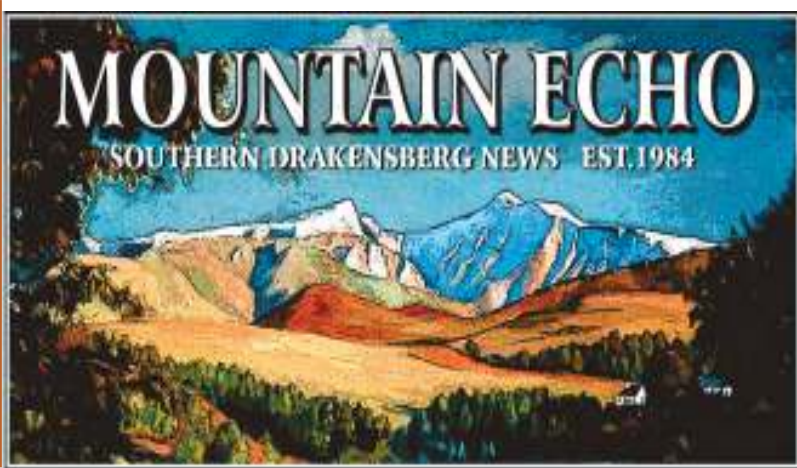


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VOL:42 NO: 10
OCTOBER / NOVEMBER 2026
FREE NEWSPAPER



Photos: Paul Welch

Restmount Children's home foxgloves and Bamboo mountain behind, 17 kms on Drakensberg Gardens road. Visit Heritage Plant Nursery and new labyrinth, 2km on Drak gardens road.



OCTOBER 24 - 25
Restmount Children's Home
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Restmount invites you to come see the amazing display of foxgloves, bring a friend, bring a group. Bring a picnic or some cake. Restmount will open their main dinning room area for an opportunity to share photos, enjoy a cup of tea & coffee together. Cutlery will be provided. Bring a plate if eats to share. (Cake/ biscuits etc) Viewing will be all day From 9am - 4pm. Please make a minimum donation of R50 or more per person. We look Forward to seeing you.

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Open Gardens 2026
7-8 NOVEMBER

Garden lovers can look forward to a weekend in the countryside as the Underberg Himeville Open Gardens takes place on Saturday **7 and Sunday 8 November 2026**. From established English country gardens and rose-filled landscapes to productive farm gardens and spaces shaped around the natural terrain, this year's selection offers plenty of variety against the impressive backdrop of the Southern Drakensberg.

The gardens will be open from 09:00 to 16:00, with tickets priced at R100 per person, giving visitors access to all participating gardens.

Enquiries can be directed to
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See page 3 for map

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|--------------------|--|
| OCT 17 | ADVENTURE AWAITS. Dance Incorporated & Underberg Gymnastics Club @ Hilton College Theatre.13:00 & 16:30Tickets www.webtickets.co.za |
| OCT 21 | Garden Club Meeting talk on blueberries @ Jane Leppan's blueberry smallholding at the end of the Scotston road. |
| OCT 24 - 25 | Restmount foxglove festival fundraiser, Drakensberg Gardens road. 9am - 4pm. R50 per person. Tea and coffee available Bring your own picnic |
| OCT 30 | Halloween Trick or treat parade contact Trish Scott 066 003 3773 |
| OCT 31 | St Michael's Church fundraiser, Music by Andy, Neil and Bronwyn @ Underberg Country Club, tickets R150 per person. Starts 6.30pm |
| NOV 7 - 8 | Underberg OPEN GARDENS on Underberg South, and Loopy Lane. Facebook for updates, Underberg Open Gardens |
| NOV 14 | Sani Stagger info@Sanistagger.co.za |
| NOV 14 | Underberg SUPERSPAR food and wine show @ Glencairn Farm 4 - 8pm Tickets R450 can be bought at in store cash office |
| NOV 14 | FAB FAIR, live music and market stalls @Spiers Restaurant, Himeville. Contact Michelle Pitman 072486 6895 for a table. |
| NOV 25 | Last Quiz of the year contact Trish Scott 0660033773 |
| NOV 28 | Himeville Museum Christmas Market @Himeville Museum contact Kitt Du Preez 071 898 7892 |
| NOV 28 | Southern Drakensberg Tourism pairs Golf Day @Underberg Country Club EPIC Prizes to be won!!contact 033 701130 |
| DEC 5 | SanI Round Table Touch Rugby Tournament contact Matt Hayes 0636828571 |
| DEC 12 | Christmas Market @ The Local Collection contact Lauren Perks 079 244 9601 |
| DEC 30 | Non stop, one day Drak Challenge contact Chris Fann 082 903 9030 |

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A Labyrinth at Heritage Plants Nursery

Over the last few weeks we have been working on something a little different at Heritage Plants. In the field below the nursery we have created a large grass labyrinth, which is now open for anyone who would like to come and walk it.

We have always liked the idea of a labyrinth and what it can offer. Sometimes we all need a bit of time to get outside, clear our heads and just slow down. Other times you might simply want somewhere for the children to burn off some energy! There really isn't a right or wrong reason to walk one.

A labyrinth is often confused with a maze, but they are actually quite different. A maze is designed to confuse you. It has different routes, choices and dead ends. A labyrinth has only one path. You enter, follow the path as it winds its way towards the centre, and then follow it back out again. You can't get lost and there is nothing you need to figure out.

It is also quite a bit bigger than it looks. Although only around 32 metres across, by the time you have followed the winding path all the way to the centre and back out again, you will have walked approximately one kilometre.

Labyrinths have actually been around for thousands of years. Their designs have appeared in ancient cultures, were used by the Romans in mosaics and later became a feature in some of Europe's churches and cathedrals. One of the best-known examples can still be seen in Chartres Cathedral in France and dates back to the early 1200's.

Today their use is perhaps a little less formal. People walk labyrinths to meditate, pray, reflect on something happening in their lives, spend some quiet time alone or simply reconnect with the outdoors. I think there is something quite special about walking a path where you don't have to decide where you are going next. You just follow it.

That is really what I wanted ours at Heritage Plants to be. It isn't meant to be complicated or overly serious. Walk it slowly and have some quiet time, bring the children, walk it with a friend, think about life, enjoy the birds and the mountains around you, or simply walk it because you feel like it.

The labyrinth itself is still very much in its infancy. At the moment it has simply been cut out of the grass, but over the coming months and probably the next year or two we plan to slowly develop it further. The grass bounda-

ries that mark out the labyrinth will gradually be replaced with planted rows of different flowers and plants. The idea is that it will grow and change with time, and hopefully become more interesting and beautiful with every season. We are also very fortunate to have Sani Spoors running alongside our boundary. With their generous permission, we have installed a gate directly from the Spoors onto the Heritage Plants property, so walkers and cyclists can now come straight through to the labyrinth and nursery. We hope it becomes a nice little stop along the route.

There is no charge to walk the labyrinth and everyone is welcome. Dogs are very welcome to come along too. It is simply another way for us to share this lovely piece of the Southern Drakensberg that we are fortunate enough to call home.

So next time you are passing Heritage Plants, come in and give it a walk. You might be surprised how enjoyable it is to spend a little time going nowhere in particular. Heritage Plants opening times. Tue – Sat : 08h00 – 16h00. Sun : 08h00 – 13h00. Mon : Closed



Verse: Matthew 7:7

‘Ask and keep on asking and it will be given to you; seek and keep on seeking and you will find; knock and keep on knocking and the door will be opened to you.’

- Never give up on God's faithfulness towards you.

- Keep bringing your needs and desires to Him.

- He wants you to find the peace and hope you are longing for.

- He also wants to open the right doors at just the right time.

PRAYER: Lord, thank You for Your faithfulness to me. Help me to keep asking, seeking, and knocking, while trusting Your wisdom and timing. I know that You hear me and that I can depend on Your lovingkindness. Amen.

Pastor Andrew W Roebert

ALIVE TO GOD

Website: www.AlivetoGod.com

St Michael's and All Angels service

The Eucharist service is at 9 am every Sunday with Sunday school at the same time. Thank you. Rev Kayla Urbasch 082 466 8134

Underberg Congregational Church

Church Times: Sunday Services at 09:00. Children & Junior Church at 09:30 Bible Studies on Thursdays: at 10:00, contact Erika Smith 082 - 688 6759& at 18:00, contact Ray Scott 083 - 413 6917. We hire out our facilities at the House of Grace for private or business meetings / functions /training courses. Contact Daniela 082 - 403 8864

Highlands Church International

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Sunday: 08:30 Prayer Meeting 09:00 Celebration Service 09:00 Kids for Jesus (all ages welcome) Monday: Homegroups 18:30 Tuesday: 15:00 Pevensey Ministry Thursday: 18:00 Prayer Meeting Alternate Fridays: 06:00 Men's Sunrise coffee (confirm 033 7011470)

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HIMEVILLE- UNDERBERG GARDEN CLUB

18 NOVEMBER

Our last Garden Club meeting of 2026 will be held on Wednesday 18 November in the beautiful garden of Brian and Kathy Choromanski. The meeting will have a Christmas theme and Shaun van Huysteen will be entertaining us with a flower demonstration using new flower arranging concepts.

