

# THE POST



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“Even the quietest moments shape something stronger.” — Anonymous | Source: Dreamstime



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# THE POST

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Ons het almal 'n verlede en The Post is geen uitsondering nie.

Marji Morkel, 'n inwoner van Groot-Brakrivier, het in Maart 2006 die koerant wat bekend gestaan het as Groot Brak Post, begin. Hierdie uitgawe het uit 12 bladsye, gedruk in swart en wit, bestaan. In Maart 2009, tydens die derde bestaansjaar, is die naam verander na Great Brak Post en is sekere dele vir die eerste keer in kleur gedruk.

In Maart 2015 veeskyn die eerste voor- en agterblad in kleur Marji het na die Weskus verhuis, waarna Anton Dellemijn, Denise Lloyd en Mandi Botha vir vier maande die koerant uitgebring en 3 000 kopieë versprei het, voordat dit in 'n sluimerfase ingegaan het.

In April 2016 het Laurinda Smit en Mike Ehrman die koerant weer opgetel en nuwe lewe daarin geblaas. Uitgawes van 20 bladsye, waarvan 12 in volkleur en 8 in swart en wit was, is gedruk. Marianne Alberts het later by die span aangesluit.

Met ingang 1 Oktober 2018 is die strategiese besluit geneem om die koerant se naam na The Post te verander en die eerste volkleuruitgawe sien die lig.

Mike het in 2020 na die buiteland verhuis en Marianne het 'n nuwe uitdaging, in samewerking met 'n Duitse maatskappy, aanvaar. Die The Post-span het hergroepeer met Laurinda aan die stuur. Die verspreidingsgebied het uitgebrei vanaf Mosselbaai tot by Wilderness, insluitend al die dorpe tussenin. Die oplaag is verhoog na 5 000 kopieë met 155 maandelikse verspreidingspunte

Met die verjaarsdaguigawe in April 2026 brei The Post verder uit na Sedgefield, Knysna en Oudtshoorn, met 'n oplaag van 6 000 koerante. 'n Nuwe voorbladontwerp asook 'n QR kode wat beteken u kan nou die koerant digitaal lees, loop hiermee saam.

Vir die span van The Post is dit belangrik om met integriteit, goed beplande artikel inhoud en sorgvuldig gekose visuele elemente die gemeenskap en adverteerders se belangstelling te bly prikkel en die koerant tydloos te maak. Ons sien uit na die volgende 20 jaar.

Laurinda



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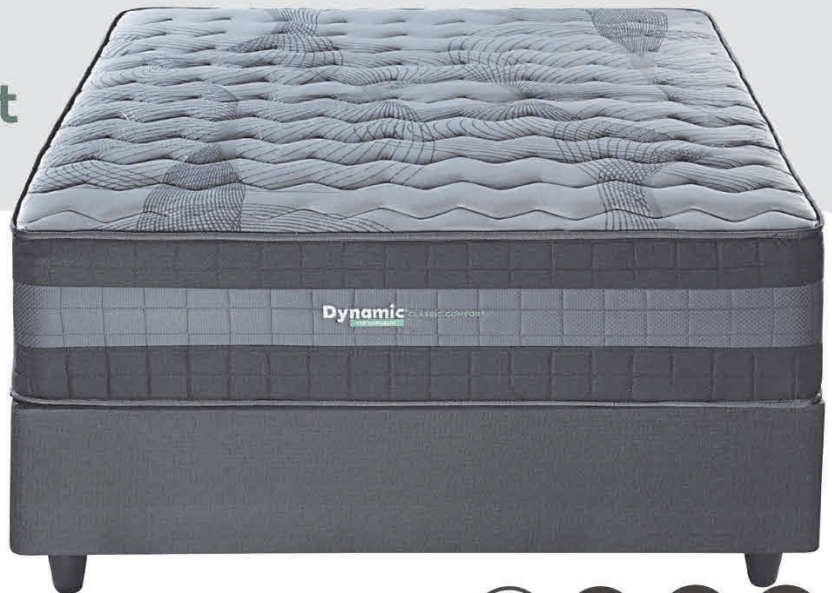
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**TABLE MOUNTAIN: 60 MILLION YEARS IN THE MAKING**

If you walk Table Mountain often enough, it starts to feel familiar. The paths become predictable, the views expected, and the mountain itself almost known.

But that sense of familiarity is deceptive. Beneath the surface lies a system that has been quietly shaping itself for tens of millions of years.

At the centre of this story is fynbos, a unique vegetation found only in the Cape. It may look modest—small leaves, muted colours, low shrubs—but it is one of the most complex ecosystems on Earth. What makes it extraordinary is not just what grows there, but how long it has been allowed to evolve.

Unlike much of the world, the Cape was never wiped clean by glaciers. While other regions were reset by ice, this landscape continued, uninterrupted. Over millions of years, plants adapted, specialised, and formed intricate relationships with the environment around them.

Much of this life remains hidden. Beneath the soil lies a vast “seed bank”, where species can wait for years—sometimes decades—for the right conditions to emerge. Fire plays a crucial role in this cycle, acting not as destruction, but as renewal. When it comes at the right time, it unlocks new growth and brings dormant life back to the surface.

Yet this balance is delicate. Too much fire, too little, or the spread of invasive species can slowly reshape the system.

Today, scientists are beginning to understand this hidden world in new ways. Advanced satellite technology can now map plant life in remarkable detail, but even with all this data, the mountain still holds its secrets.

Table Mountain is more than a landmark—it is a living record of time, resilience, and quiet adaptation. What appears simple at first glance is, in truth, the result of millions of years of survival and change.

