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The Green Hearts

Say NO to Child Abuse!

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On Saturday, 12 July 2025, The Green Hearts hosted a discussion on Gender Based Violence at Moby's.

The well-attended event was focussed on discussing challenges and solutions around coercive behaviour with particular focus on the Domestic Violence act and Protection from Harassment act and was led by experts in their fields. Miss Kiana Venter, an attorney at Mosdell and Green hearts volunteer, Pama and Cox, explained coercive control and harassment from a legal perspective, outlining procedures that can be followed by victims. Mrs Karin Kruger, an experienced social worker and Green Hearts volunteer, spoke in detail about the emotional and psychological effect of coercive control, as well as what we as a society can do to address it and assist victims. Ms Z Ariefdien spoke in why it's so important for us as a society to stand up against GBV, she also explained the different protection orders that are available and how to utilize the recourses available to victims. All the speakers' passion was evident as they shared from their own lived experiences and others. Their message was clear: Gender Based Violence is a societal problem, and we, as a society have the responsibility and power to create change, and to the victims: Remember you are someone who matters. Ms Z Ariefdien urged to community to rally behind The Green Hearts as they fight for those who can't fight for themselves. The Green Hearts team was extremely grateful for the support they received from the community, with SAPS attending, as well as Npod closing their doors for the morning to attend. They also wish to thank their sponsors: Moby's, Dough & Co, MPC Attorneys, Ladida Aesthetics, Beauty by Michelle, NPOD, Milkwood Framers and Gallery, Wild Compass events and experiences.

The Green Hearts is a NPO working tirelessly to raise awareness and support victims of GBV as well child abuse. They are completely reliant on volunteers and sponsors to uplift, empower and stand for the most vulnerable in our society. For more information or to volunteer, have a look on their Facebook page.

By Monique Steenkamp

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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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For those ready to dedicate their time and commitment to supporting others through life's challenges, a transformative counselling course is now being offered by FAMSA. This program provides volunteers with essential skills and knowledge in various counselling techniques, preparing them to make a meaningful difference in their community.

