THE POST

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THE POST

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Ons is almal maar alte bekend met die woorde wat ons hardop uiter, of stilweg in ons gedagtes herhaal: "Waarom gebeur dit met my?"

Maar wat as ons net vir 'n oomblik kan asemhaal, stil raak en ons denkpatroon verander; die woorde wat ons spreek, verander na: "Is daar dalk 'n moontlikheid of geleentheid hierin vir my?"

Dikwels is dit ons vrese, dit wat in die verlede gebeur het, of bloot ons gevestigde gewoontes wat ons binne bekende paaie en situasies hou. Maar wat as ons onsself kan bevry van die bekende denkwyse en begin om nuuskierig te raak? Om te verken, 'n ander benadering te probeer, dapperder te wees en met groter vrymoedigheid in ons eie oortuiging te glo?

Ons vergeet soms dat 'n reis begin deur bloot een tree te gee. Een tree word twee. 'n "nee" kan in 'n "ja" verander. 'n Ander benadering kan jou op 'n heel nuwe lewenspad plaas.

Die oortuiging dat ons moet wag vir die perfekte oomblik, 'n gewaarborgde uitkoms of die ideale oplossing, kan daartoe lei dat kosbare tyd eenvoudig by ons verbygaan.

Moontlikheid gaan nie daaroor om op die uitkoms te fokus, of oor hoe ander jou sukses of mislukkings gaan beoordeel nie. Dit gaan eerder daaroor om nuuskierig te raak oor dit wat binne-in jou moontlik is; om die potensiaal te verken van die mens wat jy nog besig is om te word en om bereid te wees om 'n kans op jouself te waag.

Wat moet in jou lewe gebeur sodat jy bereid sal wees om die pad van moontlikheid te verken?

We are all too familiar with the words spoken or thought "Why is this happening to me?"

What if we can take a breath, a moment to change our thought pattern the spoken words to "Is there a possibility or opportunity in this for me?"

Often our fears, past happenings or just habits limit us to all familiar ways and situations. But what if we can free ourselves from the well-known mindset and start thinking about the prospect of becoming curious, exploring, taking a different approach, being brave and bolder in our belief?

We forget that a journey starts with just taking one step, which become two steps, changing a no into a yes, taking a different approach can set one on a new pathway.

Believing that we should wait for the perfect moment, a guaranteed outcome or ideal solution can only lead to time slipping by.

Possibility is not to focus on the outcome, how others will view your success or failures, but to become more in exploring the potential from within, the prospect you have not yet matured into, to take a chance on yourself.

What needs to happen in your life to explore an avenue of possibility?

Laurinda

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&

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FROM GARDEN TO TABLE: GROWING FOOD AT HOME

There is something deeply satisfying about preparing a meal with ingredients you have grown yourself. A handful of herbs, a ripe tomato or a few lettuce leaves can transform an ordinary dish into something meaningful. Growing food at home is not only a way to save money. It can improve how we eat, reduce waste and reconnect us with where our food comes from.

One of the greatest benefits is knowing exactly what has gone into producing your food. You decide what is added to the soil, how pests are controlled and when each vegetable is harvested. There are no confusing labels or questions about how long the produce has been stored. You simply pick what you need and carry it directly to the kitchen.

The difference is often most noticeable in the flavour. Shop produce may be harvested before it is completely ripe so that it can withstand transportation and storage. In your own garden, tomatoes can remain on the plant until they are red and ready, while lettuce, spinach and herbs can be picked shortly before serving.

Having vegetables close at hand can also encourage healthier eating. When spinach, spring onions, tomatoes and parsley are growing outside your door, it becomes easier to include them in everyday meals. A sandwich can include homegrown lettuce, an omelette can be filled with spinach and herbs, and ripe tomatoes can become a salad or homemade pasta sauce.

Growing food can be particularly valuable for children. Planting seeds, watering seedlings and watching the first shoots appear teaches them that food does not begin on a supermarket shelf. Picking a carrot from the soil or a strawberry from a plant creates excitement and may make children more willing to taste the food they helped to grow.

A productive garden also reduces waste. Instead of buying an entire packet of herbs and using only a small amount, you can cut exactly what a recipe requires. Surplus tomatoes can become sauces, chillies can be dried, and herbs can be frozen or made into pesto. Vegetable peelings, coffee grounds and garden cuttings can be composted and returned to the soil.

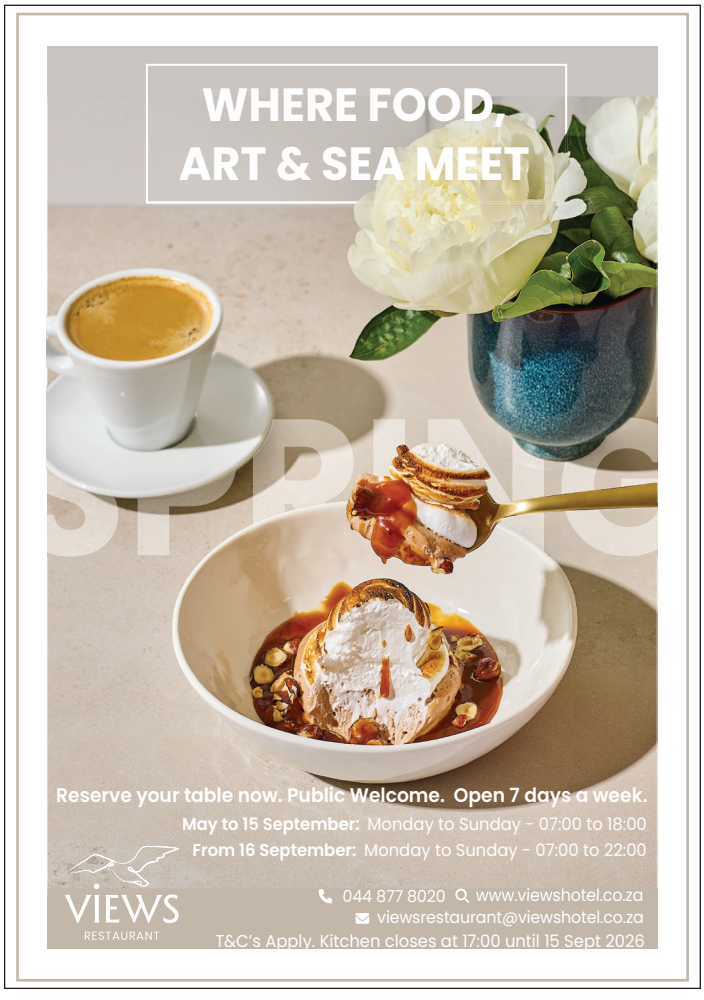
There may be financial and environmental benefits too. One packet of seeds can produce several plants, while herbs such as rosemary, thyme, mint and parsley can provide repeated harvests.

Homegrown produce also requires no plastic packaging, refrigerated storage or fuel to transport it across the country. Reused containers, homemade compost and collected rainwater can make a small garden even more affordable.

The benefits continue beyond the dinner table. Gardening encourages us to slow down, spend time outdoors and focus on something practical. Watering plants in the morning or searching for the first ripe tomato can become a calming daily ritual. It also teaches patience because seeds require consistent care before they produce anything.

You do not need a large garden to begin. A sunny windowsill, balcony or courtyard can provide enough room for a few containers. Start with something your household eats regularly, such as basil, lettuce, chillies or cherry tomatoes. Growing your own food may not replace every supermarket visit, but it can change how you value what is on your plate.

Source: South Dakota State University Extension: "Gardening Helps Promote Good Nutrition and a Healthy Lifestyle"





KAN JY WERKLIK JOU LEEFSTYL BEKOSTIG?

Ons meet dikwels ons lewenstandaard aan dit wat ons kan koop. Wanneer die bank 'n lening goedkeur, daar nog geld op die kredietkaart beskikbaar is en ons genoeg verdien om die maandelikse aftrekorders te betaal, aanvaar ons maklik dat ons ons leefstyl kan bekostig. Daar is egter 'n groot verskil tussen iets waarvoor jy vandag kan betaal en 'n leefstyl wat jy op die lange duur kan volhou.

