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PINELANDS COMMUNITY MAGAZINE

ISSUE 175 | August 2026



Homemade Flatbreads

Heleen Meyer



East Way Flower Garden

Regine Lord



Wales Coastal Path

Brian Watkyns



Helen Keller

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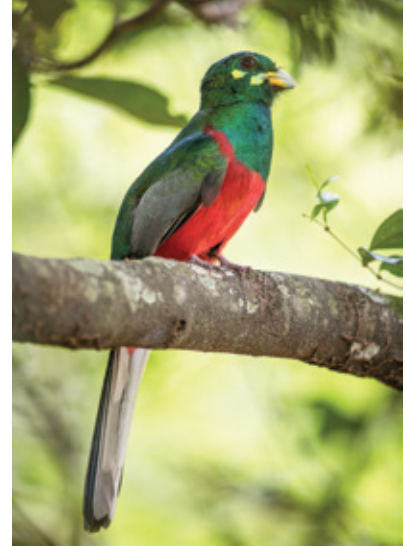
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Editor Max Schutte



Narina Trogon

The only Trogon found in the region, the Narina Trogon is a much sought after by birders. The male is bright green with a crimson belly. The beak is yellow and it has greenish patches on its face. With these bright colours one would think that it would be easy to spot. They normally sit mid tree in forests and tend to turn their back to observers and blend in with the foliage.

The call is a hoarse "Hoo Hook" repeated up to ten times. The Narina Trogon was named by the French explorer who travelled through Southern and Central Africa in the early 1800s. During his travels he travelled with a KoiKoi lady by the name of Narina and the bird was named after her.

Places where it is found in South Africa: Knysna Forest (Garden Route), Wilderness National Park (Half-collared Kingfisher Trail), St Lucia (iGwalagwala Trail), iSimangaliso Wetland Park, Krantzklouf Nature Reserve, and Magoebaskloof.

John McFarlane, author of the regular Muse bird feature enjoys the company of garden birds at his home in Pinewood Village. John feels that the best place for a birdbath is a shady spot near a tree or bush. There will be less evaporation in the shade and will also give the birds an escape route in case of danger.

To attract birds to the garden useful plants to have in the garden are: Wild dagga (Leonotis Leonurus), Salvias, Cape Honeysuckle and flowering aloes.



TALENT, TEAMWORK AND SPORTSMANSHIP

Putting politics, egos and sycophancy aside, this 2026 Football World Cup had some good lessons to take away in the realm of talent, teamwork and stars. Michael Jordan, one of the all-time greats of American basketball, had this to say about what makes a winning team, *"Talent wins games, but teamwork and intelligence wins championships."*

This was perfectly illustrated by a couple of standout teams. Argentina and France relied on a few big stars in their side, the Golden Boot candidates, to keep producing moments of brilliance to win the match for the team. Well, they mostly did, but inevitably, could not keep doing it every single game, which led to the team's downfall.

The winning side, Spain, undeniably had players with huge talent, but their playbook was based on the work of every player adding up to putting any one of their players in a scoring position. If one or two were having an average day, the others were there to make up for it. This proved to be the winning strategy which also took Cape Verde, one of the minnows of the competition, much further than expected.

As for the intelligence, it seems to me that, in the long run, teams that just get on with playing as best they can in the spirit of the game do better than those that seek to abuse the rules for unfair advantage... the divers, the agony-rollers, the arguers, the play actors.

I find it interesting that in the history of the FIFA World Cup, every tournament has been won by a team managed by a coach from their own country. No nation has ever won it with a foreign manager. Perhaps there is something to the idea that a local coach better understands the psyche of his nation and can design intelligent strategies and motivations that work for that team. It certainly works for Springbok rugby.

I hope you enjoy this edition.

Max Schutte

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NEXT EDITION

176 • September 2026

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DEADLINES

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Content: 21 Aug

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August

Saturday **25 July 2026** 10:00

PINELANDS BAPTIST CHURCH DIVORCE CARE COURSE BEGINS

Late joiners to the course, which runs for 13 weeks, are welcome. Meet at number 14, The Triangle, every Saturday, at 10:00. Snacks will be provided. Cost of snacks and manual will be R450 per person. Please do not let this put you off - funding is available where necessary. Contact us if you are going through divorce or separation or even thinking about it. Let us know if you are interested in a Divorce Care for Kids course. Call Alan Minogue on 083 456 1196 or the church on 021 531 3922.



GOLD (even scrap gold) remember when you lost that earring and buried the other in your jewellery box?

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MEDALS Boer War, WW1, WW2 inc badges & buttons

COINS ticky, sixpence, shilling, 5 shilling & R1 coins

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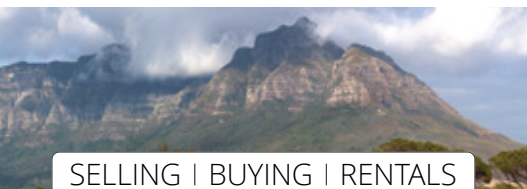
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Wed **29 July - Sun 2 Aug 2026**

CENTENARY ART EXHIBIT & MARKET

View art by community artists displayed in the new Victory Hall of St Stephen's Anglican Church daily from 10:00 to 16:00. Some artwork will be for sale. Enjoy a small craft market and tea garden on Saturday morning 1 August from 10:00 to 14:00. For details call the Parish Office at 067 792 2274.