Source: Daily Maverick

**Did you know ?**

- Table Mountain was officially named one of the New 7 Wonders of Nature in 2011.
- The mountain is home to more than 2,200 plant species—more than the entire United Kingdom.
- Table Mountain is older than the Himalayas, with rock formations dating back over 500 million years.
- The Table Mountain Aerial Cableway rotates 360 degrees during the ride, giving visitors a full panoramic view.
- Table Mountain attracts over 4 million visitors each year, with roughly two-thirds being international tourists and one-third South Africans.
- Table Mountain generates an estimated R400 million+ per year through the cableway alone, contributing over R1 billion to the local economy.

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## MEET PERIWINKLE'S NEW OWNER

Hi, I am Sonia, the new owner of Periwinkle Crafters Paradise in Groot Brakrivier. I am a creator and crafter myself. Someone recently asked me: "But Sonia, you are busy with your law degree, so why did you buy a Craft Shop?"

Here's the back story. I grew up in a home with a creative and artistic mother who ignited my love for craft and creativity at a very young age. She taught me a lot about thinking outside the box and to put my own touch on whatever I was doing.

My first craft projects were greeting cards, which later evolved to 3D greeting cards, made from anything I could get my hands on. From there on I started learning different types of crafting like paper quilling via Youtube Videos, mandala dot art which I learned in a crafting class, different forms of journaling from Tiktok videos and electronic creativity with Canva and Cricut.

Crafting is my first love, my biggest passion and it is a joy to be able to turn my passion into a career. For me this is a little piece of heaven on earth which I am excited to share with you all.

A bonus is that it is not only a craft shop, but there is also a little bit of everything so if you are looking for something, chances are good that you might find it at Periwinkle.

Periwinkle also has big plans for the future. This includes expanding our ranges, bringing in some more modern crafting supplies for fun activities like different forms of journaling and a range of Cricut merchandise.



Periwinkle also has big plans for the future. This includes expanding our ranges, bringing in some more modern crafting supplies for fun activities like different forms of journaling and a range of Cricut merchandise.

I will also start to host a variety of workshops and classes, so keep an eye on our Facebook page as most of the announcements will be made there.

If you have a special request, feel free to come in and talk to me, I am always happy to help.

I want to sincerely invite you to come and have a look at what we have to offer. It might just get your creativity flowing and who knows? You might even discover a new hobby.



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**DEESDAE IS ALMAL GLO 'N NARSIS**

Pasop om almal goedsmoeds as 'n narsis te bestempel. Die misbruik van die term kan verreikende gevolge hê en gevolglik die erns van die saak afwater.

Nie elkeen wat selfsugtig optree, manipuleer, jok, 'n opgeblase ego het en "gaslight", ly aan 'n versteuring nie. Daar is 'n verskil tussen iemand met 'n Narsistiese Persoonlikheidsversteuring (NPV) en 'n Narsistiese Persoonlikheidstyl.

Dr Ramani Durvasula, kliniese sielkundige en kenner op die gebied van narsisme verduidelik die kriteria wat deur die DSM-5 vereis word voordat 'n NPV gediagnoseer kan word. Daar moet 'n volgehoue gedragspatroon met minstens vyf uit nege kriteria teenwoordig wees voordat hierdie versteuring gediagnoseer kan word. Die 9 tekens (Akroniem SPECIAL ME) sluit in oordrewe selfagting, beheptheid met mag en sukses, selfgeregtigheid, meng slegs met mense wat belangrik/spesiaal is, ongereguleerde emosies en woedeuitbarstings, arrogansie, gebrek aan empatie, behoefte aan bewondering en intense jaloesie. 'n Diagnose mag slegs deur 'n gekwalifiseerde persoon gemaak word.

Dan is daar die Narsistiese Persoonlikheidstyl. Meeste mense wat as "narsiste" beskryf word, toon eerder narsistiese eienskappe. Hierdie persoonlikheidstyl is toksies en beskadig verhoudings. Durvasula reken egter dat die term, "narsis" tog 'n funksie het want dit is deurslaggewend om gedrag te verwesenlik, te verstaan en om komplekse en toksiese dinamika te navigeer.

Dit gee taal aan die pynlike ervarings deur 'gaslighting', manipulasie, leuens, verontagsaming van grense, oneerlikheid, ontrouheid, die geheime lewens agter die sjarme, valse beskuldigings, beledigings, karakterskending, smeerveldtogte, verraad, dreigemente en beheer.

Oorgebruik van die woord, waarsku sy, kan egter werklike pyn in 'wit geraas' verander. Só verloor die term erns en betekenis. Dis ironies dat etikettering juis tipies van 'n narsis is. Daarom is dit belangrik om te onderskei en verantwoordelik te praat.

Ter afsluiting in ligter luim:  
 Why did the narcissist cross the road?  
 He thought it was a boundary.

TikTok video: J.C. van der Merwe, 'n gewilde Afrikaanse stem oor verhoudings, gee 11 tekens om voor uit te kyk.

**Inligtingsblokkie:**

- <https://health.clevelandclinic.org/gaslighting>
- <https://www.youtube.com/shorts/tkSyJKTCLKM>
- <https://www.dukehealth.org/blog/9-signs-of-narcissistic-personality-disorder>
- <https://my.clevelandclinic.org/health/symptoms/25065-emotional-dysregulation>
- <https://open.spotify.com/episode/1dbqIs0GRpVN239pMOPHCT>
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**PREBIOTIC, PROBIOTIC AND POSTBIOTIC**

**Making sense of the “biotics” in a world full of advice**

When one considers that many readers of The Post have at some point consulted Google — or more recently an AI tool — to self-diagnose, compare supplements, or question a prescription, it becomes clear that we are living in an age of abundant information.

