

# THE POST



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“Outside the comfort zone lies the extraordinary.” — Anonymous | Source: Artwork by Nicolette Benard

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# THE POST

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During a recent visit to my birth town, I became aware of the importance and worth of memories...

“Memories” are the thoughts, experiences, information, or events a person remembers from the past. These can be personal experiences, learned knowledge, emotions, or moments connected to people and places.

Travelling, for me, is a time to reflection: where I have been, where I am, and to continuously move forward and dream. Barbra Streisand song “Memory” remains one of my favourite melodies, as she captures not only emotion in words, but her voice transcends beyond the imagination.

I am increasingly grateful for the learned knowledge and personal experiences that have become resourceful and powerful tools in my memory bank. For the people who invested in me, for circumstances that forced me to a standstill, and for the open hearts of others that became a footrest during my wanderings. For emotional growth through demanding times, experiences, and people who were once part of my journey. Some of these situations came through decisions I made; others were life lessons not by choice... but still crucial for growth.

I have also come to understand that becoming trapped in past commemorations can blindside one to the wonder of the future. To acknowledge the pain and loss of people, the places that once held such fond memories but can no longer be visited, the rituals and ceremonies that are no longer part of the time ahead, and the sharing of understanding without words — just a presence, a touch, or eye contact.

This is where I am.  
This is me living in the now...  
Part memories, part future

*“Perhaps the true purpose of memories is not to keep us living in the past, but to quietly guide us toward becoming who we were always meant to be.”*

Barbra Streisand song “Memory”:  
<https://youtu.be/MWoQW-b6Ph8?si=bgTf-x4yfmaLqtPi>

Laurinda



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## FOSSILS A LOST WORLD IN THE KAROO

Deep in the heart of the Karoo, beneath the shadow of Compassberg, lies a landscape filled with history stretching back millions of years. Today the area is known for its silence, open plains and sheep farming, but long before people settled here, this part of South Africa was home to remarkable prehistoric creatures.

Scientists believe that around 255 million years ago the Karoo looked completely different from the dry landscape seen today. Vast wetlands, rivers and dense vegetation once covered the region, creating the perfect environment for a wide variety of ancient animals whose fossils are still discovered in the area.

One of the best-known predators from this period was the gorgonopsian. This fearsome animal had long sabre-like teeth and a powerful body described as a combination between a crocodile and a large Boerboel. The gorgonopsian was one of the top predators of its time and hunted many of the strange prehistoric animals that once roamed the Karoo.

Among the fossils discovered in the region is the Pareiasaurus, a large plant-eating animal with a heavy, almost armoured body. There was also the Aulacephalodon, roughly the size of a pig, and the smaller Diictodon, a dassie-sized creature with a beak-like mouth that burrowed into the ground for protection.

One of the most remarkable discoveries in the area was an exceptionally well-preserved fossil fish known as Kompasia delaharpei.

The fish's delicate scales and small fins are still clearly visible in the fossilised rock despite being millions of years old. Discoveries like these show just how well the Karoo's fossils have survived through time.

Palaeontologists regard the Karoo as one of the most important fossil regions in the world. The fossils found here help scientists better understand how early reptile-like animals gradually evolved into the ancestors of modern mammals.

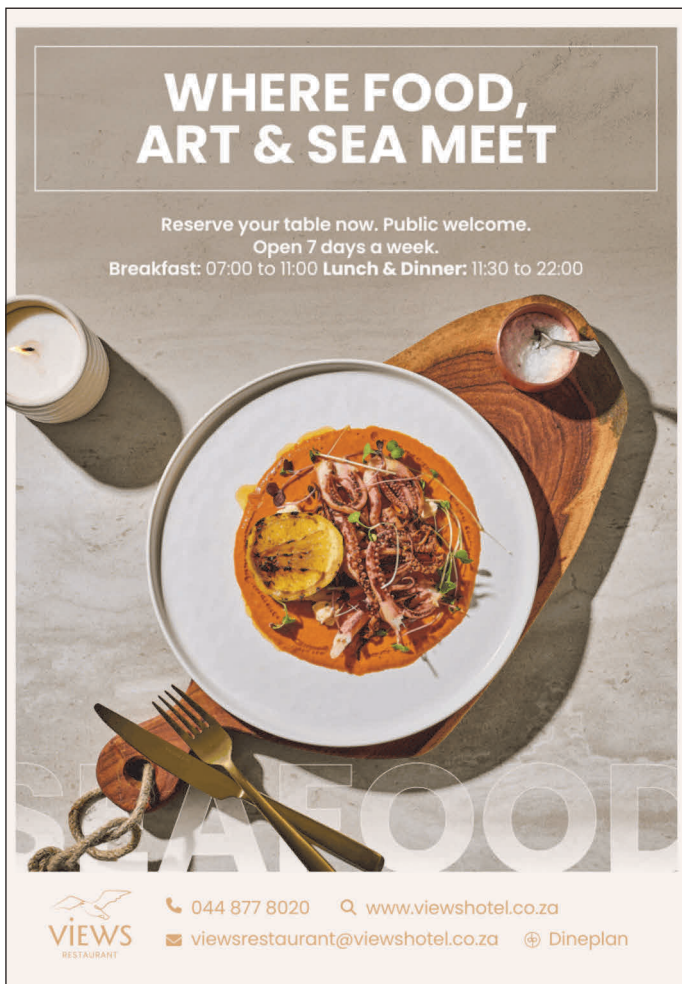
The history of the region extends beyond fossils alone. Ancient San rock art can still be found in rock overhangs across the landscape.