Thursday **30 July 2026**

PINELANDS SCHOOLS MUSIC FESTIVAL

Celebrate 100 years of education in Pinelands through music at the Hugo Lambrechts Auditorium, Parow at 18:30. Tickets available through Quicket.

Fridays 2026 (see dates below)

HELEN KELLER SOCIETY BOOK ROOM AND NURSERY OPEN TO THE PUBLIC

The Helen Keller Society opens their book room and garden nursery for sales to the general public between 10:00 and noon. Friday: 31 July; 28 August; 30 Oct. Call Bev Wroth on 021 531 5311.

Saturday **1 August 2026**

PINELANDS METHODIST CHURCH "MARKET ON UNION" (09:00 to noon)

First Saturday of the month means Market Day! Join us for the monthly favourites: bacon and egg rolls, pancakes, tea, coffee, music, Bric 'n Brac, and lots of warm fellowship. Have a 'no cook' weekend by taking home a pre-cooked meal plus various snacks and goodies. Browse the stalls - who knows what you may find. In the church hall at 2 Union Avenue between 09:00 and 12:00. Call Joan on 082 810 1889.

Wednesday **5 August 2026**

HAPPY HOUR SOCIAL GROUP

Pinelands Library committee room from 09:30 to 11:00. Enjoy a book chat with Verna. All welcome. Call Santa 083 235 6730.

Wednesday **12 Aug 2026**

PLANT SWAP 10:00 to 11:00

Plant lovers - share plants, cuttings and seed packs at Pinelands Library.

Wednesdays 2026 15:00 - 17:00

CHESS AT PINELANDS LIBRARY

Learn, practice and sharpen your chess skills in a warm and welcoming space. All ages and levels welcome. Call 021 814 1780.

Wednesday **19 Aug 2026**

PAGE TURNERS BOOK CLUB

Pinelands Library committee room:

09:30 - 10:30 Book talk with Gill Leggatt - a teacher and prolific writer of a number of book genres including educational material.

10:30 - 11:30 Book talk with Gary Hirson - a published author, photographer, SAQA trainer, coach and breathwork instructor.

Saturday **22 August 2026**

PRE-PRIMARY EXPLORE DAY SGGS

Come and experience the nurturing learning environment at St George's first-hand in Richmond Road, Mowbray between 09:00 and 12 noon. Interactive activities for children, Grades Pre-R, R, and 1, and an information session for parents. Call 021 689 9354 to book. (See ad page 9).

Wednesday **26 August 2026**

PINELANDS STAMP CIRCLE

Meet at 18:30 in the Activities Hall above the Pinelands Library. This will be a "Crawford Evening" plus "Garden Cities" and the Beginners Cup Competition. Email Martin: m.tristan.crawford@gmail.com.

Friday **4 September 2026**

CANNONS CREEK COLOUR RUN

Enjoy a 5 km walk/run through the colours starting at 17:00. Tickets are available at www.cannonscreek.co.za. Pre-entry price is R80 or on the day R100. There will be lucky draws and food vendors. (See ad on page 10).

Fridays 2026

PINEES PRAM JAM. 10:00 to 10:40

For toddlers from birth to 4 years in the Pinelands Library Hall. Stories, lively music and movement sessions. Call 021 814 1780.

Saturdays 2026 09:00 to 13:00

BRIC-A-BRAC SALES FOR KAPS

Support the Karoo Animal Protection Society (KAPS) at the Pinelands Club. Donations of pet food and warm blankets are welcome. Pick up can be arranged. Call Gloria 083 450 2782.

Saturdays 2026 10:30

FAMILY BONDING: STORIES & SMILES

Fun filled story time in the Pinelands Library children's section. Call 021 814 1780.

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Send content for the Sept 2026 edition by 21 Aug 2026.

Publication will be 1 Sept 2026. R187 ensures placement

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OUT AND ABOUT

Almenkerk 5 km Trail



Wine farms are not always just for wine tasting. Almenkerk Family Wine Estate offers an interesting and fun 5km walk through their property which borders the Kogelberg Nature Reserve. The carefully planned route meanders through vineyards, fynbos and orchards, past a beautiful dam and allows one to appreciate nature at one's own pace.

Scan the qr code to download the detailed route map:

We did the walk in December last year and, expecting a hot day, we arrived early at the start of the path at the family owned Almenkerk wine estate which is in the Elgin Valley at 50 Viloenshoop Road.

For more details see the website almenkerk.co.za.

We chose to do the self guided tour (about R50 which goes to clearing alien vegetation) and stopped frequently for bird watching or to try the exercises at the various stops. Seen in the image on the right are the "tyre flips". Other stations include balancing beams, push ups, a pedal driven water cannon, an arm wheel, parallel bars and situps. We had fun with the water cannon which was down at the dam among a host of noisy weaver birds.

The path is well sign posted but we still managed somehow, to find ourselves going in the opposite direction to the map halfway through. We discovered this after bumping into some walkers who started after us and were now ahead of us. It was no trouble though to retrace our steps and complete the route we had missed. It is also easy enough to see the tasting room and wine cellars for orientation if the way back is not clear. We did not attempt the extra 2 km as the path looked a bit steep for us.