As usual the meeting will start at 10h00 and will end with teas and eats.

Visitors are most welcome at a fee of R30. Please remember to bring your hats and chairs.

We look forward to welcoming you.

By Marlene Richardson

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TIDY TOWNS



REFLECTIONS ON 22 YEARS COMMUNITY SERVICE

Having served our community as a DA Councillor for the past 22 years the time has come to pass on the baton. At the last Local Government Elections in 2021 I had the honour of being re-elected, and found myself as the oldest Councillor in the country!!! However, it has been my honour to serve another 5 year term as your Councillor. The past 22 years have gone surprisingly quickly but now it's time for DA (Dave Adam) to retire.

During the past 22 years I have endeavoured to be of assistance to all sectors of our community, sometimes with success and at other times not so. My life was threatened at one time and I was removed from a Whatsapp group because I stood my ground for what was right but, on the whole, I have enjoyed the continued support of the majority of our community regardless of their political persuasion.

I would like to express my sincere gratitude to the local Residents and Business Associations for their participation and encouragement. But a special thanks must go to my wife, Pauline, who has been chief administrator behind the scenes. Few people know just how much work and effort Pauline has put in handling administration, answering phones, assisting at election times and generally supporting me in my journey at all times.



Being a public representative is a 24 hour/seven day week responsibility. Even on a Sunday at our local Spar one meets other shoppers with issues, be it potholes, water, street lights, foot and mouth disease and so on. Nevertheless, it was my choice and I have tried to fulfil it with integrity, some degree of humility and, of course, it was

Vote in the Beloved country

So it's election time - again. The very first time I voted was in 1991, it's was a very straight forward affair - **Ja of nee!** Of course that majority 'Ja' led to the our own brand of African political miracle, Tutu's Rainbow nation chant, Joel Stransky's drop kick and a host of other celebrated outcomes. I'd been working on and off in hard news and I recall it being a very stimulating and interesting time of my life in the 'Big smoke' (Joburg). Within a year I met and interviewed Mandela and a host political figures from all sides. Good vibes.

The illustrated graphic above was penned and painted at this time, part stimulated by participation in the first democratic election and part in frustration at being let down by a 'Yank' who had cancelled our video shoot to record and this at the last minute - My negative energy and some anger converted into art , it worked for me, the printed work



Councillor Dave and Pauline Adam.
At Dave is the oldest serving councillor in South africa

probability exceed your expectations.

In closing - To the residents: Thank you for your enduring trust, partnership and support. You made me a better servant.

To the Democratic Alliance: Thank you for the Lifetime Achievement award and providing me with a platform to fight for the values of freedom, fairness and opportunity.

To my colleagues: Thank you for your friendship over the past 22 years - it has been a great pleasure working with you.

While my time as an official Public Representative comes to an end my respect and interest in our community remains unchanged. I step down (retire) with a deep sense of satisfaction in what we have achieved together and with confidence in the future for our towns



sold over 500 copies, more than that 'yank' would have paid me.

In my mind no one celebrates elections and electioneering more than the cartoonist. They are the ultimate artistic risk takers. I have to give it to Zapiro - he's got stamina! Mind you ,his showerhead man has too! Before him Dereck Bauer was my favourite with his Ralph Steadmen type style. There was a comment in a booklet celebrating his work by the Weekly Mails editor Anton Harber.

"Bauer would have no problem insulting Mother Teresa."

Politicians put themselves up for it! If you're a new candidate in game prepare for it. You're in for a ride, politics is not for sissies, you're history is dissected and your conduct judged. Public money comes your way, the 'voter' will want a return for it. Back to the Cartoonist. In our little nek of the woods Ai is making it all a lot easier. I notice in our little town (Underberg) there are scant local faces on the boards for this coming municipal election, it's all about **The Party**. Interesting, but maybe strategic, there's a lot of fix up to be done. Being a politician at any levels is no joke, as a voter/artist I'm looking forward to a caricature opportunity to make up for missing visual portraits. A picture says a thousand words.

Ngifisela nonke inhlanhla ! There are plenty of voting stations in the region on 4 November. Find yours. **Don Guy is an Artist, videographer and Southern Drakensberg Hiking guide, he contributes regularly for the Mountain Echo.**

There are many murals in the two villages. Spot them !!



TIDY TOWNS !!

FNB UNDERBERG MURAL

This project far exceeded my expectations. It certainly was a wonderful creative and productive experience. It was a collaborative effort by several folk, namely Nicky Lowe, Belinda Davies and Abi Bentley who' put up their hands' to help. I 'twisted the arm' of Simon Rayner on the day and his daughter Casey, so they all contributed. Thanks to Christine Winsor who not only helped paint the lovely Kingfisher but she sought permission on my behalf from the landowners to do the mural and had the wall painted with two coats of green roofing paint. It is a huge thank you to Janais Van Eck who I was fortunate to bump into in February and it was her, with her artist and corporate branding expertise, that kindly did the beautiful design, incorporating some of the local Sani wildlife images - the iconic Crowned Crane painted beautifully by Abi, the loerie by Casey, the buzzard by Nicky etc.... Janais lives in JHB but as her parents, Charles and Nkki and Granny Dawn live at the Meadows, she was able to combine the visits to them and our mural. After two postponements due to poor weather, we finally painted the mural on the Saturday 26th September with a few final touches on Tuesday 13th October. Thank you too to Ian Robertson for giving us a discount on the paint materials and Lloyd Riggen who made a donation towards these costs. May folk now enjoy this lovely feature right in the heart of the village. **By Ruth Crouch**

Ahead of the 4 November local government elections, data reveals that most eligible South African voters are opting out entirely. Driven by youth disillusionment, distrust and broken political promises, non-voters may eclipse many, and probably even all, registered parties at the polls. Daily Maverick 6 October

BIRDING IN THE SOUTHERN KZN DRAKENSBERG



The winter owl breeding season is over but some **Spotted Eagle Owls** can be seen with large chicks. The owls at the **Underberg Country Club (left)** and Ansel Matchers are fairly mobile. Those of Ansel's have moved up to the church, thanks to Rosanne Clark's observation. There are two adults attending the one chick, hopefully the other is nearby somewhere.

Wally Walker has been watching a family in the village of Ixopo. Nothing like owls in villages, the **Verreaux's Eagle Owls** in Wartburg are such an attraction for that part of KZN and have been visited by numerous birders. They are such big birds that it is difficult to miss them.

Unusual sightings for our area are typically few and far between, but the one that is most out of place for here is Glen McLean's **Brubru**

Shrike seen at Hamstead Farm near Splashy Fen.

This is a fair distance from its usual bushveld type habitat. I have not even recorded them at Hella Hella over many visits, Dylan Weyer has seen one down towards Ixopo.

The presence of Oxpeckers is great to hear about. **Red-billed Oxpeckers** have been seen near Coleford by Tony and Kristel Coetzer, their bird visited the bird table with a reddish apple on it, at Broadacre Dairy Farm outside Himeville by Simon Acutt and in the Swartberg area by Mick Taylor. Mick has put up nest boxes using old poles with rotted out centers, something that so many bird species enjoy. **Wrynecks, Glossy and Violet-backed Starlings, Black Tits, Grey-headed Sparrows** and **Yellow-throated Bush-sparrows** are some of them.

Nest sites for Oxpeckers are required in this area where trees are either small or lacking. The box needs to be too deep for African Harrier Hawks to reach into.

Kim Fraser was fortunate enough to watch a **Ground Hornbill** catch and eat a snake from her garden. These hornbills were, earlier in the year, very interested in a broken tree, looking as if they wanted to build a nest by breaking rotten wood. It would be great to set up some big boxes or artificial logs for birds to breed in. The only person locally to have luck with these giants breeding on their property is Rolf Beier. The birds have bred over many years in an old dead tree very close to his house. These birds often look around homesteads for sites, but as they are so big there are not many opportunities for them. I think artificial nest sites would be worth trying.