Om jou leefstyl te kan bekostig, beteken nie bloot dat jou salaris jou maandelikse uitgawes dek nie. Dit beteken dat daar ná die betaling van jou rekeninge steeds geld oorbly om te spaar, vir onverwagte uitgawes voorsiening te maak en jou toekomstige doelwitte na te streef. Indien een voertuigdiens, mediese rekening of rentekoersverhoging jou hele begroting kan ontwrig, is jou leefstyl moontlik duurder as wat jy besef.

Volgens die Suid-Afrikaanse Reserwebank het huishoudelike skuld in die eerste kwartaal van 2026 tot 62,2% van huishoudings se nominale besteebare inkomste gestyg. Hoewel dit nie beteken dat elke huishouding presies dieselfde hoeveelheid skuld het nie, toon dit wel hoe afhanklik baie Suid-Afrikaners van krediet geword het. Krediet word dikwels gebruik om die gaping tussen inkomste en 'n duurder leefstyl te oorbrug.

'n Hoë inkomste is ook nie noodwendig 'n aanduider van geldelike welstand nie. Iemand kan 'n goeie salaris verdien, 'n nuwe voertuig bestuur, in 'n groot huis woon en gereeld uiteet, maar steeds min spaargeld en baie skuld hê. 'n Ander individue kan minder verdien, eenvoudiger leef en tog oor groter geldelike sekerheid beskik. Die verskil lê nie altyd in hoeveel geld verdien word nie, maar in hoeveel daarvan behoue bly.

Wanneer 'n mens se inkomste styg, is dit natuurlik om jou lewenstandaard ook te wil verbeter. Jy koop dalk 'n duurder voertuig, trek na 'n groter woning of sluit meer dienskontrakte. Hierdie verskynsel staan as leefstylinflasie bekend. Elke salarisverhoging word spoedig deur nuwe maandelikse verpligtinge ingesluk. Hoewel jy meer verdien, voel dit steeds asof daar nooit genoeg geld is nie.

Die gevaar is dat luukshede mettertyd as noodsaaklikhede beskou word. Gereelde wegneemetes word met 'n gebrek aan tyd geregverdig, 'n duur motor word as noodsaaklike vervoer beskou en talle klein intekengeldbedrae word as onbelangrik afgemaak. Afsonderlik lyk hierdie uitgawes gering, maar saam kan hulle 'n groot gedeelte van jou inkomste erodeer.

Die werklike koste van 'n leefstyl is ook veel meer as die paaiemente wat op jou bankstaat verskyn. 'n Voertuig kos nie net die maandelikse paaiement nie. Versekering, brandstof, bande, lisensiegelde, onderhoud en herstelwerk moet ook in berekening gebring word. 'n Huis behels meer as 'n verbandpaaiement of huurgeld. Daar is ook munisipale rekeninge, sekuriteit, instandhouding en onverwagte herstelwerk.

Krediet kan hierdie werklikheid verbloem. Dit stel jou in staat om iets nou te geniet en later daarvoor te betaal, maar die betaling verdwyn nie. Jy bestee in werklikheid 'n gedeelte van volgende maand se salaris voordat jy dit verdien het. Wanneer dit gereeld gebeur, word al hoe meer van jou toekomstige inkomste deur vorige besluite opgeëis.

Die vraag behoort dus nie net te wees: "Kan ek die paaiement betaal?" nie. Vra eerder: "Kan ek die volle koste dra, steeds spaar en ook 'n onverwagse uitgawes hanteer?"

'n Goeie manier om jou leefstyl te beoordeel, is om 'n maand se bankstaat noukeurig te bestudeer. Kyk nie na wat jy dink jy bestee nie, maar na wat werklik uit jou rekening betaal is. Verdeel jou uitgawes in noodsaaklikhede, geldelike verpligtinge en persoonlike keuses. Hierdie oefening gaan nie daaroor om jou skuldig te laat voel oor elke koppie koffie nie. Dit help jou om te bepaal of jou geld bestee word aan dit wat werklik vir jou belangrik is.

Vra jouself ook wat sal gebeur indien jou inkomste vir een of twee maande verminder. Sal jy jou noodsaaklike uitgawes kan betaal, of sal jy onmiddellik verdere skuld moet aangaan? Indien enige onverwagte gebeurtenis jou begroting kan laat ineenstort, bied jou huidige leefstyl waarskynlik te min beweegruimte.

Om binne jou vermoë te leef, beteken nie dat jy nooit iets aangenaams mag doen nie. Die doel is nie om elke plesier prys te gee nie, maar om doelbewus te besluit waarvoor jy bereid is om te betaal. Ware bekostigbaarheid gaan nie daaroor om aan ander te bewys hoeveel jy kan koop nie. Dit gaan daaroor om 'n lewe te bou wat jy kan geniet sonder om voortdurend oor die koste daarvan bekommerd te wees.

Bron: Suid-Afrikaanse Reserwebank: Quarterly Bulletin, June 2026

DIE KUNS VAN STADIGER REIS

Wanneer ons 'n vakansie beplan, probeer ons dikwels om soveel moontlik binne 'n kort tydjie in te pas. Ons wil elke besienswaardigheid besoek, aan elke aktiwiteit deelneem en natuurlik genoeg foto's neem. Teen die tyd dat ons huis toe gaan, voel dit soms asof ons nóg 'n vakansie nodig het om van die eerste een te herstel.

Daar is egter heelwat te sê vir 'n rustiger manier van reis. In plaas daarvan om van die een plek na die volgende te jaag, kan jy langer op een plek bly en werklik ervaar wat die omgewing bied. Stap deur die dorp, besoek 'n plaaslike mark, eet by 'n klein restaurant en gesels met die mense wat daar woon. Dit is dikwels tydens hierdie eenvoudige oomblikke dat die beste vakansieherinneringe gemaak word.

Hierdie manier van reis is ook goed vir die plaaslike gemeenskap. Wanneer jy by plaaslike gastehuise oorbly en plaaslike restaurante, winkels en toergidse ondersteun, word meer van jou geld in die gemeenskap bestee. Dit gee kleiner ondernemings die geleentheid om te groei en help om plaaslike werksgeleenthede te skep.

Die mense wat in die omgewing woon, ken boonop dikwels die plekke waarvan gewone reisgidse jou nie vertel nie. Hulle weet waar om die beste uitsig te kry, waar die lekkerste kos bedien word en watter interessante verhale deel van die dorp se geskiedenis is.

Rustiger reis plaas ook minder druk op die omgewing. Minder ritte beteken minder brandstofverbruik, terwyl langer verblyf jou aanmoedig om die omgewing te voet te verken. Dit gaan daaroor om die plek wat jy besoek, met respek te behandel.

'n Goeie vakansie word nie bepaal deur hoeveel plekke jy kon afmerk nie, maar deur wat jy beleef en onthou. Reis 'n bietjie rustiger. Jy sal dalk minder plekke sien, maar baie meer van elke plek ervaar.

Bron: UN Tourism – Sustainable Development

ONS HART KLOP VIR GROOT-BRAKRIVIER

By The Local Choice Apteek in Grootbrak streef ons daarna om ons gemeenskap op te bou, te ondersteun en te help waar ons kan. Ons doel is om bekostigbare medikasie en goeie gesondheidsorg aan ons kliënte te bied, sodat ons oplossings kan vind wat ook by elkeen se sak pas.

Ons vind groot trots daarin om deel te wees van die Child Wellfare in Grootbrak waar ons hand-aan-hand met hulle loop om al 573 kinders se gesondheid op ons hart dra. Wanneer een van hierdie kinders siek word en 'n dokter moet sien of medikasie nodig het, help ons om die koste daarvan namens hulle te dek. Maar ons droom strek verder as net ons apteek.

Die groter prentjie waaraan ons werk, is om plaaslike besighede te ondersteun en sterker te maak, sodat ons as 'n gemeenskap saam kan staan en teruggee aan die wonderlike dorp wat soveel vir ons beteken.

Ontmoet die span wat gereed staan om julle te help:

In ons dispensary kry julle JP Els, Sanet Els en Meyer Janse van Rensburg. In die voorwinkel sal Lionel Janse en Alicia Augustus julle met 'n glimlag ontvang, saam met ons professionele voorraadbeheerder en voorwinkelbestuurder, Henrico Struwig. Ons is julle span, en ons is hier om te help met die vrae en behoeftes waarmee julle na ons toe kom.

