

# The Pringle Post

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The Buffels dam surrounded by the majestic mountains of the Kogelberg - Photo: Jenny Parsons

## BUFFELS RIVER DAM OUR VALUED WATER SUPPLY

One of the many perks of living in Pringle Bay is having a water supply that is generally unaffected by the droughts which periodically hit the Cape. The height of one-upmanship a couple of years ago was to invite friends and family from Cape Town to come for a shower during a period of harsh water restrictions. The Buffels River dam, which we share with Rooi-Elis and Betty's Bay, has never dropped below 60% due to its location and design.

The dam itself lies in the river valley to the north of Pringle Bay within the core zone of the Kogelberg Biosphere Reserve. It is accessed by the tarred road running off the R44, as you come down the hill from Rooi-Elis, and is surrounded by magnificent mountain scenery and fynbos. A permit from CapeNature is required to enter the area, which is generally not accessible to the public.

Designed by the civil engineering firms of JT Gawlowski and Ninham Shand, the actual construction of our dam was completed in 1971 by Valley Earthmoving Contractors. It is a 32 m high earth fill embankment dam, with a storage capacity of 1.06 million cubic metres of water. The crest length is 202 metres. The concrete crest spillway ends in an 18 metre high waterfall. The dam has a catchment area of 8.87 km<sup>2</sup> but only a surface area of 15.7 hectares when full (approximately 0.16 km<sup>2</sup>).

Water from the dam is fed into the Buffels River Water Treatment Works, situated just downstream, where the green buildings are visible from the R44. The main purpose of this treatment is to remove the brownish colour (see page 2) from the water by means of flocculation, sedimentation, filtration and disinfection, before distributing the water to the supply reservoirs at the different towns.

The entire bulk water supply system is gravity fed, thus there is no need for power-intensive pumps. Although the plant has a treatment capacity to process up to 5.5 million litres of water per day, an average volume of 2.2 million litres per day is currently being treated and used – well below the available treatment capacity. The treated water is tested regularly at the treatment plant as well as in the different reticulation networks, by an independent accredited laboratory, to ensure that the water complies with the national SANS0241 drinking water quality standards. Results are distributed to members of the Ward 10 committee on a monthly basis.

*continued on page 2.*

We extend our heartfelt thanks to John Charalambous from the Art Zoo for his kind generosity which helped make this edition of the Pringle Post possible.

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## Buffels River Dam - Our valued water supply (continued)

The Overstrand Municipality has recently enhanced our water supply infrastructure with a new 1.5- mega litre reservoir, which has been constructed in Pringle Bay.

There will be ongoing replacement of aging pipes in the different water reticulation networks over the next couple of years as well as the planned replacement of the bulk water supply pipeline from Pringle Bay to Rooi-Els.

We wish to express sincere thanks to Hanre Blignaut of the Overstrand Municipality for providing the technical information relating to the dam and its construction.

Dave Muirhead

### BLACK WATER SYSTEMS

The streams and vleis of the Hangklip area are known as blackwater systems - a characteristic they share with many rivers and wetlands associated with tropical rainforests. When fynbos shrubs shed their leaves and other plant litter, decomposition of the organic matter sets in, with soil microbes making an important contribution in this regard. Due to low concentrations of soil nutrients, especially nitrogen and phosphate (which

the microbes need for their metabolism), decomposition of the organic matter is incomplete. The humic compounds that remain include tannins and phenols which, when they combine with iron or aluminium, cause staining of the groundwater. Locally, this is evident in the "Coca-Cola" like appearance of the water as it drains out of the soil into the surface water bodies. This characteristic of the water presents no risks to human health.

## EDITORIAL

Here we are at the halfway mark of yet another year! Things are still not quite back to normal, but we are decidedly closer than we were this time last year. And yet, despite all the stress and worries brought on by life during the pandemic (and life in general), Pringle Bay never ceases to amaze us with its unique and beautiful attributes. As I like to remind people from time to time; you don't need running water, electricity or an internet connection to enjoy our spectacular sunsets!

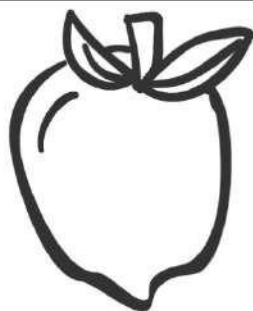
In this packed issue of the Pringle Post, we hear from a number of experts, amateurs and enthusiasts about many of the aspects which directly or indirectly affect life in our village. We learn more about the internationally recognised Kogelberg Biosphere Reserve we're living in; see where our village gets its most precious resource; and discover some of the wonders to be found in the natural environment in and around Pringle Bay. We learn about some of the incredible (and challenging) conservation initiatives along our coast and even get a glimpse into the fascinating history of our favourite night-light – the moon. We will also find out more about a few of our local residents who are giving their time and energy to serving our vibrant community.

With winter in full swing, there is no time like the present to snuggle into your favourite chair with a hot drink (or glass of wine) and peruse this newspaper, hopefully learning something remarkable in the process!

James Burns



The dam overflowing into the Buffels River below



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# KOGELBERG BIOSPHERE RESERVE (KBR)

In the early 1970s, the United Nations Educational, Scientific and Cultural Organization (UNESCO) developed a new programme with a focus on human interaction with the natural environment. This was named the Man and the Biosphere (MAB) Programme and was formally launched by UNESCO in 1971. The MAB Programme finds implementation in sites called Biosphere Reserves, which together form the World Network of Biosphere Reserves (WNBR), currently comprising 714 sites in 129 countries across the globe.

This year marks the 50th anniversary of the MAB Programme and UNESCO has launched a dedicated website for all celebrations and events and all countries are encouraged to participate (<https://en.unesco.org/mab/50years>).

The Department of Environment, Forestry and Fisheries (DEFF) is the focal point for MAB implementation in South Africa and plans to take part in the celebrations.

The global vision of the MAB Programme is *“a world where people are conscious of their common future and their interactions with the planet, and act collectively and responsibly to build thriving societies in harmony with the biosphere. The MAB Programme and its World Network of Biosphere Reserves serve this vision through Biosphere Reserves and beyond”*.

All Biosphere Reserves enable three complementary functions: **conservation** (of landscapes, ecosystems, species and genetic variation); **sustainable development** (fostering economic development which is ecologically and socio-culturally sustainable); and **logistic support** (promoting research, monitoring, education and training). This is achieved through a graduated spatial zonation of permissible use from the core areas, through buffer zones, to transition zones (see figure).

The MAB Programme was introduced to South Africa in the early 1990s and we currently have ten Biosphere Reserves that cover approximately 9.5% of the total land area. With support from the relevant provincial authorities, DEFF and the National MAB Committee (established in 2010) facilitate the implementation of the MAB Programme in these biospheres. Implementation is guided by the Strategy for the Biosphere Reserve Programme (2016 – 2020; currently under review), which aligns with the global UNESCO MAB Strategy, and provides guidance to existing Biosphere Reserves as well as new initiatives.

([https://www.environment.gov.za/sites/default/files/report/southafricanstrategy\\_biosphere\\_reserve2016\\_2020.pdf](https://www.environment.gov.za/sites/default/files/report/southafricanstrategy_biosphere_reserve2016_2020.pdf))

The Strategy confirms the vision of the MAB Programme: *“South African Biospheres are special landscapes where socio-ecological land management is practised towards a more sustainable future for all.”*

Biosphere Reserves in South Africa are not enforced through legislation, but instead implemented in a 'soft-law'

spirit through collaboration between the Biosphere Reserve management entities, major stakeholders and role-players. By establishing these relationships, Biosphere Reserves enable sound decision-making with broader public support.

The Kogelberg Biosphere Reserve (KBR), of 103, 629 ha, was the first to be designated in South Africa by UNESCO in December 1998. The management entity of the KBR is the non-profit KBR Company, with the goals of raising awareness of the KBR and MAB Programme; supporting environmentally sustainable socio-economic and conservation initiatives; facilitating and coordinating Biosphere-level research and forward planning; establishing effective governance of the KBR, and; securing sufficient finance for its continued functioning.