Some of these paintings depict eland, hunting scenes and mystical human-animal figures believed to have held spiritual significance for the San communities who once lived here.

Although the Karoo may appear quiet and empty today, beneath its rocks and soil lie the remains of a world that was once filled with life — a world of predators, plant-eaters and ancient people who all left their mark on the landscape.

The fossils and historical discoveries referred to in this article were found at Ganora Guest Farm near Nieu-Bethesda in the Karoo.

Source: Farmer's Weekly



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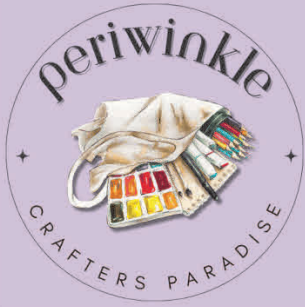
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## MASKERS NARSISME & KULKUNSTENAARS

In Engels is die woord conman afkomstig van confident man, en Google verduidelik: "Confidence with a sense of assurance based on insufficient grounds." My begrip hiervan is die "spesiale-ek gegrond op 'n versonne narratief".

Al is daar nie 'n een-grootte-pas-almal-jas nie, is die kernkenmerke en motivering van die [verskillende soorte narsiste](#) dieselfde: Hulle glo hulle is spesiaal en verhewe, hulle lieg deur hulle tande en hulle beheer en beïnvloed narratief met manipulatie en "gaslighting". Die gedrag van die [openlike narsis \(grandiose narcissist\)](#) en die [verskuilde narsis \(covert/vulnerable narcissist\)](#) manifesteer op verskillende wyses.

Die **verskuilde narsis** onttrek emosioneel, is passief-aggressief en blyk die nederige introvert te wees. Hulle smag na erkenning en bewondering, en gebruik 'n slagoffermasker om hul doel te bereik: Arme ek, niemand waardeer my nie.

Dis baie moeilik om 'n verskuilde narsis te identifiseer – selfs vir hul naastes – want hulle kom voor as geweldig bedagsaam, hulpvaardig en standvastig. Dááragter kruip hul selfgerigheid weg. Hulle ego's is uiters broos en hulle sal jou slinks onder die bus gooi om daardie ego en hul posisie in (of pad na) die kollig, te beskerm. Hulle sal skaamteloos hulle kinders van die ander ouer vervreem deur slagoffer te speel, geheime te hou en dinge te doen wat die ander ouer opsetlik uitsluit. Alles agter-die-skerms-taktieke om die guns te wen ([parental alienation](#)). Agter die behulpsame, kalm introvert, sit 'n verbete manipuleerder wat jou sal gaslight en verraai om hul eie tekortkominge te probeer verdoesel.

Die openlike narsis is oorheersend, arrogant, aandagsoekend, selfverhewe, blatant manipulerend en jaag openlike bewondering na: "Kyk hoe fantasties en besonders is ek!" Hulle raak verbaal en selfs fisies aggressief – 'n poging om die skande van hul gebreke te verbloem. Die [kwaadaardige](#) - (in Engels [malignant](#)) narsis toon antisosiale gedrag en gebruik intimidasie, teistering en sabotasie as magsinstrumente.

Maskers beskerm nie karakter nie.

Ten einde laaste val die mombakkies weens tekortkominge en bly staan die patologie soos 'n paal bo water.

### Bronnelys:

Verskillende soorte narsiste:

<https://www.youtube.com/watch?v=4jfRGnG--H4>

Openlike narsis (grandiose narcissist):

<https://www.youtube.com/watch?v=4jfRGnG--H4>

Verskuilde narsis (covert/vulnerable narcissist):

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Parental alienation:

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Kwaadaardige:

<https://www.youtube.com/watch?v=3J4MEQ3N03w>

Malignant:

[https://en.wikipedia.org/wiki/Malignant\\_narcissism?utm\\_source=chatgpt.com](https://en.wikipedia.org/wiki/Malignant_narcissism?utm_source=chatgpt.com)

**Marika du Toit-van Heerden**

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## THE SILENCE THAT SCREAMS

Loneliness is a strange kind of silence. It does not always live in empty rooms or quiet houses. It can exist in laughter, in conversation, in moments that look full from the outside but feel hollow within. You can stand among people who know your name and still feel like a stranger in your own life.

That is what makes it so difficult to understand. Loneliness is not the absence of noise. It is the absence of connection. It is the feeling of being unseen, even when you are standing in plain sight.

There are moments when the silence feels heavier than anything else. Moments when you return home and the stillness wraps itself around you. Moments when the people you love are not there, not because they do not care, but because life has placed distance between hearts that long to be close. In those moments, the quiet can feel overwhelming.

But loneliness is not a life sentence. It is a season.

Like winter, it can feel endless while you are in it. The air feels colder, the days feel longer, and everything seems stripped back to its bare form. Yet beneath the surface, something is still growing. Roots are still forming. Strength is still being built in ways you cannot always see.

Loneliness has a way of turning your focus inward. It asks questions that are not always comfortable, about purpose, about meaning, about the life you are building.

It can feel like being lost, but sometimes being lost is what allows you to rediscover yourself in a deeper and more honest way.

There is also a quiet strength that forms in these moments. The ability to sit with yourself. To understand your own thoughts. To learn what truly matters to you. These are not easy lessons, but they are valuable ones.

And even in the quiet, you are never truly alone. There are people who care, people who would reach out if they knew what you were carrying. Sometimes the hardest step is allowing yourself to be seen, even just a little.

