

THE POST

GEORGE • GREAT BRAK RIVER • MOSSEL BAY

MAART 2026

www.thepost.org.za

[Facebook@ThePostGardenRoute](https://www.facebook.com/ThePostGardenRoute)

FREE!/GRATIS!



"Happiness often sneaks in through a door you didn't know you left open." - John Barrymore

FROM CONCRETE TO HARDWARE

WHAT WE OFFER DELIVERY

- ✓ Basic Tools & Equipment
- ✓ Power Tools
- ✓ Building Materials
- ✓ Home Improvement
- ✓ Outdoor & Lawn Care
- ✓ Safety & Protection Gear
- ✓ Sand
- ✓ Concrete
- ✓ Stones



TRADING HOURS

07:30 - 17:00



afri
HARDWARE
GROOT BRAK

082 674 5698 | 082 791 6441 | grootbraksales@afrihardware.co.za
De Dekke Centre, R102 Morrissen Road, Great Brak River, 6525

FOLLOW US  

THE NEUROSCIENCE OF A BETTER MORNING

Your morning is not just a prelude to the day; it is a biological launchpad. What you do in the first 60–90 minutes after waking shapes your mood, focus, energy, and even your sleep that night. Yet many of us unknowingly sabotage our brains before 9 a.m. Here are five habits I let go of - and what I do instead.

1. Checking my phone immediately

Within 30–45 minutes of waking, your body experiences the Cortisol Awakening Response – a natural rise in cortisol that prepares you for the day. Flooding your mind with emails, news, and notifications during this window can overstimulate that response and spike stress. Instead, wait at least 45 minutes before reaching for your phone. Let your brain wake up naturally.

2. Skipping morning light

Light is the master regulator of your internal clock. Morning sunlight signals the brain to suppress melatonin (the sleep hormone), elevate alertness, and support serotonin production for stable mood. Aim for 10–20 minutes of natural light within 30 minutes of waking. It's one of the simplest ways to feel more energized and sleep better at night.

3. Diving straight into deep work

When you wake, you're in a state called sleep inertia – your thinking is temporarily slower and foggier. Rather than forcing intense focus, ease into the day with light movement, re-



flection, or planning. Support your biology before demanding peak performance.

4. Eating a sugary breakfast

High-sugar meals create blood glucose spikes and crashes, leaving your brain foggy later. A protein-rich breakfast (25–35 grams) stabilizes energy, sharpens focus, and keeps you satisfied.

5. Skipping hydration

You wake mildly dehydrated. Even small fluid deficits affect mood and cognition. Start your day with a glass of water before coffee.

Small shifts compound. Protect your first hour, and you protect your entire day. Your brain thrives on rhythm, not chaos - and it rewards those who honor its design.

Source: *medium*

Effortless Elegance



GET A FREE QUOTE

Blinds | Shutters | Awnings | Curtains | Rugs | Wallpaper

Windovert George

Shop 8, Bloemhof Building, 65 York Street,
Dormehls Drift, George

044 333 0464 / 076 272 9603



A world of window coverings



Dr. JD. Vorster

ALGEMENE PRAKTIJSYN | DAAGLIKSE GESONDHEIDSORG |
MEDIESE ESTETIKA (SKOONHEID)





Persoonlike diagnose & behandelings planne

FAMILIEDOKTER | VOORKOMENDE
GESONDHEIDSORG



Bestuur van chroniese toestande

OMVATTENDE GESONDHEIDS-EVALUASIES



Verbeter fyn lynytjies, pigmentasie & vel
tekstuur vir 'n gesonde, stralende gelaat

VULLER | "BOTOX" | SPATARE | BIO -
STIMULATOR

📍 93 Langstraat Groot-Brakrivier 📞 044 518 0101

📞 063 409 6974 ✉️ drvorsterontvangs@gmail.com

WELGELUKSALIG: 'N BEWUSTE KEUSE

Die woord welgeluksalig, wandel al vir paar dae in my gedagtegang rond. Oor tyd het ek al geleer dat hierdie tipe van bewuswordings aandag verdien...

Ons weet almal dat wanneer dit met onself, ons huweliksgenoot, die kinders die kleinkinders, ons leefruimte "wel" is dan ervaar ons "geluk", die tipe van geluk wat dikwels nie in rand en sent gemeet word nie. Dit kan nie noodwendig altyd verwoord word nie; dit is 'n wesensaard, 'n gemoedstoestand. Hierdie euforie word gevolg deur 'n "salige" gevoel van bewustheid - weereens 'n belewenis wat moeilik aan iemand anders verwoord kan word.

Dikwels is dit 'n innerlike gevoel. Elkeen van hierdie woorde staan sterk op hul eie, maar wanneer hul saamgevoeg word, kan dit beteken om baie gelukkig, geseënd en innerlik vervuld te wees. Dit beskryf 'n toestand van diep geluk en tevredenheid, dikwels met 'n geestelike of emosionele dimensie.

Ek wil glo dat almal van ons moontlik al so 'n dag, oomblik of geleentheid ervaar het, iets wat daadwerklik 'n blywende indruk of gevoel by ons gelaat het. Belangriker is seker die vraag; "kan ons verantwoordelik wees vir ons eie welgeluksaligheid?"



Ek wil glo ons kan, aangesien welgeluksaligheid nie net iets is wat met ons gebeur nie; dit is ook iets wat ons bewustelik kan ontwikkel deur ons ingesteldheid, belewenis en lewenskeuses.

Is ons dit nie aan onself verskuldig om meer "welgeluksalige" oomblikke in ons lewe te skep nie ?

Laurinda

Autus vier 25 jaar van Professionele Finansiële Beplanning en Beleggings

Kom ontmoet die Groot-Brakrivier span en ervaar
persoonlike aandag en uitstekende diens.



AUTUS

GESTIG 2001

Francois Matthuis Desirée Matthuis

Christo Malan

Autus Private Clients (Pty) Ltd is 'n gelisensieërde finansiële diensteverskaffer i.t.v. die Wet op Finansiële Advies en Tussengangerdienste (Wet No. 37 van 2002). FSP 4766.

📍 Langstraat 15, Groot-Brakrivier asook
Paarl (Hoofkantoor) & Durbanville

🌐 www.autusprivateclients.co.za

Skakel 081 046 2831 of
083 462 9116 vir 'n
afspraak by ons kantoor.

Besigheidskonsultasies en
Fidusiêre dienste ook
aangebied



The Bed Shop

WORLD SLEEP MONTH Sleep Well, Live Better

Back Support Starts Here

R500 OFF

Any Double to King Headboard
With **ANY** Bed Set Purchase from **R4999**

+ Orthopaedic
BY DYNAMIC



Premium
Queen Bed Set

R4,999

SAVE
R1,500



+ Orthopaedic
BY DYNAMIC



Supreme
Queen Bed Set

R5,999

SAVE
R2,000



DOUBLE UP!

Buy **ANY** bed set from **R5,999** and get **50% OFF**
your first accessory, pillows, or protectors.



Available at
Selected Stores
and Online!



AEROCOOL
Aeronautical Inspired Technology

+ Orthopaedic
BY DYNAMIC

+ Therapeutic
BY DYNAMIC

WAT JOU KOFFIEKEUSE OOR JOU SÊ

Koffie is een van die wêreld se mees geliefde drankies, en die keuse wat jy daagliks maak, kan dalk sê iets oor jou persoonlikheid. Volgens 'n artikel in The South African is daar vyf gewilde koffiekeuses wat elkeen 'n ander karaktertrek kan uitwys – al is dit net vir pret.

Cappuccino-drinkers word beskryf as mense wat gemaklik en omstredenheid vermy. Jy hou van tradisionele, veilige keuses in die lewe, geniet ontspannende aktiwiteite en waardeer goeie slaap. 'n Cappuccino is vir jou soos 'n warm, bekende ritueel wat goed voel en geen verrassings bied nie.

Iced coffee-liefhebbers volg 'n ietwat losser leefstyl. Jy is kreatief en het dalk nie altyd die beste tyd- en geldbestuur nie, maar jy sal altyd tyd en kontant vind vir 'n koue koppie wat goed lyk vir jou Instagram-foto's. Hierdie keuse is ideaal vir 'n somerdag of net wanneer jy 'n koffiedrankie wil geniet wat koel en modieus is.