Erika Smith has not only put most of her garden to indigenous plants, but is planting a donga area, originally wattle trees, on the farm to create a small forest patch for birds. A very successful venture like this on a big scale is the Buddhist

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TROUT FISHING IN UNDERBERG

By **Duane Vaughn Howell.**

The river conditions at time of writing is still very good, with clean clear water and very good flow. Not as many fishing reports has been coming in due to the higher flows and a little less angling. Anglers fishing the main currents and seams with traditional methods like Dry flies and wet flies had a little less action with the fish sitting lower in the slower water as the higher water flowing too fast. Getting the fly down to the fish was the main issue to overcome, and the anglers using heavy weighted nymphs were able too pull some fish from the bottom. Fishing the slower edges and eddies can become very productive in the higher water using the older more traditional methods. The fish tend to hold in these areas where the current allot slower and less energy needed to hold position. Eddies can also become a good food trap and the fish key in to that too. Some better fishing in the upper reaches of the rivers where conditions are perfect for the dry fly fisherman, and many reports of very nice fish brought to net and many fingerlings caught . Still not as many fish we would like but the ones that are around a good sign that the rivers are recovering somewhat from the last bad conditions and die off we had some time back.

The stillwaters has seen an increase in fish activity. The warmer days and with so much more insects around, fish have been seen feeding allot more than previous reports. Evening rises is something too look forward too this time of the stillwater season. The low pressure weather systems the only factor to have somewhat negatively affected the fishing. Some good reports coming in from private and resort dams, with good numbers of fish brought to the net. Olive flies seemed to be working best as reported by the anglers catching. Black also did well early mornings and when fishing deeper. Some of the dams were a little discolored after the rains. Do not

be discouraged with this, changing to dark high contrast patterns with flash works well in these situations. The UHTFC also had their annual Stillwater festival, where 15 teams took part and caught a total of 208 fish. Biggest a Rainbow Trout of 62cm caught from Ringstead dam with many more good fish in the 50cm plus range coming out. As the daytime temperature increases as summer moves in keep in consideration the stress the higher temperatures cause to the fish anf fish accordingly. Keep fighting time to a minimal, keep fish in the water, or best to move onto the rivers or target different species. Till next report tight lines and enjoy the endless fishing opportunities we are blessed with here.

.Underberg Flyfishing and lifestyle centre at The Clocktower Centre. - Contact 0832286707 or 0655232877 Duane Vaughn Howell. Check out our website at uhtfc.org





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R500 per person / day Shop 21, Troutwalk Centre 072 900 2304
A shuttle service can also be arranged at an additional cost if needed.

Dreams Realised as Dance Incorporated Shines at MOVE! National Dance Competition

“Dream Big! Work Hard! Never Give Up!” This was the motto that guided the Dance Incorporated 2026 Competition Team throughout the year. At the start of 2026, the dancers set their sights on the MOVE! National Dance Competition in Cape Town, held during the October school holidays. It was an ambitious dream, but one they were determined to chase. The journey began with long training hours, weekend rehearsals, and perseverance as the team prepared for MOVE! Regionals in August. Their commitment paid off when every routine qualified for Nationals, bringing them one step closer to their goal. Behind the scenes, parents, families, and friends played a vital role. Many made financial sacrifices to ensure their children could travel to Cape Town. The Underberg and Himeville communities rallied together with overwhelming generosity, helping the team surpass their fundraising target by an amount they never imagined possible. The dancers felt deeply supported and were very grateful. MOVE! Nationals proved to be an unforgettable experience. Each dancer returned home proud of their achievements and enriched by the opportunity. Special recognition was given to Sarah Swanepoel, who received the STAR POTENTIAL Award, with judges noting her bright future in dance. Congratulations also go to Lisa Grobler, named Junior Dancer of the Year for 2026. Lisa achieved first place for all four of her solo entries in the gold category and was praised for her natural talent, beautiful technique and her passion for dance.

Beyond medals and awards, the competition offered invaluable life experiences. The dancers formed new friendships, shared moments of joy and challenge, and discovered the opportunities within the world of dance. As a team, they grew stronger and returned to Underberg inspired and ready for the next chapter.

On behalf of the Competition Team and their families, Celeste Barrow, owner and artistic director of Dance Incorporated, extends sincere thanks to every person, business, and organisation that contributed to making the dream of competing in Cape Town a reality. The dancers never gave up—and with the support of the Underberg community, they proved that dreams truly do come true.

We would like to thank the following businesses and

individuals for their contributions: *Firstly to all the family, friends and anonymous special people who contributed, we are so grateful. To the following who helped make the Cape Town experience memorable. Sani Pass Tours, The Speckled Hen, The Biscuit Lady, Breathe Massage & Beauty, The Photo Shop, Sani Outdoors, Shell – Underberg, Sani Springs, The Venniker Family, The Palframan Family, The Dallaway Family, Khotso Horse Trails, Underberg Country Club, Acutts Real Estate, DC Electrical, NLD Insurance, Debonairs Pizza-Underberg, Garrun Innsurance – Underberg, Duziworks, Jack the Wrapper, Jenna Hill – Play Therapy, Underberg Forest & Garden, Meadow Lane Cottages, The Whistling Goat, The Grind Cafe, Underberg Dairies, Supa Quick-Underberg, Brandis Electrical, Blush Beauty, Furnish, Selah Coffee & Bakehouse, Pick n’ Pay Hilton, Riverview Manor, Dutchies – leotards and active wear, Peony Perfect, GWK, The Fitness Factory, Dorning Motors, Amabhayela Bus Service, Underberg Meat Supply, Barnetts Construction, NUD Stationers, Sani Accounting, Bearing and Bolt, Snappy Dragon, IVEK, Linga Lapa, Colleen Riggien, Shaun’s Electrical, Otterburn Agri, Agrimark, PATADS Signs & Designs, Sani Round Table, Underberg Buildit and Underberg SPAR. A big thank you to Underberg Bowling Club and Underberg Primary School for allowing us to host our fund raising events at their facilities.*

Looking Ahead: Adventure Awaits

As the new school term begins, Dance Incorporated and Underberg Gymnastics Club are hard at work preparing for their BIG production. This year brings added excitement as the show will be staged at **Hilton College Theatre for the very first time.**

On **17 October**, at 13:00 and 16:30, 85 young performers from Underberg will take to the stage, joined by dancers from Howick High School, Midlands Dance Theatre Centre, Glenwood Gymnastics Club, and guest artist Zoe Wright. Together, they will present **ADVENTURE AWAITS**, a vibrant production for the whole family. **Tickets are available at www.webtickets.co.za.** Don’t miss out!



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SANI COMMUNITY FORUM

By Di Sunter

“VOLUNTEERING IS THE ULTIMATE EXERCISE IN DEMOCRACY. YOU VOTE IN ELECTIONS EVERY FEW YEARS, BUT WHEN YOU VOLUNTEER, YOU VOTE EVERY DAY ABOUT THE KIND OF COMMUNITY YOU WANT TO LIVE IN.”— Author Unknown
FROM NOBEL RECOGNITION TO LOCAL ACTION: PUTTING UNDERBERG FIRST.
Navi Pillay, born in Durban and the daughter of a bus driver, has been awarded the Nobel Peace Prize. She is the fifth South African to receive the honour, and the first South African woman. She follows Albert Luthuli, Desmond Tutu, Nelson Mandela and F.W. de Klerk, each of whom is remembered not simply for international recognition, but for placing South Africa’s future above narrower interests. Their example raises a question closer to home: who will put Underberg first?

International awards may seem far removed from daily life in our towns and community, but the principle is the same. Lasting change begins when people put the needs of their community before personal or political interests. Archbishop Desmond Tutu is widely credited with urging people to “do your little bit of good where you are”, because those small acts add up to something far bigger. We should not have to wait for national heroes or international awards before recognising, supporting and joining the people who are already improving our town.

On Wednesday, 4 November, South Africans vote in the Local Government Elections, and this is the time to put Underberg first. Voting is not compulsory here, but the long struggle to win that right gives us a moral obligation to use it. The voters’ roll closed in August, so please check that you know at which station you are registered, as you can only vote there. Those who stay away from the polls have little room to complain for the next five years, but it is never too late to join in. Voting is only the beginning. Underberg also needs local leaders who will unite the community and support organisations such as Tidy Towns,



Sani Community Forum, GCAW, amongst others, rather than leaving a small group of committed volunteers to carry the burden alone. In other towns, unemployed young people have joined street-cleaning initiatives, earning recognition from potential employers or becoming leaders in the community. Examples like this show how civic action can restore pride, create opportunity and strengthen a community.

When you vote, look at both the candidate and the party. Encouragingly, there are some new faces on the lists this year, including younger people who are willing to step forward. Look for someone honest, principled, approachable and a clear communicator, who accepts responsibility towards every resident of Underberg, not only those who helped secure their position. Too often, candidates campaign on generous promises and then go quiet until the months before the next election. Underberg deserves visible, dependable leadership for the full five-year term.

This is a local election, and its outcome affects every resident, whatever their background, age or politics. Vote for the person who will make a practical difference and then be ready to help make that difference alongside them. Underberg is at its best when we work together, support our volunteers and take pride in the place we share. When our community does well, everyone benefits. Let’s put Underberg first.

