



What's New in PLETT

aka

WHAT'S THE BUZZ IN BITOU

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with our
WHOLE community!*

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WHAT'S NEW IN PLETT 27 JANUARY 2022

Helen Melon

PROPERTIES

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GANSE VALLEI. One of Africa's unique properties with water frontage and views that simply take your breath away. Farmstead :- Entrance Hall; Study; Open plan TV/Living/Kitchen/Dining; Library; Guest cloakroom; 4 bedrooms all en-suite; Linen cupboard; Covered and uncovered patio; Scullery/laundry; Secure yard; Apartment above garage; Workshop with storeroom and amenities; 4no covered carports; 6no garages; Solar heated salt pool; stable blocks; 2 x Cottages.
R40 000 000.00. Web-Ref: 4149194

SEASIDE LONGSHIPS. This prime, totally private property offers a unique opportunity to purchase a home on Robberg Beach, Plettenberg Bay's most sought after real estate. The property has direct access onto Robberg 5 Beach and enjoys sweeping views from Robberg Nature Reserve across the Bay. 5 bedrooms (main en-suite); 3.5 bathrooms; Entrance hall; TV lounge; Open plan living/dining/kitchen; Scullery/Laundry; Pantry; Large partly covered patio; Built in Braai; Staff accommodation; Outside showers; 3 garages. **R32 000 000.00. Web Ref: 4819547**

EDDYSTONE DRIVE. Simply stunning entertainers home with panoramic sea and mountain views. Open plan living/dining/kitchen; Scullery & Laundry; Walk-in pantry; 4 Bedrooms (all en-suite); 4 Bathrooms; Guest toilet; Large covered patio with built-in braai; Entertainment room with bar; TV Room; Boot room; Study; Storeroom; Walk-in linen cupboard; Double Automated Garage; Salt pool (heated); Staff accommodation. **P.O.A. Web-Ref: 3787697**

SEASIDE LONGSHIPS. This immaculate home is unique in terms of proximity to Robberg beach and accommodation provided. 12 bedrooms (9 en-suite); 11 bathrooms; Shower room; 2 x open plan living/dining/kitchen; Pool lounge; Laundry; Covered entertainment area with built in braai; 2 swimming pools; Covered breezeway; 3 decks; Conversation pit; Parking for 6 cars. Price includes furniture. **R11 500 000.00. Web-Ref: 4965221**

PRIME VACANT STAND WITH SIMPLY BREATH-TAKING VIEWS IN SEASIDE LONGSHIPS. This elevated 1019m² stand accessed from Beachy Head Drive is undoubtedly one of the last remaining prime stands available in this sought-after location. This property offers a unique opportunity to build a north facing home, with magic sea and mountain views, minutes' walk from Robberg and Central beach. **R7 500 000.00. Web-Ref: 3352649**

SEASIDE LONGSHIPS. Simply fabulous, highly appointed, modern, north facing home minutes' walk from Sanctuary beach. 4 en-suite bedrooms; 4.5 bathrooms; Open plan living/dining/kitchen; Scullery/laundry; TV lounge; Study; Linen cupboard; Storeroom; Covered patio; 3 garages; large garden; deck with jacuzzi; Firepit. **R7 500 000.00. Web Ref: 5022205**

OLD PLETT. Gracious home with sea views and walking distance to the beach. Entrance Hall; Living room; Dining room; Kitchen; Pantry; 5 bedrooms; 2.5 bathrooms; Annex/sunroom; Study/nursery; Covered patio; Single garage; Double Carport; Staff flat; Outside shower; Storeroom. **R4 995 000.00. Web Ref: 4824768**

UPPER CENTRAL. Beautiful apartment with breath taking views of the ocean, lagoon and Tsitsikamma mountains. 2 Bedrooms; 1 Bathroom; Living room; Dining room; Kitchen; Covered patio; carport. **R1 675 000.00. Web Ref: 5109730**

WHALE ROCK. 1116m² in extent this prime, elevated stand offers a fabulous opportunity to design and build your dream home with fabulous ocean views. **R1 350 000.00. Web-Ref: 4622081**

HOLIDAY RENTAL. Bowtie. Set over one level this elevated home enjoys sweeping views over the lagoon, bay and Tsitsikamma mountains. Three good sized bedrooms within the house as well as a further bedroom with private access, ideal for your own chef. **R6 600.00 PER NIGHT. Web-Ref: HL3**

HOLIDAY RENTAL. Lower Robberg. The large, covered patio with dining and living areas opens onto the garden and pool and provides great indoor outdoor living space. The house has an open plan living/dining/kitchen, three well sized bedrooms, three bathrooms plus a cottage with good sized living/dining/kitchenette, two bathrooms and large bedroom. **R10 000.00 PER NIGHT. Web-Ref: HL2**

Agent Helen Ward 044 533 1589 / 083 309 9759

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TRAUMA AND THE HUMAN FACTOR

FAMSA would like to take this opportunity to say to all community members who have either directly or indirectly been affected by any form of trauma recently, and in the past, that we are truly sorry for your trauma experience and wish you a road to full or better recovery in every way. FAMSA hopes that the information below will help in understanding the complexities of trauma which is sometimes, unlike other previous life experiences, out of your ability to control or fix yourself.