Biosphere Reserves foster collaborative thinking about the future management of a defined space, in line with an adopted long-term vision. The vision statement of the KBR is *“the Cape Floral Kingdom's model sustainable living environment for all.”*

*Pringle Bay is one of the villages that form part of the KBR.* The coastal villages within the KBR play an important role in supporting ecological connectivity between the mountains and the coast. The mountainous areas are included as core areas of the KBR whereas the built-up villages form part of the transition zone. Sustainable living practices are being promoted throughout the KBR, but specifically within urban areas. Biosphere Reserves are recognized as models contributing to the implementation of Sustainable Development Goals (SDGs). These goals embed all three dimensions of sustainable development, namely: ecological, social and economic.

People's lives are intertwined with natural ecosystems and this interconnectedness plays out in landscapes known as social-ecological systems. Biosphere Reserves are regarded as examples of social-ecological systems, promoting the concept of living landscapes that comprise constant interaction between humans and their natural environment. It is in this light that the KBR villages are seen to support the ideal of quality sustainable settlements.

One of the features of sustainable settlements is the interaction with wildlife, where the movement of fauna and flora is facilitated through the effective management of green open spaces. Green corridors within built-up areas provide ecological services such as wildlife mobility, but also provide residents with access to green spaces for movement and recreational opportunities. Natural corridors form 'green lungs' throughout built-up areas and contribute to biodiversity conservation as well as improve the aesthetics of a village.

*continued on page 4.*

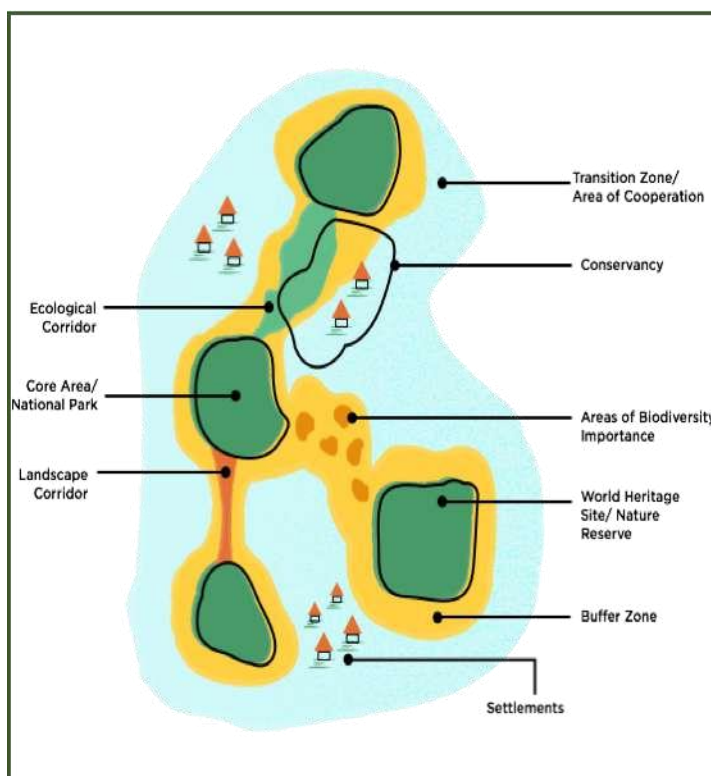


Figure: Graphic depiction of Biosphere Reserve zonation from inner core area, adjoining buffer zones and outer transition zone.



## Kogelberg Biosphere Reserve (continued)



A section of our river in the biosphere - Photo: Jenny Parsons

In support of sustainable settlements, defined by the MAB Programme, there are a number of ways that residents of a biosphere village like Pringle Bay can adopt a lifestyle of living more lightly on Earth. One of the most popular initiatives is the promotion of a reduce-reuse-recycle attitude, encouraging people to support recycling efforts and established sound waste management structures. Keeping domestic pets from disturbing the local fauna and disrupting their breeding cycles is one important means of conserving biodiversity. Another way of doing this is to plant local indigenous species when gardening, and also ensuring that enough suitable habitat features are retained for the local fauna. Participating in the management of natural corridors, by removing invasive vegetation for example, and otherwise promoting a fire-wise community is strongly recommended. Most importantly, there is a constant need to create awareness of the internationally recognised biosphere status and get involved wherever possible.

South Africa is experiencing an increasing support for the MAB Programme with the emergence of new Biosphere Reserve initiatives. Implementation of the MAB Programme facilitates positive impact in landscapes across four pillars of support, namely: (i) biodiversity conservation, awareness, research; (ii) employment, quality of life; (iii) ecosystem services, and; (iv) facilitation.

Biosphere Reserves allow for a broader portion of the population to be involved in decision-making whilst promoting collaboration and co-management practices between all stakeholders. The MAB Programme encourages sustainable social-ecological land management strategies.

Biosphere Reserves indeed live up to their reputation as 'special places for people and nature'.

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# THE BUFFELS RIVER ESTUARY

In his 1972 account of "Kaap Vals" the author CFJ Muller describes some observations made by Captain Gordon and Lieutenant Paterson who explored the Hangklip area in 1777. The men reported seeing herds of Buffalo grazing in the vicinity of what is now called the Buffels River, which probably explains the derivation of its name.

There has been only one scientific study of the Buffels River estuary, carried out by the CSIR in 1982. The study described the estuary as being tidal for about 400 m upstream of its mouth, with measureable gradients in salinity attributable to sea- and freshwater inflows. The construction of a dam on the river (Ed: See article on pg 1) was considered to have significantly altered the river's hydrology and reduced the flow of freshwater through its estuary. Prior to this, the estuary was considered to have likely functioned with an almost permanently open mouth, different to the seasonally closed system it has become. The minimum rate of flow for the mouth to remain open was not determined by

the CSIR, but is likely to be a little less than the  $1.26 \text{ m}^3/\text{sec}$  that was recorded for the open conditions that prevailed during the study. The CSIR data show a pattern that is typical of estuaries, where a freshwater layer rests above denser seawater; the data also showed that the water quality was excellent, in spite of the altered hydrology.

Although the diversity of vegetation (e.g. sedges, salt-tolerant reeds) and aquatic fauna (e.g. bait organisms such as sand prawns) was noted as being limited, this was judged normal for a small estuary.

In the almost 40 years that have passed since the 1982 study, it would be interesting to know whether the estuary remains ecologically healthy and whether there are any current threats to its sustainability. These questions



The Buffels River estuary mouth open wide and flowing strongly  
Photo: Mike Burns

can be pondered considering three of the themes contained in the CSIR study: hydrology, water quality and the estuary's biotic (living) features.

The dam is a reliable source of water for Rooi-El, Pringle Bay and Betty's Bay. However, offsetting this benefit is the known impact that it has on the river's natural hydrology and the dynamics of its estuary mouth. To gauge

whether the hydrology has been further compromised since the 1970s, trends in water abstraction from the dam must be considered. A coastal survey, undertaken by the Cape Provincial Administration in 1972, quantified the developed erven in Pringle Bay as seven percent of the total. This can be compared to the present, where developed erven account for almost 70 percent, suggesting at least a ten-fold increase in water demand. A proportional reduction in freshwater flow through the river's lower reaches will have resulted, almost certainly influencing the dynamics of the estuary mouth.

The state of a river's catchment has a determining influence on the ecological health of an estuary. Rising below Spitskop, the Buffels River flows into the dam, carrying run-off from approximately a third of its total catchment. The balance of the catchment provides an un-impounded source of run-off to the river's lower reaches and its estuary. Testing of military weapons was previously concentrated in the dam's catchment; however, these activities ceased more than 20 years ago, leaving the fynbos there in a now vibrant state.

*continued on page 6.*



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## The Buffels River Estuary (continued)

Elsewhere within the catchment there are no industrial or commercial agricultural activities at any significant scale, implying that agro-chemical and other pollutants are unlikely to have contaminated the estuary. A greater source of risk is the run-off from Pringle Bay's urban storm-water system, which likely contains some chemical pollutants and pathogens such as *E.coli*. During closed mouth conditions, there may be occasions where limits in water quality criteria pertaining to human health are exceeded. This possibility needs to be investigated.

