

**"Forgiveness is the
fragrance that the violet
sheds on the heel that
has crushed it."**

- Mark Twain

IF YOU WANT TO DRINK – that is your business. If you want to quit – that's AA's business. AA Yellowwood Group meets Mon @ 6pm at 4 Unity Street. Contact Irene 082 573 4593/Ray 071 444 1837

CLINICAL PSYCHOLOGIST Dr Ilza Botha. Tel: 044 382 3518. Cell: 076 116 1132

HOSPITAL PLANS, MEDICAL AIDS and GAP cover – please contact Colin or Anthony @ Prudent Advisory Services – 044 302 2100

RETIREMENT PLANNING is so very important. For a full analysis, please contact Colin or Anthony @ Prudent Advisory Services – 044 302 2100

PRUDENT ADVISORY SERVICES offer all Liberty Life, Discovery and Stanlib products. Contact Colin or Anthony – 044 302 2100

KNYSNA STORE-IT: Secure boat storage, furniture storage, personal or business storage, caravan storage, car storage. Contact Lauretta 081 234 4812

KNYSNA STORE-IT. Looking for somewhere to store those sentimental items you can't bear to let go? Secure storage facility is perfect for you. Contact Lauretta 081 234 4812

KNYSNA STORE-IT. Individual lock-up, storeroom for all your personal goods or business, documents, access 5 days a week. 7:30 to 17:00. Contact Lauretta 081 234 4812

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BAKKIE MATTRESSES @ Cazco. 24 Vigilance Drive. 083 988 3483

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MUIR OOGKUNDIGES. Uit u oogpunt gesien. Knysna 044 382 2174.

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PRINTING QUOTATIONS: Please use printing@actionads.co.za and Hanlie will respond ASAP

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AA ALCOHOLICS ANONYMOUS meeting every Thursday at 19:30 at Lions Club, Trotter Street. Contact Irene 082 573 4593/Gavin 072 372 9962

ALCOHOLICS ANONYMOUS - if you want to drink – that is your business. If you want to quit – that's AA's business. AA Yellowwood Group meets Mon @ 6pm at 4 Unity Street. Contact Irene 082 573 4593/Ray 071 444 1837

NA NARCOTICS ANONYMOUS meeting every Friday at 19h30 at The Knysna Presbyterian Church, 14 Clyde Street. Contact Samantha 072 345 1230

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CX STEEL for angle, square tubing, rectangles; round, square & flat bar; chanel, stainless steel, galvanised sheet, expanded metal, welding equipment, ornamental castings, wheels & castings. Ph. 044 382 1302, fax: 044 382 1318 or @ 27 Vigilance Drive.

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TREE SURGEON. Insured owner operator Dean @ www.bekarutree.weebly.com. Ph 072 239 9067

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FOR BUILDING ALTERATIONS, plastering, tiling, carpentry work, paving please phone Jack @ 073 987 3701

TREE FELLING, PLOT CLEARING, trimming, thinning please phone Jack @ 073 987 3701

RUBBLE REMOVAL, garden refuse, tree debris removal. Please phone Jack 073 987 3701

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STORAGE SPACE for rent. Contact Brian 082 927 5079

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SLEEP-IN DOMESTIC WANTED: must speak good English, read, write, basic cooking skills, organize small household, iron well and like animals. Ph 082 821 4894

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HUMPHREY (MALAWIAN) seeks garden work, 2 days, has work permit. Ph 073 751 2567

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RETAIL SHOP SPACE TO LET. Excellent location close to the Waterfront. R9 500 + VAT per month. Long lease available. Contact Bronwyn on 044 382 3000 or bronwyn@sohn.co.za for more information.

DIABETES? Heal your body fast and effectively; join our Diabetes program today! Don't delay when your health is involved. Contact Natural Healing 076 0405 261, shop 37 Woodmill Lane, Knysna

TONY COOK ADVENTURES – Kite and SUP test centre. Try before you buy!! New 2017 stock arriving soon. Demo sup boards for sale from R9 999. Contact Tony 082 783 8392

MARY LOOKING FOR DOMESTIC work. Call 078 728 3028

ZIONE IS LOOKING FOR DOMESTIC work. Ph 078 343 6111

BULELWA SEEKS DOMESTIC work. Ph 060 384 5820

GARAGE CLEARANCE. Uno engine, quite a few spares for Uno's. Ph 083 392 9143 Sam

NOT BEEN SERVICED PROPERLY? Need screw or 2? All mechanic work – petrol or diesel. Contact SP Services 083 392 9143 Sam

PSYCHIC PINTO: Since 1998. 082 968 4436

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WWW.REMAXCOASTAL.CO.ZA - Nobody in the world sells more real estate the RE/MAX.

