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OUT OF AFRICA... OR OUT OF THE SOUTHERN CAPE? HARRY TRIOS

A remarkable role in humanity's journey across the world.

Most people are familiar with the famous phrase “Out of Africa” – the scientific idea that modern humans originated in Africa before spreading across the rest of the world.

But what if the story were even more specific? What if a key chapter of that journey began along the coast of the Southern Cape – the landscape many of us call home? Recent research explores this possibility. In a review on the “Coastal Hypothesis”, researchers examine evidence suggesting that early modern humans living along this coast may have been among those who migrated out of Africa.

One of the co-authors, Dr Charles Helm, is well known locally as a palaeo-archaeologist, with his work on ancient human footprints attracting international attention.

According to the research, humans along this coastline during the Middle Stone Age developed advanced behaviours. Evidence from sites such as Pinnacle Point, Blombos Cave and the Klasies River caves shows early examples of complex tools, symbolic art and organised food gathering.

Responding to a Very Ancient Instinct

A key ingredient in this story may have been dinner. The coastal environment provided abundant seafood, rich in nutrients believed to support brain development. This may have fuelled a society capable of exploring far beyond its homeland.




Artwork by Maggie Lambert-Newman. Reproduced with permission from the African Centre for Coastal Palaeoscience and Grootbos Private Nature Reserve.

The world comes to visit

So perhaps we should not be surprised when the Garden Route welcomes visitors each December and Easter. If the coastal hypothesis holds truth, the crowds may simply be responding to a very ancient instinct. One might say they are not just visiting – they are coming home!

Reference: Whitfield, A., Helm, C., Rust, R., Stear, W., & Thackeray, F. (2025). The Coastal Hypothesis: one possible migration route for Late Pleistocene Homo sapiens from the southern tip of Africa. Transactions of the Royal Society of South Africa, 80(2),133–155.

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THE POST

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The Post is in die wolke; Benewens die feit dat ons vandeemaand ons twintigste bestaansjaar vier, glo ons ook dat dit die ideale tyd is om na agt jaar sedert die herposisionering in 2018, die eksemplaar van die spreekwoordelike rak af te haal vir afstof, opknep en te vernuwe. Ons het besluit om ons stoute "hoëhak blou skoene" aan te trek en 'n illustrasie wat deur kunsmatige intelliensie (KI) geskep is, op die voorblad te plaas, net omdat ons kan.

Ek het lank getob oor 'n bypassende boodskap by die veranderinge van hierdie gemeenskapsproduk en die gedagte wat by my opgekom het was "genade". Ek is nie heeltemal seker of dit verband hou met my lewensjare wat gedurende Maart aangeskuif het en dit gewoonlik 'n sinvolle tyd is om alles weer in oënskou te neem nie en of ek nadink oor wat die pad vorentoe mag wees nie ... maar kortom.... alles is genade.

Oor tyd heen was daar situasies/geleenthede; wat maklik,

moeilik, selfs ondraaglik swaar was op die lewensreis. Daar was individue, groepe, familie en 'n samelewing wat laer getrek het om die wa deur die drif te help. Elkeen van hierdie sandkorrels het deel geword van my lewensuurglas. Soms het die sandkorrels vinnig deurgeval, met ander tye was dit pynlik lank, maar nooit het dit stilgestaan nie. Elkeen van hierdie sandkorrels, besef ek, my geslyp tot die mens wat ek vandag is, die plek waar ek myself bevind en hoe ek kies om vorentoe te beweeg. As ek dit alleen sou moes doen, sou dit waarskynlik 'n aansielike moeiliker reis gewees het. Ek besef dat dit wat oor ons pad kom, hetsy keuses, verstaanbaar of onverstaanbare gebeure, hulle wat saam reis of dit wat ons groet, hoe die lewe ookal ontvou, bly genade.

Wat ek wel met sekerheid weet is, elkeen van óns kan daaglik meer genade uitdeel; omdat ons dit in oorvloed ontvang, sonder dat ons altyd

Laurinda

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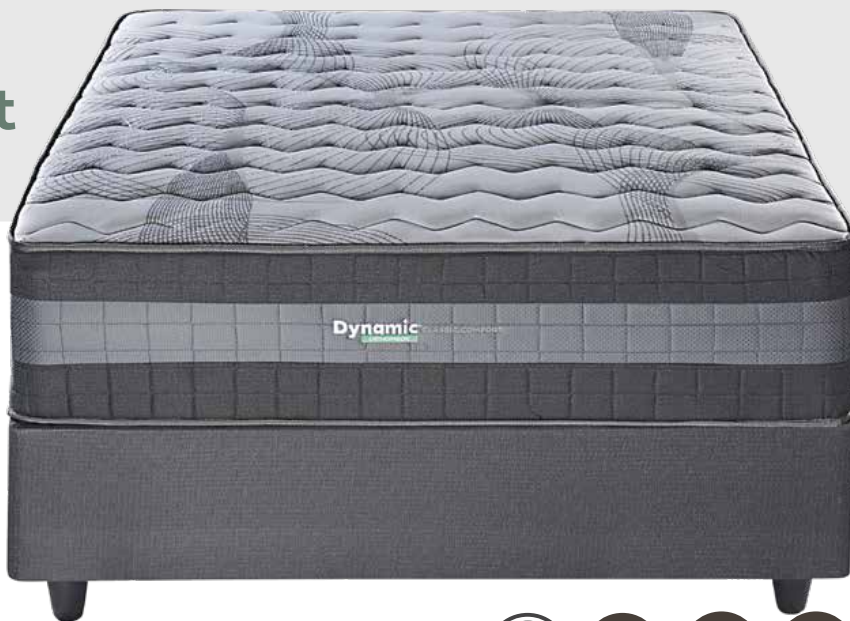
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YOUNGEST DINOSAUR TRACKS DISCOVERED IN SOUTHERN AFRICA

A team of ichnologists has discovered 132-million-year-old dinosaur tracks in Knysna, South Africa, making them the youngest dinosaur footprints ever recorded in the region. Found along the Western Cape coastline in early 2025, these tracks date back to the Early Cretaceous period and offer a rare glimpse into a time from which very few local fossils remain. The discovery was made at a small, 40-meter-long exposure known as the Brenton Formation.

