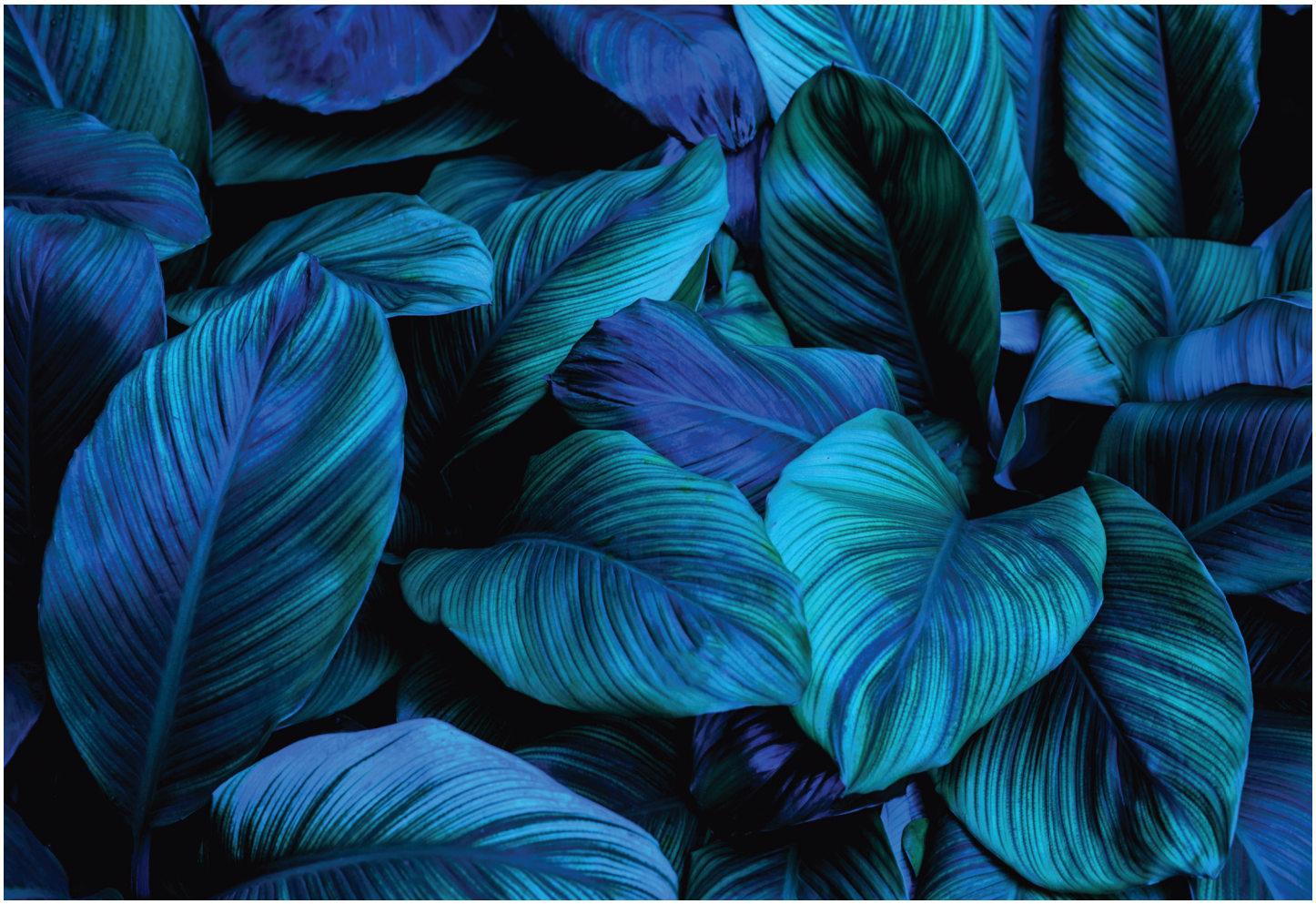
THE POST

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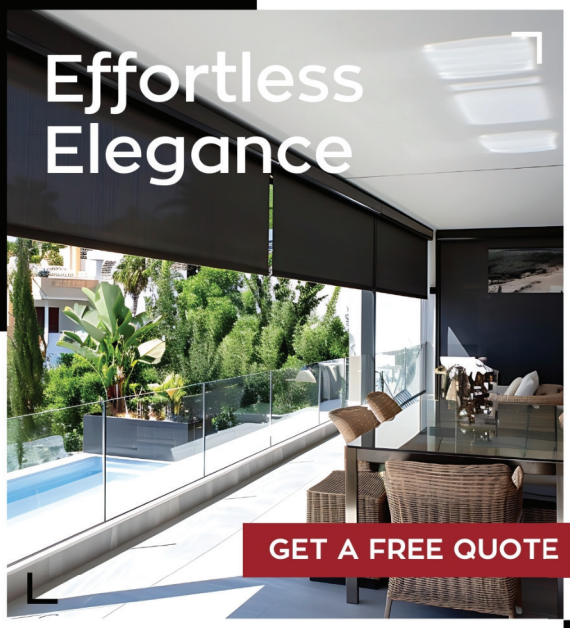
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THE POST

MOSSEL BAY • GREAT BRAK RIVER • GEORGE • WILDERNESS • SEDGEFIELD • KNYSNA

Droom jy nog oor 'n beter toekoms?

Ek is nie seker wat my laat besluit het om vanuit 'n meer inspirerende oogpunt oor droom te skryf nie. Miskien is dit die wete dat droom binne elkeen van ons se bereik is, dat dit kosteloos is en dat ons enige oomblik die vryheid het om te droom.

Miskien is dit belangrik om die konsep van droom eers binne die verwysingsraamwerk waaruit ek skryf, in konteks te plaas.

Om te droom, is om met die verbeelding verby die grense van die huidige werklikheid te beweeg en moontlikhede te verken wat betekenis, hoop en rigting aan die mens se bestaan gee. Dit is die ruimte waar die werklikheid soos dit is, ontmoet word deur die werklikheid soos dit kan wees. Soms bied droom ons die geleentheid om verby die uitdagings en beperkings van die alledaagse werklikheid te kyk en onsself nuwe moontlikhede voor te stel.

Ek besluit, in die oomblik van inspirasie, dat ek 'n droomlys gaan begin. Met my sterk Calvinistiese opvoeding pootjie ek myself egter dadelik, aangesien die lys vir my te selfgesentreerd voel. As planmaker herbesin ek die saak en besluit om kategorieë te skep: vir myself, my familie, my vriende, my gemeenskap, my land en die wêreld.

Die drome vir myself kom maklik, maar wanneer ek oor die ander kategorieë begin nadink, haak ek weer vas. Dit sal 'n algemene droom moet wees waarmee ander hulle ook kan vereenselwig. Weer moet ek die gedagte oordink. Weet ek werklik waarvan ander mense droom, of wat ek vir hulle behoort te droom?

Miskien moet ek verdere onderwerpkategorieë skep wat gemeenskaplike behoeftes insluit. Die aanvanklik goeie voorneme begin nou al hoe meer soos huiswerk voel!

Uiteindelik kom ek tot die slotsom dat 'n mens waarskynlik nader aan die kern van die saak kom wanneer jy emosionele, fisiese, geestelike en spirituele behoeftes in ag neem. Dit is immers aspekte van menswees waarmee ons almal, in 'n mindere of meerdere mate, kan identifiseer, ongeag waar ons ons bevind of hoe naby of ver ons aan mekaar is.

Soos met soveel dinge in die lewe, besef ek gou dat 'n goeie gedagte of voorneme een ding is, maar dat die uitvoering daarvan toewyding, selfdissipline, deursettingsvermoë en waarskynlik ook geloof verg. Geloof dat dit wat ons vir onsself droom, maar ook dit wat ons vir ander en saam met ander droom, 'n daadwerklike verskil kan maak. 'n Verskil in hoe ons elke dag betekenis en sin aan ons eie lewe gee, maar ook in die moontlikhede wat ons help skep vir ander.