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RE/MAX - Congratulations to Michonne Roberts for selling 8 The Anchorage, Fisher Haven. Nobody in the world sells more real estate the RE/MAX.

RE/MAX - Congratulations to Corlia Goris for selling S5, Thesen Islands. Nobody in the world sells more real estate the RE/MAX.

BRENTON ON LAKE - Exclusive mandate. Spacious Timber home. 4 bed. Deck to watch the birds, buck. D/garage, space for boat. R1 695 000. RE/MAX - Robert 082 894 0711

PEZULA EXCLUSIVE MANDATE - Fantastic north-facing stand. Walking distance to Club House and Hotel. R600 000. RE/MAX - Robert 082 894 0711

BRENTON ON SEA - 4 bed, large living area, fireplace, braai area with ocean view, 3 garages. Exclusive mandate - R 2 995 000. Robert 082 894 0711 - RE/MAX

BRENTON ON LAKE - 4 Bed, large o/plan kitchen, scullery, pantry, fireplace, study, heated pool, D/garage. Joint mandate - R2 595 000. RE/MAX - Robert 082 894 0711

IS YOUR PROPERTY for sale in Brenton/Belvidere/Rheenendal, do you want it sold? Contact Robert at RE/MAX Coastal 082 894 0711/robert@remaxcoastal.co.za

THINKING OF BUYING OR selling? Call Michonne from RE/MAX for a free evaluation – 084 548 8408

HUNTERS HOME RESIDENTS... thinking of selling your home? Get listed - Get sold! Call Michonne from RE/MAX today! 084 548 8408

LANDLORDS THE RENTAL Housing Amendment Act has a major impact on how you rent your property – Rent with the specialists RE/MAX - call Hans on 082 825 8249

LANDLORDS AND TENANTS take note of the Rental Housing Amendment Act - Rent with the specialists RE/MAX - contact Hans on 082 825 8249

LET YOUR EMPTY house work for you; list your rental house or apartment with RE/MAX – your rental specialists. Hans 082 825 8249

HOUSE GATHERING DUST? List your rental house or apartment with RE/MAX – your rental specialists. Hans 082 825 8249

DESIGN & BUILD your dream home in Green Pastures. Slightly sloped stand in private quiet cul de sac, mountain & forest views - R225 000. Estelle – 072 914 4037 @ RE/MAX

LIVE YOUR DREAM in a quiet family estate. Slightly sloped corner stand featuring valley views, bird-life, low levies, close to town & schools – R305 000. Estelle 072 914 4037@ RE/MAX

PCL AUTO SERVICES – Tim celebrated his birthday last Sunday. Many happy returns Tim! We hope that your birthday was a happy one. Best wishes from all the staff at PCL Auto Services.

PCL AUTO SERVICES. Ford, Mazda, Mitsubishi, Renault, Land Rover & Subaru servicing. Other makes also handled. Contact Peter or Elmarie at PCL Auto Services, tel 044 382 6409 for a service appointment

PCL AUTO SERVICES. As a retail motor industry dealer, our mechanics are fully trained, our workshop is fully equipped, our prices are competitive and all work is personally supervised by the owner. Good reason to deal with us.

PCL AUTO SERVICES. Pete has provided affordable and reliable service and repairs to the Knysna community for the past 27 years. There must be a good reason why we are still going strong. Contact Peter or Elmarie on 044 382 6409

PCL AUTO SERVICES. Engines, gearboxes, steering, brakes, clutches, suspension, services. You name it, we can do it! No job too big or too small. All parts and labour guaranteed. Contact Peter or Elmarie, tel. 044 382 6409 for a booking.

