

THE POST



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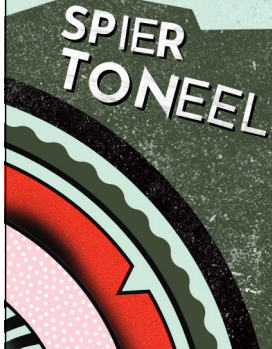


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THE POST

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Ek onthou dat ek 'n tyd gelede geskryf het dat die een ding wat elke mens elke dag in gelyke maat ontvang, tyd is.

Dit was vir my wonderlik om te leer dat wanneer ek terugstaan in my eie skaduwee, gebeurlikhede ontvou: dat ek ontvang wat ek nooit vir myself sou kies of uitkies nie. Dat dinge soms ten goede meewerk en ervarings my lewe op onverwagte maniere verryk.

So is my lewe onlangs ryklik geseën met die woorde van 'n wyse Guru: Dit is nie tyd wat verby tik nie; dit is ons lewe. Dit het my 'n hele ruk geneem om die werklike omvang van hierdie woorde te verwerk en plek in my lewensuitkyk en omgang met myself en die rondom my daarvoor te maak. Dit is asof ek, wanneer mense na tyd verwys, dit skielik anders hoor en begin verstaan. Woorde en uitdrukkings waarmee ons so lukraak omgaan: tyd is geld, tyd sal leer, tyd vlieg, tyd wen, tyd staan nie stil nie, alles op sy tyd laat my herbedink.

Dit is dan wanneer die klem na my lewe, in plaas van tyd verskuif. Sal dit nog so maklik wees om die werksweek om te wens sodat die naweek kan aanbreek? Dat die jaareinde tog net moet kom sodat die langverwagte Desemberavakansie kan begin? Dat die winter vinnig moet verbygaan of somer tog net moet aanbreek? So kan ons seker nog lank met die lys aangaan.

Sodra ons besef dat dit nie bloot tyd is wat verbygaan nie, maar ons lewe wat nader aan elke nuwe era beweeg – of dit nou die jare is wat by ons ouderdom tel, die besef dat ons nader aan die einde van ons lewensreis beweeg, of dat dié wat ons liefhet nie meer deel van ons daaglikse bestaan sal wees wanneer hulle die huis verlaat nie – verander iets diep binne ons. Sal hierdie besef nie ons uitkyk op en ons omgaan met, tyd vir altyd verander nie?

Vir my het daar inderdaad 'n daadwerklike klemverskuiwing plaasgevind. Dit is asof my waardering vir elke oomblik van 'n nuwe dag soveel meer betekenisvol geword het. Die entoesiasme waarmee ek elke dag tegemoetgaan en my bewuste keuse om my ruimte en lewe te deel met mense wat toegevoegde waarde daartoe bring, het my eerste keuse geword wanneer dit kom by hoe ek my kosbaarste gawe bestee.

Want dalk is dit tog nie tyd wat verbygaan nie. Dalk is dit ons lewe wat, oomblik vir oomblik, geskryf en herskryf word..... tot die tydstreep getrek word.

Laurinda



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ATTRACT THESE 5 BIRDS TO YOUR GARDEN

If you've ever paused to listen to the morning chorus outside your window, you'll know that the Garden Route is home to an incredible variety of birdlife. In fact, the region boasts more than 450 bird species, making it one of South Africa's premier birdwatching destinations. The good news is that you don't need to visit a nature reserve to enjoy them. With a few simple changes, your own garden can become a welcoming haven for some of the area's most beautiful feathered visitors.

1. Knysna Turaco

Known for its brilliant emerald-green feathers and striking crimson wing feathers, the Knysna Turaco is one of the Garden Route's most iconic birds. These shy birds are especially fond of indigenous fruit-bearing trees such as wild figs and can often be heard before they are seen with their distinctive, echoing call. Mature gardens with plenty of leafy cover are most likely to attract them.

2. Southern Double-collared Sunbird

Small, colourful and energetic, this tiny nectar lover brings life to any garden. The males shimmer with metallic green, blue and orange plumage, while the females are more subtly coloured. Planting indigenous aloes, leonotis and other nectar-rich flowering plants provides an excellent food source throughout the year.

3. Cape White-eye

Often moving through gardens in cheerful little flocks, Cape White-eyes are easy to recognise by the white ring around each eye.

They feed on insects, berries and nectar, helping to control pests while also pollinating flowers. Dense shrubs and indigenous vegetation give them both food and shelter.

4. Southern Boubou

Although not always easy to spot, the Southern Boubou is a favourite among bird enthusiasts thanks to its beautiful whistling duet. These black-and-white birds prefer dense bushes where they can forage quietly for insects. A layered garden with indigenous shrubs provides the perfect habitat.

5. African Paradise Flycatcher

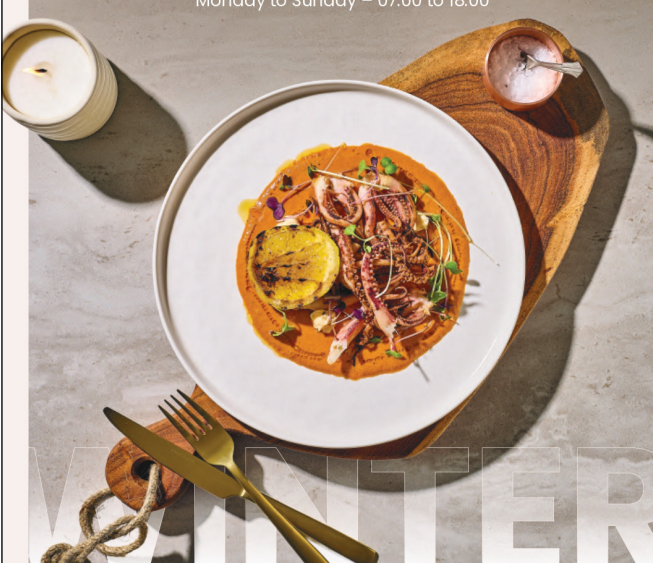
During the warmer months, this elegant bird, with its long flowing tail, becomes one of the highlights of many Garden Route gardens. It feeds mainly on flying insects, making it a valuable natural pest controller. Gardens with mature trees, shaded areas and plenty of insect life are ideal for attracting this graceful visitor.

Creating a bird-friendly garden doesn't require expensive feeders or elaborate landscaping. Indigenous plants, a clean bird bath, natural shelter and avoiding unnecessary pesticides will encourage birds to visit and thrive. Every garden, no matter its size, has the potential to become a small sanctuary that supports local biodiversity while rewarding homeowners with colour, song and fascinating wildlife throughout the year.

Source: BirdLife South Africa – How to Attract Birds to Your Garden

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WHAT IS THE EFFECT OF MUSIC AND SINGING ON THE BRAIN?

Let your voice be heard! The sound of your own voice is one of the most personal connections you have with yourself. Across different cultures and musical genres, singing and music evoke different responses in the body, creating a true whole-brain experience.

There was a time when we all sang—at school, in church, around the campfire, or simply for the joy of it. Somewhere along the way, many of us lost our confidence by comparing ourselves to others or believing that we simply "can't sing." The truth is that singing is for everyone, and its benefits have very little to do with having the perfect voice.

Singing is far more than a creative outlet; it is a workout for the entire brain. It activates areas responsible for movement, language, hearing, memory, and emotion all at the same time. As you sing, your brain releases feel-good chemicals such as dopamine and endorphins, while lowering levels of cortisol, the body's primary stress hormone. It also stimulates the vagus nerve, helping the body relax and creating a sense of calm.