Of course the route ends at the tasting room where you can simply enjoy a delicious cup of coffee before heading on for the rest of the day....or you could settle down on the garden terrace for a wine tasting accompanied by a cheese and charcuterie platter as you enjoy the views over the valley.



At the start



Walking through the fynbos



Tyre flips



Glynnis and Max at the water cannon



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LARGE FAMILY HOME WITH SEPARATE DWELLING

Situated in Olde Pinelands, this character home offers three spacious bedrooms, three bathrooms, three living rooms, and a designer gourmet kitchen with built-in bamboo dining table. A generous garden features a large swimming pool, fire pit, and outdoor seating areas. Next door, a separate double-storey dwelling includes a large living room, kitchen, bedroom, bathroom, with its own garage and street access.

CLIENT TESTIMONIAL

“We had such a positive experience working with Geneé. She handled our situation with genuine care, patience and professionalism, and helped make the process feel far less overwhelming. We are very grateful for her support and would happily recommend her to anyone looking for a thoughtful and dedicated agent.”

Annie Kok and Stefan Britz - Purchasers



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Aspiring professional footballers during a kickabout at the Pinelands club: Michael Richards, Sean Cupido, Nqobile Stuart Moyo.



By Batandwa Ntsebeza

FROM SUPPORTING BAFANA BAFANA TO BECOMING BAFANA BAFANA

Bafana Bafana's journey at the FIFA World Cup has given South Africans plenty to celebrate. For the first time in our history, the national team progressed to the knockout stages of the tournament. While we may have hoped for an even deeper run, reaching the knockout stage is another important milestone in what has been a remarkable journey of steady improvement. The challenge now is not simply to celebrate this achievement, but to prepare for what comes next. With the 2030 FIFA World Cup set to be hosted by Portugal, Spain and Morocco, Bafana Bafana has four more years to build on this historic campaign. More importantly, young footballers in Pinelands have four years to begin writing stories of their own.

Too often, local players see themselves only as supporters of Bafana Bafana. They wear the jersey, watch the matches and celebrate the goals, but never truly imagine themselves wearing the national colours

one day. That mindset has to change. The pathway is actually quite clear.

Many of our young players are already excelling at school football. The next step is to challenge themselves at club level, where the competition becomes more demanding and development becomes more consistent, until opportunities to represent professional club academies and then South Africa's youth national teams arise. Perform consistently, and the door to Bafana Bafana opens. It sounds like a long journey. But every international footballer started exactly where today's youngsters are standing.

Five years ago, Bafana Bafana stars like Rele Mofokeng and Mbekezeli Mbokazi were simply talented schoolboys with dreams. Today they are competing against the best players in the world on football's biggest stage, representing South Africa at the FIFA World Cup.

What separates them from thousands of

other talented youngsters was not that they were destined to succeed. They started. They committed themselves to improving every day. They embraced the process. That should encourage every young footballer in Pinelands. The dream of playing for Bafana Bafana is not impossible. It is probable.

As a football community, our responsibility is to create an environment where that journey is made possible. Through strong school programmes, competitive local clubs, committed coaches and supportive families, we can help more young players move from potential to performance.

Bafana Bafana's World Cup success should inspire us. But inspiration alone changes nothing. The journey to the 2030 FIFA World Cup starts today, on school fields, at local training sessions and in weekend club matches. Somewhere in Pinelands, there is a young player capable of wearing the gold and green of Bafana Bafana. The most important thing is to start.

PNPS IGNITES CURIOSITY ON FIRST STEM DAY

Pinelands North Primary School proudly held its first STEM Day on Wednesday, 24 June, transforming classrooms into creative workspaces and filling passages with curiosity, collaboration and excitement. Everywhere you looked, learners were building, testing, questioning and discovering.

The aim of the day was to encourage learners to think differently. Each grade explored a challenge linked to what they had been learning in class, from



designing weather shelters and insect hotels to building waterproof packages, traditional rondavels and bridges. Learners had the opportunity to plan, create, test and refine their ideas, discovering that every challenge is a chance to learn.

In a world where information is available at the click of a button, we want our learners to do more than find answers. We want them to ask questions, think critically and



become confident innovators. STEM Day provided the perfect opportunity to develop these skills in an engaging and meaningful way.

Our first STEM Day was about much more than building models. It was about sparking curiosity, encouraging innovative thinking and giving our learners the confidence to tackle the challenges of tomorrow.

CAPE TOWN LIONS CLUB -PROUDLY SERVING OUR COMMUNITY SINCE 1957

The Cape Town Lions Club has the proud distinction of being the oldest Lions Club in South Africa. Chartered in 1957, our club has spent nearly seven decades serving communities, changing lives, and demonstrating that even the smallest act of kindness can make a lasting difference.

As part of the International Lions movement, the world's largest service organisation, the Cape Town Lions Club is made up of volunteers who are passionate about making a positive impact in the communities we serve. Our members come from all walks of life but share one common goal – to serve others.

Over the years, the Cape Town Lions Club has supported countless community projects, including food and clothing drives, school shoe collections, blanket drives, Christmas celebrations for children, vision and hearing initiatives, environmental projects, and fundraising activities that support those most in need. We also work alongside other community organisations and local businesses, believing that partnerships make our communities stronger.