Met weeklikse video's op ons Facebook-blad, kan julle elke week 'n video verwag waar ons plaaslike besighede opbou en aan hulle blootstelling gee. Tydens hierdie besoeke toets ons die personeel se bloedsuiker en bloeddruk gratis, net om seker te maak ons gemeenskap is gesond. So volg ons gerus en raak deel van ons video's.

So moenie dit misloop nie, kom maak n draai al is dit net om die span te kom groet.

Van medikasie tot melk of toiletpapier, hier by ons kan jy alles kry waarna jou hart opsoek is. So waarvoor wag jy? Ons deure is oop van Maandae tot Sondae. Die gemeenskapsapteek wat altyd hier is om te help, almal gesond te maak en plaaslike besighede te help groei.

Advitorial





WHEN THE OCEAN GLOWS AT NIGHT

Imagine walking along a dark beach when every breaking wave suddenly begins to sparkle with bright blue light. As the water washes over the sand, tiny points of light appear beneath your feet and disappear seconds later. This remarkable natural phenomenon is known as bioluminescence, and it can make the shoreline look as though the stars have fallen into the sea.

Bioluminescence is the ability of a living organism to produce its own light through a chemical reaction. In coastal waters, the glow is often created by microscopic organisms called dinoflagellates, a type of plankton. Each organism is extremely small, but when millions gather in the same area, their combined light can illuminate waves, footprints and even the movement of fish beneath the surface.

The light usually appears when the water is disturbed. A breaking wave, swimming animal, paddle or human hand can trigger a flash. Inside the organism, oxygen reacts with a light-producing molecule called luciferin. The reaction releases energy in the form of visible light but produces very little heat. This is why bioluminescence is sometimes described as "cold light". Scientists believe that dinoflagellates may use these flashes as a defence mechanism. The sudden burst of light could startle a nearby predator or reveal its position to a larger animal that may attack it. In this way, the tiny organism may improve its chances of survival by drawing attention to the creature trying to eat it.

Other marine animals use bioluminescence in very different ways. Some deep-sea fish use glowing parts of their bodies to attract prey, while certain squid release clouds of luminous material to confuse predators and escape. In the darkness of the deep ocean, producing light can help an animal hunt, hide, communicate or find a mate.

Blue and blue-green are the most common colours seen in the ocean because these wavelengths travel efficiently through seawater. Bioluminescence is generally easier to observe on a dark, moonless night in places with little artificial light. Even then, its appearance depends on the temperature, movement and nutrient levels of the water, as well as the number of light-producing organisms present.

Glowing waves have been reported along coastlines around the world, including parts of South Africa. The phenomenon can be difficult to predict because currents and weather conditions constantly move the organisms. A beach that glows brightly one evening may look completely ordinary the following night. This unpredictability makes witnessing it feel even more extraordinary.

Although the glowing water looks inviting, it is wise to be cautious. Large concentrations of dinoflagellates may sometimes form part of an algal bloom, and certain species can release harmful toxins. Not every glowing event is dangerous, but swimmers should pay attention to local beach closures, unusual water discolouration or official warnings about water quality.

Bioluminescence reminds us that the ocean still holds many wonders that are easily hidden during the day. What appears to be ordinary seawater in sunlight can become a living display after dark, revealing an extraordinary world created by some of the smallest organisms on Earth.

Source: Smithsonian Institution – Six Ways to See Bioluminescence in the World's Oceans





GOOD FOOD EQUALS GOOD MOOD

Nutrition has everything to do with how you feel. It's the chemical process that determines how food and drink affect your body's function, health, and even your mood.

A balanced diet powers your body with energy, strengthens immunity, and supports every system, including the brain.

Yet many people hear "healthy eating" and think boring, tasteless, expensive, or time consuming.

If this sounds like you, have no fear as eating well can be achievable, flavourful, and budget friendly. With curiosity and a commitment to your own longevity, you will discover abundant options that can fit into your lifestyle with ease and without breaking the bank.

Four Nutrient-Dense Mood Boosters

Blueberries: Low-calorie antioxidant powerhouse. Perfect for snacking, topping porridge, sprinkling in salads, or blending into smoothies.

Sweet Potato: High fibre-vitamin C carb substitute. Great as roasted chips mashed or boiled. Add to salads, smoothies, as a side or a main. Can be spiced, herbed or sweetened with honey, so versatile and delicious on the braai too!

Carrots: Another low-calorie versatile vegetable. Rich in beta-carotene and vitamin A for healthy skin and eyesight. Eat raw, roast or add to salads and soups. Excellent snack!

Watermelon: Electrolyte replenishing water. With lycopene to protect skin from UV damage. Enjoy fresh, in salads, in fruit skewers or as a frozen juice.

Two Simple Meal Ideas

Ribbon Salad: Slice 2 carrots and 2 medium cucumbers into thin ribbons using a peeler. Toss in a dressing of 1 Tsp Apple cider vinegar, 1 Tsp Olive Oil, 1 Tsp Honey, 2Tsp Tamari, Toasted Sesame Seeds, Spices or herbs of choice.

Berry-licious Ice-cream: 500g Berries of choice, 300g Greek yogurt, 1Pkt bloomed gelatine. In a blender, mix ingredients until light and creamy, freeze for 1 hour and enjoy. High protein, low calorie dessert is rich in antioxidants.

Both dishes are quick to prepare and packed with flavour and nutrition. They prove that healthy eating doesn't mean compromise it means planning and creativity. When you choose foods that nourish both body and mind, you are not just surviving, you are thriving.

Cooking can be more than a necessity, it can be an act of self-care a playful, stress-relieving ritual. Experimenting with colours, textures, and flavours brings joy to the process and vitality to every cell in your body. Cooking can be a fun family-bonding experience where everyone contributes and participates to ensure that healthy eating is a way of life and not a chore.

So, the real question is: Are you eating to live or living to eat?

Wynnertü Brümmer

"Every meal is an opportunity to care for yourself. Nourishing food gives your body energy, your mind clarity, and your spirit strength. Healthy eating is not about perfection, but about choosing foods that support the life you want to live."



KAN IEMAND JOU SONDER JOU TOESTEMMING AFNEEM OF OPNEEM?

Met selfone binne almal se bereik kan gesprekke, foto's en video's binne enkele sekondes opgeneem en versprei word. Dit laat 'n belangrike vraag ontstaan: Mag iemand jou in Suid-Afrika sonder jou toestemming afneem of opneem?

Die antwoord hang af van wie die opname maak, waar dit plaasvind en wat daarna daarmee gedoen word. Die opname van gesprekke word hoofsaaklik deur die Regulation of Interception of Communications and Provision of Communication-Related Information Act, beter bekend as RICA, gereguleer.

Indien iemand self aan 'n gesprek deelneem, mag dié persoon dit in die meeste gevalle opneem sonder om die ander deelnemers daarvan in kennis te stel. 'n Werknemer kan byvoorbeeld 'n gesprek met 'n werkgewer opneem, of iemand kan 'n telefoongesprek waaraan hy of sy deelneem, bewaar.

Die situasie verander wanneer 'n buitestander 'n private gesprek afluister of opneem. Iemand wat nie aan die gesprek deelneem nie, mag dit gewoonlik nie sonder toestemming of die nodige regsmagtiging onderskep nie. Dit kan 'n onregmatige onderskepping van kommunikasie en 'n skending van privaatheid wees.

Wanneer dit by foto's en video's kom, speel die plek waar dit geneem word 'n belangrike rol. In 'n openbare ruimte is dit oor die algemeen nie onwettig om mense af te neem nie, veral wanneer hulle nie 'n redelike verwagting van privaatheid het nie. Iemand wat 'n openbare fees, optog of byeenkoms bywoon, kan dus toevallig op 'n foto of video verskyn.

In private ruimtes, soos 'n woning, badkamer, kleedkamer of geslote kantoor, is 'n mens se verwagting van privaatheid baie sterker. Geheime opnames in sulke ruimtes kan onregmatig wees. Die eienaar van private eiendom, soos 'n winkel, restaurant of skool, mag ook reëls oor fotografie en video-opnames instel.