Miskien lê die waarde van droom juis daarin dat dit ons herinner dat die toekoms nie bloot iets is wat op ons wag nie, maar iets waaraan ons deur ons gedagtes, keuses en dade kan help bou.

Droom jy nog oor 'n beter toekoms?

Laurinda

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COULD SPEKBOOM BECOME A FOOD CROP?

I t is familiar in gardens across South Africa, where it grows as a hardy hedge or small tree. But spekboom (Portulacaria afra) may have a place beyond the garden: on our plates.

Native to parts of the Karoo and Eastern Cape, spekboom copes with dry conditions and poor soil. Its thick leaves store water, while the plant helps stabilise soil on steep, rocky slopes. It is also known for its ability to absorb carbon dioxide. Researchers are now exploring another benefit: whether this resilient indigenous plant could become a more common and useful food.

Spekboom leaves are juicy and crunchy, with a tart, lemon-like flavour. They can be eaten fresh or added to dishes where their acidity balances sweet, savoury or spicy ingredients. Researchers at the University of the Free State tested raw leaves and leaves that had been baked, stir-fried, steamed or blanched. Cooking made them lighter and softer, while they retained qualities similar to other leafy vegetables. The steamed leaves also had more vitamin C than the raw leaves in the study.

The researchers experimented with ways to use spekboom in everyday cooking. Blended leaves went into a sweet-and-sour lemon curd, while fresh leaves were added to tomato chutney. They were also pickled with red onion, vinegar, honey and spices. Dried leaves were mixed with nuts, seeds and seasonings to make a tangy dukkah. These examples show how spekboom's sharp flavour can work in both sweet and savoury recipes. It could bring a refreshing edge to a meal, much as lemon or other tangy ingredients do.

But a plant's potential depends on whether people will actually eat it. In a survey of 120 people, about 84% recognised spekboom, yet only 22% had eaten it more than once in the previous year. Just 3% knew it was nutritious. Still, 79.2% said they were willing to include it in their diets, and 75% said they would buy it if supermarkets sold it. More than three-quarters would consider buying it if it cost less than other vegetables.

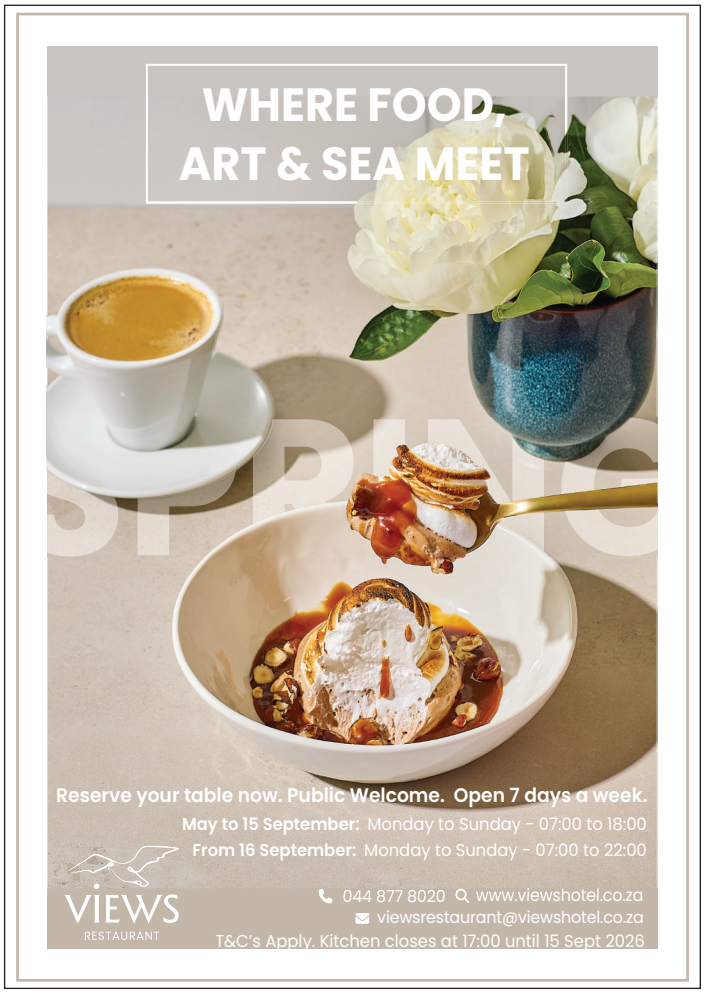
The results suggest that unfamiliarity, rather than dislike, may be holding spekboom back. Many people know the plant as a garden feature, but may not realise its leaves can be used in cooking. Sharing simple recipes and clear information about its nutritional qualities could help people see it as more than an ornamental plant or a garnish. Its availability and price would matter too: consumers need to be able to find it easily and afford it.

There may also be opportunities for local growers and small food businesses. Spekboom needs little water and can thrive in challenging conditions. Turning it into products such as relishes, pickles and preserves could add value to a plant already growing in many communities. Processing fresh leaves could also help create products with a longer shelf life and reduce waste.

Making spekboom familiar in the kitchen may start with small steps. Fresh leaves add a sharp, juicy note to salads; chutney and pickles pair its tangy flavour with familiar foods. Dried leaves can become a seasoning. Simple recipes may encourage people to try spekboom without changing how they cook. Affordable products and advice can help make it a regular ingredient.

Spekboom is not a solution to food insecurity on its own. But research suggests it could become a tasty, water-wise addition to South African meals—and a locally grown ingredient worth getting to know.

Source: The Conversation Africa,





THE TRUE COST UNMASKED

Are you familiar with the perfume Le Monde Sur Mesure?

Created by Morreale Paris, it is described as the world's most expensive perfume, priced between $1.5 million and $1.8 million, depending on its size. The bottle is encrusted with diamonds, rubies and 18- or 24-carat gold, weighs about two kilograms, the labour count is 35 people and takes about a year to make. Each fragrance and bottle is customised for its owner; larger versions even conceal an 18-carat gold bracelet.

The company says the product is more than a fragrance: it constitutes jewellery, art and the buyer's own narrative. Private-jet journeys help identify meaningful landscapes, memories and emotions from which a unique "olfactory voice" is created. Only six pieces have reportedly been made: five for the Morreale family and one sold in 2018 to an undisclosed Saudi buyer. Yet even this extraordinary price does not reflect the product's true cost.

Consider the bottle alone. All the materials involve mining – the silica sand and limestone, manufactured or mined soda ash, energy, labour, transport and packaging. Keeping in mind that mining is an environmental intrusive process, depleting natural resources.

Plastic packaging begins with oil or gas extraction, refining, chemical processing, polymerisation, extrusion, design, inks and surface treatments.

The gold, diamonds and rubies require further mining, ore treatment, chemicals, transport and fossil fuels — all supported by machinery and infrastructure made from still more resources.

Then there is the perfume itself: its ingredients consisting of natural materials and chemical solvents, the manufacturing facilities and packaging. Add the private jets, the materials used to build them, the fuel they burn, the refineries and storage tanks that produce and hold that fuel, and the airports that must be built and maintained.

Why did I take you on this detour? Because every purchase—whether an ultra-luxury indulgence, an everyday necessity or simply something we want—depends on natural resources. Even synthetic products ultimately begin with materials drawn from nature. Environmental costs are rarely shown on a price tag.