Comparison of the CSIR's vegetation map of the estuary and the present situation shows little change over 40 years. A healthy stand of salt-tolerant reed-swamp and small patches of sedge-land are still present, as they were in the past. An aquatic seagrass, *Ruppia*, which was observed by the CSIR in the upper

reaches of the estuary on muddy sediments, still occupies this habitat, where the filamentous alga, *Enteromorpha*, also persists.

Further disruption to the river's hydrology, as currently influenced by increasing water demand, should be minimized through encouragement of a 'water-wise' culture amongst residents. Wetlands within the village precinct must be protected. Importantly, invasive alien plants must be cleared within the catchment. There are several culprit alien species that have the potential to diminish flows to the estuary due to their high water uptake. These include:

Monterey and cluster pines, which are spreading, through wind dispersion, within the valley between Pringle Bay and Rooi-El; the black wattle, which is spreading downstream from a very dense infestation just upstream of the R44 river crossing; and, eucalypts which are spreading in many places throughout the

catchment. Unless these invasive species are removed, their impact will be to diminish the general integrity of fynbos ecosystems, to extend the periods of mouth closure of the Buffels estuary through their water use and to increase human health risks through concentration of pollutants and pathogens during periods of mouth closure. These impacts can be mitigated if committed management action is taken now.

Mike Burns



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# FYNBOS STUDY GROUP

Starting in October 2018 and continuing through to December the following year, two enthusiastic and devoted groups of individuals met regularly on Wednesdays to more closely study our beautiful and unique fynbos flora. The particular focus of these groups was to observe and document the characteristics of some of the flowering plant families in the diverse fynbos found in and around Pringle Bay. This study was done using many notes, photos, sketches, live flowers as well as dissected flowers studied through the lens of a microscope. An exciting development was when steady-handed artist, Monique Day-Wilde, discovered that she could use her cell phone to photograph the flowers through the microscope with fantastic magnification.

'Ons het met verwondering na die perfekte structure, hare, kliere en kleure gekyk.'

All in all, our group managed to study 30 different plant families found in the area, with many photographs and observations captured and recorded.

But why would anyone want to spend so much time and energy on such a study?

It all started when, while on a walk through the fynbos, I remarked to the group that a sunflower was a super daisy and that a daisy was in fact not a flower, but a group of disc florets. This meant that the blombos, one of the common fynbos plants, also belonged to the daisy family because each subsection of its inflorescence has between 3 and 5 small, maroon-coloured disc florets. This piece of information led a number of the fascinated listeners to further explore and investigate the incredible diversity of our local fynbos.

## The Erica project

It was during the course of our study of the fynbos that we developed a fascination for the Erica family because of its many and diverse species. Worldwide, the family Ericaceae comprises 140 genera with 4500 unique species. Only two genera occur in Southern Africa – Erica and Vaccinium (of which there is only one species).

Of the 860 species in the genus Erica, there are about 20

species in Europe, some species in the mountains along the East coast of Africa, some in Madagascar and 770 species in Southern Africa. In South Africa, they occur in many parts of the country (including the Drakensberg) but for the most part, they occur in the Cape Floristic Region, which stretches along coastal mountains and plains from Nieuwoudtville in the West all the way around to Gqeberha on the East coast.

There are about 300 species which can be found in the area between Stellenbosch and Hermanus, with around 135 species in the Kogelberg region, of which quite a few are endemic.

We limited our study to the Erica species in Pringle Bay and its surrounds. The goal of our efforts was to create a book to share our observations with the broader community. Monique designed a layout, which made provision for a short description of each species, photographs of the plant in the field and a close-up photograph of the flowers.

For this book, Cornelia Stoop completed a dissection of each of the Erica species.

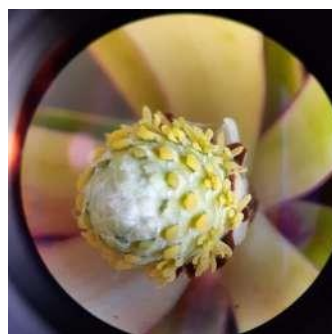
By removing one petal and one sepal, she was able to get a clear view of the inner structure of the flower, becoming an expert at taking photos through the microscope. From these photos and observations, she also made drawings, which were labelled and included in the book. With inputs by Monique, Cornelia was able to put together the publication of our work, with each Erica species we studied displayed on a separate page.

The final booklet was printed in colour and is on display in Lemon + Lime Deli for people to enjoy and appreciate the amazing beauty to be found so close to home.

Nicolette Louw



Photos: Cornelia Stoop





# BLACK OYSTERCATCHERS BREEDING ON PRINGLE BAY BEACH

From November to March each year, our beach becomes the breeding ground for Black Oystercatchers. The nests are situated just above the high-water mark and are often hard to spot between the piles of dried kelp. After a breeding pair has settled and laid its eggs, it is essential that one of the parents stay on the eggs at all times in order to ensure a successful hatch. While this should be a simple matter of waiting, a problem occurs every time a beach-goer passes too close by the nest. The responsible parent quickly jumps up and loudly tries to lure the person away from its nest.

A few of us concerned locals thought that a good way to keep people away from the nests would be to mark the nest sites with the clear message: *"breeding site, please stay away"*. For some, however, this had the opposite effect, and curiosity brought them closer just to see what the nests look like. Lately, there have been a few visitors who (hopefully out of ignorance) are even passing between the markers and we are now closing the circle with a rope in order to keep the peeping toms out. Worst of all are dogs which are not on a leash; the dogs upset the birds severely and often chase them



far from their nests.

We are appealing to all residents to help keep beach-goers away from the breeding sites!

Once hatched, the chick is taken to the rocks for foraging lessons when they are only a few days old. After the chicks lose their fluff, they develop very quickly and, at about 3 months, they look very much like their parents. You can only identify the chicks by their pale legs (not as red as their parents) and sometimes by the tip of their beaks which is dark coloured. The chicks stay with their parents for about 6 months before they depart. The parents are very territorial and there is always a fight to defend their spot, which you can hear especially at night time.

This year we had three Oystercatcher breeding pairs.

Two nests were abandoned, of which one was a new breeding pair which lost interest (perhaps due to inexperience) and the second having been washed away by a freak wave during full moon. The third nest hatched successfully during the Covid-19 lockdown and the two chicks were still developing well at the time of writing. It must be said that the most successful breeding pair of the last three seasons, was the pair that lost their nest to the wave in January 2021, but had already started a new nest by the middle of February. Over the last three years they have successfully raised at least one chick each season!

Chris Geldenhuys



Oystercatcher photos by Jenny Parsons



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# OUR WONDROUS MOON

When we think about our moon, a number of associations may come to mind, like a quiet evening on the beach in the company of someone special, with the full moon rising above the Overberg mountains? As a geologist, when looking up at the Moon, my thoughts turn to the more scientific questions of how it was formed and why it appears as it does today. To answer these questions, let us revert back in time... a very long way back.

Earth and most of the rest of our solar system was formed around 4.6 billion years ago (4,600 million years). Amongst other developments, this happened through rock, dust and debris orbiting the sun accumulating to form the planets. As the Earth cooled heavier elements sank to form its core, while lighter elements, including minerals, remained to create an enveloping mantle. This separation of heavy and light elements is of particular relevance to our topic of discussion, the Earth's moon.

Some 200 million years after forming, a near planetary-sized body, an asteroid, collided with Earth at a glancing blow (if this had been a direct collision, Earth would likely have disintegrated). The resulting debris, from both the Earth and the asteroid, was thrown into orbit around our planet, and beyond. Some of this material slowly accumulated, compacted through gravitational pull and created the Moon more or less as we see it. The asteroid impact is also thought to have given the Earth its 23.5° axial tilt, which allows us to experience the different seasons we enjoy. We now have not only the full Moon to appreciate as we gaze upwards, but also the warmth of summer to bask in – what more could we ask for?

Rock samples brought to Earth following the US moon landings in the 1970s indicate that it consists largely of lighter elements and minerals

and that it has only a very small core of heavy material. This is due to the fact that the glancing impact referred to above, broke off material mostly from the Earth's mantle, leaving the Iron and Nickel of its core in place.

The impact that created the Moon and its subsequent dynamics has been modelled mathematically using complex equations. However, there is a much simpler method by which we can tell when the Moon was formed and how its orbit, relative to the Earth, has changed over time.