The silence may feel loud right now, but it will not stay that way forever.

Seasons change.

Life shifts.

And what feels heavy today will, in time, begin to lift.

Until then, be gentle with yourself. Keep moving forward, even if it is only one small step at a time.

There is still connection ahead of you. There is still meaning waiting to be found. And there will come a day when the silence no longer screams, but simply rests.

Warren Moulton



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## SUID-AFRIKAANSE VOËLS

Die [Natale Fisant](#) is 'n kleurvolle grondvoël wat algemeen in Suid-Afrika se bosvelde en savannas voorkom. Met sy rooibruin, grys en swart vere beweeg hy vinnig deur gras en blaarvullis op soek na sade, bessies en insekte. Hierdie voëls leef dikwels in klein familie-groepe en kommunikeer voortdurend met sagte kekkelgeluide.

Die mannetjies het skerp spore aan hul pote waarmee hulle hul gebied beskerm en ander mannetjies beïndruk. Wanneer gevaar dreig, verkies hulle om vinnig weg te hardloop eerder as om te vlieg, wat hulle moeilik maak om raak te sien tussen die plantegroei.

Hul harde roepe word dikwels vroegoggend en teen skemer gehoor en is deel van die bekende klanke van die Suid-Afrikaanse bosveld. Die wyfie maak gewoonlik 'n eenvoudige nes op die grond waar sy haar eiers veilig tussen gras en struik uitbroei.

Hoewel hulle meestal op die grond bly, kan Natale Fisante vinnig en kragtig opvlieg wanneer hulle skrik. Hulle is baie waaksaam en gebruik digte plantegroei as beskerming teen roofdiere. Vir baie mense wat naby natuurgebiede woon, is hierdie voëls 'n bekende en geliefde deel van die veld se daaglikse lewe.

Natale Fisante speel ook 'n belangrike rol in die natuur deur insekte en sade te eet, wat help om die balans van die ekosisteem te ondersteun. Hul kuikens leer van kleins af om kos te soek en gevaar raak te sien, en bly dikwels naby die volwassenes totdat hulle sterk genoeg is om op hul eie te oorleef.

Die [Kaalwangvalk](#), ook bekend as die Gymnogene, is een van Afrika se mees unieke roofvoëls. Sy kaal geel gesig en breë vlerke maak hom maklik herkenbaar wanneer hy rustig oor die bosveld sweef.

Wat hierdie voël besonders maak, is sy dubbel-gewrigte pote wat vorentoe en agtertoe kan buig. Dit help hom om diep in boomholtes en neste te grawe op soek na eiers, kuikens, reptiele en insekte. Hy jag stadig en versigtig en gebruik sy slim aanpassings om kos op plekke te kry waar ander roofvoëls nie kan nie.

Kaalwangvalke vorm sterk pare en bou groot stokneste hoog in bome of teen kranse. Op warm dae beskerm die volwassenes hul kuikens deur met oopgespreide vlerke skaduwee oor hulle te maak. Hierdie interessante gedrag wys dat selfs roofvoëls 'n sorgsame kant het.

Hulle word dikwels alleen of in pare gesien en het 'n rustige, elegante manier van vlieg. Anders as baie ander roofvoëls wat vinnig duik om prooi te vang, beweeg die Kaalwangvalk geduldig van tak tot tak terwyl hy elke opening ondersoek. Hierdie slim en aanpasbare jagter bly een van die interessantste voëls in Suider-Afrika se natuurlewe.

Ten spyte van hul roofdierstatus speel Kaalwangvalke 'n belangrike rol in die natuur deur die getalle van klein diere en insekte te beheer. Hulle intelligensie, unieke jagtegnieke en indrukwekkende voorkoms maak hulle 'n gunsteling onder voëlkykers en natuurfotograwe regoor Afrika.

Bron: Senior Living Magazine

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## WHALE WATCHING IN SOUTH AFRICA

South Africa is one of the world's top whale watching destinations, offering unforgettable encounters with some of the ocean's most majestic creatures. From the rugged cliffs of Hermanus and De Kelders to the warm waters of the Elephant Coast, visitors can experience incredible sightings of whales and dolphins both from land and at sea. With over 37 species of whales and dolphins found in South African waters, the country's coastline provides a rich marine environment that attracts thousands of visitors every year.

The most famous whale species seen along the South African coast is the Southern Right Whale (*Eubalaena australis*). These enormous baleen whales migrate annually from Antarctica to the sheltered bays of the Western Cape between June and November to mate, calve and socialise. Hermanus and De Kelders are especially renowned for their exceptional land-based whale watching opportunities. Southern right whales are easy to identify due to their black bodies, white callosities on their heads and lack of a dorsal fin. Despite their massive size, they are playful and often seen breaching, tail slapping and swimming close to shore.

Another spectacular species visiting South African waters is the Humpback Whale (*Megaptera novaeangliae*). These whales migrate along the east coast between June and October on their journey to warmer breeding grounds near Mozambique, Tanzania and Madagascar. Humpbacks are famous for their acrobatic displays, including dramatic breaches and graceful dives. Their long pectoral fins and distinctive tail flukes make them easy to recognise.

South Africa is also home to the Bryde's Whale (*Balaenoptera edeni*), the country's only resident baleen whale species. Unlike migratory whales, Bryde's whales remain along the coastline throughout the year. These sleek and fast-moving whales are often called the "Ferraris of the ocean." They are recognised by the three ridges on their snouts and are commonly found feeding on schools of fish, krill and plankton. Although sightings are less frequent because they spend much of their time underwater, they are an important part of South Africa's marine ecosystem.

