

THE POST



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Elisleen Jacobus

“Across every changing season, the earth reminds us that growth takes patience.” — Unknown

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THE HIDDEN LIFE OF OUR FORESTS

A forest may appear peaceful, but it is never truly quiet. Beneath the birdsong and rustling leaves, countless organisms are feeding, communicating, decomposing and rebuilding. Much of the activity that keeps a forest alive happens beyond human sight.

Under the soil, tree roots share space with fungi, bacteria, insects and earthworms. Some fungi form partnerships with roots, helping trees absorb water and essential minerals. In return, the trees provide sugars created through photosynthesis. Fine fungal threads can extend far beyond the reach of a tree's roots, creating intricate underground connections between plants and soil.

These networks are sometimes described as a "wood wide web", but scientists caution against imagining trees consciously talking or helping one another. Nutrients and chemical signals can move through these systems, yet the relationships may involve cooperation, competition or both. The forest floor is not a peaceful community with human intentions. It is a living marketplace in which every organism is trying to survive.

Even a fallen tree remains remarkably busy. What appears to be dead wood

becomes food and shelter for fungi, beetles, mosses and other organisms. As they break the timber down, nutrients return to the soil and become available to new plants. Forest Research notes that dead and decaying trees are essential to forest biodiversity, soil fertility and the movement of energy through an ecosystem.

Above ground, another hidden world exists in the canopy. Leaves, branches and hollows create homes for birds, insects, reptiles, mammals, lichens and plants that grow upon other plants. Some species may spend most of their lives high above the ground, rarely entering the world that people see from a walking trail.

Trees are also constantly responding to their surroundings. They adjust their growth according to light, moisture, gravity, temperature and physical damage. When certain insects attack, some trees release airborne chemicals. Nearby plants may detect these compounds and prepare their own defences. Other scents can attract predators that feed on the attacking insects.

Forests also create their own conditions. Their canopies intercept sunlight and rain, while fallen leaves protect the

ground and hold moisture. Roots stabilise soil, and the slow decomposition of organic material stores and recycles carbon. Remove enough pieces from this system and the effects can travel far beyond the missing trees.

This is why a forest cannot be understood merely by counting trunks. Its health depends on relationships between living trees, dead wood, soil, water, fungi, animals and organisms too small to see.

Protecting forests therefore means protecting far more than the trees we can see. Removing dead wood, disturbing the soil or destroying small habitats may interrupt relationships that have taken decades to develop. A healthy forest depends not only on its largest trees, but also on the smallest lives working quietly around them.

The next time you enter a forest, pause before calling it silent. Beneath your feet, inside rotting logs and high above your head, an entire world is constantly at work. What looks still is moving, what looks dead is feeding new life, and what appears separate is often deeply connected.

Source: Forest Research

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VIEWS
WELLNESS IMPORIUM

■ GRENSE: 'N HOEKSTEEN

'n Grens is die plek waar jy eindig en 'n ander begin. Dis die lyn waaroor daar nie getrap word nie. Dis nie 'n muur nie. Dis 'n heining. Ons sien mekaar en ons kuier oor die heining; die grens wat ons ruimte en ook ons verhouding beskerm.

Grense is die hoeksteen van ons emosionele welstand.

Iemand wat nie grense stel nie, verduur onaanvaarbare gedrag. Dikwels is dit die 'people pleasers' wat toelaat dat ander oor hulle loop en hulle misbruik. Hulle sê, 'ja' wanneer hulle heimlik 'nee' wou sê, want hulle is bang hulle stel mense teleur. Of hulle probeer konflik vermy of hulle vrees waarskynlik verwerping. Sulke mense is dikwels

meer bekommerd oor ander se siening van hulle as oor hul eie emosionele welstand.

Om nie grense te hê nie, is om te dink jy gooi jou grasperk nat terwyl jy besig is om die buurman se gras water te gee. Kort voor lank geniet Buurman lowergroen gras terwyl jou lappie geel en verdor lê. Die gevolg? Wrewel. Want mettertyd groei 'n stille bitterheid wanneer ons ons eie behoeftes en waardes bly oorsien. Om 'n grens te stel is ongemaklik, maar Brené Brown, maatskaplike werker en navorser beveel aan dat jy liefs die aanvanklike ongemak bo wrewel moet kies.

"Daring to set boundaries is about

having the courage to love ourselves, even when we risk disappointing others." "Nee" is nie selfsugtig nie, dis selfrespek. Dis nie verwerping van ander nie, dis bevestiging van wie jy is. Dit skep duidelikheid en mense weet waar hulle met jou staan. Grense is daarom die geskenk wat jou die vrymoedigheid gee om eerlik te kan leef en om verhoudings te handhaaf wat gebou word op respek, vertroue en duidelikheid.

Sonder grense moet jy vat wat jy kry. Met grense kan jy kry wat jy vra. En van mense wat nie jou grense respekteer, raak jy eenvoudig ontslae.

Kapiesj.

Marika du Toit-van Heerden

■ THE WAY OF ST. JAMES (CAMINO DE SANTIAGO)

In France, pilgrims generally follow the GR (Grande Randonnée) trails. In Spain, the Camino routes are clearly marked with the famous yellow arrows and scallop shell symbols guiding pilgrims toward Santiago.

Choosing the right footwear is perhaps the most important decision. Select lightweight, flexible hiking shoes and break them in well before departure. Your backpack should have a capacity of 30 to 40 litres and weigh no more than 10–15 kg for men and around 8 kg for women. A rain cover is highly recommended.

Essential items include a flashlight, sleeping bag or sleeping sheet, insulated water bottle, phone charger, toiletries, and earplugs for light sleepers. Clothing should be adapted to the season and include rain protection, spare underwear, and extra socks. A basic first-aid kit should contain antiseptic, pain relievers, bandages, adhesive tape, and anti-diarrheal medication.