Before buying, ask yourself:

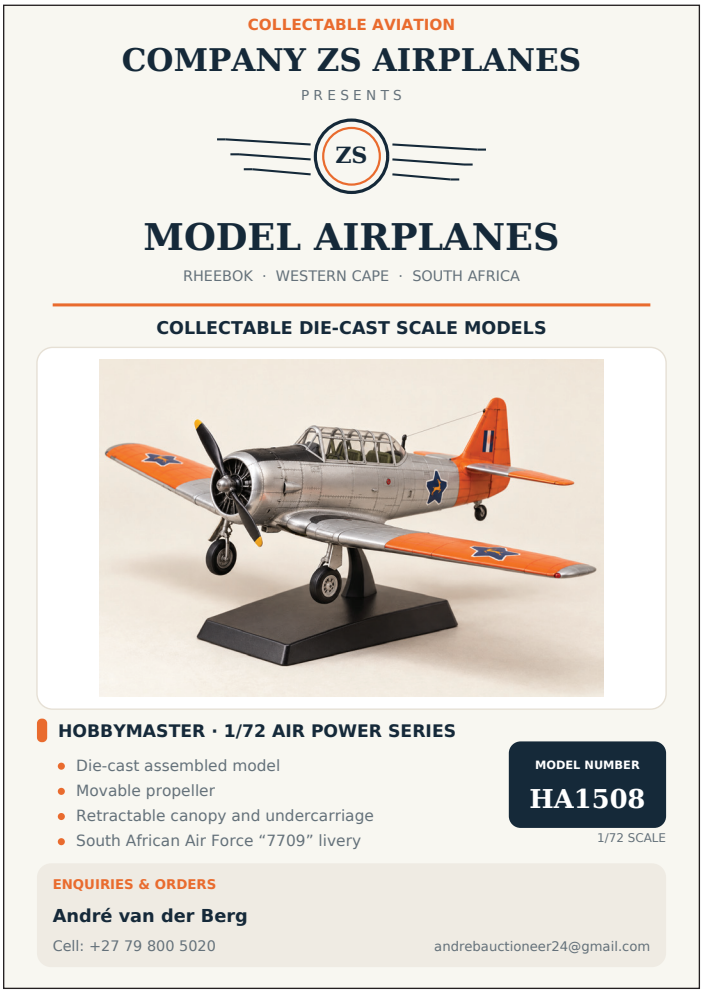
- Is this product worth the natural resources sacrificed to create it?
- Do I genuinely need it, or merely want it?
- What happens if those resources are depleted?
- Will future generations still be able to meet their needs?
- Where will the waste from the entire manufacturing process go?

Then decide whether the item's value is truly worth its real cost.

Ina Bezuidenhout







VAN SEARLE SE ERFENIS TOT MODERNE GESONDHEIDSORG

Van Searle se erfenis tot moderne gesondheidsorg - Waar meer as 160 jaar se geskiedenis en gemeenskapsorg bymekaarkom

Sommige geboue is meer as net mure en vensters. Hulle vertel die stories van die mense, ondernemings en gemeenskappe wat voor ons daar was.

Die gebou wat vandag die Des Bolton Medical Centre huisves, staan binne 'n gebied wat diep verweef is met die geskiedenis van Groot-Brakrivier en die Searle- en Bolton-families.

Charles Searle het hom in 1859 in Groot-Brakrivier gevestig, en het begin met die vervaardiging van leer-veldskoene vir reisigers, wat mettertyd uitgebrei het tot 'n leerlooiery, skoen- en stewelfabriek, winkels en ander ondernemings. Hierdie besighede het 'n belangrike rol gespeel in die ekonomiese ontwikkeling van die dorp en het deel geword van sy industriële erfenis.

Die onderneming het later ontwikkel tot Searles Holdings, wat in 1949 op die Johannesburgse Effektebeurs genoteer is. In 1980 het Desmond Bolton die onderneming oorgeneem, waarna dit uiteindelik as Bolton Footwear bekend geword het. Die geskiedenis van die skoenbedryf in Groot-Brakrivier strek dus oor meer as 160 jaar.

Die historiese foto's wat vandag binne Des Bolton Medical Centre uitgestal word, laat hierdie erfenis herleef. Die foto's bied 'n unieke blik op die mense, ondernemings en nywerhede wat eens 'n belangrike deel van die dorp se verhaal gevorm het. Die foto's is meer as herinneringe: hulle skep 'n tasbare verbinding tussen die plaaslike nywerheidserfenis en die werk wat vandag in dieselfde gemeenskap voortgaan. Dit is 'n verhaal van aanpassing, voortbestaan en diens aan mense oor generasies heen.

Die historiese foto's bied besoekers die geleentheid om meer te leer oor die ontstaan en ontwikkeling van Groot-Brakrivier se skoenbedryf. Dit herinner ons daaraan dat die dorp se erfenis nie slegs in boeke en argiewe bewaar word nie, maar ook deur stories en beelde wat van geslag tot geslag oorgedra word. Groot-Brakrivier se historiese geboue en strate is steeds plekke waar die gemeenskap bymekaarkom, groei en versorg word.

Des Bolton Mediese Sentrum — moderne mediese sorg binne die hart van Groot-Brakrivier se geskiedenis.

Van 'n onderneming wat eens skoene gemaak het om mense se voete te beskerm, tot 'n moderne mediese sentrum wat mense se gesondheid help beskerm: Des Bolton Medical Centre vorm 'n besondere skakel tussen Groot-Brakrivier se verlede en sy toekoms.

Vandag word dié geskiedenis op 'n nuwe manier voortgesit: nie meer deur skoene te vervaardig nie, maar deur die gesondheid en welstand van die gemeenskap te ondersteun.

Des Bolton Medical Centre bring 'n geïntegreerde span professionele persone onder een dak bymekaar, wat bestaan uit:

Algemene praktisyns: Dr Sorita Viljoen en Dr Marika Voigt;
Fisioterapeut: Jeandré de Swart;
Kliniese sielkundiges: Welmi Odendaal en Christo Eloff;
Opvoedkundige sielkundige: Helga Uys;
Dieetkundige: Leoné Harmse.

Saam bied hulle ondersteuning vir pasiënte se fisiese, emosionele, sielkundige en voedingswelstand.

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Advitorial



FEESTYD EN FINANSIES

Die tekens van Desember begin dikwels voor die kalender na die laaste maand blaai. Winkels raak besiger, uitnodigings stapel op en planne vir familiebyeenkomste begin vorm aanneem. Vir baie mense is dit 'n feestelike tyd, maar dit bring ook ekstra uitgawes mee. Kos, geskenke, kuiergeleenthede en versierings kan die gewone maandelikse besteding vinnig verander.

Een rede waarom Desember se geldsake soms uitdagend raak, is dat die maand se salaris in sommige gevalle vroeër betaal word. Dit kan voel asof daar meer geld beskikbaar is, maar die volgende salaris kan verder weg wees as gewoonlik. Die bedrag moet moontlik ook gewone debietorders en Januarie se uitgawes dek. Huur, kos, elektrisiteit en vervoer verdwyn nie wanneer die feestyd begin nie. Vir gesinne kan skoolfooie, uniforms, skryfbehoeftes en registrasiekoste ook aan die begin van die nuwe jaar wag. Die Nasionale Kredietreguleerder waarsku dat besteding sonder beplanning mense later kan dwing om krediet te gebruik om noodsaaklike uitgawes te betaal.

'n Begroting is 'n plan vir inkomste en uitgawes. Dit hoef nie ingewikkeld te wees nie. Begin deur neer te skryf hoeveel geld na verwagting inkom en watter betalings reeds gemaak moet word. Trek dan die vaste uitgawes af, soos huur, paaiemente, versekering, elektrisiteit en skoolverwante uitgawes. Die bedrag wat oorbly, gee 'n aanduiding van hoeveel beskikbaar is vir kos, geskenke en ander Desemberplanne.