When you sing, different parts of the brain work together in remarkable harmony. The motor cortex coordinates your breathing, diaphragm, and the tiny muscles of your vocal cords, lips, and tongue. The temporal lobe processes pitch, rhythm, and melody, while the frontal lobe manages speech production, anticipates rhythm, and retrieves the words of a song from memory. At the same time, the limbic system processes the emotions that music evokes, while the cerebellum helps control timing and coordination.

The benefits of singing extend well beyond producing sound. Because the vocal cords lie close to the vagus nerve, the vibrations created while singing help stimulate this important nerve. This activates the parasympathetic nervous system, slowing the heart rate, reducing blood pressure, and promoting relaxation.

Singing also influences our hormones. Whether singing alone or with others, it encourages the release of oxytocin, often called the "bonding hormone," while increasing endorphins that lift mood and reduce pain. At the same time, it lowers cortisol levels, helping to relieve stress and anxiety.

Perhaps one of the most exciting discoveries is singing's effect on neuroplasticity—the brain's remarkable ability to adapt and form new neural connections. Because singing requires so many different brain regions to communicate simultaneously, it strengthens these networks and helps create new pathways.

This is one reason why singing is increasingly being used in rehabilitation after strokes and as part of therapies for people living with dementia and other neurological conditions. So, whether you sing in the shower, in a choir, or simply hum along to your favourite song in the car, don't hold back. Your brain doesn't care whether you're in tune—it simply enjoys the workout

Mel Tiedt



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YOU'RE NEVER TOO OLD TO BE A BEGINNER

Trying something new isn't about mastering a skill – it's about rediscovering the joy of curiosity, embracing imperfection and giving yourself permission to start.

Have you noticed that children will try almost anything? They'll have a go at roller skating, baking cupcakes, painting dinosaurs or learning to play the recorder without a second thought. Adults on the other hand, tend to hesitate. We convince ourselves that we're too busy, too old or simply "not the type" to take up pottery, photography or paddleboarding. Somewhere along the way, we stopped giving ourselves permission to be beginners.

When Did We Stop Trying?

Children don't expect to be brilliant the first time they attempt something new. They wobble, fall, laugh (or sometimes cry), dust themselves off and try again. Adults often expect the opposite. If we aren't naturally good at something, we're quick to decide it just isn't for us.

Perhaps it's because we're afraid of looking silly. Or maybe we've forgotten that every expert, no matter how accomplished, started exactly where we are – knowing very little.

Not Everything Needs To Be A Side Hustle

These days, there's a lot of pressure to make every hobby productive. If you're baking, should you be selling cakes? If you're taking photographs, should you launch a business? If you're learning to sew, could you turn it into an online shop?

Sometimes the answer is simply... no.

It's perfectly acceptable to do something purely because you enjoy it. Not every pastime needs to earn an income or achieve a goal. Some hobbies exist for no other reason than bringing a little joy to an ordinary day.

The Joy Of Being Surprisingly Bad

There's something strangely liberating about being a novice. Your first loaf of bread may resemble a brick. Your first attempt at watercolour painting might look nothing like the picture in your mind. You might discover that dancing in the kitchen is much easier than dancing in an actual class. That's okay. Being a beginner reminds us that progress is far more rewarding than perfection.

You Never Know Where It Might Lead

Trying something new doesn't have to mean making a major life change. It might give you a fresh way to spend a Saturday afternoon, introduce you to interesting people or help you see yourself in a different light.

Sometimes the smallest decisions lead to life's biggest surprises. A single class, a borrowed book or an afternoon spent learning a new skill could spark an interest that stays with you for years. So, if there's something you've always been curious about, consider this your sign to give it a go. You don't need to be talented, experienced or fearless. You just need to be willing to start. After all, life is far more interesting when we never stop learning.

Kelli Romans



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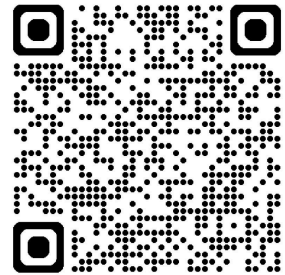


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MOUNTAINVIEW — MOSSEL BAY**FIRST-TIME BUYERS: FAST-TRACK YOUR APPLICATION AND MOVE INTO YOUR OWN MOUNTAIN VIEW HOME - MUCH FASTER**

The Western Cape Department of Infrastructure, in collaboration with Mossel Bay Municipality, is implementing an innovative 'occupy now- buy later' fast track — no home loan needed to move in with an Instalment Sale Agreement

An incredible opportunity awaits first-time buyer to secure a brand-new 2-bedroom home in Mountain View. First-time home buyers can now fast-track occupation of their new homes in the Mountain View development in Mossel Bay, through an Instalment Sale Agreement.

Offering early occupation, with a reduced rental for a 2-year period, first-time buyers become 'bond-ready' through the support of the "MyBudget Fitness" Programme. With improved affordability and credit scores, first-time buyers are then able to apply for a home loan and, once approved, take transfer of the property.

The breakthrough is speed and simplicity: to fast-track occupation, the 'tenant-buyer' only needs to qualify for a First Home Finance subsidy and be able to pay an occupational rental of between R2 600 and R4 500 per month. No prior bond approval is required to move in.

Even better, this rental is calculated after the subsidy the buyer qualifies for is deducted upfront from the purchase price — a concept that opens the door for many first-time buyers to secure their own homes. A 'tenant-buyer' can save hundreds of Rands per month compared to ordinary rental payments. The 'tenant-buyer' pays the standard municipal rates, taxes and utilities.

"Public Service Employees are sitting on two pots of gold — a GEHS savings and a First Home Finance subsidy. Together, they can be used as a powerful double deposit to secure your very own home." — Meyer de Waal, Attorney & Conveyancer, MDW INC Attorneys, Cape Town, appointed for the marketing and sales of the Mountain View project

WHY THIS IS A GAME-CHANGER FOR FIRST-TIME BUYERS

- Move in much faster — occupy your new home now on a 2-year rental instead of waiting for bond approval.
- Simplified upfront qualification needed — qualify for the First Home Finance (FLISP) subsidy and can afford rent of R2 600 – R4 500 per month.
- Your subsidy works upfront — the subsidy is deducted from the purchase price before your rental is calculated, lowering your monthly payment.
- Time to get loan-ready — use the 2-year window to settle debts and improve your credit profile, then apply for a home loan and take transfer — all while already living in your own home.

HOW THE FAST-TRACK WORKS — 5 SIMPLE STEPS

1. Get qualified — confirm your First Home Finance subsidy eligibility with the sales team (minimum income in the Mountain View project: R11 000 per month- max R22 000.00 gross household income).
2. Choose your home — select an available 2-bedroom home in the Mountain View development.
3. Subsidy deducted upfront — your qualifying subsidy is deducted from the purchase price and your rental of between R2 600 – R4 500 per month is calculated on the balance. (Terms and Conditions apply).
4. Move in and rent for 2 years — take occupation of your new home once your Instalment Sale contract is registered in the Deeds Office and have time to build your credit profile.
5. Apply for your home loan and take transfer — once approved, the home is registered in your name.

EXTRA BONUS FOR GOVERNMENT EMPLOYEES: DOUBLE SAVINGS

Thousands of South African public servants and first-time buyers remain unaware that they are entitled to two significant financial benefits that — and can be combined — and can unlock home ownership without the need for traditional upfront home loan approval.

MDW INC Attorneys and the My Budget Fitness Team, appointed for the marketing and sales of the Mountain View project, are excited to make the dream of owning your own home a reality through an innovative Instalment Sale Agreement — a legally recognised home purchase structure in place since 1981, offered nationally as the Rent2Buy rent-to-own programme (www.irent2buy.co.za).