Trauma is exposure to life threatening events, serious injury or sexual violation. Trauma affects the individual both physically AND emotionally.

Some examples of Trauma are:

-Natural disasters – floods, earthquakes, fires

-Accidental, man made disasters – Car accident, Oil spills, chemical explosions

-Intentional (deliberate) – fire, bombing, rape and sexual assault, shooting

-Prolonged, repeated trauma – Repeated sexual/physical/emotional abuse, domestic/intimate partner violence.

-Neglect

-Community violence

Indirect exposure to trauma as an observer or helper, eg. SAPS, journalists, emergency medical responders, bystanders

Due to the effects of trauma on the brain's physiology, **positive resources** and a

“safe place” are imperative! During the first month (can differ from person to person) after trauma the brain is unable to make logical sense of the traumatic event. There is mounting evidence that the body and brain not only respond to a threat, but will also change in the face of trauma: increased release of neurochemicals (fight/flight/freeze responses) lowers the individual's level of mental and cognitive functioning.

Because people cope with stress in different ways, no formal, blanket intervention should be applied. Psychological responses to trauma must be normalized by listing common responses (physical, emotional, behavioural and cognitive). These are normal responses to an abnormal experience. These should reduce after a few days/weeks and in most cases life will return to normal.

Possible Trauma responses:

lack of sleep / too much sleep
appetite increase or decrease
hyper vigilance/alert – fight or flight response
feeling numb
nightmares
muscle tension
concentration problems
mood swings
social withdrawal
memory failure
flashbacks

Guidelines for self-management include:

structure your time – keep occupied – maintain a routine as before the event
reach out to others – friends are important
ask for support – do not try to be ‘strong’ – book at least 1 trauma support session with FAMSA/private trauma counselling professional
do not make any big life decisions for a while
avoid drugs, alcohol and medication to make things easier
cry if you want to
talk about the experience to good listeners
should you need to
humour – laughter is good medicine
exercise – walking, jogging
prayer or meditation
journal the event
rest
eat a balanced diet
listen to music

Guidelines for loved ones, colleagues and friends:

do not undermine the recovery process encourage 1 trauma support session with FAMSA/ private trauma counselling professional

understand the possible responses your loved one is going through and allow them to express their feelings rather than “sweep under the carpet” to fester

If you feel that the situation is not improving after at least 6 weeks, strongly encourage the person to seek counselling.

Those who are **secondary trauma victims** (SAPS, eye witnesses, rescue personnel, journalists, Defence Force, etc.) need to monitor their own capacity to work in trauma situations and take steps to protect themselves from burnout and developing Post Traumatic Stress Disorder. Secondary victims should have access to supervision support, good rest, healthy diet and exercise and a set of good boundaries to protect their personal and emotional health. At FAMSA we present a 2 hour workshop to assist Trauma personnel (Secondary trauma victims) to “Switch on and off” appropriately.

PLEASE CALL FAMSA:

Plettenberg Bay: 044 5330515/whatsapp: 079 640 6883

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Uncommon Sense

By Rose Scott
**Are you Living
or Dying Today?**

The Covid crisis and its crippling impact on the worldwide economy must be one of the toughest experiences that most people have experienced in their lives. There are many lessons that should be written about to be remembered regarding the response to the illness and the resultant challenges to individual liberties.

Something that has certainly been brought into sharp focus for me is the realization that we speak of people that have passed on as having lived for x years, or having died at y age. My Mom passed away in 2012. She had a wide circle of support and friends and, with hindsight, I have come to understand that even when battling cancer, she LIVED every day. She did not bear grudges, still spoke to close family despite hurts and emotional clumsiness. She never lost sight of her love for the people she knew. Even when we had vehement disagreements, she would never cut me off, and those calls to just check in or to say hello were my lifeline for many years.

She truly LIVED until she passed away – the number of years do not matter, how she chose to live is what does. So many people simply mark time until the game of life closes – that is not living.