Dit is belangrik om te onderskei tussen die maak en die verspreiding van 'n opname. Selfs wanneer 'n opname wettig gemaak is, beteken dit nie dat dit sonder gevolge op sosiale media gepubliseer mag word nie. Die verspreiding daarvan kan iemand se privaatheid of waardigheid skend, sy of haar reputasie benadeel of selfs as teistering beskou word.

'n Geheime opname kan soms as bewys in 'n hofsaak of dissiplinêre proses gebruik word. Die hof sal onder meer die tersaaklikheid en betroubaarheid van die opname, asook die wyse waarop dit bekom is, oorweeg.

Daar bestaan dus nie 'n eenvoudige reël dat niemand jou sonder toestemming mag afneem of opneem nie. Elke geval hang van sy besondere omstandighede af. Voordat jy iemand opneem of die materiaal versprei, behoort jy die persoon se privaatheid, waardigheid en die moontlike gevolge deeglik in ag te neem.

Bron: Meyer & Partners Attorneys – Recording Conversations in South African Law

Hierdie artikel verskaf algemene inligting en dien nie as regsadvies nie.

WAAROM SKRYF MET DIE HAND STEEDS SAAK MAAK

In 'n wêreld waar kinders toenemend rekenaars en tablette gebruik, kan handskrif maklik verouderd voorkom. Wanneer 'n kind letters vorm, werk beweging, sig en taalverwerking saam. Hierdie proses help kinders om lettervorms te leer en hul fynmotoriese beheer te ontwikkel.

Navorsing toon dat kinders letters doeltreffender kan herken wanneer hulle dit self skryf as wanneer hulle dit op 'n sleutelbord tik. Namate die vorming van letters outomaties word, kan meer aandag aan spelling, sinne en die uitdrukking van idees gegee word. Handskrif hou dus ook verband met die ontwikkeling van leesvaardigheid.

Tegnologie bly noodsaaklik in onderwys, maar dit behoort pen en papier nie heeltemal te vervang nie.

Kinders het gereelde geleenthede nodig om letters te vorm, notas te maak en hul gedagtes met die hand neer te skryf. Deur handskrif én digitale vaardighede te ontwikkel, kry hulle 'n gebalanseerde grondslag vir verdere leer.

Bron: Frontiers in Psychology – The Interface Between Reading and Handwriting



10 REASONS TO LOVE TRAVEL

Travel is more than moving from one destination to another. It opens our minds, challenges our assumptions and changes how we view ourselves and the world. Every journey gives us an opportunity to discover something unexpected and return home with lasting memories.

1. Travel to make a difference

Responsible travel can protect natural environments, support conservation and strengthen local communities. By choosing ethical experiences, we can help preserve the places we visit for future generations.

2. Travel to experience other cultures

Meeting people from different backgrounds teaches us to appreciate both our similarities and differences. Authentic encounters encourage greater understanding and respect for traditions and ways of life unlike our own.

3. Travel to learn

The world is an enormous classroom. Travel brings geography, history, language, wildlife and food to life in ways textbooks cannot. Along the journey, we also discover unexpected things about ourselves.

4. Travel to escape the ordinary

Occasionally, we need to step away from familiar routines and responsibilities. Exploring an unknown destination gives us the freedom to be spontaneous, live in the moment and enjoy new experiences.

5. Travel to relax

Modern life is filled with deadlines, screens and constant communication. Travel allows us to slow down and recover from everyday pressures.

6. Travel to explore

New surroundings invite us to leave our comfort zones. We can taste unfamiliar dishes, try different activities and meet people we might never otherwise encounter. Travel encourages curiosity and openness.

7. Travel to become more humble

Crossing borders gives us a broader perspective on life. Seeing how others live can make us more grateful for what we have and more aware of what we take for granted.

8. Travel to enjoy food

Food is one of the most enjoyable ways to experience a destination. Local dishes reveal stories about a region's history, landscape and people. Travelling invites us to discover unfamiliar flavours.

9. Travel to be transformed

Meaningful journeys can change how we see the planet and our place within it. They encourage self-reflection and inspire us to protect the places and wildlife we encounter.

10. Travel to fulfil a dream

Everyone's travel wishlist is different. It may include seeing an iconic landmark, encountering wildlife or finding peace in the mountains. Whatever the dream, travel turns imagined moments into real stories.

Travel reminds us just how large and fascinating the world is. We may leave in search of new places, but we often return with unforgettable memories and a deeper understanding of life.

Source: &Beyond





PREPARED FOR DISASTER

Natural disasters are a reality – just in the past year we are aware of droughts, earthquakes, the devastating mudslide and associated floods in Nepal, South America and parts of Europe.

Earlier this year we experienced significant storm damages very close to home, with a closed Meiringspoort and a cumbersome detour over the Swartberg Pass realities we still face. And if we are to believe the forecasts, we have to brace ourselves for more …

Preparation for disasters is an internationally recognised practice, necessitated by the rising cost of disasters, whether the disasters are associated with impacts of climate change, poor development choices, natural events, extreme weather or risk-blind planning.

Apart from the impact on people and animals and the loss of infrastructure, disaster events have a significant financial impact continuing for a considerable time after the event. According to the United Nations' 2025 estimates direct disaster costs reach around $202 billion annually and if the broader economic impact is considered, this amount rises to an estimated $2,3 trillion.

International concern is however that the majority of the provisions implemented by authorties are aimed at recovery measures, with minimal investment in disaster risk reduction – in other words, the entire world adopts a sitting duck approach, focusing on addressing the consequences of disaster as opposed to investment in measures to reduce the risk of disasters – this in spite of advocacy of risk-aversion philosophies …

On 13 October the United Nations celebrate International Disaster Risk Reduction Day. And this year the theme is Disaster Risk Resilience Starts at Home.

Spare time to consider how your house was planned, built, financed and maintained in order to face or overcome a disaster event. Is hour house located in a high-risk area, was it designed to be disaster resilient, are the maintenance practices adequate to withstand a disaster event.

Think on what the impact will be on your household, taking into account your age, mobility restrictions and your financial situation. Do you have back-up systems to remain connected to the information sources, do you know the early warning or emergency systems in your area, do you have facilities to administer basic first aid until you are able to reach the appropriate medical care, how easy to retrieve your important documents, the systems that should be disconnected for safety reasons, your fastest and most reliable evacuation routes, your means to recover and rebuild after the event – think disaster.

Plan for disaster. Think survival.

Ina Bezuidenhout

DID YOU KNOW?

Just 15 centimetres of fast-moving floodwater can knock an adult off their feet, while approximately 30 centimetres may carry away a small vehicle. The road beneath the water could also be damaged or completely washed away.

Floodwater may contain sewage, fuel, chemicals, broken glass and displaced animals. Never walk, swim or drive through it—even when the water appears calm. If you cannot see the road, you cannot know whether it is still there.





THE BIG“P” WORD: PROCRASTINATION!

Pro-cras-ti-na-tion is the act of delaying or putting off tasks that need to be done, often until the last minute. The word comes from the Latin procrastinare, where pro means “forward” and crastinus” means “tomorrow.” It literally translates to leaving things for tomorrow.

You will know if this relates to your life. Research suggests that around 20–25% of adults are chronic procrastinators. Just relax, there is a reason why you procrastinate, and there are also ways to overcome it.

Procrastination involves delaying important tasks even though we know this may lead to stress or negative consequences. It is commonly linked to self-regulation, rather than simply being lazy.

We often choose immediate gratification over long-term benefits. Fear of failure and our tendency to favour the present moment can also contribute to procrastination.

To manage this habit, we first need to understand what happens in the brain. Science describes procrastination as a battle between two brain systems when we are faced with an unpleasant activity or assignment. The limbic system, the emotional and reward-related part of the brain, seeks instant gratification, pleasure and immediate mood relief. When you face a dull, difficult or stressful task, it can push you towards quick distractions.

The prefrontal cortex, on the other hand, is involved in planning, focus, decision-making and long-term goals. It wants you to complete the task, but doing so requires conscious effort and self-control.