As jy graag 'n **cortado** bestel, is jy waarskynlik 'n geesdriftige wat nie meer net 'n gewone koffiedrinker is nie. Hierdie keuse dui daarop dat jy al 'n bietjie meer ervaar is en graag oor jou voorkeure wil praat. Jy waardeer 'n meer verfynde smaak, maar is nie heeltemal gereed om dit heeltemal suiwer te geniet nie.

Die double espresso-drinkers is gewoonlik diegene wat intensiteit en energie soek. Of jy nou net van die ekstra kafeïen hou, of jy is iemand wat geen melk in jou koffie wil hê nie, hierdie keuse dui op 'n persoon wat doelgerig, daadkragtig en nie bang

is vir 'n skop energie nie.

Laastens, **instant koffie-drinkers** is dikwels nie te kieskeurig nie. Jy kies gerief bo kompleksiteit en sien geen rede om ekstra te betaal vir 'n koffiedrankie in 'n kafee as 'n eenvoudige koppie tuis net so goed werk nie. Hierdie keuse kan wys dat jy prakties, realisties en dalk die eenvoudigste persoon in die kamer is – die soort wat nie baie moeite maak met modetrends nie.

Bron: The South African



WHERE FOOD, ART & SEA MEET

Reserve your table now. Public welcome.
Open 7 days a week.
Breakfast: 07:00 to 11:00 Lunch & Dinner: 11:30 to 22:00

044 877 8020

www.viewshotel.co.za

viewsrestaurant@viewshotel.co.za

Dineplan

AUTUMN REVIVAL SPA PACKAGE

135 minutes of indulgent relaxation

- Relaxing 45min back massage
- Radiance boost facial
- Revive foot treatment

Choose ONE complimentary add-on option:

- Soy candle, hot stones, herbal oil, and foot or hand mask

R440

R1345

15% Discount
- Save R205

Valid from 01 March
2026 to 31 May 2026.
Bookings Essential.
T&C's apply.

044 877 8010

www.viewshotel.co.za

spabookings@viewshotel.co.za

079 352 0027

A HIDDEN CLIMATE RHYTHM IS DRIVING EXTREME FLOODS AND DROUGHTS WORLDWIDE

WESSA EDEN

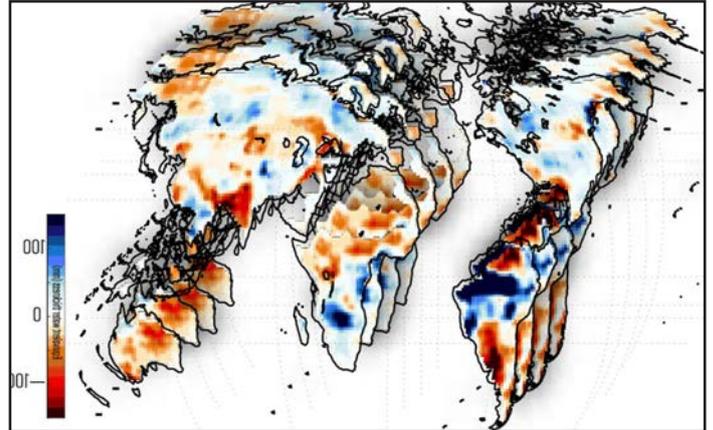
Scientists have identified a powerful but often overlooked global climate rhythm that is driving extreme floods and droughts across the world. Rather than happening randomly or independently, many of these severe water events are connected through a shared climate system centered in the Pacific Ocean. The research highlights how large-scale ocean patterns, especially the El Niño–Southern Oscillation (ENSO), are synchronising extreme wet and dry conditions across continents.

ENSO is one of the most influential climate cycles on Earth. It originates in the equatorial Pacific Ocean and shifts between two primary phases: El Niño, marked by unusually warm sea surface temperatures, and La Niña, characterised by cooler-than-average waters. These temperature swings alter atmospheric circulation patterns, which in turn reshape rainfall distribution, storm tracks, and temperature extremes around the globe. While ENSO's regional impacts have long been known, scientists now show that it also coordinates water extremes across multiple continents at the same time.

The study, conducted by researchers at the University of Texas at Austin, analysed more than 20 years of satellite observations to track changes in global water storage. Instead of looking only at rainfall or river levels, the team examined “total water storage,” which includes surface water, soil moisture, snowpack, and groundwater combined. This broader approach provides a more complete picture of how water moves through Earth's systems. To gather the data, scientists relied on measurements from NASA's GRACE and GRACE-FO satellite missions. These satellites detect tiny changes in Earth's gravitational field caused by shifts in water mass. When regions gain or lose significant amounts of water, the gravitational signal changes slightly, allowing researchers to track global water storage patterns with remarkable precision.

By defining extreme wet events as water storage levels in the top 10 percent historically, and extreme dry events as those in the bottom 10 percent, researchers were able to identify when and where severe conditions occurred. What they discovered was striking: extreme floods and droughts in distant regions often happened simultaneously during strong ENSO phases.

For example, El Niño events have been linked to severe drought conditions in parts of the Amazon basin and southern Africa, while at the same time increasing flood risks in other areas. Conversely, La Niña events have been associated with heavy rainfall and flooding in regions such as Australia and parts of South America, while contributing to drought elsewhere. These synchronising extremes reveal that water crises in different parts of the world may share a common climate driver rather than being isolated disasters.



A figure adapted from the paper showing extreme water storage anomalies across the world as detected by the GRACE and GRACE Follow-On satellites from 2002-2024. Credit: Ashraf Rateb

The study also detected a noticeable shift around 2011–2012. During the earlier part of the satellite record, extreme wet conditions were more prevalent globally. After that period, dry extremes became more frequent and widespread. Although the dataset covers only about two decades, the shift suggests that long-term climate change may be altering how ENSO interacts with the global water cycle. Rising global temperatures can intensify evaporation, change atmospheric moisture capacity, and amplify both heavy rainfall and severe drought conditions.

This emerging pattern has significant implications. Floods and droughts do not only affect local communities; they ripple through global food systems, supply chains, energy production, and financial markets. When multiple agricultural regions experience drought simultaneously, global food prices can spike. When widespread flooding damages infrastructure across continents, economic impacts multiply. Understanding that these extremes are interconnected allows policymakers and scientists to improve forecasting, risk management, and adaptation strategies.

Importantly, the research reframes how we think about water disasters. Instead of viewing floods and droughts as separate phenomena, scientists emphasize that they are two ends of the same hydrological spectrum. Both are influenced by large-scale climate rhythms that redistribute water around the planet. As climate change continues to modify these rhythms, the likelihood of synchronised extremes may increase.

In essence, the findings reveal a hidden global pulse within the climate system — one that begins in the Pacific Ocean but reverberates worldwide. Recognising this rhythm provides a crucial step toward better preparing societies for a future where water extremes are not only more intense, but more interconnected than ever before.

KAN VOËLS SWEET?

Voëls is warmbloedige diere wat hul liggaamstemperatuur op ongeveer 40 °C behou, selfs as die omgewing baie warm is. Om nie te oorverhit nie, moet hulle egter hitte verloor net soos ander diere. Ons weet hoe ons sweet om af te koel, maar voëls het geen sweetkliere nie, wat beteken hulle kan nie sweet om hitte af te voer nie.

Voëls gebruik ander maniere om hul liggaamstemperatuur te reguleer. Een van die belangrikste maniere is deur respirasie, dus asemhaling. Wanneer 'n voël warm is, sal hy "pant" – hy hou sy bek oop en asem vinnig in en uit. Die vog in sy asemhalingskanaal verdamp, wat hitte uit die bloed en brein help trek. Sommige voëls gebruik ook wat noemlike "gular flutter": 'n vinnige trilling van die mondbodem en keelarea wat ekstra lug oor klam weefsels skuif en sodoende hitte laat verdamp.