1. GEHS Savings — Government Employees Housing Scheme

If you are a public servant who does not currently own a home and is paying rent, a housing savings allowance is automatically accumulated on your behalf each month. Many employees have built up savings exceeding R100 000 or more — yet cannot access these funds because they cannot qualify for a traditional home loan.

2. First Home Finance (FLISP) Subsidy

The First Home Finance subsidy — formerly known as FLISP — is a government housing subsidy available to qualifying first-time buyers.

Employees earning between R3 501 and R22 000 per month may qualify for a substantial subsidy of between R30 001 and R130 505. Since 1 April 2022, this subsidy no longer requires a conventional home loan as a trigger and can now be unlocked through an Instalment Sale Agreement.

In the Mountain View project, the minimum income required is R11 000.00 per month.

THE LEGAL STRUCTURE: THE INSTALMENT SALE AGREEMENT

An Instalment Sale Agreement, regulated by the Alienation of Land Act No. 61 of 1981, allows a buyer to take occupation of a property and pay for it in instalments — much like a rental arrangement — while the purchase price is settled over an agreed period (typically 24 months).

Critically, once the Instalment Sale Agreement is registered against the title deed at the Deeds Office, both the GEHS savings and the First Home Finance subsidy are immediately released to the seller — reducing the outstanding purchase price and lowering the buyer's monthly instalment significantly.

This gives the buyer a 2 year window to settle debts, improve their credit profile, and ultimately qualify for a home loan to finalise the purchase — all while already living in their own home.

A REAL-WORLD EXAMPLE

Consider Mrs A, a public servant earning R15 000 per month, with accumulated GEHS savings of R35 000, a qualifying First Home Finance subsidy of R86 000, and a credit profile that currently prevents her from securing a conventional home loan.

Item	Amount	Monthly payment
Purchase Price	R429 000	R4 500 pm
Less: First Home Finance Subsidy	– R86 000	
Less: GEHS Savings	– R35 000	
Balance of Purchase Price	R308 000	
Revised Monthly rental amount		R2 695 pm
Monthly Saving for Mrs A		R1 806 pm

Note: Revised monthly instalment reflects the interest-serving instalment on the reduced balance of R308 000, rental calculated at the current prime lending rate of 10.5%, during the 24 month Instalment Sale period — ahead of a conventional home loan (typically 20 years) to take transfer.

Provision must also be made for municipal costs including rates & taxes and services. This example is for illustration only — every applicant receives an individual affordability and eligibility assessment.

HOW TO GET STARTED — FAST-TRACK YOUR APPLICATION TODAY

- View the property online: Sign up with the QR code
- Book a viewing with Vusi (resident estate agent): Sign up with the QR code
- Get qualified & more information: Sign up with the QR code

These links connect you directly to the MDW INC and My Budget Fitness property sales team.

Our team will assess your First Home Finance eligibility, your GEHS savings balance (if you are a public servant), and identify the most suitable property for your budget — so you can fast-track your application and move into your new home much faster.

FREQUENTLY ASKED QUESTIONS

Can I move into a Mountain View home without a pre-bond approval?

Yes. A rent-now, buy-later fast track: qualify for the First Home Finance (FLISP) subsidy, pay a rental of R2 600 – R4 500 per month, and move in — no home loan approval is required to take occupation. (disclaimer – rental for each tenant buyer will differ as per the subsidy and GEHS savings [if available]).

Does the FLISP / First Home Finance subsidy still require a bond?

No. Since 1 April 2022, First Home Finance (formerly FLISP) can be accessed through an Instalment Sale Agreement, not only through an approved home loan.

What income do I need to qualify for Mountain View?

A minimum household income of R11 000 per month, within the First Home Finance band of R3 501 – R22 000 per month for first-time buyers.

Can I use my GEHS savings without a home loan?

Yes. Once an Instalment Sale Agreement is registered against the property's title deed, enrolled GEHS members can apply for their accumulated savings to be released towards the purchase price — no bond approval is required.

What is rent-to-buy (rent-to-own) in South Africa?

Rent-to-buy allows you to move into a home and pay monthly instalments while working towards full ownership. Under the Rent2Buy programme, your payments settle an agreed purchase price under the Alienation of Land Act, and ownership transfers to you once the balance is financed or paid. The final and last payment is through the proceeds of a home loan that one must qualify for.

ABOUT MOUNTAIN VIEW MOSSEL BAY

Mountain View is a residential development in Mossel Bay, Western Cape, offering brand-new 2-bedroom homes to first-time buyers under the approved rent-now, buy-later fast track.

Marketing and sales: MDW INC Attorneys and the My Budget Fitness Team.

ABOUT MDW INC ATTORNEYS AND RENT2BUY

MDW INC Attorneys is a Cape Town law firm founded in 1989 by Meyer de Waal, specialising in property law, conveyancing and affordable housing finance innovation.

MDW INC pioneered the Rent2Buy rent-to-own home ownership model in South Africa (www.irent2buy.co.za). My Budget Fitness prepares buyers to become bond-ready through budget coaching, credit rehabilitation and affordability assessment — from where you are to bond-ready.