Dit help om tussen 'n behoefte en begeerte te onderskei. 'n Behoefte is iets wat noodsaaklik is, soos kos of vervoer.'

n Begeerte kan iets wees wat jy graag wil hê, maar wat nie onmiddellik verkry hoef te word nie. Dit beteken nie dat mense nie die feestyd moet geniet nie. Dit beteken dat 'n mens vooraf kan besluit waarop om te fokus, sodat spontane aankope nie die geld opslurp wat vir Januarie bedoel is nie.

Klein planne kan die uitgawes meer sigbaar maak. 'n Geskenklys kan help om nie op die laaste oomblik lukraak te koop nie. Vir 'n byeenkoms kan familie vooraf besluit wie watter gereg bring. 'n Persoonlike geskenk of 'n aktiwiteit saam kan soms meer betekenis hê as 'n duur item. Deur pryse te vergelyk en 'n bestedingsperk te stel, kan 'n mens makliker onderskei tussen 'n werklike winskopie en 'n aankoop wat bloot aantreklik lyk. Krediet verdien besondere aandag gedurende die feestyd. 'n Kredietkaart of winkelrekening kan 'n aankoop maklik laat voel, maar die bedrag moet later terugbetaal word, dikwels met rente en moontlike fooie.

Voor 'n mens krediet gebruik, is dit belangrik om die terugbetalingsvoorwaardes te verstaan en te weet of die paaiement binne die begroting sal pas. As iemand wel geld moet leen, raai die Nasionale Kredietreguleerder verbruikers aan om slegs by geregistreerde kredietverskaffers aansoek te doen en die koste van krediet deeglik te verstaan.

Desember hoef nie deur geldstres oorheers te word nie. 'n Bietjie vooruitbeplanning kan help om die feestyd binne bereik te hou en Januarie met gemoedsrus tegemoet te gaan. Die belangrikste is om te onthou dat een maand se inkomste meer as net die feestelikhede moet dra.

Hierdie artikel is slegs vir algemene inligtingsdoeleindes en is nie finansiële advies nie.

Bron: Nasionale Kredietreguleerder





WORLD KINDNESS DAY

Did you know that 13 November is celebrated as World Kindness Day? It is and it was created with the intention to encourage connection, compassion and acts of kindness to strengthen communities and enrich lives.

The beauty of kindness is that it doesn't require grand gestures or elaborate plans. Often, the smallest acts have the greatest impact.

A kind word, a helping hand or a moment of genuine connection can make a meaningful difference to someone's day.

This month let's focus on bridging connection through kindness. By participating in shared interests, volunteering and community activities, we can build stronger friendships, expand our networks and create supportive communities where people uplift and encourage one another.

Ideas for celebrating kindness this month:

Attitude of Gratitude
Express thanks or share a compliment to someone who's made a difference in your life.

Pay It Forward
What can you do to give another person a boost or lift up? Look for a small way to brighten someone's day or offer support when it's needed.

Volunteer
Get involved at a local shelter, animal rescue, soup kitchen or community garden.

Share is Caring
Declutter your life by donating clothing, books, blankets or other items you no longer need to those who may benefit from them.

Appreciation
A sincere compliment to a colleague, service worker or stranger can go a long way to brightening someone's day.

Positive vibrations
Recognise a small business or individual who has provided excellent service by acknowledging them through a review or shout-out.

Strength in numbers
Check out community projects and contribute your skills, this not only uplifts shared spaces but a great way to connect with people personally and professional.

Group events
Join in a community event such as a beach clean-up, park restoration or neighbourhood project.

Be Kind to Yourself
Self-kindness is just as important. Take time to rest, recharge and enjoy activities that bring you joy, whether that's a walk in nature, reading a book, sharing time with friends or simply watching the sunset.

Sharing in these ways brings joy, laughter and connection, and helping others shine lets us shine too. Everyone carries their own burdens, and even the smallest act of kindness can ripple positivity into someone's life.

As A.A. Malee said, "Ah, kindness. What a simple way to tell another struggling soul that there is love to be found in the world."

Wynnertü Brümmer

"Kindness is a small act that can lift someone's spirits, create a lasting connection and remind them they are not alone. These moments help build a stronger, more caring community."



HELP KINDERS OM VRIENDE TE MAAK

Vir sommige kinders begin 'n nuwe vriendskap sommer met 'n glimlag en 'n gesprek. Vir ander kan dit ongemaklik voel om 'n nuwe maatjie te nader of by 'n groep aan te sluit.

Kinders ontwikkel sosiale vaardighede teen verskillende tempo's. 'n Stil kind is nie noodwendig ongelukkig of onvriendelik nie, maar 'n bietjie ondersteuning kan help wanneer 'n kind graag vriende wil maak.

Ouers kan nie vriendskappe namens kinders bou nie, maar hulle kan kinders help om die vaardighede te oefen wat kontak makliker maak.

Die doel is nie om gewildheid na te jaag nie. Dit is om kinders te help om vriendelik, selfversekerd en respekvol met ander te kommunikeer

Oefen 'n eenvoudige begin

Gesels saam oor hoe 'n kind 'n gesprek kan begin. 'n Groet, 'n vraag oor 'n speletjie of 'n uitnodiging soos "Wil jy saam speel?" is genoeg. Oefen dit tuis deur beurte te maak. Laat die kind ook dink aan wat om te doen as die ander kind nie dadelik reageer nie. Só kan 'n nuwe situasie minder onbekend voel.

Skep geleenthede rondom belangstellings

Kinders vind dit dikwels makliker om met ander te praat wanneer hulle iets in gemeen het. Sport, musiek, kuns, 'n leesklub, 'n kultuuraktiwiteit of 'n speelafspraak gee hulle 'n gedeelde onderwerp. Kies 'n aktiwiteit waarin die kind belangstel, eerder as om hulle in 'n groep te plaas waar hulle ongemaklik voel. 'n Kleiner byeenkoms met een of twee kinders kan 'n goeie begin wees.

Wys hoe vriendskap lyk

Kinders leer deur volwassenes dop te hou. Wys hoe om ander kans te gee om te praat, te luister, beurte te neem en belangstelling te toon. Prys spesifieke gedrag, soos wanneer 'n kind 'n speelding deel of 'n maatjie by 'n speletjie betrek. Dit help hulle verstaan watter optrede ander welkom en ingesluit laat voel.

Gee hulle ruimte om probleme op te los

Meningsverskille kom in vriendskappe voor. Wanneer kinders stry oor 'n speelding of reëls, kan 'n volwassene rustig vra: "Wat het gebeur?" en "Hoe kan julle dit regstel?" Help hulle om die ander kind se kant te hoor en moontlike oplossings te oorweeg. Moenie elke klein konflik onmiddellik namens hulle oplos nie. Met ondersteuning kan kinders leer om te onderhandel, jammer te sê en weer saam te speel.

Luister sonder om te druk

Moenie 'n kind dwing om met 'n spesifieke persoon bevriend te raak nie. Vra eerder hoe hulle voel en of hulle self graag nuwe vriende wil ontmoet. As 'n kind gereeld eensaam lyk, uitgesluit word of oor boeliegedrag praat, luister kalm en neem die gevoel ernstig op. Indien nodig, praat met die onderwyser om saam ondersteuning te beplan.

Vriendskap groei met tyd en lyk nie vir elke kind dieselfde nie. Sommige kinders verkies een hegte maatjie, terwyl ander graag in 'n groter groep speel. Met geduld, geleenthede en praktiese oefening kan kinders selfvertroue opbou en leer hoe om gesonde, betekenisvolle verhoudings te vorm.

Bron: Child Mind Institute

"'n Nuwe vriendskap begin dikwels met 'n klein gebaar: 'n glimlag, 'n vriendelike vraag of 'n uitnodiging om saam te speel."