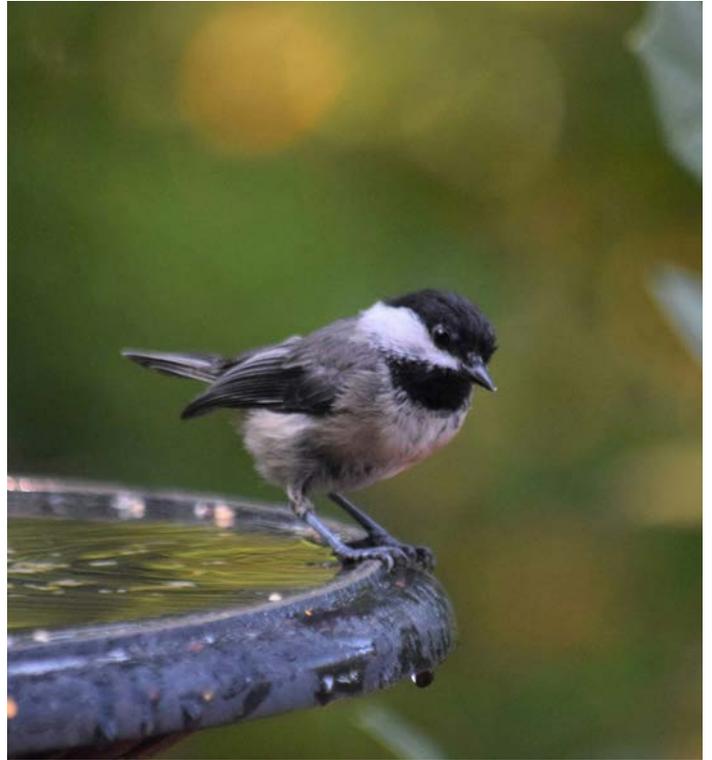
'n Ander manier waarop voëls hitte verloor, is deur bloedsirkulasie na onbehaarde dele van hul liggaam te verskuif, soos die bene, voete en soms selfs die snawel. Hierdie areas het baie bloedvate, en wanneer bloed hierheen vloei, kan hitte vinniger na die omgewing uitgestraal word.

Gedragsveranderinge help ook voëls om koel te bly. Op 'n warm dag sal hulle dikwels na skaduwee toe trek, aktiwiteit verminder, hul vere laat sak om meer hitte te verloor, of selfs in water bad om verdamping via die nat vere te bevorder.

Alhoewel voëls nie sweet soos mense nie, het hulle dus 'n ver-

DISCOVER WILDLIFE

skeidenheid aanpassings om hul liggaamstemperatuur te beheer, veral wanneer dit warm is. Hierdie strategieë help hulle om hitte te verloor sonder om vog uit die vel te verloor, wat belangrik is aangesien hul vere isolasie bied, maar ook hitte behou.





GARDEN

W A L K

OPENING 26 MARCH

MEET, RELAX, ENJOY

N2 off the R102 and Monte Christo Road



[gardenwalk.co.za](https://www.gardenwalk.co.za)



OVER 50 OF YOUR FAVOURITE STORES

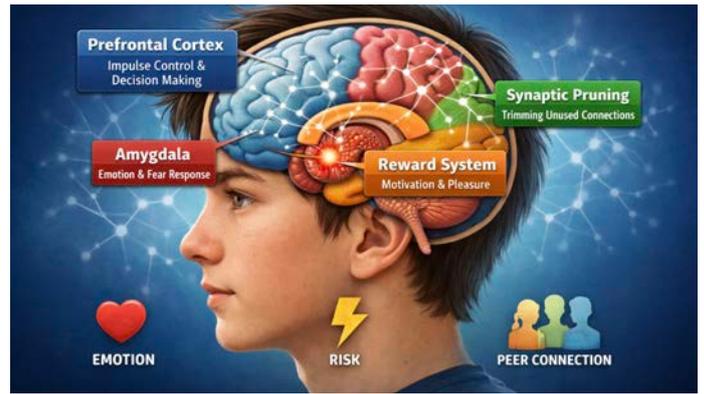


UNDERSTANDING THE ADOLESCENT BRAIN

MEL TIEDT

Have you ever found yourself thinking, “What happened to my little angel?” or “You used to love this—what’s wrong with it now?” To understand the brain—and especially the changes that take place during the adolescent window - we need to recognize that humans are wired for connection. You are born with more than 86 billion neurons, each capable of forming thousands of connections throughout your life. The brain develops from the back to the front, and just as our faces are different, we all process information differently.

In this example there are three main types of neurocircuitry at play: **thought, emotion felt, and physiological response.** This entire process takes about 90 seconds from start to finish. When it lasts longer than 90 seconds, it’s a sign that we are over thinking, which prolongs the response. We have full power over our own circuitry—no one can control your thoughts unless you give them that power. This is seen when we react to triggers. During the development process, the brain—specifically the amygdala—is constantly analysing whether a situation or environment is safe. The brain’s most important function is survival. In early life, its primary focus is self-development and safety. As the body begins preparing for puberty, the brain shifts too, moving from self-centered development toward social interaction and connection, driven by the instinct for reproduction. During adolescence, the amygdala is physically larger and on high alert. With so many changes happening in both the body and the brain, this heightened



sensitivity is understandable. At the same time, the brain is pruning away unused neural connections, making it more receptive to learning new skills and information.

Lastly, the prefrontal cortex comes fully online. This area of the brain is responsible for impulse control, planning ahead, and appropriate behavior... This developmental process generally continues until around the age of 25. While this period makes the brain highly receptive to learning, it also makes it more vulnerable to trauma and addiction. Patterns formed during this time can carry into adulthood and have long-lasting effects. For this reason, it’s essential that we remain patient with our teenagers. They need understanding, guidance, and love. By helping them process their emotions and providing a safe, healthy learning environment, we support their growth into balanced and resilient adults.



ANTIQUES & COINS

GET INSTANT PAYMENT FOR COINS, JEWELLERY & WAR MEDALS

As the leading and preferred service provider nation wide, in the Antiques, Numismatic, and Precious Metals Industry we are fully qualified and equipped to offer the following services:

A free evaluation and instant payment (cash, crypto currency, eft) at market value.

We travel nationwide to provide free evaluations in the privacy and safety of your own home. We transform old jewelry to stylish and elegant new pieces.



☎ (+27) 78 827 9421
☎ (+27) 71 323 8341
info@antiquesandcoins.co.za
582 Jacqueline drive

Refer Family & Friends Earn a Referral Fee!



We are also members of

- GIA Alumni Association
- Jewelry Counsel South Africa
- South African Association Of Numismatic Dealers (SAAND)
- The South African Antique, Art & Design Association (SAADA)
- The National Antiques & Decorative Arts Association (NAADA)

Our appraisers have successfully completed the following courses with the European Gemological Laboratory South Africa and Gem Training International

- Diamonds & Diamond Grading
- Essentials Of Colored Stones.
- Introduction To Tanzanite
- Metals Used In Jewelry

Equipment we use to evaluate items

- Bergeon No. 5537 Tool
- Chelsea Filter
- Dazor Fluorescent Task Light
- Gem Refractometer
- Idavid Fine Locking Diamond Tweezers.
- Idavid High Precision Diamond Loupe
- Mettler Toledo Weighing Scale
- Niton XL2 100 Analyser
- Presidium Ari - Diamond, CVD/HPHT & Moissanite Tester
- Presidium Electronic Gemstone Gauge
- System Eickhorst UV Colourscope
- The Fisch The Ringer
- Various Coin, Medal & Hallmark Origin Catalog Books.



MARTIN BOTHA | OOGKUNDIGES OPTOMETRISTS

Wanneer was jou laaste oogtoets?



When was your last eyetest?

TUESDAYS: 09:00 - 12:00 • THURSDAYS: 14:00 - 17:00

TEL: 044 620 2208

5a Long Street Great Brak Rivier

THE TIMELESS ALLURE OF INCENSE: A HERITAGE OF FRAGRANCE AND TRADITION

HERMIEN GROBLER

For centuries, incense has been a cherished part of cultural practices, valued for its beauty and significance. From traditional homes to modern spaces, these fragrant blends have created a sense of warmth and connection.

