



THE GREYTON POST

ISSUE 19

MAY/JUNE 2026

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Exciting developments are now underway for The Greyton Post! Now reflecting on two years as editor, I am delighted to see the readership grow steadily with each issue. What began as a small community publication with just 250 copies, I believe has evolved into a trusted platform for sharing local stories, news, and community updates with over 1000 readers. We extend our sincere thanks to our readers, writers, and advertisers - your continued support makes everything possible.

To help us keep the paper flourishing, we encourage subscriptions at R300 per year (just R25 per month). This allows us to remain accessible and free for those in our community who may not be able to afford it. You'll find a SnapScan QR code right to make subscribing simple and convenient.

You may also have noticed the new village Greyton Post notice board at the Greyt Oak Centre just by the EARS charity shop. This features a map, QR codes for local trails, updates on what's happening around town, and a space for classifieds and small adverts. If you'd like to advertise or place a flyer, please get in touch - we'd love to include you.

We are excited to introduce our new website, www.greytonpost.co.za designed to bring Greyton right to your fingertips. With regularly updated content including news, a business directory, photos, and event updates, the site helps keep our village visible and vibrant. By maintaining fresh and engaging material, we ensure strong online presence and search visibility, avoiding the stagnation that often affects small community sites. We will also be archiving previous digital issues on the site ensuring they are preserved and accessible for all, rather than tucked away and forgotten in a box in the attic!

Our mission remains the same: to share positive, uplifting stories from our community and to showcase Greyton to a wider audience. Through our associations with SA Tourism, Wesgro, and Overberg Tourism, we are committed to keeping our unique valley on the map and encouraging visitors, especially during the quieter winter months. There is more to come - we are growing!

As autumn settles in, enjoy the cooler days, colourful leaves, and (hopefully) flowing rivers.

PAULA ANSLEY Editor

Please note: The opinions and views expressed in this publication are those of the authors and do not reflect the opinions or views of *The Greyton Post*.



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A PROACTIVE APPROACH TO YOUR HEALTH

The Winter Check-Up



As winter approaches in Greyton, it is an opportune time to take a proactive approach to personal health. Colder weather is often associated with an increase in respiratory infections, including flu and bronchitis, as well as a general decline in immune resilience. A routine medical check-up at the start of the season can play a significant role in maintaining overall wellbeing.

Preventative care remains one of the most effective ways to manage long-term health. Even in the absence of symptoms, it is advisable to monitor key health indicators, including:

- Blood pressure – often referred to as the “silent condition”
- Blood glucose levels – important for early detection of diabetes
- Cholesterol levels – a key factor in cardiovascular health.

For individuals living with chronic conditions, including asthma, cardiovascular disease, or diabetes, a pre-winter consultation provides an opportunity to:

- Review current treatment plans
- Ensure medication remains effective
- Identify any early warning signs of deterioration.

Maintaining regular physical activity during the colder months is equally important. While it may be tempting to reduce activity levels, exercise plays a vital role in supporting immune function, cardiovascular health, and overall wellbeing. Simple, consistent movement is often sufficient, such as:

- Walking regularly, even for short distances
- Light strength or mobility exercises at home
- Gardening or other outdoor activities during milder parts of the day

For individuals over the age of 50, particularly those who have not exercised regularly before, it is advisable to undergo

a basic health assessment prior to starting a new

exercise routine. This ensures that any underlying conditions are identified and that activity can be introduced safely and appropriately.

Seasonal vaccinations, particularly the annual flu vaccine, are also strongly recommended - especially for older adults and those with underlying health conditions.

Additional winter health considerations include:

- Monitoring persistent coughs or respiratory symptoms
- Maintaining adequate hydration, even in colder weather
- Supporting immune health through balanced nutrition and rest.

While it is common to postpone routine health checks, early intervention is both practical and beneficial. A brief consultation now may prevent more serious illness later in the season.



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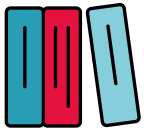


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BRIDGET IMPEY

Roy's memoir is a beautiful account of a life shaped by activism, Indian history; and complex relationships, primarily her relationship with her mother, Mary Roy.

Mary walked out of her marriage with little more than a degree in education. In 1967, she founded a renowned school in a former Rotary Club hall in Kerala's Kottayam district and later won a landmark Supreme Court case securing inheritance rights for Christian women. Brilliant and deeply loved by the community of Kerala, she touched many people's lives.

Her two children, however, were not so lucky at home. Mary could be savage - dishing out punishments and constantly belittling them. Her relationship with Arundhati was complex and often cruel. She taught her daughter how to be a strong feminist while undermining her at every turn; she was both "a terror and a wonder to behold."

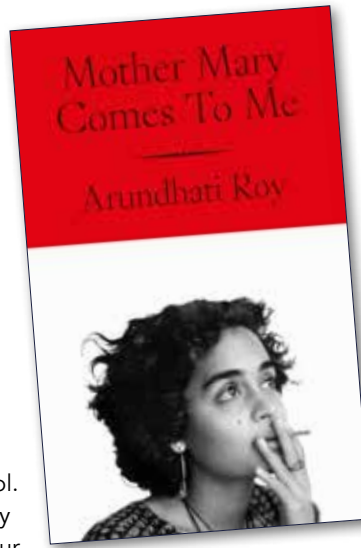
"It has taken me years to come to terms with the fact that I was a middle child, one of three siblings, not two. My older

sibling was a boy, and my younger sibling was at school. There was never any doubt about who our

mother's favourite child was. She loved, fought for and protected her youngest child with everything she had. That kind of focused, ferocious love, regardless of what it may choose as its object, is a blessed love.

The challenge for those of us who are not chosen, and instead watch love pass us by, is to learn from it, marvel at it, and not grow bitter and incapable of love ourselves." "I left my mother not because I didn't love her, but in order to be able to continue to love her."

The memoir leaves Kerala when Arundhati secures a place to study architecture in New Delhi. There she meets her future husband, documentary filmmaker



Pradip Krishen. She acts in films and goes on to write screenplays. She also reconnects with her father, Micky Roy, in a passage that is both very funny and deeply moving. What follows is the story of her career and her fight to preserve the India she loves.

She won the Booker Prize in 1997 for *The God of Small Things*. Arundhati's life story becomes, in many ways, the story of modern India and of life as an activist. As Mary becomes ill, the book circles back to her mother and the last years of her life. An asthmatic who has taken to her bed, Mary forges a slightly easier relationship with her daughter and is immensely proud of her achievements.

The early part of the book provides insight into some of the origins of *The God of Small Things*, and this memoir, beautifully written, contains some of the same whimsy and magic in its characters. I immediately had to go back and reread *The God of Small Things*, and I'm so glad I did.

'The Way' Preschool Growing Strong

Tucked away in Heuvelkroon, The Way Montessori Preschool has been quietly flourishing since opening its doors in 2023 with just 15 little learners.

PRU RAMSEY

Today, that number has grown to a lively and happy group of 27 - a wonderful sign of a school finding its feet in the community.