The Moon has a dominant influence on the tides. Each month as these oscillate, we experience two 'spring tides', when the sun and moon are aligned, and two 'neap tides', when they are at right angles. The tidal signals are revealed most clearly by the position of the wave swash-line, which moves up and down the profile of the shoreline. However, they are also revealed in ripple patterns imprinted on sandy surfaces within the inter- and sub-tidal zones. It is these patterns that reveal much about the Moon's past and present.

*Continued on page 10.*



Photo: Brian Johnson



Cross-bedding caused by the movement of sand in an intertidal zone. 3.2 billion years.



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## Our Wondrous Moon (continued)

Amongst the rocks that make up the Barberton mountains in Mpumalanga are some that are very ancient, of the oldest on the planet.

They include formations that originated along a tide-influenced coastline some 3.2 billion years ago which, although now solidified, have remained virtually unchanged since then. They show layered sands that were deposited under a tidal regime with patterns that correlate with tidal currents prevailing at the

time and with the influence of the spring tide/neap tide cycle clearly apparent.

In the ancient rippled Barberton deposits, the lunar month presents as an 18 to 21-day cycle, when the Moon orbited the Earth much more quickly than at present. This would only have been possible if the Moon was much closer to Earth than it is today. Analyses of present-day



Cross bedding at Silversands Beach - about 1 year old

sandy beach exposures show tidal ripple patterns that now correlate with the more familiar 28-day lunar month.

It is amazing to think that something as fundamental to life as we know it, our Moon, is the product of a massive asteroid that collided with Earth.

Also, how amazing would it have been to gaze up at the full moon way back then when it would have appeared much, much bigger than now? It is a pity that no one was around to appreciate it.

Dave Maurant



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# GETTING TO KNOW SUNRA MOSTERT

Recently married, the Mosterts – Sunra and husband Martin – were posted to Kleinmond police station in 1998. However, they chose to live in Pringle Bay, and have been residents here ever since. It's a long way from Carnarvon where she was born and grew up as a “plaasmeisie”, which she says she still is at heart.

Leaving high school in George, she felt that joining a large organisation would be the right direction for a career, and so she joined the South African Police Service (SAPS). Her first posting was in airport security where the English phrase she learned was “Please place luggage on conveyor”. From that rather ignominious start in English, Sunra has become quite “tweetalig”. Her career in SAPS terminated when she was expecting her first daughter.

Ever the free spirited person, she wanted to “get away from the nappy stages” as quickly as possible and it was only a year later that their second daughter was born. Perhaps observers might have had a glimpse of the kind of woman she is from that simple example. Clearly Sunra wanted more from life than to be a stay at home mom and, as the children were by this time less dependent on her, she looked for other opportunities. She found one in the form of a license plate manufacturing business in George, familiar Eastern Cape territory. Off she went to set it up, for the family to follow and join her there. However, with Martin unable to arrange a posting to George, Sunra chose to sell the business and return to the family home in Pringle. Her loss, our gain.

But her entrepreneurial spirit was unsated and, being from farming stock, she gravitated

to something agricultural. She established that bee-keeping is permitted in the biosphere, promptly purchased 20 hives and started producing organic fynbos honey. This went quite well and her reputation started to grow, aided by a friendly client who introduced her to making honey liqueur.

And the entrepreneurial spirit soared again. It was not long before she was angling for a sales contract at Cape Town airport. The fledgling Honey Liqueur business, *Fynbos Enterprises*, took offices and manufacturing space downstairs in the building that housed the Country Shop. At that time the bookshop run by the Behrens' was already established upstairs.

Unfortunately the contract for



Photo: Gaenor Becker

the airport sales fell through, necessitating a change of venue as the rental of the manufacturing space was now excessive. So Sunra moved the business to its current location – the space vacated by *Gators*.

Not everything goes her way! She and a friend initiated a “Social Club” so she could socialise with her friends.

*continued on page 12..*

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## Getting to know Sunra Mostert (continued)

Exhausted after serving all the friends who came, she realised that whilst for her friends it was a great success, she had no time to participate in the social side. Fortunately, with the onset of Covid-19 lockdown, she was able to gracefully extricate herself from this activity.

These days, when she's not on the mountain, you'll find

her supplying pizzas to the masses or behind the counter selling her speciality liqueurs and ice-cream or sorbet for the younger folk.

At heart, Sunra believes we have three "homes"; the mind, the body and Mother Earth. Respect for each of these homes is important to her. We often see her exercising in town and climbing her beloved

Hangklip whenever she can.

It's not surprising that this mountain, fynbos and nature feature so strongly in her business identity. She certainly exercises her mind too as you soon find out when talking to her!

Her story is by no means over. Having already developed a successful range of health focussed products –

soaps and scented candles – she is taking on the gin market. Whilst she is already manufacturing a gin, it seems that it is not "enough". This is so much a reflection of her philosophy: do not look at what limits your efforts, do what is in harmony with your beliefs, and space will be made for you.

We are glad Life brought you to Pringle Bay!

David Lees-Rolfe

## PRINGLE BAY STREETS



Photos of a relatively undeveloped Pringle Bay in 1993 (much less traffic on the roads) - Photo: Diederik Viljoen

Our Village took its first steps in becoming a village in the 1930's. This was a result of the formation of the Hangklip Beach Estates, established by Harold Porter, Arthur Youldon and Jack Clarence for this purpose. Initially, between 1940 and 1949, they proclaimed 603 erven and later, between 1970 to 1979, a further 1,158. These two events largely defined our current street network. Today we have access to approximately 28km of defined gravel streets and about 10km of sealed roads (including Hangklip Road, which in the past was classed a district road but now forms part of the Municipal Street Network of Pringle Bay).

In 2020, the Pringle Bay Ratepayers' Association (PBRA) developed a Gravel Street Pavement Management System (GSPMS) to assist the Overstrand Municipality (OM) with the planning and budgeting for the maintenance and upgrading requirements of our gravel streets. We have followed sound engineering principles and adopted the following criteria to determine the upgrading and/or

maintenance requirements of these streets:

1. Only streets leading to and from public parking facilities, performing a collector function or streets in the business zone are prioritised for sealing ("tarred roads"). The primary objective for doing this is to control excessive dust pollution due to higher-than-normal traffic flows. These streets do not form part of the GSPMS;

2. All other streets were evaluated and categorized for rehabilitation and upgrading of geometry, pavement structure and stormwater drainage. However, they will remain gravel streets to protect the rural atmosphere and character of our village.

False Bay Street, Beach Road, a section of Anne Street and an outstanding section

of Crescent Street are the only streets that will be added to the existing sealed roads (Hangklip Road, Buffels Road, William Road, James Road, Point Road, Bell Road South, and streets in and around the business zone). The remainder of streets were categorized as either requiring routine maintenance, corrective maintenance or complete rehabilitation.

We are happy to report that the municipality has recently been able to appoint a contractor capable of supplying suitable road building material. A road construction contractor has also been appointed to commence with the road works as recommended in our report.

*continued on page 13.*

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*It's never too late to begin, It's never too early to start*



## Pringle Bay Streets (continued)

The report is available for perusal at <https://www.pringlebayratepayers.co.za/municipal-services>.

The success of this initiative has resulted in the OM requesting that the PBRA assist Bettys Bay in developing a similar system for their streets. Over the past few months, the PBRA has engaged with the Bettys Bay Ratepayers' Association and we are proud to announce that their system should also be up and running during 2021.

The next steps are to develop our Roadside Furniture and Traffic Safety Management Systems. This will include traffic signs and road markings, as well as maintenance of street reserves and access management.

Finally, regarding the history of street lighting that was mentioned in the previous Pringle Post: We are pleased to report that in October 2020, the PBRA submitted a proposal to the OM to request the consideration of a Lighting Overlay Zone and associated bylaw(s). The purpose would be to set standards and to control and minimize light pollution in our village. Light emitted from within and around residential buildings as well as the prohibition of streetlights and illuminated billboards without exception on any of our streets would be included.

