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PINELANDS COMMUNITY MAGAZINE

ISSUE 166 | October 2025

hello
spring

Raspberry & Lemon Muffins

Nina Timm



See Previous Editions

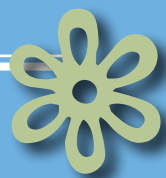
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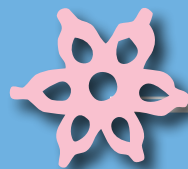
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Kevin Balfour





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WELCOME



Max Schutte

"NEVER LET A GOOD CRISIS GO TO WASTE"

Winston Churchill is credited with the title quote. He expressed it during the formation of the United Nations, as World War II drew to a close and global powers vied to shape the post-war order. Churchill hoped that out of the fog of conflict, something good—namely, the UN—might rise to help prevent future wars and manage geopolitical tensions.

It's often in times of disruption that new ideas and innovations are born from unique circumstances. COVID forced businesses and individuals alike to reassess their aspirations, and find new ways of getting there.

On a more local scale, I had a minor crisis in my office this month. After four years in our current home, the artwork we brought with us was still packed away. That wasn't the crisis... The lady of the house decided to force the issue by unpacking every piece and stacking them neatly on my desk and around my office... *that* was the crisis. Suddenly, today became *The Day*.

Which leads me to this: I'm a bit of a procrastinator. Not chronically so, but I don't dive into things too early as I tend to get distracted by interesting finds along the way. Am I ashamed? Not in the slightest. And here's why.

The QR code below links to an excellent and funny TED Talk explaining the cast of characters inside our heads when there's a job to be done. It's one of the most viewed TED Talks of all time, so I suspect many of you sail in the same boat. I choose to call procrastination a trait, not an affliction. I'd argue it's the product of a certain self-awareness—an instinctive understanding of just how much pressure we personally need to focus and deliver. We all have our own "starter's pistol", and we fire it when we know the timing is right for us.

To be clear: uncontrolled, chronic procrastination often leads to disaster. I'm not recommending that... But strategic delay, my preferred term, holds some benefits for me. It can lead to more considered outcomes, reduce wasted time, and serve as a useful substitute for when inspiration is just not forthcoming, but the deadline is.

And in case you were wondering—yes, these editorials are usually written under the shadow of an approaching deadline.

I hope you enjoy this edition.

Max Schutte

Editor and Advertising
Max Schutte

Writer and Photographer
Glynnis Schutte

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Inside the Mind of a
Master Procrastinator
TED Talk by Tim Urban

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Your news, photographs and stories can be submitted to The Muse Magazine by email at muse@pinelandsdirectory.co.za.

The Muse reserves the right to select articles for inclusion and to make alterations to submitted contributions.

NEXT EDITION

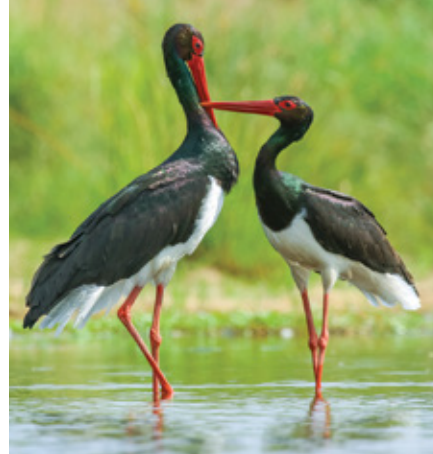
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Published: 28 Oct 2025

DEADLINES

Bookings: 13 Oct

Content: 17 Oct



Black Stork

The Black Stork is a large glossy black bird with a white belly and under-tail. It is an uncommon resident, nomadic in the non-breeding season, and regarded as near threatened. The nest is built on a cliff ledge and is often used for many years. The total Southern African population is thought to be about 1000 pairs. Their food consists mainly of fish, but also frogs, tadpoles, small mammals, nesting birds and tortoises. Incubation and feeding is done by both parents.

John McFarlane, author of the regular Muse bird feature enjoys the company of garden birds at his home in Pinewood Village. He has the usual bird feeders for seed and fruit and a bird bath to attract a variety of birds. His time spent in game parks including Kruger National Park is always rewarded with plenty of bird sightings.



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October

Wednesday 1 Oct 2025

HAPPY HOUR SOCIAL GROUP

Come to the Pinelands Library Activities Hall from 09:30 to 11:00. Join Ruth Ely and the Knitwits for "67 blankets". All welcome.

Call Santa 083 235 6730.

Fri 3 Oct and Sat 4 Oct 2025

SAINT STEPHENS ANGLICAN CHURCH BIG SECOND HAND SALE

Come to St Stephens at 7 Central Square Pinelands from 10:00 to 17:00 on Friday 3rd; or from 10:00 to 12:30 on Saturday 4th. Cash, Yoco and Snapscan accepted.

Saturday 4 Oct 2025

PINELANDS METHODIST CHURCH "MARKET ON UNION"

Come and find something useful on the bric-a-brac table or from one of the crafters. Enjoy warm fellowship as you munch Saturday brunch of a pancake and/or an egg and bacon roll. Then find some take home eats and treats. Open from 09:00 to 12:00, in the church hall at 2 Union Avenue. Call Joan on 082 810 1889.

Wed 8 & Thurs 9 Oct 2025

PINELANDS LIBRARY HOLIDAY PROGRAMME - FREE!

Time: 10:00 to 11:00. Ages: 6 to 12 years old.

October 8: Coding with Tangible Africa - A fun, hands-on introduction to coding!

October 9: Recreational Games - Active play and teamwork to keep the energy flowing!