When the emotional/reward system wins, we put off until tomorrow what could—and should—be done today. Avoiding an unpleasant task provides temporary relief, which can actually reinforce the habit of procrastinating.

But procrastination is not a life sentence! You might find yourself wondering. How can I stop procrastinating?

Fortunately, there are several ways to fight procrastination and start getting things done on time. Be present. Ask yourself what is important rather than simply reacting to what feels urgent. Make a to-do list. Writing tasks down can keep you on track. Make the first



step smaller. Break large tasks into manageable steps so they don’t feel overwhelming.

Eliminate distractions. Ask yourself, ”what is pulling my attention away?” Then remove or reduce those distractions.

Finally, don’t be too hard on yourself. Pat yourself on the back when you complete something on time. Every completed task helps strengthen the habit of getting started.

Remember, the biggest step is the first step.

“The greatest amount of wasted time is the time not getting started.”
— Dawson Trotman

Mel Tiedt





THE LAST CONVERSATION

There are numbers so enormous that they become almost meaningless. We read them, absorb them for a moment, and then continue scrolling. But behind every number is a human being. A voice that went quiet. A chair that became empty. A family left wondering what they missed.

Around the world, someone takes their own life approximately every 40 seconds. More than 70% of those deaths are men. Those numbers should stop us in our tracks. They tell us that something is deeply wrong.

We are living beneath an extraordinary weight. The cost of living keeps climbing, expectations keep growing, work follows us home, and the noise of the modern world rarely gives us somewhere quiet to breathe. Yet somewhere along the way, we convinced ourselves that this is normal. It isn't.

We have also taught generations of men to carry their pain like a locked suitcase. Be strong. Don't complain. Don't cry. Keep it together. Figure it out yourself. Somewhere between boyhood and manhood, many men learn that vulnerability is a weakness and silence is strength.

So, they become very good at hiding. Behind the jokes. Behind the confidence. Behind the success. Behind the loud voice in the room. Behind the smile that convinces everyone everything is fine.

I know this because I am a survivor.

There was a time when I was ashamed to say that. I no longer am. Surviving taught me something I could never have learned from simply being told to be strong. I learned that strength is not always found in carrying everything alone. Sometimes strength is admitting that you cannot.

Today, I have people I can talk to. Family. A few close friends. An amazing woman who does not judge me on the days when I am struggling. That support doesn't make difficult days disappear, but it makes them less lonely. Sometimes that's the difference between drowning in a storm and having someone reach into the water.

There are countless ways to address mental health, but perhaps the hardest step is also the simplest. Admitting to yourself that you are not okay. Until we can say those words honestly, we cannot begin to change anything. The admission is not the end of strength. It is where strength begins.

And we need to become better at noticing one another.

Look around you. The person struggling may not look like someone who is struggling. They may be the loudest person at the table. The one making everyone laugh. The successful businessman. The confident friend. The person who always seems to have everything under control.

Sometimes hindsight shows us the signs we could not see at the time. But hindsight comes too late.

So perhaps change begins with something incredibly ordinary. A message. A phone call. A genuine, "How are you, really?" A few seconds spent checking in with someone you love.

We are all busy. I understand that. But nobody is too busy to care.

We were never designed to live beneath this much noise, pressure and isolation. Yet we have more technology connecting us than any generation before us, while somehow becoming increasingly disconnected from one another.

Perhaps it is time to put down the noise and pick up the conversation. Because sometimes the smallest message can become a lifeline.

And you may never know whose life you helped keep afloat.

Warren Moult

DIE WAARHEID AGTER "PERFEKTE" OUERSKAP

Sosiale media is vol foto's van ouers en kinders wat oënskynlik die perfekte lewe lei. Die kinders dra soorteglyke uitrustings, die huis is altyd netjies en elke gesinsuitstappie lyk sonder enige probleme. Etes word betyds voorberei, kinders slaap vroeg en elke dag lyk rustig en goed georganiseerd. Agter hierdie mooi foto's skuil egter 'n werklikheid wat selde met die wêreld gedeel word.

Die meeste mense plaas hoofsaaklik hul beste oomblikke aanlyn. Ons sien die glimlaggende gesinsfoto, maar nie noodwendig die woede-uitbarsting wat 'n paar minute tevore plaasgevind het nie. Ons sien die slapende baba, maar nie die uitgeputte ouer wat ure lank probeer het om die kind aan die slaap te kry nie. Sosiale media wys dikwels slegs een sorgvuldig gekose oomblik en nie die hele verhaal nie.

Wanneer ouers hul gewone, deurmekaar lewe met hierdie perfekte beelde vergelyk, kan hulle maklik voel dat hulle tekortskiet. Hulle wonder waarom ander ouers alles onder beheer het terwyl hulle self moeg, oorweldig of onseker voel. Die waarheid is dat alle ouers soms sukkel. Niemand het altyd al die antwoorde nie en geen gesin se lewe verloop elke dag volgens plan nie.

Hierdie voortdurende vergelyking kan veroorsaak dat ouers onrealistiese verwagtinge aan hulself stel. Hulle voel dalk skuldig wanneer hul huis deurmekaar is, wanneer hul kinders nie wil luister nie of wanneer hulle eenvoudig nie genoeg energie het om alles gedoen te kry nie. Wat hulle maklik vergeet, is dat ander ouers presies dieselfde uitdagings beleef, al verskyn dit nie op hul sosiale media nie.

Ouerskap bestaan uit wonderlike oomblikke, maar ook uit min slaap, frustrasie, bekommernis, gemors en dae waarop niks wil uitwerk nie. Dit is heeltemal normaal om soms moedeloos te voel, foute te begaan of tyd vir jouself nodig te hê.

Hierdie ervarings maak iemand nie 'n swak ouer nie. Dit maak hom of haar menslik. Om eerlik oor die moeilike dae te wees, kan ander ouers ook help om minder alleen te voel.

Kinders het nie volmaakte ouers nodig nie. Hulle het ouers nodig wat teenwoordig is, na hulle luister, hulle liefhet en bereid is om uit hul foute te leer. Om 'n "goed genoeg"-ouer te wees, beteken nie dat jy minder moeite doen nie. Dit beteken dat jy aanvaar dat volmaaktheid onbereikbaar is en dat liefde, veiligheid en opregte betrokkenheid veel belangriker is.

Die volgende keer wanneer 'n perfekte gesinsfoto op jou skerm verskyn, onthou dat dit net een oomblik uit iemand anders se lewe is. Moenie jou hele werklikheid met 'n ander persoon se beste oomblik vergelyk nie. Werklike ouerskap is nie altyd netjies of maklik nie, maar dit kan steeds mooi, betekenisvol en meer as goed genoeg wees.

Bron: Every mom

HOE OM FINANSIEEL VIR JOU EERSTE HUIS VOOR TE BEREI

Om jou eerste huis te koop, is 'n groot mylpaal, maar dit verg deeglike finansiële voorbereiding. Die koopprys is slegs een deel van die uitgawe. Daar is ook ander kostes waarvoor jy vooraf moet begroot, waaronder oordrag- en verbandregistrasiekoste, versekering en moontlike herstelwerk.

Begin deur eerlik na jou maandelikse begroting te kyk. Bereken hoeveel geld ná jou gewone uitgawes oorbly en bepaal watter verbandpaaiement jy werklik kan bekostig. Onthou dat huiseienaars ook eiendomsbelasting, munisipale dienste, instandhouding en soms 'n maandelikse heffing aan 'n kompleks of landgoed moet betaal.

Jou kredietrekord speel 'n belangrike rol wanneer jy om 'n huislening aansoek doen. Betaal jou rekeninge betyds, verminder bestaande skuld en probeer om nie kort voor jou aansoek nuwe skuld aan te gaan nie. Gaan jou kredietverslag vooraf na en maak seker dat al die inligting korrek is. 'n Goeie kredietrekord kan jou kanse op goedkeuring verbeter en jou moontlik help om 'n gunstiger rentekoers te kry.

Hoewel dit soms moontlik is om 'n huislening sonder 'n deposito te bekom, kan 'n deposito die bedrag wat jy moet leen, verminder. Begin dus so vroeg moontlik spaar. Hou die geld in 'n afsonderlike rekening en sit elke maand 'n vaste bedrag opsy. Selfs 'n kleiner deposito kan jou finansiële posisie versterk.

