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aka

WHAT'S THE BUZZ IN BITOU

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044 5330933 / 0445330400
AMBULANCE - Govt. 10177
Baycare Private 072 054 9110 / 044 533 6444
ER 24 hrs - 083 320 1199
Town Clinic 044 501 3700
MEDI CLINIC Plett 044 501 5100
FIRE/RESCUE EMERGENCY - 044 533 5000,
24 hrs / Office hrs 044 501 3230
SEA RESCUE - 044 533 2744 / 082 990 5975
ANIMAL WELFARE - PAWS - 083 287 9917
VETS - 044 533 3100 / 044 533 0124 /
044 533 9019
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533 0961 / 533 6363 / 533 0911
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044 533 6999 / 044 533 6966 / 044 533 3123
BODY STRESS RELEASE 072 791 7008
CHEMIST - 082 852 4696 / 044 5014620
/ 044 5331370 / 044 5332278
LOCKSMITHS - 044 533 3013 / 044 533 2370 /
083 701 3434
MUNICIPALITY - 044 501 3000
MUNICIPAL HELPLINE 0861-248-686
SECURITY GUARDS-081 325 7385
/ 044 533 1691
VEHICLE BREAKDOWN - 044 5359303 /
083 269 8958 / 0445333259 / 0825682479
OPTOMETRISTS 044 5331335 / 044 533 2191 /
044 533 5195
CANS CARE - 044 533 1813
CHIROPRACTOR - 044 533 4113 / 533 0230
HOMOEOPATHS - 082 788 1550 / 082 728 7161
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Be safe. Be secure. Be healthy.

**IF YOU HAVE ANY BOOKS TO GIVE
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The following people are all looking for work, let's support where we can:

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Malawian is looking for gardening, painting, housekeeping work, work permit avail and ref call 065 6694 953

PRINCE is looking for gardening job call 074328 6865

STEVEN is looking for gardening job call 078 349 688

KINGSLEY is looking for gardening job call 071 703 2651

CLEVER is looking for gardening work call 060 411 0082

TRUEMAN is looking for gardening job call 071 264 7998

ENIFA is looking for housekeeping job call 084 475 2124 for ref call 064 661 3694

MATRIDA is looking for job as a house-cleaner call 076 775 8663



JANE is looking for job as a cleaner ref avail call 078 279 2058

FLORA is looking for domestic work ref avail call 078 775 8677

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ARE YOUR EMOTIONS RUNNING OUT OF CONTROL
CONTACT OUR OFFICES FOR ASSISTANCE

DUE TO COVID 19 FAMSA KNYSNA AND PLETTENBERG BAY FAMSA WILL BE DOING COUNSELLING VIA TELEPHONE, SKYPE, ZOOM OR WHATSAPP CALL / VIDEO CALL.

WE WILL BE WORKING STRICTLY ACCORDING TO APPOINTMENTS VIA CALLS.

APPOINTMENTS CAN BE MADE BY CONTACTING THE OFFICES OR SEND A WHATSAPP.

KNYSNA OFFICE: 044 382 5129 / 061 412 1863 (WHATSAPP)
PLETTENBERG BAY OFFICE: 044 533 0515 079 640 6883 (WHATSAPP)
DOMESTIC VIOLENCE WHATSAPP: 072 847 0322

24/7 HOUR HOTLINE: 0800150150



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GREEN GROCER

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Every Saturday 9 - 1
Every Wednesday 9 - 1

See you again this
Saturday 23 May 2020!!
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A Thought for the Week

Psalm 24:3-4 [ERV]

"Who can go up on the LORD'S mountain? Who can stand in His holy Temple? Only those who have not done evil, who have pure hearts, who have not used My name to hide their lies, and who have not made false promises."

I'm sure that anyone reading these words will immediately realize that it is absolutely impossible for the natural man to meet this high standard set by God.