Wednesday 8 Oct 2025

PINELANDS LIBRARY PLANT SWAP

Meet between 10:00 and 11:00 with your cuttings, seed packs & gardening wisdom to share with fellow plant lovers.

Fridays (see dates below)

CIELO DANCE ACADEMY WALTZ, BALLROOM DANCE CLASSES

Come to the Pinelands Methodist Hall, 1 Union Avenue, from 18:30 to 19:30. No previous experience or partners required. 18 and over. Cost R400 per person or R450 per couple. Dates: 10, 17, 24, 31 October.

Contact Gershwin 081 393 4753.

Wed 15 & Wed 22 Oct 2025

PAGE TURNERS BOOK CLUB

At the Pinelands Library Committee Room from 10:00 to 11:00. Wed 15: Meet Milton Schorr, author of *Addicted*. Wed 22nd: Meet Diana Ferrus, author of *The Boy Who Loved to Dance*. RSVP: Verna 021 814 1780.

Saturday 25 Oct 2025

PINELANDS GEMEENTE KUIERMARK

Come to SASNEV from 09:00 to 13:00 for a delicious market day of 'potjiekos', pancakes, sweet treats, vintage clothing and kids' fun. Address: 4 Central Square.

Wednesday 29 Oct 2025

PINELANDS STAMP CIRCLE

Meet at 18:30 in the Pinelands Library Activities Hall. An invited guest will show a powerpoint on FDCs. Andrew McL will provide an exhibit of his own choice.

Email Martin: m.tristan.crawford@gmail.com.

Wednesdays (see dates below)

CANSA SUPPORT GROUP

Meet in the committee room at Pinelands Library on the last Wednesday of the month from 10:00 to 12:00. Meet various guest speakers. Dates: 29 October; 26 November.

Call Abedda 083 645 6460 or Cheryl 079 848 5794.

Fridays 2025

PINEES PRAM JAM 10:00 to 10:40

Bring your toddlers from birth to 4 years old to the Pinelands Library Hall for exciting stories and lively music and movement sessions.

Fridays (see dates below)

HELEN KELLER SOCIETY BOOK ROOM AND NURSERY OPEN TO THE PUBLIC

The Helen Keller Society will open their book room and garden nursery for sales to the general public on the last Friday of every month between 10:00 and noon. Call Bev Wroth on 021 531 5311.

Fridays: 31 October; 28 November.

Saturdays 2025

FAMILY BONDING: STORIES AND SMILES

Join us and ignite your imagination with an engaging, fun-filled Saturday storytime in the children's section at 10:30.

Saturdays 2025 09:00 to 13:00

BRIC-A-BRAC SALES FOR KAPS

Visit Gloria at the Karoo Animal Protection Society (KAPS) bric-a-brac table at the Pinelands Club. All donations are welcome. For collection call Gloria 083 450 2782.

Saturday 1 Nov 2025

CANNONS CREEK CARNIVAL

Enjoy fun food and entertainment from 14:00 to 20:00 - rides, DJ, live entertainment, market stalls, a photobooth, pony rides, train rides, a petting zoo, facepainting, carnival games, a stilt walker, a juggler, and an arcade zone. See the puppet show at 17:00. Tickets available on the day, and pre-sold via Karri.

Saturday 1 Nov 2025

FOOD FAIR AT CHRIST THE KING CATHOLIC CHURCH, UNION AVE

Join us for a wonderful evening filled with delicious food and warm community spirit. Doors open at 6:00pm. All welcome!

Saturday 29 Nov 2025

ANNUAL FÊTE AT PINESWOOD RETIREMENT VILLAGE

Save the date and look forward to Bric-a-brac, plant sales, cake sales, a tea lounge, bacon and egg rolls, boerie rolls, book sales, crafters and much more between 09:00 and 13:00. The village is off Ringwood Drive. Call, Kaare James 0724448082.

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Send content for the November 2025 edition by 17 October 2025.

Publication will be 28 October 2025. R180 ensures placement

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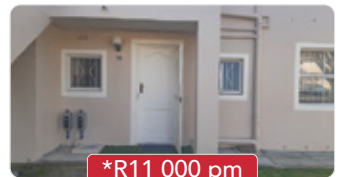


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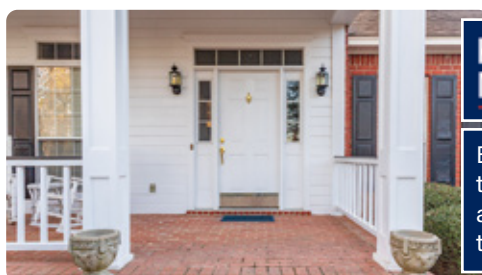
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When the Temperature Rises: Practicing wisdom in an age of unbridled anger



Spend anytime around children, or reflect on our own upbringing, and we'll see it: we often learn more from what is modelled than from what is said. If we want calmer, wiser homes, classrooms, WhatsApp groups and sports-field sidelines, the work starts with us: how we notice anger, how we speak when it flares, and how we repair it afterward.

Anger itself isn't the villain; it's a signal that something we value feels threatened: fairness, safety, respect, belonging. Used well, it helps us draw boundaries and take constructive action. Used poorly, it harms health, judgment and relationships. The goal is not to feel nothing, nor to explode. The goal is slow anger: to notice it, name it and choose the response that serves the people and principles we care about.