Hou ook rekening met die eenmalige uitgawes wat met die aankoop gepaardgaan. Daar kan oordragkoste, verbandregistrasiekoste en ander administratiewe uitgawes wees. Jy sal moontlik ook vir verhuising, veiligheidsverbeterings, gordyne of noodsaaklike herstelwerk moet betaal. Vra vooraf vir 'n uiteensetting van die verwagte koste sodat jy nie later onverhoeds betrap word nie.

Dit kan help om 'n paar maande lank te maak asof jy reeds die verband afbetaal. Sit die verskil tussen jou huidige huur en die verwagte totale maandelikse huiskoste opsy. Só kan jy bepaal of die nuwe uitgawe werklik binne jou begroting pas, terwyl jy terselfdertyd jou spaargeld aanvul.

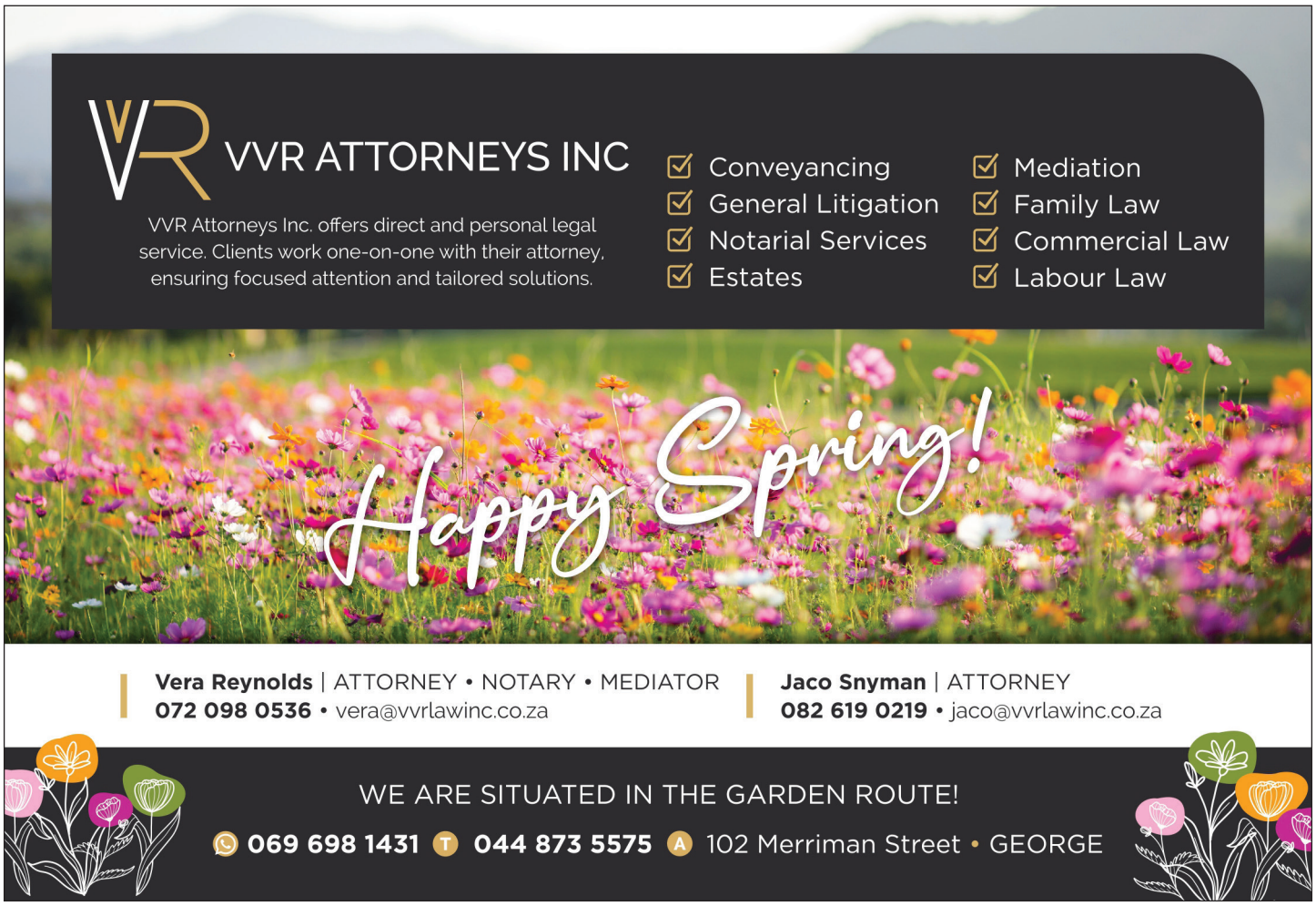
Vergelyk verskillende huislenings voordat jy 'n besluit neem. Selfs 'n geringe verskil in die rentekoers kan oor die leningstydperk 'n groot uitwerking hê op die totale bedrag wat jy terugbetaal. Kyk dus nie net na die maandelikse paaiement nie, maar ook na die leningstydperk, koste en totale rente.

Bou ook 'n noodfonds op voordat jy koop. 'n Gebroke warmwaterstelsel, lekkende dak of onverwagte herstelwerk kan 'n aansienlike bedrag kos. Anders as wanneer jy huur, is daar nie 'n verhuurder wat hierdie uitgawes namens jou dra nie. 'n Noodfonds kan voorkom dat jy skuld moet aangaan wanneer iets verkeerd loop.

Dit is verstandig om vooraf vas te stel vir watter bedrag jy kwalifiseer. Onthou egter dat die bedrag wat 'n bank bereid is om aan jou te leen, nie noodwendig die bedrag is wat jy gemaklik kan bekostig nie. Laat genoeg ruimte in jou begroting vir rentekoersverhogings, stygende lewenskoste en ander onverwagte uitgawes.

Die doel is nie net om genoeg geld te hê om die huis te koop nie, maar ook om dit op die lange duur te kan behou. Met 'n realistiese begroting, 'n goeie kredietrekord, voldoende spaargeld en 'n noodfonds kan jou eerste huis 'n waardevolle belegging word .

Bron: ooba Home Loans – First-time Home Buyers Guide



LEARNING LANGUAGES: LIFELONG BENEFITS FOR YOUR BRAIN

Could learning French do more than help you order a croissant in Paris? Growing evidence suggests that learning and using an additional language throughout life may help keep the brain healthier for longer. An increasing number of researchers are uncovering the surprising link between lifelong language learning and dementia prevention or at least significant delays in the onset of symptoms.

Results suggest that multilingual individuals often show greater cognitive reserve – the brain's ability to cope with age-related changes and disease. Why does language learning have such a powerful effect? Learning a new language exercises memory, attention, problem-solving, and communication skills all at once. Every conversation requires the brain to switch between words, meanings, and grammatical structures, creating new neural connections and keeping existing ones active.

Learning and using more than one language keeps the brain active by strengthening memory, attention, and problem-solving skills. Research suggests that multilingual people develop greater cognitive resilience.

Regular language practice, especially through conversation and cultural immersion, helps maintain mental sharpness as we age. In simple terms, learning a language is one of the most enjoyable ways to invest in long-term brain health – words really do work wonders for our minds.

The even better news is that you are never too old to start. Whether you are 8 or 80, learning a language challenges the mind in ways that few other activities can. Unlike puzzles or games, language learning combines mental exercise with social interaction, cultural discovery, and real-world communication.

According to Rohan Lourens, founder of the French Cultural and Language Learning Centre of the Garden Route (CCLF), French is an especially rewarding choice. As one of the world's most widely spoken and most beautiful languages, it opens doors to travel, literature, cuisine, and culture. More importantly, it provides a fun and engaging way to keep your mind active and your brain healthy.

If you've been looking for a reason to learn French, consider this: every new word you learn is an investment in your future. Your brain will thank you for it!

Elsabé Steyn

THE GREAT DECLUTTER

There's more to clearing out your cupboards than creating extra space – your brain might thank you too.

There is a particular kind of happiness that comes from throwing something away.

