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NSRI

CALL OUT PROCEDURES TO CONTACT SEA RESCUE

Phone the NSRI emergency tel number **082 990 5975**

give the the following info:

1. Your name and telephone number.
2. Your Position
3. Position of casualty.
4. Nature of casualty.

Give as much information as possible & stay in position and keep your telephone line open.

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Marc Rodger 082 780 6427
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WORK WANTED

The following people are all looking for work, let's support where we can:

MERCY is looking for a domestic work full time or part-time Malawian call 078 9696 119

FAIDA Malawian is looking for a job as a housecleaner call 063 389 5272

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PAUL is looking for a job as gardener and pool cleaner, working with dogs call 065 6433 597

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RODRICK I'm a chef looking for a general job willing to do any job call 078 232 0039

JACINTHA is looking for a domestic work and baby sitter call 063 375 1295

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Dealing with Depression and Anxiety



Sue Ann Bright, Counselling Psychologist will be presenting this online discussion.

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Whatsapp : 079 640 6883

trainingknysna@famsa.org.za

Fee : R220

8 June 2023

Zoom : 8:30 - 11:00

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- **Entry requirements:** proficiency in English; passed Grade 10; preference to those already working at an ECD; as part of the sponsorship of The Love Trust, B-BEE requirements apply.

For more information, please contact
Mrs Robyn Kynaston on 082 879 6988.

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Is daar steeds diegenes wat jou lewe
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Verny en weet dot God almal
Se sondelas wit was!
Word jy onmiddelik as better
En hoogmoedig geklas!

Baie dankie
Kim, Kerry Felix (Jones)



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24 HOUR CRISIS LINE -Drug Addiction, Alcoholism, Depression, Relationships & Obsessions. Call 044-532 7547.

Discretion is assured.

Letter via The Editor

The VMCM - Voluntary Medical male circumcision program is a program that works hand in hand with the department of health. We have these programs once a month and we have professionals that do the circum. Additional information is also provided on the day or at your nearest health facilities and you can also get it from the mobilisers. We cut from the age of 10 yrs and older. It is utmost important to remove the foreskin to prevent getting any infections of any kind and it's a very safe way to do it. For any information or a booking, please so contact me on Facebook/ Whatsapp (0735135119). Kind regards
Frendell Shaun Terblanche



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

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**FAMSA Knysna/Plett presents:**

Counselling LGBTQI + clients and their families



triangle project

This forms part of the USHO - Understanding Self to Help Others counselling training programme.

Dr Sharon Cox is the Health and Support Services Manager at Triangle Project. She is an expert in the LGBTQI+ field. We highly recommend this workshop to understand some of the complexities in this area.

Zoom link to be sent on proof of payment

RSVP : 044 533 0515
Whatsapp: 079 640 6883
trainingknysna@famsa.org.za

Fee : R220
6 June 2023
Zoom : 8:30 - 11:00



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following people
a very happy
birthday this
coming week*

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Angie Beukes

3 June
John-John Jansen van Vuuren
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Chantelle Dicey ; Karin Amoils

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PSYCHOLOGIST, DR JANE LUCK,
Plett/Crags, 083 256 0841.

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*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

Psalm 22 is known as a Messianic Psalm as so much of what it contains is prophetic of the coming Messiah and was fulfilled by Jesus Christ. Last week we saw that verse 1: "My God, my God, why have you forsaken me? Why are you so far from saving me, so far from my cries of anguish?" was uttered by Jesus on the cross when He bore our sins and God the Father turned His face away from Him. As we continue this morning to verse 6-8, David prophesied how the spectators to the crucifixion would mock Him - as recorded in Matthew's Gospel chapter 27v39-44: "But I am a worm and not a man, scorned by everyone, despised by the people. All who see me mock me; they hurl insults, shaking their heads. He trusts in the LORD, they say, 'let the LORD rescue him. Let him deliver him, since he delights in him.'" Maybe you have been on the receiving end of the taunting that if God loves you why doesn't He rescue you from your trial and suffering. Maybe you have wondered if God is punishing you or has abandoned you. Every situation is different, but often we have to suffer so that God's sovereign plan can be accomplished. In the case of Jesus Christ, He made it clear that He could have taken the easy way out by not going to the cross, as recorded in Matthew 26v53: "Do you think I cannot call on my Father, and he will at once put at my disposal more than twelve legions of angels?" But He needed to fulfil the mission of why He came to this earth which was to save us from the consequences of our sins by suffering and dying in our place on the cross. The Psalm ends in verse 16-18 with: "they pierce my hands and my feet. All my bones are on display; people stare and gloat over me. They divide my clothes among them and cast lots for my garment." All this was fulfilled at the crucifixion in exactly the way David prophesied. In