The Camino is much more than a long-distance walk. It is an invitation to simplify life, detach from daily routines, and embrace openness, listening, and mutual support. Every encounter with another pilgrim becomes an opportunity for discovery and meaningful exchange. Many experienced pilgrims suggest leaving the watch behind and allowing the rhythm of nature and daylight to guide each day.

Good health and regular training are essential. Begin with short walks of around 5 kilometres and gradually increase the distance to 10, 15, and eventually 20 kilometres. Consistency is more important than speed, and gradual

preparation greatly reduces the risk of injury.

The Camino de Santiago is not merely a destination—it is a transformative journey. Careful preparation of the body, mind, and spirit allows every pilgrim to fully embrace the unique experience of walking one of the world's most celebrated pilgrimage routes.

FRENCH

En France, les pèlerins suivent généralement les sentiers GR (Grande Randonnée). En Espagne, le Camino est balisé par les célèbres flèches jaunes et les coquilles Saint-Jacques qui guident les marcheurs jusqu'à Compostelle.

Le choix des chaussures est sans doute l'élément le plus important. Optez pour des chaussures de randonnée légères et souples, et prenez soin de les roder avant le départ. Votre sac à dos devrait avoir une capacité de 30 à 40 litres et ne pas dépasser 10 à 15 kg pour les hommes et environ 8 kg pour les femmes. Une housse imperméable est vivement recommandée.

Parmi les équipements indispensables figurent une lampe de poche, un sac de couchage ou un drap de sac, une gourde isotherme, un chargeur de téléphone, une trousse de toilette ainsi que des bouchons d'oreilles pour les personnes au sommeil léger. Les vêtements doivent être adaptés à la saison et inclure une protection contre la pluie, des sous-vêtements de rechange et plusieurs paires de chaussettes. Une trousse de premiers soins devrait contenir un antiseptique, des antalgiques, des bandages, du sparadrap ainsi

qu'un traitement contre les troubles digestifs.

Le Chemin est bien davantage qu'une simple randonnée. Il invite à la simplicité, au détachement du quotidien, à l'écoute et à l'entraide. Chaque rencontre avec un autre pèlerin devient une occasion de découverte et de partage. De nombreux marcheurs expérimentés recommandent même de laisser la montre de côté et de se laisser guider par le rythme naturel du soleil.

Une bonne condition physique et un entraînement régulier sont indispensables. Commencez par des marches de 5 kilomètres, puis augmentez progressivement à 10, 15 et enfin 20 kilomètres. La régularité est plus importante que la performance, et une préparation progressive réduit considérablement les risques de blessure.

Le Chemin de Saint-Jacques n'est pas seulement une destination, c'est une expérience de transformation personnelle. Une préparation attentive du corps, de l'esprit et du matériel permet à chaque pèlerin de vivre pleinement l'une des plus grandes aventures humaines et spirituelles au monde.



CAMINO DE SANTIAGO

SANTIAGO-COMPOSTELA.NET

Jean Robert Fortina

LIFE IS THE SPECIAL OCCASION

Why are we saving our favourite things for “one day” when today is already worth celebrating? Do you own something you’re “saving”?

Not because you can’t use it, but because it feels too special.

Maybe it’s a luxurious candle that’s sitting at the back of your bathroom cupboard that’s gathering dust. Or the perfume you spray only twice a year because it was an expensive purchase. Perhaps it’s the outfit hanging in your wardrobe waiting for an invitation worthy of it.

We all have that one thing.

Somewhere along the way, we’ve decided that ordinary days weren’t quite good enough.

We tell ourselves that we’ll use the nice things one day. When friends visit. When the kids are older. When life slows down. When there’s something to celebrate.

Life however, doesn’t send out a calendar invite announcing the perfect moment. Instead, it sneaks up on us.

It’s laughing so hard over dinner that

your cheeks ache. Watching a glorious Garden Route sunset. Your first cup of coffee before the rest of the house wakes up. An unexpected phone call from someone you haven’t spoken to in ages.

Those are the moments we remember. Not because everything was perfect, but because we were present enough to enjoy them. I’ve started wondering if we’re so busy protecting our favourite things that we forget that they were made to be enjoyed.

Candles are supposed to burn. Perfume is meant to be worn. The beautiful, unused notebook wasn’t designed to live out its days with perfectly blank pages.

Then there are the things we save for “the best”. The fancy plates and wine glasses only come out when guests are over.

Sadly, they spend more time in the cupboard than on the table. It makes you wonder who we’re really saving them for.

The same goes for clothes. If you’re constantly waiting for the right occasion, there’s a good chance you’ll eventually be asking yourself why you never wore your favourite dress when

you had the chance.

Life isn’t lived only on birthdays, anniversaries and holidays. Most of the best moments happen in between and when you least expect it.

So, light the candle regularly.

Wear the perfume proudly.

Order the dessert without hesitation.

Use the decorative plates even if dinner is just scrambled eggs on toast. If one gets chipped, it simply means it was part of real life – and that’s exactly what it was made for.

Remember, nine times out of ten, the special occasion you’ve been waiting for might never look the way you envisioned it.

It might be a simple Tuesday evening, surrounded by your nearest and dearest, realising that that an ordinary day is actually a pretty extraordinary thing.

Life isn’t something to save for later. It’s happening right now.

Kelli Romans

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BENEFITS OF HAVING A SPIRITUAL TEACHER

One of the greatest blessings on the spiritual path is having a genuine spiritual teacher. A true teacher not only shares knowledge but also provides guidance, inspiration, and practical methods that help us grow, serve, and unfold our highest potential.

1. CLEAR GUIDANCE ON THE SPIRITUAL PATH

A spiritual teacher helps you navigate your journey with wisdom and clarity. Instead of learning through trial and error alone, you receive practical guidance that helps you progress with confidence and purpose.