**FOR MORE INFORMATION
OR TO APPLY,
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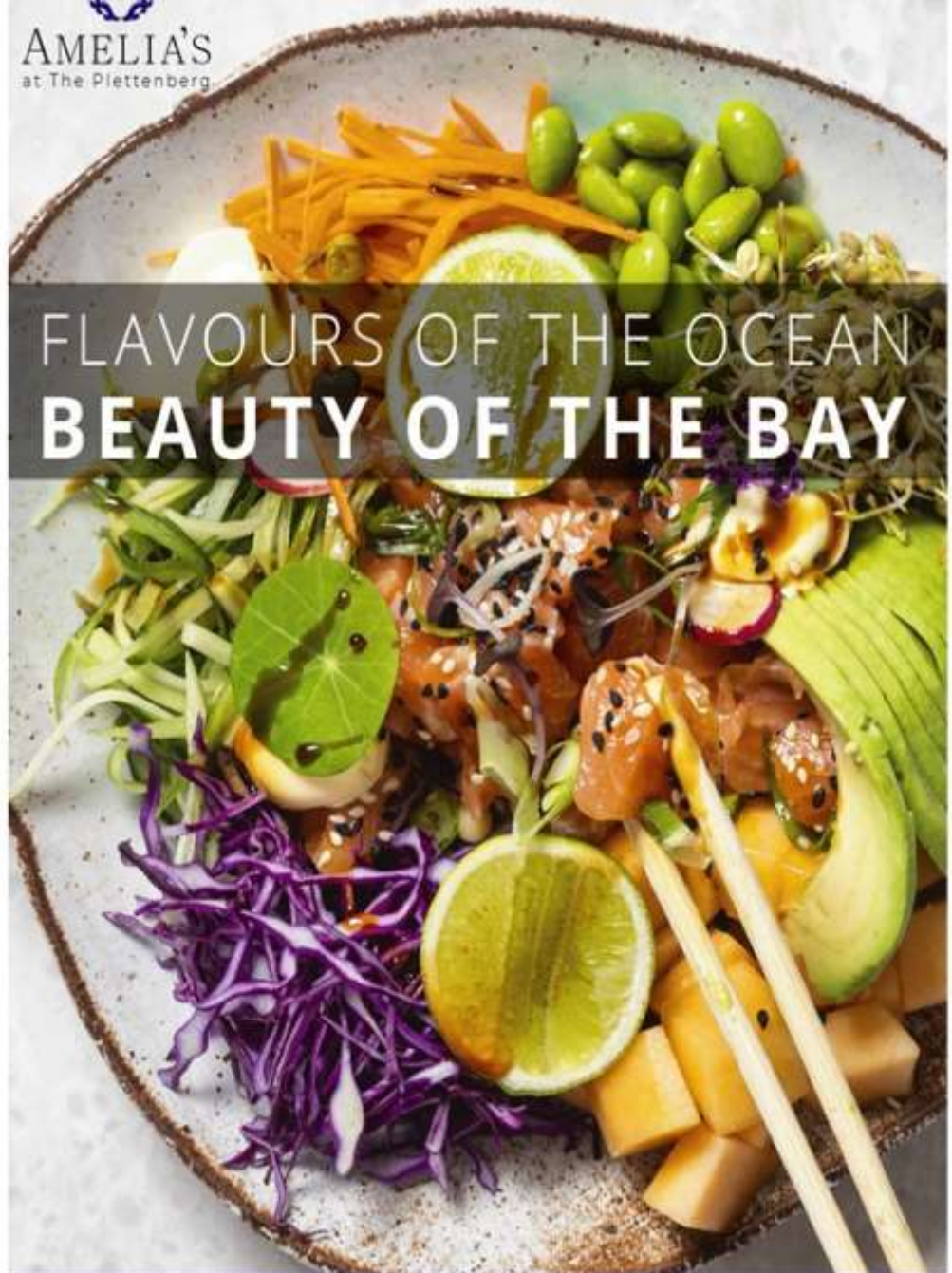


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Tax Tips Every Woman Entrepreneur Should Know in 2025

Because you're building a legacy, not just a business.

Ladies, let's be honest—tax season doesn't exactly spark joy. But what *should* light you up is knowing that when you understand your taxes, you gain control over one of the most powerful levers in your wealth-building arsenal.

If you're a woman running your own business, side hustle, or empire-in-the-making in South Africa, the tax game in 2025 comes with both challenges and opportunities. The good news? I've done

the heavy lifting for you.

Here are my top tax tips every woman entrepreneur should keep in her financial handbag this year:

1. Know Your Business Structure (And What It Means for SARS)
Are you a sole proprietor? A registered Pty Ltd? Or perhaps operating under a trust?

The structure you choose directly impacts how you're taxed, what deductions you can claim, and how exposed you are to liability. **Prosperity Pointer:** If you're still running as a sole prop and earning over R500,000 a year, it's probably time to incorporate and start paying yourself a salary—it can save you thousands!

2. Claim Every Legitimate Deduction
If you're working from home, using your car for meetings, or buying a new laptop—you could be missing out if you're not claiming these properly. But beware: SARS isn't playing games in 2025.

Document everything.

What You Can Claim:

A percentage of rent or bond interest if you work from home. Data, cell phone use, travel costs (if you have a logbook). Professional fees, marketing expenses, and yes—your business coaching counts!

3. VAT Registration: When to Say Yes
If your turnover exceeds R1 million in any 12-month period, registration is mandatory. But even if you're under that threshold, voluntary registration can be beneficial if you incur high input VAT on expenses.

Golden Rule: Don't charge VAT unless you're registered. It's illegal and trust me, SARS will find out.

