdie maandelikse artikels jare gelede, het 'n diepe besef by my as jong meisie gelaat dat vreugde iets is waaroor ek tot 'n groot mate self beheer het. Ons almal is bewus daarvan dat daar 'n klomp dinge in die lewe is waaroor ons nie beheer het nie. Dit maak dit soveel meer belangrik om te besef waaroor ons wél beheer het en 'n berekende besluit te maak om dit te identifiseer en goed te bestuur.

Wanneer ons die tyd neem om te gaan sit en dink oor wat ons vreugde verskaf, is dit baie makliker om daardie vreugdes raak te sien wanneer dit opduik. Partykeer kan vreugdes so alledaags wees dat ons dit skaars as 'n punt kan lys, en juis daarom is dit goed om doelbewus daarvoor te gaan dink. “Many people lose the small joys in the hope for the big happiness,” is wyse woorde van Pearl S. Buck.

Natuurlik kom vreugdes vir verskillende mense in verskillende gedaantes. Dankie tog daarvoor! Om daagliks byvoorbeeld 10 km te gaan draf sal beswaarlik vir my 'n vreugde wees, waar

dit vir 'n ander persoon grootse genot sal verskaf. Die legio moontlikhede van dinge wat vir verskillende mense vreugde bring, is op sigself iets wat ons wêreld 'n meer vreugdevolle plek maak.

Dit is in orde dat dit wat jy moontlik op jou lysie mag skryf, glad nie vir 'n ander as 'n punt van vreugde beskryf kan word nie. “Different strokes for different folks,” soos die Engelsman sê. Ons uniekheid en andersheid maak die wêreld nimmereindigend interessant.

Wat is daardie klein vreugdes wat jou help om elke dag as besonder te beleef? Is dit die stilte vroegoggend voordat die hele huis begin wakker word? Die vreugde van musiek wat emosie diep binne jou roer? 'n Lekker boek wat jou skelm tydies laat afknyp omdat jy dit eenvoudig nie kan neersit nie? 'n Groen blaartjie wat groei belowe aan 'n plant wat jy nie gedink het jy sal deurhaal nie?

Gaan dink daarvoor en lys dit. Kies om jou vreugdes raak te sien. Is geluk nie die somtotaal van 'n klomp klein vreugdes nie? Ek dink so...



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CHASED BY A LION!

MARIËLLE RENSSSEN



In Kgalagadi Transfrontier Park we've gone over to the dark side ... waking up early and setting out as the gates open, resting during the hottest time of the day when most respectable cats are under a tree, sleeping. First we stayed at the Nossob riverfront chalets, lining the dry Nossob riverbed, waterhole directly ahead.

And, there, at 8:30 in the morning after an hour's drive was a leopard, loping towards us across the broad riverbed. He padded quietly, no worries, to the road where a couple of vehicles had already started gathering, threaded between two of them, then disappeared into the high yellow grasses.

Then at 10:30 a car stopped to tell us about two cheetahs at a particular waterhole we were heading towards. Expecting to find the two cats lying lazily at the water, what we got was ... four adolescent male lions marching down a hillside toward the waterhole!

And so passed a highly entertaining hour of hi-jinx. Here, too, was a concrete slab over part of the water, which itself appeared not so easy to get to. The lions first had to negotiate



stones across the mud, then balance precariously on an unstable concrete slab, then try not to overbalance as they leaned down to reach the water. They balanced, wobbled and stumbled. One squirmed under his brother to get to the water, the other jumped away and over other bodies, losing his footing. The largest of the four, with a reasonably developed mane, slid off the edge and toppled into the mud. It was so squelchy he simply sat there in total resignation, mud-encrusted right up to his muzzle, whiskers coated, nose caked. It was utterly hilarious.

The next night, at Grootkolk Wilderness Camp, we sat watching a full moon rise pink and mysterious through the Kalahari dust. Just as dusk was darkening, the shadowy outline of a giant male lion materialised at the waterhole, which lies in front of the units. After drinking forever, he turned and headed steadfastly straight for our unit.

Trouble is, in our wisdom, we had moved our table and camp chairs from the roofed veranda (secured by a gate) into the open braai quadrangle. We had only a shoulder-height open-



link fence between us and an advancing male lion. We scuttled behind the gate of the veranda. He made a sudden turn left, then plopped down heavily 15 m from our braai fence.

But our biggest problem was ... how to get to our roaring fire, let alone carry our table and chairs back to safety? He appeared so settled we stealthily tiptoed back outside, lifted the table and hauled it back. He was unperturbed, giving out a few grunts a few metres away.

There he stayed until we were halfway through our meal. Then he got up, padded slowly behind our unit, and started revving up his vocal chords. Slowly, slowly, each grunt strengthened, then became powerful, got louder and louder. Finally we got



a real *meneer* of a roar that thrilled us to our bones. The old codger settled outside the camp manager's hut, where four or five times throughout the night he made sure he kept us awake with his territorial bellows.

We didn't see our giant old lion the following day, but when we got to the furthest reaches of the park, at Union's End, there was a female lion perched prettily on a sandy bank at the roadside. She was very aware of our presence, so after a while she crossed in front of us, climbed the road bank and turned to walk right past us for a little distance, then stopped, turned around. She seemed a little irritated and began walking purposefully towards us, head down and tense. Knowing the tyre-destroying reputation of Gharagab's lions, the wilderness camp not too far away, we slowly drew off. She leapt forward and started scampering after us at a pace.