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WHAT YOU GET
Access to an exclusive wine event
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WHERE TO BUY TICKETS
Available at the Underberg Superspar Cash Office

WHEN
14 NOVEMBER 2026
4:00 PM - 8:00 PM

WHERE
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HOW TO PAY
Tickets cost **R450** per person.
Payment can be made at the cash office in-store

Limited tickets available
DON'T MISS OUT!

**GREAT WINE
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MEMORABLE MOMENTS**

HIMEVILLE FORT & MUSEUM ANNUAL CHRISTMAS MARKET 28 NOVEMBER

It's time to start getting into the festive spirit! The Himeville Fort & Museum will be hosting its **Annual Christmas Market on Saturday, 28 November**, and we invite the local community to join us for a wonderful day of Christmas shopping, festive cheer and community spirit.

Donations Needed for Our White Elephant Stall As part of our fundraising efforts, we are appealing to the community for donations of good-quality pre-loved clothing and other items for our popular White Elephant Stall. Those unwanted treasures tucked away in cupboards, garages and storerooms. Every contribution, big or small, is greatly appreciated.

Book Your Stall Early! Stall bookings are now open, and we encourage interested traders and crafters to book early to avoid disappointment. **The closing date for stall bookings is Friday, 20 November.**

Please note that, to support the museum's own fundraising efforts, all ready-to-eat food stalls will be operated by the museum. Outside stallholders are welcome to sell frozen food products. Whether you are a crafter, a small business owner or a trader with something special to offer, we would love to hear from you!

For stall bookings, donation enquiries or further information, please contact **Kitt** on 071 898 7892. Come along, support your local museum, discover some festive treasures and help us make this year's Christmas Market a wonderful success. **By Kitt Du Preez**



'Peak Condition'

(A regular segment featuring helpful advice and news from Mountain Medical Practice)
From Ireland to Underberg: How Dr Alan Howard is Bringing a Breakthrough Depression Treatment Home

Depression in South Africa represents one of our most severe health crises and economic drains. It consistently ranks at the very top of metrics tracking workplace impairment, lost productivity, and medical disability. Alarming, two-thirds of individuals with Major Depressive Disorder (MDD) harbor suicidal thoughts, and nearly a third will attempt suicide at least once. The crisis is hitting close to home; Discovery Life recently reported a 62% surge in suicide-related claims, making it the leading cause of unnatural death among its clients, more than motor vehicle accidents.

For decades, traditional treatment has relied on a predictable cocktail of psychotropic drugs targeting serotonin and noradrenaline. Too often, patients face a frustrating cycle: dosages are escalated, drug classes are switched, and mood stabilizers are added. This frequently leads to a buildup of distressing side effects like weight gain, brain fog, and loss of libido, which are then countered with even more medication.

Furthermore, inpatient psychiatric admissions seldom provide long-term answers families pray for. Psychiatric literature shows that the period immediately following discharge actually represents a critically high window of suicide risk, spiking 100 to 200 times higher than the general population rate during the first few weeks!

So, what is the answer?

The Ketamine Breakthrough

Enter Ketamine. Long used as a safe, dependable anesthetic, low-dose intravenous infusions of ketamine are completely rewriting the timeline and efficacy of depression management.

This medical shift was realized seven years ago by Underberg's own **Dr Alan Howard**, while he was working as an Emergency Medicine Consultant in Ireland. After serendipitously witnessing the profound, immediate antidepressant effect of ketamine on a patient in the emergency department, and facing a suicide epidemic among local young adults, Dr Howard began thoroughly studying ketamine infusion protocols. He returned to South Africa in 2019 to establish the country's very first dedicated outpatient ketamine infusion group. Fast forward to 2026: **The KetaMIND group** has expanded to nine clinics across four provinces, collectively administering nearly 16,000 safe infusions.

"The results have been heartwarming," says Dr Howard. "With the help of our doctors and nurses across the country, we have changed the lives of countless patients and their families. We are not done yet, and several new clinics are in planning."

Bringing Advanced Depression Care to Underberg

While KetaMIND operates major KwaZulu-Natal clinics in Ballito, Umhlanga, Hillcrest, and Pietermaritzburg, Dr Howard has decided to offer these infusions right here in Underberg at **Mountain Medical Practice** to make the treatment accessible to our local community. The treatment involves an induction series of six outpatient infusions over a three-week period. Dr Howard is assisted by a local professional nurse and, to ensure holistic care, a local psychologist who provides dedicated preparation and debriefing sessions.

"Ketamine Infusion Therapy (KIT) is not a permanent cure for depression, and patients should expect the need for intermittent maintenance infusions after the initial series," advises Dr Howard. "However, it is undoubtedly the most effective treatment I have ever come across, with up to 80% of patients responding within hours of a single infusion."

Local Availability & Information

Because this is an extensive subject, readers are encouraged to explore the KetaMIND website at www.ketamind.co.za for a wealth of informational videos, FAQ's, and patient testimonials.

Due to time constraints, Dr Howard has limited local availability and can only manage two treatment series per month at Mountain Medical Practice. A thorough preliminary screening consultation is strictly required before starting.

PEVENSEY PLACE RESIDENTS HAVE A TIME OF JOY AT CASTLEBURN

Residents of Pevensey place were treated to special day outing recently, courtesy of the team at Castleburn Resort. The invitation, extended to all residents, was packed with fresh air, laughter and a little friendly competition. The group spent time walking through the forest trails around the dam, taking in the stunning Drakensberg scenery that makes Castleburn so well-loved. The program included putt-putt challenges and a variety of other games that had everyone participating, cheering and reminiscing. The outing concluded in perfect style with a delicious lunch and an energetic round of Bingo, which quickly became a highlight of the day. A heartfelt thank you goes to Gwyn Viljoen, Megan Coetzer and their special staff at Castleburn for their warmth, organization and delightful hospitality. Their kindness and attention to detail made the days (day one for able residents, day two for wheelchair and non-able residents) truly memorable.

THANK YOU FOR ALL OF US AT PEVENSEY

JADEN AND TRISTAN FIGHTING FOR UNDERBERG AT LIGHTS OUT 004 - DURBAN

NUDFC fighters Jaden "No Love" Knox and Tristan "Iron Foot" Smith face contrasting challenges against different oppositions. The Natal Under the Drakensberg Fight Club (NUDFC) will send two fighters to Durban on 14 November 2026 for Lights Out 004, organized by Coach Fatz and Coach Mike of Silverbacks MMA.

For Jaden "No Love" Knox (0-0), the event marks his first MMA cage fight following his development as a boxer. He faces Devlyn Chelin (0-0), who will enter the contest with a grappling style. Knox will therefore face his first major test of adapting his boxing to the takedowns, grappling and cage work of MMA.

Tristan "Iron Foot" Smith (1-0) returns for his second MMA fight against Mosheen Ali (1-2). Smith is a kickboxer, while Ali brings a kickboxing/wrestling style to the matchup. Smith's debut saw him open every round with sharp kickboxing, landing clean shots that dazed his opponent. After being taken down, he defended well and reversed the position, where his grounded knees to the body and ground-and-pound began to take effect. Smith ultimately secured a unanimous decision victory. Lights Out 004 will feature three title fights.

Neither NUDFC fighter will compete for a title at this event, but victories in Durban could potentially move Knox or Smith into future championship contention. Coach J: 074 930 7724. Coach T: 069 111 6829. Coach Cam: 065 877 4475 -Bonga Buthelezi

To the Members, Exhibitors and Visitors to the 2026 UFA Show.

Thank you all for your support and participation in what is best described as a unique event that is still alive and well in our Country, and indeed in our special District! Your attendance acknowledges the special band of people who voluntarily commit to highlighting the successes of their peers in the farming sector, ensuring that the greater community and those from far, are witness the dedication that still exists to make working the lands an honourable calling! A big thank you to the Show Committee Chair and team, and FLA, for once again taking on the responsibility of this mammoth task!

It was heartening to see that despite the current economic constraints, there are still those who are willing to support a venture like this one, so we welcome aboard Half Way Toyota and DC Electrical as contributing tiered Show sponsors. These new comers, now in concert with Case/Warrigal, our current major sponsor of the past few years, will no doubt contribute to the Show Budget with impact for all future annual UFA Shows. Our sponsors are to be commended for their much appreciated contributions, regardless of the values, since these encourage the determination of all those who have made a special effort in showcasing their farming abilities and achieve high recognition from the judges. This also extends to the younger generation of animal-lovers who bring animals of all shapes and sizes to enter in the Youth section. The Executive would appeal to all our members to acknowledge these companies and enterprises and remember them when looking for partners with whom to do business.