4. Keep Personal and Business Finances Separate (No Exceptions)

Stop paying for Woolies wine and client coffee from the same account. Mixing money is one of the fastest ways to create audit red flags—and financial chaos.

Open a dedicated business account. Set up

a weekly reconciliation routine. Feel like the CEO you are.

5. Your Provisional Tax Game Needs to Be Tight. If you earn non-salaried income (like most entrepreneurs), you're expected to pay tax twice a year—August and February. That's your provisional tax. Miss it and you're in penalty land before you can say "eFiling."

Add these dates to your calendar now:

1st Provisional Tax Deadline: 31 August 2025

2nd Provisional Tax Deadline: 28 February 2026

6. Automate Your Tax Hygiene
Invest in cloud-based accounting software (hello Xero, QuickBooks, or Zoho Books) and scan receipts as you go. You deserve more freedom and fewer shoeboxes full of slips. Bonus: You'll never scramble for documents when applying for business funding or bidding on tenders.

7. Hire Help Before You Need It
An accountant or tax practitioner isn't a luxury—it's a smart, strategic investment. Especially if you're scaling. If you're earning over R20,000/month, you need someone on speed dial who knows the SARS system better than your TikTok algorithm.

Bonus: Get Your Free 2025 Tax Toolkit
Want a one-stop guide to everything I've just covered (and more)?

I've created My 2025 Tax Toolkit—a practical, printable guide packed with:

A deductible checklist

A VAT decision tree

A Provisional Tax Planner

Top 10 red flags that get women-owned businesses audited

[Click here to grab your free copy]—and step into tax season like a boss.

Final Word from Your Prosperity Architect
Taxes don't have to be terrifying. They can be empowering when you learn how to use the system to build long-term wealth. You're not just managing money—you're building a legacy. One compliant, strategic, and tax-smart decision at a time. Let's make 2025 your most prosperous year yet.
Rose Scott

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VREES

Dit is nogal opmerklik om sekere woorde in
sommige gesprekke, stellings, ens. wat ge-
opper word te hoor. Een van die woorde wat
dikwels opduik wat ek ingedagte het, is
VREES. Om te vrees kan vernietigende
ervaring wees wat 'n angswekkende gevoel
van verlatenheid en bang wees veroorsaak.

Elke generasie in die geskiedenis het al
vrees ervaar in verskillende omstandighede.
Reeds in Genesis 3:10 lees ons al van
Adam wat in die tuin van Eden aan God sê:
"Ek het U hoor wandel in die Tuin en ek het
bang geword, want ek was kaal." Vrees is
egter geneties en dit is deel van die mens-
like natuur. In die sondige deurmekaar
wêreld waarin ons onself bevind kan dit
dalk geldig wees om met rede te vrees
weens die oorloë tussen nasies, politieke
korrupsie, aardbewings, vloed, werk-
loosheid, armoede, hongersnood en der-
glike wat mens kan opnoem. Tog is dit egter
waar dat vrees geen voordele of goeie
gevolge inhou nie. Wanneer jy aan vrees
toegegee, is jy reeds oorvonne. Vrees kan
verwoestend wees, omdat vrees nog meer
vrees kweek. Eintlik is dit so dat situasies
wat ons vrees selde gebeur of realiseer.

Ons eie gedagtes kan potensiële gevaar in
ons skep. Wat is dus die uitkoms en oploss-
ing om nie te vrees nie? God het aan ons
Sy Heilige Gees gegee. "Hieraan weet ons
dat ons in Hom bly en Hy in ons" (1Joh.
4:13). God is in beheer! Ons word nie
beheers deur ons eie emosies en gevoelens
nie, maar deur die Gees van God. Die
bevryding van vrees in jou lewe is deur die
Gees van God deur geloof wat jou strem
daartoe. Ware geloof in God is ons volkome
uitkoms. Bob Gass stel dit so treffend: vrees
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maak siek, maar geloof versterk, maak vry,

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bemagtig, bemoedig en genees. God is ook
liefde en ons moet dit ook in alle omstan-
dighede voluit leef. 1Joh. 4:18 "Waar liefde
is, is daar geen vrees nie, maar volmaakte
liefde verdryf vrees want vrees verwag straf,
en wie nog vrees, het nie volmaakte liefde
nie."