So, far be it from me to prescribe anything. But perhaps we can simplify things.

A Prebiotic is essentially food for beneficial bacteria. These are typically fibres found in foods like vegetables, fruit and whole grains that help nourish the microbes already living in your system.

A Probiotic is the bacteria itself — live, beneficial microorganisms that can support the balance of your internal ecosystem.

A Postbiotic, a newer term, refers to the beneficial compounds produced by these bacteria once they have done their work. These include short-chain fatty acids and other metabolites that play a role in overall wellbeing.

There you have it — three “biotics”, each playing a different role.

**Practical Advice**

The most practical advice I received came not from a textbook, but from a pharmaceutical director many years ago. She pointed out that people often take probiotics at the same time as antibiotics, effectively cancelling out the benefit.

Antibiotics are designed to eliminate bacteria — including the helpful ones. Timing matters. Allowing a gap of up to two hours can make all the difference.

Interestingly, research into natural compounds such as humic and fulvic substances suggests that these ancient organic materials, formed over thousands of years, may support microbial activity, nutrient absorption and even immune function. At the same time, the science reminds us that this field is still evolving, and balance remains key.

And perhaps that is the real message.

In a world of powders, pills and promises, it is easy to overcomplicate what has always been simple.

As one grandmother from Springbok once said, after tasting her first ice cream on a visit to Bloubergstrand:

**“Dis te lekker — dit moet sonde wees.”**

It is a reminder that when something feels too good — or too excessive — it probably is.

Whether it is sugar, supplements or even good intentions, moderation remains a reliable guide.

In the end, balance is still the best companion to good health.

**“In a world of powders, pills and promises, it is easy to overcomplicate what has always been simple.”**

**Harry Trisos**

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**World’s Best Road Trip: Garden Route**

One of South Africa’s most iconic drives has officially been ranked number one in the world, placing it ahead of some of the planet’s most famous routes.

Garden Route, South Africa (04 April 2026) – You don’t need a passport stamp to experience one of the greatest road trips on Earth. All you need is a good playlist, a sense of adventure, and a stretch of road South Africans have been bragging about for years.

Now, the rest of the world knows it too.

In a new global study by Autotrader, in partnership with senior meteorologist Jim R N Dale, South Africa’s Garden Route has been ranked the best road trip in the world for driving conditions.

The research looked at what makes a road trip truly effortless and enjoyable, focusing on key factors like visibility, road quality, weather conditions, and overall driving comfort.

The Garden Route achieved a near-perfect score of 90.6 out of 100, placing it firmly at the top of the global rankings.

Stretching roughly 300 kilometres from Mossel Bay to Storms River, this iconic route offers far more than just beautiful scenery.

Along the way, the Indian Ocean glimmers beside you, lush forests create a sense of calm, and winding mountain passes add just the right amount of drama to the experience.

Following closely behind are some of the world’s most famous routes, including Route 66 and the Pacific Coast Highway in the United States, as well as Italy’s Amalfi Coast, Spain’s Costa Brava, and Australia’s Great Ocean Road.

**Top 10 Best Road Trips in the World:**

1. Garden Route – South Africa
2. Route 66 – United States
3. Pacific Coast Highway – United States
4. Amalfi Coast Road – Italy
5. Costa Brava Coastal Roads – Spain
6. Great Ocean Road – Australia
7. Icefields Parkway – Canada
8. Loire Valley Drives – France
9. Kahekili Highway – United States
10. Norwegian Atlantic Road – Norway

For South Africans, this recognition simply confirms what they’ve known all along.

So the next time you find yourself driving that route, windows open, music playing, and the coastline stretching out beside you, remember this:

You’re not just on a great drive... you’re on the best one in the world.

Source: Goodthingsguy & Autotrader

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**WHY DO WE GET STUCK IN OUR WAYS?**

Some may call it closed-mindedness; others may call it stubbornness.

What we believe is largely shaped by our unconscious perceptions and assumptions. As the brain matures and gains experience, it develops confirmation bias—seeking out information that supports beliefs we think keep us safe. The brain would often rather stay in an unhealthy comfort zone than choose a healthier but uncertain environment.

In fact, about ninety percent of the thoughts we think about each day are the same as those thoughts we had in the past. That's why it is so important to stay objective and avoid becoming trapped in repetitive thinking patterns that do not serve us.

We are designed to be balanced and open-minded. When we slow down, relax, and become aware of the present moment, we can begin to question our thoughts: The feelings I have are definitely real—but are my interpretations of the situation actually true? What you believe shapes your reality. Becoming aware of our unconscious beliefs is key, as they influence our everyday behavior.

**Here are a few pointers to help you build awareness and challenge your thinking:**

- Look at the bigger picture: Examine your beliefs. Did you consciously choose them, or are they automatic reactions shaped by past experiences?
- How are these beliefs serving me? Small changes can produce big results.



- Challenge entrenched thinking: Be willing to see the world differently. This opens the door to learning, growth, and meaningful change.
- Adapt to lateral thinking. Growth happens when we remain curious, flexible, and open to new perspectives. In this open mindset we create new neuron connections and pathways.
- Reflect on your identity: Is this how I want to be defined? Would I recommend these beliefs to someone I love?

When we become narrow-minded, it affects the brain's synaptic connections and reduces its flexibility. Remember neurons that wire together, fire together. This can slow down our ability to process and adapt to new or stressful situations. Over time, this will impact memory, mood and overall health.

By becoming more aware and intentional in our thinking, we can break free from limiting patterns and create space for growth, resilience, and a more balanced way of living.