"Mysterious subjects become easy to understand due to transmission of the teachings to the students." – MCKS

2. PROVIDING SPIRITUAL ENERGY

A spiritual teacher does more than sharing knowledge – they radiate spiritual energy that uplifts and strengthens their students. Being in their presence or connecting with their teachings can inspire transformation, increase inner strength & awaken higher qualities within.

"The teacher provides Spiritual Energy! Just like roots provide nutrients to the flowers!" – MCKS

3. ACCELERATED SPIRITUAL GROWTH

The right teacher shares proven techniques, timeless wisdom, and valuable insights that can help you grow much faster than trying to discover everything on your own. Their experience shortens the path and helps you avoid common obstacles.

"The teacher is like the sun, always radiating light. As the teacher radiates light, it makes the teachings simple and clear." – MCKS

4. RECEIVING DIVINE HELP AND PROTECTION

Through the blessings and guidance of the spiritual teacher, students become more receptive to divine help and protection. By following the teachings, one creates the conditions to receive greater guidance.

"The Spiritual Path is more complicated than the Amazon. The Guru has already been through the forest. Follow the

guidance of the Teacher to avoid getting hurt." – MCKS

5. AWAKENING YOUR HIGHEST POTENTIAL

The purpose of a spiritual teacher is not to create followers, but to help awaken wisdom, love, and divine potential already within you. Their greatest joy is seeing their students grow into brighter channels of light and service.

"What is impossible for an ordinary person is possible with the blessings of God, the Guru and the higher beings." MCKS

We are deeply grateful to Master Choa Kok Sui, the Founder of Modern Pranic Healing and Arhatic Yoga, whose wisdom and teachings have made profound spiritual knowledge simple, practical, and accessible to people around the world. Through his life's work, millions have learned how to heal, meditate, transform their lives, and become instruments of loving service to humanity.

Material provided by
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Danette Roux



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STEP INTO SPRING WITH MOVEMENT

Did you know that movement matters more than workouts and is a surefire way to increase your longevity? That is because movement is the anti-ageing workout that doesn't involve a gym and it can be more easily achieved than you think.

Why movement matters.

Studies of the world's longest-living communities reveal a clear pattern: longevity is not built in gyms but through natural, everyday activities. These individuals move often, through ordinary daily life by walking, lifting, bending, and stretching. These activities support muscle, heart health, balance and metabolic function which is key for long-term physical independence.

Strength for healthy aging.

Muscle mass naturally declines with age affecting strength, balance, and even the ability to recover from illness. Maintaining muscle is one of the most important investments you can make in your future mobility without it being complicated.

Mobility to reduce stiffness.

Gentle stretches, slow rotational

movements for the hips and shoulders or short yoga-inspired flows can improve flexibility. Mobility also makes strength training safer and more effective. A few minutes daily can have a noticeable impact on how your body feels.

Here are 10 everyday ideas to easily weave movement into your daily Routine.

- **De-stress:** The Garden Route is brimming with beautiful beaches and forests to enjoy a gentle, de-stressing walk in nature.
- **Calorie Burn:** Swap the elevator for stairs to boost heart health and burn calories.
- **Stretching:** Pause every hour to loosen shoulders, hips, and spine by setting an alarm on your phone with a message: "Move for Life".
- **Dancing:** Put on a favourite song and dance freely – this is a great way to have fun and exercise simultaneously.
- **Cardio:** Housework activities like vacuuming, sweeping, or scrubbing doubles as cardio.
- **Strength:** Treat carrying shopping bags as a strength exercise.
- **Full-Body:** Gardening is a wonderful full-body activity providing time to think.

- **Play:** Toss a ball, chase your pet, or play tag with your children – A fun activity that burns calories while making meaningful memories.
- **Balance:** Stand on one leg while brushing teeth or waiting for the kettle to boil. Small challenges like this add up to make solid impact.

Movement does not need to be structured to be beneficial. By embedding small actions into daily life, you build strength, mobility, and resilience, laying the foundation for independence and vitality as you age.

Movement is not about a perfect routine, it's about what feels achievable – repeatable – enjoyable.

How are you going to start by putting the Spring back into your step this season?!

Wynnertü Brümmer

"Movement is not about perfection—it is about choosing small, enjoyable actions every day that keep you strong, energised and ready to live life fully."



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MUSEFEES 24 – 26 SEPTEMBER GROOT-BRAKRIVIER/GREAT BRAK RIVER



Groot feeste gebeur nie vanself nie. Dit verg mense met visie, harte wat saamklop en borge wat bereid is om in ons gemeenskap, ons kuns en ons erfenis te belê.

Danksy ons ongelooflike borge kan die Musefees mense bymekaarbring, plaaslike talent laat skitter en 'n verhoog skep waarop ons stories met trots vertel kan word. Aan elke borg wat hierdie droom moontlik maak: julle ondersteuning is nie net 'n bydrae nie – dit is die dryfkrag agter die Musefees.

Dankie dat julle ons erfenis help vier, ons talent help groei en die Musefees laat leef!

Great festivals do not happen on their own. They are made possible by people with vision, hearts that beat for their community, and sponsors who are willing to invest in our people, our talent and our heritage.

Thanks to our incredible sponsors, the Muse Festival can bring people together, give local talent a platform to shine and create a space where our stories can be shared with pride. To every sponsor helping to make this dream a reality: your support is more than a contribution – it is the driving force behind the Muse Festival.

📞 Laurinda: 082 738 8011 /musefees @musefees.2026 www.musefees.co.za

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BELLA'S KITCHEN: A SOUTH AFRICAN FOOD ODYSSEY

Isabella Niehaus se kulinêre loopbaan het nie in 'n professionele kombuis begin nie, maar heel toevallig in haar huis aan die Weskus. Sy was destyds 'n suksesvolle moderedakteur toe haar huis as die venue vir 'n troue gekies is. Die aand voor die geleentheid het haar voorgevoelens haar aangespoor om solank met die voorbereidings te begin. Gelukkig het sy geluister, want die volgende dag het die aangestelde sjef siek opgedaag. Met 'n kookrepertoire wat hoofsaaklik uit 'n goeie slaai, filet en enkele bygeregte bestaan het, moes Isabella skielik vir sowat 70 mense kosmaak.