It should be noted that the size of our Show has grown over the past few years, and this could not have succeeded without the co-operation of the Underberg Polo Club. We thank them for the use of their facilities. It has enabled the Show to include some additional aspects to the programme, and to expand our ability to invite more stands and include more general interests, whilst keeping the main focus on the livestock component of the Show.

The Executive wishes all its members unwavering personal grit for sustainable accomplishments in their agricultural ventures, and the UFA Show Committee continued success in future preparations.

**Kind regards Shaun Van Huyssteen
Chairman**

ON THE ROCKS

- Don Guy

If you're headed for the Cape I can think of no better route than the one that runs the length of Nomansland - Underberg - Matat - Maclear - Ugie - Elliot and beyond (The old names). We branched off to Barkley East onto Rhodes and beyond. Trout fisherman all know that little hamlet on the Bell river, our interests were the Bushman paintings. Local tourist pamphlets describe it as 'The real Southern Drakensberg' - Sure we'll share identities with them. Runners flock to these part for the famous 'Sky Run' which sets off from Wartrails a lonely rural location in the vicinity, there's history and scenery here to die for. In 1941 Walter Battiss my favourite South African artist set out in the



Tourism in the Southern Drakensberg: Building Momentum Together

There is plenty happening behind the scenes to support tourism. Members are now emailed our newsletter or important updates. If you are not receiving your copy, please email marketing@drakensberg.org. I want to acknowledge the people putting in the hours: Rosemary, Lana, Josh, Sphamandla and Lulu. We have new committee members coming on board. Our upcoming initiatives reflect this energy, including Lana's organisation of our very first **SDCTO Golf Day on 28 November 2026!** R400 per player | Enter in pairs | 10h30 shotgun start. To enter, contact Dave on 082 555 7828 or add your name to the Underberg Country Club notice board.

A huge thank you to our GOLF DAY sponsors thus far!

We are extremely grateful to our current sponsors:

Premier Hotels • Major Adventures • Country Treads • Out There Services • Shell • Brandis Electrical • Underberg Tool and Equipment • Hurricane Workshop • Nutrochem • Voermol Feeds • Kyron Agri • Speckled Hen • RPM Construction • Underberg Padel • Rox Coffee Boston • Underberg Meat Supply • Venniker Accounting • Hazeldene Boards • Sani Pass Tours • Sani Springs • Sani Round Table 152 • Semonkong Lodge Lesotho • Vida Nova Kruger • Vida Nova Retreat Hout Bay • Peony Perfect • Just Hair • Gooderson Leisure • Richard Braby • Sugar Baron • Moorcroft • Splashy Fen • Garrun Underberg • Blush Spa • Simply Underberg • Hayes Health • Joys Beauty • Mountain Park Hotel

When tourism organisations work together

For those who ask, "What does government actually do?", September provided a wonderful example of what can happen when tourism organisations, government and the private sector work together. **From 25-27 September, the Southern Drakensberg hosted the Midlands to Berg Experience**, bringing tourism colleagues and guests into our area. The organisers included Zintle Mkulisi, Thubalihle Mbhele and Nduduzo Khoza, who worked alongside a passionate team. The itinerary showcased the incredible variety our district has to offer, including (Bulwer members) Mphemba's Shisanyama, Wild Sky Paragliding, (NUD members) Heritage Market at Local Collection, Lemon Tree Bistro, Reichenau and Centocow Missions, Premier Sani Pass, the uMzimkulu Vulture Hide, Khotso, Glencairn, Himeville Museum, local tour operators and (Lesotho) Masoba-Soba in Lesotho. The experience concluded on the evening of 27 September with dinner at Premier Sani Pass, where local musicians Neil Prior and Andy Dillon entertained. Award-winning short film "The Shepherd's Joy", by NDZ-born producer Lungisani Gwadiso was shown. Amazing!

Social Compact Engagement Dinner Sphamandla, Luvuyo and I received an invitation to attend the Social Compact Engagement Dinner held on 17 September 2026. Tourism representatives, local businesses, agriculture and community groups were present. Our hosts, Olde Duck, provided an amazing conference space and outstanding catering.

Supporting local, growing tourism We continue to encourage accommodation establishments, eateries, activities, support services and other businesses to join the CTO. A reminder to members: you qualify for the R850 photography package. Contact Taylor Malyon on +27 62 907 9371 for details. Terms and conditions apply, but this is a great opportunity to update your photography, your listing on www.drakensberg.org and your booking platforms. And finally, if you need help, guidance or simply don't know who to ask, please reach out to one of the committee members. We will do our best to assist. We are committed to looking at the big picture — growing tourism, supporting our members and working for the benefit of the Southern Drakensberg as a whole, rather than being self-serving.

Together, we can make a difference.

By Michelle Stevens

On the WARTRAIL of Battiss and Rhodes. Strange title? No just a ROCK ART Safari to the other side of NOMANSLAND.

name of preservation to remove rockart from this remote farming district. He wasn't the first nor the last. In Wartrails he employed stonemason Fred Hutchings to remove several panels which later found themselves in Museums throughout South Africa. Today this is a crime and unthinkable but says Allan Isted who guides folk to sites in the district, "They're ironically in great nic in the museums compared to many that are left exposed in the field". Allan took us on a whirlwind tour of three famous sites in the Wartrails area where his family settled well over a century ago.

We visited four sites on farms all fairly remote in good nic and significant. In our part of the Southern Drakensberg much of our rock art has a different vibe, I say that because much of it features horses and cattle recent introductions to the San. These sites we visited in Rhodes and Wartrails seemed uncontaminated with domestic introductions and I personally sensed them purer and older? What a privilege it was to actually see the images so widely reproduced in landmark publications. Rock Art is interpreted, re - interpreted, and as Alan explained 'attractively mysterious'.



depicted bleeding nostrils seemed to identify an individual of elevated identity - A specific per-

Make what you will of this image? I've never seen a face painted in our region (Underberg) which has such a vivid personality, this one with commonly depicted bleeding nostrils seemed to identify an individual of elevated identity - A specific per-

A Weekend of Community, Celebration and Giving at the UFA Show

There are some weekends in Underberg that feel like more than just a date on the calendar. They become part of the fabric of the community — a few days where farmers, families, businesses, children and friends all come together, catch up, have a laugh and celebrate what makes this little corner of the Southern Drakensberg so special. The annual Underberg Farmers Association Show was one of those weekends. For Sani 152, the UFA Show has become an important fixture on the calendar. Each year, Round Table takes responsibility for the entertainment and bar at the main tent, turning it into a hub of activity throughout the weekend. It is also an important fundraising opportunity, with the proceeds ultimately allowing Sani 152 to continue supporting beneficiaries across our district.

Friday evening got the weekend off to a flying start with the John Pooler Happy Hour. Local businesses once again showed just how generous the Underberg community can be, contributing towards the bar tab and helping raise approximately R30,000. What a great way to kickstart the weekend. From there, the evening moved into one of the biggest events on the Sani 152 calendar — the Sani Directory Auction. Twenty advertising positions in the annual Sani Directory went under the hammer, including ten positions on the front cover and ten on the back. The final three positions came with an added bonus, with the successful bidders also receiving branding rights to one of the three fields at Sani 152's annual touch rugby tournament in December. By the time the final bid was called, R188,000 had been raised. There was an overwhelming sense of gratitude

Reef Revelations: Mike Schleyer Captivates at Country Women By Reine Combrinck

Members and guests at the recent monthly Country Women's meeting were treated to an extraordinary journey beneath the surface of the sea, thanks to a captivating presentation by renowned marine biologist Prof. Mike Schleyer. Taking the audience on a visual tour of the Western Indian Ocean, Prof. Schleyer shared fascinating insights from his extensive research on coral reefs, blending high-seas adventure, scientific discovery, and a timely reminder of the environmental challenges facing our oceans. Prof. Schleyer opened his presentation by grounding the audience in the fundamental biology of corals. Far from being mere underwater rocks, corals are colonial anemones that form a vital partnership with microscopic, single-celled algae living within their tissues. Through photosynthesis, these symbiotic algae provide corals with the essential nutrients they need to survive and build reefs. Highlighting their immense ecological and economic value, Prof. Schleyer pointed out that although coral reefs cover just one percent of the ocean floor, they support a staggering quarter of all marine life—a level of biodiversity that rivals or even exceeds the Amazon rainforest. Beyond their natural beauty, reefs act as crucial protective barriers for coastal landmasses. By absorbing the impact of giant waves and tidal surges, such as the catastrophic 2004 tsunami, intact coral reefs and coastal mangroves safeguard shorelines against severe erosion and flooding. Furthermore, millions of people in poor coastal communities rely on healthy reef ecosystems for their daily livelihoods through local artisanal fisheries. However, these delicate underwater worlds face growing threats. Prof. Schleyer detailed how human activities—including overfishing, coastal development, dredging, and land-based runoff of silt, agricultural chemicals, and microplastics—continue to stress reef environments. Above all, climate change remains the largest threat. Rising sea temperatures and extreme El Niño events cause corals to become distressed, expelling their photosynthetic algae in a process known as coral bleaching, which can lead to widespread coral death. Bringing the topic closer to home, Prof. Schleyer delighted the audience by confirming that South Africa is home to the southernmost distribution of coral reefs on the continent. Unlike many northern reefs dominated by hard, skeleton-building corals,

son? Nasal bleeding is thought to manifest itself during the well documented trance ritual. The Rock art gallery that extends from the Eastern Cape to the KZN Drakensberg lacks a formal curator, much of it found on private farms and communal land, so it is gratifying to find folk living amongst it caring for it with their own set of precautionary regulations. Rhodes is a small English styled hamlet surrounded by mainly Afrikaans sheep farmers amongst them a pioneer Naude family whose charming granddaughters guided us to an exquisite Rock Art site on their family farm. The quality of the art stood out, for our group that experience is embedded in us, if you're that way inclined sign up for it, that family looks after its cultural treasure.