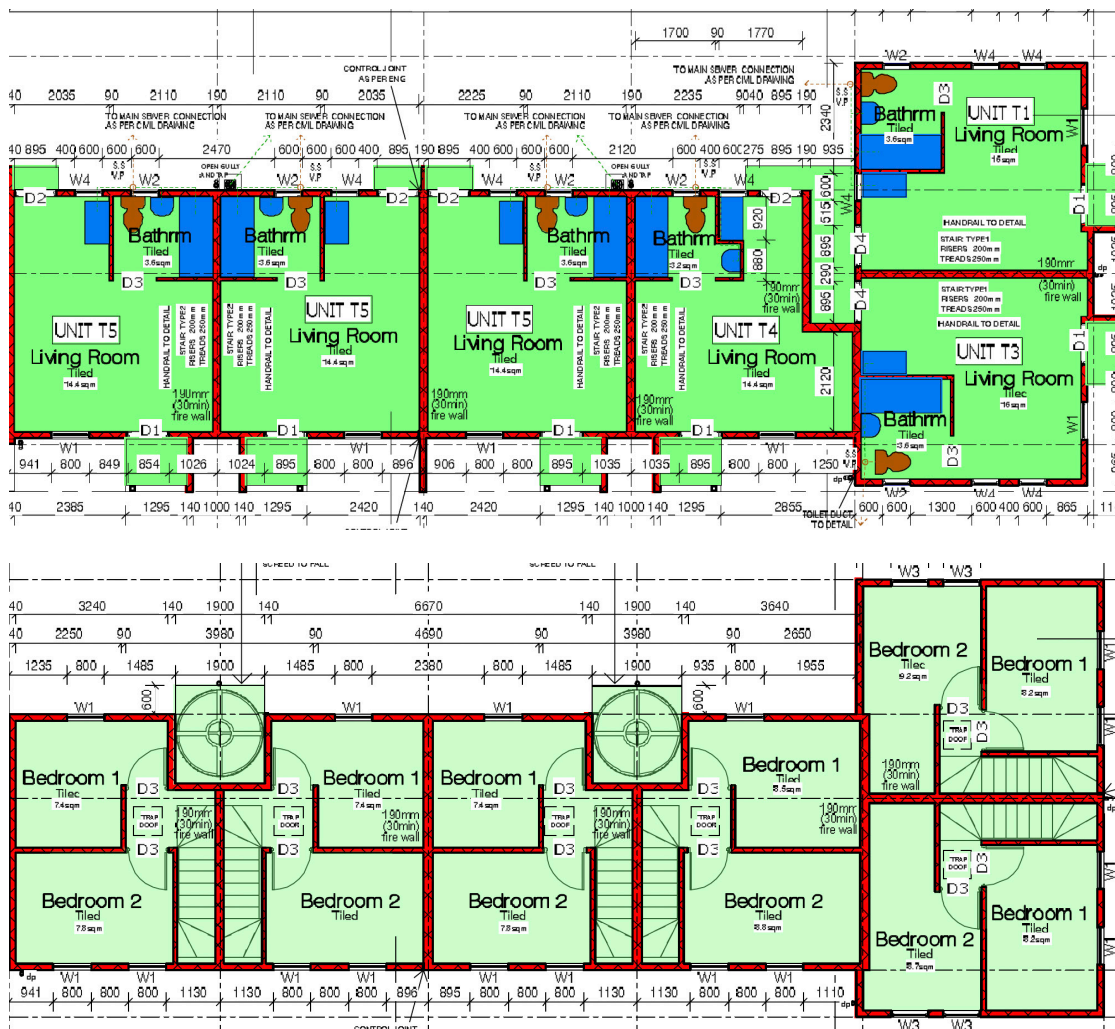
CONTACT

On-site Agent — Vusi (Vuyisile Gxelesha)
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GOU KOOP OF MISLOOP: SPIER TONEEL, TOYOTA STELLENBOSCH WOORDFEES

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Debut

- Shimmy Isaacs vertel met humor en patos die ware verhaal van wat met een van haar onderwysers gebeur het in My kind druipe. Mongi Mthombeni is die regisseur.
- In Deon Opperman se humoristiese familiedrama, Skanse met Dawid Minnaar, ontvou 'n aand waarin ou wonde oopgeskeur word en die mure – omring deur kameras wat belowe om die kwaad buite te hou – verbreek wat twee broers teen mekaar en teen die lewe self opgerig het.
- Vlindervry met Cindy Swanepoel volg 'n blinde 19-jarige se strewe na onafhanklikheid en liefde. Dit is 'n vertaling van Leonard Gershe se romantiese komedie, Butterflies are Free. Wessel Pretorius is die regisseur en vertaler.
- 'n Middel, die opvolg van die bekroonde liefdesdrama 'n Begin, bied 'n rou en intieme blik op 'n paartjie, vertolk deur Tinarie van Wyk Loots en Stian Bam, wat vasgekeur sit tussen wat was en wat nooit geword het nie. Die ster van 'n Begin, Cintaine Schutte, is die regisseur.
- Grootmeisie is die verhaal van 'n onwaarskynlike vriendskap tussen 'n wiskundeonderwyser en haar voormalige leerling. Lee-Ann van Rooi is die regisseur en Rachelle Greeff die skrywer van die teks wat bekroon is met vanjaar se Reinette Nagtegaal-teksprys. Die rolverdeling sluit Daneel van der Walt en Jefferson J. Dirks-Korkee in.
- Carel Nel lewer 'n treffende vertolking van Samuel Beckett se ikoniese karakter in 'n vertaling van Krapp's Last Tape. Die Afrikaanse Krapp se laaste band speel op 'n aand in die toekoms af en word met humor, hartseer en genadelose eerlikheid 'n meditasie oor identiteit, liefde, verlies, tyd en die verhaale wat ons vir onself agterlaat.
- Carlo Daniels vertolk etlike rolle in I Lord Hamlet, waarin ons Shakespeare se karakter intiem leer ken en verstaan. Die stuk speel af in die hedendaagse Kaapse Vlakte en dele van Kaapstad waarin die trauma van ons kollektiewe koloniale nalatenskap direk gekonfronteer word. I Lord Hamlet skyn die kolig op die verpletterende identiteitskrisis van 'n steeds gemarginaliseerde gemeenskap en transformeer Hamlet se persoonlike soeke in 'n kollektiewe reis na genesing.
- Wie call die shots? uit die pen van Miché van Wyk plaas die kollig op wapengeweld in Suid-Afrika en hoe dit ons gemeenskappe en kinders raak. Byron Klassen is die regisseur.
- In Elke briljante ding, Nico Scheepers se nuwe Afrikaanse vertaling van Duncan Macmillan se wêreldbekende teaterervaring (Every Brilliant Thing), vertolk Albert Pretorius. 'n kind wat probeer om sy ma se hartseer te verstaan en dan 'n lys begin maak van alles wat die lewe die moeite werd maak.

Vir die teaterliefhebber

- Atropa, onder regie van Marthinus Basson, verken 'n wêreld verskeur deur oorlog, ongelykheid en die nalatenskap van kolialisme. Daarteenoor verplaas An Iliad Homerus se epos na die hede in die finale, brutale jaar van 'n oorlog. Geoffrey Hyland is die regisseur met Alan Committie en Charl-Johan Lingenfelder in die rolverdeling.
- FaustX is 'n ontstellende en surrealistiese drama oor menslike strewe, versoeking en onbeheerste ambisie geskryf deur ChatGPT en Brett Bailey. Dit is gegrond op die tweede deel van Goethe se Faust en is weer in Suid-Afrika op die planke ná 'n suksesvolle wêreldtoer.
- Onder regie van Lara Foot vertel Die ander dogter die verhaal van die Nobelprys-bekroonde skrywer Annie Ernaux wat as dogtertjie toevallig uitgevind het van 'n suster wat twee jaar voor haar geboorte oorlede is.
- Bekroonde skrywer Bibi Slippers se musiekteaterstuk, Wat om te doen as die wêreld brand met Elzabé Zietsman, raak aan kwessies soos wanhoop, moeilike verhoudings, die oorloë wat dreig, depressie en die behoefte aan hulp van ons medemens. Bibi Slippers is ook die regisseur.
- Saartjie Botha het Kirby van der Merwe se bekroonde roman Eugene vir die verhoog verwerk. Die produksie ondersoek gemarginaliseerde manlikheid, geestesgesondheid en trauma, en belig temas soos liefde, haat, vertroue, verraad en vergifnis. Met Carlo Daniels en die regisseur is Nico Scheepers.
- Ge-gebergtes deur Saartjie Botha het by vanjaar se KKNK gedebuteer en word beskryf as 'n emeritus professor se poging om sin te maak van sy konfrontasie met tegnologie. Van om oud te word en te wees: 'n toestand van gestadige aftakeling en groeiende hulpeloosheid en afhanklikheid. Wessel Pretorius is die regisseur.

Vir die lagspiere

- Die ondersoekende joernalis en satirikus Marianne Thamm is terug op die verhoog met 'n nuwe stuk performance journalism, Bietjie koffie met jou staatsgreep.
- In Ankle Marc bring Marc Lottering ons op hoogte van hoekom hy die jaar hinkepunk met 'n gebreekte enkel en 'n “moonboot” begin het.
- Schalk Bezuidenhout móet oor sy egskeiding praat in Hey hey ek is geskei.
- Nik Rabinowitz vertel sy storie van stal tot standup in Mountain Jew.
- Marion Holm gee die gehoor wat hulle nodig het in Gryp elke grasHolm: hoop, humor en harmonie.

Dis hoog tyd vir 'n bietjie kultuur. Die volle Spier Toneel-program is op woordfees.co.za beskikbaar om af te laai. Die Toyota Stellenbosch Woordfees vind van 3 tot 11 Oktober 2026 plaas. Kaartjies by Quicket.