Whale watching in South Africa can be enjoyed in several ways. Boat-based whale watching trips provide thrilling close-up encounters and operate in many coastal towns during whale season. Visitors may also spot dolphins, seals, penguins and even great white sharks during these excursions. For those who prefer to stay on land, the famous Hermanus Cliff Path offers stunning panoramic views of the ocean and regular whale sightings without needing binoculars.

The best time for whale watching is between June and October, with peak activity occurring during August and September. During this period, the coastline comes alive with whale activity and festivals celebrating marine conservation and tourism.

With its dramatic scenery, rich marine biodiversity and world-class viewing opportunities, South Africa truly offers one of the most remarkable whale watching experiences anywhere in the world.

Source: Whale Viewing



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## GEHOORVERLIES EN SPRAAK

Gehoорverlies is 'n groeiende wêreldwye gesondheidsprobleem wat mense van alle ouderdomme raak en 'n regstreekse invloed het op kommunikasie, veral op spraak- en taalontwikkeling.

Volgens die Wêreldgesondheidsorganisasie word daar verwag dat byna 2,5 miljard mense teen 2050 een of ander mate van gehoorverlies sal ervaar, waarvan meer as 700 miljoen rehabilitasie benodig. Ongeveer 95,1 miljoen kinders tussen die ouderdomme van 5 en 19 leef tans met gehoorverlies, en meer as 1 miljard jong volwassenes loop dié gevaar weens onveilige luistergewoontes. Onbehandelde gehoorverlies plaas ook 'n groot ekonomiese las op die wêreld ekonomie en kos jaarliks byna US\$1000 miljard.

Gehoор speel 'n baie belangrike rol in hoe mense leer praat en taal verstaan. By kinders kan gehoorverlies spraak- en taalontwikkeling vertraag, wat dit moeilik maak om klanke, woorde en sinsbou aan te leer. Dit kan 'n negatiewe invloed hê op opvoeding, selfvertroue en sosiale interaksie.

By volwassenes lei gehoorverlies dikwels tot probleme om gesprekke te volg, veral in lawaaierige omgewings, en dit kan frustrasie, misverstande en sosiale onttrekking veroorsaak. Met verloop van tyd kan verminderde klankinsette ook beïnvloed hoe die brein spraak verwerk, wat die risiko van kognitiewe agteruitgang verhoog indien dit onbehandel bly.

Hoewel baie vorme van gehoorverlies permanent is, kan kommunikasie steeds verbeter word met die regte ondersteuning.

Gehoорapparate help deur klanke, veral spraak, te versterk en gesprekke makliker verstaanbaar te maak. Kogleëre inplantings word gebruik vir ernstiger gehoorverlies en werk deur die gehoorsenuwee direk te stimuleer, sodat gebruikers klank op 'n ander manier kan waarneem.

Gehoорverlies kan op enige stadium van die lewe voorkom en kan veroorsaak word deur genetiese faktore, infeksies, komplikasies tydens geboorte, chroniese oorprobleme, blootstelling aan harde geraas, sekere medikasie of veroudering. Baie van hierdie oorsake kan voorkom word. Trouens, 'n groot persentasie van gehoorverlies by kinders kan vermy word deur maatreëls soos immunisering, behoorlike gesondheidsorg en vroeë behandeling van oorinfeksies. Veilige luistergewoontes en beskerming teen oormatige geraas is ook belangrik om gehoorskade by adolessente en volwassenes te voorkom.

Vroeë identifisering en ingryping is noodsaaklik om die langtermyngevolge van gehoorverlies te verminder. Rehabilitasie, insluitend gehoortoestelle, spraakterapie en kommunikasie-ondersteuning, help individue om ten volle deel te neem aan onderwys, werk en die daaglikse lewe.

Gehoорverlies is dalk nie altyd omkeerbaar nie, maar met vroeë sorg, die regte tegnologie en behoorlike ondersteuning kan individue steeds doeltreffend kommunikeer en 'n goeie lewensgehalte handhaaf.

Bron: Wêreldgesondheidsorganisasie (WHO)

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## THE GUT–BRAIN CONVERSATION

*Why your thoughts and feelings may not start in your head*

After unpacking the world of prebiotics, probiotics and postbiotics last month, it seems only fair to ask a simple question: Where do our thoughts and moods really come from?

Most of us would instinctively point to the brain. And while that is not incorrect, science is increasingly showing that the story is a little more... shared.

There is a constant line of communication between the gut and the brain, often referred to as the gut–brain axis. Think of it less as a one-way instruction manual, and more as an ongoing conversation — one that continues whether we are aware of it or not.

The gut is home to trillions of microorganisms. These tiny residents do more than assist with digestion. They produce and influence a range of chemical messengers that play a role in mood, stress response and even mental clarity.

It is estimated that a significant portion of the body's serotonin — often called the “feel-good” chemical — is produced in the gut. While its role is complex, this alone hints that what happens in the digestive system does not stay there.

Have you ever noticed how stress can affect your stomach? Or how poor eating habits can leave you feeling sluggish, irritable or unfocused?

That is the conversation in action.

Modern lifestyles, however, do not always support a balanced dialogue. Irregular eating patterns, highly processed foods, lack of sleep and ongoing stress can all disrupt this internal communication.

Perhaps the recent heavy rains across the Garden Route offer a useful picture. For a time, everything feels overwhelmed — systems under pressure, flow disrupted. Yet, with time and balance restored, we see something remarkable: the Wolwedans Dam replenished, stability returning, the system working as it should again.