At the heart of *The Way* are long-time Valley residents Vivean Seconna Davids and Elani Franz, both Montessori-trained through Shiloh Synergy and qualified with Level 5 Diplomas in Early Childhood Development from Indaba Institute in Stellenbosch. Alongside them, assistant Memory Tembo has begun her own Montessori training - a lovely example of growth from within.

Community spirit was on full display in October 2025 when a fundraising raffle raised an impressive R70,400 to fence the property. The draw, overseen by Greyton auditor Peter Duncun, was won by Yunita Steyn, whose family will enjoy a West Coast getaway during flower season.



The new fence now provides a safe, secure space for the children - something everyone involved can feel proud of.

Next on the horizon is an exciting outdoor play area designed to spark imagination, movement, and connection to nature - all key to the Montessori approach. Plans are underway for a volunteer-led playground build in October 2026, with support from the South African Institute for Sensory Integration.

The Way offers a warm, values-based environment where respect, curiosity, and care for others are part of everyday learning. Children are well looked after too - with daily

breakfasts and community-supported lunches adding to the sense of care that runs through the school.

Greyton auditor Peter Duncun oversaw the raffle.



A registered NPO, The Way continues to grow with heart. To find out more or get involved, contact 083 626 0483.

A Soft Landing for the Tiniest Lives

MARLI HOFFMAN

Before *The Nest Baby Haven* became a plan on paper, it was a feeling. For as long as I can remember, I have wanted to be a mother. Not simply to raise children, but to create a home where beginnings are held carefully. Today I am a mother to children who are not my blood, yet they are entirely my heart. That lived experience of love formed through intention rather than biology will shape everything *The Nest Baby Haven* stands for. *The Nest* will be a baby-only safe haven based here in Greyton. It will exist for the most vulnerable among us: Newborns and young infants who, for a range of circumstances, will require alternative care in their earliest months and will need safety, stability and nurturing support. These children will not only come from our immediate community, but from the wider region where safe, specialised infant care is critically needed. We speak often about “soft landings” because that is what all babies deserve. Not institutions. Not overstretched systems. But a

calm, consistent, attachment-focused environment where they will be able to regulate, bond and begin again.

One of our early supporters said something that has stayed with me: “If you change the first thousand days, you change the whole story.” The earliest months of life will shape neurological development, emotional security and long-term resilience. *The Nest* will aim to protect that window of time with excellence, dignity and deep care. But *The Nest* will not only be about babies. It will also be about Greyton.

From the outset, this initiative is being built locally, and with the community. We will prioritise local tradespeople, local suppliers and local services wherever possible. We want the village to recognise itself in this project. Once fully operational,

The Nest will create approximately 17 employment opportunities.

The Nest will be built on a simple belief: families are formed through love, intention and the light we choose to offer one another. Some children will begin their story in uncertainty. Our role will not be to define their future by that beginning,

but to gently steady it and give them the safest possible start. Projects like this do not belong to one person. They belong to a community.

In the months ahead, there will be many ways to become involved, through skills, time, services, ideas or

practical support. If this vision resonates with you, I invite you to step closer, to ask how you can contribute, and to become part of creating something that will outlast us all.

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THANK YOU, GREYTON:

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LEANDI COHEN

It really does take a village - and Greyton showed exactly what that means during this year's Cape Epic.

During the Epic week, the energy in town was nothing short of electric. From the buzz in the streets to the warmth of the welcome, the atmosphere was truly something special - the kind that lingers long after the riders have moved on.

A heartfelt thank you goes to every local business that embraced the occasion with such enthusiasm. Storefronts dressed in Epic colours and beautifully decorated bicycles lining the streets brought Greyton to life in the most festive and creative way - a true reflection of the village's spirit.

Our schools brought extraordinary joy and pride to the event. From the vibrant artwork and smiling faces at Greyton House, to Uitkyk's impressive giant bike display, Silverwood's warm "Welcome to Greyton" sign, and Greyton Primêr's unforgettable cheer squad - dressed in full black and yellow and powered by bright orange cheer sticks from Vigne Pharmacy - the gees was undeniable and deeply felt.

To the Greyton Volunteer Firefighters, thank you for the unforgettable moment of leading out the Elite ladies with your fire truck - a proud and powerful display of community support that captured the essence of Greyton.

A special word of thanks must go to Lightspeed Wireless for stepping in so generously when the Epic EMS system went down, offering your offices and in-

ternet connection without hesitation. Your quick action made a real and immediate difference.

We are also deeply grateful to Kootjie Viljoen from Oewerzicht for the generous donation of apples to welcome visitors, and to the wonderful local ladies who gave their time to hand them out with such warmth and hospitality.

Beyond the village itself, it was incredible to see the riders racing through our own backyard - from Luislang to 2nd Bench and Bakenskap. Watching world-class athletes take on terrain we ride every day was something truly special, and a proud moment for the Greyton MTB community. Moments like this don't just happen - they are built. A huge shoutout goes to

the trail team, who put in countless hours behind the scenes to get everything into peak condition. Takunda Jackson, Shaun Lourens, and Michael Jacobs worked shoulder-to-shoulder with the Cape Epic crew from Cape Trails, ensuring that our trails were fast, smooth, and race-ready at the highest level.

The result? A truly world-class mountain biking stage right here in Greyton - a proud moment for our trails, our team, and our entire community.

And finally, to every resident who came out to support - whether along Main Road or cheering from the mountains - your presence and encouragement meant more than you may realise. The feedback from riders has been overwhelmingly positive.

Greyton, you didn't just host the Epic - you made it unforgettable.






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A SAFE SPACE TO SHINE:

Arts & Culture at Greyton's Red Cross

In true Greyton spirit, where community care runs deep, the Red Cross Society Greyton branch has created something quietly special for the valley's children.

GERVAISE CHRISTIE

What began as a simple aftercare initiative - offering a warm meal and a safe space after school - has grown into a vibrant weekly arts and culture programme that is enriching young lives in meaningful ways.

Every Monday, under the gentle coordination of Ruth Versveld and with the support of dedicated staff Chelisa and Marlin, children gather to explore creativity through art. With often only basic materials, they produce imaginative, joyful works that reflect not only talent, but a sense of pride and belonging. Since early 2026, the programme has expanded beautifully.

Alongside Art Mondays, children now enjoy speech and developmental drama classes presented by Elevate Education. Led by local drama teacher Francine Booyesen and student teacher Gervaise, these sessions are filled with laughter, storytelling and creative play. They offer children a safe, joyful space to find their voices, build confidence and connect with one another.

On alternating weeks, Music Mondays - led by the much-loved Karin Daniels - bring rhythm and song into the mix. Through singing, movement and simple instruments, children celebrate local culture while developing coordination, confidence and joy.

The programme has even found its way into the Greyton Art Walk, where the



children's creations have been warmly received. Yet at its heart, art remains the steady thread - guided by Marian Swartz and Ruth Versveld, with the invaluable support of volunteers including Ursula Röthlisberger and Ada Kennedy.

Beyond the smiles and laughter, the impact runs deeper. Art, music and drama nurture growing minds - strengthening emotional wellbeing, building confidence and encouraging connection.

Sessions run every Monday from 14:30 to 15:30, and the door is always open. Whether through volunteering, donating materials, or simply spreading the word, the community is invited to be part of this quietly powerful initiative.