TIPPIE DIE OLIFANT BRING LEESPRET NA ELLEN VAN RENSBURG-BIBLIOTEEK

Jong boekwurms en hul gesinne kan uitsien na 'n besonderse oggend vol leespret wanneer Tippie die Olifant op Woensdag 12 Augustus om 11:00 die Ellen van Rensburg-biblioteek besoek.

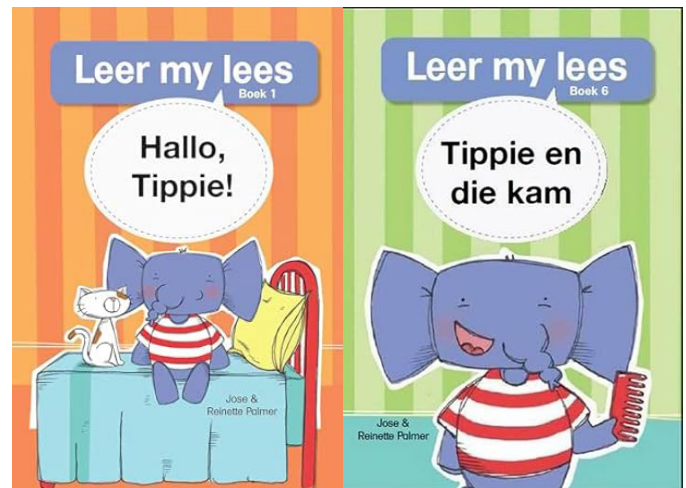
Die gewilde olifantjie, wat reeds duisende Suid-Afrikaanse kinders gehelp het om met selfvertroue te leer lees, kom kuier as deel van 'n spesiale geleentheid wat die wonder van boeke en die vreugde van lees vier.

Die Tippie-leesreeks, ontwikkel deur die ervare opvoeder José Palmer en remediërende terapeut Reinette Lombard, is een van Suid-Afrika se suksesvolste vroeë leesprogramme. Die boeke gebruik 'n gestruktureerde klankleerbenadering (fonika), herhaling en eenvoudige, boeiende stories om kinders stap vir stap te begelei op hul leesreis.

Met meer as 200 boeke wat oor verskillende leesvlakke strek en in beide Afrikaans en Engels beskikbaar is, ondersteun die reeks geleentheid in die Grondslagfase en sluit dit aan by die KABV-kurrikulum.

Tydens die besoek sal kinders die geleentheid kry om Tippie persoonlik te ontmoet, na stories te luister en eerstehands te beleef hoe boeke die deur na verbeelding, ontdekking en nuwe avonture oopmaak.

Die geleentheid is ideaal vir voorskoolse kinders, Grondslagfase-leerders, ouers, grootouers en onderwysers wat 'n liefde vir lees by jong kinders wil aanmoedig.



“Lees is een van die waardevolste geskenke wat ons aan 'n kind kan gee,” sê die biblioteekpersoneel. “Ons sien daarna uit om gesinne by die biblioteek te verwelkom en saam met Tippie die vreugde van lees te vier.”

Toegang is gratis en almal is hartlik welkom. Kom kuier op Woensdag 12 Augustus om 11:00 by die Ellen van Rensburg-biblioteek en ontdek waarom elke groot avontuur met die oopmaak van 'n boek begin.

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THE STORY BEHIND SOUTH AFRICA'S ALOES

South Africa is renowned for its breathtaking landscapes, diverse wildlife and remarkable plant life, but few plants are as iconic as the aloe. With their striking flower spikes, sculptural leaves and ability to thrive in harsh conditions, aloes have become a symbol of resilience and natural beauty. Found in gardens across the country and growing wild on rocky hillsides, these remarkable succulents have a story that stretches back millions of years.

South Africa is home to more than 170 indigenous aloe species, making it one of the world's richest centres of aloe diversity. From the towering Aloe ferox of the Eastern and Western Cape to the smaller grass aloes of the Highveld, each species has adapted to its own unique environment. In the Garden Route, several indigenous aloes flourish naturally, adding brilliant splashes of orange, yellow and red to the winter landscape.

The name "aloe" comes from the Arabic word alloeh, meaning "shining bitter substance", a reference to the sap found inside the leaves. For centuries, this gel has been valued by different cultures for its soothing properties and has been used traditionally to help treat minor burns, cuts and dry skin. While modern research continues to explore its benefits, aloes remain popular in both home gardens and commercial horticulture.

One of the most fascinating features of aloes is their ability to bloom during the cooler months, when many other plants are dormant. Their tall, nectar-rich flowers provide an important food source for sunbirds, sugarbirds, bees and other pollinators at a time when nectar can be scarce.

In this way, aloes play a vital role in supporting biodiversity and maintaining healthy ecosystems.

Their remarkable ability to survive long periods without rain is another reason for their success. Thick, fleshy leaves store water, while a protective outer layer helps reduce moisture loss. These natural adaptations allow aloes to withstand drought, making them an excellent choice for water-wise gardening, particularly in regions where conserving water is increasingly important.

Today, aloes are celebrated around the world, yet they remain deeply rooted in South Africa's natural heritage. They feature in botanical gardens, public landscapes and countless home gardens, admired for their beauty as much as for their resilience. Whether growing on a rugged mountainside or in a suburban flower bed, aloes remind us that some of nature's greatest treasures are also among its toughest.

By planting indigenous aloes, homeowners do more than add colour to their gardens. They provide food for wildlife, support local biodiversity and help preserve one of South Africa's most extraordinary botanical legacies. Every flowering aloe tells a story of adaptation, survival and the remarkable richness of our country's natural world.

Source: South African National Biodiversity Institute (SANBI) – PlantZAfrica: Aloes



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CHRISTELIENTJIE SE SONSKYN

Sommige kinderboeke vertel net 'n storie, maar ander laat jong lesers die wêreld met nuwe oë sien. Christelientjie die Sonskynfeetjie van die Grootrivier deur Riana Scheepers is een so 'n boek. Dit is 'n hartroerende verhaal oor aanvaarding, moed en die besondere lig wat elke kind na die wêreld bring.

Die verhaal speel af in die magiese Grootrivier-woud waar feetjies, dwergies en ander bosbewoners saam woon. Tussen hulle is Christelientjie, 'n sonskynfeetjie met Downsindroom. Sy vind sommige dinge moeiliker as die ander feetjies, maar haar vriendelikheid, deursettingsvermoë en hart van goud maak haar besonder. Wanneer sy glimlag, lyk dit asof die son deur die bome skyn.

Wanneer die hooghartige Kolonel Wolhuter Wurm Christelientjie beledig en onderskat, kies sy nie om kwaad of wraaksugtig te wees nie. Sy reageer met geduld en deernis.

Later, wanneer die wurm haar hulp nodig het, wys sy dat ware wysheid nie lê in perfeksie of fisieke vermoëns nie, maar in die manier waarop ons ander behandel. Die verhaal leer kinders dat elke mens uniek is en dat ons verskille iets is om te waardeer eerder as om te vrees.

Die boek het sy oorsprong in 'n baie persoonlike verhaal. Riana Scheepers vertel dat haar vriendin, Ninette Steyl, die inspirasie vir Christelientjie was. Ninette het gedroom van 'n feetjieverhaal vir haar dogter, Christi, wat met Downsindroom leef. Daardie droom het gelei tot die skepping van 'n karakter wat vandag kinders én volwassenes se harte raak.

Christelientjie is nie 'n feetjie wat jammer gekry wil word nie – sy is vrolik, dapper en wys op haar eie unieke manier.