The body is not so different. Small, consistent habits — a varied diet, regular routines, good sleep and stress awareness — help restore that internal balance. It is not about perfection, but about rhythm.

And perhaps that is the real takeaway. We often separate mental wellbeing from physical health, as though they operate independently. But the body, in its quiet wisdom, tends to disagree. It works as a system.

So the next time your mood feels out of step, it may be worth asking not only what you are thinking — but also how you are living. Because sometimes, the conversation starts deeper than we realise.

*“Like the Garden Route after heavy rains, the body has an extraordinary ability to restore balance — if we give it the chance.”*

**Harry Trisos**



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## DEEP FRIED FASCISM

There was a time when a potato had a heritage, a future, a calling, true potential. This lumpy little dirt covered starch nugget needed to be peeled and hand-cut by a cook who envisioned something better for it, and tossed into hot oil with care and dignity. The deep fried potato had character, they had personality. Some were thick, some crooked, some burnt on edges because like life everything isn't perfect. That was the excitement of it all. You got fries with quirks. You got establishments with individuality.

Nowadays the poor potato has been drafted into some strange corporate dictatorship. If you walk into most restaurants, takeaways, beach bistros, overpriced burger joints with LED Edison bulbs and pseudo wood and what shows up on your plate? The same frozen, factory-stamped, uniformly beige potato stick.

They are identical. Like they were cloned in a laboratory run by accountants. Every fry the same, same width, same hollow powderiness, same brand, same supplier. Engineered by people who call food "units."

What happened? Somewhere along the line, humanity looked at the potato, that beautiful, versatile thing of pleasure and said, "You know what this needs? Standardisation."

So now every place serves the same flavourless, pre-fab starch rod shipped from the same industrial freezer fortress delivered on mass in a cardboard sarcophagus and plastic bag death shroud marked "Grade A Potato Style Product."

Sadly people accept it, an entire generation now not knowing what a real french fry is. They just sit there, dipping these soulless fry replicas into mass produced sauce like they're participating in cuisine. You're not eating food, you're chewing on supply chain efficiency.

No one wants to try anymore. No oddly shaped chip. No skin-on rebellion. No wedge with ambition. Just convenient, predictable potato obedience. It's culinary conformity disguising laziness. We've turned the spud into something that's an insult and affront to our local potato farmers.

The humble potato used to be a canvas, a statement, a regional accent. French, Belgian, British, diner-style, slap chips, waffle cut, every culture had a fingerprint.

Now? It's all one globalised, freezer-burned monoculture of mediocrity. Your only choice, gauge of girth and which corporate giant benefits.

The potato didn't fail us. We failed the potato. We took one of Earth's greatest gifts, stripped it of soul, mechanically re-engineered it, reformed it, froze it solid, and made it available in bulk.

Essentially we have successfully turned an unique vegetable into something as boring as a barcode, sadly the chili popper is next.

**Scott Thomson**



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## LUGSIRKULASIE IN DIE WINTER

Gedurende die winter spandeer baie mense meer tyd binnenshuis waar dit warm en gemaklik is. Huise en kantore bly dikwels toe om die koue uit te hou, maar dit kan veroorsaak dat die lug swaar en bedompig raak. Goeie lugsirkulasie en tyd in die buitelig speel 'n belangrike rol in beide fisiese en geestelike welstand gedurende die koue maande.

### *Sonlig ondersteun die brein en liggaam*

Selfs gedurende die winter het die liggaam steeds sonlig nodig. Sonlig help met die produksie van vitamien D, wat belangrik is vir energie, bui en 'n gesonde immuunstelsel. Gebrek aan sonlig kan veroorsaak dat mense moeg, lusteloos en emosioneel af voel. Net 10 tot 15 minute buite in natuurlike lig kan reeds 'n verskil maak.

### *Vars lug verbeter geestelike welstand*

Om vir 'n rukkie uit die huis te gaan en vars winterlug in te asem, help om die gedagtes te verfris en spanning te verminder. 'n Kort wandeling of tyd in die tuin kan help om die liggaam aan die beweeg te kry en die verstand tot rus te bring.

### *Dit help om stresvlakke te verminder*

Wanneer mense voortdurend binnenshuis bly, kan dit maklik lei tot gevoelens van spanning en eentonigheid. Tyd buite laat jou fokus op jou omgewing, die natuur en vars geluide eerder as op daaglikse stres. Dit help om 'n gevoel van kalmte en ontspanning te skep.

### *Sosiale kontak bly belangrik*

Die winter kan veroorsaak dat mense hulself afsonder. Buitelugaktiwiteite, selfs eenvoudige uitstappies of stappies, gee mense die geleentheid om met ander te skakel en sosiaal aktief te bly.

### *Dit ondersteun fisiese gesondheid*

Goeie lugsirkulasie en fisiese aktiwiteit help met bloedsomloop en ondersteun die liggaam se algemene funksionering. Selfs ligte oefening in die buitelig kan help om die liggaam gesond en energiek te hou gedurende die winter.

### *Die natuur bring 'n gevoel van rus*

Die geluide van voëls, bewegende bome en die koel winteratmosfeer help mense om meer bewus te raak van hul emosies en omgewing. Dit bring dikwels 'n gevoel van rustigheid en balans.

### *Dit verbreek die gevoel van eentonigheid*

Om uit die huis te kom en vars winterlug te ervaar, help om die gevoel van vasgevang wees te breek. Dit bring nuwe energie, verbeter fokus en laat mense weer verfris voel.