Because here in Greyton, it really does take a village - and this is one of the ways we show it.



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CHARITY SHOPS:

The Heart of a Community

Moving to a new town can be daunting, especially to a country village like Greyton where every-one seems to know everyone else, and you feel like the outsider but step inside one of the town's several charity shops and that perception changes in a heartbeat.

You're entering an environment driven by compassion and social impact, not profit margins and career goals. The volunteers who work there share a deep love for the charities they serve, and it shows in their treatment of customers. There's an undeniable warmth to every greeting, and suddenly the shop becomes a comfortable place to get to know the locals.

At EARS Donkey Sanctuary's Charity Shop in Main Road our regular shoppers enthusiastically share local info with newbies, like where to find the best pizza/plumber/garden service, how to keep kids entertained and what to show visitors when they come to town. It's a social hub for Greytonians, but it's so much more too.

It offers affordable, basic necessities for the broader community; you can clothe a family without breaking the bank, put sheets and blankets and pillows on beds, find work shoes and smart shirts for Dad, and stock a kitchen.

And there are always treats in store that surprise and delight – like the Royal Doulton cups that make exquisite candle holders, the antique brass for your mother's collection and the almost new novels selling for a song.

For Gen Z'ers who strive for sustainability coupled with individuality, charity shops are heaven sent, and for newcomers who discover they've brought too much of their old lives into their smaller home, the shops welcome discards with open arms. When we arrived in Greyton six years ago, we knew only one other person living here but through volunteering for EARS (even though I knew very little about donkeys)



and eventually working in the charity shop my social circle exploded.

If you're looking to make new friends, or understand our village a little better consider shopping at or volunteering in a charity shop.

You'll be surprised how welcome you'll feel.

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Hiking Safely in Greyton



We caught up with Greyton's own Harry Ansley - hiking guide, outdoor enthusiast, and trained first responder - whose experience ranges from instructing at Quest Africa to summiting Mount Kilimanjaro at just 16. With winter settling into the Overberg, Harry shares practical, no-nonsense advice for staying safe on the trails.

One of the biggest mistakes he sees? Overconfidence. "People overestimate how far and fast they can hike, and underestimate how much water they need," he explains. It's often a mix of inexperience and overconfidence in their fitness levels - both of which can quickly turn a simple outing into a rescue situation. His rule is simple: always pack more water than you think you'll need, then add another litre. Alongside that, food is essential. "By the time you feel hungry, your body is already running low on fuel." Small, regular snacks - like bananas or energy bars - keep energy levels steady.

Footwear is another common issue. Blisters can ruin a hike and are usually caused by shoes that aren't properly

worn in. Comfortable, tested footwear - and even a spare pair of socks - can make all the difference between a pleasant walk and a painful one. Vaseline between toes helps too.

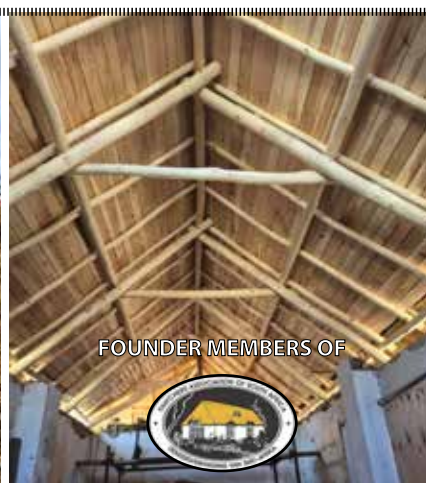
For those new to Greyton, Harry's core safety rules are straightforward: tell someone your planned route and expected return time, stick to established trails, and always carry something warm and waterproof. "Weather can change quickly, even on a mild day."

Winter, however, brings its own risks. Cold and wet conditions increase the danger of exposure. "A sudden worsening of the weather can severely challenge even strong hikers," he says. Warm layers, waterproof gear, gloves, and even a thermos with a hot drink are worthwhile

additions. And perhaps most importantly: know when to turn back. "Don't try to tough out a storm - you will lose."

Hiking alone isn't something he recommends, especially for those unfamiliar with the area. But if you do go solo, careful planning is vital. Choose routes with mobile reception, carry a basic first aid kit (and know how to use it), and never leave the trail. His early experience on Kilimanjaro shaped a lasting mindset: respect nature, prepare thoroughly, and always think ahead. "Before any hike, I ask myself - if something goes wrong, how do I get out?" It's a simple question, but one that could make all the difference.

For guided hikes, call Harry @HikeGreyton: 066 226 5839 | harry@hikegreyton.com www.hikegreyton.com



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UNSUNG HERO:

NICKY BURNELL

Growing Riders, Building Futures



In Greyton, where the outdoors forms the backdrop to everyday life, it is often the quiet, consistent efforts of individuals that make the deepest impact. Nicky Burnell is one such person.

Through her work with the Greyton Junior Mountain Bike Club, she has created far more than a cycling programme - she has built a space where young people develop confidence, resilience and a true sense of belonging.

The Junior MTB programme has been part of the Greyton community for over 12 years, evolving under various leaders before Nicky stepped in three years ago. Her involvement began simply - noticing a group of mostly boys riding and feeling inspired to help bring more girls into the fold. When the opportunity arose to take over leadership, she embraced it wholeheartedly, and the club has since become a central part of her life.

Nicky's passion is deeply personal. She only discovered mountain biking later in life, after her children had grown up. What began as a new hobby quickly became something transformative. Through riding, she found confidence, courage and a supportive community - experiences she is now determined to pass on to the next generation. As she often reflects, the sport showed her she



was capable of far more than she had imagined.

Today, the club supports around 60 children - approximately 20 girls and 40 boys - all aged eight and up. Many rely on shared club bikes, which means resources ultimately limit how many can participate. Despite this, demand continues to grow, a clear reflection of the programme's impact and reputation in the village.

Sessions take place twice a week and follow a simple but effective structure. Riders begin with short skills sessions in a safe space before heading out onto the trails. Here, children learn not only technical riding skills but also discipline, patience and respect. These lessons are reinforced through practical experience - navigating terrain, working as a group and supporting one another. Alongside this, Nicky makes space for important conversations, from kindness and bullying to appreciation and accountability.

The results are remarkable. Some children discover competitive potential and go on to participate in events beyond Greyton, while others simply find joy, confidence and a place where they feel seen

and supported. Perhaps most powerful is the way the programme nurtures leadership: older riders often return to assist with younger groups, creating a cycle of mentorship that strengthens the entire community.

The club is supported by a dedicated team, including Oom Peet Pietersen, a vital link to the community, as well as Takunda Jackson and Makonnon Blom, who contribute as ride leaders and mechanics. Additional support has come from organisations such as the Overberg Cycling Association, helping to fund training and development opportunities. Some funding comes from local events like the Canola Roller, alongside Nicky's tireless efforts to source equipment and opportunities. Storage space, workshop facilities and volunteer capacity continue to limit growth, even as interest rises.

Looking ahead, Nicky hopes to expand the programme, host local cycling events and encourage more community involvement. A key focus remains getting more girls to stay involved through adolescence, with initiatives like the proposed "Pads for Princesses" programme aimed at providing the support they need to continue. At its heart, Nicky's work is about unlocking potential.