Chased by a lion!

We had to rev up considerably to get away from her, and eventually she just flopped down in the middle of the road and started rolling in the sand, legs in the air.

Photographer Hirsh Aronowitz

<https://www.gravelroadadventures.co.za/2023/09/05/chased-by-a-lion/>

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THE PERPLEXITY OF PREFERENCE

SCOTT THOMSON

When one considers the growing feral geese and/or rabbit population in Great Brak River, one generally falls into one of three camps. Those who are for, those who are concerned about their impact on the environment and those who genuinely couldn't be bothered.

Whether strongly for, against or inert on this subject a good place to start dialogue is to begin by respecting each other's opinion. Perhaps, by being compassionate amongst one another we can then find productive ways to manage not only the important conversations about potential impact and appropriate animal husbandry but the practical implementations needed to manage the environment compassionately.

Issues involving animal welfare, human/animal conflict and balance of ecology are deeply complex and there are times when social media, and media in general, by their very nature of locking onto emotive subjects makes the implementation of important environmental legislation by community and authorities increasingly difficult. However, just because a topic is uncomfortable or gains media attention it should not stop the relevant authority from acting if and where needed. People's emotions are at times allowed to run away and drive unreasonable narratives and by society and authority allowing this to happen, it is not only irresponsible but makes the conservation effort extremely perplexing.

Lately, instead of working as a community to achieve a common environmental interest for the betterment of an area, we

elect to concentrate on bickering online, voicing emotive or personal beliefs that are not founded in science. Therefore we delay necessary action, ignoring and compounding the problem. When authorities are unwilling to make firm decisions they are essentially creating a void which is filled by a community turning against each other. One side feels the need to get more vocal because they feel they and the environment are being ignored, and the opposing side rises to this in defence of its own personal opinion or preferences. Tensions escalate because both parties are ultimately preoccupied with defending what they perceive to love or hold important. Blinded by love and personal preference, neither side seems willing or able to budge, let alone listen to one another.

Of all the subjects and matters in the world, the environment is the one thing that does not take into account human emotion, personal belief, religious affiliation, race, social standing or political allegiance in order for it to achieve natural balance. In fact, if unmolested by human prejudice it thrives. Yet it seems at every turn we try to push these narratives in order to create a fight out of personal standings instead of removing ourselves from the debate to ask what is best for the environment, in this case Great Brak River. While we fight one another, everyone including the environment loses.

Shying away from responsibility, as well as mutual respect for opinion, manifests in reality not only as intertwined environmental impact and biodiversity issues but perhaps as a reflection on social behaviour and society itself.

SEVEN REALITIES YOUR CHILD COULD FACE IN THE DIGITAL WORLD

CHERYL BARNETT

We are living in a digital world so monitoring your child while they learn or play online is not enough. Empower them with the skills to think before they click! Keeping your child talking at every turn is the secret to a confident surfer of the future.

What are the seven realities that your child could face?

- 1. Online grooming:** Predators use various digital mediums, chat rooms, or online gaming platforms to build relationships with children to gain their trust. They are master manipulators who can trick children into sharing personal information, engaging in inappropriate conversations, or even meeting in person.
- 2. Cyberbullying:** The world is full of bullies and technology is now being used to harass, intimidate, or embarrass others. Our children are often innocent targets of cyberbullying. This can happen through social media, messaging apps, or online games and even YouTube. This type of behaviour can have serious emotional and psychological effects on a child.
- 3. Phishing and scams:** Often children unknowingly fall victim to phishing attempts or online scams. For example, they intercept a message asking for personal information or payment details, disguised as legitimate requests or offers.
- 4. Exposure to inappropriate content:** You cannot monitor your child 24/7; children may stumble upon or be intentionally exposed to inappropriate content online. This includes explicit images, violence, hate speech, or extremist ideology.

ogies. This can occur through search engine results, social media, or even through seemingly harmless websites or apps. Preparing them to be able to identify, walk away and speak up against it is the best way to protect them.

- 5. Identity theft:** Your children are special and their names and images of them are precious. Children's personal information, such as their name, images or address can be stolen and used for fraudulent purposes. This can happen if children unknowingly share such information online or if their parents' or guardians' online accounts are compromised.
- 6. Online challenges and dares:** Often this only comes later but teaching children that they can say no can never be done too young. Some online trends or challenges can be dangerous or harmful to children. These challenges often involve self-harm and risky behaviour, or encourage them to make bad decisions.
- 7. Unwanted exposure and exploitation:** Children could unintentionally share personal information, photos, and even videos online that can be used by others for exploitation or blackmail. This will have long-lasting consequences for the child's privacy, reputation, confidence, and safety.

Parents and children need to become more aware of the dangers that are out there and start having the conversations now. It's never too early to protect and educate them.

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MY FAMILIELID HET ALZHEIMERS/DEMENSIE – WAT NOU? ANÉL MALHERBE

Alzheimers en Demensie is van die mees gevreesde siektes wat wêreldwyd aan die toeneem is. Dit het menige gevolge, veral as dit by die bates van die geaffekteerde persoon kom, aangesien die persoon, wanneer hy/sy gediagnoseer is met Alzheimers of Demensie, nie meer in staat gaan wees om na sy/haar eie sake om te sien nie. Om so 'n persoon te help, word 'n Administrateur aangestel om beheer te neem van die bates van daardie persoon.