Bron: Psychology.com en OH-DEER.COM

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## THE EXPERIENCE OF THE WAY

### THE CALL OF THE WAY

The call of the Way — religious for some, spiritual for others, or perhaps both. You will feel it growing within you, like a crescendo, until one day you make the decision and take the plunge: to LEAVE!

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### THE LAST DAY BEFORE DEPARTURE

The last day before departure: you run through your inventories — equipment, shoes, clothing, itineraries, lists of accommodation: gîtes, inns, monasteries, and collegiate churches.

### THE CHALLENGE AHEAD

There is no turning back now. You make your way to the departure city — by plane, train, bus, or high-speed rail. The challenge lies before you: 2,300 km in 80 days, 1,000 in France and 1,300 in Spain. You will pass through legendary towns — Arles, Montpellier, Toulouse, Oloron-Sainte-Marie, the Col du Somport, then Punta Arena, Burgos, León, and finally the arrival in Compostela.

### THE FIRST NIGHT

The first night, and the first doubts. The mounting pressure is inevitable, yet you manage this anxiety calmly — you have prepared yourself thoroughly, both physically and mentally.

### THE FIRST STAGE

The first stage, and the first questions: getting lost, straying off course, sustaining an injury, forgetting or losing belongings, the weather, the distance — and ultimately, reaching the evening gîte.

Read more on: [www.thepost.org.za](http://www.thepost.org.za)

## L'EXPÉRIENCE DU CHEMIN

### L'APPEL DU CHEMIN

L'appel du chemin, religieux pour certains, spirituel pour d'autres ou pourquoi pas les deux. Vous allez le ressentir crescendo, alors un jour vous prenez la décision, vous vous lancez! PARTIR!

C'est le grand saut, l'inconnu, mais au-delà du doute qui vous assaille il y a l'Aventure, cette Aventure qui s'appelle Le Chemin, Votre Chemin, cette aventure absente de nos vies modernes stéréotypées.

### DERNIER JOUR AVANT LE DÉPART

Dernier jour avant le départ, il faut faire les inventaires, matériel, chaussures, vêtements, itinéraires, listes des hébergements, Gîtes, Auberges, Monastères ou abbatales.

### LE CHALLENGE

Vous ne pouvez plus reculer, vous voyagez vers la ville de départ, avion, train, bus, TGV. Le challenge est devant vous : 2 300 kms en 80 jours, 1 000 en France et 1 300 en Espagne, vous allez traverser des villes de légende, Arles, Montpellier, Toulouse, Oloron Ste Marie, le Col du Somport, puis Punta Arena, Burgos, Leon, et en finale l'arrivée à Compostelle.

### PREMIÈRE NUIT

Première nuit et premiers doutes, la montée de la pression est inévitable mais vous gérez ce stress sereinement, vous vous êtes préparé sérieusement, physiquement et moralement.

### PREMIÈRE ÉTAPE

Première étape et premières questions : s'égarer, se perdre, se blesser, oublier ou perdre des effets, la météo, la distance, et en finale, l'arrivée au gîte du soir.

Lire la suite en ligne: [www.thepost.org.za](http://www.thepost.org.za)

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## 'N POSITIEWE DENKRAAM IN DIE WINTER

Die winter bring dikwels korter dae, koue weer en minder energie saam. Vir baie mense raak dit moeiliker om gemotiveerd te bly wanneer die oggende donker en die dae koud is. Jou ingesteldheid speel egter 'n groot rol in hoe jy hierdie seisoen ervaar en hanteer.

Motivering behels nie net wilskrag nie, maar ook klein daaglikse gewoontes wat help om energie, fokus en emosionele welstand te verbeter. Met die regte roetine en ingesteldheid is dit moontlik om positief en gemotiveerd te bly gedurende die wintermaande.

### *Prioritiseer selfversorging*

Gee aandag aan jou fisiese en emosionele welstand deur genoeg slaap, gesonde etes en gereelde beweging deel van jou dag te maak. Selfs klein oomblikke van rus en ontspanning kan jou bui verbeter.

### *Skep 'n vaste roetine*

'n Daaglikse roetine help om struktuur en stabiliteit te bring wanneer mense minder gemotiveerd voel. Gereelde slaaptye, etes en beplande werk- of studietye help om produktief te bly.

### *Bly fisies aktief*

Selfs ligte oefening soos stap of strek-oefeninge kan help om energie te verhoog en stres te verminder. Fisiese aktiwiteit verbeter ook jou bui en help die liggaam om gesond te bly.

### *Laat natuurlike lig in*

Sonlig speel 'n belangrike rol in energie en emosionele welstand. Maak gordyne oop en probeer gedurende die dag tyd in natuurlike lig deurbring.

### *Fokus op klein doelwitte*

Groot take kan oorweldigend voel gedurende die winter. Fokus eerder op klein doelwitte wat jy daagliks kan bereik. Dit help om motivering en selfvertroue op te bou.

### *Behou 'n positiewe ingesteldheid*

Dit is normaal om soms moeg of ongemotiveerd te voel gedurende die winter. Probeer fokus op klein oorwinnings en onthou dat selfs klein vordering steeds vordering is.

### *Maak jou omgewing gemaklik*

'n Warm, netjiese en gemaklike ruimte kan fokus en produktiwiteit verbeter. Klein veranderinge aan jou omgewing kan 'n groot invloed hê op hoe jy voel gedurende koue dae.

Die winter hoef nie net 'n moeilike seisoen te wees nie. Met klein daaglikse gewoontes en 'n positiewe ingesteldheid is dit moontlik om sterk, gemotiveerd en gebalanseerd te bly selfs gedurende die koudste maande van die jaar.