The Bible is completely in agreement with this and the apostle Paul, writing to the believers in Rome and quoting Psalm 14:3, says: "There is no one doing what is right, not even one. There is no one who understands; There is no one who is trying to be with God, they have all turned away from Him." [Rom.3:10-11]



and a little later Paul adds:
"All have sinned and are not good enough to share God's divine greatness." [Rom.3:23]
In chapter five of this epistle, Paul gives us the reason for this sad state of affairs when he writes: "Sin came into the world because of what one man [Adam] did; and with sin came death. So this is why all people must die because all people have sinned." [Rom. 5:12]
Furthermore, we also know from the Word of God that there is not only physical death awaiting us, but for those who do not know God there is also spiritual death, meaning everlasting separation from God in Hell. But before you despair and become despondent, there is hope and, again in his epistle to the Romans, Paul writes: "But God has a way to make people right and it has nothing to do with the Law. He has now shown us that new way, which the Law and the Prophets told us about. God makes people right through their faith in Jesus Christ. He does this for all who believe in Christ. Everyone is the same." [Rom.3:21-22]
Unless the Lord returns in the foreseeable future and takes His children home, we will all face physical death.
However, there is very good news, namely that God has been in the heart-transplant business for thousands of years and those - who have by faith put their trust in His Son, the Lord, Jesus Christ - have received a new and clean heart and this heart will live on eternally.
Again it is Paul who writes: "In the past,

Fill a coffee jar with the following ingredients... It can feed 4 people.



Share a Jar of Hope

1/2 cup rice

1/2 cup soup mix

1/2 cup lentils

1 unwrapped stock cube

1 pkt soup powder

Instructions. Boil 2 and 1/2 litres of water and add the jar contents.

Keep stirring and enjoy.

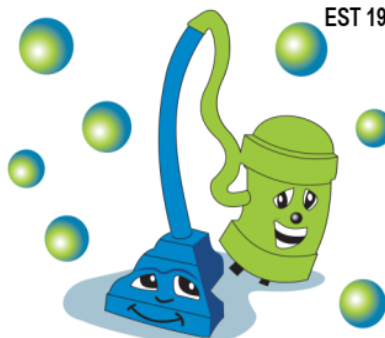
you were spiritually dead because of your sins and the things you did against God. Yes, in the past your lives were full of those sins. You lived the way the world lives, following the ruler of the evil powers over the earth; that same spirit is now working in those who refuse to obey God." [Ephes.2:1-2]

The writer to the Hebrews confirms this and says: "Sprinkled with the blood of Christ, our hearts have been made free from a guilty conscience, and our bodies have been washed with pure water. So we come near to God with a sincere heart, full of confidence because of our faith in Christ." [Heb.10:22]

Are you longing for a clean and sincere heart? Repent of your wrongdoings and ask Jesus to forgive your sins and invite Him to live His life in - and through you. Henk.

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 Child Welfare Plettenberg Bay
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for two hours a week to teach young people
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 116 1132.



CALL OUT PROCEDURES TO CONTACT SEA RESCUE

Phone the NSRI emergency tel
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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.**

**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



MUDDY POOCHES
 changes through paws

2 June 2020

Today Muddy Pooches turned 3 years old.
 Technically this team, this project is still in
 it's "toddler" stage but boy it has grown!
 We have grown stronger and the project is
 so much bigger than we could have ever
 imagined.

Muddy Pooches was only registered a few
 years ago, but it has been going for about
 10 years. Muddy Pooches is not an
 institution, it is a FEELING, a PEOPLE, a
 PASSION. It is not about dogs or kids, it is
 about helping.
HELPING EACH OTHER.
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Arne Adler 076 112 3982

plett
it's a feeling!

On Monday afternoon (1 June 2020) a member of the public reported a dead Cape cormorant that had washed up on wreck beach with a ring around its leg. This bird was ringed on the 29th of October 2018 as an immature bird at Tenikwa Wildlife Rehabilitation and Awareness Centre.

The reason for the first stranding is unknown however the fact that the bird has survived for just short of two years after being rehabilitated shows the importance of rescuing stranded animals and rehabilitating them to be released again. It also shows the value of bird ringing as a method of tracking the birds previous contact with humans and in this case a successful rehabilitation.