Die aansoek vir die aanstelling van 'n Administrateur word direk by die Meester van die Hooggeregshof gebring en word die Hof uitgeskakel in hierdie prosedure. Dit het tot gevolg dat dit 'n goedkoper opsie en 'n vinniger prosedure is as om te wag vir 'n hofdatum, indien die Kurator Bonis-roete gevolg word. 'n Kurator Bonis mag aangestel word vir 'n persoon wat óf geestesongesteld óf fisies onbekwaam is, terwyl 'n Administrateur slegs aangestel word vir 'n persoon wat geestesongesteld is. Die aanstelling van die Administrateur word gedoen in terme van Artikel 60(1) van die Wet op Geestesgesondheidsorg en dit word verkies dat die Applikant 'n naasbestaande van die persoon is. Indien die applikant nie 'n naasbestaande of gade van die persoon is nie, moet die stappe wat gevolg is om vas te stel waar die naasbestaandes hulle bevind, in die aansoek uiteengesit word.

Nadat die aansoek by die Meester ingedien is, moet die Meester binne 30 dae na ontvangs van die aansoek bevestig of 'n ondersoek moet plaasvind om die meriete van die aansoek

vas te stel. Dit is slegs van toepassing in die volgende gevalle:

- Wanneer sekere bewerings bevestig moet word;
- Verdere inligting ter ondersteuning van die aansoek benodig word; of
- Die batewaarde van die persoon meer as R200 000 en die jaarlikse inkomste meer as R24 000 is.

Die ondersoek moet gedoen word deur 'n gekwalifiseerde persoon soos 'n maatskaplike werker. Die ondersoeker het 60 dae om die ondersoek te voltooi en 'n verslag by die Meester te lusseer waarna die Meester binne 14 dae moet toesien tot:

- Die aanstelling van die Administrateur;
- Weiering om 'n Administrateur aan te stel; of
- Die aangeleentheid na 'n Regter in Kamers te verwys om te oorweeg en 'n beslissing te maak.

Nadat 'n Administrateur aangestel is, neem die Administrateur beheer van die bates van die persoon. Dit sluit in die invordering van alle inkomste wat aan die persoon betaalbaar is en die betaling van alle maandelikse uitgawes van die persoon onder die toesig van en met die toestemming van die Meester.

Die Administrateur is verplig om op 'n jaarlikse basis 'n rekening by die Meester te lusseer waarin die Administrateur die inkomstes en uitgawes asook die bates en laste van die persoon uiteensit vir daardie periode. Die Administrateur se fooi word in terme van Wetgewing voorgeskryf.

ARTIKEL VERSKAF DEUR RAUCH/GERTENBACH PROKUREURS

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KOM WEES DEEL VAN DIE LIGHTS & LANTERNS-SKOUSPEL!

ANNLERIE VAN ROOYEN

Die Lights & Lanterns-projek op Groot-Brakrivier vind plaas op 20 Desember 2023 om 19:30. Dit is die sewende jaar wat dit aangebied word langs die rivieroewers, oorkant die polisiekantoor in Langstraat. Dit het reeds 'n instelling geword om as gesin die geleentheid by te woon met 'n piekniekmandjie onder die sterre en boodskappe wat wapper in die wind op die "maypole".

Laurinda Smit, koördineerder, sê die geleentheid verleen hom tot die skep van 'n spasie vir stille refleksie oor die afgelope jaar wat verby is, diep bewus hoe tyd verbysnel en gesinne en individue soms verby mekaar begin leef.

Die geestesgesondheid van familie en gesinne raak al hoe belangriker – daar moet dus tyd gemaak word om mekaar raak te sien en te hoor.

Kry vroegtydig vanaf 4 Desember jou boodskapkaartjie en kersie teen R30 by Groot-Brak Total en De Kaap Eiendomme in Langstraat wat jou toegang bied tot die geleentheid. Vir verdere navrae skakel Laurinda (082 738 8011). Die kerse sal vanaf 19:30 aangesteek word.

VIR DIE GELEENTHEID WORD SKOON 2 L-PLASTIEKBOTTELS BENODIG – SKAKEL ASB. MET LAURINDA HIEROOR.

Lights & Lanterns

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20 December 2023 @ 19h30

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MY BALI – VAN RYS TOT RAMBUTAN

LYDIE TERBLANCHE



Rysterrasse, 'n groot toeriste-aantreklikheid in Bali.

Volgens 'n plaaslike boer in Ubud word ryslanderye deur middel van die tradisionele Balinese besproeiingstelsel bekend as *subak* van water voorsien. Die *subak* is 'n tradisionele besproeiingsbestuursinstelling vir rysverbouing wat hier deur die eeue ontwikkel is.

Terwyl 'n deel van die bevolking van Bali geleidelik van besproeiingsryslanbou wegbeweeg en toenemend van inkomste uit toerisme afhanklik word, bly heelwat kleiner boere in landelike omgewings tog by die verbouing van rys as hulle primêre bron van bestaan. Dit neem ses maande van plant tot oes. Rys word hier met die hand geoes en met mandjies uitgeskud totdat net die korrels oorbly. Die lande word afgebrand om die grond vir die volgende planttyd gereed te kry. Daar word, aldus die boer, drie soorte rys geplant: *normal rice* wat vir geregte soos Nasi Goreng en geelrys gebruik word; *sticky rice* wat groter plante het en *black rice* waarmee een van my gunstelingeregte, *black sticky rice pudding*, gemaak word.