This site is particularly unique as it is often submerged by high tides. Despite its small size, researchers identified more than two dozen tracks, suggesting a significant dinosaur presence in the area during the Cretaceous era.

These findings are approximately 50 million years younger than the famous tracks found in the interior Karoo Basin, bridging a massive gap in South Africa's paleontological record.

According to the research team, which includes experts such as Charles Helm, the tracks were left by a diverse group of dinosaurs. These include bipedal, carnivorous theropods and potentially large, long-necked herbivorous sauropods or ornithopods. The tracks were preserved in what would have been an ancient estuarine environment, with dinosaurs walking along tidal channels and river beaches—a stark contrast to the modern Knysna estuary landscape.

Before this discovery and a similar 140-million-year-old find



Dinosaur prints dating back about 132 million years have been identified in the Western Cape's Brenton Formation. Image: Pixabay

reported earlier in 2025, the region's dinosaur fossil record appeared to end abruptly around 180 million years ago due to massive volcanic eruptions. These new findings prove that dinosaurs thrived in Southern Africa much longer than previously believed. The Knysna tracks are significant not only for their age but also their location in the Western Cape, where dinosaur skeletal remains are extremely rare.

Scientists believe this discovery highlights the potential for finding further evidence of prehistoric life in other Cretaceous rock outcrops along the coast, encouraging a new era of systematic research in the region.

Source: The South African

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THE LOST ART OF COMMUNICATION

ELSABÉ STEYN

Guiding our children to navigate a globalised, rapidly changing world confronts parents with daunting, multifaceted challenges.

Managing the negative effects of excessive screen time, resisting peer pressure, processing bullying, and surfing the ever-evolving social networking and digital wave often leaves a parent at a loss as to how to best equip their child for the extreme demands of contemporary reality.

One answer put forward by Rohan Lourens, founder of the French Cultural and Language Learning Centre of the Garden Route, is the necessity of learning an additional language from as young an age as possible – indeed, he says – language learning is the ultimate non-negotiable survival skill.

Research shows that multilingual children often outperform their peers in problem-solving, memory, and multitasking, while also developing empathy and social confidence. Additional language learning strengthens cognitive skills, boosts academic performance, and enhances cultural awareness, preparing them for a complex and uncertain future.

Introducing children to a supplementary language early can give them a competitive edge in school and future careers while helping them connect meaningfully with diverse communities. In the longer term, multilingual students are better prepared for global communities and job markets where 21st-century skills are an asset.

In response to which language to add, Rohan suggests French. In addition to historical links with the European country, the

French business presence in South Africa is firmly on an upward trajectory.

There are 29 African countries where French is spoken as a main language, with 21 officially recognised as Francophone nations. Approximately 321 million people worldwide speak French, 61.8% of whom live in Africa. French is the 5th most spoken language globally and the 4th most used language on the internet.

Assuring the future of our children, equipping them for the increasing demands of the modern world, and enabling them to effectively use the advantages of a digital age while managing associated negatives is the daunting responsibility of any parent.

Education should not only enable children to excel academically but also equip them to communicate and interact with tolerance, preparing them for a multi-faceted and constantly changing world. The key factors of successful education in today's shifting landscape are communication, adaptability, and tolerance.

Teaching children to speak, understand, and communicate clearly forms the solid foundation upon which their future development can be built.

The CCLF operates in cooperation with the French Embassy South Africa, the French Consulate Cape Town, the Honorary Consul Patrick Ceiller and the Alliance Française of Port Elizabeth .



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HOEKOM HARDOP LEES BELANGRIK IS VIR JOU KIND

JACKIE SCHENK

"The evidence has become so overwhelming that social scientists now consider read-aloud time one of the most important indicators of a child's prospects in life." – Meghan Cox Gurdon.

Data tot ons beskikking dui daarop dat die hardop lees van boeke vir vierjariges vanaf die 2000's met 60% gedaal het en steeds besig is om af te neem.

Dit is 'n groot rede tot kommer, aangesien dit 'n bewese feit is dat dit woordeskat, fonologie en die begripswêreld van 'n kind regstreeks beïnvloed.

Benewens die akademiese mylpale het dit 'n verdere invloed op kinders se konsentrasie en aandagspan en ook die vermoë om 'n logiese opeenvolging van gebeure te kan weergee. Begrip vir oorsaak en gevolg ontbreek en dink net hoeveel interpretasie van gedrukte prente en woorde gaan verlore.

Om 'n liefde vir boeke en stories by jou kleuter aan te wakker is die grootste geskenk wat 'n ouer aan 'n kind kan gee. Die wêreld word vir hulle oopgebreek en wanneer hulle self begin lees, sal hierdie wonder vir hulle relevant en belangrik bly.

Die versterking van verhoudings, gefokusde tyd en sekuriteit wat hierdeur bewerkstellig word, het 'n regstreekse invloed op die kind se stresvlakke en emosionele welstand. Dit leer



hulle fokus, kommunikasie, om voortdurend nuuskierig te bly en leer en dan natuurlik uithouvermoë en die afhandeling van 'n taak.

Om te leer is nie losstaande van verhoudings nie, dit maak staat daarop! Kyk prakties hierna: 'n volwassene en kind lees saam, die kind voel veilig, geborge, belangrik, geliefd en opgewonde.

Kleure, vorms, emosies, voor- en agtergrond, klanke en letters word blootgestel. Klank is 'n baba se belangrikste bron van leer. Hulle emosies word aangewakker, hulle belêf die storie, besin daaroor en gebruik dit dan weer in die alledaagse lewe as kennis en verwysing.

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AWAKENING TO WHO WE TRULY ARE

DANETTE ROUX

A journey into Soul Mastery and conscious living.

In the rush of daily life, many of us move through the world on autopilot—reacting, responding, and repeating patterns without pausing to ask: Who am I, really?