A Rich History of Incense

The use of aromatic blends dates back to ancient civilizations, prized for their fragrance and elegance. Early records of their use can be found in ancient Egypt, China, and India.

Crafting Incense

Incense is made from natural ingredients like essential oils, herbs, and woods, carefully combined to evoke specific moods and atmospheres. Many of these ingredients have been used for generations, passed down through families and communities.

Uses and Appreciation

- Creating a peaceful atmosphere: Perfect for relaxation and focus.
- Honoring heritage: Incense connects us to cultural traditions.
- Appreciating nature's gifts: Celebrating the beauty of natural ingredients.

Forms of Incense

- Sticks: A classic choice for traditional settings.
- Cones: Used for meditation and ambiance.
- Loose herbs: Often used in cultural rituals.

Using Incense with Appreciation

- Choose aromas that evoke a sense of calm or energy.
- Follow local customs and guidelines.
- Appreciate the heritage and craftsmanship behind incense.

This timeless tradition brings warmth and fragrance to our lives, a testament to the power of cultural heritage.



STARFIELD ARCHITECTS

GARDEN ROUTE | CAPE TOWN | JHB
4 MEELOGIE AVENUE, GLENTANA GEORGE, 6525

ARCHITECTURE
INTERIORS
LANDSCAPING
RENOVATIONS

WE SPECIALIZE IN

- RESIDENTIAL
- HOUSING DEVELOPMENTS
- RETAIL
- HOSPITALITY
- OFFICES
- EDUCATIONAL

FOR A CONSULTATION CONTACT

T: 044 004 0513
C: 082 457 6292

WWW.STARFIELDARCHITECTS.COM

INFO@STARFIELDARCHITECTS.COM

FIND US @STARFIELDARCHITECTS:

WHEN THE WORLD GIVES YOU A GUT ACHE

HARRY TRISOS

There are some things in life that don't make us angry enough to shout about, but still leave a faint, persistent discomfort behind. They sit there quietly, like a knot you can't quite untangle. A kind of low-grade irritation. A gut ache, if you will.

In the Garden Route, we know the feeling well.

It might arrive while watching a visitor enjoy a long, full-bore shower during a declared water-scarce period. Or while inching along the Mossel Bay–George stretch in festive traffic, surrounded by number plates from every corner of the country. Or when the season ends, the visitors drift home, and those of us left behind are reminded to tighten water use, brace for possible sanctions, or deal with the threat of impending wildfires.

None of this is dramatic. It's just uncomfortable.

We are already preparing for the Easter holidays surge. Many residents can sense what's coming: another seasonal swell that fills our towns, stretches infrastructure, and then recedes again, leaving the banks a little worn. A tourist river, if you like. The term borrows from global climate language, but the experience is local and familiar.

Interestingly, the body responds to these quiet stressors in much the same way it does to poor sleep or dietary excess. The gut, in particular, is highly sensitive to perceived strain. Ongoing low-level stress can influence digestion, appetite,



and even mood. It's not alarm bells. It's background noise. The kind that makes you feel "off" without knowing exactly why.

This is not about blame. Visitors bring life and livelihood. Development brings opportunity. Weather does what weather has always done, only now with sharper edges. But acknowledging the cumulative effect matters. Just as repeated small dietary disruptions can unsettle gut balance, repeated environmental and social pressures can leave us feeling internally unsettled.

The solution, in both cases, is rarely extreme. Awareness helps. Rhythm helps. Respecting limits helps. Whether it's water use, seasonal pacing, or personal wellbeing, recovery comes from restoring balance rather than pushing harder.

As another busy season approaches, perhaps it's worth noticing what gives us that quiet gut ache, and what helps ease it. Sometimes, simply recognising the discomfort is the first step toward settling it.



NEILL SCHOEMAN
AKTE PROKUREUR / CONVEYANCER

Vinnig. Betroubaar. Beskikbaar.

Wat beteken ons slagspreuk vir jou, die agent of verkoper?

- ✓ Vinnige registrasie = vinnige uitbetaling
- ✓ Vertrou jou prokureur beskerm jou belange
- ✓ Direkte lyn na jou prokureur

Waarom dan uitstel?




☎ 044 630 0440

🌐 www.nsprok.co.za

✉ neill@nsprok.co.za

📍 97 Long Street, Great Brak River

21 1st Avenue
Riverside
Kleinbrakrivier
Tel: 082 877 9695



you're home

JOU BETROUBARE EIENDOMSVENNOOT



TERGNIET - R2.795M
2 slaapkamer, 2 badkamer huis met 'n heerlike leefarea en kombuis met skuifdeur na die stoep en klein grasperk. Elke kamer het ook sy eie skuifdeur na 'n klein grasperkie wat elkeen privaatheid bied. 'n Enkelmotorhuis rond die prentjie af. Sekuriteitsoord met lae lewies.
Susan en Murray Marx - 082 856 5997



GROOTBRAKRIVIER - R3.5M
Woning met leefarea en kombuis op een vlak met die dubbel motorhuis en buitebraai. 3 slaapkamers en 2 badkamers op onderste vlak met uitgang na buite area. Mooi uitsigte oor die rivier en riviermond.
Linda Kuhn - 082 415 9675



GROOTBRAKRIVIER - R4.2m
Heerlike ruim 3 slaapkamer woning met groot leefarea, kombuis, opwas area, eetkamer en braaikamer. Die waskamer is apart met ook 'n aparte toilet en stort. Ruim dubbel motorhuis. Daar is ook 'n aparte woonstel bo-op die garage. Prag uitsigte oor die rivier.
Bles de Wet - 083 628 2866



Skakel: 082 877 9695 vir navrae of
E-pos: sky@huizemark.com



SEESIG *A New Chapter in Trusted Retirement Living*

For more than 20 years, Groenkloof has been synonymous with secure, active, and enriching retirement living along the Garden Route. With seven well-established estates in Great Brak River, Reebok, and George, the Groenkloof name has become a trusted choice for retirees seeking peace of mind, community, and quality of life.

Now, that legacy continues with Groenkloof Seesig – a thoughtfully planned new retirement estate ideally positioned between the coastal gems of Great Brak River and Reebok.

Strong Demand from the Start

Interest in Seesig has been immediate and encouraging. Within just four months of launch, 23 units have already been sold, confirming strong market confidence in both the location and the Groenkloof model. With Phase 1 comprising only 70 prime stands, in close proximity to future facilities, demand is building quickly.

Construction is progressing steadily, and the first show homes are currently being built, allowing prospective residents to soon experience the quality, finishes, and spatial design first-hand.

Location That Offers the Best of Both Worlds

Seesig offers a rare balance: tranquil country living with sweeping ocean views, paired with effortless access to Mossel Bay, George, and George Airport. Shops, leisure activities, and world-class medical facilities are all close at hand – making Seesig both peaceful and practical.

Select stands enjoy southern ocean views, while all homes are designed to maximise northern sun exposure, creating warm, light-filled living spaces year-round.

Flexible Ownership Options

Phase 1 sales comprise stands available as either Full Title or Life Right, giving buyers flexibility to suit both lifestyle and long-term planning needs.

Security and Care You Can Rely On

Care and security remain cornerstones of the Groenkloof offering. Seesig will be a gated community with controlled access, an electrified perimeter fence, and surveillance cameras. On completion, the development will include 205 homes as well as its own modern Care Centre, offering assisted living apartments and a clinic.

The Care Centre will be introduced in the next phase of development, and in the interim, residents have immediate access to Groenkloof's established Care Centres in Great Brak River and George, ensuring continuity of care from day one.

Buying into Seesig means joining a well-established community of more than 1,500 residents already living within Groenkloof retirement estates.



Artist impression. www.groenkloof.net



**Contact Louis Visagie at 082 373 5358
to secure your place in Groenkloof Seesig.**

GENE KAN ONS GENOT VAN MUSIEK BEÏNVLOED

Waarom geniet sommige mense musiek intens, terwyl ander dit bloot as agtergrondgeraas ervaar? 'n Nuwe tweelingstudie toon dat ons vermoë om plesier uit musiek te put gedeeltelik geneties bepaal word.