In groter areas word boere in koöperatiewe waterbeheerrade georganiseer en is die rysterrasse regtig iets te sien. Natuurlik is dit ook 'n groot toeriste-aantreklikheid. Die gemiddelde plaas is 1-2,5 hektaar. Ongeveer 'n kwart van die landbou-opervlakte word besproei, die res word vir onder meer verbouing van jams (*yams*), kassawe (*cassava*), borrie, mielies, vrugte en soms koffieaanplantings gebruik.

Die eetbare knol van die jams het 'n growwe vel wat moeilik is om te skil, maar maklik versag word deur te kook. Dit word dikwels gekook en dan in 'n taai pasta of deeg fyngemaak, maar kan ook soos aartappels/patat gebraai, gerooster of gebak word. Die kassawe se wortel word ook soortgelyk geskil en normaalweg gekook en word vir sop, bredies, purees en selfs nageregte gebruik.

Borrie word nie net as 'n spesery vir kookdoeleindes gebruik nie, maar ook vir 'n baie gewilde en gesonde drankie *Jama juice*. Die vars (geel) borrie word met gemmer, lemmetjie, klappermelk en heuning gemeng en was nogal (vreemd genoeg), lekker.

Vrugte soos piesangs (*pisang goreng*, een van my gunsteling), lemoene, mango's, papajas, grenadellas, pynappels en pome-lo is aan ons goed bekend. Ander vrugte, soos *Snake Fruit*,

Dragon Fruit, *Mangosteen*, *Jackfruit*, *Durian*, *Rambutan* (selfs groen en oranje kokosneute), is dalk nie so bekend nie.

Die naam *Snake Fruit* verwys na die vrug se skil, maar die tekstuur is baie soos 'n appel/peer met 'n soetsuur smaak. Die *Dragon Fruit* met sy helderpienk skil is 'n pragtige vrug met 'n unieke smaak, iets soos 'n kombinasie van kiwi, peer en waatlemoen. *Mangosteen* het 'n verfrissende smaak en 'n stewige pers skil wat die wit vlees aan die binnekant beskerm.

Jackfruit is 'n stekelrige, groen reus wat saam met klapper en borrie sy plek as van die belangrikste bestanddele in Balinese kookkuns verdien. Dit kan in verskeie geregte van kerries tot soetkoeke gebruik word. *Rambutan* is 'n harige, helderrooi vrug, met sappige vleis en soet geur wat heerlik is en alhoewel dit nie aan lietsjie verwant is nie, het dit my baie daaraan laat dink. Ek het van die vars oranje kokosneut se water gedrink, maar was nie beïndruk nie. *Durian* met sy sterk reuk is die enigste vrug waarvoor ek nie kans gesien het nie.

Volgende keer vertel ek meer oor onder meer, die indrukwekkende koffieplantasies.



Dragon fruit



SAAM BEREIK ONS MEER!

In September 2021 is die Bergsig Veiligheidsgroep deur die Department of Community Safety (DOCS) in die Wes-Kaap geakkrediteer. Dié naam word vanaf 2023 ook gebruik op die WhatsApp-groep, met die visarend as embleem. Tans sluit ons grense die volgende areas in: ons besigheidspersele in Langstraat tot by die N2, Bergsig-Oos en -Wes, Sandhoogtevallei, en die kleinhoewes in Rheeboekfonteinpad.

Dit het onlangs baie belangrik geword om ons doeltreffendheid en grootte van die groep te verbeter aangesien kriminele insidente aansienlik verhoog het. Ons SAPD-lede het meer ondersteuning en aanmoediging van ons gemeenskap nodig. Ons is tans besig met samesprekings met vyf ander buurtwagte in en rondom Groot-Brak n.l. Hersham, Dolphin's Creek, Plaaswag, Glentana en Midbrak om kragte saam te span en maniere te vind om saam te werk.

Beurtkrag is ook 'n groot probleem, veral wanneer die selfoontorings se batterye pap word, want dan kan ons glad nie met mekaar kommunikeer nie. Ons moet dus ons radionetwerk verbeter. Ons noodlys is soos volg:

- 'n Toegewyde Buurtwagkomitee, waarvan elke lid 'n spesifieke plig het;
- Sigbaarheid – patrollies te voet, fiets en motor met glimbaadjies en ander toerusting;
- Ons eie tweerigting-radiostelsel met sy eie herhaler (*repeater*);
- Kameras in probleem- (*hotspot*) areas.

MARIE DE LA REY

Die komitee is tans besig om die area te voet op vullisverwyderingsdae te patrolleer en behaal groot sukses hiermee. Ons het ook iemand wat daagliks te fiets deur die besigheidsektor patrolleer. Ons ondersteun die Skarrelhuis deur dissipline en orde op die perseel te handhaaf en ontmoedig voortdurend die samedromming van werkers op die hoek van Sandhoogtepad en Langstraat. Om doeltreffende kommunikasie te bewerkstellig, moet ons radiostelsel verbeter word deur die aankoop en oprigting van ons eie herhaler (*repeater*) sodat al die buurtwagte dit kan gebruik. Dis ook noodsaaklik dat ons kameras oprig wat ingestel is by die JOC Sentrum in Mosselbaai.