My first experience of the 'Real Southern Drakensberg' was as a pre teen travelling back from the Kalahari, it was snowing. My father typically gave us the task of scouting for a suitable campsite - when approved he would ask the farmer permission and trade a bottle of honey for the favour, it worked remarkably in those days. On this occasion my mother protested at the thought of camping in the snow and we made our way into the night arriving at Rhodes Hotel post dinner, it was the first hotel the family ever stayed in, there were bullet holes in the bar - Memories! **Alan Isted is the 'Go-to' Rock Art guide in Wartrails - 084 603 0883.**

Don & Helen Guy work similarly in Underberg - 066 018 6430. WhatApp them for a group rate quote.

around the tent. Year after year, local businesses continue to put their trust in Round Table and support the work that Sani 152 does in the community. Every rand raised becomes an opportunity to help someone who needs it. Friday night then rolled into live music from Shaun Wülf Band, keeping the crowd entertained well into the evening.

Saturday brought the full spectacle of the UFA Show — horses, showmanship, polo, tractors market stalls, food vendors and the ever-popular Farmers Challenge — while Sani 152 added a little of its own madness with the That Boat Race, held in partnership with That Brewing Company. Teams of four battled it out through a series of obstacles, with one team member first having to down a beer before pushing a teammate around the course in a wheelbarrow. It was competitive, chaotic and, judging by the laughter from the crowd, exactly the sort of entertainment the UFA Show is about. Saturday night belonged to the Philip Taylor Band, who had the tent on its feet and kept the party going late into the night. **By Matt Hayes**

South African reefs feature a unique abundance of vibrant soft corals, offering world-class diving right on our doorstep. The heart of the presentation focused on Prof. Schleyer's field expeditions across three remarkable sites in the Western Indian Ocean: Eritrea's Dahlak Archipelago, the remote Mozambique Channel islands, and the Chagos Archipelago. In Eritrea, early research expeditions involved surviving for weeks on end aboard cramped, eight-metre fishing boats packed with heavy gear, diesel drums, generators, and diving compressors. The primary goal of this work was natural product bioprospecting—researching the unique chemical toxins produced by soft marine organisms for potential pharmaceutical applications, particularly in developing new chemotherapy and anti-cancer treatments. Moving south to the Mozambique Channel, research conducted around islands such as Mayotte revealed an incredible diversity of soft coral species, making it one of the richest areas for soft corals in the region. Finally, in the isolated Chagos Archipelago—located in the middle of the Indian Ocean—Prof. Schleyer took part in comprehensive reef surveys within what has since been declared the world's largest marine protected area. Alongside breathtaking coral structures, his time on the military-controlled island of Diego Garcia brought encounters with territorial potato bass, bustling seabird colonies, and fascinating historical remnants of past global conflicts. Country Women meet at 10am on the first Wednesday of every month. Contact Reine 076 444 4207

Common Reasons Clients Seek Hypnosis

Article by Heidi Kyle



***Extra ordinary profits from ordinary shares**

*** winning stock market strategies**

*** Nvidia Keeps Doubling. The Market Keeps Doubting.**

For three years, Wall Street has waited for Nvidia to stumble. Each quarter brings the same ritual: a beat, a raise, and a shrug. The August print was no different. Revenue for the quarter to 26 July reached \$96.2 billion, up 106% on a year earlier, with Data Centre revenue of \$89.0 billion, up 117%. It was the fifth consecutive quarter above expectations. The shares have since spent recent weeks between roughly \$220 and \$230, below their 52-week high of \$236.54. A company that doubles its sales and sees its stock go sideways is either priced for perfection or misunderstood. We think it is the latter. **The shovel-seller becomes the mine** Nvidia is no longer simply a chip company. Its Vera Rubin platform is ramping into full production, with racks running at CoreWeave, Google Cloud, Microsoft Azure, Oracle Cloud Infrastructure and Nebius. The company now sells the whole rack: processors, memory, switches, cabling and the software that makes them work together. Data centre networking grew 138% year on year, a sign that the buildout reaches well beyond the GPU itself. This is the heart of the moat. A customer can compare the price of a chip, but it cannot easily replace the software ecosystem that thousands of engineers have spent a decade building around it. Rivals must match the silicon and the entire stack, and Nvidia keeps moving the target. **Visibility few companies enjoy** Our favourite number in the quarter is not revenue. Supply commitments have swelled to \$279 billion, mostly memory for Vera Rubin. Companies do not lock in sums like that unless their customers have already locked in theirs. Management guided the October quarter to \$108.0 billion, plus or minus 2%, assuming no Data Centre computer revenue from China. Any China business is therefore upside, not a pillar of the forecast. That is a conservative way to guide. **What are we paying?** Fenestra runs a concentrated growth-at-a-reasonable-price mandate, capped at ten positions, so the valuation question is not optional. At

Following on from my article of last month about therapeutic hypnosis, I wanted to focus on the most common applications of hypnosis in a therapeutic setting. An interesting point about therapeutic hypnosis is that ethical therapists only use it for chronic conditions (eg. A condition that has persisted for more than 6 months). This is because shock, acute pain, early grief and similar experiences are better addressed using other therapies. After more than 13 years of offering hypnosis and 20 years in counselling, I have developed a clear understanding of the issues clients most often bring to my practice. The five most common are:

- Smoking cessation
- Weight loss
- Pain management
- Anxiety
- Depression

It is important to understand what hypnosis can achieve. Clients often benefit most when their therapist is trained in several approaches, such as spiritual hypnosis, medical hypnosis and regression therapy. A broad therapeutic toolkit allows the therapist to adapt techniques to each client’s individual needs. Much of my practice involves this personalised approach. I prepare carefully for every hypnosis client, thinking through each session and the techniques that may be needed on the day. Many clients present several issues at once, and these concerns often share a common underlying thread. Weight loss is a common issue, but hypnosis may reveal that the issue is not primarily about food. Some clients have absorbed negative messages about their bodies from parents or school environments. Others may have experienced childhood trauma, stress or fear and began using food to suppress difficult feelings. Eating concerns can also be linked to early boarding-school experiences. In these cases, hypnosis may combine direct suggestions with an exploration of the underlying fear, often through regression therapy. I will explain more about this approach next month. Smoking cessation is one of the best-known applications of hypnosis. A well-trained therapist may achieve strong results, and many experienced practitioners find this work relatively straightforward. I enjoy helping clients stop smoking and use a two-session approach that has produced great outcomes.