Bertie Vorster  
(Vice-Chair of the PBRA)

## BE A PARTICIPANT, NOT A SPECTATOR, IN THE COUNTRY YOU WANT TO SEE

*As South Africa's social and economic fabric stresses with the waves of Covid-19 infections, what does this mean for the average person in a small town like Pringle Bay?*

South Africa seems, at times, to specialize in snatching victory from the jaws of defeat.

Think the 1994 election, the drop-goal that sealed 1995 Rugby World Cup in extra-time, preparations for the 2010 World Cup, and even the 2019 Rugby World Cup. We don't always get it right; think of the travails of our football and cricket sides – and of our politicians for the best part of this century.

But we have come to expect that a few good men and women will perform miracles on the majority's behalf in spite of the odds, and the familiarly dire predictions.

It's been like this a long time. We may actually prefer living on such an edge, even though Jan Smuts characterized South Africa as a place where "the best never happens, and the worst never happens". He's been proved right, so far.

We are now going to have to pull off one of these miracles. And this is going to be the toughest challenge of all, since we have been able to ignore the tell-tale signs for some time, partly because of

our depth of talent where it matters.

The Covid-19 crisis has laid bare all of the signs of ill-health of the SA economy in three respects: we spend much more than we can afford; our economic growth rate has been low and stuck there for more than a decade; and our society is increasingly characterised by inequality, essentially between the minority who now have a job, and the majority who do not.

And there is no way to ignore several stark and inter-related Covid-19 consequences for SA: The projected spike in the budget deficit (from 6% to 16%), the rise in debt to GDP (over 80% assuming a reduction in the public sector wage bill, and upwards of 120% if not), and contraction in revenue (30%); and job losses (some 2.2 million so far, over 50% in the formal sector, none in the public sector);

Covid-19 has laid bare already shaky circumstances, the result of a combination of an abiding apartheid legacy including a skills deficit, influential trade union sector, and high expectations amplified, not ameliorated, by a decade of state capture. Even before Covid-19 we expected tepid growth; now it is firmly in the red for 2020/21, around -7% according to the National Treasury.

We know what to do, at least economically, to get out of this trap. We need to cut the state wage bill, grow the economy, decentralize powers and services (including electricity, policing and transport), make it easier to fire (and thus employ) people, and probably, also, increase taxes.

But overall, fundamentally, without growth, and cutting expenditure, our debt situation will not stabilize.

Herein lies the rub. It's the politics which prevents these changes from occurring. President Cyril Ramaphosa, always a man of caution, has a narrow reform path to tread to keep his powerbase intact and carry out reforms. But Covid-19 has accelerated the day of reckoning. At some point, he will have to be bold, and test the willingness of his constituents to reform. He might be pleasantly surprised by the response – not from his civil servants probably – but from the until now largely silent majority outside of this powerbase. And he would create leverage, as ever, by exercising it.

There is much that still makes SA attractive as a destination for investment and a place to do business, aside from the usual pleasantries about weather and people, as important as they might be. As UCT's Professor Haroon Borat, a Betty's Bay

homeowner, has noted, we have three irreducible attractions: President Ramaphosa is focused on the economy, and has support of Cabinet. We can expect a strong bounce back at some point, hopefully in 2021/22 once the third wave peters out, with many of the jobs lost returning, especially in the informal sector; and we are an emerging market, which means that there will always be significant economic challenges but opportunities available to investors.

*continued on page 14.*

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Stellenbosch



## Be a participant, not a spectator in the country you want to see (continued)

If we don't make the structural changes, however, and enable us in so doing to play to these strengths, we should expect increased social tensions, most evidently in crime. For small communities such as Pringle or Betty's Bay, this most likely will result in more people looking for work, and with more homeowners likely negatively affected by petty criminality. And house

prices will, at best, stagnate, as people take their assets offshore.

At one level, this environment behooves us to be empathetic to those less fortunate, especially at such a time.

And leadership is a responsibility of all of us, not just of politicians. We need to expect it of our leadership, and pressure and support them

through our engagement. In Grabouw, just over the mountains, the farming community, NGOs and government have got together to form a public-private-partnership known as the Grabouw Development Agency to drive development and job creation, the large numbers of squatters now lining the N2 a reminder that time and action is of the essence.

Engaged citizenry, a hallmark of our smaller

communities, is a critical strength in times of adversity and can be a powerful asset for change.

Use that power, and be a participant, and not a spectator in this process of inevitable change.

Greg Mills

*When not directing the Oppenheimer family's Brenthurst Foundation ([www.thebrenthurstfoundation.org](http://www.thebrenthurstfoundation.org)), Dr Mills has enjoyed being a part-time Pringle Bay resident since 2005, and is a founding director of the Grabouw Development Agency.*

## STRANDINGS AND NATURALIST NETWORK

### Naturalist Network

Naturalist, marine expert, passionate-about-all-creatures and resident of the Overstrand area, Meredith Thornton, convened a Zoom meeting in September 2020. The group included residents of Pringle and Betty's Bay, among them, Marine Biologist Peter Oxford, sharing a dream to establish a "Naturalist Network" within the greater Overberg area, which extends from Rooi-Els to Stilbaai.

### Citizen Science

The concept Citizen Science drives important contributions to scientific information or data, which provides researchers and scientists with access to a vast array of data points and connects non-scientists to the authentic process of science.

Whilst this concept may be a relatively new one, community cooperation is age-old. The establishment

The idea is to consolidate a few informal networks, such as the National Stranding Network, which provides information about strandings on our coastline. We need to create awareness around the increases in strandings, with various contributing factors, including pollution, especially plastic, in our oceans. Citizen Scientists provide the much-needed "eyes and ears" along the coastline of South Africa. We

need quick responders and a proper network that does not rely solely on social media.

### For you information

- There is a need to keep records, regardless of the species, even roadkill.
- Strandings refer to both live and dead animals
- In the case of live seal pup or adult strandings, it is best to do nothing unless the animal is seriously injured.

*continued on page 15.*

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## Strandings and naturalist network (continued)

Seals must not be chased back into the water, or kept wet, as more often than not they are resting and drying their fur.

### FIRST RESPONDERS

**Report Strandings, dead or alive: Overstrand Municipality 028 313 8000 or Call / WhatsApp 082 746 5579**

- Check flippers for tags and identifying features
- Take good, clear photographs
- Point to exact location using Google Maps, and a pin drop. If that is not possible, provide a clear description of the area and location of the stranding (...10 metres from the slipway towards the dune...)
- Take a skin sample and place in a freezer
- The cause of death of a recently stranded Bryde's Whale in Moonlight Bay, was strangulation after it was tangled in a lobster net. In the event that a buoy and net or rope is present at the stranding, this must be recovered and kept for the

authorities

- Basic measurements
- Meet scientists/official marine responders and observe or assist with measurements

**Remember: it is always best to over- rather than under-report**

Meredith's future plans include convening local workshops to provide much-needed training for the networks.

**Stranding response in the Greater Overberg area is managed by a collaborative group of organisations:**

CapeNature, Department of Environment, Forestry and Fisheries, Dyer Island Conservation Trust, Lower Breede River Conservancy, Mammal Research Institute Whale Unit, NSRI, Overberg District Municipality, Overstrand Municipality, South African Shark Conservancy and Southern Wildlife and Environmental Society.

**Facebook and Websites:**  
South African National Stranding Network FB: @Strandings.south.africa



Cape Nature FB:  
@CapeNature1 Website:  
<https://www.capenature.co.za/>

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# PRINGLE BAY BEACH CLEAN-UPS

Most Pringle Bay residents will agree that our village is beautiful. We have the privilege of enjoying magical seascapes, sunsets and surrounding mountains with a rich biodiversity. With this privilege comes responsibility, and one of these responsibilities is to help keep our coastline clear of plastic waste. The monthly Pringle Bay Beach Clean-ups started four years ago with the aim of educating children on the importance of keeping our oceans clean and reducing plastic waste. Since then, it has grown tremendously and lately, there is a group of between 30 and 40 people who regularly attend, collecting an average of 20 refuse bags per clean up. We also participate

in International Coastal Clean-up Days, with around 100 people in attendance annually.

