

From Caribbean shores to organic farming in St Francis

Ryan Donnelly, back in St Francis after several years in the Caribbean, talks about his small organic farm, Bounty Meadows, on the old airfield in St Francis Bay which is now a part of the St Francis Links.

The farm is mostly indigenous bush and wildlife with a small orchard and veg garden attached to the house. Easily spotted on Google Earth as a visible green rectangle or green belt. Many I am sure have seen the buck grazing by the wit block or along the fence line. The farm is full of wildlife as the indigenous bush has been protected and now provides a sanctuary for countless animals and bird varieties.

It is a blessing to be living with them and hear their activity every day. Establishing a small holding drawing on Organic Farming and Permaculture principals to support my chosen diet has been a deep seated dream of mine since my early 20s. It was then that I developed an interest in diet and health and the connection with growing an organic garden was made at the same time.

Many of those I followed and learned from at the time were in the business of healing people who had serious health issues. My idea was that in time this farm could support my interests and potentially also lay the foundation for a small health retreat with similar concepts to the Hippocrates health and wellness centre in Florida and the Ann Wigmore Natural health institute in Puerto Rico.

The resources and science that is available to us today is especially exciting. Continuing to educate myself and staying up to date with health is a daily pleasure.

A part of becoming healthy is by eat the best we can and that means organic,

garden fresh, mineral rich produce. I have had a number of gardens in St Francis over the years that have all been major learning curves for me which have helped me grow my knowledge of local organic gardening and permaculture.

If anyone tells you its hard to garden in SFB they are right and we certainly have limitations to what we can do and grow, however with a few things in place the garden can become prolific!

To help create an environment for support growing here in St Francis. Slowing our salt laden strong winds is crucial!

I've found that shade cloth windbreaks are great. Indigenous trees have been planted in the shade cloth drip line so that when there's rain and dew the water is directed to the trees. I've placed the garden on the north side of the house where there is the most sunlight. Building soil that is rich in minerals, microbes and organic matter takes time and is super important. Although I do help people with diet or gardening I am most of the time busy establishing the farm.

Due to my absence and working overseas the garden and orchard were abandoned for some time and now with the aftermath of hurricane Irma I have time to nurse the garden back to life. There has been a super crop of quality Concorde grapes in one of my old gardens and this happened with no irrigation. If anyone is interested in organic gardening locally join our new group on facebook 'Organic Gardening and Permaculture St Francis Bay'.



Illegal dumping in Lyme Road North



A St Francis Bay resident Isabel Pretorius, is highly disgusted that her holiday home property is used as a dumping ground by a neighbour in the same street, Lyme Road North.

Last year in October when it happened for the first time in 20 years, she complained to the municipality, but it appears the municipality has not been able to stop the dumping.

This year when she visited her property again, she found to her horror, there had been more dumping in her absence.

When confronted, the neighbours apparently denied that the rubbish is theirs - despite the fact that the rubbish pile contained personal mail and a student card with a name on it. If anyone notices illegal dumping going on they should report it to the SAPS.

A group of 10 Sea Vista Primary School athletes did well for the Humanandorp Zone team when participating in the Gamtoos Kouga Zone on 16 February. Some of them excelled: Indiphile Booi won gold for the Girls U7 60m. Mando Dolophi achieved bronze for the U10 Boys long jump. Raydine Groenewald won gold for the Girls U14 400m and Mayzine Coenraad won bronze for the Boys U12.

Mando Dolophi won the 1200m Boys U10 and came third in the Long Jump. Raydine Groenewald came 2nd in both the Girls U13 1500m and 800m while Fredriano Brujinies managed 3rd in the 800m for Boys U13. Seen here with coaches M. Laander, B. Stefaans, J. Matroos are: Back row: Fredriano Brujinies, Archelene Handricka, Shanon Munnich, Raydine Groenewald and Mayzine Coenraad; Middle Row: Lieschen Coenraad, Gay-Lingh Bruchel, Jeannette Jansen, Bevin Tibus, and Mando Dolophi. Front: Indiphile Booi

Sea Vista athletes excel in Gamtoos Zone



College cricketers play for Kouga



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Several of St Francis College's cricketers have been chosen for the Kouga Cricket Performance Centre team this year. Players are selected from schools in the Kouga region (Stulting, JBay Primary, Victory Christian School, Pharos, amongst others). Seen here - Back row: Alexander Moolman (U13), James Beckley (U13) and Mr Rallon Fortuin (U13 coach). Middle Row: Jac Duval (U10), Nicholas Niven (U10), Troy Kennedy (U10), Connor von der Marwitz (U11) and Gian Moolman (U11). Front Row: Ryan Jarvis (U10) and Christopher Cowtle (U10).