Through patience, passion and persistence, she is not only growing young riders - she is shaping confident, capable individuals. And in doing so, she is quietly helping to shape the future of Greyton.

This Unsung Hero Article is graciously sponsored by



ANCIENT WATERWAYS BENEATH THE SAHARA:

The Khettaras of Fezna



LES ANSLEY

I have just returned from a desert horse-riding trek through the Moroccan Sahara - long days in the saddle, endless horizons, and the kind of silence you only find far from everything.

Yet what caught my attention most was a strange pattern etched across the landscape: evenly spaced, mole-like mounds stretching for tens of kilometres across the desert floor. Curiosity got the better of me. I asked our guide what they were. What I discovered was remarkable.

Beneath the arid deserts of southeastern Morocco lies a hidden marvel of engineering: the khettaras of Fezna. These ancient underground aqueducts, some stretching

for tens of kilometres, have sustained oasis communities for centuries.

Dating back to around the 11th century, these systems were inspired by earlier Persian and Yemeni designs, adapted to the North African landscape. Rather than transporting water above ground, khettaras draw it beneath the surface, protecting it from sun and evaporation. Each system begins high in the foothills, where a deep "mother well" is sunk - often 20 to 60 metres or more - until it

reaches a sloping underground aquifer. This aquifer, a layer of water held within gravel and sand, angles downward away from the mountains. The khattara tunnel intercepts this water source and follows a gradient, allowing water to flow by gravity towards the oasis.

Along the route, a series of vertical shafts - typically 5 to 20 metres deep and around a metre wide - punctuate the landscape in a straight line. These shafts were essential during construction and

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remain vital for ventilation and maintenance. Seen from above, they appear as a chain of dots across the desert.

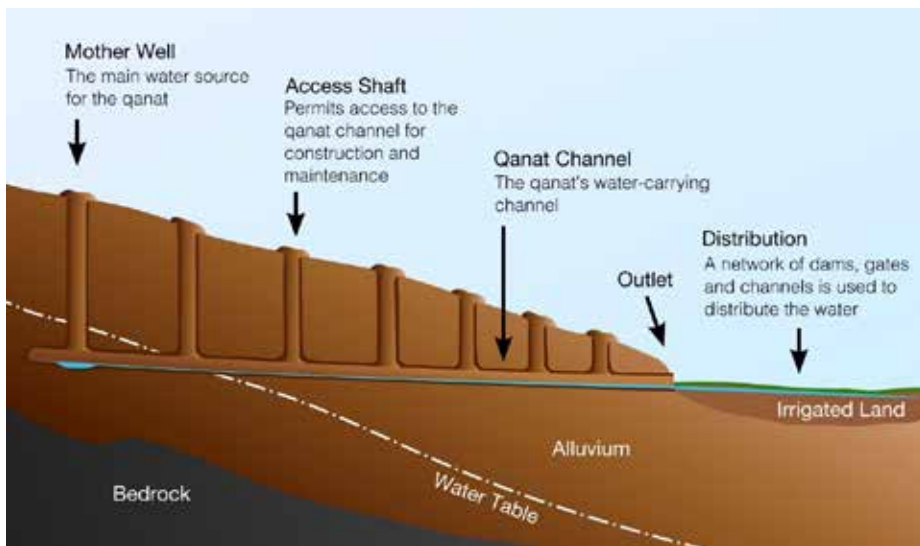
The underground tunnel itself is modest: typically 0.5 to 1 metre wide and about 1.2 to 1.8 metres high - just enough for a worker to move through. Despite its scale, this narrow passage can carry water over extraordinary distances.

By the time the water reaches the surface,

it emerges into irrigation channels, feeding palm groves, crops and homes. In Fezna and the wider Tafilalt region, these systems were - and in some cases still are - the foundation of life.

Importantly, khetтары were managed collectively. Groups such as the Amazigh, including the Ait Atta and Ait Khebbach, as well as Haratin communities, shared water through carefully regulated time-based rights.

What makes the khetтары remarkable is their efficiency. Without machinery, they harness geology and gravity to move water across distance. Today, many have fallen into disrepair, yet they remain a reminder of human ingenuity - working with the landscape, not against it, to sustain life in one of the world's harshest environments.



(Attribution - <https://thecivilengineer.org>)



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ARTIST IN FOCUS:

The Craft of Old Coach Road

Tucked quietly into Greyton's creative heart is *Old Coach Road* – the workshop and gallery space of **Graeme Bramley**, where craft, story, and design come together with a distinctly timeless feel. Inspired by a mountain road in Limpopo where he once lived, the name itself carries a sense of heritage and quiet charm.

"I lived along a road called Old Coach Road – once a wagon route – in a beautiful farming area," Graeme explains. "It had this old-world authenticity that stayed with me. That feeling now runs through everything I create."

With a background in mechanical engineering and industrial design, Graeme's work sits at a compelling intersection of precision and imagination. From jewellery and lighting to furniture and sculpture, each piece reflects both technical mastery and creative intuition.

"For me, design is about bridging creativity with production," he says. "Taking something from imagination through to a tangible piece that is both beautiful and manufacturable."

A key strength in his practice is mould-making – a process he finds particularly energising. "There's something incredibly satisfying about bringing a form to life through that method," he adds.

Materials play a central role in shaping his work. Brass, with its warmth and character, forms the foundation of many pieces,

often combined with silver and copper to create layered, expressive finishes. "Metals are versatile and forgiving," Graeme notes. "They allow for constant refinement and evolution."

Originally from Tzaneen, where he grew up on a macadamia and avocado farm, Graeme's fascination with making began early. After studying Product Design in Pretoria, he co-founded a concrete design business in Johannesburg, working on high-end interiors. But over time, both the medium and the pace of city life began to feel limiting.

"Greyton just felt right," he says. "After travelling around the country, I found a sense of home here – in the mountains and among the people."

Today, *Old Coach Road* is largely a solo endeavour, with occasional support in the workshop. Alongside it sits the *Gallery of Fine Things* – a carefully curat-



ed space where other like-minded artists and makers can showcase their work.

Visitors stepping into *Old Coach Road* can expect more than just objects.

"I hope people experience a sense of authentic craftsmanship," Graeme says. "A feeling of passion and craft."

Looking ahead, his vision is to expand his range into furniture, build an online presence, online presence, and continue creating beautiful, lasting pieces – all from a small, inspired corner of Greyton.

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PENNY SPARROWHAWK - A UNIQUE SPIRIT:

Meet the Editor . . .

"That girl's got swashbuckling spirit,"

I thought to myself as I watched Paula Ansley, long legs tucked into a very fetching pair of cowboy boots, calmly tackle and coax a large and decidedly unimpressed Cape cobra into a plastic container at our GAWS kennels in Greyton.

"I'm very pleased I did a snake-handling refresher course yesterday," she laughed, addressing a small group of pale, wide-eyed onlookers who had wisely chosen distance over bravery.