The major problem is plastic, which can take over 200 years to biodegrade, and even then doesn't fully break down. There are literally islands of plastic floating around in the ocean and swarms of trash blowing around in the air. Most dangerous to our ocean fauna are micro-plastics. Last year there was a massive spill of nurdles (tiny plastic balls used as the raw material to manufacture plastic products) that made its way to our shores. Even after the amazing response from residents who immediately volunteered their time to help pick up nurdles on our beaches, the problem has



A beautiful day on Pringle Bay beach - Photo: Tony Edwards

still not been resolved and many nurdles can still be found just below the surface of the sand or on the waterline.

It is our belief that the majority of plastic waste on our coast does not originate from Pringle Bay. Our shores appear to be greatly littered after the persistent north westerly wind (onshore) that blows the waste in from towns and landfills across False Bay. However, we can still find part of the cause within our own community. Unnecessary single-use plastics bought and used as packaging by us and our businesses can end up on our beaches and in our oceans; our public bins are too few and some are improperly secured; and the transit waste facility is often overflowing or improperly used.

Over-fishing and poaching

are a big enough threat for our local fisheries departments to worry about, but the plastic waste created by industry is proving to be just as detrimental to our marine life. Ghost fishing (by fishing lines, tackle and nets that have been lost or abandoned) continues to ensnare countless fish, mammals, birds and other critters, which clearly does nothing to aid the ongoing fight to protect our seas.

So, let's Reduce, Reuse and Recycle our waste to the best of our ability. Let's encourage our local shops and restaurants to use biodegradable bags and for us only to use plastic packaging where absolutely necessary. Let's continue to pressure our municipality to manage our waste facilities effectively. And, if you are a fisherman/woman, please make sure you throw your discarded tackle in the correct recycling facility.

We want to encourage the Pringle Bay community to join our monthly beach clean-ups in the ongoing fight to preserve this very special place. We meet on the first Saturday of every month at 09h00, weather permitting. Where we meet will be determined by identified pollution hotspots. This year, the International Coastal Clean-up Day will take place on 18 September and we are hoping for a record turnout – so please save the date.

For more information; follow the **PB Beach Clean Ups** page on Facebook or contact Milly 084 770 9552 / Robert 079 625 8438 to be added to the WhatsApp group.

Robert Kyzer



One of the monthly Pringle Bay beach clean-ups'

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# OM 'N MES TE KAN MAAK IS 'N VOORREG

Die mes is die oudste mensgemaakte stuk handgereedskap en dateer reeds uit die pre-historiese tydperk. Aanvanklik is dit gemaak uit “flint” of vuursteen. Vanaf die bronstydperk ± 4,000 jaar gelede, is messe gemaak van koper. Nadat staal ontwikkel is, word messe veral daarvan gemaak. Oor die jare was daar baie ontwikkeling en verbetering in die maak van messe sowel wat vorm, tegniek en materiaal betref asook die ontwerp vir 'n groot verskeidenheid van gebruike.

'n Mes is die enigste stuk handgereedskap wat elke mens oor baie eeue heen byna elke dag gebruik. Waarskynlik het jy vandag al 'n paar maal 'n mes gebruik – al was dit dan net aan tafel!

Die meeste messe word natuurlik in fabriek gemaak en gewoonlik in massaproduksie. *Niks kom egter by 'n goeie handgemaakte mes nie!*

My eie “mespad” het 'n toevallige begin gehad. Ek was altyd lief vir hout- en leerwerk en het ook bietjie pottebakkerij probeer. In Kimberley het my buurman so by my geneul dat ons messe moet maak dat ek uit moedeloosheid later maar toegee het en saam met hom so bietjie meer as twintig jaar gelede my eerste mes gemaak. En net daar het die gogga my gebyt! Gedurende die eerste paar jaar na my aftrede kon ek heelwat messe maak. Met ons koms na Pringlebaai het ek myself redelik voltyds met bouery besig gehou en het 'n hele aantal huise in

Pringlebaai, Bettysbaai en self ook in Somerset-Wes gebou, asook die N.G. Gemeentesentrum in Bettysbaai en die Sakesentrum (@365 en die Minimark) in Pringlebaai. Vandat ek so vyf jaar gelede opgehou het met bouwerk, kon ek myself weer meer voltyds op messe toespits. Oor die jare het ek dan ook al meer as 500 messe gemaak - baie waarvan ek aan oorsese jagters kon verkoop. Ek maak hoofsaaklik jagmesse maar het ook al 'n hele paar ander soorte messe gemaak: Biltongmesse en biltongkerwers, oestermesse (“Shuck knives”), “steak” messe, sjefmesse, vis-en-voël messe, dolke en die “sabrage” of kort swaard waarmee 'n bottel sjampanje op tradisionele wyse oopgemaak word.

Ek het geleidelik vir myself die noodsaaklikste gereedskap en beltskuurders en poleerders aangeskaf en sommige ook self gebou. Ek het gelukkig ook my eie oond vir die hittebehandeling van die lem.

Ek gebruik nog altyd 'n spesiale vlekvrystaal deur 'n Sweedse maatskappy Sandvik wat 'n besondere goeie en gewilde reeks messtaal maak.

Die Duitse maatskappy Klingspor maak myns insiens die beste skuurbelde en skuurpapier wat ek al vir jare gebruik.

Vir die handvat is enige mooi harde hout geskik. Ek gebruik veral Suid Afrikaanse soorte soos Hardekool, Kameeldoring, Knoppiesdoring, Olienhout en Tambotie om maar enkeles te

noem. (As ek by is waar daar vleis gebraai word, kyk ek altyd of daar nie dalk 'n stukkie harde braaihout is wat dalk 'n mooi meshef kan word nie!)

Ek gebruik ook uitheemse houtsoorte: soos “Birdseye maple”, “Dessert-ironwood”, en “Tasmanian Oak” en gekleurde “Dymond-wood”

en ook ander materiale soos vlakvarktand, kameelperdbeen, seekoeitand en kunsvesel soos “Micarta”

Die enigste twee eienskappe vir goeie hefmateriaal is dat dit hard en duursaam moet wees en natuurlik ook mooi vir die oog!

In breë trekke is die proses om 'n mes te maak die volgende: Al het elke mes mos maar 'n lem en 'n hef is die ontwerp van die mes baie belangrik. Die ontwerp word dan uit die staal gesny. Daarna volg die basiese afwerk van die vorm met 'n beltskuurder en die boor van die nodige gate. Dan die hittebehandeling teen 1,080°C volgens 'n spesiale formule vir elke tipe staal om die staal te verhard en die tempering dan daarna om dit weer soepel te maak. Die finale afwerking van die lem wat baie presies moet wees, is beslis die langste en moeisamste, maar tegelyk ook die belangrikste deel, van



die hele proses! Laastens word bolsters en pommels met klinknaels geheg en die hefmateriaal aangesit en afgewerk en volg die finale polering van die hele mes.

En natuurlik, omdat 'n mes bedoel is om te sny moet dit ook skerp gemaak word.

In die ou dae toe drukkersink nog vir die druk van koerante gebruik is, is gesê:

*vervolg op bladsy 18.*



30c

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## Om 'n mes te kan maak is 'n voorreg (vervolg)



geswoeg met die beltskuurder en skuurpapier.

As jy self 'n mes gemaak het is jy deel van 'n ontelbare

*"The final test of a true edge of a knife is to be able to cut the ink from the paper without damaging the paper!!".*

Indien etswerk van toepassing is word dit ook gedoen. Tradisioneel word die mesmaker se naam en/of logo op die voorkant van die mes aangebring.

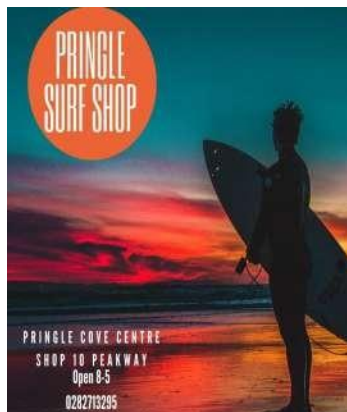
Saam met elke mes gaan ook 'n mooi skede van beesleer spesiaal vir die spesifieke mes gevorm en met die hand gemaak.