Die navorsing, gepubliseer in Nature Communications, is geleidelik deur wetenskaplikes van die Max Planck Institute for Psycholinguistics, in samewerking met die Karolinska Institute. Die span het ondersoek ingestel na "musiekbelonings sensitiwiteit" – die mate waarin mense emosionele plesier uit musiek ervaar.

Charles Darwin het musiek as een van die mees misterieuse menslike vermoëns beskryf. Die navorsers wou vasstel of genetiese verskille kan verduidelik waarom mense verskil in hul reaksie op musiek, en wat dit ons leer oor menslike musikaliteit.

Om dit te toets, het hulle data van meer as 9 000 Sweedse tweelinge ontleed. Die studie het identiese tweelinge (wat byna al hul DNS deel) vergelyk met nie-identiese tweelinge. As identiese tweelinge meer ooreenstem in hul musiekgenot, dui dit op 'n genetiese invloed.

Deelnemers het vraelyste voltooi oor hul genot van musiek, hul algemene sensitiwiteit vir belonende ervarings, en hul vermoë om musikale elemente soos ritme, melodie en toonhoogte te

herken. Die bevindinge toon dat sowat 54% van die variasie in musiekgenot aan genetiese verskille gekoppel kan word.

Belangrik is dat die gene wat musiekgenot beïnvloed, deels verskil van dié wat algemene plesier of musikale vaardigheid bepaal. Verskillende genetiese faktore speel ook 'n rol in spesifieke aspekte van musiekgenot, soos emosionele verwerking of saamdans op 'n maat. Die studie dui dus op 'n komplekse biologiese basis vir ons liefde vir musiek – 'n vermoë wat steeds wetenskaplikes, en dalk ook Darwin, bly fassinier

Bron: Google.



"Ek is 'n toegelate Prokureur, Notaris, Transportbesorger en Professionele Waardeerder en kan jou adviseer met kundigheid en sorg aangaande 'n wye verskeidenheid regsangeleenthede en is hier in Groot Brakrivier"

Herman Swanepoel



Deel van die gemeenskap... vir die gemeenskap...

Prokureurs/Attorneys

Tel: 082 209 5502
herman@klsrootbrak.co.za

63 Langstraat, Groot Brakrivier
Open: 08h00 - 16h30, Ma - Vry



Daily BREAD
Freshly baked and perfectly brewed in Great Brak River

BAKED GOODS	ARTISAN BREADS
- Variety Croissants	- Variety Ciabatta
- Cinnabuns	- White & Brown Sourdough
- Variety Cakes	- Ouma & Oupa Brood
- Cake Pops	- Seed Loaf
- Variety Quiches	- Rolletjies
- Variety Pies	- Olive Breadsticks (Order Only)
- Toebies	- Gluten-Free Loaf (Order Only)

Pair your baked goodies with a drink from our coffee bar!



083 258 1375 Old Bakhuis Centre, 65 Lang Street

SHOUTING AT THE WATER

SCOTT THOMSON

Bringing problems to the table is effortless. Anyone can point, complain, and catalogue what's wrong. It's like standing on an eroding riverbank and loudly announcing to the water that its full of silt and the banks are collapsing. True, but completely useless on its own. Bringing solutions forward is harder as they require forethought, compromise, effort, an altered perspective, the chance of being wrong and the willingness to get ones boots dirty.

That's why community meetings, social media comment sections, and parliament are often crowded with moaners and painfully short on problem solvers.

Problem-only thinking carries quiet arrogance that assumes identifying damage is the same as restoring the land. It isn't. For example merely pointing out litter and pollution whilst walking past it without proposing remediation or following appropriate reporting channels simply shifts the responsibility elsewhere. It says, "I see the litter," while refusing to pick it up or effecting a clean-up. Over time, this behaviour poisons trust, leaders stop listening, teams disengage, and communities fracture. Not because the problems weren't real, justified, valid or impacting lived experience but because no one stepped forward with a way of taking ownership of how the narrative is portrayed.

Solution-based thinking consistently outperforms mere negativity because it regenerates rather than depletes or degrades. Even imperfect solutions like pilot projects, trial plantings, or temporary buffers create community led momentum. They invite collaboration, adaptation, constructive engagement and shared stewardship. People mostly follow those who arrive not just with outrage, but with options grounded in reality. What can be done now, with the resources at hand, under real-world constraints including budget and law illustrates understanding as well as sympathy. Solutions signal serious-



ness. They say, "I understand the relevant environment and ecosystems, and I'm willing to work within it."

There's an uncomfortable social truth; constant complaining resembles environmental vandalism: visible, noisy, and destructive. Constructive proposals resemble conservation work: slow, unglamorous, thankless and transformative. One drains energy; the other builds resilience. History doesn't remember those who only warned of collapse, but those who planted, restored, protected, and rebuilt.

Here's the question one should sit with. When you speak about environmental damage, social decay, or institutional failure, are you restoring habitat or just trampling it further? Are you willing to invest effort, accept trade-offs, and get involved or are you content to shout from the fence line? Be honest, are you actually part of the solution that regenerates the system, or just another voice explaining, again, why the landscape is burning?



REMAX
Coastal

Knysna • Sedgefield • Wilderness • **Mossel Bay**

Ons praat jou **HUIS** "taal"

044 008 5092

www.remamaxcoastal.co.za

VERKOPE EN VERHURINGS (KORT EN LANGTERMYN)



Elmarie Venter 072 881 5887	Rochelle du Plessis 044 008 5092	John-John Bray 079 265 4271	Jessica Franklin 082 452 0210	Lizelle Naude 083 711 9432
---------------------------------------	--	---------------------------------------	---	--------------------------------------

Diaz Office Park 13, Beach Blvd-Wes, Diasstrand, Mossel Bay, 6500

@RemaxCoastal1
 @RE/MAX Coastal

Each office is independently owned and operated
Registered by the PPRA

'N EENVOUDIGE BLOEDTOETS KAN PARKINSON SE SIEKTE JARE VOOR SIMPTOME OPSPOOR

Wetenskaplikes in Swede en Noorweë het 'n belowende manier ontdek om Parkinson se siekte jare – moontlik selfs dekades – voordat die mees skadelike simptome verskyn, op te spoor. Deur subtiele biologiese seine in die bloed te meet wat verband hou met hoe selle stres hanteer en DNS-skade herstel, het navorsers 'n vroeë "venster van geleentheid" geïdentifiseer waarin die siekte reeds 'n meetbare vingerafdruk laat.

Die navorsing is gelei deur 'n span by die Chalmers University of Technology in Swede, in samewerking met Oslo University Hospital. Volgens die navorsers verskyn sekere biologiese merkers reeds in die heel vroegste stadium van Parkinson se siekte – lank voordat beduidende breinskade of tipiese bewegingsimptome sigbaar word. Hierdie vroeë veranderinge is egter net vir 'n beperkte tydperk waarneembaar, wat beteken dat tydige opsporing van kardinale belang is. Parkinson se siekte raak meer as 10 miljoen mense wêreldwyd en word as 'n toenemend algemene neurologiese toestand beskou. Namate bevolkings ouer word, word verwag dat dié getal teen 2050 meer as sal verdubbel. Ten spyte van die groeiende impak bestaan daar tans geen genesing nie, en daar is ook geen algemeen aanvaarde siftingsmetode om die siekte vroeg op te spoor voordat onomkeerbare breinskade plaasvind nie.

'n Lang, stil aanvangsfase

Parkinson's ontwikkel stadig. By baie pasiënte kan die vroeë fase tot 20 jaar duur voordat die klassieke bewegingsimptome – soos bewing en stadige bewegings – duidelik word. Teen daardie tyd is tussen 50 en 80 persent van die betrokke senuweeselle in die brein dikwels reeds beskadig of vernietig. Die navorsers het gefokus op twee belangrike biologiese prosesse wat vermoedelik in hierdie vroeë stadium 'n rol speel: DNS-herstel en die sellulêre stresreaksie. DNS-herstel is die meganisme waardeur selle genetiese skade opspoor en herstel. Die sellulêre stresreaksie is 'n beskermende proses wat selle help om te oorleef deur energie van normale funksies na herstel- en verdedigingsprosesse te herlei wanneer hulle onder druk verkeer.