PCL AUTO SERVICES. RCS Auto card accepted for services and repairs. You can now pay off any service or repair over a 12 or 24 month period. Other credit cards also accepted. Contact Peter or Elmarie on 044 382 6409

PCL AUTO SERVICES. We have state-of-the-art tune up and diagnostic equipment which is compatible with all vehicles on-board computer systems. We can now service your 2011 model as well. Tel. Peter or Elmarie on 044 382 6409

PCL AUTO SERVICES. We are accredited service and repair agents for most used car warranties, eg. Motorite. Service with us and keep your warranty up to date. We can also handle your claims. Contact Peter or Elmarie on 044 382 6409

LOVE GIFTS. Max Moose winks: "Time to spring clean, mother of Love Gifts."

LOVE GIFTS. This little shop with a big heart gives me so much joy." Xx

LOVE GIFTS. Thank you, Mawande Kondlo, you are an inspiration! Xx

LOVE GIFTS. Smiles cost nothing, neither do hugs ... these are our riches! X

LOVE GIFTS. We'll make you smile, and right behind PostNet we are!

LOVE GIFTS. Heaps of buttons snail trailing to LG – maybe 8 weeks, maybe 10!

LOVE GIFTS. Oh, for the joys of local support. X

LOVE GIFTS. Homemade is happy ... so are we! X

LOVE GIFTS. Max Moose says: "Dream big, mama!" x

LOVE GIFTS. Big dreams ... Max Moose beams!

ENZO BARBER, BOYS & Pensioners haircuts only R60 till end August. 51 Main Street, Next to Debonairs. [facebook.com/enzobarberknysna](https://www.facebook.com/enzobarberknysna)

ROTATION LOOKING FOR genuine vintage clothing – circa 1920s. Jo 076 709 8867

LOOKING FOR A UNIQUE baby shower or birthday gift? Visit Chlobella & Kids.

CHLOBELLA & KIDS – Children's boutique, Knysna Mall. Winter sale – R99 or less rail

CHLOBELLA & KIDS CAFÉ – Knysna Mall. Coffee & cupcake. Special R30 – enjoy!

WIL JY TROU? Kontak 072 352 2138. Huweliksbevestiger.

CODE C1 DRIVER LOOKING FOR work as driver, chauffeur. Call Pasco 078 061 2146

LUCY (MALAWIAN) seeks housework, 2 yrs exp, hard worker. Ph 083 532 7722

KEN WRIGHT AIRPORT + TOWN transport. 082 459 0663 / 044 384 0955 (tours)

DEBT COUNSELLING, debt problems solved. Knysna based, experienced. F. Schaffer 083 301 5084

HANDYMAN WITH LOTS OF experience. No job too small. Call 061 633 4095 or Hennie 078 449 7936

TRANSPORT – HYUNDAI BAKKIE with driver for hire. Call Hennie 078 449 7936

DEBT COUNSELLING, debt problems solved. Knysna based, experienced. F. Schaffer 083 301 5084

HANDYMAN WITH LOTS OF experience. No job too small. Call 061 633 4095 or Hennie 078 449 7936

TRANSPORT – HYUNDAI BAKKIE with driver for hire. Call Hennie 078 449 7936

TO LET. Farmhouse, 10k from Sedg. Ph 082 432 1886

THE DECKLE EDGE: Art materials, graphic supplies, papers & more! 33 Clyde Str, 044 382 5538, www.deckleedge.co.za

REMOTES FOR GATES & garages. Repairs & replacement remotes. 072 245 5432

MMM ALIVE, well and extremely profitable. Meet at Unity Lodge Hall, Unity Street, Knysna (UNISA Exam Centre behind St George's Church), Thursday 18th August 2016 @ 7:00pm. All most welcome.