Met die kleurvolle illustrasies van Elsabé Ebersöhn word die Grootrivier-woud lewendig en vol karakter. Elke feetjie en dier is anders, wat die boodskap van diversiteit en insluiting op 'n natuurlike manier versterk.

Die boek bied ook vir ouers, onderwysers en versorgers 'n waardevolle geleentheid om met kinders te gesels oor empatie, respek en die feit dat elke persoon iets anders het om by te dra.

Christelientjie die Sonskynfeetjie van die Grootrivier is veel meer as 'n fantasieverhaal. Dit is 'n viering van menswees en 'n herinnering dat ware skoonheid in vriendelikheid, liefde en aanvaarding lê. Dit is 'n boek wat jong lesers sal laat glimlag en volwassenes sal herinner dat elke kind die vermoë het om lig in ander se lewens te bring.

Besoekers aan **Musefees 2026** sal die geleentheid kry om Ninette Steyl uit hierdie besondere boek te hoor voorlees op 26 September van 11:00 tot 11:45 by die NG Kerkzaal in Langstraat. Boeke sal ná afloop van die voorlesing beskikbaar wees.

Bron: Onderhoud met Riana Scheepers deur Izak de Vries op LitNet, asook Netwerk24 se resensie van Christelientjie die Sonskynfeetjie van die Grootrivier.



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IS NEGLECT SUSTAINABLE?

Mossel Bay proudly promotes itself as one of South Africa's best run municipalities, and in many respects that reputation is well deserved. Yet if one has to travel between its different neighbourhoods one begins asking an uncomfortable question. Are all communities receiving the same standard of waste management?

Drive through parts of KwaNonqaba and Wolwedans and the situation is difficult to ignore. Stormwater channels collect plastic bottles, food packaging and general refuse. Green belts and play areas are dumping grounds.

Tributaries feeding our rivers are left to trap litter only for the first heavy rains carry it downstream, depositing it in our estuaries and along our coastline. Why are these areas allowed to reach such a state before action, if any, is taken?

Every plastic bottle, chip packet and discarded takeaway container left in a stormwater channel doesn't simply disappear. It is carried into streams, rivers, estuaries and ultimately the ocean. By the time volunteers spend hours collecting it from our beaches, the damage has already begun.

This is not simply an environmental issue. It is a service delivery issue. Stormwater systems are designed to carry water, not rubbish. When drains become blocked, flood risks increase.

Litter attracts vermin, creates health concerns and sends a powerful message that neglect is acceptable.

One cannot help but notice that similar accumulations in other parts of Mossel Bay often receive attention far sooner. Whether this is due to resource allocation or operational priorities the perception of unequal service grows along with the squalor.

Every resident contributes to society, whether through rates, taxes or via the broader economy. Every child regardless of demographic deserves to grow up beside clean parks, healthy streams and litter-free public spaces, regardless of their address.

This is not a criticism of the municipal workers on the ground as many perform an exceptional job under challenging conditions. Instead, it is about ensuring that available resources are deployed equitably and proactively rather than selectively and whether they are being deployed where they are needed most before problems escalate, instead of just attending to window dressing.

Preventing litter from entering our waterways in the first place is good governance. If Mossel Bay wishes to retain its reputation as one of South Africa's most sustainable municipalities, then that green standard must be visible everywhere.

Cleanliness cannot be selective. Environmental stewardship cannot depend on where people live. Simply equal communities deserve equal service, equal care and equal dignity.

Scott Thomson



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THE PILGRIM PASSPORT (CREDENCIAL)

The Credencial, or Pilgrim Passport, is an essential document that can be obtained through pilgrimage associations or by correspondence. It is required for access to most pilgrim accommodations and serves as proof of your journey.

PLANNING YOUR ROUTE

Before setting out, determine which Camino route best suits your goals and abilities. Consider the total distance, expected duration, daily stages, and possible rest days. A realistic itinerary helps avoid unnecessary fatigue and allows you to fully appreciate the experience.

To be continued...

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LE VOYAGE

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CHILDREN LEARN THROUGH THEATRE

Stories have always played an important role in a child's development, but when those stories are brought to life through theatre and puppetry, they become even more powerful learning experiences. Watching characters perform on stage, interacting with puppets and participating in storytelling activities helps children develop language, creativity and confidence in a way that is both enjoyable and educational.

Theatre encourages children to use their imagination. As they watch actors or puppeteers perform, they begin to picture new worlds, understand different characters and think about how stories unfold. This creative thinking helps strengthen problem-solving skills while encouraging curiosity about books, learning and the world around them.

Puppetry is especially valuable for younger children. A puppet creates a fun and welcoming environment where children feel comfortable responding to questions, joining conversations and expressing their own ideas. Many educators use puppets because children often relate to them in a natural way, supporting language development, vocabulary growth and communication skills while helping children build confidence.

Theatre also supports literacy. As children follow a story from beginning to end, they learn about sequencing, characters, settings and problem-solving. They are exposed to new words and phrases in context, while movement, music, facial expressions and emotion help bring stories to life in memorable ways.

Another important benefit is the development of social and emotional skills. Through stories, children learn about kindness, friendship, honesty, courage and empathy. Watching characters overcome challenges teaches valuable life lessons, while interactive performances encourage teamwork, listening and respect when children are invited to participate.

Visitors to **Muse Festival 2026** will have the opportunity to experience these benefits firsthand when ATKV Children Theatre with Puppetrix presents two special performances for young audiences.

The first performance takes place on Friday, 25 September 2026, at the Thusong Centre, Mossel Bay, as part of the Muse Festival outreach project. Families can also enjoy a second performance on Saturday, 26 September 2026, at the NG Church Hall, 10 Long Street, where children aged 2 to 9 years can experience the magic of live theatre and puppetry in an engaging and interactive setting.

Community theatres, schools, libraries and festivals all play an important role in creating these opportunities. By giving children access to storytelling performances, they help nurture imagination, improve communication skills and encourage a lifelong love of books. Experiences like these remind us that learning does not only happen in a classroom—it also happens through laughter, creativity and the shared joy of a great story.

Source: Olivia Karaolis – MDPI Education Sciences

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VUUR BLUS NIE VUUR NIE

Dis darem 'n groot ontnugtering wanneer iemand goedsmoeds 'n moeilike saak wil aanraak en dan met 'n vuishou in die maag begroet word! Emosionele intelligensie wys duidelik tydens die hantering van konflik.

Ek lees 'n artikel in A Conscious Rethink oor sewe dinge wat emosioneel intelligente mense doen tydens konflik:

2. Hulle STOP (Stop-Take a breath-Observe-Proceed), want 'n geklater en 'n in-die-rede-gevalle is beslis 'n groot 'nee' vir die emosioneel intelligente persoon. Om te wag en stil te bly wys dat jy nie belangstel om te baklei nie, maar eerder om die probleem op te los.
2. Emosioneel intelligente mense luister om te verstaan voor hulle antwoord. Hulle toon dus respek vir die ander se opinie en skep ruimte vir empatie – begrip vir 'n ander se opinie. Empatie tel hóóg op die EI-skaal.
3. Die emosioneel intelligente persoon neem verantwoordelikheid vir hul aandeel in die konflik, want agter so iemand skuil daar nie 'n ego nie. Aanspreeklikheid eerder as blaamverskuiwing.