Dié onverwagse ervaring het haar lewe verander. Haar besonderse huis, waar die leefruimte feitlik op die strand uitgeloop het, het gou vriende se aandag getrek. Hulle het haar gevra om vir hulle te kook, en kort voor lank het vriende ander vriende saamgebring. Só is Langtafel op die Duin gebore.

Elke Sondag het Isabella tafels uitgepak en haar huis vir 45 tot 50 vreemdelinge oopgestel. Die huis het weldra as Duinhuis bekendgestaan. Gaste het saam geëet, gelag en stories gedeel, en dikwels as nuwe vriende vertrek. Seekos was haar spesialiteit: oesters, mossels en vis op die braai, gevolg deur vleis en nagereg.

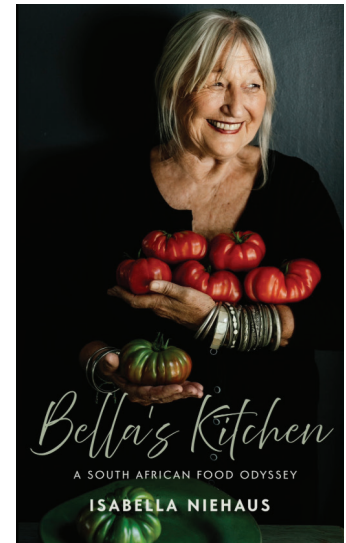
Vir Isabella gaan kos egter oor veel meer as wat op die bord verskyn. Sy glo dat kos mense verbind en ruimte skep vir vriendskap, vreugde en 'n bietjie alledaagse betowering. Haar kookfilosofie berus op vars bestanddele en die geleidelike opbou van geure. Sy berei kos voor verkieslik op die dag waarop dit bedien word en voel so sterk daaroor dat sy nie eens 'n vrieskas besit nie.

Vandag is Isabella 'n sjef, entrepreneur, kosstilis en bekroonde kookboekskrywer. Haar boeke sluit Duinhuis, Isabella's Mussel Feast, Isabella's Pork Feast en Daar's 'n Vegan op my Verandah in. Haar werk het ook internasionale erkenning by die Gourmand World Cookbook Awards ontvang.

Haar jongste boek, *Bella's Kitchen: A South African Food Odyssey*, is meer as 'n versameling resepte. Dit is 'n liefdesbrief aan die mense en plekke wat haar lewe gevorm het. Die boek volg haar reis van haar kinderjare in die Vrystaat, deur haar glansryke loopbaan as moderedakteur en haar lewe as moeder, tot die langtafels van Duinhuis en haar sukses as skrywer. Pragtige fotografie, persoonlike herinneringe en avontuurlustige resepte maak dit 'n weerspieëling van Bella self.

Musefeesgangers kan Isabella persoonlik ontmoet tydens haar boekbekendstelling en kulinêre demonstrasie op 25 September, van 10:30 tot 12:00, by Charcoal & Charm in Groot-Brakrivier. Kaartjies kos R220 per persoon en bespreking is noodsaaklik. Vir navrae en kaartjies, kontak 082 738 8011. Besoek ook die Musefees-kantoor by Ellen van Rensburg in die biblioteek. Dit belooft 'n smaakvolle en inspirerende Musefees-ervaring te wees.

Musefees



JORDAN ART ADRI STANDER

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10H00 – 16H00

25 SEPTEMBER

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26 SEPTEMBER

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CLEAN AIR FOR BLUE SKIES

The month of September is associated with Heritage Day in South Africa, celebrated on 24 September. And you are encouraged to celebrate our diverse and rich heritage this month – visit a local museum, learn a custom from other ethnic groups, or celebrate the day with the customary braai.... But I want to move the focus to another commemoration much earlier in the month – on the 7th the international community move the spotlight to the importance of blue skies; the strive for clean air to improve the health of societies and individuals, in order to strengthen the economy and face public health challenges.

It is a well-known fact that air pollution is a significant threat to public health and globally accounts for more than 8 million premature deaths every year – as per UNEP data. With every breath we take, we suck in whatever is in the air around us – soot, soil, dust. And if that air contains tiny particles that can damage our lungs, hearts and brains, our health is affected over time – strokes, heart, lung and lower respiratory diseases, diabetes, hampering cognitive development in children and even mental health problems are linked to exposure to contaminated air. Air pollution and climate change are

furthermore closely linked as major pollutants have been confirmed to impact on the climate and most share common sources with greenhouse gases – it is therefore evident that by improving air quality, health, development and the environment will benefit.

Harmful pollutants also cause crop damage, reducing productivity, eventually jeopardizing food security.

The main harmful components are fine particles (2.5 microns) or less in diameter (PM_{2.5}) and sulphates, ground-level ozone (a major component of smog). Other than other greenhouse gases and air pollutants, ozone is not emitted directly into the air – it forms through complex chemical reactions between other pollutants such as nitrogen oxides, methane, carbon monoxide and non-methane volatile organic compounds in the atmosphere in the presence of sunlight.

These pollutants are formed during high-temperature combustion processes such as electricity generation, industrial processes burning coal or gas and driving petrol or diesel vehicles.

It also occurs naturally in sources such as lightning and soil particles to a lesser extent.

We also know that air pollution has no boundaries – PM_{2.5} can travel hundreds or thousands of kilometres. It is therefore not a localized problem.

If this is the problem, how can we take action to improve air quality? A collaborative effort is required from individuals, civil society, schools and tertiary institutions, cities and authorities.

