

WHAT'S NEW IN PLETT 23 OCTOBER 2025



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Plett Shark Spotters 🦈

It's that time of year again when we start keeping our eyes peeled 🦋 for the arrival of white sharks 🦈 in Plettenberg Bay! In 2024, our first sighting was in May, with activity peaking around September 📅. Robberg remains a truly special place 🌊, one of the few spots where you can witness these apex predators cruising just metres from shore, right alongside the mountain. Recently, four white sharks were tagged along the east coast and eight in Mossel Bay 🌊. Shark Spotters are now operating daily from 07:00 to 18:00 at five beaches: Lookout Beach, The Wedge, Central Beach, Robberg 1, and The Wreck. Lifeguards will raise the white shark flag 🚩 if a shark has been seen within the past hour. 🦈

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56 Longships Drive, Plettenberg Bay

Strandloper Project

Marine Wildlife Strandings in the Garden Route.

If, while enjoying your time on the beach and shoreline, you encounter a stranded species of marine wildlife, please contact your local Marine Stranding organization.

WHAT TO DO IF YOU FIND A TURTLE.

1) Do not return it to the ocean. It has stranded as it is either weak, ill, tired or has ingested plastic. 2) Do not place it in a container of water. Turtles are air breathing and can drown if weak and tired. 3) Keep it in a dry, ventilated and room temperature box, preferably placing the turtle on a towel. 4) Contact the turtle rescue number or the local marine stranding organization. 5) Get a location pin.

WHAT TO DO IF YOU FIND A LIVE SEAL.

1) Do not try and chase it into the water - it is either tired, undernourished or weak and wants to rest. 2) Create a safe zone around it and prevent dogs and crowds from approaching it. 3) Call your local marine stranding organization. 4) Take a location pin to share with the rescuers.

WHAT TO DO IF YOU FIND A PENGUIN

1) Do not try and chase it into the water - it is either tired, undernourished or weak and wants to rest. 2) Create a safe zone around it and prevent dogs and crowds from approaching it. 3) Call your local marine stranding organization. 4) Take a location pin to share with the rescuers. 5) After you have spoken to a marine animal rescuer, and they request you to collect the Penguin, follow their instructions on how to handle it and where to take it. Please be aware that they have extremely sharp beaks and need to be handled with care and cautiously.

WHAT TO DO IF YOU FIND A DOLPHIN

1) Check for any obvious injuries. 2) Report to the local marine stranding organization and provide a detailed report of condition and location. 3) Unless advised by the stranding organization, do not attempt to return the dolphin to the ocean. Keep it cool by placing wet towels over it and wetting the towels about every 10 minutes. 4) Reduce any stress from dogs and crowds.

Plett area

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JAMES is looking for a job as a cleaner call 075 209 5532
HANIFA JAMES is looking for a job as a cleaner call 068 290 5818
JULIET is looking for a job as a housekeeper call 060 218 2027 / 060 2182 027
KINGSTONE is looking for a job call 068 7211 584 for ref call 082 900 0111

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HARMONY qualified care giver is looking for a job as a care giver, housekeeping with exp refs avail call 060 2599 171 / 069 760 3392

MAVIS Malawian is looking for a job as a domestic worker with exp call 064 058 0512
MERY is looking for a job as a domestic worker 10yrs exp call 083 475 6103

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sive counselling course that equips volun-
teers with the skills to support individuals
through life's most challenging moments.

The course, which is both transformative
and practical, is open to individuals who are
ready to dedicate their time and heart to
making a difference. Designed with both
theory and hands-on experience, this train-
ing prepares participants to become FAMSA
volunteer counsellors — capable of provid-
ing emotional support, guidance, and practi-
cal tools to those in need.

"We believe that anyone with empathy,
commitment, and time can become a pow-
erful force for healing," said Karin, Director
of FAMSA Knysna. "This course doesn't just
teach counselling techniques — it shapes
compassionate listeners who can help
others rebuild their lives."