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COASTAL CAMPING

Few things feel as special as waking to the sound of waves and breathing in the fresh sea air. Camping near the coast offers a chance to slow down and experience nature up close.

Along South Africa's coastline, the scenery is always changing: waves roll in, wind shifts the sand and birds search for food among the rock pools. With a little knowledge and care, a coastal camping trip can be more than a relaxing getaway. It can also be a learning experience.

The first lesson begins at the campsite. Dunes are not simply piles of sand to walk or drive over. They form part of the coast's natural protection and help shield the land behind the beach from strong waves and storms. Plants growing on dunes help hold the sand in place. When people walk through the vegetation, drive over dunes or pitch tents outside designated areas, they can damage this fragile system. Use existing paths and camp only where it is permitted.

The ocean also deserves respect. A beach may look calm, but waves and currents change throughout the day. A rip current is a strong flow of water moving away from the shore. It can quickly carry swimmers farther out to sea. The National Sea Rescue Institute, or NSRI, advises people to swim only at beaches where lifeguards are on duty. Pay attention to warning signs, keep children close and do not assume that calm looking water is always safe.

Tides matter too. The sea rises and falls in a natural rhythm, so a route beside rocks or a small beach may become harder to reach later. Check local tide information before setting out on a coastal walk, and return before the water blocks your way. Near river mouths, rock pools and fishing spots, stay aware of your surroundings and follow local safety guidance.

Rock pools are small marine habitats, not just puddles left by the tide. Their water levels, temperature and saltiness change as the tide moves, and the creatures living there are adapted to those conditions. Observe them gently and leave everything in place.

Coastal weather can change quickly. A sunny day may turn windy or cool, especially after sunset. A sturdy tent, warm clothes and a waterproof layer are useful even when the forecast looks good. Pitch your tent on a level, designated site and secure it properly. Keep food and rubbish covered because smells can attract birds and other animals. Do not feed wildlife. Human food can change their natural behaviour and make them dependent on campers. Rules can vary, so check with the campsite before you arrive.

Coastal camping also offers small nature lessons that are easy to miss. A child who spots a crab among the rocks can learn why animals should be left in their own habitats. A walk can reveal how plants grow in sandy soil and how the coastline looks different at high tide and low tide. Take photographs, but leave shells, stones, plants and animals where they are. What seems like a small souvenir to one visitor may be part of a much larger habitat.

A responsible camping trip makes a difference long after the tent has been packed away. Take all rubbish with you, use fire sites only where permitted, and follow the campsite's rules about noise, pets and beach access.

Plan ahead, respect other visitors and leave the area clean. In this way, every camper can help protect the coast's beauty and wildlife for the next family to enjoy.

Sources: NSRI | DFFE | CapeNature





ESCAPING THE RUSH OF DAILY LIFE

Even with a busy life well lived, there is sometimes a feeling that something is missing. Something that goes deeper than having a fulfilling job, a nice home and the life partner you dreamed of.

How often do you feel happy for no reason at all? Not because someone who matters smiled at you, not because you achieved a goal … or you won the lottery! Just a feeling of deep contentment that bubbled up from within for no apparent reason?

The modern epidemic of daily stress cuts us off from connecting with the deepest, most fulfilling level of life: the level of pure consciousness within that each one of us possesses. We rush from one task to the next, whether it's an important business meeting that we've spent hours preparing for, or picking up the kids from school and doing the shopping on the way while planning the week's menu.

As the pace of life picks up, we need to make time to regularly go within and reconnect with our source. Beyond the level of rushing thoughts, to a place inside where it's peaceful, calm and quiet, to recharge ourselves from source. We do it for our phones, so why not ourselves?

An easy, simple technique to do this is Transcendental Meditation (TM), brought to the West by Maharishi Mahesh Yogi in the 1950s. Tried and tested over thousands of years, it remains relevant in the modern world. It's wide-ranging health benefits have been internationally researched, from normalisation of blood pressure to relief from anxiety and depression.

Brain wave patterns change to the calmer alpha waves during daily 20-minute sessions of TM. Practitioners experience a state of restful alertness, when the prefrontal cortex (CEO of the brain) becomes more active and connected, but the body is deeply rested. It's a state of consciousness different to waking, dreaming or sleeping that has been measured by researchers and indicates a more powerful style of brain functioning: an experience, however brief initially, of a higher state of consciousness. This leads to greater clarity and efficiency in action during the rest of the day.

This makes TM a great DIY tool for living a better quality of life. When we are well rested and alert instead of feeling stressed, we give greater quality of attention to those around us, benefitting our relationships at home and at work. This includes our spiritual life -- the TM technique is a great preparation for prayer, whatever religion we may practise, and is supportive of all religions.

The seven-step TM course is taught the same way around the world by trained teachers, ensuring that the same standard and results can be achieved, whether learning in London, New York, Tokyo or South Africa's Garden Route.

Marion Whitehead

DID YOU KNOW?

The endangered Knysna seahorse is found naturally in only three southern Cape estuaries: Knysna, Swartvlei and Keurbooms. It is South Africa's only endemic seahorse species, meaning it occurs nowhere else in the world. These small, secretive fish can be difficult to spot.

Here's another surprising fact: the male carries the developing young in a pouch and gives birth. That makes this rare fish one of the Garden Route's most remarkable coastal residents.





THE GARDEN THAT BLOOMS

I saw a sentence recently that stayed with me: "Since I stopped sending the first message, it's amazing how quiet my phone is." There was something about those words that felt heavier than they should have. Perhaps because sometimes silence is not empty at all. Sometimes it tells us things we have been too busy, too loyal, or too afraid to hear.

We live in a world that seems determined to drain us. There is noise everywhere we turn, another crisis, another argument, another expectation waiting to be carried. We pour ourselves into work,family, responsibilities and the endless machinery of modern life until there is very little left in the cup we carry for ourselves. Perhaps that is why the people we allow close to us matter more than ever.

Our relationships should be places where we can set some of that weight down. They should feel like shelter from the weather, not another storm we have to survive.

Yet some relationships become one-way roads. You keep travelling towards someone who never seems to take a step in your direction. You send the message. Make the plan. Ask the question. Remember the birthday. Check in when they go quiet. You keep watering the relationship, wondering why the garden never blooms.

Eventually, you have to ask yourself whether you are nurturing something or simply keeping something alive.

That question can hurt.

We become attached to history. We confuse longevity with connection and familiarity with belonging. We hold onto people because they have occupied a room in our lives for so long that closing the door feels like losing part of ourselves.

But not every person who enters your life is meant to walk the entire road with you.

Some are chapters. Some are seasons. Some are lessons. And some become the people who sit beside you through the changing landscape, watching the weather shift and staying anyway.

Those are the people worth holding onto.The people who reach back when you reach for them. Who celebrate your victories without feeling diminished by them. Who want to see you grow. They notice when your voice sounds different. They hear the silence behind your words. They ask how you are because they genuinely want to know.

They do not make you audition for a place in their lives.

They make you feel seen.

I would rather have a small handful of genuine people than stand surrounded by a crowd of strangers wearing familiar faces. There is something exhausting about pretending a connection exists when your heart knows it does not.

And yes, choosing differently can leave a little emptiness behind.

But sometimes an empty chair is not a loss. Sometimes it is simply space. Space for people who bring warmth instead of confusion. Space for friendships where effort flows in both directions. Space for relationships where you can arrive exactly as you are, without performing for acceptance.

Warren Moult





KEN JY DIE ONDERSKEIE SOSIALE MEDIA PLATFORMS?

Sosiale media is deel van die alledaagse lewe, maar ken ons werklik die verskil tussen die platforms wat ons elke dag gebruik? Facebook, Instagram, TikTok, YouTube, LinkedIn en WhatsApp bied elk 'n ander manier om te kommunikeer, inligting te ontdek en gemeenskappe te bou. Almal is nie vir dieselfde doel ontwerp nie, en 'n boodskap wat op een platform werk, pas nie noodwendig by 'n ander een nie.