Not happiness in the grand, life-changing sense. More the tiny yet deeply satisfying feeling that comes from finally getting rid of the jeans you've been keeping since 2014, the drawer full of mysterious cables and chargers or the collection of takeaway menus and tomato sauce sachets you were convinced you'd reuse, somehow.

You know the feeling: you fill a rubbish bag, clear a surface and suddenly have the urge to reorganise your entire life.

There's actually some psychology behind it.

Our brains are constantly processing information from our surroundings. When we're surrounded by clutter, there are more visual stimuli competing for our attention. This can contribute to feelings of stress and mental overload.

Decluttering reduces some of that visual noise. A clear kitchen counter is still a kitchen counter, but your brain no longer has to register seventeen unrelated objects sitting on it. Fewer things demanding your attention can make a space feel calmer and consequently make us feel calmer too.

There's also a sense of control.

Everyday life is so unpredictable. We can't control the weather, other people's behaviour or whether our plans still happen. But we can decide what stays in the bathroom cupboard. Albeit a small sense of control, it's surprisingly rewarding.

The act of decluttering also gives us an immediate sense of progress. Unlike many adult responsibilities, where the reward for completing something is simply having another thing to do, tidying produces a visual result. The before-and-after is right before your very eyes.

And then there's the all the decision-making: keep it, donate it, recycle it or throw it away. Suddenly you're the CEO of a small household corporation making ruthless, executive decisions about a dried up, limited-edition bottle of nail polish and a myriad of instruction manuals for appliances you no longer have.

Of course, our possessions aren't always just possessions.

We attach memories, identities and aspirations to things. That dress might remind you of someone from your past. Those books might remind you of the person you wanted to become. That set of resistance bands represent the beginning days of your lockdown fitness journey which lasted approximately three weeks.

Getting rid of things can therefore be surprisingly difficult. Which is why decluttering doesn't have to mean becoming a minimalist and throwing away everything you own. It's about creating a space that works for the life you're actually living, rather than the life you imagined when you bought that expensive juicer.

And before everything goes into the bin, ask: could somebody else use this?

Clothes, books, furniture and household items can be donated rather than discarded, giving them a second life. Materials such as paper, glass and certain packaging or electronics may also have recycling options, depending on where you live.

So, clearing out your home doesn't have to mean creating a bigger pile of rubbish. Done thoughtfully, it can mean less clutter for you, useful things for someone else and fewer items unnecessarily heading to landfill. And in my opinion, that's the best part.

You're left with a little more space, a little less 'visual noise' and the oh-so-satisfying feeling that you've finally dealt with that cupboard.

Until, of course, you open the next one.

Kelli Romans

'IF ONLY PEOPLE KNEW': THE FASCINATING LIVES OF FLIES

Every spring, billions of flies commute thousands of miles in a huge web around the world. They may begin life in Iran and then spend the rest of it in the UK. They may hatch in India but undertake seasonal migrations to the fertile regions of Mongolia, China and Siberia.

Most of us assume that bees carry out pollination. But look closely at the creatures flitting around our gardens and parks, and you will see that many of those "bees" aren't bees at all. They fly differently, sound different and, indeed, on closer inspection, look a bit different.

They are often bee-mimicking hoverflies, one of the 108 families of flies found in the British Isles. Now that we have at least some proper research, we've found that more than half of those families have pollinator species in them. Even the biting midges (Ceratopogonidae) have species that might get a bit more respect if only people knew they pollinated the plant from which their beloved chocolate is made.

The charismatic adult hoverflies may be some of our most important pollinators, but their larvae have jobs too. You might not see them, but they work away, camouflaged – some resemble bird droppings – busily recycling organic waste or predating species that eat our flowers and crops.

And therein lies the true ecological beauty of flies: the ways in which, throughout their life cycles, they interact deeply with the environment. I know most people think of the fly as a creature that loves faeces and filth, or that spreads terrible diseases. And I can't lie: a very few species do. But do we tar all mammals with the same brush just because one mammal – humans – inflicts such damage to our world? Of course not. So maybe it's time we gave the other species of flies a chance.

Take the punk flies (Tachinidae) – the name hints at their appearance – whose larvae eat lots of creatures that blight our landscape, such as the oak processionary moth (Thaumetopoea processionea). This species of moth only arrived in 2006, but its caterpillars rapidly started making a nuisance of themselves, stripping oaks of their leaves. Their needle-thin defensive hairs also easily snap off these marauding munching machines, floating on the wind and causing rashes, conjunctivitis and, in severe cases, anaphylaxis. Never fear, though, for the punk fly larvae love eating them.

This isn't the only example of its kind. In the US, fire ants, having hitched on a boat from South America, have flourished away from their natural predators, causing havoc among native populations – and their venom is toxic to humans. But one of their natural predators, a species of ant-decapitating Phoridae, has been shipped over and deployed to great effect. These flies are very species-specific, leaving all the native species alone.

Incidentally, the Phoridae and punk fly families contain some fantastic-looking species – the former having some incredibly rotund, hairy species that look like small, flying hedgehogs, the latter including a species named after Arnold Schwarzenegger because of its bulging legs – if somewhat smaller than its namesake at a third of a millimetre in length.

The same good looks apply to the bee flies (Bombyliidae). I have yet to meet someone who, when first discovering one of the more hirsute species, has not let out a small squeak of pleasure. Again, the adults will be playing their part in pollinating flowers, while the larvae feast on other immature insects. Before you condemn them as parasites, consider that they are a natural part of the food web, and their presence indicates a healthy host population and a balanced system.

Flies can look hairy, or metallic, have eyes on the end of stalks, or paddles on their legs, or even have no wings at all – but they are all something worthy of more consideration.

Source: The Guardian

"Small enough to overlook, important enough to change the world. Sometimes nature's greatest heroes are the ones we notice least."

Marina Lubbe
Spraak-, Taal- en Leesterapeut
admin@marinaspeech.co.za
073 039 7709
93 Lang Str, Groot Brakrivier

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RUSTIC BUTTERNUT & BACON SALAD

Ingredients:

- 4 Cups of cubed Butternut pieces
- ½ Onion diced
- 1 Clove grated garlic
- 4 Streaky bacon slices diced
- ½ Cup Pumpkin seeds
- 3 Tbs Finely chopped, fresh Rosemary
- 2 Tbs Olive oil
- 1Tbs Sesame oil
- 1 Tbs Tamari / Soy sauce
- Zest of 1 Lemon
- Salt & pepper to taste

Method:

1. Fry bacon until crispy. Set aside.
2. Sauté onion until soft and translucent, then add garlic. Set aside.
3. Fry butternut in olive and sesame oil until al dente. Add rosemary and fry for a few minutes then add tamari sauce continue to fry until butternut has a gentle char. Remove from heat.
4. Toss all ingredients together with Pumpkin seeds and lemon zest.
5. Season to taste.
6. Enjoy warm or chilled.

Chef's Tip: Finish salad off with Fresh Coriander

Chef Neil Bovill

Low calorie, superfood carb: Butternut Squash

Butternut squash is one of the most underrated nutrient dense carbohydrates you can add to your plate. This modest vegetable is packed with minerals, vitamins and antioxidant superpowers that look after your skin, vision and cognitive function.

Butternut Squash gets its superfood status for the following reasons:

- Beta- Carotene: Converts into Vitamin A, a potent antioxidant that benefits eye health and cellular repair.
- Potassium and Magnesium: Supports heart health, relaxes muscles, and balances your body's electrolytes.
- Vitamin C: Boosts collagen production, immune health and enhances iron absorption.
- Dietary Fibre: Complex carbohydrate, which stabilises blood sugar levels, improves digestion and keeps you fuller for longer.

Butternut is a wholesome vegetable that is readily available, affordable and easy to prepare.

Whether roasted, steamed, mashed, or blended into soups, it adapts beautifully to both sweet and savoury dishes. It has a creamy texture and subtle sweetness that make it a nourishing and satisfying vegetable to eat that can be enjoyed in so many versatile ways and is also kind to your budget.