Masjienleer ontbloot unieke patroon

Met behulp van masjienleer en gevorderde ontledingsmetodes het die span 'n unieke patroon van geenaktiwiteit geïdentifiseer wat verband hou met DNS-herstel en stresrespons. Hierdie patroon was slegs sigbaar by persone in die vroeë fase van Parkinson se siekte. Dit is nie by gesonde individue of by pasiënte met gevorderde bewegingsimptome waargeneem nie.

Die bevindinge is gepubliseer in die vaktydskrif npj Parkinson's Disease en word beskou as 'n belangrike stap in die rigting van vroeë diagnose. Volgens die navorsers dui die resultate daarop dat daar 'n kritieke tydperk is waarin die siekte opgespoor kan word voordat ernstige senuweeskade plaasvind.



Waarom 'n bloedtoets belangrik is

Wetenskaplikes wêreldwyd het al verskeie moontlike vroeë merkers vir Parkinson's ondersoek, insluitend breinbeelding en ontleding van rugmurgvloeistof. Tot dusver het geen van hierdie metodes egter gelei tot 'n eenvoudige, betroubare en koste-effektiewe siftingstoets wat wyd toegepas kan word nie.

Die nuwe studie toon dat die geïdentifiseerde biomerkerpatrone in die bloed gemeet kan word. Dit maak die weg oop vir 'n relatief eenvoudige bloedtoets – 'n toeganklike en goedkoper metode wat in gewone gesondheidsorginstellings gebruik kan word. Die navorsers skat dat sulke toetse binne vyf jaar in gesondheidstelsels getoets kan word.

Moontlikhede vir toekomstige behandeling

Benewens vroeë diagnose kan die bevindinge ook bydra tot die ontwikkeling van nuwe behandelings. Indien wetenskaplikes die onderliggende meganismes beter verstaan terwyl dit nog in die vroeë fase aktief is, kan hulle moontlik maniere vind om die proses te vertraag of selfs te stop. Dit kan nuwe medisyne insluit, maar ook die hergebruik van bestaande middels wat reeds vir ander siektes ontwikkel is.

Simptome en verloop

Parkinson se siekte is 'n neurodegeneratiewe versteuring wat die brein se vermoë om beweging te beheer, beïnvloed. Dit begin gewoonlik ná die ouderdom van 55 of 60. Vroeë simptome kan insluit 'n verminderde reuksintuig, hardlywigheid, depressie, angs en REM-slaapgedragsversteuring (waar mense hul drome fisies uitvoer). Later volg bewegingsimptome soos bewing, styfheid, stadige bewegings en onwillekeurige spiersametrekkinge.

Parkinson is die tweede mees algemene neurodegeneratiewe siekte wêreldwyd ná Alzheimer's disease. Die nuwe navorsing bied hoop dat 'n eenvoudige bloedtoets in die toekoms 'n deurslaggewende rol kan speel om die siekte betyds op te spoor – wanneer die brein nog grootliks ongeskonde is en behandeling die grootste verskil kan maak.

Bron: *Science daily*

DO WE STILL HAVE A WORK ETHIC TODAY?

It is a question often heard in coffee shops, boardrooms, and around dinner tables: “Do people still have a work ethic these days?”

It may feel as though the answer is no. Work environments look quite different from what they did a generation ago. Remote work, flexible hours, and a stronger focus on work-life balance have replaced the long days and “no-questions-asked” dedication many once associated with challenging work. But the better question is not whether work ethic still exists—but how it has changed.

In many of our local businesses, community organisations, schools, and service industries, strong work ethic is alive and well. It is visible in employees who take pride in their work, entrepreneurs who keep going despite tough economic conditions, and volunteers who give their time simply because they care about their community.

What has shifted is the definition of work ethic. Today, it is less about how long you work and more about how well you work. Reliability, accountability, integrity, and a willingness to contribute meaningfully are now just as important as hours spent on the clock.

It is also important to recognise that work ethic does not thrive in isolation. People are more motivated when they feel respected, supported, and valued. Where leadership is strong



and communication is clear, commitment naturally follows. Where burnout, uncertainty, or lack of appreciation exist, even the most resolute individuals can lose momentum.

As a community, we benefit when we acknowledge this evolution rather than dismissing it. Encouraging healthy workplaces, mutual respect, and purpose-driven work strengthens not only our economy, but also our social fabric.

Work ethic is not disappearing—it is adapting to the times. And in communities like ours, where people still show up for one another, it remains very much alive.



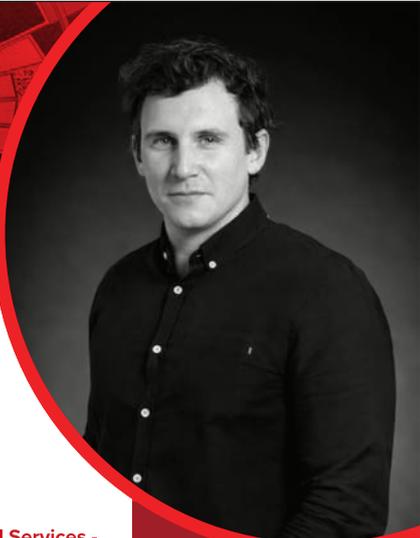
CURLAND DECORATORS



- CURTAINS
- WALLPAPER

- BLINDS
- FLOORING

044 691 2448

Full Scope of Professional Services -
Across the spectrum of institutional,
commercial, and residential architecture:

- Site planning and layout
- 3D modelling
- Photorealistic renderings
- Design development
- Municipal submissions
- Construction drawings
- Principal agent services
- Quality control and site administration



PROFESSIONAL ARCHITECT
LEON-PIERRE ROODT
Pr.Arch54801065



083 304 2915

leonpierreroodt1991@gmail.com

Leon Roodt

48 Sandhoogte Road, Bergsig,
Great Brak River, 6525

LEGENDARY LEADERSHIP LIVES IN SMALL MOMENTS



We love the Hollywood version of leadership — dramatic speeches, bold moves, big wins.

But real leadership doesn't happen in grand gestures. It happens in small, everyday moments. In a rushed email. In a tense meeting. In the split second between reaction and response.

Legendary leaders aren't defined by rare heroic acts. They're defined by micro-habits — tiny, repeatable behaviors that quietly shape culture, trust, and performance.

And whether you realize it or not, everyone is watching.

The Power of Small Signals

Small actions ripple. Interrupt someone mid-sentence and you signal, "My idea matters more." Pause and say, "Finish your thought," and you signal respect. Over time, these signals compound. Leadership lives in those inches.

One of the most powerful micro-habits is listening to understand rather than listening to respond. When people feel heard, they contribute more. When they feel dismissed, they shut down.

Try this: wait two seconds after someone finishes speaking before you reply. Those two seconds create space. And space creates better thinking.

Tone Is Leadership

Written communication carries emotional weight. "Ok." can feel cold. "Fix this." can feel harsh.

Add three seconds of clarity:

- "Ok, thanks for the update."
- "Let's fix this so we stay on track."

Tiny shift. Massive difference.

Leadership often shows up in punctuation.

Your Mood Sets the Temperature

Emotions are contagious. If you walk into a room stressed and reactive, anxiety spreads. If you show calm under pressure, confidence spreads.

You don't need forced positivity. You need regulation.

Micro-habit: pause before reacting. Take one breath before responding to bad news. That breath can shift a culture from fear to focus.

Turning Mistakes into Momentum

When someone brings you a problem, your reaction teaches them what to do next time.

Old pattern:

"How did this happen?"

New pattern:

"Thanks for flagging this early. How do we fix it?"

The first creates fear. The second builds accountability and psychological safety. Over time, your team learns whether to hide mistakes or surface them quickly.

Start Small

Don't overhaul your entire leadership style overnight.

Pick one micro-habit:

- Put your phone away in 1:1s.
- Send one specific praise message daily.
- Ask, "What do you think?" before giving your opinion.
- Celebrate small wins.