Facebook is sterk op gemeenskappe en gesprekke gerig. Mense gebruik groepe om oor gedeelde belangstellings te praat, plaaslike inligting uit te ruil en vrae aan ander gebruikers te stel. Bladsye en geleenthede help organisasies, ondernemings en gemeenskappe om nuus en aktiwiteite te deel. Dit kan dus nuttig wees wanneer 'n mens gesprek en betrokkenheid wil aanmoedig, eerder as om net 'n mooi foto te plaas.

Instagram is hoofsaaklik visueel. Foto's en video's trek aandag, terwyl onderskrifte konteks kan gee of 'n storie kan vertel. Dit maak die platform geskik vir kreatiewe werk, produkte, kos, plaaslike plekke en oomblikke agter die skerms. Instagram se funksies verander egter gereeld, en gebruikers kan self kies hoe hulle inhoud deel en met ander in verbinding tree. 'n Sterk beeld kan aandag trek, maar nuttige inligting en 'n herkenbare styl help mense om 'n bladsy te onthou.

TikTok het bekend geword vir kort video's, maar die inhoud strek veel verder as verskillende dansies. Gebruikers ontdek video's oor stokperdjies, resepte, onderwys, nuus en klein ondernemings. Die For You-stroom stel inhoud voor volgens belangstellings, wat beteken dat 'n video ook mense kan bereik wat nie reeds 'n rekening volg nie. 'n Duidelike begin en 'n eenvoudige boodskap help kykers verstaan waarom hulle moet aanhou kyk.

YouTube bied ruimte vir video's wat 'n onderwerp deegliker verduidelik, soos handleidings, onderhoude en dokumentêre inhoud. Kort video's kan vinnig 'n idee deel, terwyl langer video's meer agtergrond en detail bied. Kanale kan mettertyd 'n gemeenskap rondom 'n onderwerp bou, veral wanneer skeppers op kommentaar reageer en gereeld inhoud plaas. Mense gebruik YouTube nie net om vermaak te vind nie, maar ook om nuwe vaardighede aan te leer.

LinkedIn verskil omdat dit op professionele kontakte, loopbane en werkverwante gesprekke fokus. Dit bied 'n plek om jou ervaring te beskryf, met kollegas en kundiges te skakel en vakkennis te deel. Vir werksoekers en ondernemings kan 'n volledige profiel help om mense te wys wat hulle doen en waarin hulle belangstel. Die toon is gewoonlik meer professioneel, maar dit hoef nie onpersoonlik of styf te wees nie.

WhatsApp se krag lê in direkte kommunikasie. Individuele gesprekke en groepe maak dit maklik om vinnig met familie, vriende, kliënte of 'n gemeenskap kontak te maak. Dit is egter belangrik om mense se tyd en privaatheid te respekteer. Stuur net relevante boodskappe, vra toestemming voordat iemand by 'n groep gevoeg word en dink mooi voordat 'n onbevestigde berig aangestuur word.

Die beste platform hang dus af van jou doel. Wil jy 'n gesprek begin, 'n visuele storie vertel, 'n vaardigheid verduidelik, professionele kontakte bou of 'n groep vinnig bereik? Kies eers die boodskap en gehoor, en besluit dan waar dit die natuurlikste sal pas. Jy hoef nie oral aktief te wees nie.

Bron: Meta, TikTok, YouTube en LinkedIn

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DID YOU HEAR ME?

Have you ever explained something carefully, watched the other person nod, and then realised they had not heard a single word? Speaking is only half of communication; the other half happens inside the listener's brain.

This is perceptual bias at work. Hearing happens in the ears, but listening happens in the brain. The brain filters everything we hear and fills the gaps with past experiences, expectations and mood, so we often hear what we expect rather than what was said. When we are tired, stressed or feel criticized, the emotional brain takes over and the thinking brain listens less. No wonder so many of us listen to reply rather than to understand.

Our journey with language begins before birth, when a baby already recognises its mother's voice. Babies start to babble at around six months, say their first words by their first birthday, and string words into short sentences by the age of two. Every song, story and conversation in these early years strengthens the pathways language will use for life.

So how does a sound become meaning, and a thought become words? When someone speaks, your ears send the sound to the brain's hearing centre. It then travels to Wernicke's area, towards the back of the left side of the brain, which decodes the words and links them to memory and meaning. This is receptive language: our ability to understand. To reply, a bundle of nerve fibres carries the message forward to Broca's area, which chooses the words and puts them in order. This is expressive language: our ability to speak. Finally, the motor areas move your lips, tongue and breath, all within a second. Most of us are stronger on one side. Some people think out loud, while others need a moment to process before they answer.

These differences can lead to amusing misunderstandings. A wife asked her husband to buy a loaf of bread and added, "If they have eggs, get six." He came home with six loaves. When she asked why, he replied, "They had eggs!" They heard the same words, yet their brains processed them very differently.

In your next conversation, try this:

- Listen to understand, not to reply.
- Pause before you answer.

Mel Tiedt

THE TINY HELPERS BEHIND OUR FOOD

A bee visiting a flower may be doing more than collecting nectar. As it moves between blooms, it carries pollen that helps plants reproduce. In South Africa, honey bees are important pollinators for crops such as apples, sunflowers and onion seed. A small visitor can play a big role in keeping farms productive.

Pollination occurs when pollen moves between flowers, allowing many plants to produce seeds and fruit. Bees visit flowers for nectar and pollen. As they feed, pollen sticks to their bodies and is carried to the next bloom. The bee finds food, while the plant benefits.

SANBI research found honey bees to be the most important pollinators of the three crops studied: apples, onion seed and oil sunflowers. Many farmers use managed bee colonies to support pollination. Effective pollination can improve the quantity and quality of a harvest.

Bees need a varied supply of flowers. A shortage of suitable forage can leave colonies less healthy and more vulnerable to pests and disease. SANBI found that eucalyptus trees, some crops, indigenous trees and shrubs, garden flowers and roadside wildflowers can all provide food for honey bees.

A garden can matter beyond its fence. Planting flowers that bloom at different times can offer bees a more continuous supply of nectar and pollen. Even a small patch of flowers or a few balcony pots can become a useful stop for pollinators. Honey bees are not the only pollinators. Other insects, birds and bats also move pollen as they feed. Together, these visitors support plant life and food production. Protecting flowering habitats and managing gardens and farms thoughtfully can help pollinators continue their work.

The next time a bee visits a bloom, take a moment to watch. That small stop connects flowers, farms and food in a surprisingly important way.

Bron: SANBI



HOEKOM SPEEL KINDERS?

Wanneer kinders in die vakansie 'n kombersfort bou, 'n speletjie uitdink of 'n toring van blokkies maak, is hulle besig met meer as net vermaak. Hulle verken idees, toets wat gebeur wanneer hulle iets verander en leer om probleme op te los. Speel gee kinders ruimte om self te besluit wat om te doen en hoe om dit te doen.

Dink aan 'n kind wat 'n brug van blokkies probeer bou. Die eerste poging sak dalk inmekaar. Dan moet die kind mooi kyk, 'n nuwe plan maak en weer probeer. Dit verg konsentrasie, geduld en kreatiewe denke.

Wanneer kinders 'n speletjie se reëls onthou of beurte neem, oefen hulle ook hul geheue en selfbeheersing. Navorsing oor kinderontwikkeling beskryf hierdie vermoëns as vaardighede wat deur oefening versterk kan word.

Verbeeldingspel bied sy eie lesse. Wanneer 'n kind maak asof 'n kartondoos 'n winkel is, besluit hulle dalk wat verkoop word, hoe die produkte gerangskik moet word en wat 'n klant sal sê.