ZEN DHARMA TALK with Venerable Hye Tong, visiting Korean Dharma Master, Thursday 25th August Far Hills Hotel, N2 Kaaimans Pass, Victoria Bay. 19h00 to 21h00 Entry by donation. Gerry 082 377 3280

FOR SALE: Speedqueen laar capacitv, heavv dutv washina machine. Stainless steel drum, new ISSUE

motor. new pump, new belt and new aasket set. Ideal for laar family or small commercial laandr. R4 900 o.n.o. Phone Peter 044 384 0750 / 082 422 1023

WE BUY + SELL NEW + USED goods @ Baraain World. Market Str. Ph 079 369 5550

PRE-PAID ELECTRICITY for sale @ Silver Sweetie in Knysna Mall, 044 382 6060

RYKMANSHOOGTE – R850 000 negotiable. 3 Beds, 1 bath, big yard. Call 081 355 5683

TAX SEASON 2016 IS OPEN! Not sure whether you are compliant? For professional completion of your Tax return contact Lexus Accounting Solutions CC on 044 533 5823. SARS Registered Tax Practitioner

INTERCOMS, REPAIRS & installation of new intercoms. 072 245 5432

QUALIFIED CARER SEEKS WORK, has drivers licence, own car. Ph 078 385 6899

BITCOIN – Buying or selling? Best rates in SA! For a quote, bitcoin@melaniehall.com or 083 453 1792.

GARAGE & STORAGE CLEAN OUTS done. Ph 082 369 5550

ELECTRONIC CIGARETTES & liquid now @ Smokers Corner, Woodmill Lane, 044 382 1026

BUY 3 ITEMS & GET THE 3RD (and cheapest) absolutely free ... Offer applies to all necklaces & bracelets on framed colour boards (excludes real silver) @ Metallic Mermaid only until 31 Aug 2016.

KITCHEN COMPANY looking for Cabinet Maker. Must have contactable references. Fax one page CV to 086 656 7080

JOODSE KAMP, R35 000, 1 bed, 1 bath, big yard corner. Call 081 355 5683

PIPE BENDING, exhaust fitting, bullbars, gates - all steelwork. Ph 076 407 1939

MOTORS FOR GATES + garages. Repairs & installation of new motors. 072 245 5432

TESLA POWER – Elections now over, load-shedding to resume. Overcome the cost and inconvenience associated with load-shedding with UPS / Standby units to suite your budget, short & long term rental or outright purchase. Contact 083 453 1792 / tesla@melaniehall.com

SERVICING OF ALUMINIUM sliding doors + windows, replacing wheels + locks. Knysna. Ph Eugene 079 369 5550

LOTTO AVAILABLE @ Silver Sweetie, Knysna Mall, 044 382 6060

ELECTRONIC CIGARETTES & liquid now @ Smokers Corner, Woodmill Lane, 044 382 1026

FELLING, HARVESTING, land cleaning and chipper hire - go with the pro's! Ph Treepro on 082 901 3444 / www.treepro.co.za

COMPUTER SETS FOR SALE @ Bargain World. Market Str, Knysna. Ph 079 369 5550

PRE-PAID ELECTRICITY for sale @ Silver Sweetie in Knysna Mall, 044 382 6060

GREEN PASTURES – R350 000 NEG. Nice stand, 959m². Call 081 355 5683

UNWANTED PINE OR GUM? Ph Treepro on 082 901 3444 / www.treepro.co.za

SMALLS WANTED @ Bargain World. Market Str, Knysna. Ph 079 369 5550

LOTTO AVAILABLE @ Silver Sweetie, Knysna Mall, 044 382 6060

ELECTRONIC CIGARETTES & liquid now @ Smokers Corner, Woodmill Lane, 044 382 1026

BUY 3 ITEMS & GET THE 3RD (and cheapest) absolutely free ... Offer applies to all necklaces & bracelets on framed colour boards (excludes real silver) @ Metallic Mermaid only until 31 Aug 2016.

BULK FIREWOOD FOR SALE in Harkerville - R300/bakkie (we load) - 082 901 3444

VW CITIGOLF CHICO 1.6i - 2000 - Great condition. R39,900. Finance available. Call Alan at 044 382 7494 or check it out at www.knysnacars.co.za

YOUNG APPRENTICE FIBREGLASS worker wanted. johan@mweb.co.za

LIVINGSEEDS - organic, heirloom seeds available at Roadside Nursery on Beacon Way, Plettenberg Bay & Sarah's Seedlings stall at Harkerville Saturday Market. Ph 084 727 1777

ASAHI PENTAX with accessories. Camera tripod. Radiant screen. Leits slide projector. Noris film projector. Offers welcome. Ph 082 695 4636

LADIES OF VERMONT SERVICE Centre are starting a sewing group, any material off-cuts will be much appreciated. Thank you. Ph Joeleen to collect 044 382 4576

HIP-HOP & MODERN DANCE @ Dynamite Dance Studio. All ages. Ph 072 891 2983

SALE! SALE! SALE! 30%, 50% and 70% off selected jackets & coats. 2nd Hand Sams, Ou Fabriek, Main Rd.