Mel Tiedt



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4 Slaapkamer woning met 2 leef areas, 3 badkamers, asook 2 aparte ingange. Aparte stoep om die uitsig te geniet bied ekstra genot. tuin met n gazebo bied verdere area om te ontsan. 'n Waskamer en dubbel motorhuis rond die prentjie af.

**GROOTBRAK, AVONDDANS**  
R2.8m  
WOONHUIS IN SEKURITEITSKOMPLEKS  
Dubbel verdieping woning met leefareas bo wat uitloop na die buitebraaiarea. Uitsigte na die mond asook groenstrook. 3 Slaapkamers onder met 2 badkamers wat ook uitloop na buite en uitsigte oor die groenstrook bied.

**GROOTBRAKRIVIER RIDGEVIEW**  
R3,795m  
Hierdie 3 slaapkamer woning bied gerief vir 'n "lock-up-and-go" leefstyl. 2 Gaste kamers onder met badkamer. Leefarea met binnebraai met vensters wat oopskuif bied onthaal genot. Bo is die hoofslaapkamer met studeer/onthaal area wat uitloop op n ruim stoep. 'n Ekstra hoe motorhuis bied plek vir n karavaan.



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## BLY AKTIEF GEDURENDE DIE WINTERMAANDE

Soos temperature daal en dae korter word, raak dit vir baie mense moeiliker om gemotiveerd te bly om te oefen en aktief te wees.

Die koue weer en donker oggende maak dit aanloklik om langer binne te bly en minder te beweeg. Tog bly fisiese aktiwiteit gedurende die winter net so belangrik—indien nie meer nie—vir beide jou liggaam en jou gemoedstoestand.

Wanneer ons minder beweeg, kan dit 'n direkte invloed hê op ons energievlakke en algemene gesondheid. Gereelde beweging help om die bloedsomloop te verbeter, spiere sterk te hou en die immuunstelsel te ondersteun—iets wat veral belangrik is gedurende die kouer maande wanneer verkoues en griep meer algemeen voorkom.

Selfs ligte oefening, soos 'n vinnige stap of eenvoudige rek-oefeninge, kan help om jou liggaam aktief en gesond te hou.

Boonop speel fisiese aktiwiteit 'n groot rol in geestesgesondheid. Winter word dikwels geassosieer met laer energievlakke en selfs gevoelens van somberheid.

Minder sonlig kan 'n invloed hê op jou bui, maar beweging help om endorfiene vry te stel—chemikalieë in die brein wat jou gelukkiger en meer ontspanne laat voel.

Gereelde oefening kan ook stres verminder en help om beter te slaap, wat alles bydra tot 'n meer gebalanseerde gemoedstoestand.

Om aktief te bly hoef glad nie ingewikkeld of intens te wees nie. Klein, volhoubare gewoontes maak 'n groot verskil. 'n Daaglikse stap, selfs al is dit net vir 20 tot 30 minute, kan reeds 'n positiewe impak hê.

Indien die weer te koud of nat is, kan binnenshuise opsies soos huisoefeninge, joga of selfs dans 'n goeie alternatief wees. Die belangrikste is om iets te kies wat jy geniet, want dit maak dit makliker om konsekwent te bly.

Voeding en hidrasie speel ook 'n belangrike rol gedurende die wintermaande. Mense is geneig om minder water te drink wanneer dit koud is, maar jou liggaam het steeds voldoende hidrasie nodig om optimaal te funksioneer.

Nog 'n belangrike aspek is voorbereiding. Trek gepas aan vir die weer deur lae klere te dra wat jou warm hou, en kies veilige tye van die dag om buite te oefen wanneer dit ligter en warmer is.

Stel ook realistiese doelwitte—dit hoef nie perfek te wees nie, solank jy aanhou beweeg.

Uiteindelik gaan dit nie daaroor om meer te doen gedurende die winter nie, maar om aan te hou doen. Deur klein, konsekwente stappe te neem, kan jy jou gesondheid beskerm en selfs verbeter, ongeag die seisoen. 'n Aktiewe winter lei tot 'n sterker, meer energieke jy.

Bron: Wêreldgesondheidsorganisasie (WHO)

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**MOENIE IN DIE MOEILIKHEID IN HARDLOOP NIE**

Stel jou voor: jy is in die sone, jou hart klop in jou ore, jou bene beweeg vinnig en jou fokus is vasgenaël op die wenstreep—net om skielik in 'n onskuldige voetganger vas te hardloop.

Al klink dit onwaarskynlik, wys die onlangse uitspraak van die Hoogste Hof van Appèl (HHA) in die sogenaamde “Kalmer-saak” dat selfs in die hitte van kompetisie, bly die plig om versigtig te wees van kardinale belang.

Die saak het ontstaan uit 'n botsing tydens 'n dameswedloop tussen 'n elite-hardloper, wat vir punte en pryse deelgeneem het, en 'n lid van die publiek wat foto's geneem het op 'n breë, oop sypaadjie.

Die aanvanklike hofbeslissing het die eis van die hand gewys, maar op appèl is bevind dat die hardloper gedeeltelik nalatig was. Die HHA het uiteindelik die appèl verwerp en bevestig dat hardlopers 'n duidelike plig van sorg het teenoor alle lede van die publiek wat dieselfde roetes gebruik.

Volgens die Hof moet 'n redelike hardloper die teenwoordigheid van voetgangers kan voorsien, veral op openbare roetes wat nie streng afgebaken is nie. Dit beteken dat hardlopers nie net op hul eie prestasie moet fokus nie, maar ook voortdurend hul omgewing moet dophou.