This article invites you to explore the deeper layers of your being, awaken your true nature, and understand how living with awareness and virtue can transform your life and the lives of those around you.

We remain spiritually “asleep” until we understand who we really are. Our daily actions—how we speak, behave, and respond—reflect our inner wellbeing and growth. Striving to be the best we can be is not just self-improvement; it is a spiritual practice - Soul Mastery.

What Is Soul Mastery? Soul Mastery is achieved through service—to others, to our community, and to the world. When we uplift another person’s life, we uplift our own soul. Living the five virtues allows the soul to evolve and reminds us: I am the soul.

I Am Not the Body, Emotions, or Thoughts

- I am not the physical body. When you lift your arm, who is moving it? I am.
- I am not the emotions. When anger arises, who is feeling it? I am.

- I am not the thoughts. Think of a pink banana.
- Who is thinking that thought? I am.

So then, who am I?

I am the soul—the thinker, the mover, the feeler. The soul chooses what to think, feel, and how to act.

The Five Virtues (as taught by Master Choa Kok Sui)

1. Loving-Kindness and Non-Injury — compassion in thought, word, and action.
2. Generosity and Non-Stealing — giving and helping those in need.
3. Honesty and Non-Lying — objectivity and freedom from superstition
4. One-Pointedness and Consistency — focus and sustained effort.
5. Moderation and Non-Excessiveness — balance in all things.

Misusing these virtues weakens the soul.

Humanity Evolves Through Wise Choices: To evolve, we must make wise choices. Offer opinions with kindness and respect. Regret and remorse help the soul correct its course - we often learn more from losses than victories.

This was compiled by the author from the teachings of Master Choa Kok Sui and lectures of his disciples.



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'N KERNEIENSKAP VIR KARAKTER

MARIKA VAN HEERDEN

Daar is iets te sê oor verantwoordbaarheid, of aanspreeklikheid. Vir my verteenwoordig dit deugde, dit is die eienskap wat die ruggraat van karakter vorm. Om gekonfronteer te wees met iemand wat nie aanspreeklikheid aanvaar nie, is 'n helderrooi lig wat waarskuwend flikker. Ons kyk dikwels na sjarme, prestasie en goeie bedoelings.

Maar vra ons ooit of iemand verantwoordelikheid neem vir hulle optrede? Vir 'n leuen, manipulasie, 'n bitsige opmerking en die impak van hul gedrag op ander en die omgewing? Wanneer aanspreeklikheid afwesig is, hetsy in 'n besigheid, gemeenskap, vriendskap of 'n liefdesverhouding vind daar 'n verskuiwing in ewewig plaas.

'n Mens kan hoe avontuurlustig, intelligent, ruimhartig en vrydenkend wees, maar as jy nie aanspreeklikheid kan aanvaar vir jou misstappe nie, dryf al daardie mooi eienskappe ongeankerend rond. En dan raak integriteit selektief...

Dalk help dit om 'n bietjie te kyk waarom mense aanspreeklikheid ontwikkel. Gabor Maté, 'n Kanadese geneesheer en skrywer wat in kinderontwikkeling en trauma spesialiseer sê om skuld te erken kan skaamte oopvlek en om verantwoordelikheid te neem, ou wonde ontbloot. Dis wanneer rasionalisasie en projeksie op die toneel verskyn. Ek noem hierdie gedugte span die RP-egpaar, want dié twee verdedigingsmeganismes span gewoonlik saam in 'n poging om die selfbeeld te beskerm. En sodoende die werklikheid te verdraai – ook bekend as 'gaslighting'.

Rasionalisasie is wanneer iemand logiese redes gee om onaanvaarbare gedrag te regverdig. Nie om dit te verklaar nie, om dit te regverdig. Projeksie is wanneer onaangename of onaanvaarbare impulse, emosies of gedagtes toegedig word aan 'n ander. 'Blame-shifting' in Engels. Jy beskuldig 'n ander dus waaraan jyself skuldig is: 'Sy is oneerlik' in plaas van die werklike, 'ek is oneerlik'. Die leuenaar vertel graag hoe verkeerd die ander is en die manipuleerder vertel maklik hoe die persoon wat dreig om hulle te ontbloot, manipulerend is. Manipulasie word dus 'n manier om beheer te behou en om pyn te vermy.

In gesonde gemeenskappe floreer verantwoordbaarheid, sê die Amerikaanse navorser en maatskaplike werker, Brené Brown.

Dan, sê sy, is mens bereid om kwesbaar te wees en daarvoor moet mens ander vertrou. Navorsing oor die etiese werkswyses in organisasies bewys voorts dat verantwoordbaarheid, 'n besliste teenvoeter vir manipulasie en onetiese gedrag is. Deursigtigheid skep gesondheid; troebelheid kweek misleiding.

Aanspreeklikheid is nie hard nie, dis helder.

Manipulasie kom saggies, maar o, so sluipend.

Hou oop jou oë. Soek aanspreeklikheid as kerneienskap in elkeen en wanneer dit ontbreek, afgesien van hoe bekoorlik of begaafd iemand is, is dit die rooi lig wat jy nie kan bekostig om te ignoreer nie.

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And we ask ourselves - what does science and health have in common?

The answer is basically everything.

Through the ages scientific collaboration strived to (and succeeded to) protect and improve the health of people, animals, plants and the planet. And in the process improved lives.

Let's take a trip down history to demonstrate this statement: Think about deadly diseases of the past, where scientists collaborated to improve living conditions – some of these interventions now seem trivial to us: recommendations to take regular baths in order to improve personal hygiene and in the process extended life expectancy, the importance to wash hands regularly, improved water treatment processes such as adding fluoride to water to improve dental health, the benefits of iodising salt, identification of causes of the Black Plague, illnesses such as polio, smallpox and measles.

Recommended lifestyle changes to reduce cardiovascular diseases, HIV/AIDS, interventions to reduce malaria mortalities, identify the causes of the various strands of SARS viruses, introduction of various technological, digital and therapeutic interventions such as telemedicine, smart watches and fitness devices, mental health therapies and virtual health training. Whenever humanity's health was threatened, the world turned to the scientists for answers or the scientific community showed up to provide suggestions, evidence and solutions.