Here is a scene most families will recognise. A teenager, overwhelmed and furious at their will being crossed (even when you have only asked them not to do something that everyone else in the whole world knows is self-destructive and foolish), unloads on a parent: "You've never done anything for me. I hate you." It stings because it's untrue and because it lands on years of quiet sacrifice that the parent has made. In that white-hot moment we

face three paths. The first is withdrawal: step back, avoid the pain and let the young person's impulses run. It feels safer, but it abandons them to their worst mood and leaves the relationship colder. The second is to go in guns blazing: match rage with rage, win the volume contest, use our decades of additional practice at using words like weapons, to "win" the argument, and lose trust in the process. The third and hardest path is wise closeness: move nearer rather than storm off, keep your voice steady, speak the truth clearly, hold the boundary firmly, and absorb the blast without paying it back. This is the "surgical strike" approach: target the problem, not the person. It's hard in the moment because restraint always is, but it is the only route that both protects the person and preserves the relationship.

Because pressure is real in homes and schools, a simple, portable sequence helps: S-L-O-W. **S**top before the email, message or raised voice. **L**abel the feeling—"angry and embarrassed", because naming emotions engages the thinking brain. **O**bserve what happened and the story we're telling ourselves about it; consider what else could be true. Then **W**ork the problem with one respectful request: "I need ten minutes to cool down; then we'll continue," or "Let's agree on how we'll speak in meetings." Practised across many small moments, this turns reaction into choice.

The moments that test us most are also the best classrooms. On the touchline when a call goes against our child, we can storm



Article by:
Graham Sayer

Principal
Pinelands
High School

off, we can shout, or we can take the third path: stand close to our child, steady our voice and say, "We're disappointed; we'll play on. After the match we can raise it properly."

In the staff room or office when a late-night message stings, we can ignore it and stew, we can fire back at 11:59 pm, or we can draft a response, sleep on it and send a clear, respectful note in the morning that addresses the issue and invites a conversation, or better yet speak on the phone or in person. Over time, these choices add up and we learn that we can be safe and connected, rather than at odds with each other.

When we get it wrong (and we all do) the repair is the lesson. A good apology has three parts: say what we did, acknowledge how it affected the other person and state what we'll do differently next time. Our young people don't need flawless adults; they need honest ones who can own mistakes and make amends. That's how trust grows back after conflict.

Sometimes persistent anger is a dashboard light rather than the engine itself. If irritation is constant, sleep is poor or relationships feel brittle, it's wise to talk to a GP or counsellor. Teenagers benefit from the same safety net (a trusted adult at school or a professional outside it) so big feelings don't quietly become heavy burdens.

In a world that often celebrates outrage and speed, our young people deserve a better lesson from the adults who love and teach them. Let's choose the third path together: parents and educators in partnership for calm, wise closeness. Let's model steady voices, clear boundaries and quick repair. Let's back one another when someone calls for a pause. Let's praise self-control and empathy as loudly as we praise achievement.

If home and school pull in the same direction, modelling self-control, speaking with respect and teaching practical skills for cooling down and making amends, our children won't just learn to avoid harm; they'll learn to think clearly under pressure, to turn conflict into growth and to meet the world's rough edges with courage and grace. That is the double victory worth aiming for: strong principles and strong relationships, held together by the way we handle our anger. ■



PHS FEATURES IN ENGLISH ALIVE!

Pinelands High School learners; Taylor Wittridge, Clare Farrell, and Kate Bender at the book launch of *English Alive* which took place as part of the Open Book Festival on 6 September 2025. All three students had works published in *English Alive 2025*. *English Alive* is an annual anthology of writing from high schools and secondary colleges in southern Africa (i.e. Grades 8–12). The first edition of *English Alive* was published in 1967, and it has been published every year since then. Approximately 70 pieces of poetry and prose of all sorts and about anything are selected for publication each year.

Brief comments on the pieces are offered by the editor. www.sacee.org.za

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PINELANDS HIGH SCHOOL SHINES AT THE CAPE TOWN REGIONAL SCIENCE FAIR

Pinelands High School shone once again at this year's Cape Town Regional Science Fair, hosted at UCT. The school entered 21 projects, represented by 34 students and every single one walked away with an award. In total, projects presented achieved 6 bronze medals, 10 silver medals and 5 gold medals. **Gold medals** were awarded to: Nina TerMorshuizen, Cole Awood, Zeeshan Sykes,

Nicola Jordaan, Jemma Davids, Farah Pandit, and Zoë de Roo. **Silver medals** were awarded to: Tamika Joseph, Leela Moodley, Dilyn-Ruby Mahaffey, Nicole Williams, Amaan Jabaar, Cassidy Adams, Kate Müller, Mahmood Parker, Hermanus Bosman, Cayden Adriaanse, Alistair Lindeman, Danyaal May, Joshua Tshibas, Clare Farrell, Micah Jacobs, and Yaqeen Kamaledien. **Bronze medals** went to:

Amman Ebrahim, Zubair Deyal, Zia Nordien, Humairah Vadee, Hlubilethu Qunta, Raymond Mukanya, Troy Villet, Aisha Sivak, Jenna de Bruyn, Zahrah Allie, and Mishka Johaadien. In addition, four projects were selected to advance to the International Science Fair (ISF) in Johannesburg in October. Thanks to the PHS science staff whose guidance & support played a key role in the students' success.

Cannons Creek proud of young scientists

The Cape Town Regional Science Fair was held at the University of Cape Town over 18-20 August 2025. Cannons Creek Independent School proudly entered six Grade 9 projects, with every pupil performing exceptionally well. Overall the school achieved four Bronze medals, and two Silver medals. Additionally, they also received two Junior best in category prizes.