Cape cormorants are listed as endangered according to the IUCN red list and Robberg Nature reserve is one of the few places left where the cormorants are able to breed undisturbed.

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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While some businesses may be forced to be closed during this lockdown period, please keep them in mind to use as seen as you can.

Let continue to support our local Plett Community ♥

A huge *thank you* to
Dr Sam Botha,
High Strett Health
Very helpful, caring and calm.
What a blessing to have such a caring doctor!



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Alterations.



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Deon: 079 452 9862**

*While some businesses may be
forced to be closed during this
lockdown period,
please keep them in mind to use
as soon as you can.*

*Let continue to support our local
Plett Community ♥*

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www.kulayogaspace.co.za
Ros: 082 370 0939
Join our Facebook Page to get updated studio events



PANTS Rule

P - Private parts are private!
**Nobody is allowed to touch or
see them!**
A - Always remember, **your body is
yours and only yours!**
N - **NO means no**, don't give in to
pressure
T - There are no secrets from
Mommy.
If anyone tries anything
Always tell Mommy!
S - **Say something** so I can do
something about it!

Wishing the following
people a very happy
birthday

4 June
Chantelle Dicey

5 June
Errol Lucas
Tamzon Pile

6 June
Peter Hammond

8 June
Jo Whitehouse Taylor
Inus Bester

9 June
Crystal Anne Nel

10 June
Etienne Wiesie
Gillian Rita Prinsloo
Susan Fourie



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JILL SKOWNO PSYCHOLOGIST (Plett)
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IF YOU SEE a horse, mule or donkey in need of help please phone 072 370 2830 (Plett)

A reminder to our community.
FAMSA assists with all forms of emotional and relationship challenges, e.g. depression, abuse, grief, trauma, parenting and divorce counselling. We would love to assist and make a difference. **Please phone 044 533 0515 for more information.**



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.

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

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THE PRINT SHOP, 20 High Street, Plettenberg Bay, 044-533 2530

SNAKES ALIVE - REPTILE RESCUE.
Snakes play a very important role in our eco-system. Don't kill them, call us. We capture and re-release them back into wild protected areas. Tel. 074 120 9416/534 8056

ZIPPO LIGHTERS now available
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'AL ANON. Is your home unhappy because someone drinks/drugs too much? Al anon is for the families and friends of problem drinkers/users. Meetings on Thursdays 12:30 pm till 14h00 at The House of Steps. Call: 083 256 0841.'

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

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

GEREFORMEERDE KERK PLETT / KNYSNA

Diens elke Sondag te St. Peters Anglican Church, Church Street om 10h30 kontak nr. Gawie V. Zyl: 082 8000 447 Corrie Pieterse: 082 452 3363. Almal Welkom.

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Plett Evangelical Fellowship

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We will serve the Lord. Joshua 24:15

St Christophers Hall
(Behind Shoprite)

Sundays at 10.00am
(except for the last Sunday of the
month when we meet at 8:30 am)

Anton: 082 878 4193 / Graeme 083 628 1648

NEEDED VOLUNTEERS to cut fabric into scarves and patchwork squares. Please keep the haberdashery coming, we are seeing the progress with the children. Call Rita 082 560 2606 Differently-Abled Awareness Campaign.

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

PLEASE NOTE: Disclaimer:
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ALCOHOLICS ANONYMOUS.
Call 078 045 6988

Pins, needles, wool, knitting needles and large crochet hooks for the Differently-Abled Awareness Campaign.
Call Rita Hardaker 082 5602 606

YELLOW FEVER VACCINATION ph 082 557 5255 Eden Travel

ZUMBA FITNESS
Classes daily, Monday to Friday
Mornings and evenings
Call Merle 0815805520

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VOORBIDDING GEBEDSNETWERK**
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HOME FOR HOPE SOUP KITCHEN
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GET IN SHAPE, Lose weight, have fun.
ZUMBA FITNESS, Merle 0815805520