The more important link that people often lose sight of, is the link between the natural environment and health – if our water and air are clean, the soils, plants and animals are healthy, which in turn means our food is healthy and people gain the most nutrition from their food, which in turn results in healthier individuals, with stronger immune systems and eventually healthy communities.

Which brings us back to the inescapable truth – maintain nature's delicate balance – because the moment that one component of that delicate balance is disturbed, the various components become unhinged and slowly, very surely and very definitely, people will bear the consequences. The results may not be evident immediately, sometimes the changes are not even discernable. But Mother Nature is patient and willing to lie in wait to get her revenge. And she will do everything she can to restore her balance ... the question remains, will humanity be able to afford the price to restore this balance.

Very often there is a price tag attached with the proposed solutions, whether it entails the high cost to produce a cure, a vaccination, obtain a device, subscribe to a service.



But there are incidents where preventative measures do not cost much – use resources sparingly, be thoughtful of the impact of your endeavours on the plants, animal, soil and air in your vicinity, think what you are discharging into the environment, don't litter, prevent waste or re-use and recycle products used.

Sometimes it is as simple as laugh often, because it improves your health. And that is free.

So, when the scientists (and this include the environmentalists) warn against an impending danger, highlight the destruction of a plant or animal species, it is already late in the day and the alarm bells are already in ringing.

Just in the past five years, the IUCN declared 310 species as extinct or extinct in the wild. Gone forever. As a result of the threats to their habitats, poaching and climate change. All due to human activity.

Therefore, remember that when you care for the environment, you are ensuring your own and future generations' health ... you are reducing your medical expenses, improving your financial stability, stabilising your future prospects.

The truth remains – healthy people are happy people. And happy people live longer and enjoy a better quality of life ..

WELCOME TO THE POST

We are aiming higher and boldly stepping forward. We are excited to bring this free community newspaper, which has been in circulation for the past 20 years, to even more readers across the Garden Route. Inside, you will find content that is timeless, informative, inspiring, and uplifting.

The Post will now also be distributed in Wilderness, Sedgefield, and Knysna, with Plettenberg Bay to be included soon. Enjoy the journey with us and become part of the growing community of The Postreaders.

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AI ADVERTISING

There was a time when bad adverts required effort, and were considered innocent. Someone had to physically typeset the wrong price. A human being had to approve "GRAND OPENING". It took teamwork to get it wrong. It was honest human error. Now we have AI and we've decided to use it like a toddler handed a tattoo gun. Seeing these badly executed adverts is like biting into what you thought was a chocolate chip cookie and discovering it's raisins. Technically similar, yet spiritually devastating and disappointing.

I understand the allure. These tools can generate images and copy in seconds. It's remarkable and revolutionary but seconds is also the amount of proofreading some of these ads receive. Giving AI full control of your advertising without checking it first is like letting a baboon on tik do your bookkeeping. Fast? Yes. Reliable? No. Using AI without oversight is like microwaving a steak and calling yourself a chef. The technology isn't the problem, the use is. AI is a drafting assistant, not your creative director. What's the harm? Spelling mistakes reduce consumer trust. Studies show typos signal low credibility. Wrong pricing is not just embarrassing, it can become legally binding under consumer protection laws.

Let's not forget the anatomical horror of extra limbs. Humans are wired to detect abnormalities and are unsettled by distorted anatomy. This is called the uncanny valley; a response where almost-human images trigger discomfort. So when your AI mascot has extra appendages, you're not looking futuristic, you look like a medical case study. Distinctiveness in marketing

SCOTT THOMPSON



matters. If your ad looks like everyone else's, congratulations you've camouflaged your business. AI is a tool. It is not your marketing department, your proofreader, and your brand strategist rolled into one. It produces what you prompt and what you tolerate.

Every advert should not look like it attended the same minimalist branding workshop. Has the entire small-business community ordered their personality from the same catalogue? Use AI to brainstorm, draft and accelerate ideas but check spelling and prices, read the words out loud. Ask yourself whether your business is best represented by a cartoon whose smile is stretched too wide.

So please take pride and the time to zoom in to count your fingers. Because if I see one more six-fingered cartoon businessman inviting me to a "Grate Sail," I won't be angry, I'll just quietly reach for a bucket.

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Bles de Wet - 083 628 2866

Fraai-uitsig - R2-750m

3 Slaapkamer woning met n Dubbel Garage alles op een vlak. Die klinkersteen bied lae onderhoud met n selfversorgende min-moeite tuin. Die straat is stil en effens hoog geleë.
Mona de Wet - 084 628 2866

GROOTBRAKRIVIER - R4.2m

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CREATIVITY AND THE BRAIN

MEL TIEDT

Creativity can feel mysterious or even magical. It is often described as a spark or a burst of imagination, yet this does not tell the entire story. Original ideas do not emerge out of thin air. Instead, creativity involves an intricate series of brain mechanisms, with different parts of the brain contributing different advantages.

When we understand these mechanisms, we can actively pursue creativity in all its forms. There are many ways to boost creativity, but it can be difficult to know where to start. Neuroscience can help by revealing not only which mental processes support creativity, but also how these processes can be improved over time. Each person's creativity is influenced by a stream of past experiences and perceptions, combined with intelligence and skill. For the brain to be creative, different networks of neurons need to work together to help generate something new. The prefrontal cortex is the part of the brain that makes sense of the information we take in through our senses. Over time, the brain builds a large bank of assumptions and perceptions, starting in childhood, which helps it decide how to respond to new information. This network can act both as a constraint and as a form of safety.

Memory also plays a major role in creativity. It offers a wealth of inspiration from which creative thinkers can draw. Research shows that several types of memory can boost creativity, even when those memories seem mundane or uninspiring to the individual. Divergent thinking is the process of connecting new



ideas with memories and emotions that already exist.

This part of the creative process brings the brain into a state of curiosity – a relaxed, daydreaming state. In this state, working memory helps when a clear answer is within reach, while visual and verbal creativity uncover glimpses of inspiration through long-term memory systems. Although creative ideas can sometimes feel like sudden bursts of inspiration, they do not have to appear randomly.