4. Emosioneel intelligente mense hou hulle oog op die bal. So voorkom hulle die afdraaipaaie en die slote waarin ou koeie lê en grinnik. Hulle behou dus fokus op dit wat in daardie gegewe oomblik aangespreek of opgelos moet word.
5. Hulle raak nie betrokke in persoonlike aanvalle nie. 'n Persoonlike aanval getuig van swak emosionele regulering en so 'n persoon het geen behoefte om die probleem aan te spreek nie. Hulle is die vuilspelers. Run Forest, run!
6. Om gemaklik te wees met ongemak getuig van goeie EI, want emosioneel intelligente mense besef dat gemak met ongemak die ongemak van sy krag stroop.
7. Emosioneel intelligente mense bewaar hul integriteit tydens konflik en verstaan dat hulle nie die 'wenner' hoef te wees nie. Mens hoef nie die laaste sê te hê nie.

Konflik gaan daar wees. So, jy kan die vuur stook of dit blus. Wat jy kies, is egter sonder twyfel 'n getuigskrif van jou emosionele intellek.

Marika du Toit-van Heerden

THE GRAVITY BETWEEN US

Love has always fascinated me. Not because it is rare, but because so many people quietly believe it will never happen to them. We spend years wondering if we are enough, trying to become the version of ourselves we think someone else might choose, while forgetting that the greatest love stories have never been built on perfection.

They have always been built on authenticity.

For years, I believed there were parts of me I needed to change. I am deeply emotional. I overthink. I feel life intensely. I need reassurance from the people I love. The world often teaches us to see those things as weaknesses, especially in men. So, like many people, I tried to hide them.

Then I met someone who loved those very parts of me.

She taught me something I wish I had understood years earlier. The qualities the wrong person struggles to accept are often the very qualities the right person will treasure. Love does not ask us to become someone else. It quietly gives us permission to become more of who we have always been.

The greatest surprise was not that I found love. It was when I found it.

My life was anything but perfect. My career was uncertain. Finances were under pressure. I was rebuilding more than I was arriving.

Yet she never fell in love with my circumstances. She saw beyond them. She saw my heart.

Perhaps that is what real love has always done. It looks beneath the surface.



Relationships are rarely sustained by grand gestures alone. They are built through ordinary moments that quietly become extraordinary. A good morning message before the day begins. A random "I'm thinking of you" during a busy afternoon. A conversation that reminds you that, no matter how demanding life becomes, someone has chosen to keep choosing you.

Those small moments become the gravity that holds two hearts together.

If you have not found that kind of love yet, do not lose hope. Do not become someone else simply to be accepted. Learn your own heart first. Embrace the things that make you different. The right person will never ask you to hide them.

Somewhere, another heart is learning the same lessons you are. One ordinary day, your paths may cross. Not because life is predictable, but because love has a remarkable way of finding us when we have finally stopped pretending to be anyone other than ourselves.

Sometimes the strongest forces in life are the ones we cannot see. Just like gravity.

CALLING ALL TAMAGOTCHI KIDS

The generation raised on digital pets may now be called to care for something far greater

In January 2009, I had the honour — or rather unavoidable duty, as the father of a 21-year-old son — of proposing a toast at his birthday celebration.

The audience consisted of about 40 of his friends, most of whom were likely more focused on the “jelly wrestling party” scheduled for later that evening than on any speech I might deliver. Undeterred, I raised a toast to what I called the “Tamagotchi kids.”

Millennials — those born between 1981 and 1996 — were the first generation whose “pets” were digital. Small handheld devices that beeped for attention, demanding to be fed, cleaned and cared for. They are also the generation that formed the bridge between the analogue world and the fully digital age — the first to embrace smartphones, the internet, and constant connectivity.

That evening, I suggested that within 20 years, this generation would be called upon — indeed required — to take responsibility for addressing many of the challenges facing humanity and the planet.

That was 17 years ago.

So, to the Tamagotchi kids — now adults — who learned not to ask, “Who knows the answer?” but rather, “How do I find the answer?” — your time has arrived.

You are the knowledge-on-demand generation. You have grown up through the internet explosion, the 2008 financial crisis, the mobile revolution, the rise of artificial intelligence, a global pandemic, and the shift to remote work.

You have adapted. You have learned. You have connected.

You have built networks, developed skills, and shown a clear inclination towards purpose, sustainability and social impact. You support environmental responsibility, fair labour, and a more balanced way of living. And perhaps most importantly, you understand change — not as a threat, but as a constant.

Your older counterparts, Generation X, stand alongside you, having also navigated rapid transformation. But the moment now calls for something more. It calls for leadership.

It may even require that the baby boomers — the grandparents of today — begin to step aside. Not in absence, but in recognition that the systems and approaches of the past are not always suited to a world that moves at the speed of “now”.

So, calling all Tamagotchi kids...

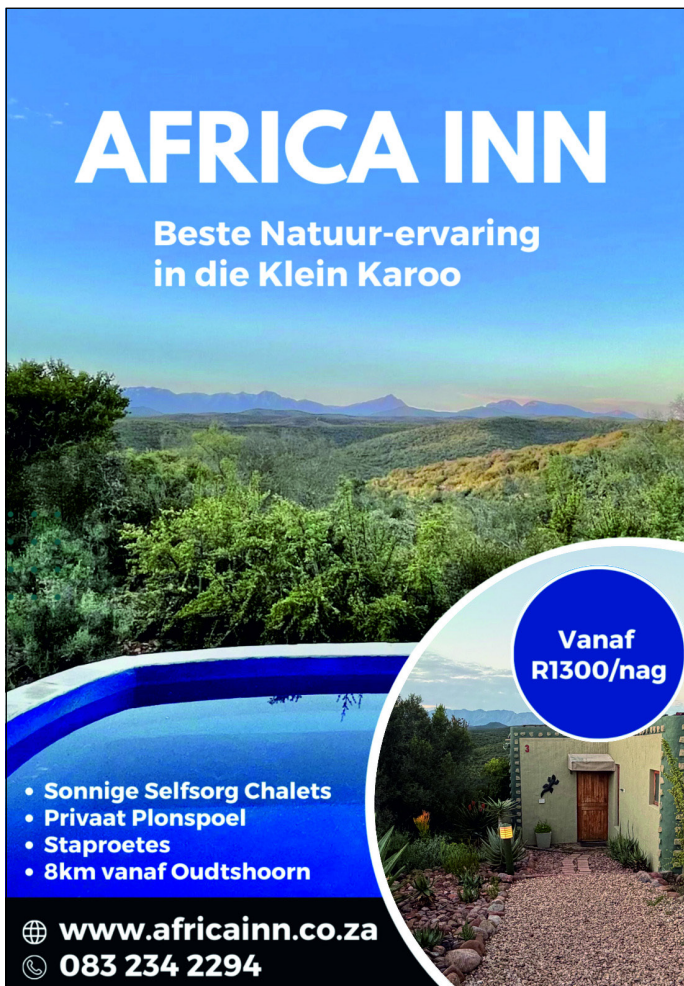
The time you were once warned about has arrived.

Step forward. Take your place.

The world, in all its complexity, is now yours to care for.

“You were the first to care for digital lives — now you are called to care for the real one.”

Harry Trisos



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THE PRICE OF IGNORANCE

Much has been written about the need to heed conditions of contracts and especially Deeds of Sale. The Latin phrase "Caveat Subscriptor" – let the signor beware applies in the event of all contracts. The implication is that once a person signed a legal document, he or she is bound by all its terms and conditions. Whether the signatory read the document, understood the conditions thereof or agreed with the fine print.

Another legal principle also applies – Ignorance of the law is no excuse.

And these two principles pose a significant challenge for landowners and business owners – the law presupposes an obligation on a purchaser to investigate all applicable conditions associated with any product or item purchased as well as an obligation to ensure that the entity who offers the item for sale is authorised to sell the item. But in the end, the obligation rests on the purchaser that he or she is familiar with the agreement entered into.