Safiya Rooknodien and Zoe Inegbese: 'Vaping Amongst Teenagers' (Social Sciences) - **Bronze Medal**
Sadie-Mia Ronne: 'Chat.GPT - Dumbing or Developing Critical Thinking?' (Social Sciences) - **Bronze Medal**
Hayden Stockenstrom: 'Stroop Effect - A cognitive phenomenon' (Physics, Astronomy & Space Sciences) - **Silver**

Medal and Best in Category - Junior

Qaylah Omar:

'Virtual Lab App to Bridge Science Gaps in South Africa' (Computer Sciences and Software Development) **Silver Medal and Best in Category - Junior**

Veeshen Govender:

'Automated delivery service to adults with disabilities' (Engineering) - **Bronze Medal**

Okuhle Mdingi:

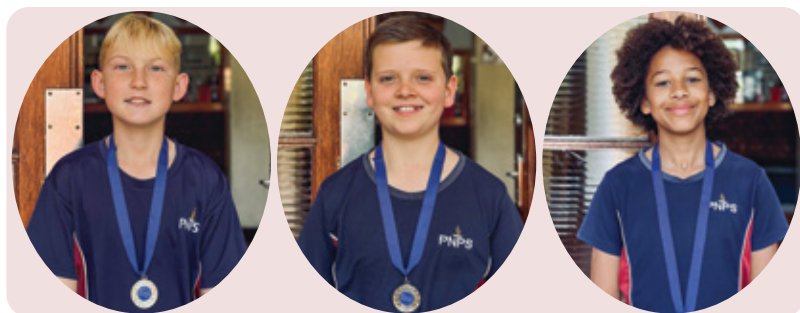
'Growth and Pigmentation Response of Orchids to Iodine and Sodium' (Plant Sciences) - **Bronze Medal**.

Mrs Oliphant says she believe these young minds have the power to address many challenges and shape a brighter future.

Left: Mrs Stannie Oliphant (Head of Physical Sciences, Cannons Creek HS), Zoe Inegbese (Bronze medal), Hayden Stockenstrom (Silver medal & Best in Physics, Astronomy, and Space Sciences category - junior), Okuhle Mdingi (Bronze medal), Safiya Rooknodien (Bronze medal), Sadie-Mia Ronne (Bronze medal), Qaylah Omar (Silver medal & Best in Computer Sciences and Software Development category - junior), and Veeshen Govender (Bronze medal).



PINELANDS NORTH PRIMARY PUPILS EARN SILVER AT ESKOM SCIENCE EXPO



Three talented pupils showed outstanding dedication, perseverance and curiosity in their recent success at the Eskom Science Expo. Their hard work truly paid off, with each of them earning a silver medal!

Quaid Holton, (above left), who competed in the Plant Sciences category, impressed the judges with his insightful project on the effects of biochar on plant growth.

Benjamin Draper, (centre) entering in the Computer Science and Software Development category, carried out a detailed investigation into the accuracy of foot-based versus wrist-based pedometers. His innovative approach not only earned him a silver medal, but also the award for Best Primary School Computer Science Project.

Qinoiso Freeth, (right) in the Social Sciences category, explored the impact of toxic relationships on pre-teens aged 11 to 13.

Working with these brilliant young minds was an absolute joy. Each brought something unique and their passion and maturity were truly inspiring. Watching them shine at the Eskom Science Expo was a proud moment I'll never forget.

By Tamsin Carelse (Expo teacher PNPS).



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PNPS SHINES IN CHESS: METRO CENTRAL LEAGUE CHAMPIONS

Pinelands North Primary School's chess team has enjoyed a remarkable season, finishing as winners of the Metro Central League in the U13 Mixed section.

This outstanding achievement secured them a place in the Metro Top Schools Tournament in Hermanus, where they proudly represented PNPS against some of the strongest teams in the Western Cape.

What makes this victory even more impressive is the broad age range of our team — with players as young as 7 years old rising to the challenge of playing at such a competitive level.

The tournament proved to be both challenging and rewarding. Facing off

against the region's best players gave our team invaluable experience and highlighted the importance of perseverance, strategy and teamwork.

A standout performance came from Luke Bell, who was crowned Best Board 1 Player of the competition, a tremendous individual accolade that also reflected the team's dedication and preparation.

Representing PNPS at such a high level was not only an honour but also a meaningful learning experience.

We are incredibly proud of every team member and their coaches for showing that age is no barrier to excellence. ■

Article by Josh King



THEATRE CRAFT DRAMA FUN AT FROGGY POND!



What a beautiful setting it was for a happy weekend at the start of September for Paula Pursch and the Theatre Craft Drama pupils. At the Cape Times Fresh Air Camp at Froggy Pond, Theatre Craft pupils once again enjoyed the fun and excitement of a creative drama camp with over 40

Grade 4-7 youngsters attending and many helping Camp Mums and Dads assisting. The camp took off with a Scavenger hunt with colour-coded clues hidden all over the property, with the final one asking them to perform a dance/movement sequence to a nonsense rhyme. This was closely followed

by a highly entertaining Theatresports contest with each group trying to outdo the next in the unprepared games and challenges. The evening finished with wooden frog races bringing loud howls of encouragement from the players.

The best bit was on the last morning when they had to make their costumes, props and set from a box of junk.

They had carte blanche to cut up, restyle and create whatever the plot of their play required. The most bizarre outfits and stage props were made with the children showing amazing creativity. Many parents came to watch before taking a tired but happy bunch home. ■



MARIMBA GUINNESS WORLD RECORD!!

Pinehurst Primary School, together with over seventy other schools nationwide and from Zimbabwe were invited by Marimba Jam to participate in the Marimba Guinness World Record attempt at the Grand Arena at Grand West on 2 August 2025.

PHPS were overjoyed to hear the announcement that the previous record had been broken, and doubled when 1 177 marimba players all played at the same time. Huge congratulations and appreciation to Kiara Ramklass, CEO of Marimba Jam who spearheaded this initiative.