Our recent Food Drive in collaboration with



Pinelands Pick n Pay, was a huge success due to the amazing generosity of the Pinelands residents. We were able to assist six organisations with much needed non perishables. What a blessing in these cold winter months!

Our Mandela Day Project was held from Wednesday 15th to Saturday 18th July, coinciding with Mandela Day. Once again, the local community responded to the call, and several new and gently used blankets were collected for the less fortunate.

Our club is committed to serving not only the people of Cape Town but also surrounding communities where help is needed. Whether we are collecting food for families, providing warmth through blanket drives, diabetes testing, supporting mental health and wellness initiatives, or raising funds for worthy causes, our members



are guided by one simple belief: Kindness Matters.

As we continue to grow, we are looking for community-minded people who would like to make a difference. You don't need any special skills, just a willingness to serve, compassion for others, and a desire to be part of a team that is creating positive change.

If you have ever wanted to give back to your community, meet like-minded people, and be part of an organisation with a proud history of service, we would love to hear from you. Together, we can continue building stronger, kinder communities for generations to come.

For more information about joining the Cape Town Lions Club or supporting our projects, please contact us on 079 151 4679 or on 076 683 5040.

By Gail Darling.

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A PLACE OF HEALING AMONG THE FLOWERS

The community of East Way has brought their middle island to life with indigenous flowers, pathways and benches, providing a sanctuary for peaceful walks, healing thoughts and some fun activities for children.

By Regine Lord

In early 2024, I asked my neighbours in East Way whether they would like to help me transform our neglected weed-overgrown central traffic island into a beautiful biodiversity garden with a meandering pathway. I had dreamed of doing this for many years. Much to my delight, they were onboard!

A COMBINED COMMUNITY EFFORT

On 28 April 2024, work began in the central section of the East Way Island Community Garden. Hilary and I bought indigenous and waterwise plants from Living Roots Nursery in Claremont (part of the U-Turn project), Suresh and Paran donated several cubic metres of mulch and lots of aloes, and Barry's team levelled the terrain. Neighbours and other Pinelanders donated plants from their gardens. Daniel and his enthusiastic fellow Scouts joined us for some work sessions to earn their Community Service badges, as we laid out the pathways and crossing places, distributed mulch and compost, and dug in the first plants. Marilynn (PLCID) donated White Stinkwoods and a Wild Olive, and Luvo (COCT Parks Dept) delivered woodchips, to help suppress weeds and retain water.

A GREAT REWARD OF SPRING FLOWERS

Assisted by neighbours' gardeners (Tawanda, Ronald and Gift), we worked eastwards, reaching the Uitvlugt/Francis Way traffic circle by August 2024 – a major feat! We pulled out invasive grasses and weeds, dug up house and road-building rubble and rubbish, and distributed bakkie loads of compost from Lawrence at Compost Happens (Oude Molen Eco Village). Gaps were filled with plants from Living Roots and with cuttings of succulents and hardy indigenous species. We added

annuals, bulbs, and herbs, and scattered wildflower seeds. Maria and André planted up their section and helped with watering, Neil and Mandy ensured the pathways were kept neatly mowed, and others donated funds and helped with summertime watering. Our Garden rewarded us with a spectacular display of cheerful spring flowers and Namaqua daisies that attracted visitors from near and far!

GARDEN EXTENSION WESTWARDS

In March 2025, we extended the path westwards between the shady trees to the Clarendon/Conifer intersection. Barry's team again helped to level the terrain, Pinelands CID paid for 10m³ of compost from Darling Organics, and a wonderful selection of plants from Living Roots. Luvo kindly gave us more woodchips. Pranisha donated spectacular gazanias for the end-section, and Robin, Suresh, Barry and Ishmael helped gather logs for the pathway. Daniela artistically planted pretty succulents, and gardener Nelson helped with hot-weather watering. Generous residents dropped off plants, cuttings and bulbs for the new area too. The spring flower season of 2025 was magnificent, and the yellow Bermuda buttercups were a feast for the eyes – and for the bees and butterflies!

WELCOME ADDITIONS TO THE GARDEN

André and Morton built two benches to provide seating in the shade. I painted two 'Welcome' signs, and created a fun Hopscotch with paving stones that Eugene had given us. I painted a few memorial plaques for residents who had recently passed away, and added a noticeboard. I made a Stumpery and a 'Gogga Home' out of bark, sticks and leaves to provide shelter for lizards, geckos and insects.



East Way Island Community Garden



The "Gogga Home"



Moraea setifolia



Oxalis pes-caprae



Mesembryanthemum criniflorum



Lachenalia bulbifera



A bench and notice board in the garden



Reggie relaxing on a bench in the community garden

PURPOSEFUL INCLUSION OF CFSF PLANTS

As before, our Garden went into summer hibernation. Although we had chosen hardy waterwise species and succulents, they did need some watering. We gratefully welcomed the autumn rains in April 2026 – and are delighted that the spring bulbs and wildflowers have burst into life! Since learning about the critically endangered Cape Flats Sand Fynbos (CFSF) that is the indigenous vegetation of Pinelands and surrounding areas, I am deliberately adding more of these species. As a result of urban densification and loss of green spaces, its original extent of 547 km² has shrunk to 77 km²; only 5 km² (1%) is actively conserved.