In hierdie geval is bevind dat die botsing vermy kon word indien die hardloper eenvoudig vorentoe gekyk het, eerder as om slegs op die grond of haar eie beweging te fokus. Hierdie versuim is as nalatig beskou.

Die uitspraak dien as 'n belangrike herinnering dat openbare ruimtes gedeel word, en dat almal wat dit gebruik 'n verantwoordelikheid het om ander se veiligheid in ag te neem.

Hardlopers, veral tydens mededingende wedlope, beweeg dikwels teen hoë spoed en kan maklik 'n risiko vir voetgangers inhou indien hulle nie oplettend is nie.

**Daar is 'n paar praktiese stappe wat hardlopers kan volg om hulself en ander te beskerm:**

- Hou jou oë op en bekyk jou omgewing gereeld
- Verlaag jou pas wanneer jy deur besige of gedeelde areas beweeg
- Kommunikeer vroeg deur ander te waarsku as jy naderkom
- Maak seker jy is vertrouwd met die roete voor die wedloop
- Dra 'n identifikasieband om jouself as deelnemer te identifiseer

Uiteindelik is die boodskap eenvoudig maar belangrik: om te wen of 'n persoonlike beste tyd te bereik, is nooit belangriker as die veiligheid van ander nie.

Of jy nou 'n beroepsatleet is of net vir ontspanning hardloop, bly waaksaam, respekteer gedeelde ruimtes en pas jou spoed en gedrag aan volgens jou omgewing. Só kan ongelukke voorkom word en moontlike regsgevolge vermy word.

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Herman Swanepoel

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I'LL ONLY BE 5 MINUTES

"I'll only be five minutes", is one of the most common justifications for occupying a disabled parking bay without the right or need to do so. A phrase so casual, so dismissive, it reveals exactly how little thought is given to the people these spaces are meant for.

Disabled parking is not about convenience; it is about access. It is the difference between participation and exclusion. For someone with limited mobility, chronic pain, or reliance on assistive devices, an extra 20 meters is not an inconvenience it can be the barrier that turns a simple outing into an ordeal, or cancels it entirely.

Of course, not all disabilities are visible, this truth matters. We should not become a society that polices strangers based on appearances alone.

Invisible conditions such as neurological, cardiac, autoimmune and chronic fatigue complications are real and often debilitating. But let's be honest, laziness and entitlement are not disabilities or illnesses yet too often these are the real drivers behind the misuse of set dedicated spaces.

"I'll be quick." "There were no other spots." "I just need to run in." Each one assumes that the rules and conditions apply but just not right now and not to me. It's a quiet form of selfishness dressed up as practicality. Simply you are not the centre of the universe, others are present, you merely choosing your immediacy over the acknowledgement of their existence.

This subject raises a broader question, is general old age a disability? Ageing can bring genuine mobility challenges, and many elderly individuals do require easier access.

If society recognises that need, then perhaps the answer is not to blur the purpose of disabled bays, but to rethink parking design altogether and create additional, appropriate spaces that respect different needs without compromising essential access.

Disabled parking should not be tokenistic. It must be functional, wide enough for wheelchairs, positioned for safe entry and exit, and available when needed.

When those bays are on sloped gradients or occupied by someone who simply didn't feel like walking, they cease to serve their purpose entirely.

The hard truth is that the misuse of disabled parking is not a small, harmless act. It is a far too common decision to prioritise personal convenience over someone else's basic access.

It perhaps speaks to something deeper, we reside in society increasingly comfortable in excusing selfishness whilst inconveniencing those in need of consideration, so long as it's quick, easy, and "only just for five minutes."

It is important to apply for a disabled parking disc if you qualify. You can do so at your local traffic department by submitting the required form, medical confirmation, and documents.

Scott Thomson

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## THE CAMINO DE SANTIAGO

### Article Series

- 1°) The history of the Camino
- 2°) The Camino yesterday and today
- 3°) The experience or personal account of the Camino
- 4°) The organisation and preparation for the Camino

### HISTORY OF THE CAMINO

You have certainly heard about the Camino de Compostela or the Camino de Santiago (Santi-Ago, Saint James) from a friend, an article, or even a film. But what is it really about?

Many books have been written about the Camino, mostly autobiographical, recounting the very diverse experiences of pilgrims. However, all these books end with the same sentence: "Whatever your motivation — religious or spiritual — you will not come out of it unscathed."

When you walk the Camino, you become a "Jacquaire" — you belong to this fraternal brotherhood. You have done it! That's all there is to it!

The name itself evokes the title of a medieval novel, carrying a scent of mysticism. So I humbly propose to introduce you to this mythical path.

Saint James, the Christian evangelist, was beheaded in the year 44 in Jerusalem. Follow me — I will write four articles to guide you through this adventure: the first on the history of the Camino, the second on the Camino yesterday and today, the third on my personal experience of the Camino, and the last on the organisation and preparation to help any potential candidates for this great adventure.

The history of the Camino begins in the year 813 AD, when the body of Saint James is said to have been brought back to Spain, exactly to Muxia. The first pilgrimages then began to organise themselves, and they were essentially religious and Catholic. It was the era of the great pilgrimages, particularly to Jerusalem, but others would follow — Lourdes or Fatima, as well as Mecca for Muslims.

The pilgrimage has existed for more than ten centuries. Although it fell into disuse for many years, it has been revived in contemporary times. People today need spirituality, silence, and introspection to escape the constant noise of the modern world.

In 2025, no fewer than 520,000 pilgrims from all over the world (including 300,000 from France) collected their "Compostela" — the certificate issued by the city of Santiago de Compostela to pilgrims who have completed at least 100 km (I will explain later why this relatively short distance qualifies).