So who is Paula Ansley? That's a question which could take some time to answer, as Paula has a remarkable collection of stories and adventures to her name. In Greyton, she is best known as the owner and editor of *The Greyton Post*, our local publication, with her office tucked into the Oak and Vine Courtyard. She is married to Les, one of our intrepid firefighters, and together they have two children who have recently flown the nest and are forging their own paths.

Paula and Les both ride, and their much-loved horses - another of Paula's passions - are very much part of family life on their property.

Originally from England, Paula spent over 20 years as a molecular immunologist before expanding her academic journey to study Innovation, Creativity, and Entrepreneurship at Newcastle University - a qualification that speaks volumes about her curious mind and adventurous spirit.

And speaking of spirit, Paula was the founder of the now internationally famous Indlovu Gin, made using botanicals sourced from elephant dung. The



idea was sparked during a safari in Kenya, where Paula observed elephants foraging and realised their diet created a unique natural blend of botanicals. From this unlikely inspiration came a gin unlike any other. Yet behind the bold ideas and fearless encounters lies a quieter, deeply observant naturelover. This gentler side of Paula is beautifully expressed through her photography of the natural world, and in her sensitive portraits of pets and other animals.

Paula with son Harry, daughter Amelia and husband Les.

Multi-talented, curious, and endlessly inventive, Paula Ansley has an uncanny ability to turn her hand to anything that captures her interest. Greyton is richer for it, and we are fortunate indeed that Paula and Les have chosen to make our village their home.



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GAWS AT WORK & PLAY

A Special Afternoon at GAWS

PENNY SPARROWHAWK

The last Saturday of March saw families from across our community gather at GAWS or a joyful afternoon celebrating the opening of our new cat hotel, The Cat's Cradle, alongside our newly built dog boarding kennels.

The event was filled with laughter as children took part in beanbag games happily fuelled by hot dogs and juice. Local artist and children's art teacher, Gabby van Heerden, added a creative touch to the day, guiding young visitors in making colourful badges inspired by their favourite pets. A highlight for many was the gentle presence of Artemis, a pony from our Equine Rescue Unit, who gave the children a special hands-on introduction. It was a heart-warming afternoon - a true celebration of animals, community, and the shared love that connects them.





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Introducing The Cat's Cradle

The day also marked the official opening of *The Cat's Cradle* - a specially designed cat hotel featuring ten beautifully crafted spaces for cats and kittens. This special project was the vision of our local interior designer Dee de Kock, who not only conceptualised the space but spent weeks fixing, scraping and painting. From double-storey cat kennels and climbing structures to hammocks and an outdoor play area. Even our local knitters at Ribbons & Roses contributed the cat's blankets.

Thanks to the generosity of sponsors and donors, this "cat haven" now offers a safe, comfortable, environment for cats in our care - whether for boarding, medical treatment, or while awaiting adoption. If you would like to sponsor a 'crib' or contribute in any way, we would be grateful. Visitors



Greyton Animal Welfare Society

are always welcome to come and see this special space and learn more about the work GAWS is doing in the community.

GAWS at Work

While moments like these are worth celebrating, much of GAWS' work happens under more challenging circumstances.

Over the past two months, a severe canine distemper outbreak has affected dogs across our valley, placing immense strain on both the community and GAWS resources. In response, nearly 1,000 vaccinations have been carried out through door-to-door efforts by our dedicated volunteers and staff, led by the tireless Christine Glover. The next critical phase - administering booster vaccinations - is now underway to contain the spread of this devastating disease.

As a non-profit organisation, GAWS relies entirely on the generosity of private individuals and receives no government funding.

While this campaign has significantly stretched our resources, it has not diminished our determination to protect our community dogs.

We appeal to the community to support this vital work with no amount too small.

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A Life of a Greyton Vet

“Greyton may be small, but it is incredibly powerful when people come together,” she reflects. “The love for animals, nature, and each other here is something truly special.”

Some careers are chosen. Others, it seems, quietly choose you. For Sarah, becoming a vet was less a single defining moment and more a lifelong certainty. “I got the idea in my head when I was about seven,” she says, smiling. “Even when teachers said it was a pipe dream, I couldn’t think of anything better to do. It truly is a vocation.”

Sarah and her partner, Francois, both worked independently around the world before returning to South Africa with a shared vision: a life in the platteland, working in mixed veterinary practice.

Caledon offered the perfect base - close to family and nature - but it was Greyton that truly captured their hearts.

“We wanted to raise our daughter in a small, open-minded, caring community surrounded by animals and nature,” she explains. “Greyton ticked all the boxes.”

And what does a typical day at Caledon Vet Clinic look like? In truth, there isn’t one. A morning might begin with treating a horse for EARS or GAWS, followed by checking a pig at a sanctuary, conducting pregnancy scans on a dairy farm, tending to an alpaca’s eye, and then heading into complex surgery - all before a full afternoon of companion animal consults. “No two days are the same,” Sarah says. “That’s what makes it such an incredible job.” The vet clinic is based in Caledon with a full hospital set up but holds twice weekly clinics in Greyton and once weekly in Rivieronsderend too.

Of course, rural veterinary work demands more than medical skill. “Our patients

can’t talk, so we have to be thorough - part doctor, part detective,” she explains. Diagnostics often guide the way, but not always in a straight line. And then there is the human side. “We are often counselors too - especially in emergencies or end-of-life care. Supporting people and their animals through those moments is one of the hardest parts of the job, yet also the greatest privilege.”

The profession certainly keeps things interesting. From two-headed calves to removing wedding rings from a dog’s stomach, there is no shortage of surprises. One particularly memorable moment involved Francois rescuing a concussed fish eagle - only for it to recover mid-journey and stage a dramatic escape inside the car. “There was blood,” Sarah laughs, “but thankfully not the eagle’s!”

Through it all, humour - and a strong team - keeps spirits high. But perhaps the most profound lesson comes from the community itself. “Greyton may be small, but it is incredibly powerful when people come together,” she reflects. “The love for animals, nature, and each other here is something truly special.”



And her advice to local pet owners?

Simple but important: invest in good pet insurance and keep vaccinations, tick, flea, and worm control up to date. “It makes all the difference when it comes to giving your pets the best possible care.”

In Greyton, it seems, both people and animals are in very good hands.

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Exciting times ahead for Greyton!

MIKE KOCK

Greyton Conservation Society's (GCS) historical mandate is to conserve Greyton's natural environment, maintain ecosystem services including endangered biomes and hydrological systems, maintain ecological connectivity, and management of the Greyton Nature Reserve (GNR). Within the natural and village environment, GCS also manages the baboon monitoring and management programme.

GCS is excited to share some big changes for 2026! New ideas, new approaches, time to engage with Nature more. GCS is exploring ways to build on the work it has done to date and, with other conservation partners in the village, to develop a more integrated, wider and reimagined program. The **Greyton Nature Programme** (GNP) has arrived! The envisaged new Programme will help to positively enhance the relationship between people and all aspects of nature in and around Greyton.