WILDFLOWER PATHWAYS IN PINELANDS

Wouldn't it be lovely to have a local Pinelands Wildflower Walking Route, with meandering pathways and a huge variety of local CFSF and other indigenous species growing on central traffic islands and verges, and linking the many green open spaces together? What a fantastic sight this would be during the spring flower season!

COMMUNITY HEALING AFTER THE COVID ERA

For me, our Garden is not just about the pretty flowers – it is about healing: of ourselves, our community, and our

connection to Nature and our Creator. The events of 2020 onwards severely disrupted society, massively increased fear, anxiety and stress levels, caused economic devastation, and led to trauma, shock, loss and grief. The resulting physical and mental health problems are still rippling through society, and everywhere, trust in governments, institutions, and authority structures is broken. Those whose lives (and health) were forever changed, struggle to belong. I am very grateful for all my amazing East Way neighbours who came together to create this beautiful healing space. To the many lovely Pinelanders who so generously shared plants, bulbs and cuttings from their own gardens – a heartfelt thank you!

THIS IS A GARDEN FOR ALL PINELANDERS

Our Garden is a peaceful oasis, where neighbours relax and marvel at the beauty of Nature. I love seeing parents and grandparents exploring with curious young ones, people walking their dogs, children playing hopscotch, and friendly folk stopping by for a chat. Carers from Lawrence Village sometimes bring residents in their wheelchairs to see the flowers. Some people even come with sketchbooks and paints! All of that brings me tremendous joy.

A SUCCESSFUL ECOSYSTEM

A young Cannons Creek learner did her community service here last year, and a lass from Pinelands High School recently included our Garden in a survey of arthropod populations across several open green spaces – and we scored quite high! This confirms that we have successfully created a thriving vibrant ecosystem with a large variety of plants attracting many flying and crawling insects, invertebrates and birds. Mushrooms also indicate that we have a growing mycelial network underground, and micro-organisms and earthworms are busy converting leaf mulch and woodchips into nutrient-rich soil that feeds the plants.

THE BEAUTY OF NATURE

Gardening is the remedy for what ails the modern world. Working in the garden heals us – one seed, one seedling, one flower at a time. It attunes us to the cycle of the seasons. The frequencies of Nature restore our body, mind and soul, and working in the Garden invites us to reconnect with what matters: Being fully present, kind, patient, and trusting in the flow of life. Nature just is. No pretence. No fake AI filters. Nature is real and beautiful. ■



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COME EXPLORE WITH US

You and your child are invited to our Explore Day for a morning of fun and hands-on discovery!

Experience how we nurture young learners to grow, explore, and flourish at St George's.



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Join Us for a Day of Fun and Discovery

Saturday, 22 August 2026

09:00 – 12:00

WHAT TO EXPECT

Interactive Activities

Dive into art, music, IT and more!

Information Sharing Session

Gain valuable insights into our curriculum and educational approach.

HELP THE RURAL CHILD CELEBRATES 20 YEARS OF CHANGING LIVES

Since becoming an independent organisation in 2006, Help The Rural Child has grown from humble beginnings into a well-loved network of 8 charity shops, including a dedicated furniture store, and bookshop. HTRC also run a mobile bookshop which visits schools and an online bookshop. Every donated item and every purchase has helped fund life-changing programmes run by the Goedgedacht Trust's Path Onto Prosperity (POP) Centres, where children receive educational support, nutritious meals, life-skills training and opportunities to reach their full potential.



Scan for the HTRC website



As part of our anniversary celebrations, we invite the community to get involved in two exciting initiatives.

Firstly our Cosy Library Corners book donation drive, aims to improve literacy in our rural communities by creating a safe and enticing space where children can enjoy reading and exploring books thereby growing their skills and nurturing a love of reading! You can support us by donating a book for R67 (celebrating Mandela) through our website to help us reach our goal of 1 000 books. www.ruralchild.org.za.



Secondly, this August we are excited to host our first guest speaker fundraiser event, "Clear the Clutter, Create Your Calm", an inspiring evening focused on the connection between decluttering our homes, simplifying our lives and improving our wellbeing. Guests will leave with practical tips for creating calmer, more organised spaces while knowing that the items they donate can help change the lives of rural children.

We extend our heartfelt thanks to every donor, customer, volunteer, supporter and partner who has walked this journey with us. Your generosity has helped make the invisible rural child visible.

To find your nearest charity shop or learn more about our anniversary events visit www.ruralchild.org.za.

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Together, we're making the invisible rural child visible. See www.ruralchild.org.za



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MONEY MATTERS



**By
Sue Torr**
Director
Crue Invest

Risk is not your enemy: How to understand, price and manage it

Most investors think of risk as something that happens "out there": a market crash, rising interest rates, a weak currency, or a negative headline that sends prices tumbling. Yet the risks that do the most damage are often much closer to home, sitting inside our expectations, time-frames, behaviour, and tendency to judge an investment by how it feels today rather than by what it needs to achieve over twenty years. As advisers, we often meet clients who describe themselves as low risk because they dislike volatility, which is understandable. Volatility can cause sensible people to question sound decisions and tempt disciplined investors into unforced errors. However, it is only one dimension of risk, and focusing on it too narrowly can leave more serious threats unaddressed.