Initiatives can include reduction of waste, cutting out single-use plastics, recycling of non-organic waste, re-use of plastic bags and not burning waste, joining awareness groups, implementing initiatives for cleaner production technologies, approval of cleaner energy processes come to name a few.

What we need to keep in mind is that we all have a responsibility to accelerate our actions for cleaner air and blue skies to protect public health, generate economic benefits and accelerate progress.

Ina Bezuidenhout



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■ READ BEFORE YOU SIGN

The smallest words in a contract can carry the biggest consequences. Cancellation fees, automatic renewals, interest charges and limits on refunds are often hidden in sections people skip. By signing a document or clicking “I agree”, consumers may accept conditions they have not read and only discover them when they want to cancel, return something or dispute a charge.

Fine print appears everywhere. It can be found in cellphone contracts, gym memberships, rental agreements, online subscriptions and credit applications. The advertisement may focus on a low monthly payment or an introductory offer, while the full cost and important restrictions appear much later in the agreement.

One common mistake is looking only at what must be paid each month. A small instalment can make an expensive purchase appear affordable, even when interest, service fees and the repayment period increase the final amount. Before agreeing, calculate the total cost over the contract and ask whether any additional charges may be added.

Automatic renewal clauses deserve attention. A free trial or subscription may begin charging the full price when

the promotional period ends. Some fixed-term agreements may continue on a month-to-month basis unless the consumer cancels them. Knowing the cancellation procedure, required notice period and possible penalty can prevent an unpleasant surprise.

Consumers should check what happens when something goes wrong. Does the contract allow a refund? Who is responsible if goods are damaged or a service is interrupted? Can the supplier change the price or conditions? Are there exclusions that could affect an insurance claim or warranty? These details may matter more than the promises printed in large letters.

Never allow a salesperson to rush you into signing. Take the agreement home if possible, read every page and ask for unclear terms to be explained. Request a copy for your records. Verbal promises should be included in writing, especially if they influenced your decision. If the written agreement says something different from what was promised, resolving the disagreement may become difficult.

South Africa’s Consumer Protection Act gives consumers the right to information presented in plain and

understandable language. It also protects consumers against certain unfair, unreasonable or one-sided terms. Important limitations and risks should not be hidden in a way that prevents an ordinary consumer from understanding their significance.

The law offers protection, but careful reading remains one of the strongest defences. Check the dates, costs, penalties, exclusions and cancellation rules. If an agreement involves a financial commitment or contains terms you do not understand, consider obtaining independent advice before signing.

People should be especially cautious when completing agreements online. It is easy to tick a box without opening the attached terms and conditions, but a digital acceptance may carry the same responsibilities as signing a printed document.

Fine print is designed to be part of the agreement, not decoration beneath it. A few minutes spent reading today may prevent unexpected expenses, damaged credit records and months of frustration tomorrow.

Source: Consumer Protection Act



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THE SUPER POWERS OF A GOOD NIGHT SLEEP

All of us want to live a long life, but no one wants to grow old. So, how do we grow older while maintaining a healthy and active life? One of the most important factors is something we spend almost one-third of our lives doing: sleep.

Sleep is a natural state of rest in which the body relaxes and our awareness of the outside world decreases. It is essential for both physical and mental recovery.

To understand sleep, we first need to understand our circadian rhythm, the body's natural 24-hour internal clock. It controls our sleep and awake cycles. A master clock in the brain, called the suprachiasmatic nucleus (SCN), uses signals from light and darkness to regulate this rhythm.

During the day, light signals tell the brain to keep us awake and alert. As darkness falls, the SCN signals the pineal gland to produce melatonin, the hormone that helps us feel sleepy.

When we sleep our brain goes through different stages. A sleep cycle lasts approximately 90 to 110 minutes and normally repeats four to six times during the night. Sleep consists of Non-Rapid

Eye Movement (NREM) sleep and Rapid Eye Movement (REM) sleep.

NREM sleep progresses from light sleep into deep, restorative sleep. During deep sleep, brain activity slows, blood pressure and breathing decrease, and the body focuses on repairing tissues, supporting the immune system and restoring energy.

REM sleep usually begins about 90 minutes after falling asleep. During this stage, brain activity becomes more active, vivid dreams can occur, and the brain processes emotions and helps consolidate memories. Most major muscles are temporarily paralysed so we do not physically act out our dreams.

Although our bodies are resting, the brain is extremely busy. Sleep helps the brain clear metabolic waste, process information and strengthen important memories. It also helps balance hormones, restore energy and support the repair of cells and tissues.

During sleep, the brain sorts through information from the day, deciding what is important to keep and what can be discarded. It also connects new information with existing knowledge, supporting learning, problem-solving and creativity.

What can we do to have a good night's sleep?

We should not separate the brain from the body, but rather take a holistic approach to healthy sleep.

Stay hydrated during the day and try to keep a consistent bedtime and wake-up time. Keep your bedroom slightly cooler rather than too warm, and reduce light and noise disturbances.

And perhaps most importantly, try not to go to bed angry or carrying unnecessary emotional stress. A peaceful heart and a calm mind can help the body and brain settle into restorative sleep.

Sleep is not simply a time when our bodies switch off. It is an active process during which the brain cleans, sorts, repairs and restores. If we want to live longer, healthier and more active lives, giving our brains the sleep they need is a good place to start.

Mel Tiedt

"Sleep is not wasted time. It is where the body repairs, the mind resets and the foundation for a longer, healthier life is built."

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THE COST OF CONVENIENCE

Convenience has become one of the most successful products of modern life. We pay to have meals delivered, groceries packed, entertainment available instantly and purchases brought to our doors. Each service promises to save time, reduce effort and make life easier.

Yet convenience is rarely free. Its real cost is often hidden in small charges that seem harmless on their own.