**Smoking - Weight Loss -
Fears & Phobias -
Depression - Anxiety -**

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around \$225, Nvidia trades at roughly 25 times its latest quarter’s non-GAAP earnings of \$2.22 per share, annualised, before any of the growth that management has guided. On our estimates of forward earnings growth, the PEG ratio sits comfortably inside our 1.5x ceiling. That is an unusual place to find the world’s most valuable technology franchise, and it is why the market’s doubt is worth more to us than its enthusiasm. **The Fenestra view** The thesis is simple. Demand is visible, the competitive position is strong, and the valuation does not require heroic assumptions. The market’s refusal to pay up for a doubling of revenue is a gift to patient holders. We would change our minds if hyperscaler capital spending guidance turned down, if gross margins fell well below the guided 74%, or if a credible alternative to Nvidia’s full-stack platform won meaningful share. None of these has happened, and the August results gave no hint of them. Doubt, in our experience, is a cheaper input than certainty. Nvidia is currently supplying plenty of both. AI used William Meyer to write this article. If you are not happy with your portfolio performance or would like a second opinion, please do not hesitate to contact Fenestra for a free review of your portfolio. **William Meyer - 0796244031**

Stopping smoking offers substantial benefits. Because smoking is often strongly habit-based, hypnosis can be particularly useful in changing the habit itself, with less underlying emotional work required. Anxiety responds well because hypnosis promotes deep relaxation. It helps calm the body’s stress response, allow clients to rehearse coping strategies and reduce worry before events such as surgery or examinations. I prepare a lot of clients for surgery. Hypnosis is often used alongside behavioural therapy, particularly for situational anxiety. Many clients also learn self-hypnosis so that they can continue a daily practice at home. For depression treatment I prefer to use a combination of psychotherapy and hypnosis when working with depression. Depression can affect both physical and mental wellbeing, and patterns of thought may play an important role in how it is experienced. Although anxiety and depression are distinct conditions, they can occur together. In my practice, I have sometimes seen depression emerge after a prolonged period of anxiety, when a client has become exhausted by persistent fear. Hypnosis can be a valuable part of treatment, but it should not be the only tool used. Pain management is one of the areas in which hypnosis has received some of its strongest support. It is used in contexts including chronic pain, headaches, labour, dental procedures and cancer care. By changing how the brain focuses on and interprets pain signals, hypnosis may reduce both pain intensity and the distress associated with it. Some hospitals now include hypnosis in pain-management programmes. Although this remains an understudied area of medicine, researchers overseas are making important progress in understanding the pain response and the role hypnosis may play. Hypnosis can be a useful complementary approach. Like all therapies, it tends to work best when clients are motivated, open to the process and use it alongside conventional care rather than as a replacement. **Next month:** We will explore regression therapy—a powerful and thought-provoking technique—in greater detail.**by Heidi Kyle**

From The Saddle of Boot and Saddle. MOTHS PARADE 18 OCTOBER

The annual Young Veterans Parade will be held on Sunday 18 th October at the Himeville Cenotaph commemorating the Bush War and the wars of our generation. Fall-in is at 10h30 and the parade will kick-off at 11h00 sharp. We welcome all to attend the parade in commemoration of those who sacrificed their lives in order that we may enjoy what we have now. Should you wish for someone’s name the be read out and be remembered, or to lay a wreath, please contact me or your nearest MOTH. This can be done on the day. The new wall of remembrance will be in use with the names of the fallen for Underberg and Himeville for WWI, WWII and the Border war. The wall also commemorates the fallen and affected of the Anglo Boer War and has a wing for the members of Bulwer and Boston Polela Division in WWI. The Boot and Saddle had a very busy week-end when we were given the opportunity to operate a food stall at the Underberg UFA Agri & Lifestyle Show. Whilst long hours were worked, a tremendous amount of fun was had by all. We thank the organisers for the opportunity and hope that the fair was up to standard for all our customers. We wer simultaneously asked by the Underberg Polo Club to assist them at their club house for their international competition against Zambia over the same weekend. We thank the Eustace family for including the MOTH and commend them on a well run and excellently executed international competition. I would like to thank my MOTH team including their partners and family members and friends who gave up their personal tome to assist with the above two events. Thank you and well done!! Should you wish to get involved with the MOTH, either as a veteran or as a supporter of the Shellhole, please feel free to contact me. Monthly meetings held on the 1 st Thursday of the month at 18h00. Ivan Reynolds – Old Bill - Boot and Saddle – 082 5300 935



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THE COMMUNITY RELIES ON VOLUNTEERS TO GET THINGS DONE SOUTHERN DRAKENSBERG HONORARY OFFICERS

Spring will soon change to summer and it is a good time to look out for the highly invasive American Bramble and start to eradicate it by cutting the plants back on a regular basis to prevent the plant maturing and forming fruit which allows birds to spread the seeds. American bramble infests all biomes in natural habitats such as grasslands, forests, water courses, protected areas and disturbed places along roads, arable fields etc. In places it grows in so thick impenetrable plots which makes access to all plants difficult. **It is listed as Category 1b which means it may not be propagated, sold or donated but must be controlled.** It was introduced into the country nearly 200 years ago and the story, as I have been told, is that a housewife was homesick for her bramble berry jam brought in the incorrect species, instead of the less invasive variety, and it has spread like wildfire over vast swathes of the whole country. For more detailed information on how best to deal with the plants please refer to the “Southern Drakensberg Invasive Alien Plants” booklet available at many outlets or direct from the Southern Drakensberg Honorary Officers who published it.

Last month we reported on the critically endangered Wattle Crane and in particularly the pair which has only reared one bird to maturity out of seven known broods. The last chick, nearing maturity, unfortunately got caught in a fence and subsequently died of its injuries. With this in mind Mike Bloom has had a meeting with neighbouring farmers and with Endangered Wildlife Trust and as a result a day has been set for people to join in clearing fences and alien plants in the breeding ground wetland. This will take place on 21st November. For further details please contact Mike.

The Honorary Officer information stand at the recent Underberg Show attracted many people. **The highlight of the first morning saw many children eagerly waiting impatiently for wildlife vet Dr Jacques Flamand to dissect a Blesbok.**



Full permission and the correct permit were obtained from the Show committee and Ezemvelo KZN Wildlife to carry out the highly informative procedure in the public domain. The crowd of little boys loved it! On display were mammal horns and skulls which could be seen and handled which was another drawcard. Each exhibit was numbered and a competition form could be filled in to match the number with the name of the mammal. To add a bit of a challenge there were more names than numbers. Posters produced by Sani Wildlife and other organizations were put up for information on snakes, birds, mammals, frogs, illegal hunting and wetlands.

ASSISTANCE TO EKZNW

Honorary Officers continue to give assistance to Ezemvelo staff at Himeville Nature Reserve. **Ralph Mills did welding on the entrance grid** and Julian Simon cleared a path in the reserve for the Museum fund raiser walk taking place on 10th October. Our group willingly assists fund raising activities for other organizations. The stand that they work at at the annual Museum Fete is an activity which provides funds for the museum. This will be held on 28th November this year.

For further inquiries about joining the group or offering assistance in any way please contact:-
Chairman Julian Simon 0836516777
southerndrakensberg.chair@ezemveloho.com **Secretary Cayla Beghin 0824932305 -**
southerndrakensberg.secretary@ezemveloho.com **or**
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GIANTS CUP ANIMAL WELFARE: COMMUNITY KINDNESS MAKES A DIFFERENCE

The Giants Cup Animal Welfare (GCAW) extends a heartfelt thank you to everyone who helped make our UFA Show Raffle such a tremendous success!

A special thank you goes to the Sani Round Table for donating the brand-new chest freezer that formed the centrepiece of our raffle prize. We are also incredibly grateful to the local businesses and community members who generously donated meat and other goodies to fill the freezer. Your support helped make this a fantastic prize and a successful fundraiser for our organisation.

In a wonderful and unexpected turn of events, the lucky winner, who lives in Ballito, generously donated the entire prize back to GCAW! We are truly grateful for this remarkable act of kindness. The freezer will be kept for next year's raffle, while the meat will go towards our exciting December Bonanza Raffle.

And what a Bonanza it promises to be! We have some fantastic prizes lined up, including a wheelbarrow packed with everything you need to entertain over the festive season, from festive drinks and delicious snacks to a mountain bike, a beautiful handmade

quilt, a brand-new Vodacom tablet, and meat packs worth R500. Keep an eye out for more details as we get closer to the draw!

Giving Animals a Better Life

Beyond fundraising, GCAW continues to work hard to improve the lives and living conditions of animals in our local community.

Recently, **we have been assisting with fencing to create safe, enclosed areas for dogs that have spent much of their lives confined to chains. Thanks to these efforts, these dogs can now enjoy greater freedom of movement and experience life beyond the limits of a short chain.** It is a reminder that even small changes can make a tremendous difference to an animal's quality of life.

Looking for Their Forever Homes

We currently have three adorable puppies looking for loving, permanent homes. If you are considering adding a four-legged friend to your family, please contact Erica on 071 378 1672 to arrange a meeting.

We are also expecting to have kittens ready for adoption in approximately six weeks, so keep an eye on our updates if you are hoping to welcome a feline friend into your home.

GCAW relies on the kindness, generosity and involvement of our local community to continue its work. Whether through donations, fundraising, adopting an animal or helping improve an animal's living conditions, every contribution counts.

Thank you to everyone who continues to support us in making a difference, one animal at a time. **By Kitt Du Preez**



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GOING TO ONDERSTEPOORT

Going to Onderstepoort as a student was like going from night into day. I remember the first day driving past the anatomy hall and seeing skulls of horses and cows in the windows. Then when we went to the hostel we were told to just put our things in any room for now. I went into a room and saw bones, skulls, feathers and antelope skins on the floor. I thought “ These are my kind of people. “ These were the kind of things I had collected all my life, even though I did not do biology at school.