This makes me appreciate that I can choose to LIVE, as she did, every day, putting yesterday's hurts, resentments, mistakes in the past and starting afresh, as if each day were a blank canvas to paint on anew. We all have this choice – and many people I observe do not LIVE each day – they simply pass the day that takes them a step closer to the end of the years that they pass. Recriminations, grudges, hurts, lack of compassion – these do not hurt the ones that they are aimed at, but the one holding on to them. These blot the canvas of each new day so that no second chances or new beginnings are possible – is that LIVING, or



just passing time?

I think to count your days to dying and know that you are leaving a mortal wound on someone you have differences with may feel like you have the upper hand. It makes no sense – it is like drinking poison and expecting it to hurt the person or people that you have not made peace with.

Most people know of the 12-step programme that many addicts have found peace and reconciliation with themselves, through learning the gift you give to yourself when you reconcile with those that you have hurt and been hurt by.

Covid should shine a spotlight on this as I know of friends with family members who have been lost to a range of illnesses and even accidents and suicide where no peace was made and the opportunity to do so face-to-face was beyond control. Their regrets have been hard to witness.

If you truly want to LIVE, forgive yourself – you are only human, forgive others and choose to LIVE each day to the full. None of us have any idea how much time we have left on the clock, and it is foolhardy to think otherwise.

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PLEASE NOTE: Disclaimer:

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WHAT'S NEW IN PLETT - 27 JANUARY 2022

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Duration of Game Drive 07h00 - 12h00
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Duration of Game Drive 14h00 - 18h00
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Plett Evangelical Fellowship

*As for me and my house,
We will serve the Lord. Joshua 24:15*

Anton: 082 878 4193 / Graeme 083 628 1648

A word fitly spoken is like APPLES OF GOLD in a setting of silver-Proverbs 25v11

Over the past few weeks we have examined the discussion the Apostle Paul had with Felix the Roman Governor as recorded in the Book of Acts chapter 24 verse 25. "As Paul talked about righteousness, self-control and the judgment to come, Felix was afraid and said, 'That's enough for now! You may leave. When I find it convenient, I will send for you'. Why was Felix with all the power of his position afraid of what a prisoner said to him? Once again it is helpful to find where the word "afraid" is first mentioned in the Bible. Genesis 3 verse 10 records when after Adam and Eve disobeyed God and ate of the Tree of Knowledge of Good and Evil their innocence was for ever ended. For the first time they were aware of their nakedness and realised how far short they were of the holiness of God and so they tried to hide from Him. "Adam answered, 'I heard you in the garden, and I was afraid because I was naked; so I hid.' However nobody can hide from God as Psalm 139 verse 7 tells us- Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there -if I make my bed in the depths, you are there. But the good news is that just as God sought out Adam and Eve and clothed them He also wants to "clothe" us in His righteousness through Jesus Christ so we will no longer be afraid of Him, but instead enjoy His presence. Felix "was afraid" because Paul exposed his spiritual "nakedness" yet sadly he

procrastinated and entered eternity without making peace with God. Dear reader don't make the same mistake, stop hiding from God and let Him "clothe" you and then you will experience what Jesus promised in John 14v27 Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

God Bless Graeme Greenwood

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REACH FOR RECOVERY - Breast Cancer Support Group. Phone June 044-533 3062

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SOUP KITCHEN: The weekly Soup Kitchen in New Horizons at present, serves approx 75 - 80 hungry children (and adults). Donations of dry/ soup goods needed as it is fully sponsored by the St. Vincent de Paul Society. Goods may be left at the Print Shop. Thank you and Bless you. Enquiries Sylvia 083 470 4790

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Candidates applying for this positions must be able to speak Afrikaans fluently (English and isiXhosa advantageous).

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3 years and more experience as a social worker after registration with SACSSP.

CLOSING DATE: 07 Feb 2022.

Applications must be accompanied by a cover letter, CV and supporting documentation, certificates and can be emailed to:

The office coordinator Child Welfare, South Africa, Plettenberg Bay
Email: plettchild@gmail.com
Plettenberg Bay, 6600

In case you have not received any feedback from us within a month, you can assume that your application was unsuccessful.

Enquiries : Ms. D. P. Mthembu
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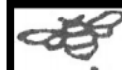
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Give as much information as possible & stay in position and keep your telephone line open.

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Web ref: 4370620 | 1 bedrooms | 2 bathrooms | 1 garages

Daniel van Renen 082 883 6271

BEAUTIFUL SEA & VALLEY VIEWS FROM THIS TOP FLOOR APARTMENT IN CASTLETON - R 1 595 000

This charming top floor Castleton apartment has beautiful sea and valley views. There is easy access with no stairs at all from the parking area to this apartment, which is all on one level. The apartment comes fully furnished and has been tastefully renovated.

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