"I enjoyed the vibe that was created" - Evan
"It was a very exciting opportunity to play there and I had fun" - Luke

"It was an honour and privilege to be part of the largest Marimba Ensemble" - Charlotte
"Thank you to the teachers for this once-in-a-lifetime experience. It was great!" - Caleb.

MONEY MATTERS

You, your RA, and the new rules of access



By
Sue Torr
Director
Crue Invest

South Africa's two-pot retirement system, which became effective on 1 September 2024, introduced significant changes to how retirement savings are both managed and accessed. These reforms, which aim to balance the need for long-term retirement preservation with short-term flexibility and accessibility, are far-reaching and, as such, should be fully understood in the context of one's wealth creation journey.

Under the two-pot system, retirement contributions are divided into three components:

1. **Vested Component:** This includes all retirement savings accumulated before 1 September 2024. These funds remain subject to the rules that were in place prior to the implementation of the two-pot system.
2. **Savings Component:** Starting from 1 September 2024, one-third of all new retirement contributions will be allocated to this component. It is designed to provide limited access to funds before retirement under specific conditions.
3. **Retirement Component:** The remaining two-thirds of new contributions will be preserved until retirement and must be used to purchase a retirement income product, such as an annuity.

With this in mind, here are a number of key facts that retirement annuity investors need to know:

- **Access to the Savings Component:** Investors can make one withdrawal per tax year from the Savings Component, with the minimum withdrawal amount being R2 000. There is no maximum withdrawal limit, but note that each withdrawal is subject to tax at your marginal rate.
- **Seeding of the Savings Component:** Upon implementation, a once-off transfer of up to 10% from your Vested Component, capped at R30 000, will be moved to the Savings Component, with the aim being for this to provide immediate access to a portion of your current retirement savings.
- **Preservation of the Retirement Component:** Funds in the Retirement Component remain accessible until retirement, whereafter they must be used to purchase an annuity income. This is designed to ensure that a significant portion of your savings is preserved for your retirement years.
- **Treatment of the Vested Component:** Those

retirement fund rules that were applicable prior to the Two-Pot System remain applicable to the Vested Component. Investors are still able to access these funds upon resignation or retrenchment, subject to tax.

- **Tax implications:** Withdrawals made from the Savings Component will be taxed at your marginal tax rate. On the other hand, if you choose not to withdraw these funds until formal retirement, you will be taxed according to the retirement lump sum tax table, which may result in a lower tax rate.
- **Eligibility and exclusions:** The two-pot system applies to all retirement fund members, including pension, provident and retirement annuity funds, with the exception of provident fund members who were age 55 or older on 1 March 2021 and who remained in the same fund without changing their membership status. Note, however, that provident fund members are able to opt in.
- **Administrative considerations:** Retirement funds are required to amend their rules and have them approved by the Financial Sector Conduct Authority (FSCA) to implement the two-pot system. Delays in this process may affect the timing of access to the Savings Component.
- **Impact on retirement planning:** While the Savings Component offers flexibility, it's important for investors to know that frequent withdrawals can erode their retirement savings and, as such, it's advisable to use this component sparingly. Ideally, investors are encouraged to maintain a separate emergency fund to avoid compromising their retirement future.
- **Financial advice:** Given the complexities of the two-pot system, consulting with a financial advisor can help you navigate the changes and make decisions aligned with your long-term financial objectives.

The two-pot retirement system represents a significant shift in South Africa's retirement savings landscape by providing limited access to funds before retirement while preserving the majority of the capital for retirement years. Being a more complex system, it's imperative that retirement investors understand the rules and implications of this system before making any withdrawal decisions. ■

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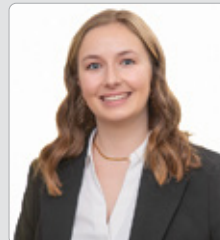
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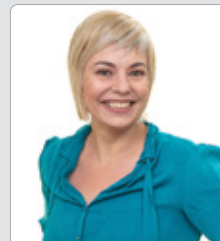
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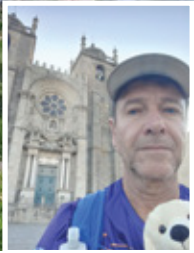
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By Kevin Balfour

In honour of his father, Neville Balfour and SAGDA

7 DAYS, 7 MARATHONS running from Porto to Santiago De Compostela

Whilst walking the Portuguese Camino (Camino da Costa route) from Porto to Santiago de Compostela with my partner, Shannon, in 2024, I mentioned to her that it would make a great run. A year passed, and we were planning our next Camino when my dad, Neville Balfour, passed away after a brave fight against cancer. So in 2025 I decided to fly over a couple of weeks earlier, do the run, and thereafter meet Shannon for our Camino. To give the run significance, it would be to honour my late father and raise funds for the South African Guide-Dogs Association for the Blind (SAGDA).

I would attempt to run the 300km route in 7 days (7 days, 7 marathons), solo and unsupported. Flights, accommodation, food, etc would be self-funded. The fundraising initiative was approved by SAGDA, with an initial target of R20 000. The plan was to:

- Run as close to a marathon (42.2km) per day dependent on the location of the next town;
- Do it the "old school" way by following the waymarks (yellow arrows) painted on lampposts, walls and rocks – no navigation by GPS or apps;
- Fill water bottles at fonts (fountains/springs) en-route;
- Sleep over at cheap basic pre-booked accommodation; and
- "Survive" the 7 days by pacing myself and taking a 5min rest, whilst taking in nutrition and water, every 12-15kms.