Pilgrims walk alone on foot and cover distances of up to more than 2,000 km to reach Saint James!

Pilgrims come from all over the world. Spain is of course the most represented country, followed by the USA, Italy, Germany, and the United Kingdom. France only comes in 6th position, which is a paradox because the French routes are the most renowned.

Catholic pilgrims represent 35% of the total number, pilgrims of other religions 47%, and non-religious pilgrims 18%.

## LE CHEMIN DE COMPOSTELLE

### Série d'articles

- 1°) L'historique du chemin
- 2°) Le chemin hier et aujourd'hui
- 3°) L'expérience ou le vécu du chemin
- 4°) L'organisation et la préparation du chemin

### HISTORIQUE DU CHEMIN

Vous avez certainement entendu parler du Chemin de Compostelle ou du Camino de Santiago (Santi-Ago, Saint Jacques), par un ami, par un article ou même par un film. Mais qu'en est-il exactement ?

Beaucoup de livres ont été écrits sur le Chemin, essentiellement autobiographiques, racontant les expériences très diverses des pèlerins. Cependant, tous ces livres se terminent avec la même phrase : « Quelle que soit votre motivation, religieuse ou spirituelle, vous n'en sortirez pas indemne. »

Lorsque l'on fait le chemin, nous devenons « Jacquaire », nous appartenons à cette confrérie fraternelle. Nous l'avons fait ! C'est tout !

Le nom en lui-même évoque le titre d'un roman du Moyen Âge, un parfum de mysticisme ! Alors je me propose de vous faire modestement découvrir ce chemin mythique. Saint Jacques, évangéliste chrétien, fut décapité en l'an 44 à Jérusalem.

Suivez-moi, je rédigerai quatre articles afin de vous guider dans cette aventure : le premier sur l'historique du chemin, le second sur le chemin d'hier et d'aujourd'hui, le troisième sur l'expérience du chemin vécue par votre serviteur et le dernier sur l'organisation et la préparation pour aider les éventuels candidats à l'Aventure.

L'histoire du Chemin commence en l'an 813 de notre ère, le corps de Saint Jacques aurait été rapatrié en Espagne, à Muxia exactement, et les premiers pèlerinages s'organisent. Ils sont essentiellement religieux et catholiques. C'est l'époque des grands pèlerinages, notamment vers Jérusalem, mais d'autres suivront : Lourdes ou Fatima. Mais aussi La Mecque pour les musulmans.

Le pèlerinage a plus de dix siècles d'existence. Et s'il est tombé en désuétude pendant de nombreuses années, il revit avec l'époque contemporaine. Les hommes ont besoin de spiritualité, de silence et d'introspection pour échapper aux bourdonnements incessants du monde moderne.

En 2025, ce ne sont pas moins de 520 000 pèlerins venus du monde entier (300 000 en France) qui ont retiré leur « Compostela » (certificat délivré par la Ville de Compostelle aux pèlerins ayant accompli au moins 100 km – j'expliquerai plus loin le pourquoi de cette courte distance).

Les pèlerins marchent seuls à pied et parcourent des distances allant jusqu'à plus de 2 000 km pour arriver à Saint Jacques!

Pèlerins du monde entier : l'Espagne bien entendu, le pays le plus représenté, suivie des États-Unis, de l'Italie, de l'Allemagne, du Royaume-Uni. La France n'arrive qu'en 6e position, ce qui est un paradoxe car les chemins français sont les plus réputés.

Les pèlerins catholiques représentent 35 % du nombre total, les autres religions 47 % et les non-religieux 18 %.

Jean Robert Fortina

**FULL MOON MEDITATION – WHY DO IT?**

During full moon, 48 hours before and after the peak, there is an intensifying of the energies surrounding our planet and those in our solar system. This can be a time of inner crisis or a time of profound progress – it depends on your awareness and what you choose to do with these heightened energies.

Wesak Festival is regarded as the most powerful spiritual full moon of the year, occurring during the Full Moon of Taurus in May. It is seen as a sacred moment when an extraordinary downpour of divine spiritual energy becomes available to humanity.

It marks the moment when the Lord Christ radiates divine love, while Buddhic Energy is believed to descend and bless the Earth, acting as a channel for Divine Light and Wisdom. Together they amplify the spiritual energies available to all practitioners. This energetic outpouring is understood to uplift humanity, accelerate spiritual development, and support the manifestation of the Divine Plan on Earth.

To fully benefit from the Wesak energies, Master Choa Kok Sui, Founder of Modern Pranic Healing, encourages the following:

**Purification**

- physical: for at least 3 days before and after the event, eat light meals like fruit and vegetables and drink only water to purify the physical body. Exercise like walking in nature is a healthy practice during this time;

- emotional: be aware of your actions and focus on love and kindness to yourself and others;
- mental: watch and guard your thoughts – thought is action. Think positively and ask: how can I do better for those around me?

**Meditation on Twin Hearts:**

A guided meditation using the prayer of St Francis of Assisi.

**Service and Tithing:**

Give money or food to someone in need or give your time to assist in caring for the elderly or a reputable non-profit organization in your community.

Practicing the five virtues (refer to the article in the April issue) and cultivating gratitude and forgiveness

It is a golden opportunity for spiritual empowerment: blessings intensify, and all participants contribute to the upliftment of humanity. Why not give your time and join a group for this special event?

This year, the full moon will be on Friday, 1st May 2026 at 7.23pm in South Africa. Many online events will be available from reputable sources. Or join us at the MCKS Pranic Healing Centre Shop 5, 28 Main Service Road in Sedgfield.