Daily habits can encourage creativity, making it more of a way of life than a rare event. Activities such as mindfulness and meditation can enhance cognitive flow. Exercise increases oxygen in the blood, supporting a healthier brain.

Creating a workspace that sparks imagination, brainstorming ideas, and reframing problems to see them from new perspectives are simple ways to strengthen creative thinking.

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HERFSTYD: DIE BESTE PLATTELANDSE WEGBREKE IN SUID-AFRIKA

Terwyl die somerhitte finaal groet, word die Suid-Afrikaanse platteland omskep in 'n skildery van amber, koper en goud. Herfs is by uitstek die beste tyd vir 'n padresies – die paaie is rustiger, die goudgeel lig is 'n droom vir enige fotograaf, en die vars oggendmis nooi jou uit om die dag stadig te begin met 'n warm koppie koffie by 'n gesellige kaggelvuur. Die koel, droë lug maak dit ook ideaal vir staptoere en fietsry deur die dorpe en omliggende natuurreserve.

Hier is vier dorpe wat jy hierdie seisoen op jou lys moet hê:

1. Montagu, Wes-Kaap

Montagu, die poort na die Klein Karoo, is wêreldwyd bekend vir sy vrugteboorde. In die herfs verander die appelkoos- en wingerdblare in 'n see van geel en rooi.

Dit is die ideale tyd om die warmbronne te besoek sonder die versmorende somerhitte. Stap die Bloupunt-roete vir asemrowende uitsigte oor die vallei wat in sy herfskleure pronk. Moenie vergeet om plaaslike wynproe-ervarings te probeer nie – baie wynplase bied spesiale herf-aanbiedings.

2. Haenertsburg, Limpopo

Geleë in die Magoebaskloof-streek, is Haenertsburg 'n droombestemming vir natuurliefhebbers. Hierdie mistige bergdorp is bekend vir sy pragtige tuine en inheemse woude. In die herfs word die landskap dikwels in mis omhul,

wat 'n mistieke atmosfeer skep. Dit is die perfekte plek vir diegene wat van "slow living" hou, met talle klein boekwinkels en handwerk-markies. Die koel herfdae maak dit ideaal vir staproetes deur die watervalle en bosskruidpaadjies.

3. Franschhoek, Wes-Kaap

Hoewel dit altyd gewild is, is Franschhoek in die herfs onweerstaanbaar. Die wingerde wat teen die berghellings opkruip, verander in skakerings van diep rooi en goud. Omdat die oestyd net verby is, is die dorp rustiger. Geniet 'n glas plaaslike wyn by 'n wynlandgoed terwyl jy die laaste middagson op die stoep geniet. Proe ook plaaslike sjokolade- en kaasprodukte wat dikwels by wynlandgoede beskikbaar is.

4. Rhodes, Oos-Kaap

Vir diegene wat werklik van die gewoel wil ontsnap, is Rhodes in die Suidelike Drakensberge 'n moet. Hierdie historiese dorpie voel soos 'n oomblik wat in tyd vasgevier is. Die herfslug hier is yskoud en helder, wat sorg vir die beste sterrekyk-geleenthede in die land. Wenk: Herfs is ook die begin van die "fees-seisoen" op die platteland. Hou plaaslike kalenders dop vir kos- en wynfeeste wat dikwels gedurende April en Mei plaasvind. Neem ook 'n rit langs die plaaslike rivier en geniet die stilte van die berge wat in herfkleure glinster.



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DROME AS PROBLEEMOPLOSSER: HOE KLANKE HELP

Slaap is nie net 'n tyd waarin ons liggaam rus nie – die brein bly aktief, veral gedurende drome. Nuwe navorsing toon dat ons drome selfs gemanipuleer kan word om kreatiewe denke en probleemoplossing te bevorder.

Wetenskaplikes het gevind dat dit moontlik is om spesifieke drome te stimuleer terwyl iemand slaap deur subtiele klankseine te gebruik wat geassosieer word met 'n taak wat hulle vroeër nie kon oplos nie. Hierdie benadering het die moontlikheid laat ontstaan dat slaap, veral REM-slaap waar drome gewoonlik voorkom, 'n instrument kan wees om groot breinuitdagings aan te pak. Navorsers aan die Northwestern University het 'n studie gedoen om te toets hoe drome gebruik kan word om mense te help om kreatiewe probleme op te los. Die studie het gebruik gemaak van 'n tegniek wat gerigte geheue-reaktivering (Targeted Memory Reactivation of TMR) genoem word. Hierdie metode behels die gebruik van eksterne stimuli – soos sagte klanke – wat aan 'n spesifieke geheue gekoppel is om sekere denke in die droomtoestand te stimuleer.

In die ondersoek is 20 vrywilligers, almal ervare in lucide droom – 'n toestand waarin 'n mens bewus is dat jy droom en soms selfs die droominhoud kan beheer – vir die eksperiment gekies. Elke deelnemer het voor slaap tyd 'n stel ingewikkelde raaisels ontvang, sommige wat hulle kon oplos en sommige wat hulle nie kon oplos nie. Elke raaisel is verbind met 'n unieke klankspoor wat nie direk met die taak verband gehou het nie, soos 'n kort stuk instrumentale musiek. (Science News)

Hoe die eksperimente werk

Die deelnemers is aan elektrodes verbind om hul breinaktiwiteit gedurende die nag te monitor. Sodra die navorsers kon sê dat 'n deelnemer in die REM-slaapfase was – die fase waarin drome die mees lewendige en kompleks voorkom – is die klankseine wat aan die onopgeloste raaisels gekoppel is, versigtig aan die persoon gespeel. Die idee was om die brein onbewus aan te spoor om oor die probleme te droom.

