

A photograph of three men in suits standing together. The man on the left is shaking hands with the man on the right. The man in the center is holding a document titled 'Executive Manager Budget Speech'. The background features a large blue logo with stylized human figures.



WESTERN CAPE
LIQUOR AUTHORITY

IMPORTANT NOTICE

FORM 3A - NOTICE OF APPLICATIONS FOR LIQUOR LICENCES IN TERMS OF SECTION 37(1) OF THE WESTERN CAPE LIQUOR ACT,2008 – [REG. 10(1)]

Notice is hereby given that the following applications for liquor licences have been lodged with the Western Cape Liquor Authority (the Authority) and with the designated liquor officers at the indicated South African Police Service offices. The applications concerned may, up to and including the 28th day from the date of publication of the application, upon request and free of charge, be inspected by any person, at the offices of the Authority or the designated liquor officer listed hereunder. Copies of an application can be obtained from the Authority after payment of the prescribed fee. Objections and representations must be lodged in writing with the Authority and the designated liquor officer in accordance with section 39 of the Act.

VORM 3A - KENNISGEWING VAN AANSOEKE OM DRANKLISIENSIES INGEVOLGE ARTIKEL 37(1) VAN DIE WES-KAAPSE DRANKWET,2008 – [REG. 10(1)]

Hiermee word kennis gegee dat die volgende aansoeke om dranklisensies ingedien is by die Wes-Kaapse Drankowerheid (die Owerheid) en] by die aangewese drankbeamptes by die aangeduide Suid-Afrikaanse Polisie dienskantore. Die betrokke aansoeke kan, tot en met die 28ste dag vanaf die datum van publikasie van die aansoek, op versoek en gratis deur enige persoon besigtig word by die kantore van die Owerheid of die aangewese drankbeampte hieronder gelys. Afskrifte van 'n aansoek kan by die Owerheid verkry word na betaling van die voorgeskrewe fooi. Besware en verhoë moet ooreenkomstig artikel 39 van die Wet skriftelik by die Owerheid en die aangewese drankbeampte ingedien word.

IFOMU 3A - ISAZISO SOKUFAKWA KWESICELO SEPHEPHA MVUME NGOKWECANDELO 37(1) LOMTHETHO WOTYWALA WENTSHONA KOLONI KA-2008 – [UMGAQO 10(1)]

Isaziso siyanikezelwa ukuba ezi zicelo zilandelayo zamaphepha mvume otywala zifakiwe kwabasemaGunyeni ezoTywala eNtshona Koloni (abasemaGunyeni) nakumagosa ajongene nemiba engotywala kwii-ofisi ezixeliweyo zeeNkonzo zamaPolisa aseMzantsi Afrika. Izicelo ekubhekiselelwa kuzo zingakwazi kwiintsuku ezingamashumi amabini anesibhozo (28) ukususela ngomhla wokupapashwa kwesi sicelo, xa eceliwe kwaye simahla, ziye kuhlolwa nguye nawuphi umntu okwi-Ofisi esemaGunyeni okanye yegosa elijongene nemiba engotywala elixelwe apha ngezantsi. Iikopi zesicelo zingafumaneka kwabasemaGunyeni emva kwentlawulo emiselweyo. Uchaso neengxelo ezixhasayo ezibhaliweyo zingafakwa kwabasemaGunyeni nakwigosa elijongene nemiba engotywala ngokwecandelo 39 lomthetho.

No.	Full name of applicant Volle naam van aansoeker Igama elipheleleyo lomfaki-sicelo	Name under which business will be conducted Naam waaronder besigheid bedryf sal word Igama ishishini eza kushishina phantsi kwalo	Address of the proposed premises Adres van die voorgename perseel Idilesi yesakhiwo	Kind of licence applied for Tipe lisensie waarom aansoek gedoen word Uhlobo lwephepha mvume olucelayo	South African Police Services designated liquor officer office where the application has been lodged Suid-Afrikaanse Polisie dienskantoor van die aangewese drankbeampte waar die aansoek ingedien is i-Ofisi yeGosa elijongene nemiba engotywala yeeNkonzo zamaPolisa eMzantsi Afrika apho isicelo sifakwe khona
1	Johnwin Olivier	Lick-Her Shop	Sewentiendelaan, 1867 Saron, 6812	Off – Consumption	Saron

Deadline for news: Tuesday 14:00 (week of print)
Deadline for advertising: Wednesday 12:00 (week of print)

Men's health concerns grow as stress, heart disease and sleep deprivation rise



As stress levels rise among South African men – driven by demanding work environments, shift work and lifestyle pressures – research is increasingly turning attention to everyday dietary interventions that may support long-term health. One of the most promising homegrown contenders is Rooibos, a caffeine-free herbal infusion rich in antioxidants and anti-inflammatory compounds that may help support cardiometabolic health, stress resilience and better sleep quality.