**Danette Roux**



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**HOLLAND GARDEN - A KALEIDOSCOPE OF COLOUR**

**"Alone, we can do so little; together, we can do so much."**

When Helen Keller spoke these words, she was indeed not aware of the shared purpose, belonging and joy Holland Garden, situated in the borough of Merton, Southwest of the city of London would be offering.

The borough of Merton encompasses several smaller centres of which Wimbledon and Raynes Park each boast a multitude of welcoming pubs, bakeries, chic cafes, boutique shops and grocery stores. Amid the daily hustle and bustle of commuters on the way to the local train station, Holland Garden serves as a secluded open space where a breath of fresh, healing air and ever-changing colours of nature can be found.

The land was gifted to the people of Merton in 1928 by Lady Holland in memory of her husband Sir Arthur Holland. The Friends of Holland Garden was formed by residents in 2003 to maintain and promote the garden and its amenities for the benefit of the local community.

One can find members of the Friends of Holland Garden just about every day of the week in the garden: sweeping, cleaning, maintaining a hedge or enjoying well deserved refreshments at the neat "club house", after working in the garden.

During a recent visit to the United Kingdom, I had the opportunity to discover this gem amidst a well established, unassuming neighbourhood.



From the time one enters the Garden through the majestic wrought iron gates, the eye can feast on the colours at play in the garden. A wheelbarrow full of assorted flowers, at the entrance, invites visitors to stay as long as possible

In October 2025 the palette was orange and red with a spot of green as winter was imminent. Vibrant colours only know where winter can be bitterly cold, emerged everywhere.

Holland Garden surprised once again in February 2026. A local bakery in Raynes Park had donated 1000 Snowdrops that had been planted under the majestic oak tree. Unfortunately, my short visit did not allow me to enjoy the blooms. With Spring a few days ahead other visitors to the garden could feast on the dancing daffodils and the colourful spring tulips that had been planted with so much care by the Friends of Holland Garden in anticipation of spring.

What makes this Garden remarkable is the receiving of the Green Flag award. The Green Flag Award is the international benchmark for the management of parks and green spaces. Established in the UK in 1996, it recognizes publicly accessible spaces that are well-managed and safe. This award confirms this garden's status as a well-managed and high-quality green space.

Community is the foundation of shared purpose. This provides belonging and hope: something individuals can't achieve alone. When a community turns "I" into "we", individuals achieve something timeless and remarkable that transforms lives and creates meaningful change. The Friends of Holland Garden have achieved this goal.

Holland Garden, well worth a visit: any day of the week by taking the South-Western Railway from London Waterloo to Raynes Park station.

**Linda Willemse**

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**DIE NAGHEMEL VAN SUID-AFRIKA**

Om op te kyk na die naghemel is een van die eenvoudigste, maar kragtigste ervarings, en in Suid-Afrika word dit iets werklik besonders. Met uitgestrekte oop landskappe, min ligbesoedeling en helder, droë lug bied ons land van die beste sterrekyk-toestande in die wêreld.

Op 'n goeie aand, weg van stadsligte, kan jy duisende sterre met die blote oog sien, en selfs die Melkweg wat soos 'n gloeiende rivier oor die hemel strek.

Plekke soos Sutherland in die Noord-Kaap is internasionaal bekend vir hul ongelooflike naghemel. Dit is die tuiste van die South African Astronomical Observatory, waar wetenskaplikes die heelal bestudeer onder van die helderste lugtoestande op aarde.

Jy hoef nie so ver te reis om die sterre te geniet nie. Gebiede regoor die Karoo, Cederberg en selfs stil plekke net buite dorpe soos Mosselbaai kan pragtige uitsigte op die naghemel bied.

As jy nuut is tot sterrekyk, is die goeie nuus dat jy nie duur toerusting nodig het om te begin nie. Die beste manier om te begin is eenvoudig om op 'n helder aand buite te gaan staan. Probeer 'n aand kies wanneer die maan nie te helder is nie, aangesien donkerder lug die sterre makliker sigbaar maak.

Om weg te beweeg van straatligte of besige areas maak ook 'n groot verskil. Sodra jy 'n goeie plek kry, gee jou oë sowat twintig minute om aan die donker gewoond te raak, en jy sal al hoe meer sterre begin raaksien.

Terwyl jy opkyk, kan jy begin deur eenvoudige patrone in die lug raak te sien. Een van die maklikste sterrebeelde om in die Suidelike Halfrond te herken, is die Suiderkruis, wat al eeue lank reisigers gehelp het om hul pad te vind.

Met 'n bietjie geduld kan jy ook helder planete soos Venus of Jupiter raaksien, of selfs 'n verskietende ster wat vinnig oor die hemel beweeg. 'n Eenvoudige verkyker kan die ervaring verbeter en nog meer sterre en stergroepe sigbaar maak.

Sterrekyk gaan nie net oor wat jy sien nie, maar ook oor hoe dit jou laat voel. Dit laat jou stadiger raak, gee jou perspektief en herinner jou aan hoe groot en mooi die heelal werklik is.

Lank voor moderne wetenskap het mense regoor Afrika en die wêreld na dieselfde sterre gekyk om stories te vertel, seisoene te merk en hul pad te vind.

Nog 'n manier om jou ervaring te verbeter, is om 'n eenvoudige sterrekyk-app op jou foon te gebruik. Programme soos Star Walk 2 of SkyView kan jou help om sterre, planete en konstellasies maklik te identifiseer deur net jou foon na die lug te hou. Dit maak sterrekyk nie net makliker vir beginners nie, maar ook meer interaktief en interessant.