ESTATE NOTICE

In the Estate of the late
ERIK ANDERSEN

Identity no. 340314 5106 087
of Plettenberg Bay, Western Cape,
who died on the 02/01/2020

Estate no. 001974/2020

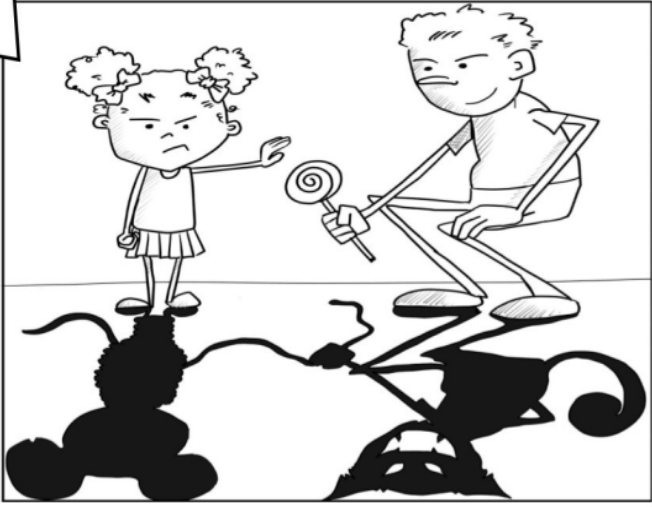
Creditors and Debtors in the above Estate are hereby requested to file their claims with and pay their debts to the undersigned within 30 (thirty) days of the 5th June 2020

Attorney D.V. Holton
AGENT FOR THE EXECUTOR
P.O. Box 141,
26 Anthony Street,
Plettenberg Bay
6600

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www.helloplett.co.za

THE GREEN HEARTS

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JACQUI BOTHA
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Plett Hospice Banking Details
FNB, Plett branch, 210514
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Acc name:
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COVID-19

COVID-19 SMALL INDUSTRIAL FINANCE DISTRESS FUND

ABOUT THE FUND

The IDC has established a R300-million Covid-19 Small Industrial Finance Distress Fund to assist qualifying IDC clients, as well as new clients, that have been negatively affected by the Covid-19 pandemic. The fund offers concessionary finance to cover their short-term operating costs.

BACKGROUND TO THE FUND

The Covid-19 pandemic is likely to have a negative economic impact on small industrial businesses, including metals and plastics manufacturers, food processing companies, clothing and textile makers, as well as small tourism operations.

Many companies in the industrial sector have seen cash flows significantly eroded due to the lockdown restrictions, hence the need for such a fund to assist businesses in distress at this time.

QUALIFYING CRITERIA

Any viable small industrial business with strong business fundamentals that finds itself momentarily in distress as result of the Covid-19 pandemic may qualify for funding, provided it meets the following criteria:

- It is an existing small business with a trading history of more than 12 months
- Its annual turnover/revenue does not exceed R50-million
- It is a registered business operating within the borders of South Africa
- It has a business plan showing a clear turnaround strategy within the next 12 to 24 months

QUALIFYING SECTORS

The fund is open to manufacturers, assemblers and other value-added services in the following sectors:

- Agro-processing and agriculture
- Chemicals, plastics and medical products
- Industrial mineral products
- Clothing and textiles
- Wood and furniture products
- Automotive and transportation
- Machinery and equipment
- Electronics
- Energy and infrastructure
- Tourism
- Basic metal producers

FINANCING FACILITIES

The following financing facilities are available:

- Revolving credit facilities
- Working capital facilities (limited to 36 months)
- Guarantees
- Asset-based finance facilities

FINANCING TERMS

- Prime less 3% for qualifying enterprises
- Minimum loan size of R1-million with a maximum of R15-million per client
- Repayment terms up to a maximum of 60 months

EXCLUSIONS

- Financing for normal expansions
- Refinancing of existing facilities
- Share buy-backs
- Payment of non-operational expenditure

Apply online at www.idc.co.za or contact your nearest regional office.

For more information, visit the IDC website: www.idc.co.za

Email: covid@idc.co.za • Telephone: 0860 693 888