Die volgende oggend is deelnemers gevra of hulle van die klankseine gedroom het. Ongeveer 75% van hulle het gerapporteer dat hulle gedroom het oor die onopgeloste raaisels, al het hulle nie voortdurend in 'n lucide droomtoestand verkeer nie. Die resultate het getoon dat die raaisels wat in drome verskyn het, tot 'n hoër oplossingskoers gelei het as dié wat nie in drome voorkom nie – 42% opgelos teenoor 17% vir dié wat nie met drome geassosieer is nie.

Wat beteken dit vir kreatiwiteit en leer?

Mense sê al vir eeue: "Slaap net daarop" wanneer jy vasgevang is in 'n probleem. Hierdie navorsing gee 'n moontlike wetenskaplike grondslag vir daardie raad. Die studie dui daarop dat drome – of meer spesifiek, die REM-slaapfase en moontlike lucide drome – 'n rol kan speel in kreatiewe probleemoplossing. Alhoewel die resultate nie bewys dat drome regstreeks die antwoord gee nie, toon dit dat die brein se vermoë om oor uitdagings te dink, kan verhoog.



Navorsers meen dat hierdie resultate 'n nuwe manier bied om te dink oor slaap: nie net as 'n fisiese rus nie, maar as 'n potensiële hulpmiddel vir denke en kreatiwiteit. Deur sake soos klankseine te gebruik om ons droominhoud te beïnvloed, mag ons die denke in die nag kan rig om wakker te word met nuwe insigte en oplossings.

Hoe werk gerigte geheue-reaktivering (TMR)?

Gerigte geheue-reaktivering is 'n tegniek wat wetenskaplikes gebruik om geheue of denkprosesse tydens slaap te beïnvloed. In hierdie metode word 'n eksterne stimulus – dikwels 'n sagte klank of geur – aan 'n spesifieke geheue gekoppel terwyl 'n persoon wakker is. Later, wanneer dieselfde stimulus in slaap gegee word, help dit om daardie geheue in die brein te herroep. Dus kan dit help om sekere gedagteprosesse te stimuleer of te versterk.

Die navorsers het ontdek dat TMR nie net in diep, stadige-golf slaap werk nie, maar ook in REM-slaap – die fase wat die meeste met drome verbind word en wat navorsers glo belangrik is vir kreatiwiteit. Alhoewel sommige deelnemers die raaisels bewustelik in lucide drome opgelos het, het selfs diegene wat nie lucide gedroom het nie, steeds drome gehad wat met die gekose klankseine reageer het.

Toekomstige moontlikhede

Hierdie navorsing is egter nog nie ver gevorderd nie. Navorsers werk steeds daaraan om te verstaan hoe drome funksioneer, hoe hulle kreatiewe denke beïnvloed en watter ander strategieë gebruik kan word om droominhoud te rig. Daar is moontlik 'n toekoms waar ons ons drome doelbewus kan gebruik om emosionele regulering, leer en selfs geestesgesondheid te ondersteun – nie net vir probleemoplossing nie, maar as 'n waardevolle deel van ons algemene welstand.

Hierdie nuwe navorsing wys dat dit moontlik is om drome doelbewus te beïnvloed deur klankseine tydens REM-slaap te gebruik, en dat dit kan help om kreatiewe oplossings vir probleme te vind. Wetenskaplikes glo dit open 'n nuwe deure vir hoe ons verstaan wat slaap, drome en kreatiwiteit in ons brein kan doen.

Dit dui ook daarop dat ons in die toekoms moontlik ons drome kan rig om leer en probleemoplossing nog meer effektief te maak.

Source: Science Daily

AFRICA'S GREAT ELEPHANT: TOO MANY – OR TOO FEW

Africa's elephants tell two very different stories. In some regions, they are vanishing; in others, growing populations are creating new challenges. This divide highlights both the fragility of conservation and its unintended consequences.

In South Sudan, elephant populations have collapsed. In the 1970s, aerial surveys estimated more than 130,000 elephants in the region. Today, only a small fraction remain. In Badingilo National Park, sightings are rare. One of the last known elephants, a lone bull tracked by GPS, even moved alongside giraffes—an unusual sign of isolation.

Decades of conflict, poverty, and poaching have driven this decline. For many local communities, survival comes first. Hunting elephants can provide food or income, even if it accelerates their disappearance. Conservationists face a harsh reality: protecting wildlife is nearly impossible when people lack basic needs. Various organisations aim to restore and manage protected landscapes, but the scale of the challenge is immense. Tragically, reports later confirmed that Badingilo's last elephant had been killed by poachers.

Further south, however, populations have rebounded, especially around the Kavango Zambezi Transfrontier Conservation Area. Countries like Zimbabwe now face overpopulation in certain areas. In Hwange National Park, tens of thousands of elephants gather during the dry season—far more than the land can sustain. As they search for food and water, elephants increasingly come into contact with nearby communities.

Crops are destroyed, homes threatened, and in some cases, people are killed. For residents, elephants are not just symbols of wildlife—they can be a daily danger. Climate change and prolonged droughts worsen the pressure, forcing elephants to travel further into human settlements.

Governments and conservationists are divided on solutions. Options include culling, relocation, fencing, or regulated hunting to fund conservation. Each approach is controversial. Some local communities support population control, while international observers often oppose it. Meanwhile, conservation funding cuts make large-scale interventions increasingly difficult to implement.

Smaller-scale solutions—like chilli-based deterrents or electric fencing—help reduce conflict, but do not address the underlying issue: elephants need space, and their natural migration routes are shrinking. Expanding human settlements, agriculture, and infrastructure continue to fragment habitats, making long-term coexistence more difficult.

Across Africa, the contrast is stark. In one region, elephants are disappearing; in another, they are struggling to coexist with humans. Yet both situations highlight the same truth: conservation is complex, and there is no single solution. Protecting elephants requires balancing ecosystems with human needs—because without that balance, both people and wildlife will continue to suffer.

Source: The Guardian



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KLEURVOLLE EKOSISTEME SOOS KORAAALRIFFE VERBLEIK

Die natuurlike wêreld ondergaan 'n stil maar diepgaande transformasie: dit verloor sy lewendige kleure. Alhoewel die verlies van spesies dikwels in die kollig staan, is navorsers toenemend bekommerd oor die "homogenisering" van die natuur se palet. Brilljante kleure word vervang deur dowwe, gedempte skakerings weens menslike aktiwiteit en klimaatsverandering.