Hoe meer betrokke ons raak, hoe veiliger sal ons woongebied wees. Stuur asseblief 'n WhatsApp aan Marie by 083 291 1069 om aan te sluit. Lidmaatskap is gratis, maar donasies is baie welkom – as 'n eenmalige bedrag van bv. R240 per lid betaal word (net R20 per maand!) sal ons vinnig ons doelwitte kan bereik om almal se veiligheid te help verseker. Saam bereik ons meer!

Donasies kan in die volgende rekening inbetaal word:

Rekening Great Brak Village Neighbourhood Watch
Bank Standard Bank, Mosselbaai
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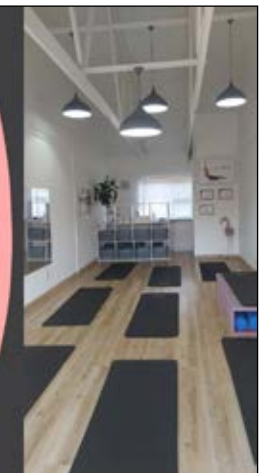
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FELINE ANTICS

If you share your home with a feline family member, you'll probably recognize at least a couple of the following oddball behaviors.

Refusing to drink from their water bowls

Some cats walk right by the cool, clean water in their own bowls, preferring to have a nice long drink from the toilet bowl instead – especially if there's a chance they can watch the swirling water as the toilet flushes. Others enjoy perching on the kitchen or bathroom sink, waiting (often impatiently) to drink from the faucet.

A probable explanation for this is that as true carnivores, cats are designed to get most of their water from their diet (which in the wild consists of small prey animals). Your cat descended from desert dwelling felines, and there aren't many water sources in the desert. Not only does she have a lower thirst drive than many animals, but according to the experts, cats also don't see still water in a bowl all that well, and it also has no odour (especially if it's filtered).

Another problem is that in the wild, cats are prey for other animals, and so they feel vulnerable in many situations, for example, drinking water from a bowl placed in a corner or against a wall. In this position, they have their back to the room and can't see imagined predators sneaking up on them.

It's also possible cats avoid still water because in the wild, standing water is often contaminated with toxins, whereas running water is usually fresh and clean. Running or dripping water can also be heard and is easier to see than still water.

Lastly, cats are very sensitive to subtle changes in smells, tastes and flavours. All plastic bowls leach BPA and other toxins into the water, which may cause kitties to steer clear of them. Poor quality metal bowls may have the same problem. Switching to glass water bowls, changing the water daily and using pure, filtered water are some suggestions for assuring your cat isn't repulsed by her water source.

Sitting up on high

As I mentioned earlier, cats in the wild are prey for larger animals both on the ground and in the air. Even though your own kitty lives safe and secure under your roof, she retains many of the traits of her wild cousins, including a finely tuned survival instinct. This is why you find her perched atop the fridge, or on a high shelf in your closet.

Cats in the wild sit in trees because larger carnivores can't climb them, and the leaves and branches serve as cloaking devices against flying predators. They can even sleep up there in relative safety.

High perches in your home offer your cat the opportunity to



ANALYSIS BY DR. KAREN SHAW BECKER

watch for predators that could be just outside the closet or flying from room to room looking for her. In addition, from on high she can also keep an eye out for small prey scampering around on your floor.

Another perk of being able to climb to high perches is your cat can put some distance between herself and other pets and/or people in the household when she feels the need. Nursing mother cats also sometimes do this when they're weaning their kittens.

Knocking things off high places and watching them fall

If you've ever watched your little fuzzball do this, you've probably noticed he also watches, mesmerized, as the item falls, hits the floor, and (hopefully) breaks. To add insult to injury, if it breaks, he may jump down and slap at the broken pieces

with his paws.

Here's the deal. He doesn't hate you and isn't consciously destroying your property. According to a growing number of animal behaviour experts, a very important factor influencing cat behaviour is the unnatural and unstimulating existence of so many indoor kitties.

To put it more bluntly, most housecats today are bored out of their minds because they have no opportunity to participate in many of their natural behaviours like hunting. The tedium of life in captivity would certainly explain why many kitties develop the annoying habit of launching fragile objects off counters, tables and shelves.

"What many people do not realize," writes veterinary behaviourist Dr. Wailani Sung, "is that cats are curious and like to explore. They use their paws to help them explore by touching and manipulating objects that interest them.

"Sometimes they may push too hard, and items are moved. When objects fall and bounce around, your cat may be fascinated by the movement of the object. For cats that are confined indoors, there is a lot of monotony and routine in their lives. Pushing objects around and making them fall down may give them more mental stimulation."

Diving in and out of cardboard boxes

What's not to love about the sight of a big fluffy floof stuffing herself into a tiny container of some sort, or diving headfirst into a cardboard box? Believe it or not, there's actually a quite practical reason for this box-love.

A 2014 study of stress in shelter cats concluded that access to hiding boxes reduces feline stress. According to the researcher Claudia Vinke, an ethologist at Utrecht University and lead author of the study, this makes perfect sense since the

universal feline response to a stressful situation is to withdraw and hide.

"Hiding is a behavioural strategy of the species to cope with environmental changes and stressors," Claudia Vinke told WIRED. When cats in the wild feel threatened, they head for trees, dens, or caves to seek safety. Captive kitties don't have that option, so hiding in boxes may be an adaptation.