A particular challenge is to remain aware of new developments in an area or applicable laws – environmental, municipal bylaws and consumer laws develop continuously, imposing new obligations on all citizens. You may purchase a property and although you familiarised yourself with the conditions of the title deed and the agreement of sale, but you did not verify the provisions applicable to the area where this property is situated – is it within an environmental sensitive area, adjacent to a protected area, or after you purchased the property, it falls in a newly developed estate or a gated area.

Landownership entails a continuous obligation to remain aware of new developments and the changing legal environment. Because non-compliance with contract conditions may result in cancellation of the agreement, associated with extensive legal fees or even forfeiture of money spent to date on the purchase price or improvements to the property. Fines that can be imposed in the event of non-compliance with laws are continuously increased – non-compliance with requirements of environmental legislation was increased to a maximum of R10 million over the past years.

The message from the legislators is clear – choose to ignore the law at your own risk and costs ...

And the challenge to landowners remain – be involved in community affairs to remain informed, consult the written and social media and preferably, regularly consult with legal specialists to ensure you are aware of changes in legislation or your legal position.

Knowledge is power and peace of mind.

Ina Bezuidenhout

10 INCREDIBLE FACTS ABOUT WHALES

1. A blue whale's heart is about the size of a small car. It can weigh more than 180 kilograms, making it the largest heart of any animal.
2. Whales have names for each other. Some species use unique calls to identify individual members of their group.
3. The blue whale is louder than a jet engine. Its powerful calls can travel hundreds of kilometres through the ocean.
4. Some whales sleep with only half their brain at a time. This allows them to continue breathing while they rest.
5. Whales evolved from land animals. Their ancestors walked on four legs around 50 million years ago.
6. A narwhal's famous "horn" is actually a tooth. It can grow up to 3 metres long and contains millions of nerve endings.
7. Humpback whales use bubble nets to catch fish. They work together to trap fish before swimming up to feed.
8. Sperm whales have the largest brain of any animal. It can weigh around 8 kilograms, about six times heavier than a human brain.
9. Whales help keep the oceans healthy. They recycle nutrients and play an important role in marine ecosystems.
10. Orcas are the largest members of the dolphin family. They are highly intelligent and hunt together in close family groups.

Source: Whale and Dolphin Conservation and National Oceanic



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CARING FOR THE SOUL WITHIN

How much time do we spend caring for the physical body? We wash, prepare food, eat, dress, cut our hair, exercise, shop, study, and develop skills so that we can live and contribute in the physical world. These daily routines are necessary, and they can easily take three to four hours of an adult's day.

Yet the body is temporary; it is the instrument through which the soul learns, grows, and serves. If the soul continues beyond the physical body, then it too deserves care, attention, and discipline. The real question is not only how much time we give to the body, but how much time we give to the inner life that shapes who we become and what we bring back to humanity.

I once heard an example that stayed with me: a fish does not need swimming lessons, yet it swims; a bird does not need to be taught how to fly, yet it flies. Each one lives according to its natural design. This makes me wonder why we so often spend our time learning, striving, and chasing things that may not be aligned with what God intended for us.

Perhaps spiritual development begins when we stop forcing the outer life and start listening for the inner wisdom that already knows the way. This is where spiritual development becomes practical. It is not separate from the body, mind, and emotions; it is the quiet centre that helps them work together.

When the inner life is neglected, the outer life can become restless. When the soul is nourished, the whole person begins to move with greater peace and purpose.

Body, mind, emotion, and soul are aligned when they move in the same direction and share the same inner energy, vibration, or frequency. In that harmony, we become more open to moments of greatness, and sometimes even miracles.

Belief helps us find synergy within. Emotions are not obstacles to learning; they are part of the way we grow. Success begins when I believe I can succeed. Love begins when I learn to love myself. Joy begins when I allow myself to laugh fully, from deep inside. In silence and reflection, we return to the quiet power that has always been within us.

Danette Roux

The Egoic Lotus

Who am I?

by **Danette Roux**
Arhatc Yogi • Author • Pranik Healer • Reiki Master
 Perpetual Student

DATE:
FRIDAY, 21 AUGUST 2026

TIME: 11:00 AM

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	Times of												
Day	Sunrise	Sunset	High Water				Low Water				Moonrise	Moonset	Moon Phase
			Time	Height	Time	Height	Time	Height	Time	Height			
1	0724	1751	0504	1.97	1728	2.06	1107	0.29	2331	0.41	2045	0854	
2	0723	1752	0535	1.94	1800	2.05	1135	0.32	----	----	2146	0919	
3	0722	1752	0609	1.88	1835	2.00	0006	0.45	1205	0.38	2248	0945	
4	0721	1753	0645	1.78	1915	1.91	0044	0.51	1237	0.49	2353	1013	
5	0720	1754	0728	1.65	2004	1.80	0126	0.59	1316	0.62	----	1045	
6	0720	1755	0822	1.51	2110	1.68	0219	0.69	1409	0.77	0102	1122	
7	0719	1755	0946	1.40	2245	1.61	0334	0.79	1547	0.90	0213	1206	
8	0718	1756	1158	1.43	----	----	0538	0.79	1821	0.85	0324	1301	
9	0717	1757	0027	1.66	1324	1.61	0711	0.66	1936	0.67	0432	1406	
10	0716	1757	0139	1.80	1417	1.83	0807	0.49	2028	0.49	0531	1519	
11	0715	1758	0233	1.95	1501	2.02	0851	0.33	2112	0.34	0622	1634	
12	0714	1759	0319	2.06	1541	2.17	0929	0.21	2152	0.26	0703	1747	
13	0713	1759	0359	2.13	1618	2.25	1004	0.13	2230	0.23	0738	1858	
14	0712	1800	0436	2.13	1654	2.27	1036	0.12	2305	0.26	0808	2004	
15	0711	1801	0511	2.07	1728	2.21	1106	0.17	2338	0.34	0836	2109	
16	0710	1801	0544	1.97	1801	2.10	1135	0.27	----	----	0903	2211	
17	0709	1802	0616	1.84	1832	1.95	0009	0.45	1203	0.41	0931	2313	
18	0708	1803	0647	1.68	1902	1.78	0039	0.58	1231	0.57	1000	----	
19	0707	1803	0719	1.53	1936	1.61	0111	0.71	1301	0.75	1032	0014	
20	0706	1804	0801	1.37	2024	1.44	0148	0.84	1342	0.92	1109	0114	
21	0705	1805	0932	1.25	2216	1.33	0248	0.96	1515	1.07	1152	0213	
22	0704	1806	1247	1.33	----	----	0617	0.98	1839	1.01	1240	0309	
23	0703	1806	0042	1.40	1337	1.49	0725	0.84	1930	0.86	1334	0400	
24	0702	1807	0137	1.53	1410	1.64	0800	0.70	2004	0.71	1433	0445	
25	0701	1808	0213	1.67	1438	1.79	0829	0.55	2035	0.57	1533	0524	
26	0659	1808	0244	1.80	1506	1.93	0855	0.42	2104	0.45	1634	0600	
27	0658	1809	0313	1.91	1533	2.04	0921	0.32	2134	0.36	1736	0629	
28	0656	1810	0341	1.99	1601	2.14	0947	0.24	2204	0.29	1837	0657	
29	0654	1811	0410	2.04	1630	2.19	1013	0.19	2235	0.26	1937	0723	
30	0653	1811	0440	2.05	1659	2.21	1039	0.19	2306	0.27	2041	0749	
31	0652	1812	0511	2.02	1731	2.17	1107	0.24	2339	0.31	2146	0817	

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