Onlangse studies benadruk verskeie faktore wat die omgewing van sy visuele diversiteit beroof. Een van die belangrikste is die verlies aan gespesialiseerde habitate.

Kleurvolle ekosisteme soos koraalriffe wat verbleik en tropiese reënwoorde wat gekap word, laat die helder spesies wat hulle bewoon—soos tropiese voëls en neonvisse—verdwyn. Hierdie plek word dikwels opgeneem deur "generalis"-spesies, soos kraaie en rotte, wat meestal bruin, grys of swart is.

Klimaatsverandering beïnvloed ook hoe diere voorkom. Stygende temperature dwing voëls en insekte om ligter of dowwer kleure aan te neem om hitte te weerkaats en oordadige verhitting te vermy, 'n proses bekend as termiese melanisme. Sommige skoenlappers word ligter om te oorleef in warmer klimaatstoestande. Die verlies van skoon water in mere en oseane weens besoedeling en algeblomme maak dit ook moeiliker vir waterdiere om mekaar te sien. Kleurgebaseerde paartuele misluk, en wanneer visse nie langer die helder skubbe van 'n maat kan onderskei nie, verdwyn daardie eienskappe uit die genepoel.

Die impak van hierdie kleurverlies is nie net biologies nie; dit is ook sielkundig.

Hierdie verdowwing van die wêreld lei tot wat wetenskaplikes "verskuiwende basislyn-sindroom" noem, waar jonger generasies 'n vergrysde weergawe van die natuur as norm aanvaar en die kulturele en emosionele verband met 'n lewendige omgewing verloor.

Om hierdie tendense te keer, meen bewaringkundiges dat ons die planeet se "sensoriese landskappe" moet beskerm.

Bewaring van biodiversiteit gaan nie net oor die tel van diere nie; dit behels die instandhouding van komplekse visuele seine wat oor miljoene jare ontwikkel het. Sonder wenslike ingryping kan die toekoms van ons planeet beduidend meer monochroom wees as die ryk, kleurvolle wêreld wat ons geërf het.

Die boodskap is duidelik: beskerming van natuur beteken nie net die oorlewing van spesies nie, maar die behoud van die visuele skoonheid en komplekse ekosisteme wat die aarde lewendig en inspirerend maak.

Elke kleur, elke skakeringsverskuiwing, dra by tot die balans van die planeet. As menslike aktiwiteit voortduur sonder strategieë om habitats en biodiversiteit te beskerm, loop ons die risiko om 'n wêreld te skep wat nie net armer aan spesies nie, maar ook aan kleur en emosionele rykdom is.

Bron: Discover Wildlife



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SMOKY CAPE MALAY RECIPE (SERVES 4)

This rich, aromatic stew celebrates Cape Malay flavours, with slow-cooked meat, caramelised tomatoes, and a balance of sweetness, spice, and warmth. Comforting and vibrant, it's a classic loved across South Africa.

Ingredients:

- 1 kg mutton or lamb (bite-sized pieces)
- 2 tbsp vegetable oil
- 2 large onions, thinly sliced
- 3 cloves garlic, chopped
- 1 thumb-sized ginger, grated
- 1 tbsp tomato paste
- 1 tbsp sugar
- 1 tsp smoked paprika
- 1 tsp turmeric or masala
- 1 tsp dried thyme
- 4–5 ripe tomatoes, chopped (or 1 can + ½ can water)
- 3 medium potatoes, peeled and quartered
- Salt and pepper
- 1 chili, sliced (optional)
- Fresh coriander, chopped

Method:

Heat oil in a heavy pot and brown the meat in batches until well-seared. Remove and set aside. In the same pot, sauté onions over medium heat for 10–15 minutes until soft and lightly caramelised.



Add garlic, ginger, spices, and thyme.

Cook briefly until fragrant. Return the meat to the pot with tomato paste, sugar, paprika, tomatoes, and seasoning. Add chili if using.

Bring to a simmer, cover, and cook on low heat for 1.5–2 hours until the meat begins to soften. Stir occasionally and add a little water if needed.

Add potatoes, ensuring they are submerged. Simmer for another 30–45 minutes until tender and the meat is falling apart.

Taste and adjust seasoning. The sauce should be thick and glossy.

Serve hot with fluffy rice and garnish with fresh coriander.

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Kasterolie is 'n dik, plantaardige olie wat uit die sade van die Ricinus communis-plant gepers word. Hierdie olie het 'n baie lang geskiedenis van gebruik in beide tradisionele en moderne praktyke. 'n Verhittingsproses tydens verwerking verwyder die toksiese ensiem ricien uit die sade, wat die olie veilig maak vir gebruik in gesondheid, skoonheid en selfs industrie.

1. 'n Kragtige natuurlike lakseermiddel

Een van die mees erkende gebruike van kasterolie is as 'n natuurlike lakseermiddel. Die olie bevat hoogs konsentreerde ricinoleïensuur, 'n vetsuur wat die spiere van die ingewande stimuleer om te kontrakteer. Hierdie spierbeweging help om ontlasting vooruit te dryf, wat dit nuttig maak vir die verligting van geëensidige hardlywigheid of vir dermreiniging voor mediese prosedures. Die Amerikaanse Food and Drug Administration (FDA) erken kasterolie vir hierdie gebruik.

Dit moet egter slegs in klein hoeveelhede en vir kort tydperke gebruik word, aangesien oormatige gebruik kan lei tot maagkrampe, diarree en ander nuwe-effekte op spysvertering. Dit is ook belangrik om dit nie as 'n langdurige oplossing vir chroniese hardlywigheid te beskou nie, maar eerder onder toesig van 'n gesondheidswerker te gebruik.