A useful starting point is to distinguish between visible and invisible risk. Visible risk is what makes the news: falling markets, fluctuating portfolio values, currency movements, and the daily noise that creates the impression that something must be done. Invisible risk is less dramatic but often more damaging, including inflation reducing purchasing power, fees and tax eroding returns, or a portfolio that is too conservative to meet future needs. Many investors fear the risks they can see while overlooking those they cannot, only to discover that "playing safe" was not safe at all.

Risk therefore needs to be priced in practical terms and linked directly to your goals. Investment return is not a reward for being clever; it is compensation for accepting uncertainty. If you want your capital to grow meaningfully above inflation, you must accept that the path will not always be smooth. If you prioritise certainty and stability, you will usually pay for it through lower long-term growth. There is nothing wrong with that choice, provided it is deliberate and you understand the consequences.

The premium attached to long-term returns includes discomfort, patience, and the humility to accept that no one can consistently predict what happens next. The reward is earned by remaining invested through difficult periods, which is why effective portfolios can feel unexciting when markets rise and uncomfortable when they fall.

Risk must also be defined in terms of outcomes rather than feelings. For someone

drawing an income, the greatest risk may be running out of capital. For a young professional, it may be failing to take enough growth risk early enough. For a family building generational wealth, it may lie in inadequate estate liquidity, poor structuring, or an outdated Will. Risk is personal, contextual, and connected to the role your money needs to perform.

Diversification remains one of the most effective ways to build resilience, although many portfolios only appear diversified. Several funds may hold the same underlying companies, while offshore exposure can still be concentrated in a small group of global shares. True diversification is less about the number of investments you own and more about combining assets that respond differently when conditions change.

Time horizon matters just as much. Short-term money should not depend on favourable markets, while long-term capital should not be trapped in assets that cannot outpace inflation. Emergency reserves, medium-term capital, and long-term investments serve different purposes, and risk becomes easier to manage when money is separated accordingly.

Investor behaviour, however, often remains the greatest risk of all. Investors rarely fail because they selected one poor fund; they fail because they abandon a sound strategy at the wrong time. Risk management therefore extends beyond asset allocation and product selection to understanding behavioural biases, resisting short-term reactions, and adhering to a coherent plan.

Fees, tax, and life events must also form part of the equation. Excessive complexity raises the return required to achieve the same outcome, while poor structuring can reduce what the investor keeps. Beyond markets, disability, serious illness, premature death, divorce, and dependence in old age can force assets to be sold at precisely the wrong time. A portfolio may be technically sound, but without liquidity, income protection, and a plan for long-term care, the broader wealth strategy remains vulnerable.

The fact that risk cannot be eliminated is not a flaw in the system; it is the price of building meaningful wealth over time. The objective is not to remove every uncertainty, but to understand the risks you face, decide which are worth taking, and construct a plan capable of living alongside them. ■

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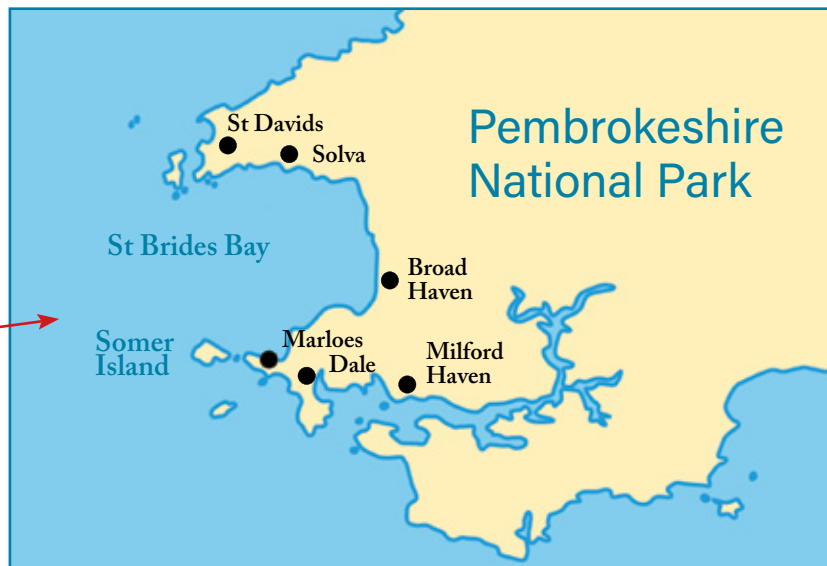
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Pembrokeshire Coast Path

By Brian Watkyns

The Pembrokeshire/Wales Coast Path was the world's first walking trail to cover the coastline of an entire country. It is argued that it is also the prettiest.

To start our walk we arrived by train at Milford Haven to start a four-day hike on the path. Milford Haven is the sunniest place in Wales, yet it seems to be a tired, neglected town with many paint peeling experiments in progress. After booking in at our BnB, we walked to the start of the Pembrokeshire Coast Path to make sure we knew where to go the next day.