Só gebruik hulle taal, verbeelding en kennis van die wêreld om 'n storie te skep. As ander kinders sa speel, moet hulle idees deel, luister en saam besluit hoe die storie verloop.

Die vakansie bied ekstra tyd vir sulke ontdekking, maar kinders het nie duur speelgoed of 'n ingewikkelde program nodig nie. 'n Bak water en verskillende houers kan 'n eenvoudige eksperiment word: Watter voorwerp dryf? Watter een sink? Met papier, potlode en ou bokse kan kinders 'n kaart, 'n robot of 'n hele denkbeeldige dorp ontwerp. 'n Resep saam met 'n volwassene kan tel, meet, lees en volgorde oefen.

Volwassenes kan speel aanmoedig sonder om elke oomblik te beplan. Vra byvoorbeeld: "Wat dink jy sal gebeur as ons hierdie blokkie onder sit?" of "Hoe kan ons die toring sterker maak?" Gee kinders kans om self te probeer, en wys belangstelling in hul idees.

UNICEF Suid-Afrika benadruk dat spel kinders se denkvermoë, kreatiwiteit, probleemoplossing en sosiale en emosionele ontwikkeling kan ondersteun.

Speel beteken nie dat elke aktiwiteit 'n les of 'n perfekte eindproduk moet hê nie. Die ontdekking gebeur dikwels terwyl kinders eksperimenteer, foute begaan en weer probeer.

Hierdie vakansie kan 'n gewone kartondoos dus die begin van 'n klein avontuur én 'n groot leergeleentheid wees.

Bron: UNICEF Suid-Afrika

THE THRIFT SHIFT

The appeal of pre-owned shopping goes far beyond the price tag.

There was a time when second-hand shopping was something you did quietly. Today, finding a designer bag for a fraction of its original price or a vintage sideboard with more personality than anything in a showroom is a win worth celebrating. In the world of pre-loved shopping, old is interesting, used is useful and new isn't necessarily always better.

The thrill of the find

Ask anyone who loves the pre-loved market and they'll tell you: it's all about the hunt. Unlike browsing a shop with identical items, thrifting comes with an element of surprise and excitement. You might find nothing or better yet, stumble across the perfect leather jacket, a barely-worn pair of boots or a vintage lamp you didn't know your home needed. There are no guarantees and that's part of the appeal. Finding something 'one-of-a-kind' feels like a major personal victory especially when you know nobody else is likely to have the same thing. Social media has also turned thrift hauls into a trend of their own.

Times have changed

Pre-loved fashion has moved well beyond rummaging through dusty rails. Vintage boutiques, resale platforms and online marketplaces offer a wide variety of must-have pieces such as classic denim, tailored blazers and designer accessories. Buying second-hand can make great-quality items more affordable and helps you develop a wardrobe of staples without being dictated by the latest trend. The trick is to shop for what you genuinely love and not because it's easier on the pocket. A bargain you never wear is still money wasted.

The pieces that make a house a home

The appeal extends to interiors too. A vintage cabinet, an unusual mirror or a second-hand dressing table can bring personality to a home in a way that mass-produced furniture sometimes cannot. Older pieces can also be restored or updated with a little effort and creativity. Just inspect furniture carefully for structural damage, pests and expensive repairs before buying.

Good for your wallet. Better for the planet

Giving clothing, furniture and household items a second life can help reduce waste and demand for new production. Buying second-hand is only a smarter choice when it means buying things you need and will use for years to come. With the cost of living on the rise, shoppers are now more conscious than ever as to where their money goes.

Smart shopper

Before you buy, check the condition, compare prices and consider whether alterations or repairs will add to the cost. Explore charity shops, vintage boutiques, community markets and reputable online platforms to discover different styles and price points. Don't confuse old with valuable. Unfortunately, not every second-hand item is a hidden gem and not every bargain deserves a place in your home.

Could the real appeal of pre-loved shopping be that it challenges the idea that everything worthwhile must be brand new? A timeless coat doesn't lose its style because someone wore it first. A dining room table won't lose its charm because it's hosted years of family dinners.

The next time you're shopping, it might be worth looking at what's already out there before reaching for something brand new. You might be surprised by what you find. Happy thrifting!

Kelli Romans

"The best finds aren't always new; sometimes they're simply waiting to be loved again. A pre-loved piece can bring character, history and a story into your home that you won't find on a showroom shelf."

THE OCTOPUS: MASTER OF DISGUISE

An octopus can change its appearance in the blink of an eye. Its skin is covered with thousands of tiny pigment-filled cells called chromatophores. By expanding or contracting these cells, it can quickly change its colour and pattern. A brown octopus can become pale, darken its skin or develop spots that help it blend into the ocean floor.

Camouflage helps an octopus avoid predators, but it can also help it hunt. By matching the colours and patterns around it, the animal can hide among rocks, coral or seaweed. It can wait quietly until a crab or fish comes close, then reach out with its arms to catch it.

An octopus can also change the texture and shape of its body. Some species raise small parts of their skin to create bumps, making themselves look more like rough rocks or algae. Others stretch their arms and move in ways that help them resemble objects in their surroundings. This can make them difficult to spot, even for someone looking carefully.

The colour changes happen because the octopus's nervous system sends signals to the chromatophores. These cells sit just beneath the surface of the skin and contain different pigments.

The octopus can control many of them at once, creating patterns that appear and disappear rapidly. Special light-reflecting cells in the skin can add even more variation to its appearance.

Camouflage is not the octopus's only defence. If a predator gets too close, it may release a cloud of ink and escape while the attacker is distracted. It can also squeeze through narrow openings because it has no bones, apart from its hard beak.

These abilities show how an animal's body can be adapted to help it survive. The octopus uses colour, shape, movement and quick thinking to respond to its surroundings. Their ability to alter their appearance so rapidly remains one of the ocean's fascinating examples of animal adaptation.

Next time you look at a photograph of one, take a closer look. It may be hiding in plain sight.

Source: Smithsonian Ocean

WAAROM SLAAP SO BELANGRIK IS

Slaap is meer as net 'n blaaskans ná 'n besige dag. Terwyl ons slaap, rus en herstel die liggaam en brein.

Genoeg slaap kan ons help om beter te konsentreer, inligting te onthou en ons emosies te hanteer.

Hoeveel slaap 'n mens nodig het, verskil volgens ouderdom. Die Amerikaanse Centers for Disease Control and Prevention beveel minstens sewe uur per nag aan vir volwassenes tussen 18 en 60. Kinders van ses tot twaalf jaar het gewoonlik nege tot twaalf uur nodig, terwyl tieners agt tot tien uur behoort te kry.

'n Gereelde gebrek aan slaap kan dit moeiliker maak om aandag te gee en take af te handel. 'n Mens kan ook moeg, geïrriteerd of oorweldig voel. Kinders en tieners kan dan sukkel om in die klas te konsentreer.

'n Eenvoudige roetine kan help. Probeer om elke aand ongeveer dieselfde tyd bed toe te gaan en soggens op 'n vaste tyd op te staan. Lees voor slaaptyd, luister na rustige musiek of doen 'n kalm aktiwiteit. Dit help ook om helder skerms en opwindende speletjies weg te sit.

Maak die slaapkamer so stil, donker en gemaklik as moontlik. As jy gereeld sukkel om te slaap of bedags baie moeg voel, praat met 'n gesondheidswerker.

Goeie slaap help ons om uitgerus en gereed vir 'n nuwe dag te voel. 'n Vaste slaaptyd help om 'n gesonde ritme te behou.