In addition, boxes and other tight spaces preserve body heat, and cats like it hot. They feel most comfortable when their environment is 30-36 °C. However, most humans require a significantly cooler temperature range to be comfortable (around 18-25 °C).

The cats who live with us find ways to warm up their immediate environment. Cardboard boxes provide insulation, and small spaces in general require your cat to curl up, which preserves body heat.

DIE STOMPKOPKEWER

Dit was in 2017 dat die stompkopkewer die eerste keer in ons land raakgesien is in die Nasionale Botaniese Tuine in KwaZulu-Natal. Hierdie onwelkome immigrant uit Suidoos-Asië het intussen versprei na agt uit die nege provinsies in die land, o.a. ook na die Tuinroete en veral George-omgewing. Al is die kewer slegs 2 mm lank, is hy besig om bome in ons land met mening te vernietig.

Die kewer val meer as 200 bome uit 28 plantfamilies aan. Baie bekend aan ons is die plataanboom, esdoring en eikeboom. Ongelukkig word inheemse bome soos die koraalboom, geelhout, olienhout, Kaapse wilg en boswilg nie oorgeslaan nie. Die volwasse wyfie dring die boom binne met swamme op haar lyf en vestig haar daar. Die swamme dien dan as voedingsbron vir die kewers en is uiteindelik verantwoordelik daarvoor dat die boom doodgaan. Wanneer 'n boom se blare onverklaarbaar verlep lyk, of 'n hele tak doodgaan, moet ons dit nie ignoreer nie. Verdere tekens is klein gaatjies in die

GALLERY

on 103



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Turning their back on you

If your cat jumps into your lap, then turns away from you before he settles in, or if it seems no matter where he sits, it's always with his back to you, it's not a sign of anger or disrespect. In fact, he's actually showing you how much he trusts you.

As both predator and prey, your cat instinctively positions his body for safety. Non-threats (like you, his favourite human) will be to his rear as he positions himself to watch what's going on in front and to either side of him.

Some kitties also do this when they're looking for a nice scratch at the junction where the tail meets the back. This is an area of the body cats can't easily reach. Other signs he's looking to be scratched there include purring, twitching his tail, and arching his back.

<https://healthypets.mercola.com/sites/healthypets/archive/2020/05/19/zany-things-cats-love.aspx?>

MARIANNA UYS



Besmette plataanboom



Tekens van besmetting

boom se bas, donker gomkolle op die boom se bas of 'n fyn houtstof wat sigbaar is. Tot nou toe is daar nog nie 'n geregistreerde middel waarmee die kewer en swam bestry kan word nie, hoewel verskeie groot universiteite intensiewe navorsing doen om effektiewe teenmiddels te ontwikkel.

Dit is ons elkeen se verantwoordelikheid om so 'n boom waarvan ons bewus word, te rapporteer aan die betrokke munisipaliteit sodat dit op 'n verantwoordelike wyse verwyder kan word. Dit moet in digte plastiek toegedraai word voordat dit na 'n toegewysde area vervoer word en ten minste ses weke op 'n warm plek so bedek lê om te verseker dat alle kewers doodgaan. Ook vuurmaakhout moet met groot omsigtigheid hanteer word, want deur besmette hout te vervoer, word die kewer verder versprei.



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DIE BREË SPEKTRUM VAN VERLIES

RONEL NAGEL

Wanneer die seisoene begin verander, word 'n mens dikwels bewus van die veranderinge in jouself.

Die woord wat dikwels na vore kom, is "verlies".

Tydens verlies beleef ons 'n woestyntyd waarin ons soek na die sin van die lewe. Verlies is nie net die proses rondom die dood nie – dikwels is dit dinge waaraan ons nooit gedink het of bewus van was nie. Die breër spektrum van verlies sluit in 'n vriendskap wat dalk 'n natuurlike dood gesterf het, wat as gevolg van konflik of verskil rondom 'n onderwerp skade gely het, of waarvan selfs die verandering van omgewing die oorsaak is. Dan is daar die verlies van werk wanneer jy aftree, die verandering van jou gesondheid of dié van jou eggenoot of 'n familielid. Leë-nessindroom – die kinders is uit die huis, trek na 'n ander dorp of immigrer na 'n ander land. Verhuising na 'n ander plek of dorp of land bring ook verlies mee. As 'n mens verander van omgewing word jy ook direk gekonfronteer met die verlies van jou geskiedenis – dit wat almal van jou geweet het. Ons word ontvang in die nuwe omgewing en opgeneem in die gemeenskap, maar niemand ken ons geskiedenis of die persoon wie ons was nie.



In hierdie tye van verlies word ons gekonfronteer met die dimensies van die lewe waarvan ons nie kan ontvlug nie. Dit lei dan tot die vraag: Wie is ek, hoe sien ek myself en wat gee my waarde? Ons is nie geleer om met verlies te deal nie – dink maar terug aan toe 'n troeteldier dood is en dikwels sommer dadelik vervang is. 'n Maatjie wat saam met jou in die skool was wat verhuis het of nie meer met jou wou speel nie of dalk dood is.

Ons is grootgemaak met die idee dat daar verliese gaan wees, dat ons dit maar moet aanvaar en dat hartseer ook deel van

menswees is. Daar is gewoonlik gesê dat dit deel van die lewe is, dat dit sal verbygaan, dat dit beter sal word en dat jy moet aanbeweeg.