MILFORD HAVEN TO DALE 17.2 KM

The next morning, we headed for the start of the path. While walking, we noted the derelict 1850 Stack Rock Fort less than a kilometre offshore, now in private ownership. In about two and a half hours, we arrived at the Sandy Haven Pill Estuary at high tide. Initially the crossing reminded us of crossing the Bloukrans River when we walked the Otter Trail in South Africa. However, over the next hour the tide turned, and the water level dropped dramatically, to reveal a cement causeway that we carefully crossed at 12:20 pm. The path then took us directly into a forest area for part of the way. We passed above Monk Haven Beach near St Ishmael where monks landed en route on pilgrimage to St Davids Cathedral. At the top of the cliff above the beach we stopped at the ruins of a watchtower called Monk Haven Folly. After a short break to take photographs, we continued hiking to Dale Beach. As it was still low tide, we could cross the beach to Dale without walking the 6 km deviation necessitated at high tide.

Soon we were on the outskirts of the unspoiled village of Dale with a population of 200 residents. We booked in at Dale Fort built in 1856 to protect the Milford Haven Waterway. The fort is now a field study centre, with dormitories which we shared with students from Zurich, Switzerland. After a shower, we enjoyed a meal while sitting on a restaurant rooftop terrace watching the boats coming and going while the local yacht club taught youngsters to sail.

DALE TO MARLOES 12.7 KM

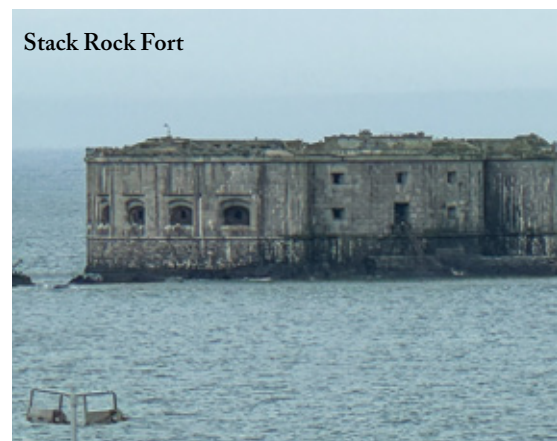
On day two some sections of the path were close to the cliff edge with multiple warning signs about dangerous cliffs. All signage in Wales is in Welsh first then English. As I am uncomfortable with heights, these sections were a challenge for me. On the way we passed the disused Dale Airfield, a remnant from World War 2. We were surprised to walk past many sandy beaches as we were accustomed to UK beaches being pebble beaches. The sand was a reddish brown although there was a single white sandy beach on today's section which we missed



Ann Watkyns at the start at Milford Haven



Crossing Sandy Haven Pill at low tide



Stack Rock Fort



Warning in Welsh and English



Coastline between Newgale and Solva



Monk Haven Folly

due to a diversion caused by cliff erosion. After walking almost 13 km, our BnB host collected us from Marloes Sands to take us to our accommodation a few kilometres off the path. That evening we had supper in a pub with the Czech v SA football world cup match playing on the TV in the background and a SA flag flying in the pub. I enjoyed a local stout with a unique flavour with an enormous plate of fish and chips, more than enough for two people, while Ann enjoyed a really superb salmon dish.

MARLOES SANDS TO BROAD HAVEN 19 KM

On day three we woke with a sinking feeling as it was raining heavily and there was a strong wind blowing. We caught the bus back to where we had stopped at Marloes Sands. The 16-seater bus, known as The Puffin Bus, runs three times a day, from May to September. There are no bus stops, so you just flag the bus down along the set route. We noted that no one was on their cellphone, resulting in much chatter among the passengers. At Marloes Sands we attempted to stave off the inevitable of walking in the rain by having breakfast at the highly recommended café, Runwayskiln. We had thought it was named after the nearby WW2 runways, but Runwa was the surname of the previous owners who owned a kiln. At one point I felt the strong wind could cause us to be blown off the cliff edge, so we deviated slightly from the route. I was amazed at the numerous colourful, delicate small flowers which I had not seen before in our travels.

Soon we could see Skomer Island which is home to over 50 000 Atlantic Puffins. They do not come to the mainland despite the island being only 1.6 km from the coast. (Robben Island is 7 km from the coast).

Skomer Island, home to 50 000 Atlantic Puffins



At Martin's Haven we walked past tourists waiting in line to board a boat to the island. On the spur of the moment, we thought we could join the trip, but you had to book months ahead. We were disappointed that we had not added this to our itinerary. The wind dropped at around 12 noon, but light rain continued on and off all day. After walking over 19 km we reached the gate to our BnB right on the coast path. A few weeks previously, we had watched the David Attenborough movie about wildlife in London. As a result, we were keen to see hedgehogs. That evening we were thrilled to be able to watch two hedgehogs in the courtyard of our BnB, although this took an hour of silently waiting and watching. We were reminded of sitting at a waterhole in Kruger National Park.....

BROAD HAVEN TO ST. DAVIDS 28.6 KM

Our last day was a challenging 28.6kms from Broad Haven to St Davids. As we left Broad Haven we looked back at the scenic sweep of beach and the village of Broad Haven. It was a quiet, sunny day after the rainy, windy weather on the day before. Newgale Beach is 3 km of golden sand and is one of the many Blue Flag beaches we passed. From the beach you can see the chimneys of abandoned coal mines which slant deep under the sea. At Newgale we stopped off for a welcome coffee at a roadside coffee trailer before walking past the fishing village of Solva. Upon reaching Caerfai Beach we left the Path to get to St Davids for an overnight stay.