MENS FORMAL TROUSERS – R99. 2 For R160. Formal shirts – R70 for 1, R120 for 2. Only @ Sammy D, Grey St, Knysna & Sam's Plett & Sedg. 044 382 7664

FIAT UNO CENTO - 1997 - Best cash "as is". Body needs attention. – R17,900. Call Alan at 044 382

7494 or check it out at www.knysnacars.co.za

ENOCK SEEKS GARDEN WORK. Ph 084 028 1772

I AM LOOKING FOR A JOB AS A gardener / housekeeper / driver. Ph 071 072 0621

ESTHER SEEKS DOMESTIC WORK. 5 Days. Ph 073 147 0288

DON'T MISS THE SANLAM Portrait Awards, hosted by Knysna Fine Art on the 18th of August 2016 at 6pm. Wine will be served.

MY HOUSEKEEPER SEEKS AN additional days work (Tues). She is honest & reliable & has a pleasant persona. Please call 079 158 1008 for a reference.

WHAT HAPPENS WHEN someone dies? Read Psalm 146:4, Ecclesiastes 9:5-10, John 11:11-14. For clarity see www.jw.org

SALE! SALE! SALE! 30%, 50% and 70% off selected jackets & coats. 2nd Hand Sams, Ou Fabriek, Main Rd.

ASSORTED LADIES SUMMER TOPS chainstore overrun. From R39 only @ Sammy D clothing & Sams Plett & Sedje.

NISSAN X TRAIL 2.5SE Auto – 2006. Stunning condition with full service history. R99,900. Finance available. Call Alan at 044 382 7494 or check it out at www.knysnacars.co.za

SARAH'S SEEDLINGS @ Harkerville Saturday Market - large selection of veg, herb & flower seedlings from R15 per 6pack. Ph 084 727 1777

SALE! SALE! SALE! 30%, 50% and 70% off selected jackets & coats. 2nd Hand Sams, Ou Fabriek, Main Rd.

BARGAIN! 2 x Mens golfers @ R80! Large assortment of golfers just arrived. Sammy D Clothing, Grey Str. Also Sams Plett & Sedje. 044 382 7664

TOPSAW 2 HIRE: Thanks Ruald and Tammy for your professionalism in dealing with my rebellious orbital sander. It's refreshing to deal with a company who does not try and "pass the buck". With a great attitude like yours you will be successful. Regards. Owen. Woodmans Timber.

FIAT PALIO WEEKEND 1.6 - 2001 - In outstanding condition, only, R35,900. Finance available. Call Alan at 044 382 7494 or check it out at www.knysnacars.co.za

KNYSNA FINE ART would like to invite the public to join us at the opening of the Sanlam Portrait Award exhibition at 18:00 on Thursday 18 August 2016. Refreshments and snacks will be served.

CAR BUFF POLISH & HEAD LIGHTS restoration. Ph 071 067 1656

GIFT SEEKS GARDEN / PAINTING work. Ph 083 373 7260

URGENTLY LOOKING FOR HOUSE for rent, 2 beds, 2 baths, pet friendly, between R5000 – R6000. Ph 072 516 4659

BACHELOR FLAT. Town Central, unfurnished, available +/1 1st Sept, R2 100 exl w&l. Mature male preferred, no kids, no pets or party animals. Ph 061 483 2061

LITTLE GIRLS INSTINCT VEST – R20 each. 3 For R40 @ Sammy D, Grey Str, Knysna

MERCEDES 300E AUTO - 1992 - Great condition. R34,900. Finance available. Call Alan at 044 382 7494 or check it out at www.knysnacars.co.za

JOIN KNYNSNA FINE ART in celebrating some of South Africa's most exemplary portraits by artists during the Sanlam Portrait Awards at 18:00 on Thursday 18 August 2016.