Later the truth came out : the OP boys as they were known were wild. They studied very hard and played very, very hard. They had a reputation second to none. When the Rag Queen came to visit for a formal dinner, she came with a bodyguard, as anything could happen and the main campus staff were very nervous. Remember we were about 10km outside Pretoria and so it was a case of anything goes. It truly was the Wild West.

There was a dirt road that separated the hostel from the Faculty where the lectures were held. It was used by students walking from one to the other as many did not have cars. Faculty members also used it, pedalling along on ancient bicycles in their white lab coats.

One day a student named Alan came charging down this dirt road in his old VW beetle – and he collided with a staff member on his ancient bicycle. He screeched to a halt in a cloud of dust, jumped out, picked up the bicycle and said in a rush “Don’t worry Oomie. I am late . I will see you right “ and jumped in his car and was off. Now “Oomie” was

a derogatory term we used for the older white men who washed our cups at tea time and cleaned the blackboards. It was a form of protected employment in those days.

What Alan did not know was that the man he had knocked off his bicycle was the feared, dreaded Prof Smit, head of pathology. I believe it took Alan about 2 extra years to pass pathology after that. The professor had a long memory.

Another student who went in for a pathology exam wearing a tie that said “Watch Your Step” suffered a similar fate. As a lot of our exams were oral it could become intensely personal.

However on the other side, a new student in the anatomy hall, turned to an older man smoking a pipe at the back of the room and said “Get me a stool , Oomie”. The pipe smoker looked at him for a long moment then without saying a word, went and fetched him a stool to sit on. A few minutes later he was introduced to the class as Prof. le Roux, head of the anatomy dept. He had a twinkle in his eye as he looked around at the students.

The thing about veterinary students was that they were so bright eyed and passionate. We were only a class of 45 students, including 3 girls, but we had all worked extremely hard to get there. Even after I was qualified and started work I could not believe you were actually paid to do this. It was so much fun. It was only later that the harsh realities of working in the private sector began to get through. Vets are only people with hopes, dreams and families. They work long , difficult hours, especially in small practices in the country. And clients can be very unforgiving.

On another topic I recently read a book by an Australian vet who

was asked to go and look after a Sheik’s racing camels. There was only one requirement : THEY HAD TO WIN. Up for a challenge, off he went and checked it out. He then went and spoke to well known race horse breeders and cattle stud farmers and started selective breeding, and improving the nutrition. He was looking for size, speed and stamina. Gradually they weaned out the poor ones and achieved better and better results. He then even started doing embryo transfers. Jealousy from other Arabs did rather affect things a bit but the really difficult part was when his daughter fell in love with an Arab boy from a good family. The was an absolute “No,no” in Arab culture. When it turned out the young couple were serious they were allowed to marry. So all ended well.

By Llew Evans retired vet



COMMUNITY WATCH HAS A NEW LEADER

From Military Police to Fighting Counterfeit Crime Mark Peter Greyvenstein’s three-decade career has taken him from South African military policing to international security operations and investigations into illicit trade.

From military policing in South Africa to security operations in Afghanistan, peace-support operations in the Democratic Republic of the Congo and, today, investigations into counterfeit and illicit goods, Mark has built a career around security, investigations, leadership and operational management.

Mark, who has more than three decades of professional experience behind him, began his career in the South African Defence Force in 1992 after completing his matriculation the previous year.

His early career was spent in Military Police, where he progressively took on greater responsibilities in administration, training, unit management, investigations and operational command.

By the mid-1990s, Mark had become Unit Adjutant and Training Officer at Army Battle School (commonly known as “Lohatla”) Military Police situated in the Northern Cape. He subsequently served as Unit Second-in-Command before becoming Area Provost Marshal, responsible for the management and command of a Military Police unit.

His responsibilities included personnel development, training, logistics, financial management, crime prevention and the supervision of investigations. He also participated in several field training exercises and international military activities.

In 1997, Greyvenstein was selected to command the South African Military Police detachment during Exercise Blue Hungwe in Zimbabwe — the first international Peace Support Exercise undertaken in the history of the South African National Defence Force.

His career later moved into senior military policing and systems management at the Headquarters Western Military Police Region. There, he was responsible for military police service provision across nine offices in Gauteng, North-West and the Northern Cape provinces.

The position combined policing with administration and management. Among his responsibilities were budgeting, expenditure control, logistics, electronic crime administration, disciplinary hearings and Boards of Inquiry.

An international deployment followed in 2005 when Mark served as the South African Military Police Contingent Commander in the Democratic Republic of the Congo (DRC) as part of the United Nations mission (MONUC). From October 2005 until May 2006, he was responsible for Military Police services across four sectors spanning the width of the DRC.During the deployment, he completed over fifty incident investigations while working in an international environment involving military and civilian personnel from 52 countries.

After leaving the military in 2007, Greyvenstein moved into private-sector security operations, taking on increasingly senior positions with Compass Integrated Security Solutions in Afghanistan.

His work there placed him in one of the world’s most challenging security environments of the period. As Mobile Operations Manager in Kandahar, he was responsible for planning and directing security operations involving the movement of supplies to International Security Assistance Force (ISAF) bases. Over the course of that assignment, security teams were planned and dispatched for approximately 12,000 cargo and fuel-laden heavy transport vehicles travelling in about 450 convoys.

The role involved emergency response, real-time incident management, operational planning, reporting, training and liaison with clients, military command centres, army and police units.

Mark subsequently became Regional Operations Manager in Kabul, overseeing approximately 600 personnel in mobile operations and a further 520 personnel involved in static security operations.

In September 2009, he advanced to Country Operations Manager for Afghanistan. In that position, his responsibilities expanded dramatically. He exercised operational oversight involving approximately 5,000 staff and 800 sub-contractors across five regions, while also overseeing a monthly operational budget of approximately US\$5.9 million.

His Afghanistan experience lasted five years and exposed him to mobile and static security operations, personnel management, financial management, emergency response and international stakeholder coordination.

Thereafter, Mark was redeployed to the company’s head office in Dubai, United Arab Emirates, where he spent a further year appointed as the Deputy Chief of Operations, planning and overseeing various aspects of the company’s multi-national operations in Afghanistan, Somalia, South Sudan, Turkey and Azerbaijan.

Returning to South Africa, Greyvenstein entered the business sector, establishing and operating an office stationery and furniture franchise in Vanderbijlpark between 2013 and 2014.

Seeking a return to another challenging, environment his career inevitably returned to security and investigations.

Between 2015 and 2016, he served as a team leader with Forensic Security Services, working on operations aimed at combating the movement of illicit tobacco products into South Africa from neighbouring countries

.Deployed in areas including Musina and Zeerust, Greyvenstein led a four-person team operating predominantly after hours. The operations resulted in the seizure of hundreds of vehicles and millions of cigarette sticks, making a huge impact on the trade in illicit tobacco within South Africa.

The work required close cooperation with all farmers living along the border as well as the South African Police Service, the South African National Defence Force, the South African Revenue Service and other relevant stakeholders.

Since 2017, Greyvenstein has applied that accumulated experience through his own investigation business, MAG Consulting Services. The company conducts investigations aimed at combating counterfeit and illicit goods entering South Africa through various ports. Its clients primarily include law firms specialising in brand protection for major international commercial brands, with investigations spanning industries including clothing, jewellery, pharmaceuticals and automotive products.

The work involves identifying premises allegedly being used to house, distribute or sell counterfeit products and assisting members of the South African Police Service during the execution of search-and-seizure warrants.

Away from his professional work, Greyvenstein has also become involved in community safety.

Since 2017, he has been a member of his local community Blockwatch, a volunteer organisation serving approximately 175 households. He joined its managing committee in 2018 and was elected chairperson in 2023.

The organisation focuses primarily on community safety and security while also addressing matters of mutual community interest, including incident response, medical support and municipal concerns.

As chairperson, Greyvenstein works with residents, the South African Police Service, the Community Police Forum and local security companies.

His career has therefore come full circle in several respects: from military policing and international security operations to private investigations and community security.

Along the way, his professional record has included a United Nations Deployment Medal, Military Merit Medal, numerous commendation certificates, multiple service awards and recognition for performance and training achievements.

Behind the various titles and deployments is a career built largely around the same central themes — investigation, security, leadership, planning and the management of people and resources in demanding environments.

Mark has vacationed in the Underberg and Himeville areas on numerous occasions during the past eight years and drawn by the natural beauty of the area and friendly disposition ofthe collective community, the decision to relocate was an easy one. He looks forward to the challenges associated with his new role, while contributing his experience to the safety and security of the local community.

Mark will be joined by his wife, Ilsemarie, and their children, Haley (14) and Ethan (9).



Welcome Mark Peter Greyvenstein



Farewell Kevin Webster

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