Why It Works

Big leadership moments are rare; micro-moments happen every day. Leadership isn't claimed—it's earned through consistent small habits. Master these, and people will already feel your leadership.

The compound effect of these micro-habits is what separates average leaders from unforgettable ones. A single thoughtful response may go unnoticed, but repeated daily, it builds a reputation. People begin to describe you as steady, fair, encouraging, and clear — not because of one grand gesture, but because of hundreds of small, consistent signals.

Culture isn't created in strategy documents. It's created in how you greet people, how you handle pressure, and how safe others feel bringing you bad news. When your small habits align with your values, trust accelerates.

Leadership legend status isn't loud. It's consistent. And consistency, practiced daily, is what quietly changes everything.

DIE VOORDELE VAN LEGO-BOU VIR GROOTMENSE



LEGO is nie net vir kinders nie – dit bied ook groot voordele vir volwassenes. Eerstens bevorder dit stressverligting. Deur jou te fokus op die bou van ’n model, kan jy jou gedagtes van daaglikse bekommernisse aflei en ontspanning vind. Dit werk soortgelyk aan meditasie en kan help om angs te verminder.

Tweedens verbeter LEGO-bou kreatiwiteit en probleemoplossing. Die proses vereis dat jy instruksies volg, strategieë beplan en soms eie idees ontwikkel om ’n komplekse struktuur te voltooi. Dit stimuleer die brein en hou dit aktief.

Nog ’n voordeel is fynmotoriese vaardighede en hand-oog-koördinasie. Die presiese hantering van klein blokke help om hierdie vaardighede te verbeter, wat selfs voordelig kan wees in daaglikse aktiwiteite of ander kreatiewe stokperdjies.

LEGO bied ook gevoel van vervullendheid en tevredenheid. Om ’n model te voltooi bied ’n tasbare uitslag en bevrediging,

wat selfvertroue kan versterk en ’n gevoel van doelwitte bereik.

Laastens is LEGO ’n sosiale aktiwiteit. Dit kan saam met vriende, gesin of selfs ander LEGO-entoesiaste gedoen word, wat geselskap, samewerking en gemeenskapsgevoel bevorder.

Kortom, LEGO is meer as net ’n speelding. Vir volwassenes bied dit ontspanning, kreatiewe stimulasie, handvaardigheid en sosiale verbindings – alles terwyl dit pret en voldoening bring. Dit is ’n eenvoudige manier om die kindlike verbeelding te herontdek en terselfdertyd jou brein en welstand te ondersteun.

L4 Lashes
Beauty Studio

Get ready to flutter those fabulous lashes! Our extensions offer length, volume, and confidence. Let us make your lash dreams come true.

Full set Classic or Volume	R300
Refill	R250

BOOK YOUR FIRST SESSION TODAY!

📍 41 Susan Pardew Laan Hersham 📞 0799838998

Contact **Vera Reynolds** at:

...for **Personal Service** and **Professional Results**.

- Conveyancer
- General Litigation
- Estates
- Family Law
- Notary
- Mediation

📞 072 098 0536 ✉ vera@vvrllawinc.co.za

PJ MOTOR SPARES
OUR CUSTOMERS ARE VALUABLE TO US

📞 073 935 3618
✉ MOTORSPARES007@GMAIL.COM
📍 53 LONG STREET MALL, UNIT 5, GREAT BRAK RIVER

REG NR 2025/938684/07

Besoek Ons Gerus!
KleinBegin Organic se Deli-Winkel by Hart & Bosch Village het hoë gehalte plaasprodukte en GMO-vrye speserye.

Jou Leefstyl, Ons Fokus.

Oop van Donderdag tot Sondag.
Pensionarisdag elke Donderdag.
Plaasmark elke Saterdag.

📞 082 456 7064

www.kleinbeginorganic.co.za 📍 kleinbeginorganic

SARS PENALTIES:
What Happens If You Don't File

Think skipping your tax return is no big deal?
Think again! SARS can charge:

- ✗ Monthly admin penalties (up to R250/month for individuals, more for businesses)
- ✗ Interest on late payments—compounds over time
- ✗ Estimated assessments—SARS may guess what you owe (often higher than actual)
- ✗ Account freezes—SARS can issue garnishee orders via your bank
- ✗ Legal action & blacklisting in serious cases
- ✗ Delayed refunds—SARS holds onto your money until you're compliant
- ✗ Loss of good standing—hurts your ability to apply for tenders, funding, or credit

Avoid the stress and penalties—Let Ultimate Tax handle it for you!

UltimateTax 📞 084 586 2327 ✉ info@ultimatetax.co.za 📍 Quinns Fowl Walk Centre, 41 Long St, Great Brak River

ENERGY EFFICIENCY – JUST ANOTHER BUZZ WORD, TOPIC DU JOUR OR AN IMPOSSIBLE QUEST?

INA BEZUIDENHOUT

Our world is in trouble – past decades prioritised dependence on energy consumption in developments and daily life, not considering that the different energy sources are finite – we depend on natural resources such as fossil fuels, coal or natural gas to fuel our everyday life. Whether it is paraffin for cooking food, electricity to keep our businesses (our entire economy, in fact) going, petrol or diesel to keep the transport industry on track or natural gas to replace any of the above resources, our world relies on energy.

And we forget that these resources are not unlimited. Coal and natural gas reserves can be depleted, power stations can reach the end of their lifespan, technologies can become outdated or undesirable – South Africa’s fleet of coal power stations is a shining (pun intended) example of this phenomenon. One only has to look at all the awareness campaigns to realise that our planet is in trouble – we have International Day of Clean Energy (which was commemorated on 26 January), World Energy Day (14 February) and World Efficiency Day – coming up on 6 March...

We pride ourselves in the development of alternative ways to generate electricity – wind, wave or solar technology – but these technologies impose additional demands on other industries: we still require materials to construct the alternative installations – requiring steel, aluminum, transportation to ensure the



materials are at the place of installation, using precious land to occupy the installations. This creates a cycle of dependency on natural resources steel manufacturing and transport also contribute to air pollution and a loss of natural resources – we are back to square one.

What would be a viable solution to these challenges?

There is no easy answer and we always come back to the fact that everything revolves around a delicate balance. The challenge is to identify and maintain that balance. This challenge is reflected in the theme for this year – Accelerating a Just and Inclusive Clean Energy Transition – acknowledging that while renewable and sustainable energy sources are urgently need, only a few entities benefit from energy efficiency initiatives while a vast majority of the global population lacks access to energy resources. There is unanimous acceptance of an urgent need to shift toward renewable, sustainable energy sources, while ensuring this transition is affordable, secure and accessible for everyone. Key concepts include enhanced technology and reduced consumption.

And finally we identified a way to maintain the balance – identification and implementation of ways to reduce our energy demand and dependency – we need to look at reducing energy consumption when designing buildings, plan transportation, utilise energy-efficient equipment and simply planning our consumption – because by implementing these initiatives, we reduce carbon pollution and also improve energy security – plan and save today, so that there is resources available for future generations.

VOLMAAN FIETSRY
GRATIS UITSTAPPIE

🕒 18:30
📅 3 Maart 2026
📍 OK URBAN Hart & Bosch
📞 WhatsApp: 082 738 8011 voor 14:00

Langstraat 67 Long Street
Peperboom Gebou | Building
Groot-Brakrivier | Great Brak River

T: 064 769 1013
E: mignons@lantic.net

MIGNON SMIT
OOGKUNDIGE | OPTOMETRIST
B. Optom (RAU) FOA (SA) CAS (USA)

ELAINE LAMB
ARCHITECTS
earth | life | architecture

CONTACT US ■ 079 761 5938 ■ elainelamb@el-arch.co.za
el-arch.co.za

Tihanna Hattingh
FISIOTERAPIE

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)

DID YOU KNOW?



Bees can recognize human faces. Researchers discovered that honeybees are able to tell faces apart by processing patterns - similar to how humans do. Despite having tiny brains (about the size of a sesame seed), they can remember and identify different facial arrangements.