CABINET MAKER - Kitchen Company requires Cabinet Maker. Must have references. Fax One page CV to 086 656 7080

2 X ROADSIDE NURSERY on Beacon Way, Plettenberg Bay - specials this week - potting soil & compost only R12.50 per bag, daisy bushes & blue sutera only R15 each. Ph 084 727 1777

DEFY 600 UNDER COUNTER OVEN, soft touch glass hob and extractor fan. All under a year old and in practically new condition. Still fitted so can be tested. Price R3 750. Contact Mandy 044 382 1113

GOLD VAULT PAYS the highest on all your old and unwanted gold and silver jewellery. Opp ABSA bank 072 664 8888.

GOLD VAULT pays the best prices for your windup watches: Omega, Rolex, Tagheuer. Opp ABSA bank. 072 664 8888

GOLD VAULT for your unwanted gold, silver, diamonds, etc. Highest prices guaranteed. Opp ABSA bank. 072 664 8888

GOLD VAULT pays the best prices for your windup watches: Omega, Rolex, Tagheuer. Opp ABSA bank. 072 664 8888

GOLD VAULT PAYS the highest on all your old and unwanted gold and silver jewellery. Opp ABSA bank 072 664 8888.

GOLD VAULT for your unwanted gold, silver, diamonds, etc. Highest prices guaranteed. Opp ABSA bank. 072 664 8888

SILVER TRAYS, TEA SETS, cutlery, jewellery, coins, medallions etc. We buy it all and pay you the highest prices. Gold Vault 072 664 8888

COINS WANTED – Old South African coins and coin collections in Gold and Silver. Gold Vault 072 664 8888

GIF (MALAWI) seeks garden work. Ph 084 408 6771

COUGH-GO: Best ever cough + chest remedy, only @ Kwikspar Knysna. It's a winner!

EXPERIENCED, TRUSTWORTHY, female Au Pair looking for a family. 26 Years of age. Experience in teaching. Diploma in Public Relations. Contact Lize Rose 082 920 9271

LAPTOP FOR SALE. I5, 4gb, 500gb HDD, good condition, R3 500. Ph 072 742 5612

PAIN-GO: For any body, joint + muscle pain, spray and get immediate pain relief. It works! Only @ Knysna KwikSpar. R50 only.

ZOE'S EMPORIUM. We sell and buy quality used furniture, outdoor furniture and antiques. Opposite N.G. Kerk Hall, 39 Fichat Street, Knysna. Mon–Fri 9am to 5pm; Saturdays 9am to 1 pm. 044 382 0950

TIME TO DECLUTTER your home? We collect and pay you for your unwanted furniture or home decor. Zoe's Emporium 39 Fichat Street, Knysna. 044 382 0950

INTERIOR DESIGNERS DELIGHT. Zoe's Emporium of Fine Furniture for beautifully designed elegant pieces. 39 Fichat St, Knysna, 044 382 0950

NEW STOCK HAS ARRIVED at Metelerkamps of everybody's favourite Yankee candles. Pop in to indulge your senses with their divine fragrances. 3 Union street, Knysna

YIPPEE: Hospice Maison Market will be back: 20 Sep + 1 Oct. Call 083 448 1934

LAGOON VIEW NURSERY. Spring festival, 2 - 3 September. Tel 044 387 1011

JOYCE IS LOOKING FOR domestic work. Ph 078 841 6435

JEFFREY IS LOOKING FOR garden work. Ph 078 844 7735

GENERAL WOODWORKER / Furniture Assembler required for busy local furniture factory. Experience and references necessary. Please phone 044 382 2790 for an appointment.

EXCELLENT ROOF PAINTERS. We can wash, waterproof and paint. Ph 073 038 9061

FRANCIS (MALAWI) seeks garden work. Ph 071 096 8480

A.W. LAWNMOWER & Chainsaw repairs. 10 Years of best service & competitive prices. Wilfred 073 785 1837

HOSPICE MAISON MARKET: needs your unwanted home treasures. Drop off @ Pam Golding, Leisure Isle

METELERKAMPS are hosting another great demo with the marvellous Melven Mene, this Friday the 19th August @ 10am. Get a taste & experience his South

African cuisine with an exciting twist. Call us to RSVP 044 382 0274.