Hoe dink jy oor verliese en hoe werk jy daarmee? Die pad van hartseer is 'n emosie wat ons nie kan beheer nie. Dit is 'n gevoel wat oor 'n mens se pad kom en al kan ons dit tot 'n mate probeer beheer, betrap dit ons dikwels onkant. Dit is 'n geweldige belangrike oomblik. Dit is wanneer ons moet besluit: gaan ek en jy verlies weerstaan? Gaan ek en jy ons van die verlies afsny? Gaan ek en jy dit toelaat deur oor die verlies na te dink en dit te voel? Ons eerste reaksie, gekoppel aan ons kultuur, is dikwels om dit te weerstaan en te laat gaan. Dikwels sny ons ons daarvan af, maar die boodskap van alles sal oukei wees, speel dikwels oor en oor in ons koppe. Wanneer ek dit wegsteek of bêre – wanneer ek nie daarmee werk nie – dam dit op en verteer jou.

Een van die grootste navorsers in die veld van verlies en smart sê dat ons in die verlede gedink het ons gaan deur fases wanneer ons treur. Hy het besef dat dit nie so is nie, dat ons elkeen uniek omgaan met verlies. Ons soek dikwels 'n getuie vir ons smart en pyn. Ons moet dit vertel/iemand moet luister/dit sien en daarvan weet. Dit is egter nie maklik om ons hartseer en pyn te verwoord en te verbaliseer nie. Die trane wat ons stort en deel, help ons om te weet dat ons nie alleen is nie. Die

vraag bly egter onbeantwoord. Wat maak ek met verlies? Wat weerhou my om die hartseer van verlies te omarm en te voel?

Die aard van die lewe is dat alles verbygaan, alles gedurig verander. Dit is iets wat jy nie net moet weet nie. Dit is iets wat jy moet aanvaar. Jou hartseer, die pyn, sal verbygaan.

Met wie kan ek my pyn deel? Waar gaan ek heen vir iemand om te luister en my vas te hou? Dit help dikwels om dit neer te skryf in 'n joernaal deur terug te dink en stil te staan by die oomblikke waar jy seer het, en dit wat vir jou uitstaan.

Dit help om na plekke van konneksie te gaan waar daar spasie geskep word waar jy veilig ontvang word. Dit help ook dikwels om 'n berader of ondersteuningsgroep te besoek.

Ons is gemaak vir konneksie – volgens navorsing is konneksie met ons neurobiologie verweef. Dit maak ons gelukkiger, gesonder en beter in staat om die stres van die lewe te hanteer. Konneksie maak dialoog moontlik – dit bring verhoudings tot stand waar ek veilig voel en gehoor en aanvaar word.

Ter afsluiting: *Let me keep my distance, always, from those who think they have the answer. Let me keep company always with those who say "Look!" and laugh in astonishment, and bow their heads.* Mary Oliver

ARTIKEL VERSKAF DEUR CARITAS CARE, MOSSELBAAI

'N NUWE BEGIN



Mona de Wet (tweede van regs) saam met haar De Kaap-span: Karen Ikin, Vernique Pockpas, Frank Self, Marinda Self en Pieter le Roux.

Mona de Wet tree na 18 jaar in die eiendomsbedryf af, maar het groot planne vir die toekoms. Sy deel hier van haar ervarings.

Hoe het jou reis met eiendomme begin?

Dit het in 2005 begin toe ek De Kaap Eiendomme by Marinda Self gekoop het. In die jaar 2014 het sy saam met Pauline Richards en Marinda 'n assosiasie gestig en die besigheid as mede-eienaars begin bedryf.

Wat staan vir jou die meeste uit van jou tyd in eiendomme?

Dit was vir my 'n voorreg om die publiek te help om akkommodasie te soek en dan die pad met hulle te stap en die dorings uit die proses te haal. Ek het elke mens wat ek ontmoet het, gesien as 'n potensiële vriend na die tyd.

Wat beveel jy aan vir iemand wat 'n eiendomsagent wil word?

Hulle moet weet dat die publiek nie altyd rasioneel optree nie en hulle moet dus weet dat hul emosies baie wipplank kan ry. Soos 'n spreker ons geleer het, moet agente 'n dik vel soos 'n renoster hê. Hulle moet ook besef dat jy lang ure werk



Pauline Richards, Marinda Self en Mona de Wet – die 3 mede-eienaars.

– op tye wanneer ander mense op die strand ontsan, sal jy dallk besig wees met 'n skouhuis of kliënte.

Wat het jy die meeste geniet van jou beroep?

Elke beroep het soos hulle sê sy “beserings”, maar vir my was elke deel van die proses heerlik. Die “listings” en om die regte kliënt by die regte eiendom uit te bring.

Wat is jou resep vir sukses?

Hanteer elke mens soos jy hanteer wil wees en jy sal die vrugte pluk. Harde werk en konstante opvolging van jou voorraad is 'n moet.

Wat is jou toekomsplanne?

Ek het na jare as assosiaat van Marinda en Pauline besluit om saam met my eggenoot, Bles, nuwe besigheidsgleenthede te ondersoek en besluit op 'n koffiëstudio met 'n verskil waar ons ook verskeie soorte tee sal bedien by Langstraat 15. Inch x Inch-masjiene sal ook op die oomblik daar beskikbaar wees. Ons ondersoek nog moontlikhede.