After a day's rest in Porto to shake the jet-lag, I packed my hydration backpack with a space blanket, medical kit, kinesiology tape, headlamp, rain jacket, buff, gloves, cap, energy gels and bars, banana, wallet, passport, cellphone, map, sunblock and Vista (the SAGDA run mascot). I was ready.

Day 1: Porto – Perafita – Vila do Conde – Póvoa de Varzim (37.2 km; 4hr 38min)

Day 1 started with a brisk 20min walk from the hotel to the Camino start point (km 0) at the Cathedral Se on a hilltop overlooking the Douro River. Arriving there just on 07h00 I was surprised to find myself to be

the only person there – not a single other pilgrim setting off – so it was a quick selfie to mark the start of my journey, check that all the zips on my hydration backpack were closed, start the Suunto Race S and jog off down the narrow cobbled alleys (being careful not to twist an ankle), to the paved walkway on the bank of the Douro River. After 6 km the path followed the coast northwards. As the morning chill wore off, I got to Matosinhos, with its beautiful white sandy beaches and promenade with morning joggers and cyclists. From there it was over the Rio Leca to Perafita where the urban environment started changing to more rural landscape with small villages. The paved walkways were replaced by timber boardwalks interspersed with cobbled farm roads. Then it was once again paved paths and roads through Vila do Conde to the lovely beach town of Póvoa de Varzim. Day 1 was a good day, with the sights, sounds and smell of the sea, and covering a generally flat 37.2km in 4hrs 38min to reach Póvoa de Varzim in relatively good shape – tired and sore, but not broken...

Day 2: Póvoa de Varzim – Esposende – Viana do Castelo (45.5 km; 5hr 44min)

After a bit of stretching, rehydration, a healthy pasta salad and a good night's sleep, it was Day 2 – a gentle start to warm up stiff muscles before getting into a more regular groove, the route moved through rural areas on wooden boardwalks (sometimes sand covered), cobbled farm roads and gravel paths through woodlands, taking me through Esposende and along a stunning single track through a forested valley to a narrow crossing of the Rio Nieve, some more gravel farm roads and forest track before popping out at Viana do Castelo. It was a long and testing, but rewarding day. It was 3km more than a standard marathon, 332m of ascent and the temperature had reached 35°C by the time I reached Viana do Castelo. The "honesty café" on the edge of one of the woodland sections was heartening – fruit, chocolates, soft drinks, tea, coffee, cake, biscuits laid out, price list

displayed, take what you want and put your money in a honesty box – nobody is there to check/manage, and everybody visiting pays and nobody steals – just wonderful.

Day 3: Viana do Castelo – Caminha (33.2 km; 3hr 57min)

The morning of Day 3 was chilly with light rain. It was a gentle start, along 15km of coastal boardwalk and single track whilst the cloud cover burnt off giving way to bright sunshine, followed by 2 km through woodlands before crossing the Rio Ancora and arriving at the beach town of Vila Praia de Ancora. A short paved section led me out of town and into a pine forest for a couple of kms before exiting onto the bank of the Minho Estuary. A paved path, hugging the estuary bank, took me into Caminha, with the cooling breeze drifting over the estuary offering a slight, but welcome relief from the searing midday sun over the last 3 kms of the day. Day 3 was done, and my body was starting to ask for more nutrition than I had been giving it over the 3 days.

Day 4: Caminha – A Guarda – Oia – Baiona (42.3 km; 5hr 11min)

The Minho River forms the border between Portugal and Spain, and the 1.5km crossing from Caminha to A Pasaxe is by small boat. It was an early start, and whilst walking down to the "ferry", it was with a little trepidation that I pondered the day ahead – I had not slept particularly well, it was a full marathon day with multiple climbs, the body was beginning to ask *why* and as no cafés/coffee shops were open yet, I snacked on a banana and a small croissant bought the evening before – if I make it, then I am over half the distance.

After the short boat trip, the route around the headland followed a coastal path bounded by the Atlantic on my left and pine forest on my right. The pine forest gave way to farmland and rural villages, whereafter there were occasional 3km stretches in the cycle lane on the busy main road. The less pleasant road section was soon forgotten as I dropped down to the beautiful seaside hamlet of Oia, past



the Royal Monastery of Santa Maria de Oia (1185), and then after a short tar section, up the into the wooded hills on jeep and single track, before dropping steeply down to the harbour town of Baiona.

Although exhausted from a 28 °C marathon distance day with 450m ascent and descent, I was relieved to have made it this far without any major issues, just natural fatigue. After treating myself to a "halfway" gelato, it was into the sea to bathe my aching legs.

Day 5: Baiona – Vigo -Redondela (42.6 km; 5hr 30min)

Having never run five marathons on consecutive days before, Day 5 was going to take my body on a voyage of discovery into unknown territory. With sore muscles, I started with a minute of walking, then another minute of "Wally Hayward shuffle" before getting into a more regular stride. Fortunately the first 8km was along the southern bank of the Minor River estuary, allowing the views and birdlife to distract me from aching muscles. Nature then changed to history as I crossed the Ramallosa Roman Bridge over the Minor River. From there it was back to nature with the route hugging the beachfront, and sometimes deviating onto the beach. Entry to Vigo was a shock to the senses – after the long beachfront section and having skirted the water's edge of a tranquil bay with paddlers and canoeists for a kilometer, I crossed a single road and was into the heart of Vigo's shipbuilding area where the sounds of birds and the sea are instantly replaced by grinding, welding, banging and trucks. Fortunately, it was only a flat 3 km section to survive before the industrial section ended and the promenade, with a statue honouring Jules Verne and a post marking the start of Stage 3 of the 2013 edition of the Vuelta A Espana, began. From here it was through the streets to the

suburb of Teis and a steep climb into the Trasmano hills with shaded jeep track and gravel paths, streams and small waterfalls before plunging down into Redondela. Day 5, with another marathon and 358m ascent and descent, survived. My legs were feeling surprisingly alright, all things considered.