Bron: Verskeie winter-welstandartikels

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## TEN SCARY FACTS ABOUT SCREEN TIME

Technology isn't going anywhere, but when it comes to young children, balance matters.

Screens are everywhere: TVs in the background, tablets in the lounge, smartphones in tiny hands. They're convenient, entertaining, and sometimes educational. But too much screen time too soon can negatively affect a child's development.

At Social Kids, we believe in using digital tools wisely, not fearfully. That means staying informed and setting healthy limits that support children's growth and wellness.

Here are 10 important facts every parent, teacher, and caregiver should know:

### 1. Screens Can Affect Brain Development

Studies found that children under 3 with more than 1 hour of screen time daily showed reduced white matter development, linked to language and decision-making.

### 2. Babies Are Using Screens Too Early

The World Health Organisation recommends no screen time under age 2, yet most babies are exposed to screens daily.

### 3. Screen Time Can Delay Speech

For every extra 30 minutes of screen use in children under 2, the risk of speech delay increases significantly. Real interaction matters most.

### 4. Screens Reduce Sleep

Blue light and screen-heavy bedtime routines can reduce sleep quality and duration.

### 5. Fast-paced Shows Can Affect Emotional Growth

Some cartoons may overstimulate young brains, contributing to aggression, emotional issues, and shorter attention spans.

### 6. Children Spend Hours on Screens Daily

By age 8, many children spend around 6 hours a day on screens, often more time than they spend outdoors.

### 7. Screen Time Contributes to Childhood Obesity

Sedentary screen habits replace movement and active play.

### 8. Near-sightedness Is Increasing

More screen use and less outdoor time are linked to rising vision problems in children.

### 9. Memory and Focus Are Affected

Children using screens for more than 2 hours daily often perform worse in attention and memory tasks.

### 10. Real Playtime Is Disappearing

Only 1 in 5 children under age 5 gets enough active, unstructured play every day. Screens are replacing movement, imagination, and peer interaction. These all play a huge role in their development as confident little people, and that's a big red flag.

### What Can You Do as a Parent or Teacher?

You don't have to delete every device. It's about balance and developing healthy digital habits and nurturing a good digital citizen.

#### Here's where to start:

- Watch together and talk about what you see
- Set screen time limits that suit your child's age
- Swap screen time for play time outdoors
- Keep devices out of bedrooms and off at mealtimes
- Choose quality, age-appropriate content with purpose

Technology isn't the enemy. But when screens start replacing real connection, movement, and imagination — it's time to pause and reset.

Remember, no one has died of boredom, despite the saying. By making thoughtful, informed choices, you can raise confident, curious, and connected kids, without letting devices take the driver's seat.

At Social Kids, we're here to help you find that balance.

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## YOUR CHOICE YOUR VOICE

Public participation is a much-traversed topic. So why is it necessary to be discussed again?

Because in the author's view (and experience), it is one of the general citizen's powerful tools that is not used – at all, not even optimally.

### What is the purpose of Public Participation?

Once again, in my humble opinion, not for the man on the street to play politics – if that is your aim or your perception, you are wielding this powerful tool incorrectly. And it is then also no surprise that we are frustrated with the outcome of the process. I do not even want to mention to further personal interests or settle personal vendettas. Yet, I just did. So take note of the elephant in the room and align your own moral compasses accordingly.

If we looked at what the aim of the process is not, let us focus on the actual intention of this process – According to the generally principles of democracy, the aim of public participation is to influence decision-making processes, to ensure that official decisions reflect the “will of the people”.

It is intended to strengthen democracy by bridging the gap between officials and their communities. To increase transparency. To foster trust. And to ensure accountability.

Public participation has numerous forms – whether it is through reacting to an invitation to comment on draft legislation, provide input on a proposed development or extension of an existing development, to provide input in local authority integrated development plans or proposed budgets, or participate in meetings organised by your local community or participate in civil organisations such as local business forums or rate payers' associations or casting your votes in elections.

Yet, both parties to this process complain – civil society accuses authorities of hidden agendas or furthering party-political aspirations, of ignoring public concerns, of using it as a mere box-ticking exercise to demonstrate that they are perceived to meet the minimum standard required by legislation.

Authorities on the other hand accuse the public of apathy, or perceive civil input as a threat. And in this process, the valuable tool is lost.

### What is clear is the following:

- The phrase participation implies action – you need to get up from your beach or deck chair, your comfy lazy-boy and go somewhere to provide your input. Nobody is under an obligation to beg you or collect your input – the invitation is in the public notice. Which also implies that you need to pay attention to local news and communication platforms.
- It might require from you to leave the comfort of your home and attend a meeting – if you are fortunate, you can attend the meeting online. But it still requires that you register and log on to the session. And open your mouth. Or put your hand to paper. Action is required. In extreme cases it may require from you to stand for hours in horrific weather conditions to cast your vote.
- Ensure that you are informed – verify the facts, not the rumors, the emotions or personal agendas.
- Never give up. Stay at it.
- It is a process – it therefore happens in a structured, organised manner according to set rules. Inform yourself about the rules of the process, because if you act outside of it, your voice won't count.

It is a relationship. You are part of it. So show up or lose out.

If you fail to do the above, please stop complaining about ineffective government and making a noise and impede the others who want to take part in the process. And do not be surprised if you wake up in a world that you don't like or don't recognise.

Your voice. Your choice.