Participants learn about trauma support,

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AGS PLETTENBERGBAAI



Pastoor Bennett Brazer

WAAR: Unit W6
Plett Airport
Business Park,
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TYD: 10h00
Kontak: 083 450 2461(of)
Marlize Jacobs: 083 432 3186

relationship counselling, communication
skills, crisis intervention, and more. The
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ensuring volunteers are confident and
competent by the time they begin their
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invaluable skills but also join a community of
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lives every day. Whether you're looking to
give back, explore a new path, or grow
personally, this course is a stepping stone
to meaningful impact.

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We give our clients this safe place
(counselling room), we peel back the layers
to their gold centre and we are witness to
their struggles ... past and in recent years. It

is a privilege to walk a little way with our
clients ... we walk them to a place of heal-
ing. ♥

The next intake is open, and FAMSA is
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apply early as spaces are limited. If you
have the time to learn and the heart to help,
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PRIME LOCATION WITH EXPANSIVE OUTLOOK - R 2 900 000. This bright and cheerful apartment in Castleton Estate features open-plan living that flows to a spacious balcony where breathtaking views sweep across the valley. Castleton is renowned for its resort-style amenities, including two pools, a tennis court, landscaped grounds, and 24-hour security, giving this apartment the versatility to be used as a holiday escape, lucrative rental, or permanent home. Web ref: RLS988774 | 3 bedrooms | 2 bathrooms | 1 Parking. **Connie Peet 083353 5971 | Carol Zoutendyk 083 300 1121**

THREE BEDROOMED STUNNING APARTMENT - R 2 350 000. This apartment boasts a spacious layout with open-plan living that flows to a protruding corner balcony showcasing beautiful northern views of the countryside and mountains. With a proven rental history and clever features such as a doorbell camera and coded key lockbox, it's ideal as a lucrative investment while being equally suited as a holiday escape or permanent home. Web ref: RLS990060 | 3 bedrooms | 2 bathrooms | 2 Parking. **John Carpenter 082 460 3838**

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Wishing the following people a very happy birthday this coming week

23 October

Lynne Kapp ; Merle Hagerman ; Jeanne Stander ; Karen Gradewell

24 October

Samantha de la Porte ; Nathan Hill ; Victoria Witbooi

26 October - Zanele Njoko

28 October

Cheryl Hertzberg ; Maggie Bamard

29 October

Kenny Krugel ; Lisa Chase ; Francina Oliphant ; Damale Jantjies

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UnCommon Sense

By Rose Scott

Financial Trauma: The Silent Wound That Needs a Recovery Plan



We often speak about emotional, physical, or relational trauma - but few recognize *financial trauma* as equally real, painful, and deserving of recovery. Whether triggered by a global lockdown, a divorce, the death of a loved one, job loss, or the closure of a business, financial trauma leaves invisible scars that ripple through every area of life. Money is not just currency, it's safety, stability, and often, identity. When that sense of security is shattered, it can evoke the same emotional responses as any major loss: shock, denial, shame, anxiety, and even grief. Many people find themselves stuck in survival mode long after the crisis ends, unable to rebuild or trust themselves with money again. Yet, unlike other forms of trauma, society rarely acknowledges this pain, and few professionals are trained to help.

Financial trauma manifests in subtle but powerful ways. You might overspend impulsively, trying to feel "normal" again, or hoard every cent out of fear. You might avoid opening bills or bank statements, or feel

paralyzed at the thought of planning for the future. These behaviours are not laziness or irresponsibility - they are self-protective responses to fear, loss, and uncertainty. Just as emotional wounds require therapy, financial trauma needs *structured recovery*. Healing begins with recognizing that this is not simply a budgeting problem; it's a deep psychological and emotional wound. And like all healing, it takes both time and compassion. A *financial recovery plan* should include three phases:

Stabilization - Create safety first. This may mean speaking to a trauma-informed financial advisor, consolidating debt, or setting up small, automatic savings transfers. It's about regaining a sense of control, however small. **Recovery** - Once immediate pressure eases, begin unpacking the beliefs and emotions tied to money. This could involve journaling, therapy, or guided financial coaching that blends emotional and practical support. Understanding how fear and scarcity thinking drive behaviour is key. **Rebuilding** - Gradually set new goals that align with your current life and values, not your past losses. Rebuilding is not about chasing what was lost, but creating something sustainable and empowering from where you are now.