ST DAVIDS

The next morning we explored St Davids, famous for being the smallest city in the UK with a population of 1 600 residents. St David founded a monastery in 550AD where the 12th Century Cathedral now stands. The Cathedral was once the main pilgrimage destination in Britain, as two pilgrimages to St Davids equalled one pilgrimage to Rome.

The bell tower for the Cathedral is a separate building on the property. Bell ringers ring the bells from 10:30 -11am once a week on Sundays. As it was Sunday, we were able to enter a door to watch the ten people ringing the bells. While it looked like hard

work, they assured us it was not onerous as they used the momentum of the bells when ringing.

FINDING OUR WAY HOME - NOT SO EASY!

Too soon it was time to leave for the nearest train station at Haverfordwest. We had been advised that no buses ran on a Sunday, but fellow hikers assured us that there would be buses, and we saw buses in St Davids that morning. Wrong! The buses we saw only went northwards to Fishguard while no buses travelled south to Haverfordwest. Our next option was to call a taxi. However, four of the five taxi services we called did not operate on Sundays. A fifth said he was busy having lunch and could not help. We were left with no choice but to hitch hike. Some drivers slowed down but did not stop. After about 15 minutes a family stopped and offered us a lift for part of the way, which we accepted. They then pleasantly surprised us by deciding to take us to our destination just in time for our train!

We boarded the train back to London with a sigh of relief as the previous two hours had been somewhat stressful. But this did not detract us from four days we spent walking along a path with such intense beauty. ■

Bell Ringing at St Davids



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By **Heleen Meyer**

Pinelands resident, foodie and author of *Food from the Heart*, and *Make five/Maak vyf*.

Homemade flatbreads

Makes 10 – 12 small flatbreads

500 ml (2 cups) stoneground or ordinary white bread flour
10 ml (2 tsp) baking powder
5 ml (1 tsp) ground cumin or 2,5 ml (½ tsp) cumin seeds (optional)
2,5 ml (½ tsp) salt
45 ml (3 tbsp) melted butter, plus an extra 15 ml (1 tbsp) melted butter for brushing
375 ml (1½ cups) plain double cream yoghurt
extra flour for rolling

1. Place all the dry ingredients in a large mixing bowl. Mix through and create a 'well' in the middle of the flour mixture.
2. Stir the 45 ml melted butter into the yoghurt and pour into the middle of the 'well'. Mix the liquid into the dry ingredients with a silicon spatula or wooden spoon until just mixed through – do not stir too much.
3. Sprinkle some of the extra flour onto a clean work surface and turn the dough out onto the surface. Gently knead with your hands for a few minutes to form a soft dough, but don't overmix. If it becomes sticky, just dip your hands or fingertips into the flour to make handling the dough easier.
4. Shape the dough into a thick sausage and cut with a sharp knife into 10-12 thick slices. Gently roll each slice into a ball and flatten with the palm of your hand.
5. Meanwhile, heat a large griddle pan over a medium temperature. Fry flatbreads without any oil, until golden brown on each side and cooked (about 5-7 minutes on each side). The extra flour on the surface of the breads will prevent them from sticking to the pan, just don't overheat the pan.
6. Remove flatbreads from the pan and immediately brush with the extra butter. Keep the flatbreads warm on a plate, covered with a clean dish towel, while frying the rest.
7. Serve flatbreads immediately with any meal or enjoy as part of a snack platter with accompaniments and dips.



Portrait and food shot: Adel Ferreira
Food image: courtesy of LiG Magazine

Feather-light flatbreads

Who can resist the smell of freshly baked bread? Over the past few years, the focus has shifted a lot to rather bake your own, than just rely on another shop-bought bread. Not only is it therapeutic to bake, but healthier too, as you know what goes into it.

Freshly baked bread doesn't only have to be yeast-based. I mean, who has time in the middle of the week to knead dough, wait for it to rise twice and then bake it? Lucky for us, flatbreads have gained huge popularity recently – and with this quick and simple recipe you can have freshly baked flatbreads on your table in a flash.

Different styles of flatbreads are often part of a meal on a Greek, Turkish, Lebanese, Italian or Mediterranean table and you will definitely see them as part of Middle Eastern or Indian meals. They

are ideal for dipping and dunking and are typically enjoyed with accompaniments and dips like hummus, tzatziki, olives, tapenade (olive paste) or an aromatic olive oil. But they are indeed perfect for soaking up any delicious sauce, from dishes like curries or a butter chicken.

The yoghurt in this recipe's dough lends a lovely flavour and texture and the baking powder quickens the process. You only need a short list of everyday ingredients to whip these up. The cumin is optional, but highly recommended.

You can even bake a few at a time in an air-fryer; at 200 °C for 6 minutes, then turn them over and air-fry on the other side for another 2 minutes or until light golden brown and cooked. Brush the flatbreads with the extra melted butter and repeat with the rest of the dough. These are best enjoyed fresh and warm.

Winter recipe e-book now available!

Heleen has a passion to inspire, encourage and teach everyone about the joy of delicious food that is also good for you. She uses everyday ingredients and her recipes, tips and creative ideas, will make you feel like a chef in your own kitchen. She recently added an e-book called *What's on Heleen's table – Winter Edition* with meal plans included, to her website.



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Maynard Burgoyne (Pinelands) CC t/a Harcourts Maynard Burgoyne, a franchisee of Harcourts South Africa (Pty) Ltd, registered with the PPRA.

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