A delivery fee here, a service charge there and a monthly subscription quietly renewed can disappear into a bank statement. Because these amounts are small, we seldom treat them as financial decisions. But repetition changes the calculation. An extra R40 spent three times a week adds up to R6,240 a year. That is money that could have strengthened an emergency fund, reduced debt or paid for something more.

Businesses understand that people are willing to pay for ease. Research cited by Morgan Stanley suggests that consumers are prepared to pay an average premium of up to five percent for convenience. The attraction is understandable. Time has value, for people balancing work, children, travel and household responsibilities.

Paying someone else to complete a task can be sensible when the time saved is worth more than the expense.

The problem begins when convenience stops being a deliberate choice and becomes an automatic habit. Apps remove the pause between wanting and buying. Stored card details, one-click checkout and “buy now, pay later” options make spending feel invisible. We experience the benefit immediately, while the financial consequence arrives later.

Convenience can also encourage us to buy more than we intended. A person opening a food-delivery app for one meal may add a drink or dessert to reach a minimum order. A free trial becomes another forgotten subscription. A small instalment makes an expensive purchase appear affordable, even when several instalments are already competing for next month's income.

The answer is not to reject every service that makes life easier. Convenience can improve accessibility, reduce stress and give people time. The aim is to know what that comfort costs.

Before paying for convenience, ask three questions: What is the price after every fee? How often am I paying it?

What could this money do if I kept it instead? Reviewing subscriptions, comparing delivered prices with in-store prices and waiting before completing an online purchase can reveal spending that no longer serves you.

Convenience should be a tool, not a financial reflex. The smallest charges often escape our attention precisely because they do not feel dangerous. But money does not disappear in dramatic moments alone. Sometimes it leaves quietly, one easy click at a time.

Perhaps the greatest financial danger is that convenience changes what we consider normal. What was once an occasional luxury can quickly become an everyday expectation. When delivered meals, instant purchases and paid shortcuts become part of our routine, doing things ourselves begins to feel like a sacrifice.

The cost is no longer questioned because the convenience has become part of our lifestyle. Regaining control does not require giving it all up. It simply means choosing when convenience is truly worth paying for.

Source: Morgan Stanley – Investing in the Convenience Premium

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OM GOEDHARTIGE KINDERS GROOT TE MAAK

Kinders word vandag groot in 'n wêreld wat toenemend verdeeld en ingewikkeld voel. Hulle word reeds op 'n jong ouderdom aan harde menings, aanlyn wreedheid, groepsdruk en ontstellende nuus blootgestel. In so 'n wêreld kan dit moeilik voel om 'n goeie kind groot te maak, maar deernis bly een van die waardevolste eienskappe wat 'n ouer kan help ontwikkel.

Goedhartigheid gaan oor meer as goeie maniere of vriendelike woorde. Dit beteken dat 'n mens ander se gevoelens raaksien, nadink oor hoe jou optrede hulle beïnvloed en kies om met deernis op te tree, selfs wanneer dit nie maklik is nie.

Kinders leer hierdie eienskappe deur alledaagse ervarings, eerlike gesprekke en veral die gedrag wat hulle tuis waarneem.

Kinders sien hoe volwassenes mense behandel wanneer daar niks daaruit te wen is nie. Hulle let op hoe ouers met kelners, kassiere, bure en familieleden praat. Hulle sien ook wat gebeur wanneer iemand 'n fout maak. 'n Lesing oor respek beteken min wanneer 'n kind gereeld hoor hoe volwassenes ander beledig of tydens meningsverskille verneder.

Ouers hoef nie volmaak te wees nie. Om 'n fout te erken, kan juis 'n belangrike les wees. Wanneer 'n ouer om verskoning vra, verantwoordelikheid aanvaar en probeer regmaak wat verkeerd geloop het, leer die kind dat goedhartigheid ook eerlikheid en nederigheid insluit.

Harvard-universiteit se Making Caring Common-projek verduidelik dat kinders empatie ontwikkel deur volwassenes dop te hou én self empatie te ervaar. Wanneer ouers ernstig na hulle kinders se gevoelens luister, selfs wanneer hulle nie met hulle gedrag saamstem nie, wys hulle hoe dit lyk om iemand anders se perspektief te probeer verstaan.

Goedhartigheid moet egter nie met swakheid of voortdurende gehoorsaamheid verwar word nie. Goedhartige kinders het steeds grense nodig. Hulle moet weet dat hulle nie mag sê, uit 'n skadelike situasie mag wegstap en iemand mag verdedig wat sleg behandel word. Om goedhartigheid te leer, beteken nie dat kinders afknouery, manipulasie of disrespek moet aanvaar nie. Ware deernis sluit ook selfrespek in.

Ouers kan omgee deel van die gesin se alledaagse lewe maak. Vra wie daardie dag uitgesluit gevoel het. Moedig

kinders aan om met huishoudelike take te help, mense te bedank en te dink oor hoe iemand anders 'n situasie beleef. Boeke, rolprente en werklike gebeure kan ook gesprekke oor regverdigheid, moed en deernis begin.

Dit is ewe belangrik om meer as net prestasie raak te sien. Wanneer kinders slegs vir goeie punte, trofee of oorwinnings geprys word, kan hulle begin glo dat sukses belangriker as karakter is. Gee ook erkenning aan eerlikheid, hulpvaardigheid, moed en die besluit om iemand wat uitgesluit is, te verwelkom.

Ouers kan kinders nie teen elke wrede opmerking, onregverdige ervaring of moeilike persoon beskerm nie. Hulle kan hulle egter 'n betroubare morele kompas gee.

Om goedhartige kinders groot te maak, gaan nie daaroor om hulle vir 'n wêreld voor te berei wat altyd sag sal wees nie. Dit gaan daaroor om hulle te help om mense te word wat menslikheid bring waar dit soms ontbreek.