Financial trauma doesn't disappear once the bills are paid or the business restarts. Like any trauma, it leaves emotional residue that can only be healed through patience, education, and self-compassion. It's time we start talking about it openly, and start training professionals to guide recovery not only with spreadsheets, but with empathy. Because money is never just about money. It's about security, dignity, and the belief that we can rebuild - no matter what we've lost. For a confidential consultation call Rose on 082 500 3165

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Tee Off for a Cause at the 4th Annual Child Welfare Plett Golf Day. Child Welfare Plett is proud to announce our 4th annual Golf Day – a highlight on the local calendar where community spirit, fun, and a love of golf come together for a great cause. Every year our supporters raise the bar with generous donations and spectacular prizes, and this year is no different. One of the most exciting auction lots on offer is a two-night stay for four at the sensational Oubai Golf Estate, courtesy of Sky Villa, complete with a round of golf for four people and a cart. It's an unforgettable getaway you won't want to miss bidding on! Last year we filled every spot on the course, so be sure to book your fourball early to avoid disappointment. Whether you're playing, bidding, or cheering from the sidelines, your support helps us make a real difference in the lives of children in our community. Join us on the green, enjoy a day of camaraderie and competition, and help us drive change – one swing at a time.

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Wees Bemoedig

In die vervaardigingsnywerhede geld die
gesegde "Time is money!" Hulle wat in
groot stede werksaam is, is ook bewus van
die sogenaamde "spitstyd" daaglik. Almal
het elke dag presies dieselfde hoeveel tyd.
Dit gaan egter oor hoe effektief elkeen tyd
benut want verkwiste tyd word nooit weer
teruggewen nie. Sommige mense is
tydverkwisters. Baie tyd word verkwis deur
prioriteite wat verkeerd is. Ons moet leer om
ons lys van prioriteite aan Christus voor te
lê en die Heilige Gees vertrou om ons
denke te beheers. Daar is 'n tyd om te
begun en 'n tyd om op te hou (Prediker 3:1-
8). Besef dat God in sy volmaakte wysheid
getrou is en dat sy tydsberekening volmaak
is en ons leer om geduldig te wag vir Sy
perfekte tyd. Dit is 'n onding om jousef
skuldig te maak aan werkverslawing en net
te besig te raak en sit met die nagevolge
wat gesondheidsprobleme mag insluit.
Jesus het self tyd geneem om te rus. Hy
moedig sy dissipels aan in Markus 6:31 "...
kom julle self eenkant toe na 'n stil plek en
skep 'n bietjie asem." Maak tyd om ook
alleen te wees. Stiltetyd is noodsaaklik en
moet ingesluit wees in jou besige daaglikse
roetine. Markus 1:35 "Jesus het opgestaan
en alleen op 'n stil plek gaan bid." Om
geestelik te groei moet jy dus tyd alleen met
God bestee. Wag om van God te hoor in
eerbied om sy opdragte en verwagtings te
kan gehoorsaam. Verandering is die lewe
se enigste konstante, maar daar is 'n vaste
tyd vir alles (Prediker 3:1). Sorg dat jy jou
eie tyd met die van God synchroniseer, want
Hy is nie tydgebonde nie en is 24/7
beskikbaar! Psalm 3:1 "In my nood soek ek
God". Daar is mense wat dinge doen en
lewe slegs vir hul tydelike aardse bestaan
en min of geen perspektief het op die

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ewigheid of ewige lewe nie. Elke Christen
wat bely en glo in God Drie-eenheid en die
ewige lewe se lewensverwachting sal
radikaal verander en tyd saam met God sal
'n behoefte en strewe word. Tyd is 'n
oorheersende faktor in ons besige menslike
bestaan. Moet nie uitstel wat gedoen moet
word nie. Henry E Manning het gesê: "Naas
genade is tyd God se kosbaarste geskenk
aan ons." Psalm 31:15 "Maar ek vertrou op
U, Here, want ek sê: 'U is my God, my tye is
in U hand'".
Seënwense, Daan Ludik.