Mag ons met behulp van die Heilige Gees
en liefde krag ontvang om te waak teen
vrees in ons lewens want Hy het belowe om
ons in alles by te staan ongeag omstan-
dighede. Jesaja 43:1 sê: "Moenie bang
wees nie, want Ek het jul verlos. Ek het jou
by jou naam geroep, jy is Myne".
Seënwense. Daan Ludik.

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Daniel van Renen 082 883 6271

EXCLUSIVE STAND AT THE PINNACLE OF SCHOONGEZICHT ESTATE – R 1 950 000, This expansive, flat stand is nestled at the very top of the prestigious Schoongezicht Estate and offers an unparalleled canvas for your dream home. It boasts unlimited views of the breathtaking Robberg Peninsula and the vast ocean beyond. This prime piece of land is designed for effortless building and extraordinary living. Web ref: RLS984363 | Size: 1,942m². Piet Maree 073 059 0640

2 BEDROOM APARTMENT – WALK TO BEACH – R 1 890 000, This Light, Bright and Breezy Apartment must be on your short list for viewing. This apartment is on one level and opens to Open Plan Fitted Kitchen with breakfast nook, undercounter oven and hob. The open plan dining/lounge is tiled and leads to a Patio with view. There are 2 well-appointed carpeted bedrooms with BICs and aluminium windows. The bathroom leads off the passage. The unit has a carport. Web ref: RLS983709 | 2 bedrooms | 1 bathroom | 1 parking.

John Carpenter 082 460 3838

COASTAL GEM FOR SALE IN KEURBOOMSTRAND – R 8 750 000, Nestled on a prime corner stand, this Golden Oldie brick-and-wood home in Keurboomstrand offers timeless charm for its location. Just a short walk from the public beach, this property is perfect for families, holidaymakers, or savvy investors seeking a coastal retreat with income potential. Web ref: RLS984896 | 7 bedrooms | 6 bathroom | 2 garages. Dirk Green 082 814 4508 | Elize Green 072 119 3710

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

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24 July - Wynema David's ;
Zuretha Langdown

25 July - Caryn Pretorius ;
Shareen Bamardo ; Christopher Boer ;
Monica Media ; Lucretia Cloete ; Brian
Janklaas ; Judene Windvogel ; Chris
Reinders

26 July - Vernon Jooste ; Nola Leeuwner ;
Giselle Smit ; Haylee Wildeman ; Beverley
Mostert ; Angela Brown

27 July - Yahya Rautenbach ;
Cresswell Basson

28 July - Claudine Badenhorst ; Ryan
Friedman ; Leni van Der Merwe ; Rose
Nicolin Skey ; Mankako Sekese ;
Eldorette Snyman

29 July - Clare Roode

30 July - Ian Crawford Brunt ;
Tracy Johnston ; Amorell Quickfall ;
Janine Bachle

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A reminder to our community.

FAMSA assists with all forms of emotional and relationship challenges, e.g. depression, abuse, grief, trauma, parenting and divorce counseling. We would love to assist and make a difference. **Call 044 533 0515 for info.**

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What is it?

The Plett Probus Club is a local association of retired or semi-retired professional or business people who have similar levels of interest, are of good character and are respected in the community. The objectives of Probus include:

To stimulate thought, interest and participation in a variety of activities and to create opportunity to make new friends at a stage in life when folk have both the need and the time. As a Probian, you will find membership interesting and satisfying, but what is more important, you will meet and enjoy the fellowship of a group of similarly minded folk, who, like yourself, are expanding their interest and extending their friendships.