Bron: CDC — Sleep









KINDERS OP DIE VERHOOG IS MÔRE SE STEM

Ek het tot op dertienjarige ouderdom gelisp. Dit was nie net 'n lui tong nie, dit was 'n propperse lisp wat arme Sannie behoorlik laat sleep het aan daai sewe sakke sout. Ek het vir ure voor die spieël gestaan en probeer kyk waar my tong knoop. Ek het gesien dat wanneer my tong agter my tande lê en ek die lug vorentoe forseer die s-klank duidelik vorm.

So het ek geleer dat jou stem 'n instrument is en dat jy met herhaling en oefening daardie instrument kan leer speel tot die beste van jou vermoë.

Vandag, na jare in die bedryf as aktrise, skrywer en stemkunstenaar, deel ek my kennis om ander te help. Nie vir dramastudente nie, maar vir introverte, teologiestudente, proponente en junior lektore. Individue wat besig is om hul eie professionele stemme te ontwikkel, om duidelik te artikuleer en om met selfvertroue te kan praat.

Hoe maklik aanvaar ons nie kommunikasie as vanselfsprekend nie? Ek glo dat drama en teater 'n veel groter plek in kinders se lewe verdien. Drama leer kinders om hul stemme te gebruik. Teater leer hulle om na mekaar te luister.

Drama is nie bloot net nog 'n buitemuurse aktiwiteit nie. Hier word 'n ruimte geskep waar jy kan foute maak en weer probeer. Dit kweek selfvertroue, luistervaardighede, leer jou hoe om in 'n groep saam te werk. Hierdie lewensvaardighede strek veel verder as net die verhoog.

In 'n wêreld waar skerms en kits-boodskappe die norm is, is ons jong stemme nou meer kosbaar as ooit te vore.

En selfs vir daardie kind wat nie op die verhoog of in die kollig wil wees nie. Ook daardie kind verdien teater – want dan, net vir 'n rukkie, deel ons almal dieselfde wêreld.

Ilne Fourie

REGTE IN DIE WERKPLEK

In Suid-Afrika het elkeen die reg op billike arbeidspraktyke. Hierdie beskerming is in die Grondwet vervat en word onder meer deur arbeidswette soos die Wet op Basiese Diensvoorwaardes en die Wet op Arbeidsverhoudinge ondersteun.

Werknemers behoort duidelike inligting oor hul diensvoorwaardes te ontvang. Dit sluit besonderhede soos vergoeding, werksure, verlof en die aard van die werk in. Werkgewers moet toepaslike reëls oor betaling, aftrekkings, betaalstrokies en verlof nakom. Die presiese bepalings kan van die werknemer se omstandighede en toepaslike wetgewing afhang, daarom is dit verstandig om die dienskontrak en amptelike riglyne sorgvuldig na te gaan.

'n Werknemer behoort met respek behandel te word. Onbillike diskriminasie, teistering en viktimisasie hoort nie in 'n gesonde werksomgewing nie. Werknemers het ook die reg om by 'n vakbond aan te sluit en aan wettige vakbondaktiwiteite deel te neem. Werkgewers moet redelike stappe doen om 'n veilige werkplek te bevorder en risiko's aan te spreek.

As 'n probleem ontstaan, skryf neer wat gebeur het en wanneer. Bewaar relevante dokumente, soos die dienskontrak, betaalstrokies, skedules en boodskappe. Probeer, waar dit veilig en gepas is, die saak eers met 'n bestuurder, menslikehulpbronafdeling of vakbond bespreek. Vra vir die werkgewer se formele klagteprosedure en hou rekord van alle gesprekke.

Indien die saak nie opgelos word nie, kan 'n werknemer advies by die Departement van Indiensneming en Arbeid of 'n vakbond inwin. Sekere werkplekgeskille kan na die Kommissie vir Versoening, Bemiddeling en Arbitrasie verwys word. Tydsbeperkings geld vir sommige verwysings, daarom moet werknemers nie onnodig wag nie. Die toepaslike proses hang van die soort geskil af.

Om jou regte te ken, beteken nie elke meningsverskil is 'n regskending nie. Dit help jou egter om vrae te vra, dokumente te verstaan en betyds hulp te soek. Vir advies oor 'n spesifieke situasie, raadpleeg 'n gekwalifiseerde arbeidsadviseur of toepaslike amptelike diens.

Hierdie artikel is slegs vir algemene inligtingsdoeleindes en moet nie as regsadvies beskou word nie.

Bron: Departement van Indiensneming en Arbeid | Grondwet van Suid-Afrika: Handves van Regte









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GETYKAART NOVEMBER 2026
Mosselbaai

Day	Times of										Moonrise	Moonset	Moon Phase
	Sunrise	Sunset	High Water				Low Water						
			Time	Height	Time	Height	Time	Height	Time	Height			
1	0531	1859	0806	1.56	2053	1.46	0130	0.71	1445	0.90	0056	1108	◐
2	0530	1900	1008	1.55	2245	1.45	0307	0.82	1707	0.86	0136	1218	
3	0529	1901	1139	1.67	----	----	0511	0.79	1818	0.73	0210	1324	
4	0529	1902	0002	1.54	1233	1.82	0618	0.68	1905	0.60	0239	1428	
5	0528	1903	0055	1.66	1315	1.95	0703	0.57	1943	0.49	0306	1530	
6	0527	1904	0138	1.76	1351	2.04	0739	0.49	2016	0.41	0333	1632	
7	0526	1905	0216	1.84	1424	2.09	0811	0.43	2046	0.36	0400	1733	
8	0525	1906	0251	1.90	1456	2.10	0841	0.40	2114	0.33	0429	1835	
9	0524	1906	0324	1.92	1526	2.07	0910	0.41	2141	0.33	0501	1936	●
10	0523	1907	0356	1.92	1556	2.02	0939	0.44	2208	0.35	0538	2036	
11	0522	1908	0426	1.89	1625	1.94	1009	0.49	2237	0.40	0621	2133	
12	0522	1909	0456	1.84	1655	1.85	1040	0.56	2306	0.47	0709	2225	
13	0521	1910	0526	1.77	1726	1.75	1114	0.65	2338	0.56	0802	2311	
14	0520	1911	0559	1.68	1800	1.64	1151	0.75	----	----	0858	2351	
15	0520	1912	0638	1.58	1843	1.53	0013	0.66	1238	0.86	0956	----	
16	0519	1913	0734	1.49	1941	1.43	0056	0.77	1345	0.96	1055	0025	
17	0518	1914	0908	1.46	2110	1.37	0157	0.86	1528	0.99	1154	0055	◑
18	0518	1915	1049	1.53	2253	1.40	0338	0.90	1709	0.91	1253	0123	
19	0517	1916	1149	1.67	----	----	0521	0.84	1810	0.77	1350	0149	
20	0516	1917	0004	1.50	1233	1.82	0618	0.73	1855	0.61	1455	0215	
21	0516	1918	0055	1.63	1312	1.97	0659	0.61	1934	0.45	1600	0243	
22	0515	1919	0138	1.76	1350	2.11	0738	0.49	2012	0.32	1709	0313	
23	0515	1920	0219	1.88	1430	2.20	0816	0.39	2051	0.22	1822	0349	
24	0514	1921	0300	1.98	1512	2.23	0855	0.33	2131	0.18	1937	0432	○
25	0514	1922	0342	2.03	1556	2.21	0937	0.32	2213	0.19	2050	0525	
26	0514	1923	0425	2.04	1643	2.13	1022	0.36	2256	0.25	2155	0628	
27	0514	1924	0510	2.01	1731	2.00	1111	0.45	2341	0.35	2250	0740	
28	0513	1925	0559	1.93	1823	1.85	1206	0.57	----	----	2334	0854	
29	0513	1926	0654	1.83	1921	1.69	0030	0.47	1310	0.70	----	1007	
30	0513	1926	0759	1.75	2028	1.56	0123	0.60	1432	0.81	0011	1116	

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