LAGOON VIEW NURSERY. Now open on Sundays. Tel 044 387 1011

PRIVATE, NEAT PAINTERS. House, walls, roofs, wendy homes etc. Quality finishing with competitive prices. Wilfred 073 785 1837

MAISON MARKET: a market that recycles your gently used household treasures to raise funds for Hospice. Drop off @ Pam Golding, Leisure Isle

COME IN TO METELERKAMPS and browse our range of local and imported artisan chocolates. We have just received stock of the Café Tasse slabs from Brussels in delicious flavours. 044 382 0274

PRIVATE, NEAT PAINTERS specialist & trustworthy in & outside your houses. Wilfred 073 785 1837

HOSPICE MAISON MARKET: donate your gently used household items. Call 083 448 1934

METELERKAMPS now has the long awaited new and more powerful Nutribullet Pro with a 900 watt motor. This is a must have for all smoothie lovers. 3 Union Street, Knysna

REPAIRS, SERVICES & CUSTOMER advises on all lawnmowers, chainsaws, weed eaters, blowers, generators etc, petrol / electric options. Wilfred 073 785 1837

HOSPICE MAISON MARKET: 30 Sept / 1 Oct – donate your unwanted household treasures now. Call 083 448 1934

AT METELERKAMPS we stock Loison biscuits imported from Italy. They come in a delicious assortment of flavours - pear, lemon, nuts, liquorice and of course butter. Ph 044 382 0274

DAMIANO SEEKS FOR garden work. Ph 078 852 0191

4 TON TRUCK AVAILABLE FOR HIRE to transport any goods. Call 074 379 0216 / 074 871 2488

HUGE SALE- R199 rail at JAI! Knysna Mall opposite Woolies.

AUGUST SALE AT JAI! Knysna Mall - R199 rail and 50% off rail. Making way for new summer stock arriving soon!

CRAZY SALE- R199 rail at JAI! Knysna Mall.

SURFBOARD – DESIGNED & signed by Glen D'Arcy together with a grizzly bag, R900. Ph 072 745 0126

LONG BOARDS WITH BAG – R500. Ph 072 745 0126

SOEK WERK AS TUISVERSORGING. Ph 078 381 6092

CRICKET PRACTICES @ HORNLEE Sportsgronde. Monday, Tuesday & Thursday - 17h00 - 19h00. Contact persons: Llewelyn Louw 082 077 9610 / Eben Phillips 082 338 0964 / Salvin Hannie 073 177 0641

CAREGIVER SEEKS WORK. Has certificates in First Aid, Dementia & Cancer care. Call Carmen 071 023 7858

FOR SALE. Fibreglass pool shell – 4m x 2.2m x 1.2 deep + pump (working cond.) – R8000. Call Barbara 082 441 2707

EDEN SKIPS - Rhodie. Please collect and pay for laser cut templates we cut in March! Action Ads - 29 Grey Str

DIRECT SATELLITE – DStv installations & problem solving. No call out fee, charge per hour. Ph Raymond 076 164 6318

GEHOORTOETS. Gehoorapparate: Batterye, herstel aparate. Oop 6 dae 'n week. Gratis basiese gehoortoets. Hannelie Kemp @ Hearing & Health Knysna, Knysna Mall naby Standard Bank. Tel: 044 382 1168

PHOTOGRAPHS LYING AROUND? Design, print & bind into a coffee table book. Email: lovedesigns andphotography@gmail.com

JOHNNY'S TOURING + AIRPORT Shuttle. Please collect & pay for full colour brochures from Action Ads. They were printed in April!

CHURCH OF CHRIST APOSTOLIC Faith. Please collect and pay for your calendars we printed and ring binded in February. Action Ads - Grey Street

HEARING TEST. Sound protectors, batteries, hearing aid repairs, cleaning materials. Free basic hearing test. Hannelie Kemp @ Hearing & Health, Knysna Mall near Standard Bank. 044 382 1168

EXPERIENCED GRILLERS NEEDED for busy restaurant. Call 044 382 3476

TAROT BY ZARA - Knysna's respected local card reader at the Knysna Waterfront. Call 082 953 7480

CAPTURE YOUR MEMORIES. We convert old videos, 8 & 16mm films, photos & slides to DVD, records & cassettes to CD. Ph Promedia 073 505 1910