The GNP, under the umbrella of GCS, has started through generous funding by the Sophia Foundation. This special donation will enable GCS-GNP, in partnership with Wild Restoration and with TWK's support, to develop a more holistic and nature driven programme. This includes a continuing compassionate and adaptive baboon management programme, development of an extension to the existing GNR and a strong ecological driven mandate to restore landscapes through alien clearing, increasing connectivity and corridors, and education. Importantly, the Sophia Foundation's support is a matching grant



meaning that we can double the impact of each Rand contributed by generous community members and other friends of Greyton. To ensure excellence and impact of this new Programme, the GNP through

“Here is good advice for practice: go into partnership with nature, she does half the work and asks for none of the fee!”

MARTIN FISCHER

GCS, is recruiting a permanent Conservation Manager to coordinate the Programme with partners and stakeholders. This position is a hands-on conservation driven leadership role which combines strategy, field management, partnerships, and community engagement, all with a strong ecological and environmental component, and is expected to be filled by June 2026. To learn more about the Greyton Conservation Society and Greyton Nature Programme, please visit our website at: greytonconservationsociety.com/greyton-nature-programme

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THE PATH OF ELDERSHIP:

Andries Latier's Journey

'As you reap, so shall you sow.'

This has been the theme throughout the life of Andries Latier, a father of nine, grandfather of 33, and great-grandfather to a multitude. Born in 1933, now in his 93rd year, he is affectionately known as 'Odie' (ouderling), an elder in his community, having travelled a long and winding road. One of his granddaughters lovingly says: "All of us want a husband like my Oupa. He's a perfect example of how to live life" - loyal, hardworking, brave, imbued with strong willpower, and a guiding light for his large family... God-fearing, honest and respectful.

Andries learnt morality, life skills, courage, a strong work ethic and an unshakable faith from his grandfather, Andries Latier Senior, who lived in Vlei Street. Born on a farm near Rivieronderend, he came to live with his grandfather at the age of nine. His Oupa farmed potatoes, beans and onions. Early each morning, he was responsible for taking the oxen and cattle out to graze before heading off to St Andrews School. Breakfast was

INTERVIEWED BY MARIAN SWARTZ

mieliepap, coffee and a cooked potato. In the evenings, he would chase the animals into the kraal, after which he and his grandparents would eat, before gathering for a religious service.

It was his job to collect cattle dung and prepare it for spreading evenly across the house floors using a rag. His Ouma would then open all the windows, and he remembers with great joy how the house would fill with the sweet, nostalgic aroma of smooth, drying dung floors. Red clay, collected from a nearby kloof, was shaped into a neat skirting board. At 16, he had to leave school, while continuing to assist his Oupa.

Every New Year's Eve, musicians would gather at his Oupa's house - the sounds of guitars, violins, banjos and piano accordion played with gusto through the night, welcoming the new year. Aunties would make cakes, biscuits and ginger beer, and the children would camp for three days under shelters made from tree branches.



At 19, the devastating death of his grandparents affected him deeply. His sister brought him to Cape Town, where he first worked as a cleaner and later as an artisan. Come rain or shine, he would leave Elsies River at 5 a.m. on his bicycle, reaching the CBD to begin work at 6 pm. Happily married to Abieba, he adjusted to city life, enjoying ballroom dancing and raising his children. He learnt new skills quickly and went on to work as a highly accomplished salesman, and later as a foreman on a salt pan near Paternoster. By choosing a righteous life, Andries now harvests its rewards, surrounded by children, grandchildren and great-grandchildren. He is grateful for his devout life. Honesty and respect, reliability, hard work, faith, humour and humility continue to guide him along his life's journey. A true elder. *A reflection of a life fully lived.*



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A spirited group of Greyton hikers - with two welcome additions from Grabouw - recently completed the unforgettable Alikreukel Trail along the Southern Cape coast. What unfolded over four days was not just a hike, but a richly layered experience of natural beauty, history, camaraderie, and no shortage of laughter.

The adventure began in Jongensfontein with a warm welcome and a relaxed evening that set the tone for the days ahead. From the outset, the group quickly found its rhythm - a strong, well-paced team that moved comfortably across varied terrain, taking in the landscape rather than rushing through it.

Day one, aptly themed "Once upon a cave", offered a rugged and spectacular introduction. The route from Blombos hugged the coastline before winding inland, revealing dramatic rock formations and sweeping ocean views. Passing the famous Blombos Cave - home to some of the earliest evidence of human culture dating back over 70,000 years - added a fascinating historical dimension.

The following day's hike to Stilbaai brought a gentler pace but no less beauty. Walks through a milkwood forest (carefully past a few buzzing bee nests) and ancient fish traps built by Khoi communities over 2,000 years ago offered a powerful sense of connection to those who had walked this land long before. A few whales and dolphins were spotted offshore, adding a touch of magic to an already memorable day.

Day three introduced something new - a paddle up the Goukou River. While a few initially approached the kayaking with some hesitation, any reservations quickly



disappeared. The group navigated the calm waters with ease (in the majority!), arriving safely at a stunning lunch stop at Kransfontein Olive Estate - a property once owned by author Wilbur Smith. Here, a delicious olive-inspired meal and insightful talk rounded off a truly unique experience.

The final day's coastal walk along the Geelkrans cliffs revealed an entirely different landscape - wild, sculpted, and ancient. Semi-petrified dunes, fossilised tracks and ancient shell middens told stories stretching back to the ice age, a fitting end to a journey steeped in time.

Throughout the hike, the group's spirit stood out. Even our guide Derek Odendaal remarked that this was the fastest and most amusing group he had ever led - high praise for a determined and enthusiastic team.

With incredible food, shared stories around the table, and plenty of shell collecting along the shore, the Alikreukel Trail delivered on every level. For this Greyton group, it was more than just a hike - it was an experience to remember.

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EMIL WEDER MATRIC DANCE 2026

The Emil Weder Matric Dance 2026 was a truly special occasion, showcasing not only the elegance of the matriculants but also the spirit of the wider Greyton and Genadendal community. In a heartwarming reflection of our close-knit and diverse valley, families came together across villages to celebrate the evening.

One local garden in Greyton was transformed into a beautiful photo setting for a family from Genadendal - a small but meaningful example of the connections that make this community so unique.

As the evening unfolded, Greytonians were out in full force, playing their part in ensuring the night was unforgettable. Proud chauffeurs escorted the girls in their finery, with a delightful mix of vehicles on display - from polished modern cars to a few stunning vintage classics. Adding a personal touch, each vehicle carried a custom-made number plate bearing the name of the matriculant, a detail that brought smiles all round.

Across the neighbouring villages, excitement was palpable. Streets were lined with friends, family, and well-wishers, all

gathered to watch the matrics depart in style. Homes were filled with activity as preparations unfolded - marquees erected, catering arranged, balloons in place - creating a festive atmosphere long before the first car pulled away.

The matric dance is clearly more than just an event; it is a celebration of achievement, community, and the transition into a new chapter.

This year's Emil Weder dance captured all of that beautifully - a night of pride, joy, and shared celebration that will be remembered for years to come.

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FROM NICK DOWNING (GCCC):

Mallet News

The GCCC (*The Greyton Country Croquet Club*) has plundered some silverware, following its successful escapades at the Western Cape Croquet Association Championships. Pedro Martin (the team's new Central Pivot) won the Handicap Singles and together with Penny McRobert, they also scooped up the Handicap Doubles trophy.