2. 'n Natuurlike bevochtiger vir vel en liggaam

Kasterolie is ryk aan ricinoleïensuur, wat dit 'n uitstekende natuurlike bevochtiger maak. Wanneer dit op die vel aangewend word, help dit om vog te hou en droogheid te verminder. Dit word dikwels in skoonheidsprodukte soos roompies, serums en balsms gebruik omdat dit natuurlik en vry van kunsmatige bymiddels is. Voordat jy kasterolie op 'n groot velarea gebruik, word dit aanbeveel om 'n klein pleksie-toets te doen om seker te maak dat jy nie 'n allergiese reaksie ontwikkel nie.

Dit kan met 'n draerolie soos klapperolie of olyfolie verdun word om dit makliker aan te wend.

3. Kan die genesing van wonde bevorder

Kasterolie kan help om 'n klam wond te behandel. Dit kan help om die wond se weefsel van uitdroging te beskerm en swelling te verminder weens die anti-inflammatoriese eienskappe van ricinoleïensuur. Soms word kasterolie in mediese salfformules gebruik om wonde in 'n kliniese omgewing te behandel. Dit is egter belangrik om nie net kasterolie direk op 'n ernstige of diep wond te sit sonder 'n mediese advies nie, aangesien dit in sommige gevalle professionele behandeling benodig.

4. Ander gebruike en mitiese voordele

Die olie word ook soms gebruik vir ander doeleindes, soos om gebreke of vuil gebitsware (dentures) skoon te maak, aangesien dit kan help om bakterieë en swamme te beheer wat mondprobleme kan veroorsaak.

Baie mense gebruik dit ook as 'n haar- of velbehandeling met die hoop om skubbe en droogheid te verminder, al is daar geen duidelike wetenskaplike bewyse dat dit haargroei of die vermindering van haarverlies bevorder nie.

5. Waarskuwings en voorkomende stappe

Alhoewel kasterolie gewoonlik veilig is, is daar risiko's. Dit kan by sommige mense maag- of dermongemak veroorsaak en word nie vir swanger vroue aanbeveel nie. 'n Veltoets voor toepassing is altyd slim.



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MR & MISS YOUTH CAFÉ JANNES BUYS



We held our annual Miss Youth Café event at the end of February, welcoming male participants this year. It was a vibrant event filled with talent and true Wonderful SA spirit, with strong support from the community, guest artists, businesses, and volunteers. We thank everyone who made it possible.

We also saw great interest in our Introduction to Barista training, with participants travelling from Knysna and Herbertsdale. We're excited to expand these opportunities across the Garden Route. Our Community Veggie Garden continues to grow despite the drought, thanks to dedicated volunteers.

March included our Kids Holiday Program and Community Outreach, connecting with young people and surrounding communities. As always, we invite everyone to visit the Youth Café in Grootbrak for a lekker coffee.

GETYKAART APRIL 2026 MOSEL BAAI

Day	Sunrise	Sunset	Times of								Moonrise	Moonset	Moon Phase
			High Water				Low Water						
			Time	Height	Time	Height	Time	Height	Time	Height			
1	0643	1827	0316	2.15	1534	2.02	0929	0.28	2129	0.24	1800	0556	
2	0644	1826	0345	2.18	1604	2.03	0955	0.27	2155	0.25	1825	0656	☉
3	0644	1824	0413	2.16	1633	2.00	1021	0.28	2221	0.29	1853	0756	
4	0645	1823	0439	2.09	1701	1.94	1047	0.32	2247	0.37	1923	0856	
5	0646	1822	0505	2.00	1727	1.85	1113	0.39	2314	0.47	1958	0957	
6	0647	1820	0531	1.88	1754	1.74	1139	0.48	2343	0.59	2038	1056	
7	0647	1819	0558	1.75	1822	1.62	1208	0.60	----	----	2125	1153	
8	0648	1818	0630	1.60	1856	1.49	0016	0.72	1240	0.73	2217	1246	
9	0649	1817	0712	1.46	1952	1.36	0058	0.86	1325	0.87	2314	1333	
10	0649	1815	0828	1.33	2253	1.31	0213	1.00	1456	0.99	----	1415	☾
11	0650	1814	1112	1.33	----	----	0511	1.00	1807	0.92	0014	1451	
12	0651	1813	0025	1.46	1235	1.47	0630	0.85	1859	0.76	0116	1523	
13	0651	1811	0107	1.65	1320	1.63	0714	0.68	1934	0.59	0219	1553	
14	0652	1810	0141	1.84	1356	1.79	0751	0.50	2005	0.43	0323	1620	
15	0653	1809	0213	2.02	1431	1.92	0825	0.34	2035	0.30	0428	1648	
16	0654	1807	0247	2.18	1507	2.03	0859	0.20	2107	0.21	0535	1717	
17	0655	1806	0321	2.28	1543	2.09	0934	0.12	2140	0.17	0645	1750	☀
18	0655	1805	0358	2.31	1620	2.10	1011	0.10	2215	0.19	0758	1828	
19	0656	1804	0436	2.27	1659	2.05	1048	0.15	2253	0.28	0914	1913	
20	0657	1802	0517	2.14	1740	1.95	1128	0.26	2335	0.42	1029	2008	
21	0658	1801	0602	1.96	1825	1.80	1210	0.42	----	----	1139	2112	
22	0658	1800	0654	1.74	1920	1.64	0024	0.60	1259	0.60	1239	2221	
23	0659	1759	0801	1.54	2044	1.51	0132	0.78	1404	0.77	1329	2332	
24	0700	1758	0944	1.43	2253	1.52	0349	0.89	1606	0.85	1409	----	☾
25	0701	1756	1128	1.46	----	----	0543	0.81	1753	0.78	1443	0041	
26	0702	1755	0011	1.65	1234	1.56	0645	0.69	1850	0.67	1512	0146	
27	0702	1754	0100	1.79	1322	1.67	0728	0.58	1930	0.56	1538	0249	
28	0703	1753	0139	1.90	1401	1.77	0803	0.49	2002	0.48	1603	0349	
29	0704	1752	0213	1.98	1436	1.84	0833	0.42	2031	0.42	1629	0448	
30	0705	1752	0244	2.03	1509	1.89	0901	0.37	2059	0.40	1655	0547	

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