YOU SHOULD HAVE SEEN ME IN FRONT OF THE TV WHEN WAYDE VAN NIEKERK (THAT'S MY SURNAME AS WELL!) BROKE THE WORLD RECORD IN THE 400m FLAT OUT RUN..... MAN, I YELLED, I DANCED, I WHOOPED AND I THEN I JUST BURST OUT IN TEARS! THE DOGS WENT MAD 'COZ THEY OF COURSE DON'T KNOW WHAT'S HAPPENING. ONE THING I WILL NOT BE ABLE TO WATCH IS HIS MEDAL CEREMONY.... THE NATIONAL ANTHEM IS ENOUGH TO REDUCE ME TO A CRY BABY MESS. ADD WAYDE TO THAT EQUATION.... A SORRY SIGHT IT WILL BE.

THERE ARE TWO MUSCLES IN YOUR BODY THAT ARE PROBABLY THE MOST IMPORTANT ONES YOU HAVE.... THEY ARE CALLED THE PSOAS MUSCLES AND CONNECT

YOUR TORSO TO YOUR LEGS, RUNNING DOWN EITHER SIDE OF YOUR LOWER SPINE + CONNECTING TO YOUR FEMURS. IF YOU DIDN'T HAVE THOSE MUSCLES YOU WOULD NOT BE ABLE TO LIFT UP YOUR LEGS TO WALK. BET YOU DIDN'T KNOW THAT?? WHY I'M TELLING YOU THIS IS SO THAT YOU CAN START EXERCISING THEM SO THEY STAY IN GOOD HEALTH.... xx

WENT FISHING AT BUFFS LAST SUNDAY AFTERNOON TO NO AVAIL. BEING A VERY POSITIVE SOUL, I PAID NO HEED TO THE SLIGHT BREEZE IN TOWN, BUT WHEN I GOT TO THE WILD SIDE IT TURNED OUT TO BE A HOWLING GALE.... BRAVELY I THREW IN A LINE, BUT IN NO TIME THE WIND SWEEP IT BACK ONTO THE BEACH. WELL, IT'S NOT FOR LACK OF TRYING THAT I WILL BE CALLED HOPELESS.... xx

WENT TO A PLACE IN BOTSWANA CALLED TSODILO HILLS THAT IS POSSIBLY THE FURTHEST YOU COULD GET FROM ANY OCEAN. THERE, BEAUTIFULLY ENGRAVED IN A ROCK, ARE THE PICTURES OF A WHALE, A PENGUIN AND A SEAL. IT'S A HELL OF A ROUGH DRIVE FROM THE TRANS-KALAHARI HIGHWAY, BUT WORTH EVERY BUMP I ASSURE YOU. AND YOU MUST GO ON THE GUIDED WALK UP THE MOUNTAIN.... FASCINATING.

OF ALL THE BODILY THINGS YOU WERE BORN WITH, YOUR HAIR IS REALLY THE ONLY THING YOU CAN CHANGE HEY? OR SHOULD I SAY IT'S THE ONLY THING YOU CAN CHANGE THAT WILL NOT BE PERMANENT. CUT IT AND IT WILL GROW BACK. COLOUR IT AND IT WILL RETURN TO ITS ORIGINAL HUE IN NO TIME. CURL IT TO NO AVAIL.... BUT IT IS SOOO IMPORTANT TO PEOPLE WHAT THEIR HAIR LOOKS LIKE. TO TELL YOU THE TRUTH, I HAVE GIVEN UP. NOW I JUST GO FOR A SHORT CUT ONCE IN A WHILE SO THE WIND DOES NOT WHIP IT INTO MY EYES.

DUCK LEGS ARE INEXPENSIVE AND INCREDIBLY TASTY. (AND I MEAN LEGS, NOT BREAST - THOSE ARE VERY DEAR!). THEY ARE FREE RANGE OF COURSE. PAT THEM DRY, SCORE THE SKIN, PUT SALT, LEAVE FOR ONE HOUR, STICK IN OVEN AT 140 DEGREES FOR 2 HOURS. SERVE WITH SWEET POTATO AND KALE. THIS WEEKEND I'M TRYING THEM OVER THE COALS WRAPPED IN FOIL OR MAYBE BANANA LEAVES IF I FEEL BRAVE..... YUM. XX