Ek is ook bevoorreg om al 'n hele paar kursusse te kon aanbied en 'n hele paar Betties-en Pringlebaaiers het al

groot skare mesmakers oor letterlik duisende jare heen. En as jy die ontwerp op papier gemaak en deur al die stadions van die maak daarvan gegaan het en uiteindelik 'n pragtige mes met sy skede wat jy ook gemaak het in jou hand vashou, is dit 'n wonderlike ervaring. En juis daarom is dit so uiters bevredigend en 'n besondere voorreg om 'n mesmaker te kan wees! En feit is:

**'n Goeie handgemaakte mes word 'n erfstuk!!!**

Ben de Wet



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# MANY WILL BE LEFT WITH A COVID PANDEMIC MENTAL HEALTH SCAR

Basic psychological needs, when satisfied, are the essential 'nutrients' of human health and wellness. This is certainly true in good times, but is critical in times of crisis. Covid-19, including its lockdown controls, and the real and perceived sense of isolation that this has caused is a considerable threat to psychological well-being and health.

Joshua Morganstein of the *Maryland Centre for the Study of Traumatic Stress* comments that "If history is any predictor, we should expect a significant 'tail' of mental health needs that continue long after the infectious outbreak resolves. Historically, the adverse mental health effects of disasters impact more people and last much longer than the physical health effects". In this context, the long-term risks to mental health posed by Covid-19 could be as severe as any of its other consequences.

Influenced by motivation, human beings may be proactive and engaged or passive and alienated. Their actions may reflect their sensed freedom to make choices or could be a response to coercion; i.e. internal motivation versus external regulation. Psychological needs that are based on the freedom to choose tend to stimulate a sense of well-being and self-determined motivation; i.e. feelings of competency and relatedness to other people can prevail. If these needs are frustrated or thwarted, there is the risk of feeling controlled, helpless or isolated.

Learned helplessness refers to a mental state that is induced through repeated (failed) attempts to escape harmful situations; i.e. people learn that their fate seems out of their control. This contrasts situations where control may be threatened, but is not lost, where action can be taken to reassert control.

The Covid-19 pandemic, with the many accompanying controls that have been imposed, can lead to learned

helplessness. Vulnerable persons may feel that no matter what they do, they are powerless in the face of these external controls. Different to a short-lived and non-recurrent sense of helplessness (i.e. transient effects), those suffering from helplessness over a long period of time may present symptoms of depression. This happens when highly desired outcomes are believed to be improbable and/or highly aversive outcomes are believed probable, and the individual has no expectation that any action taken will change the outcome.

In the face of Covid-19, one cannot control what is happening; however, one can act regarding the choices made in response to it. The following are examples that can assist in making these choices:

- *Recall those situations in which autonomy, competence, and relatedness (see above) were satisfied despite lifestyle restrictions.* Reflecting on these experiences improves well-being since research suggests that appraising a stressful event differently can help to feel better about it.
- *Create a sense of competence.* Work is not defined solely as an activity to earn money. Engage beyond the restriction of the economic aspect of work, such as volunteerism, parenting, caring for others, DIY, improving your financial literacy, managing housework, etc.
- *Take on challenging new tasks* to test and extend your skills. Keep learning to acquire more digital skills for remote work, read books, join an online library,

enrol in short online courses, complete puzzles, learn to play music, write, paint, draw, etc.

- *Relatedness needs* can be satisfied through communication with family, friends and acquaintances, for example, via phone contact or social media chat groups. Finding ways of being of service to others can assist greatly. Who in the village needs a meal delivered or their pet walked?
- *Physical activity* is widely recognised as inducing positive effects on different psycho-physiological aspects of people's lives. Stress, fatigue, physical inactivity and a sedentary lifestyle can advance obesity and subsequently contribute to several mental health disorders. Depression and obesity share a bidirectional relationship, where the presence of one disease increases the risk of developing the other. Increase physical activity, for example, through

walking, cycling, jogging and hiking, ideally accompanied in order to simultaneously meet relatedness needs. Set challenging physical activity goals to instil a sense of competence and accomplishment.

*In summary:* We have the freedom to experience the freedom of carrying out an activity. All of the above examples include actions that can be implemented autonomously, largely outside the reach of externally imposed Covid-19 controls and limitations. Connect, Be Active, Keep Learning, Give and Take Notice\*.

\*New Economics Foundation (NEF) How to develop 'five ways to wellbeing': a set of evidence-based actions to improve personal wellbeing. <https://neweconomics.org/uploads/files/NEF-5ways.pdf>

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CHAS EVERITT

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# THE POOR MAN'S WINTER SOUP



Willem is quite the artist, both in and out of the kitchen

Many years ago and far from here I had a troubled childhood. The misery continued until I got married and we had two lovely daughters. When the girls were 3 and 5 the misery resurfaced when my wife suddenly turned ill and passed away twelve days later from Epstein Barr virus which was misdiagnosed as hepatitis. Apart from the tragic aspects, this left me as a penniless (after all the medical expenses) single parent.

I had to learn new skills very fast and cooking, cleaning, washing, ironing,

plaiting my daughter's hair and being soccer mom while keeping my job, became my whole focus.

Making tasty food with a small budget was just one of the new tricks I had to learn. I started off with 2-minute noodles and tinned tuna but soon realised that this would not work long term, so I looked for inexpensive food ingredients that could be turned into something my girls would not pull their noses up for. We progressed to pork belly rashers, potatoes, pasta and available cheap greens that kept them happy for a while.

I soon found out that the cheapest meat cuts were the usually the toughest, although very tasty if you knew how to prepare it. I learnt the art of slow cooking and the revelation of a world of new dishes came about. I also found that simple, easy to find ingredients could be turned into remarkable dishes with the right spices and seasonings.

As we approach winter in Pringle Bay I would like to share one easy recipe.

## Classic Vichyssoise Soup

(The only problem is I cannot call it Vichyssoise because I add ham which then makes it a Potato, Leek with Ham soup!)

Open a bottle of wine and pour some into a wineglass.

### Ingredients:

- 1 tablespoon of Butter
- 3 Leeks (bulb and half green stem only) sliced into rings and washed through a sieve to get rid of sand particles.
- 1 Onion, sliced and diced.
- 5 Potatoes, peeled and thinly sliced (use waxy potatoes)
- Salt and pepper to taste
- 1/4 teaspoon dried Thyme (fresh is always better)
- 1/2 teaspoon dried Marjoram (fresh, again, better)
- 1 Bay leaf
- 1.5 litre Chicken broth
- 1/4 cup Whipping cream (optional if budget allows)
- 3 cloves Garlic finely chopped (this is also a departure from the classic recipe, but apart from toothpaste and ice cream I always add garlic)
- 1 tin of Enterprise Picnic Ham but if you feel extravagant, use

Remove ham from the tin and break by hand into teaspoon-size edible portions.

### Method:

Take a good sip of wine before cooking commences!

1. In a large stockpot melt the butter over low heat. Add leeks, onion & garlic. Cover and cook for 10 minutes. Take a sip of wine.
2. Add potatoes and season with salt and pepper. Add thyme, marjoram, bay leaf and stir well.
3. Cover pot and continue to cook for 12 minutes. Take a sip of wine.
4. Add chicken stock & bring to a boil, reduce heat and cook partially covered for 30 minutes. Take a sip of wine.
5. Puree the soup in a blender or with a handheld potato masher.
6. Add the portioned ham pieces and stir to blend.
7. If your budget allows cream, stir it in now.

Enjoy the soup with a Panini and whatever wine is left.

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tinned  
ham.

Willem Stiglingh



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# IMPORTANT FACTS FOR LIFE IN OUR CONSERVANCY VILLAGE

Pringle Bay is situated within the buffer/transitional zone of the Kogelberg Biosphere Reserve (<https://www.kbrc.org.za/>) and it is important to think of the Biosphere as not only a floral kingdom but an entire social-ecological system. The Kogelberg area was declared a Biosphere Reserve by UNESCO and, following this, Pringle Bay was awarded Conservancy status in 1998.

Tourists and holiday makers visit our area because of the beautiful fynbos, beaches and the peace-and-quiet nature of our village. However, many fail to adhere to the rules and regulations that exist. The reason for this is often ignorance and, therefore, we offer the following hints and information to help you better enjoy and preserve this paradise for yourself as well as all other Pringle Bay residents:

## BABOONS

Baboons will try to enter a house if they see or smell food inside. Please keep all doors and windows closed if nobody is at home. Note that it is illegal to feed baboons or harm them.