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conclusion, this Psalm was written a thousand years before Christ, which was long before anybody had imagined death by crucifixion where men were nailed to a cross - how amazing is this Book we call the Bible! Reader, as you contemplate this Psalm may you experience what David did in Psalm 19v14: "May these words of my mouth and this meditation of my heart be pleasing in your sight, LORD, my Rock and my Redeemer."

God Bless
Graeme Greenwood

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Dr Noel Ziady
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genader
Met oe vol tranen
Gehunker na die Vader
Kyk tog na my
Het die skreeuende verlanke in
Haar begin roep
Net 'n bietjie liefde
En ondersteuning is al wat ek soek
Met begeertes al is dit
Net om na U woord te luister
Het die heilige gees na haar
Kamerhart se oor begin fluister
Kyk tog my het
Sy verwerpe en verstote
Na die gemeente se aandag gesmag
Bedroef is haar verlossing toe minag
Die woord was bedien
Die kerk is uit en verby
Megeentes het almal hul koers gekry
Sy het opgestaan verlore en nog dieselfde
Die kerk verlaat
Nog 'n verlore siel iewers opsoek na raad!
Baie Dankie
Kim Felix (Jones)



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Vehicle safety precautions:

Perpetrators target vehicles that are parked, where valuables are in sight of the public.

These valuables include handbags, laptops, and cellular phones, cameras, jewellery. This creates an opportunity for criminals to break into vehicles and steal these items rather than keep them in the boot of the vehicle or out of sight. It is therefore advised that such items rather be kept in the boot of the vehicle or out of sight of the public.

Be alert when locking your vehicle with the remote, it is definitely locked.

Be constantly on the look-out for suspicious-looking characters. Don't hesitate to report them to the Police.

Community Service Centre: Plettenberg Bay

044-5011900/5011907/08/ 09/ 10111/

During loadshedding: 0798941644

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Community Service Centre: Kwanokuthula

044-5014204

Detectives: 044 - 5014215 /

5014213 /5014222

Switchboard: 044-5014200



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Each of us is born with a life purpose. Identifying, acknowledging and honouring that purpose is perhaps the important action successful people take.

- JACK CANFIELD



On Purpose
dare to be you

Strengths Workshop Plett 2023 Kids ages 10 - 18 years

For too long parents, teachers and society have focused on identifying and fixing "kids" weaknesses to improve academic performance.

What if every child can find success in school, their relationships and life if we start focusing on the strengths they have, rather than on what they lack. Every child is beautiful, talented, and gorgeous. Its just where?

Research shows that only 2 out of 10 people get to play to their strengths. Life is too short to be one of the 8 that get stuck doing what they can just to make it through another day. Be bold and take the step.

Discovering your strengths is a rewarding process if you know what to look for. Every action respectful or defiant, in and out of the classroom, provides an opportunity to discover a person's unique set of strengths. The boy who is scolded for speaking out in class, may have untapped potential for debate. The girl who is more engaged on the tennis court than the classroom may have a hidden knack for physics. A child drawn to one activity or household chore over another is driven by natural inclinations that can be identified and applied to schoolwork.

Dr Ross will show you how to make such connections in everyday life, and in turn help kids implement the strengths they reveal in school, their relationships, life, and future career.

Parents don't we all want our children to be seen and valued for who they are and the unique gifts they bring to this world?

Cost R 900 per student – cost includes psychometric strength assessment, workshop, and parent group feedback. Strength assessment done online prior to workshop.

Date TO BE CONFIRMED...

kids' workshop
(Parent feedback to be arranged)
Session 1 kids Workshop

Ross: 083 251 5626



JERSEY SUNDAY 4 JUNE

- St Peters Anglican Church is having its annual winter jersey drive. Please drop off any jerseys, fleece tops and beanies (ages 1 - 5) for distribution to one of our needy creches at the Church office between 9 and 2 pm. Thank you!