Dit is ook die moeite werd om jou sterrekyk-ervaring te beplan rondom spesiale hemelverskynsels soos meteorietreëns of helder planeet-uitstallings.

Gebeure soos die Perseïede of Geminiede meteorietreëns bied die kans om tientalle verskietende sterre in een aand te sien, iets wat altyd 'n blywende indruk laat. Selfs 'n eenvoudige piekniek onder die sterre saam met vriende of familie kan vinnig verander in 'n aand vol verwondering en mooi herinneringe.

In 'n vinnige wêreld kan 'n oomblik onder die sterre ongelooflik grondend wees. En in 'n land soos Suid-Afrika, waar die lug so helder en vol lig is, word daardie oomblik iets werklik besonders.

Bron: Getaway Magazine – Beginner's Guide to Stargazing

**VOLMAAN FIETSRY**

🕒 17:30  
📅 30 April 2026  
📍 OK Urban Hart & Bosch  
📞 WhatsApp: 082 738 8011 voor 14:00

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**WARNING ON DIGITAL SAFETY FOR CHILDREN**

Millions of children use the internet daily for schoolwork, social media and gaming, yet many are unaware of the risks they face online. Experts warn that young users are increasingly exposed to cyberbullying, exploitation and online violence, highlighting the need for better guidance and protection.

As children access technology at younger ages, understanding online safety becomes essential. Social Kids SA is a programme dedicated to guiding and protecting children under 11, helping them navigate the digital world with confidence. Through education and awareness, it equips young users with the skills to recognise dangers and make safer choices online.

Co-founder Cheryl Barnett emphasises that digital literacy is key, teaching children not only how to use technology, but how to use it responsibly and safely.

Parents and educators also play an important role in supporting children online, encouraging open conversations and setting clear boundaries to create a safer digital environment.

Watch the video of Cheryl Barnett speaking on Newzroom Afrika about the importance of digital literacy and protecting young children from online risks.

Source: <https://youtu.be/UqGZ6V5xLCw?si=JKVEUBCGbrC85a99>

**GETYKAART MEI 2026 - Mosselbaai**

Day	Times of												Moon Phase
	Sunrise	Sunset	High Water				Low Water				Moonrise	Moonset	
			Time	Height	Time	Height	Time	Height	Time	Height			
1	0705	1751	0314	2.04	1541	1.91	0928	0.34	2127	0.40	1724	0647	☉
2	0706	1750	0343	2.02	1610	1.91	0955	0.34	2156	0.42	1758	0747	
3	0707	1749	0411	1.97	1639	1.88	1022	0.36	2225	0.47	1836	0846	
4	0707	1748	0440	1.90	1708	1.82	1050	0.41	2256	0.53	1920	0944	
5	0708	1747	0509	1.82	1737	1.75	1119	0.48	2330	0.62	2010	1039	
6	0709	1746	0541	1.72	1810	1.66	1151	0.57	---	---	2105	1128	
7	0710	1745	0618	1.62	1850	1.56	0008	0.72	1228	0.67	2204	1211	
8	0710	1744	0704	1.51	1948	1.47	0056	0.82	1314	0.78	2304	1249	
9	0711	1743	0808	1.42	2127	1.44	0205	0.91	1422	0.87	---	1322	☾
10	0712	1743	0943	1.38	2306	1.52	0352	0.93	1617	0.88	0006	1351	
11	0713	1742	1119	1.45	---	---	0526	0.84	1747	0.79	0107	1419	
12	0714	1741	0005	1.68	1224	1.57	0624	0.69	1839	0.66	0209	1446	
13	0714	1740	0050	1.85	1314	1.70	0710	0.52	1920	0.52	0313	1514	
14	0715	1739	0131	2.01	1358	1.83	0751	0.37	1959	0.40	0420	1544	
15	0716	1738	0212	2.14	1440	1.94	0831	0.24	2039	0.32	0532	1619	
16	0716	1738	0254	2.21	1523	2.02	0912	0.17	2119	0.28	0647	1701	☀
17	0717	1737	0337	2.22	1606	2.05	0954	0.15	2203	0.29	0804	1753	
18	0718	1736	0423	2.17	1650	2.02	1037	0.20	2249	0.36	0919	1855	
19	0719	1736	0510	2.06	1736	1.96	1121	0.29	2341	0.47	1026	2005	
20	0719	1735	0601	1.91	1826	1.86	1208	0.41	---	---	1122	2118	
21	0720	1734	0656	1.74	1924	1.75	0039	0.60	1259	0.55	1207	2230	
22	0721	1734	0758	1.60	2037	1.66	0151	0.72	1357	0.67	1244	2338	
23	0722	1733	0912	1.49	2203	1.64	0321	0.80	1511	0.76	1315	---	☾
24	0722	1733	1032	1.46	2317	1.68	0451	0.80	1641	0.79	1342	0043	
25	0723	1732	1145	1.48	---	---	0559	0.75	1754	0.76	1408	0144	
26	0724	1732	0013	1.73	1243	1.55	0651	0.69	1846	0.71	1433	0243	
27	0725	1731	0059	1.79	1331	1.62	0731	0.62	1927	0.65	1459	0342	
28	0725	1731	0138	1.83	1412	1.70	0805	0.55	2002	0.61	1527	0441	
29	0726	1730	0214	1.86	1449	1.76	0837	0.49	2035	0.57	1559	0540	
30	0727	1730	0248	1.88	1522	1.81	0906	0.45	2107	0.54	1635	0639	
31	0727	1730	0321	1.88	1554	1.84	0936	0.42	2140	0.53	1717	0738	☉

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