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Phone Len Swimmer our Chairman at 082 452 1799 or email lens@telkom.net



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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.

If problems with above cell number try the below:

Deon Truter 082 569 5542
Marc Rodger 082 780 6427
Steff Le Roux 082 440 0932
Rob Gibson 083 277 0992

Letter via The Editor

The VMMC- 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 cirrums. 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

ALANON MEETINGS.

Is your home unhappy because someone drinks/drugs too much? Al anon offers help, free of charge, to the families and friends of problem drinkers/users. Meetings are held on 1300 to 1230 (Mondays) at The House of Steps. Call 083 256 0841.

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FAMSA provides support & counselling in a safe environment for folk experiencing challenges with relationships. Also for depression abuse, trauma, parenting and grief. Please call 044 533 0515.

RESIDENTS AND VISITORS: Please do not put out your garbage bags until the morning of collection. There are baboons in the area, as well as seagulls which tear open the bags

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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

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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

Plett Stranding Hotline - +27 79 463 4837

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MTHABISENG is looking for a job as a caregiver with qualifications as a health care assistant and experience avail imm call 087 2655 537 / 067 621 9340

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AMOS is looking for a job as a driver with code 10 licence call 071 997 5780

ZELLNA seeks domestic work 073 804 7453

VICTORIA is looking for a job as a housemaid, baby sitter and dogs walking or any kind of job call 077 246 9636 for ref call 084 4071 396

TIWONGE is looking for a job as a housecleaner for 5 days 13yrs exp 069 443 8332 / 067 2256 772

MVULA is looking for job as a gardener, roof

painter/housekeeper, dog walker call 078 970 7860

YUSTA is looking for a job as a housekeeper, baby sitter, care giver call 060 486 9750 / 078 970 7860

GEORGE is looking for a job as a bricklayer, painting, paving, plastering all construction work call 069 135 3151

TAMARA is looking for a job as a baby sitter and housesitting call 071 0002 9252

PETRONELL is looking for a job as a baby sitter and housekeeping call 067 828 8997

LUCY is looking for a job as a housekeeper call 071 909 2815

STEVEN is looking for a job as a gardener, painting and maintenance, dog walker call 078 494 9921

GODFREY is looking for a job as a gardener, painting and maintenance call 071 997 8054

AMOS is looking for a job as a driver with code 10 licence call 071 997 5780

ALICE is looking for a job as a cleaner and waiter call 063 5475 874

PEMPHERO is looking for a job as a cleaner, and waiter call 070 392 8336

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ELLEN is looking for a job as a caregiver, aupair and childcare frail and elderly care and practical on first aid/CPR ref avail call 081 017 2272

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Transforming Lives: FAMSA Knysna/Plettenberg Bay/Sedgefield Offers Life-Changing Counselling Course for Volunteer Counsellors

For those with the passion to help others and the time to learn, a remarkable opportunity awaits. FAMSA (Families South Africa) Knysna/Plettenberg Bay/Sedgefield, a trusted name in strengthening families and communities, is offering a comprehensive counselling course that equips volunteers 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 training prepares participants to become FAMSA volunteer counsellors — capable of providing emotional support, guidance, and

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practical tools to those in need.

"We believe that anyone with empathy, commitment, and time can become a powerful 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, relationship counselling, communication skills, crisis intervention, and more. The program includes supervised practical sessions, group work, and regular feedback, ensuring volunteers are confident and competent by the time they begin their service.

Graduates of the course not only gain invaluable skills but also join a community of dedicated volunteers who are changing 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.

One of our volunteer counsellors says: 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 healing. ♥

The next intake is open, and FAMSA is encouraging all interested individuals to apply early as spaces are limited. If you have the time to learn and the heart to help, this may be your moment to make a real difference.

For more information or to apply, contact FAMSA at trainingknysna@famsa.org.za or visit our website: <https://famsaknysna-plett.org.za/>.

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