Ek wil ook graag almal wat betrokke was by De Kaap hartlik bedank vir die wonderlike jare saam en vir almal alle voorspoed toewens. Ons sien uit daarna om julle by die nuwe besigheid te verwelkom!

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VOLMAAN-FIETSRY

Donderdag 27 November 2023

Vertrek: 18h00, vanaf Biblioteekparkering

Almal welkom om te kom deelneem.

WhatsApp Laurinda 082 738 8011
voor 14h00 op die dag.



GETYKAART/TIDES

MOSSSEL BAY

	Times of													
Day	Sunrise	Sunset	High Water				Low Water				Moon-rise	Moonset	Moon Phase	
			Time	Height	Time	Height	Time	Height	Time	Height				
1	0531	1859	0522	1.86	1734	1.87	1109	0.54	2339	0.48	2313	0748		
2	0530	1900	0556	1.73	1809	1.68	1143	0.70	----	----	----	0842		
3	0529	1901	0633	1.59	1849	1.50	0013	0.63	1223	0.87	0007	0939		
4	0529	1902	0721	1.45	1950	1.35	0053	0.77	1323	1.01	0053	1039		
5	0528	1903	0906	1.36	2158	1.29	0151	0.90	1632	1.07	0131	1139	☾	
6	0527	1904	1133	1.43	2344	1.36	0358	0.97	1805	0.96	0204	1238		
7	0526	1905	1226	1.57	----	----	0555	0.88	1848	0.82	0232	1335		
8	0525	1906	0040	1.48	1302	1.71	0642	0.76	1920	0.69	0257	1431		
9	0524	1906	0119	1.61	1331	1.85	0716	0.63	1949	0.56	0321	1527		
10	0523	1907	0152	1.72	1359	1.96	0746	0.53	2017	0.45	0345	1624		
11	0522	1908	0223	1.81	1426	2.05	0814	0.44	2045	0.36	0409	1723		
12	0522	1909	0253	1.89	1454	2.12	0843	0.38	2113	0.29	0436	1825		
13	0521	1910	0323	1.94	1524	2.14	0912	0.35	2142	0.26	0507	1931	☀	
14	0520	1911	0354	1.97	1557	2.13	0943	0.35	2214	0.27	0543	2038		
15	0520	1912	0428	1.96	1632	2.07	1016	0.40	2247	0.32	0627	2144		
16	0519	1913	0504	1.91	1711	1.97	1053	0.48	2325	0.41	0720	2247		
17	0518	1914	0545	1.83	1755	1.83	1137	0.59	----	----	0822	2342		
18	0518	1915	0633	1.72	1849	1.68	0008	0.53	1231	0.73	0931	----		
19	0517	1916	0739	1.61	2002	1.54	0101	0.67	1349	0.85	1042	0029		
20	0516	1917	0917	1.58	2141	1.47	0216	0.78	1550	0.87	1153	0109	☾	
21	0516	1918	1054	1.68	2316	1.53	0415	0.80	1727	0.77	1302	0143		
22	0515	1919	1159	1.84	----	----	0543	0.71	1828	0.62	1409	0213		
23	0515	1920	0023	1.63	1248	1.99	0638	0.60	1915	0.48	1517	0242		
24	0514	1921	0115	1.75	1332	2.12	0721	0.49	1956	0.37	1625	0310		
25	0514	1922	0159	1.85	1412	2.18	0800	0.42	2034	0.29	1733	0340		
26	0514	1923	0241	1.92	1452	2.20	0837	0.39	2110	0.26	1843	0414		
27	0514	1924	0320	1.96	1530	2.16	0913	0.39	2144	0.27	1951	0452	☀	
28	0513	1925	0358	1.96	1607	2.07	0949	0.44	2217	0.31	2056	0537		
29	0513	1926	0434	1.93	1643	1.96	1024	0.51	2250	0.38	2155	0628		
30	0513	1926	0508	1.87	1719	1.84	1059	0.60	2323	0.47	2245	0725		

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THE TEAM

LAURINDA SMIT

Sales/Marketing: sales@thepost.org.za

ANNLERIE VAN ROOYEN

Editorial: editorial@thepost.org.za

Articles: articles@thepost.org.za

LINDIE METZ

Design & Layout: lindiemetz@gmail.com

DRUKKOR PRINTING: 044 874 4187

www.thepost.org.za

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BSc. (Fisio) US
Pr no: 072 000 045 1304

Special interest in : Orthopaedic Manipulative
Therapy (OMT / NMS) & Paediatric Neurology (NDT)

A: Langstraat 81 | Groot Brakrivier, 6525 S: 082 512 4748
E: tihannaphysio@gmail.com W: www.tihannaphysio.co.za

Dr. Maureen Kritzinger
TANDARTS • DENTIST

Langstraat 81, Groot-Brakrivier
drmaureenk@gmail.com • 044 004 0133

Pr Nr. 0180955 • BChD (Pret)



MIGNON SMIT
OOGKUNDIGE | OPTOMETRIST

B. Optom (RAU) FOA (SA) CAS (USA)

Langstraat 67 Long Street
Peperboom Gebou | Building
Groot-Brakrivier | Great Brak River
T: 064 769 1013
E: mignons@lantic.net



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