Bron: Harvard – Cultivating Empathy

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“Goedhartigheid is nie swakheid nie, maar die moed om met deernis en respek op te tree, selfs wanneer dit moeilik is.”



Marina Lubbe

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ILNE FOURIE BRING STORIES TOT LEWE BY MUSEFEES

Ilne Fourie is 'n bekroonde skrywer, aktrise en stemkunstenaar wat met haar besondere kombinasie van humor, emosie en oorspronklike storievertelling 'n sterk merk op die Suid-Afrikaanse kunstebedryf gemaak het. Van radiodramas en televisiereekse tot jeugteater en eenvrouvertonings: haar werk verras, vermaak en laat gehore dikwels met nuwe oë na die alledaagse lewe kyk.

Fourie skep jaarliks nuwe tekste vir kunstefeeste en landswe toneelkompetisies en is betrokke by projekte soos ATKV Tienertoneel, Digitoneel en Tjokkertoneel. Haar jeugdrama Ken jy vir Dewie het Kanna-benoemings ontvang, terwyl sy in 2025 met die Silwervaring-wisseltrofee vir Beste Nuutgeskrewe Teks bekroon is vir Die dag toe Willie Wepener skoolhoof geword het.

Haar veelsydigheid strek veel verder as die verhoog. Sy is 'n bekende stem in Turkse telenovelas op e.tv, het in die Showmax-reeks Wyfie verskyn en is medeskrywer van die kykNET-komediereeks Pronk Primêr. As bekroonde radiodramaskrywer vir RSG verstaan sy ook hoe om karakters, spanning en klank saam te snoer om 'n verhaal sonder visuele hulpmiddels tot lewe te bring.

Ilne Fourie vorm vanjaar 'n belangrike deel van die Musefees-program en feesgangers sal verskeie geleenthede kry om haar kreatiewe wêreld te ontdek. Tydens die werksessie Skep & Skryf Radiodrama deel sy haar kennis oor hoe dialoog, klank, karakters en spanning saamwerk om luisteraars vasgehael te hou. Die sessie bied ook praktiese leiding aan mense wat graag hul eie radiodramas wil skryf.

Jaco Spies van die ATKV sal tydens 'n ontspanne Rusbankkuier met haar gesels. Hier sal Ilne meer vertel oor haar kreatiewe reis, die stories agter haar werk en haar liefde vir die Afrikaanse kunste. Dit bied feesgangers die geleentheid om die mens agter die tekste en verhoogkarakters beter te leer ken.

Op die verhoog kan gehore uitsien na Mart Marais staan op, haar nuutste eenvrouvertoning en 'n skreeusnaakse swartkomedie oor 'n vrou wat selfs ná haar dood nie rus gegun word nie. Wanneer Mart se suinige suster 'n goedkoop begrafnisondernemer gebruik, ontspoor haar afskeid op 'n manier wat niemand kon voorsien nie.

Met 'n onheilige 80's-perm, 'n blokfluit-huldeblyk, begrafnisbroodjies en 'n

kisrok vol blinkertjies, verander Mart se begrafnis in 'n nadoodse nagmerrie. Die produksie kyk met skerp humor na familieverhoudings, goedkoop keuses en die vreemde dinge wat mense doen wanneer hulle probeer afskeid neem.

Fourie se gewilde produksie Verkleurvrou vorm ook deel van die feesaanbod. In hierdie energieke eenvrouvertoning word komedie, drama, musiek en verskillende genres saamgevoeg in 'n kleurvolle teaterervaring.

Met haar skerp waarnemingsvermoë en liefde vir mense verander Fourie selfs die vreemdste situasies in stories waarin gehore hulself kan herken. Haar betrokkenheid by Musefees is 'n viering van oorspronklike Afrikaanse skryfwerk, teater en die kuns om 'n goeie verhaal te vertel.

Besoek die Musefees-webwerf om meer oor Ilne Fourie se vertonings, gesprekke en werksessies te lees en al die tye en besprekingsbesonderhede te vind. Ilne se optredes is maar net 'n deel van die talle wonderlike geleenthede wat vanjaar op feesgangers wag.

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BEYOND THE STORM

There are seasons in life when it feels as though you are walking through a corridor with no doors. You keep moving because standing still feels worse, but every time you think you can finally see the end, another wall appears.

You make plans, draw maps and convince yourself that if you work hard enough, life will eventually follow the script you have written. Then something happens that was never in the script. A door closes. A phone call changes everything. A carefully built plan collapses beneath circumstances you could never have predicted. Life has never been particularly interested in our maps.

Sometimes we are responsible for where we find ourselves. Our decisions have consequences, and there are roads we must honestly acknowledge we chose ourselves. Other times, life simply happens. There is no mistake to dissect and nobody to blame. There is only an unexpected storm arriving on a day when you thought the sky was clear.

That is where perseverance becomes

more than simply refusing to give up. It becomes the decision to keep walking when you cannot see where the road is leading. Anyone can keep moving when the horizon is clear. The real test comes when the horizon disappears.

I have always been someone who likes to know what comes next. I plan ahead. I think through possibilities. I want to know where I am going before I take the first step.

Yet I have learned that there is a difference between preparation and control. We can prepare for the road, but we cannot control the weather. We can make plans, but we cannot guarantee the outcome.

There is freedom in accepting that.

Perhaps peace begins when we stop demanding that everything make sense immediately. Some chapters only reveal their purpose when we look back at them years later. What felt like a detour may have been a redirection. What felt like an ending may have simply been making room for

something we could not yet see.

That is why hope matters.

Hope is not pretending everything is wonderful. It is believing that the current chapter is not the whole story. It is standing beneath a dark sky and remembering that darkness has never been permanent. Storms gather, they pass, and eventually the light returns.

I am learning to hold my dreams tightly while holding my plans loosely. To work hard without believing I can control everything. To feel fear without allowing it to make every decision for me. To trust that the road does not have to be visible for it to exist.