CHATTERBOX - Rainy days and Sundays always bring me down. Loved the six days of rain and mud, and sludge, animal faeces, wet grass cuttings and white furniture with dog foot prints. Yesterday happily welcomed Annie and Bong to come and clean up only to remember that Patrick our painter was also here to finish off a job started three weeks ago and his owners return this coming week, so I will have to wait for him to finish off his jobs there. Meanwhile life goes on in the rain. My lady Annie and I had to wash paw prints off every piece of furniture. In actual fact this weekend has been very quiet I went yesterday to watch a friend of mine who does cleaning organise his staff to clean a semi new house for the owners who were returning that same day. It is a large house it actually looks as though it's in the process of being built and in actual fact it's in the process of being rebuilt. It's also has a lift. Love it. How do people live in houses that size especially as this one is not that big it's just spread out. Anyway he finished the job and hopefully the proud owners brought all the stuff in last night. I must say that Plett is seeing lots of 'new' wealthy residents.

Obviously, Beloved and I still feature in the B/C list. You can see by the cars but mainly you can see by the houses and where they eat. Now this morning I got inspiration to take all my 'hair pieces' that I have had cut off over the years and turn them into a ponytail. I still have to treat it like ordinary hair you can't just shove it on. It has to be washed, toned, treated, then given a masque and then washed and blow dried. Yesterday my friend and I went shopping and coffee drinking, mainly at KwikSpar, lovely staff at the coffee shop, always lots of laughter. You always meet new people and friends at that spot, it's got a kind of a homely feeling like it's your place and other people are coming to visit you. Today I have to dress up, my favourite, actually not my favourite I'm so fat that nothing fits. I feel like a walrus put the dress on. Off to a smart luncheon, so I feel no jeans or anything like that, so I've got to go into the dress line and find the widest one. So far I have a dress and last night I tested stockings put them on and got into bed with them on for an hour to stretch them. They too are suffering with my extra kilos. Anyway stockings have always been difficult things to put on so I was very proud of myself last night wearing my



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stockings in bed and then took them off and hung them on the cupboard door so I see that no harm came to them. I hope my cats don't find my stockings - that would be a disaster. Well I must trot off now and send my words of wisdom to the people. Lots of love CHATTERBOX

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LOST



REWARD OFFERED for his return!

My cat CHARLIE (black long hair, with green eyes, no markings, micro-chipped) has been missing since the 6th of May. We are in Pladda but could have made his way around bottom side of Plett. Please, we are desperate to have him back home!
Call Sandi 076 783 7820

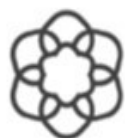
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MEET DR. HANLI RAUTENBACH

Registered Homeopath, M.Tech (hom) Wits

Registered homeopath and phytotherapist, Dr Hanli Rautenbach, previously from Port Alfred having worked alongside Mrs Anneliese Cowley, has more than 20 years' of experience in practice. Dr Hanli is now a resident at Kwendalo in Plett where she uses kinesiology and iris diagnosis as part of her holistic approach to wellbeing. Her kind, gentle character ensures visitors are made to feel comfortable and heard. Dr. Hanli is available at Kwendalo by appointment.



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Ladies Probos

Our next meeting will be on
Monday 12 June 2023 at
11h00 for 11h30

At the Grand Lookout
Beach Restaurant -
Formerly Equinox

Prof Hendri Coetzee

Director of the Nature's Valley Trust

Will give us a talk entitled

Collective efforts to conserve the
endangered African penguin in Plettenberg
bay. The cost of the lunch is R 170 for
members and R 200 for visitors.

If you wish to attend please RSVP by e-mail
or SMS Enzina on 083 4544215 by no later
than Thursday 8 June 2023

All visitors are welcome

We will be collecting R 50.00 annual
subscription fees at the door.

If you have not already paid, please bring
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Please, we are desperate to
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Call Sandi 076 783 7820

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If you have any unused clothing or blankets, please think of donating it to those who need it most by dropping it off at our office in Main Street in the HOME 2 HOME boxes provided where they will be distributed to various shelters and charities.



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plett@seeff.com

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