There is a famous story of Sir Francis Drake, who was playing bowls in Portsmouth when the Spanish Armada was sighted in the British Channel, but it might just as well have been croquet. So focused on the game, he said: "There is plenty of time to win this game and thrash the Spanish too!" His subsequent victory burnished his reputation as a privateer and plunderer of Spanish treasure. Congratulations to our team for holding up his reputation.

The GCCC's story formally began in 2012 when the club was constituted with six inaugural members. Croquet used to be played in the late Mike Goulding's garden and for a while on the Uitkyk school sports fields before the club was invited in 2019 to share the facilities of the Country Village bowling lawn. Looking to the future, we have leased land from the municipality alongside the bowls club, for the purpose of constructing additional lawns. The land is below the flood line and therefore cannot be built on, but it is suitable for croquet lawns. It also has the added advantage of being next to the bowling club with obvious synergy. The club's vision includes a clear modernising agenda for the sport: Promoting

the sport amongst children; An inclusive approach; Supporting the expansion of recreational facilities locally and contributing to the local tourism economy.

In the meantime, the club goes from strength to strength, eager to climb the ranks of the Robinson Cup league, as we do battle with False Bay, Helderberg Village, Rondebosch, Kelvin Grove, and the two Somerset West teams, the Eagles and the Falcons. There is a large contingent which travels every year to compete nationally at the Port Alfred Classic. Our esteemed captain Graham Goosen is quite the champion winning the level singles (2023), the handicap singles and runner up in the Level singles (2024).

But it's not too serious or overly competitive. There is a keen social element to the club. One can only speculate where the Country Village's bar sales would be without the keen influence of the GCCC.



James Remington-Hobbs, Luc Jansens, Nick Downing (President of GCCC), Penny McRobert, Pedro Martin and Graham Goosen (Captain of GCCC).

Indeed, the biggest trophies are reserved for active japey.

Croquet is above all a social game, to be enjoyed by families, by men and women and youngsters of all ages.

*Our club welcomes you.
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A Powerful Tool - not a Replacement

Artificial intelligence (AI) has rapidly become one of the most talked-about forces shaping the future of investing. From analysing vast datasets in seconds to identifying patterns that may not be visible to the human eye, AI is undoubtedly transforming how investment decisions are made.

In today's markets, *AI is already being used by asset managers* and hedge funds to enhance research, improve portfolio construction, and manage risk more effectively. It can process earnings reports, economic data, market sentiment, and even news flow in real time. This allows for faster decision-making and, in some cases, improved short-term positioning.

For individual investors, AI has also become more accessible. Robo-advisers and algorithm-driven platforms can now build and manage portfolios making investing more widely available and accessible.

However, while AI is a powerful tool, it is important to understand its limitations:

Investing is not purely a data-driven exercise. It is deeply personal. Every investor has unique goals, timelines, tax considerations, and family circumstances. AI can optimise a portfolio based on inputs, but it cannot truly understand the emotional and behavioural aspects of investing, particularly during periods of market volatility, such as we have seen since the beginning of the year.

This is where traditional financial planning, asset and wealth management remain essential:

A skilled financial adviser does far more than select investments. They help clients define their long-term objectives, structure their affairs in a tax-efficient manner, and plan for life events such as retirement, succession, and intergenerational wealth transfer. They also provide *behavioural*

guidance, helping clients stay disciplined when markets are uncertain, which is often the key to long-term success.

AI can also lack the ability to apply nuanced judgement in complex situations. For example, navigating cross-border investments, estate planning, or changing regulatory environments requires experience, interpretation, and a deep understanding of the broader financial landscape.

Most importantly, trust and relationships cannot be automated. In times of uncertainty, clients do not just need data, they need reassurance, context, and a steady hand. The future of investing is not a choice between AI and human advice, but rather *a combination of both*. AI will continue to enhance how portfolios are managed, improving efficiency and insight. At the same time, financial advisers will remain central to delivering personalised, holistic advice.

In the end, technology may change the tools we use, but it will not replace the value of human judgement, experience, and genuine client relationships.



Claire Moorhouse

WEALTH MANAGER, CAPE TOWN

With over two decades' experience in the financial services industry, both locally and globally, Claire's experience as a Wealth Manager is invaluable. She is dedicated to building lasting relationships with her clients and assisting them in achieving their long-term financial goals. By working for companies including HSBC, Citadel, and Investec, being based in London, New York, and Hong Kong, she gained an impressive knowledge of Capital Markets, Wealth- and Asset Management, Investment- and Private Banking, and Financial- and Estate Planning.

In addition to her extensive industry knowledge, Claire holds a B-Comm in Economics (UCT) and advanced her international studies while abroad earning CISI Board Certification in Capital Markets, which includes UK Financial Regulation, Securities and Derivatives. In an ongoing demonstration of her commitment to ethical and compliant practices, she successfully passed the FAIS Regulatory Exam for Representatives (RE5).

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The Accidental Blue Zone

(WITH BETTER COFFEE & FEWER RULES)



MIKE ASH

Some places in the world have been formally recognised as “Blue Zones”, regions where people live longer, healthier lives. They’ve been studied, measured, analysed, and occasionally romanticised. Greyton, on the other hand, seems to have quietly ignored the research... got on with things, and rather conveniently proved much of it right.

No one here is counting polyphenols or discussing mitochondrial biogenesis over breakfast to explore longevity propositions, well, I might be perfectly happy to, but I’ve learned that this is not universally considered appropriate social conversation (There are limits, even in Greyton).

Yet, if you step back and observe, Greyton offers a remarkably coherent template for longevity and related health span extension, almost by accident.

Take movement. In most cities, people schedule exercise, negotiate with themselves about it, and often avoid it altogether. In Greyton, movement is simply what happens between one cup of coffee and the next. You walk to the shop, you walk to a friend’s house, you hop on a bicycle and head out toward the gravel roads or mountain bike trails, or you disappear up a path that seems to have no particular purpose other than being there. It’s not “fitness”, it’s life,

gently insisting. The body, it turns out, quite likes this arrangement.

Then there’s food. Not perfect, not prescriptive, but generally recognisable. Meals tend to be made, not assembled from packets with instructions resembling a chemistry experiment.

Gardens are not just decorative, they’re productive. Whether it’s a handful of herbs, a row of vegetables, or a more ambitious attempt at self-sufficiency, there is something deeply regulating about growing what you eat. It reconnects people to cycles—soil, season, patience—that no app has yet managed to replicate and the physical act of gardening induces mobility, and strength.

Social connection, perhaps the most underrated longevity factor, is woven into daily life.

You can’t entirely avoid people here, even if you try.

Conversations happen.

Names are known.