There will always be uncertainty. There will always be moments when the distance between where we are and where we want to be feels impossibly far.

But we are still walking.

And perhaps, for today, that is enough.

Warren Moul

WHY FIREFLIES ARE DISAPPEARING

For generations, fireflies have transformed warm evenings into natural light shows. Their glow comes from a chemical reaction inside their bodies. These flashes help them find mates, communicate and warn predators. However, these remarkable insects are becoming less common in many parts of the world. Without intervention, future generations may never experience evenings illuminated by their glow.

Habitat loss, pesticides and artificial lighting are among their greatest threats. Fireflies rely on darkness to see one another's signals. Bright outdoor lights can overpower their flashes and make reproduction difficult. Their larvae also need damp soil, fallen leaves and undisturbed vegetation to survive. Clearing natural ground cover can destroy their habitat before they become adults.

Ordinary gardens can provide valuable shelter. Reducing outdoor lighting, avoiding unnecessary pesticides and leaving small areas of leaves or longer grass undisturbed may help. Protecting fireflies reminds us that even the smallest changes at home can help preserve one of nature's most magical displays.

Source: U.S. Fish & Wildlife Service



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BEFORE THE BILL ARRIVES

Most financial emergencies are not truly unexpected. Cars eventually need repairs, appliances break and medical expenses appear. We may not know exactly when these costs will arrive, but we know that something eventually will. Without savings, one unplanned expense can quickly become expensive debt through interest and additional fees.

An emergency fund turns a crisis into an inconvenience. It does not need to begin with a large amount. Saving a small, regular sum creates a financial cushion over time. The purpose is not to predict every problem, but to ensure that the next surprise does not completely disturb your budget.

The best place for emergency savings is somewhere safe and easily accessible, but separate from everyday spending money. Keeping it in another account can reduce the temptation to use it for ordinary purchases. Setting up an automatic transfer shortly after payday can also make saving easier and more consistent.

The amount you need will depend on your income, responsibilities and regular expenses. What matters most is beginning. Even a modest emergency fund can reduce stress, limit dependence on credit and provide time to make better decisions when something goes wrong.

Source: Consumer Financial Protection Bureau

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| ■ Wellness, Health & Beauty | ■ Nature & Environment |
| ■ Finance | ■ Kids & Parenting |
| ■ Law & Right | ■ Travel |
| ■ Education | |

GETYKAART SEPTEMBER 2026

Mosselbaai

	Times of												
Day	Sunrise	Sunset	High Water				Low Water				Moonrise	Moonset	Moon Phase
			Time	Height	Time	Height	Time	Height	Time	Height			
1	0650	1813	0544	1.94	1805	2.08	1136	0.33	---	---	2254	0847	
2	0649	1813	0620	1.82	1844	1.93	0015	0.40	1208	0.47	---	0922	
3	0648	1814	0701	1.66	1932	1.74	0055	0.54	1247	0.64	0004	1004	
4	0646	1815	0755	1.48	2044	1.55	0145	0.70	1342	0.84	0114	1055	
5	0645	1815	0938	1.35	2255	1.46	0306	0.85	1629	0.98	0222	1155	
6	0644	1816	1221	1.46	---	---	0559	0.84	1847	0.81	0323	1303	
7	0642	1817	0041	1.60	1324	1.69	0714	0.65	1941	0.60	0415	1415	
8	0641	1817	0139	1.78	1407	1.91	0759	0.46	2023	0.42	0459	1527	
9	0640	1818	0224	1.93	1444	2.10	0835	0.30	2059	0.29	0535	1638	
10	0638	1819	0302	2.05	1519	2.23	0907	0.19	2132	0.22	0607	1745	
11	0637	1819	0337	2.11	1552	2.29	0937	0.13	2204	0.20	0635	1851	
12	0636	1820	0410	2.11	1624	2.28	1005	0.13	2234	0.23	0703	1954	
13	0634	1821	0442	2.06	1654	2.21	1032	0.19	2302	0.30	0730	2057	
14	0633	1821	0512	1.97	1722	2.09	1059	0.29	2329	0.40	0759	2200	
15	0631	1822	0541	1.85	1749	1.93	1125	0.43	2356	0.51	0830	2301	
16	0630	1823	0609	1.71	1815	1.76	1152	0.59	---	---	0906	---	
17	0629	1823	0637	1.56	1843	1.59	0024	0.65	1221	0.75	0946	0001	
18	0628	1824	0712	1.41	1923	1.42	0056	0.79	1259	0.93	1033	0100	
19	0626	1825	0819	1.27	2057	1.28	0144	0.93	1425	1.08	1124	0152	
20	0625	1825	1220	1.32	---	---	0526	1.02	1819	1.02	1221	0239	
21	0623	1826	0021	1.34	1308	1.49	0856	0.88	1907	0.85	1320	0321	
22	0621	1827	0113	1.50	1340	1.66	0731	0.71	1940	0.69	1421	0357	
23	0620	1828	0147	1.65	1407	1.83	0759	0.56	2009	0.53	1522	0429	
24	0619	1828	0216	1.80	1434	1.99	0824	0.41	2038	0.39	1623	0458	
25	0617	1829	0245	1.92	1501	2.13	0850	0.30	2108	0.28	1725	0525	
26	0616	1830	0314	2.01	1530	2.23	0916	0.21	2138	0.19	1829	0552	
27	0615	1830	0344	2.07	1559	2.29	0943	0.17	2209	0.15	1934	0619	
28	0613	1831	0416	2.09	1631	2.28	1011	0.17	2241	0.17	2042	0649	
29	0612	1832	0449	2.05	1705	2.21	1041	0.23	2316	0.24	2153	0723	
30	0610	1833	0524	1.96	1742	2.07	1114	0.35	2353	0.36	2305	0803	

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