Ina Bezuidenhout



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## DIE VOORDELE VAN TUISVERSORGING

*Herstel by die Huis: persoonlike sorg vir 'n veiliger, vinniger genesing*

Wanneer 'n pasiënt uit die hospitaal ontslaan word, begin die werklike herstel dikwels tuis. Tuisversorging speel 'n belangrike rol om veiligheid, gemak en beter gesondheidsuitkomst te verseker.

Professionele verpleegkundiges kan help met wond Sorg, medikasietoediening, monitering van vitale tekens en ligte oefeninge.

Werklike herstel begin by die Huis

Hierdie ondersteuning help om komplikasies te voorkom en verminder die kans op heropname in die hospitaal.

'n Groot voordeel van tuisversorging is persoonlike aandag. Sorg word aangepas volgens die pasiënt se spesifieke behoeftes en hersteltempo.

Baie mense herstel vinniger in 'n bekende omgewing waar stres minder is en familie emosionele ondersteuning kan bied.

Tuisverpleging ondersteun ook families deur leiding te gee oor medikasie, veilige beweging en die herkenning van waarskuwingstekens van komplikasies.

Gereelde monitering help om probleme vroeg raak te sien en die herstelproses te verbeter.

Bron: Senior Living Magazine

### WHAT IS A PEACE POLE?

Peace Poles are internationally recognised monuments that carry the message "May Peace Prevail on Earth" in different languages. These poles serve as symbols of unity, hope and a shared commitment to peace among people of all cultures, religions and backgrounds.

The Peace Pole Project began in Japan following World War II and has since grown into a global movement, with thousands of Peace Poles planted in schools, parks, communities and public spaces worldwide.

The Garden Route's first Peace Pole was recently installed at the entrance of the Groot Brakrivier Waterfront after being donated by Professor Elizabeth Smit. The handcrafted monument now stands as a reminder of community connection and the importance of peace in everyday life.

Only a handful of Peace Poles currently exist in South Africa, including installations in Cape Town, Robben Island and Gqeberha.

Read more: <https://www.worldpeace.org/2026/04/garden-route-peace-pole-waterfront-cape-town-south-africa/>

## GETYKAART JUNIE 2026 - Mosselbaai

Day	Times of											Moon Phase	
	Sunrise	Sunset	High Water				Low Water				Moonrise		Moonset
			Time	Height	Time	Height	Time	Height	Time	Height			
1	0728	1730	0353	1.87	1625	1.84	1006	0.42	2213	0.54	1806	0833	
2	0728	1729	0426	1.84	1655	1.83	1037	0.44	2247	0.56	1900	0924	
3	0729	1729	0459	1.81	1727	1.80	1109	0.47	2324	0.61	1957	1009	
4	0729	1729	0533	1.76	1803	1.75	1143	0.52	---	---	2057	1048	
5	0730	1729	0611	1.70	1843	1.69	0004	0.67	1219	0.58	2157	1122	
6	0730	1728	0653	1.63	1933	1.64	0049	0.73	1259	0.65	2257	1153	
7	0731	1728	0744	1.55	2036	1.62	0144	0.79	1348	0.72	2358	1220	
8	0731	1728	0847	1.49	2148	1.64	0252	0.82	1451	0.78	---	1246	☾
9	0732	1728	1003	1.47	2257	1.72	0410	0.79	1614	0.79	0059	1313	
10	0732	1728	1122	1.51	2357	1.82	0525	0.71	1734	0.74	0202	1341	
11	0733	1728	1231	1.61	---	---	0627	0.59	1837	0.64	0309	1413	
12	0733	1728	0052	1.93	1330	1.73	0721	0.46	1931	0.54	0421	1450	
13	0734	1728	0145	2.03	1422	1.85	0811	0.35	2022	0.44	0536	1536	
14	0734	1728	0237	2.09	1511	1.95	0859	0.27	2112	0.38	0652	1633	
15	0735	1728	0328	2.11	1559	2.02	0946	0.23	2202	0.35	0804	1740	●
16	0735	1728	0418	2.10	1645	2.06	1032	0.23	2253	0.37	0907	1855	
17	0735	1728	0508	2.04	1732	2.04	1117	0.27	2344	0.42	0958	2010	
18	0736	1728	0556	1.95	1820	1.99	1200	0.34	---	---	1040	2123	
19	0736	1729	0644	1.83	1910	1.91	0037	0.52	1243	0.44	1114	2231	
20	0736	1729	0732	1.70	2003	1.82	0130	0.62	1326	0.55	1144	2335	
21	0736	1729	0823	1.57	2101	1.73	0227	0.73	1412	0.67	1210	---	☾
22	0736	1729	0922	1.46	2206	1.66	0332	0.81	1509	0.78	1236	0036	
23	0736	1729	1036	1.41	2313	1.63	0448	0.85	1627	0.86	1302	0136	
24	0737	1730	1158	1.42	---	---	0602	0.82	1754	0.87	1329	0235	
25	0737	1730	0014	1.63	1306	1.49	0659	0.76	1856	0.83	1400	0334	
26	0737	1730	0107	1.66	1356	1.58	0744	0.69	1943	0.77	1435	0433	
27	0737	1731	0152	1.70	1436	1.67	0821	0.61	2022	0.69	1515	0532	
28	0737	1731	0233	1.75	1511	1.75	0855	0.54	2058	0.62	1602	0628	
29	0737	1731	0310	1.80	1543	1.82	0927	0.48	2132	0.57	1654	0721	
30	0737	1731	0344	1.83	1613	1.86	0958	0.44	2206	0.53	1751	0808	○

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