## BEACH & SAND DUNES

Please help protect our sand dunes by adhering to the clearly marked pathways and refrain from creating new paths when you visit the beach. Please do not interfere with the natural growth of dune vegetation. Sand boarding can be enjoyed on the dunes at Silversands, Betty's Bay.

Visitors to our beach are encouraged to help pick up plastic and other litter washed up on the beach after storms. It can be a fun activity for kids!

When on the beach, remember that kelp washed onto the beach is a natural

resource that should not be removed. It is rapidly recycled by nature into the nutrients which form an essential part of beach and marine food chains. Dry kelp along the edge of the dunes also plays an important role in embryonic dune formation and reduce wind erosion.

## PETS

Leashes are compulsory when taking dogs for walks, even on beaches. Please ensure that your pets do not constitute a nuisance or danger to fellow residents and our precious wild life. When walking your dogs you must clean up after them. Poop bags are available at our shops.

## BIRDLIFE

We request visitors to please not interfere with the rare oyster catchers and banded plovers during the breeding season. Areas on the beach are usually demarcated where there are

nests. Please keep children and dogs away.

## FIRES

Fires can be a major hazard in our area – fynbos burns very quickly. We ask that you exercise extreme caution when lighting fires (e.g. for braais) and to avoid doing so at all times when the wind is strong. Please be extra careful to extinguish the fire COMPLETELY and not to let it die down on its own, as the slightest bit of wind can cause a wildfire. Under no circumstances should hot coals be dumped in the bushes, this has been the cause of many fires in our area.

## FIREWORKS

**NO FIREWORKS ARE ALLOWED.** It is not permitted to discharge any fireworks or crackers in Pringle Bay or anywhere in the Overstrand area. The unlawful discharge of fireworks is not only a fire

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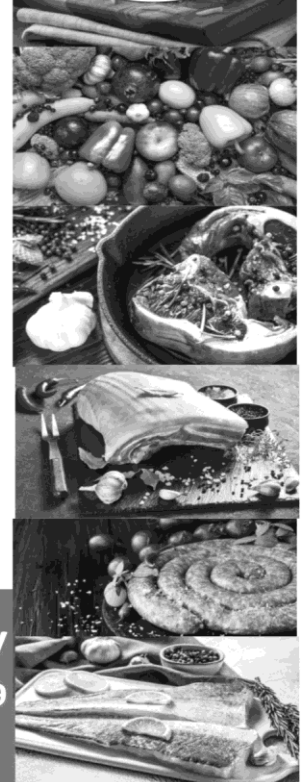
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## Important facts for life in our conservancy village (continued)

hazard to the summer fynbos but also impacts on animals and neighbours negatively.

### WATER

Please use water sparingly as this is a very precious source in the Western Cape. We also ask that residents be patient in the event of pipe bursts and the consequent water outages. These are reported to the Municipality and are attended to as swiftly as possible.

### LIGHTS

Lights are a pollutant, negatively affecting not only your neighbourhood but also the fauna. Outside lights should not be left on all night. Relax and enjoy the stars!

### NOISE

You have come to Pringle Bay for the peace and quiet. Please respect this. Sound systems should be for your ears only!

### DIRT ROADS & SPEEDING

You will be aware that many of the roads in Pringle Bay are dirt roads. These roads are often affected by heavy rains and tend to erode. We urge people to please drive carefully so as to ensure safety and not worsen the condition of these roads. The Municipality is aware of these issues and sees to it that our roads are maintained regularly.

Whether driving on dirt or tar roads, we caution all to drive slowly. Not only is it a residential area with children on skateboards and bicycles, but there are many birds and other animals (especially at night) which also make use of our roads.

### SWIMMING

We request that parents be extra vigilant when taking the family to the beach over the holiday period - make sure that you know where your children are at all times. Please swim within the area designated by the life guards and follow their instructions. They are there to look after

your safety and to ensure that your experience on the beach is a happy one.

### WASTE & RECYCLING

We have an active recycling programme and would like to encourage recycling wherever possible. The white/clear plastic bags are for recycling clean glass bottles, paper, plastic and tins. Black rubbish bags are to be kept in baboon proof bins and placed next to the road for collection by the Municipality on collection day only (currently Thursday mornings). There is also a Waste Station at the entrance of the town. Please ensure that the bags are not left out in the open where dogs, mongoose and baboons will rip them open and litter the area.

There is a garden refuse dump site between Pringle and Betty's Bay, which should be used for disposal of vegetation only. It is illegal to dump this at the transfer site at the entrance. Building refuse must be taken to the transfer site in Kleinmond.

### PROPERTY

We would also request you to please respect other people's properties. We may choose not to have fences, but this does not give anyone the right to walk through our properties.


### PUMPING OF SEWAGE TANKS

Remember holiday periods are very busy months with many holiday makers visiting Pringle Bay. Therefore please ensure that you make timeous arrangements to have your tank pumped – please do not leave it until the last minute.

### COVID-19

And one last announcement, and hopefully not for too much longer. As we are all aware, there is still a global pandemic happening. We ask all visitors to be considerate and follow the guidelines relating to masks and

social distancing. It is understandable that many have come to Pringle Bay for a much needed break from all the stresses of working life, but the pandemic is not over yet and many permanent residents are still concerned about this unprecedented threat.




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Membership	membership@pringlebayratepayers.co.za
Conservancy	conservancy@pringlebayratepayers.co.za
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**Please note that the contents of this magazine do not represent the views of the PBRA or its members.**

## ARE YOU A PRINGLE BAY RESIDENT OR PROPERTY OWNER?

If you live or own property in Pringle Bay, and are not a member of the PBRA, please provide us with your contact details, to be used for purposes of security and/or important communication. Email us or complete the first part of our member application form. All details will be kept confidential. To request or complete a membership form, please phone or email the Secretary or visit the PBRA website (details provided above).

# CHURCHES

**Pringle Bay United Church**  
Circle Road, Pringle Bay  
Sunday Service: 09h00  
Bible Study: 09h30 Tuesdays  
The Rev. Gavin Graham  
028 273 8172  
Secretary: Dal Botha  
084 700 1727

**Lakeside Chapel**  
Lakeside Drive / Wheeler  
Road, Betty's Bay  
Sunday Service: 09h00  
  
**Roman Catholic Church**  
At NG Kerk Disa Way,  
Betty's Bay  
Saturday Mass: 17h30  
Olivia - 083 578 2258

**The Anglican Chapelry of  
St Francis of Assisi**  
Maureen Smith  
028 272 9115 or 083 447 7752  
David Bossenger  
028 272 9996 or 076 285 3983  
  
**NG Kerk - Gemeentesentrum**  
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Sondagdiens: 09h00

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## Emergencies & Rescue

Overstrand Safety & Fire Emergencies	028 313 8980
Overstrand Services	
Emergency 24hrs	028 313 8111
Sea Rescue (NSRI)	063 699 2765
(or mobile)	122
Pringle Emergency Medics	082 232 8048
Pringle Bay Street Watch	076 396 6091

## Pringle Bay Fire Fighters

Clayton Francis	072 129 9788
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## Police / Law Enforcement

Kleinmond (SAPS)	028 271 8200
Municipal - Kleinmond	028 271 8400
ASK Security - PB	028 273 8695
Vetus Schola - PB	021 852 9009

## Ambulance

Provincial Services	10177
EMR	076 585 0899
EMO Strand	072 996 6337
ER24 SomersetWest	084 124
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Netcare 911	082 911
Accidents - Rescue	021 937 0300

## Hospitals

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Hospital (Strand)	021 840 6600
Vergelegen Medi Clinic	021 850 9000
Hermanus Provincial	028 312 1166
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Basic Services Emergencies (waterpipes, potholes, vandalism)	028 313 8111
Hangklip-Kleinmond	028 271 8400
Hermanus	028 313 8000
Fire & Rescue Emergencies	028 312 2400
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Aquatic Club PB	083 227 3340
DEFF	028 313 2703
MAPU	060 907 2326

## Wildlife and Pets

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