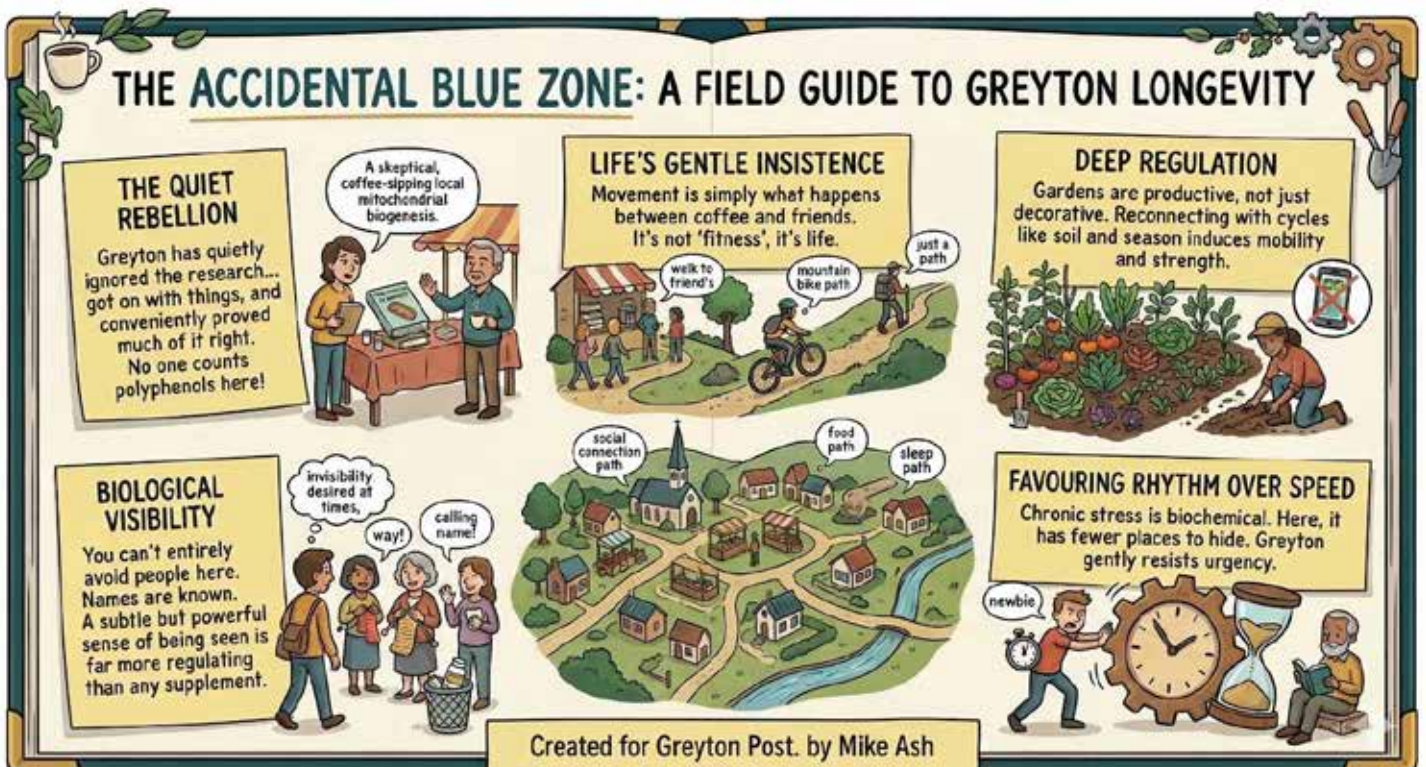
There is a subtle but powerful sense of being seen, which, biologically speaking, is far more regulating than any supplement protocol even if at times invisibility is desired. Even activities that might not

immediately relate to longevity like knitting groups, quietly reinforce this. They create moments of stillness, rhythm, and, more often than not, shared conversation. There’s a quiet intelligence in these practices: hands moving, minds settling, nervous systems recalibrating.

Sleep, too, finds its own Greyton rhythm. Even with the occasional hadadas chorus or a out of control Heuvelkroon gathering that stretches enthusiastically into the early hours, the overall cadence still leans toward restoration (or it could do with some appropriate SAPS oversight).

Darkness arrives properly, albeit we have far more street lights than we used to, mornings come gently, and there is enough alignment with natural light cycles to keep circadian biology reasonably intact, despite the odd social override.

And then there’s pace. Greyton does not rush. It gently resists urgency (much to the annoyance of many newbies). While the rest of the world optimises, tracks, and accelerates, Greyton seems to operate on a different algorithm, one that favours rhythm over speed. From a physiological perspective, that matters. Chronic stress is not just psychological; it’s biochemical. And here, it has fewer places to hide.





DEAREST READERS

One could hardly sip one's morning tea without the whirr of lycra-clad cyclists flashing past at astonishing speed, as the Cape Epic swept through our village in a blaze of colour and energy. Streets were dressed to impress, shopfronts adorned with cycling flair, and the children - oh, their artwork was fantastic and their enthusiastic cheers as cyclists went by.

There was, at one rather tense moment, the threat of utter calamity as a group of startled ponies considered joining the race themselves. Fortunately, swift thinking (and a most generous supply of lucerne) ensured they were safely corralled into the sanctuary of the church garden. One is pleased to report that no roses were harmed.

Meanwhile, a new village noticeboard has appeared, and with it, one suspects, the quiet exchange of messages, plans, and perhaps the occasional intrigue hidden amongst the notices. From bootcamp to a knitting circle, Greyton's social calendar continues to flourish - whether one prefers a push-up or a well-placed purl.

But not all has been light amusement. The village has shown admirable unity in rallying against proposed changes to municipal planning regulations - changes that threaten to carve up our beloved gardens and erect barriers where once there were open vistas.



A particularly sharp-eyed resident - clearly in possession of feline-level perception - spotted a discreet but deeply concerning amendment: the removal of a protective clause that has long helped preserve Greyton's character. One shudders to think what may have slipped through unnoticed. Progress, dear readers, is all well and good, but not at the expense of the very charm that draws so many to our village - our own "Blue Zone" of community and healthy living.

Let us guard it well, lest we wake to find ourselves in a most un-Greyton-like



landscape of fences and regrettable patchwork of modern buildings on small plots linked by a plethora of new dogleg roads.

And now, a tale that has already travelled faster than the Epic itself.

Our esteemed - if currently somewhat humbled - editor recently found herself quite literally entangled in modern technology.

A leisurely cycle down Main Road ended in a most undignified predicament when her trousers became firmly acquainted with the chain of an e-bike.

What followed involved much hopping, a growing audience, several well-meaning (if not entirely successful) rescue attempts, and the very real prospect of scissors and a rather exposed journey home. Ultimately, salvation arrived in the form of a well-timed gear shift, freeing both editor and bicycle - though not, alas, her dignity nor her trousers, which were a little dented by the encounter. One can only conclude: #onlyinGreyton.

Looking ahead, there is much to delight in. Rose fairs, Open Gardens, the Greyton and Genadendal Music Festival, and a most tempting Wine Festival await us - ample opportunity to remain both entertained and, one hopes, out of further mischief as winter approaches. Yours watchingly

Lady Grey

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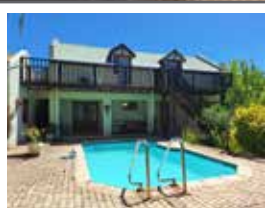
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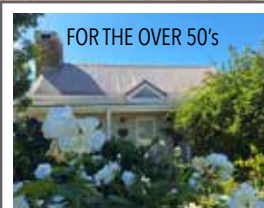
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