Day 6: Redondela – Pontevedra- Caldas de Reis (42.8 km; 5hr 39min)

Whilst buoyed by my legs feeling stronger at this stage I still had a nagging worry that today could be day that I would "hit the wall", especially since today's route included 3 biggish climbs. The first climb followed mountain paths through lush woodlands to a viewpoint offering panoramic views of the Ria de Vigo. After a steep descent back down to Arcade at sea level, crossing the medieval Pontesampaio Bridge (1795) over the Verdugo River, it was back up gravel pathways, across streams and into the hillside woodlands with the only sounds being the crunch of footsteps and birdsong. From there I dropped down into Pontevedra from where the route joins the Roman Route XIX (built 2000 years ago). Another big climb on gravel track into the forest loomed up ahead after which I dropped down pathways through vineyards and into Caldas de Reis. Physically drained, I sat on a bench near my lodging, gathering my breath and drinking the last of my water, after another marathon distance day with 680m ascent and descent thrown in for good measure.

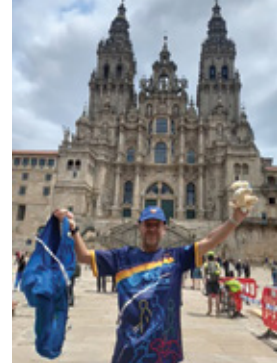
Day 7: Caldas de Reis – Padrón – Santiago de Compostela (43.7 km; 5hr 49min)

Notwithstanding the exhaustion at the end of Day 6 and a restless night's sleep, I set off for the final day with renewed optimism – only a marathon to go! On leaving Caldas de Reis, the gravel path immediately climbed steeply into a lush, but undulating, forest area, before dropping down to quiet country roads meandering through farmlands and

into Padrón. After the gentle 5 km tar road climb out of Padrón, the real hills started, and reality started to set in – my legs lacked power and I was breathing too heavily – I had probably gone out too quickly, and I still had 15km with serious ascents to do. I regrouped myself, cut back the pace and started focusing on the beauty of forested mountain and stony woodland (albeit steep uphill) paths. After crossing the River Sar there was a 3 km slog up the busy Avenue de Rosalia de Castro. Once at the top, I was on the edge of the "old town" area of Santiago de Compostela. The last 400m of my 300 km journey was through bustling narrow cobbled streets and into the Praza do Obradoiro in front of the majestic Cathedral of Santiago de Compostela – the destination point of the Portuguese Camino. This final day covering a distance just over a standard marathon, with 733m of ascent, was over – I was shattered, but I had made it – 7 marathons in 7 days! I had done it for me, for South African Guide-Dogs Association for the Blind and for my late dad! I reflected on my journey in the middle of Praza do Obradoiro while watching pilgrims arrive, cheering and hugging each other – knowing that each one of them had their own personal reason for doing it.

Through the exposure provided by WPCC, Southern Suburbs Tatler, The Muse and The Running Mann, and the support of friends, family, neighbours, ex-work colleagues, running mates, friends and family of friends, school mates from years back, WPCC members, WPCC Running Section and Anonymous donors, a total of R54 500 was raised for SAGDA. Thank you all.

Thanks dad for everything – you are loved, missed and fondly remembered. ■



Rawson Properties participated in the Adopt a Tree in Pinelands 2025 campaign that Renew the Elsieskraal River initiated.

It was exciting to see our wild plum tree had been planted. We are proud to be part of the campaign and look forward to participating and assisting with future campaigns.

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COMMUNITY NEWS

GRACE PRIMARY TALENT SHOW

It was a memorable afternoon for the Grace Primary community at the school's Talent Show on Saturday, 13 September, held at the PNPS Hall and themed *Under an African Sky*. A glittering tree of fairy lights set the scene, and the audience was treated to a delightful array of performances – from poetry and singing to dancing, acting, karate, and even magic tricks.

All the children gave of their best on the stage, offering many unforgettable moments for family and friends. From the dancing item of the youngest Grade Rs to a full youth band skillfully blending instruments and voice, to a stunning solo vocal performance of *Wondering* by Genevieve Murray followed by a full choir

rendition of *Thank You for the Music*. Even the teachers surprised the audience with fun-filled performances.

Grace Primary is so proud of all the teachers and children who worked incredibly hard and a huge 'thank you' goes to all the support staff and parents who worked so tirelessly behind the scenes to make the Talent Show such a success.



Parliamentary Debate



On Saturday 23 August 2025, Cannons Creek Independent School Grade 11 pupil Amarachi Zondi represented the school in a Provincial Parliament Debate. Amarachi as a member of the Junior City Council was in charge of research and rebuttals for her team. The topic was *'This house believes South Africa should shift its foreign policy direction in response to the changing global order'*. Amarachi's team opposed the motion, and won the debate. "It was an amazing opportunity and we really learnt a lot about how the South African government runs and the different spheres and arms," said Amarachi.

Cannons Creek shines in *English Alive*



Congratulations to three Cannons Creek Independent School pupils whose writing has been published in SACEE's *English Alive* Publication - Grade 12 pupils Ameerah Patel, Chloe McComb and Ciaran Steenveld. SACEE (South African Council for English Education) runs various competitions and programmes throughout the year, where the best writing by high schools and colleges

throughout South Africa is published in the *English Alive* annually. Additionally, Ameerah Patel was invited to perform her writing at the launch of the book on Saturday, 6 September in the Cape Town Library.