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VROU LANDBOU VEREENIGING (VLV)



Die Vroue Landbou Vereeniging is 'n merkwaardige vroue organisasie wat ook lid is van die Wêreldbond van Plattelandse Vroue. Die organisasie gee aan lede 'n omgewing vir persoonlike groei, diens aan die gemeenskap, ontwikkeling van vaardighede, netwerk geleenthede en vele meer bied. Die VLV Witterdrif Tak ontmoet maandeliks gewoonlik in die Witterdrif NG Kerkzaal @ 14h30 vir 15h00. Daar word 'n verskeidenheid van onderwerpe bespreek wat wissel van kuns en kultuur, gesondheid tot tuinbou, en vele meer. Inskrywings van handvaardighede (bv. hekelwerk) en huisvlyt (bv. gebak) vind ook maandeliks plaas en word aangemoedig. Alle dames van Witterdrif, Plettenberg Baai, Harkerville, Die Crag en die omliggende gebiede is welkom. As u 'n nuwe intrekker is of dalk graag ander vroue wil ontmoet, word u hiermee hartlik uitgenooi om ons vergaderings te kom bywoon. Ons vergadering hierdie maand vind plaas op die 25 Oktober 2025 in die NG Kerkzaal. Die onderwerpe vir hierdie maand is Gesondheid/Openbare Sake. Vir navrae skakel Cynthia by 082 217 9814. Vriendelike VLV groete.

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THE SOUTH AFRICAN GREAT WHITE SHARK A Modern History



Date: Thursday 13th
November 2025

Time: 17h00 for 17h30
A.G.M 17h30 - 18h00
Talk will commence at 18h00

Venue: Lagoon Room, Beacon
Island Resort, Plett.

Speaker: Bruce Noble

Price: R300 per head incl snacks.
A cash bar will also be in operation.

Booking: online via QUICKET
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FOR ADDITIONAL INFO
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is excited to announce its 9th stage production will take place from the **21st to the 25th October** this year. BATS will be staging the hilarious comedy "PLAY-ON". It is guaranteed to be another SELL-OUT. The production is a hilarious play within a play where an amateur dramatic theatre group are trying desperately to present a stage play. Their best efforts are thwarted by the continual maddening interference and meddling from the haughty script writer, who insists on continually revising the plot right up to the opening night. The script couldn't have been better designed to go wrong and it does in the most comical and spectacular fashion! Tickets available from Barney's Kiosk Market Square or on Quicket. Miss this and you have Missed out

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PSYCHOLOGIST, DR JANE LUCK,
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Galliano Boni does Plett Proud again

A truly memorable weekend of tough competition. KSA Premier League Championships in Johannesburg. If there was any doubt about Galliano's ability to produce the goods when it counts, it was this weekend. I trust that the critics of the past week will shut their mouths once and for all.

As a 15 year old Cadet he has now achieved the amazing feat of winning double gold in the Junior Kata and u76kg Kumite divisions.

He was pushed to the limit in probably his toughest kata division to date and as usual leaving his Kumite victories to the very last two or three seconds. I literally went into cardiac arrest a few times during his bouts. It has been a year that has gone almost 100% to plan. One or two bumps at the start but once he shifted into second gear no one could stop him.

He has made KSA, South Africa, Plettenberg Bay, St Andrews College, coaches and family very proud of his incredible achievements which he has done training all alone with no coach physically present to guide him. This takes an unbelievable amount of discipline and determination to keep himself motivated and focused.

Now we wait to see if he is selected to the national team to represent South Africa at the Africa Youth Games in Angola in December this year. The Youth Games are a qualifier for the Youth Olympics in Senegal in November 2026. Roberto Boni

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