Bees also communicate through a fascinating "waggle dance." When a bee finds a good source of nectar, it returns to the hive and performs a specific movement pattern to show other bees the direction and distance of the food.

Pretty impressive for such small creatures! Next time you see a bee buzzing by, remember - it might be smarter than you think.

GETYKAART MAART 2026

MOSSEL BAY
MARCH 2026

Day	Times of											Moon Phase	
	Sunrise	Sunset	High Water				Low Water				Moonrise		Moonset
			Time	Height	Time	Height	Time	Height	Time	Height			
1	0618	1908	0235	1.92	1451	1.97	0849	0.43	2102	0.31	1808	0350	
2	0619	1907	0311	2.09	1527	2.07	0923	0.32	2132	0.21	1839	0500	
3	0620	1906	0344	2.19	1559	2.12	0954	0.27	2159	0.16	1906	0605	☉
4	0621	1904	0415	2.24	1631	2.11	1024	0.26	2226	0.16	1932	0708	
5	0622	1903	0445	2.23	1659	2.06	1052	0.29	2252	0.21	1958	0809	
6	0623	1902	0513	2.17	1728	1.98	1118	0.35	2317	0.30	2024	0909	
7	0623	1900	0539	2.06	1754	1.86	1144	0.43	2342	0.42	2053	1009	
8	0624	1859	0604	1.93	1820	1.73	1210	0.54	---	---	2124	1109	
9	0625	1858	0630	1.78	1846	1.59	0008	0.56	1238	0.66	2201	1209	
10	0626	1857	0659	1.62	1918	1.44	0037	0.72	1309	0.79	2243	1307	
11	0626	1856	0739	1.45	2012	1.29	0113	0.89	1355	0.94	2332	1403	☾
12	0627	1854	0903	1.31	---	---	0226	1.04	1640	1.05	---	1454	
13	0628	1853	0023	1.28	1227	1.35	0613	1.03	1912	0.90	0027	1540	
14	0629	1851	0121	1.45	1325	1.52	0714	0.86	1948	0.73	0127	1620	
15	0629	1849	0154	1.63	1401	1.68	0752	0.69	2017	0.56	0229	1655	
16	0630	1848	0223	1.82	1433	1.84	0824	0.52	2044	0.40	0333	1726	
17	0631	1847	0252	1.99	1503	1.98	0855	0.37	2111	0.26	0438	1755	
18	0632	1846	0321	2.15	1534	2.08	0927	0.25	2138	0.17	0543	1821	
19	0633	1845	0352	2.26	1607	2.14	0959	0.17	2207	0.12	0648	1850	●
20	0634	1843	0424	2.32	1640	2.14	1033	0.13	2237	0.14	0756	1920	
21	0634	1842	0458	2.31	1715	2.08	1107	0.16	2309	0.21	0906	1954	
22	0635	1840	0534	2.21	1751	1.97	1143	0.25	2343	0.35	1019	2034	
23	0636	1838	0613	2.05	1830	1.81	1221	0.40	---	---	1133	2121	
24	0637	1837	0657	1.84	1916	1.62	0021	0.53	1304	0.59	1244	2217	
25	0638	1836	0755	1.60	2025	1.44	0109	0.74	1401	0.79	1349	2321	☾
26	0638	1834	0938	1.43	2315	1.40	0241	0.94	1621	0.92	1444	---	
27	0639	1833	1156	1.46	---	---	0608	0.88	1835	0.80	1530	0030	
28	0640	1832	0047	1.58	1307	1.61	0713	0.71	1928	0.63	1608	0140	
29	0641	1831	0135	1.78	1353	1.77	0756	0.55	2005	0.47	1640	0248	
30	0642	1830	0212	1.95	1430	1.89	0830	0.42	2036	0.35	1708	0353	
31	0642	1828	0245	2.07	1503	1.98	0900	0.33	2103	0.27	1734	0456	

Weekends are highlighted. Information supplied by and copyrighted to the South African National Hydrographer, SA Navy.

The National Hydrographer is not responsible for any transcription errors.

ADVERTISE IN THE POST

To place your advert in this newspaper, contact Laurinda Smit.

082 738 8011 | sales@thepost.org.za



PREMIUM POSITIONS (FULL COLOUR)

Position	Size (mm)	Cost
Cover: 1/3 Page	190 x 90	R3 100.00
Back Pg: 1/4 Page	92 x 130	R1 750.00

INSIDE (FULL-COLOUR) ADVERTS

Position	Size (mm)	Cost
Full Page	190 x 270	R4 440.00
1/2 Page	190 x 130	R2 800.00
1/3 Page	190 x 90	R2 500.00
1/4 Page	92 x 130	R1 370.00
1/8 Page	92 x 63	R810.00
Business Card	92 x 40	R560.00

5 000 copies distributed monthly from Mossel Bay to Wilderness.

Read your copy online @ www.thepost.org.za

THE POST TEAM

Laurinda Smit
SALES/MARKETING: sales@thepost.org.za

Suné de Bruyn
DESIGN & LAYOUT

ARTICLES: articles@thepost.org.za

Surien & Junior Breytenbach
WEBSITE & SOSIALE MEDIA

Nelis du Plessis
PHOTOGRAPHY

Laurinda, Helen, Junior
DISTRIBUTION

PRINTING: Drukkor, Hiberniastraat 7, 044 874 4187

www.thepost.org.za

Follow us: Twitter@postgardenroute - Facebook: @ThePostGardenRoute
All photo credit, unless otherwise stated: Unsplash/Pexels, or the relevant author.

GENERAL DISCLAIMER

Acceptance of material for publication is not a guarantee that it will be published in a particular issue. Views and opinions expressed in this newspaper are, unless otherwise stated to the contrary, those of the authors. Contributions may be edited for clarity, space and/or language. The appearance of an advertisement in this publication does not indicate or show approval by The Post for the product and/or for any of the services advertised. Information given in this publication on health must be construed as general advice only. Before changing anything about your diet and lifestyle we strongly recommend that you seek the guidance of a suitably qualified medical practitioner.

SPAR
SaveMor
Grootbrakrivier

SPAR
SaveMor
Liquors

Kontak: 044 630 0620
 Maandae - Saterdag 07:30 – 20:00
 & Sondag 8:00 - 17:00
 12 Charles Straat

Croft
 Animal Hospital

Tel: 044 620 3133
 After Hours: 082 922 7010



Get
10% DISCOUNT on
 pre-ordered food
 and OTC items.

**CONTACT RECEPTION
 FOR DETAILS.**

Pharmacy Grootbrak Apteek
 at **SPAR**

Baby Clinic Hours Please call us to make an appointment
 Mondays & Wednesdays | 09:00 - 17:00 | 1st Saturday of the month | 09:00 - 13:00



**PRIMARY
 HEALTH
 CARE CLINIC**

WE HAVE THE FOLLOWING
 SERVICES AVAILABLE
 AT OUR PHARMACY

- Blood Glucose
- Blood Pressure
- Cholesterol
- Urine Analysis
- Haemoglobin
- Ear Irrigation
- Flu Injections
- Vaccination
- Pneumococcal vaccine
- Tetanus Injections
- Family Planning
- Wound Care
- Health Assessments
- Baby Clinic

Free Delivery

📍 Glentana / Rheeboek / Tergniet
 / Fraaiuitsig / Kleinbrak

***Contact us to book your
 Baby Clinic Appointment**

Trading Hours: Mon-Fri: 08:00 – 17:00
 Sat: 08:00 – 13:00 | Sun: 10:00 - 12:00
 Public Holidays: 10:00 - 12:00

Please WhatsApp for orders on: 072 261 6931

49 Long Street, Great Brak River, Grootbrak, 6525
 Tel: 044 620 2511 | Email: voorskryfte@grootbrakapteek.co.za |
 prescriptions@grootbrakapteek.co.za

FREE DELIVERY
 within 10km radius

WeCare
 Proud member of the
 Your Friendly Neighbourhood Pharmacy,
 Caring for You



SPAR

DE DEKKE

tops!
 at **SPAR**

R102/Morrison Rd, De Dekke Centre, Groot Brak Rivier
 Tel: (044) 620 2300 Faks: (044) 620 2295