Above:

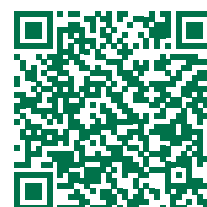
Chloe McComb, Ciaran Steenveld, and Ameerah Patel with proud Head of English, Mrs Jeanne Rankin.

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ONAM HARVEST FESTIVAL

The Cape Town Malayalee Association (CMA) celebrated their Onam harvest festival with vibrant festivities on the 6th of September 2025 at Christ The King Catholic Church Hall in Pinelands. The event was honoured by the presence of Ms. Nomalungelo Gina, Deputy Minister of Science, Technology and Innovation of South Africa, and Ms. Ruby Jaspreet, Consul General of India from the Cape Town office. The celebration featured a rich tapestry of cultural performances, including Thiruvathira traditional dances, and the ceremonial entry of Maveli, symbolizing the spirit of Onam. Guests enjoyed the grand Onam Sadya, a traditional

vegetarian feast served on banana leaves, showcasing the authentic flavours of Kerala. The hall was filled with joy, colour, and community spirit. Children and adults alike participated in various cultural programs, adding to the festive atmosphere. The event concluded with the much-anticipated Vadam Vali (tug-of-war) competition, which drew enthusiastic cheers and friendly rivalry. The celebration beautifully brought together the Malayalee diaspora and friends of Kerala culture in Cape Town, making it a truly memorable occasion.



Top: Ms. Ruby Jaspreet, Consul General of India from the Cape Town office.

Below: Ms. Nomalungelo Gina, Deputy Minister of Science, Technology and Innovation of South Africa, is seen lighting the Onam lamp with Ashor Shiji, and Mr Manoj, symbolic of the New Year in celebration of the harvest season.

Left: Traditional dancers.



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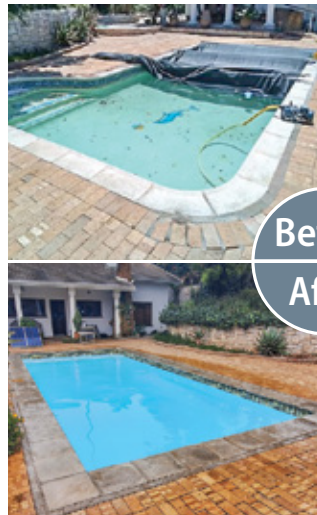


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Raspberry and lemon muffins No added sugar

Makes 12 muffins

Ingredients

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15 ml baking powder
2 ml salt
200 ml artificial sweetener
3 eggs
zest and juice of 1 lemon
100 g butter – melted
125 ml milk
250 ml raspberries

Method

1. Preheat oven to 180 °C.
2. Spray a 12 hole muffin pan with Spray 'n Cook.
3. In a big mixing bowl, mix all the ingredients, except the raspberries together until smooth.
4. Spoon into the muffin pan and top each muffin with a few raspberries.
5. Bake in the preheated oven for 20-25 minutes.
6. Eat warm with a cup of tea or keep for the lunch boxes!!

Cook's Notes –

1. You can replace the raspberries with any fruit or nuts of your choice.
2. Artificial sweeteners that are used as alternatives to refined sugar are often much sweeter than sugar and are low in calories. Natural sweeteners such as stevia and monk fruit have other health benefits making them a good substitute for sucrose in beverages and food. The intensity of sweetness varies between the options available. Evaluate your chosen sweetener before adding to the recipe.



Portrait: The Photographic Journey
Food shot: Nina Timm

Reducing sugar intake

Sugar free, low fat, low salt, low gluten..... gives me an all time low, generally! I have always been of the opinion that I would rather have less of a good thing than to try and make the good thing less good...catch my drift? Sugar free sweets and baked goods are usually without taste and very expensive and to keep up with the demand of two growing, studying children can be quite daunting.

I got a bit of a rap over the knuckles the other day, because of all the treats I have in the house. While the children are small, they run, swim and play to get rid of all

the unwanted kilojoules, but as they grow older, bad habits die hard and then they have problems, like diabetes, weight issues and even allergies and a few other unwanted ailments.

I get that, struggling with a few bad habits myself! Ever smeared a slice of bread through the pan after you've cooked "boerewors"? Just asking?

Sugar free cooking is easier I would say, sugar free baking - not so easy, but where there is a will, there is a way and I will keep trying new ways and new recipes to increase my reduced sugar repertoire.

NB. I would love to call this a sugar-free recipe but to be perfectly honest this is actually a "no added refined sugar" recipe because the raspberries do have natural sugars in them.



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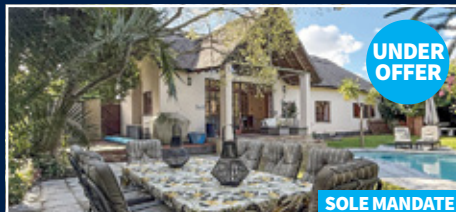
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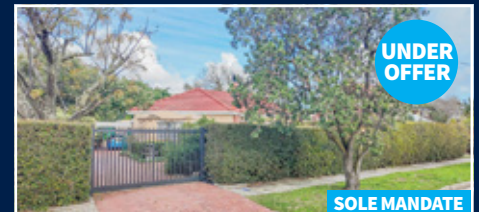
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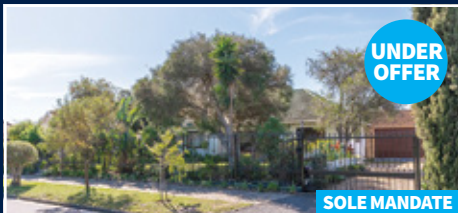
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