Wynnertü Brümmer

DIE STORIES TUSSEN DIE RESEPTE

'n Ou resepteboek vertel dikwels baie meer as net hoeveel meel, suiker of botter in 'n gereg hoort. Tussen die vergeelde bladsye, vetkolle en handgeskrewe notas skuil die geskiedenis van 'n familie. Dit vertel van verjaardae, Sondagetes en geregte wat só gereeld gemaak is dat die boek vanself by die regte bladsy oopval.

Baie van ons ken daardie een familieresep wat nooit behoorlik neergeskryf is nie. Ouma het 'n "bietjie" hiervan en 'n "handvol" daarvan gebruik. Sy het aan die deeg gevoel wanneer dit reg was en geweet wanneer die sous gereed is sonder om na 'n horlosie te kyk.

Juis daarom is ou resepteboeke so kosbaar. Dit bewaar nie net bestanddele en metodes nie, maar ook iets van die mense wat dit gebruik het. 'n Nota soos "gebruik minder suiker" of "Jan hou nie van rosyne nie" vertel van 'n spesifieke huis en die mense wat rondom daardie tafel gesit het. Selfs die handskrif kan herinneringe aan 'n geliefde terugbring.

Vandag soek ons meestal resepte op ons fone. Binne sekondes kan ons talle weergawes van dieselfde gereg vind, maar 'n skerm dra nie die meelmerke van 'n besige bakdag of die handgeskrewe verandering wat 'n resep oor baie jare vervolmaak het nie.

Dalk is dit tyd om weer vir Ma, Pa, Ouma of Oupa te vra hoe hulle daardie bekende gereg maak. Skryf die bestanddele neer, maar vra ook wanneer hulle dit die eerste keer gemaak het en watter herinneringe daarmee saamgaan. Want lank nadat die laaste sny melktert geëet is, bly die storie agter die resep bestaan.

Bron: Library of Congress

" 'n Familieresep bewaar meer as net bestanddele – dit hou die herinneringe, stories en liefde van geslagte lewendig."

Langstraat 67 Long Street
Peperboom Gebou | Building
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T: 064 769 1013
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Dr. Maureen Kritzinger
TANDARTS • DENTIST
Langstraat 81, Groot-Brakrivier
drmaureenk@gmail.com • 044 004 0133
Pr Nr. 0180955 • BChD (Pret)

Tihanna Hattingh
FISIOTERAPIE
BSc. (Fisio) US
Pr no: 072 000 045 1304
Special interest in : Orthopaedic Manipulative Therapy (OMT / NMS) & Paediatric Neurology (NDT)
A: Langstraat 81; Groot Brakrivier, 6525 S: 082 512 4748
E: tihannaphysio@gmail.com W: www.tihannaphysio.co.za

YOUR CHILD'S SUPERPOWER

As parents, we spend so much time worrying about our children's future. Will they succeed at school? Will they be kind? Will they be safe online?

Yet one of the greatest gifts we can give our children is often the simplest: a cardboard box becoming a spaceship, a stick becoming a magic wand or a blanket fort becoming an entirely new world.

Imagination is far more than play. It helps children think, solve problems, develop empathy and understand the world around them. It supports communication, confidence, emotional regulation, literacy and learning. Through imaginative play, children can also explore difficult emotions and practise responding to situations in a safe environment. As they grow, imagination develops into critical thinking, helping them ask questions, explore new ideas and prepare for a future that requires innovation and adaptability.

Finding Balance

Technology is part of modern parenting and offers many benefits. This is not about guilt. It is about balance.

Many forms of digital entertainment do the imagining for children. Characters, stories and worlds are already created, leaving little room for boredom, creative thinking, problem-solving and independent play. When every spare moment is filled with videos, games or scrolling, children have fewer opportunities to develop their own ideas.

Children do not need constant entertainment. They need space to think, build forts, draw pictures, invent games, create stories and explore the world around them. Even a few screen-free moments each day can give their imagination the space it needs to grow.

The goal is not to remove technology, but to balance screen time with reading, outdoor activities, creative play and healthy boredom. When we protect imagination, we give children the freedom to dream, the confidence to think for themselves and the ability to create a future that does not yet exist.

At Social Kids, we believe healthy digital habits and imagination can exist side by side. Our free school programme helps children develop kindness, critical thinking, digital safety and confidence, both online and offline.

Social Kids



ARTICLE TOPICS

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

GETYKAART OKTOBER 2026
Mosselbaai

Day	Times of										Moonrise	Moonset	Moon Phase
	Sunrise	Sunset	High Water				Low Water						
			Time	Height	Time	Height	Time	Height	Time	Height			
1	0609	1833	0603	1.82	1825	1.87	1151	0.52	----	----	----	0852	
2	0608	1834	0648	1.65	1919	1.64	0035	0.54	1237	0.72	0014	0949	
3	0606	1835	0752	1.47	2047	1.45	0129	0.73	1354	0.92	0117	1055	◐
4	0605	1836	1019	1.40	2311	1.44	0310	0.88	1729	0.92	0212	1205	
5	0604	1836	1214	1.57	----	----	0554	0.81	1843	0.74	0257	1316	
6	0603	1837	0033	1.59	1306	1.79	0656	0.64	1929	0.56	0335	1425	
7	0602	1838	0123	1.74	1345	1.98	0736	0.47	2006	0.41	0407	1532	
8	0600	1838	0203	1.88	1420	2.12	0809	0.34	2039	0.31	0436	1636	
9	0559	1839	0239	1.97	1452	2.21	0839	0.26	2109	0.25	0503	1739	
10	0558	1840	0313	2.02	1523	2.24	0907	0.22	2137	0.23	0530	1842	●
11	0556	1841	0345	2.03	1552	2.21	0934	0.24	2204	0.25	0558	1944	
12	0555	1842	0415	2.00	1621	2.13	1002	0.29	2231	0.30	0629	2046	
13	0553	1842	0445	1.93	1648	2.02	1029	0.38	2257	0.38	0703	2148	
14	0552	1843	0514	1.84	1715	1.89	1056	0.49	2324	0.48	0741	2247	
15	0551	1844	0542	1.73	1742	1.74	1126	0.62	2353	0.60	0826	2342	
16	0549	1845	0611	1.60	1812	1.59	1159	0.77	----	----	0915	----	
17	0548	1846	0648	1.47	1854	1.44	0026	0.73	1243	0.91	1010	0032	
18	0547	1847	0751	1.35	2011	1.31	0112	0.87	1405	1.04	1108	0116	◑
19	0545	1847	1104	1.34	2306	1.31	0247	0.98	1715	1.02	1207	0154	
20	0544	1848	1216	1.50	----	----	0551	0.92	1823	0.87	1307	0227	
21	0543	1849	0023	1.44	1254	1.67	0642	0.77	1903	0.71	1408	0256	
22	0541	1850	0105	1.59	1326	1.85	0716	0.62	1936	0.54	1508	0324	
23	0540	1851	0139	1.73	1355	2.01	0745	0.48	2008	0.39	1611	0350	
24	0539	1852	0212	1.86	1425	2.16	0814	0.36	2039	0.25	1715	0417	
25	0538	1853	0245	1.97	1458	2.26	0843	0.27	2112	0.16	1823	0446	
26	0537	1854	0319	2.04	1532	2.30	0915	0.22	2146	0.12	1934	0519	○
27	0536	1854	0355	2.07	1609	2.27	0949	0.23	2222	0.15	2048	0559	
28	0535	1855	0433	2.04	1648	2.17	1025	0.30	2301	0.23	2201	0645	
29	0534	1856	0513	1.96	1731	2.01	1105	0.42	2342	0.37	2309	0741	
30	0533	1857	0557	1.84	1821	1.81	1152	0.59	----	----	----	0846	
31	0532	1858	0650	1.69	1923	1.61	0030	0.54	1253	0.77	0007	0956	

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THE POST TEAM

Laurinda Smit: 082 738 8011
SALES/MARKETING: sales@thepost.org.za

Surien Breytenbach
DESIGN & LAYOUT

ARTICLES: articles@thepost.org.za

Surien & Junior Breytenbach
WEBSITE & SOCIAL MEDIA

Laurinda, Helen, Junior
DISTRUBUTION

PRINTING: Drukkor, Hiberniastraat 7, 044 874 4187

www.thepost.org.za

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