South African men face a significant and growing burden of non-communicable diseases (NCDs). According to the World Health Organisation (WHO), cardiovascular disease is the leading cause of death among these conditions, while diabetes prevalence continues to rise sharply, particularly among men aged 40 and older. At the same time, lifestyle-related stress and chronic sleep deprivation – especially among shift workers in transport, healthcare, mining and security sectors – are increasingly recognised as key contributors to hormonal imbalance, elevated inflammation and long-term disease risk.

“Men are under sustained physiological stress, often without recognising the long-term impact,” says Prof Gerald Maarman, Research at Stellenbosch University. “We are seeing growing interest in everyday, accessible interventions that may help support the body’s natural resilience systems.”

Rooibos (*Aspalathus linearis*) is naturally caffeine-free and contains a unique profile of polyphenols, including aspalathin and nothofagin, which have been widely studied for their antioxidant and anti-inflammatory properties. A growing body of peer-reviewed research suggests Rooibos may help reduce oxidative stress and support cardiovascular and metabolic health markers. A systematic review published in *Beverages* (2024) found that Rooibos contains bioactive compounds with strong antioxidant, anti-inflammatory and anti-hyperglycaemic properties, based on multiple human and experimental studies.

Other studies have shown improvements in oxidative stress markers and vascular function. Research from South African institutions, including Cape Peninsula University of Technology (CPUT) and Stellenbosch University (SU), has demonstrated that Rooibos consumption may support the body’s antioxidant defence systems and reduce biomarkers associated with cellular stress and inflammation. “While Rooibos is not a medicine, the science is increasingly showing that it contains compounds that can support the body’s ability to manage oxidative stress and inflammation,” says Prof Maarman. “These are key

biological processes linked to heart disease, diabetes and fatigue.”

Stress, cortisol and sleep

Although Rooibos does not directly “treat” stress hormones, its caffeine-free nature plays a meaningful role in stress regulation and sleep quality. Unlike coffee or black tea, Rooibos does not stimulate the central nervous system, making it a suitable alternative for evening consumption. Chronic stress – often reflected in elevated cortisol levels – is strongly associated with poor sleep, insulin resistance and increased cardiovascular risk. In this context, replacing caffeine-containing beverages later in the day with Rooibos may support a calmer physiological state, particularly for men experiencing high work-related stress or irregular sleep cycles.

“Many men underestimate the impact of caffeine timing on sleep quality,” Prof Maarman explains. “Switching to Rooibos in the afternoon or evening can be a simple behavioural change that supports relaxation and recovery.”

Inflammation, heart health and diabetes risk

Chronic low-grade inflammation is a known driver of cardiovascular disease and type 2 diabetes. Several studies have indicated that Rooibos polyphenols may help reduce oxidative stress pathways linked to inflammation and metabolic dysfunction. Research published in the *Journal of Ethnopharmacology* and other peer-reviewed journals has explored Rooibos’ potential cardioprotective effects, including improved lipid profiles and reduced oxidative damage in at-risk populations.

While evidence in humans is still emerging, findings consistently suggest Rooibos may act as a supportive dietary component within a broader healthy lifestyle.

A locally rooted wellness tool

As research continues to evolve, Rooibos is increasingly being recognised not only as a cultural staple, but also as a scientifically interesting functional beverage. “For generations, Rooibos has been part of South African daily life,” says Prof Maarman. “What is exciting now is the growing scientific validation of what people have long experienced - its potential to support well-being in a natural, accessible way.”

“Small, consistent changes often deliver the most sustainable health benefits,” says Prof Maarman. “Rooibos is not a quick fix, but it can be a meaningful part of a broader wellness routine.

KAAPSE WYNLAND
DISTRIKSMUNISIPALITEIT

AMPTELIKE KENNISGEWING

Kennisgewing geskied hiermee ingevolge artikels 24(1) en (2) van die Wet op Plaaslike Regering: Munisipale Finansiële Bestuur, 2003 (Wet No. 56 van 2003) en artikels 25 en 75(A)(3) van die Wet op Plaaslike Regering: Munisipale Stelsels, 2000 (Wet No. 32 van 2000), asook regulasie 18(1) van die Plaaslike Regering: Munisipale Begrotings- en Verslagdoeningsregulasies, 2008 dat die Raad op sy vergadering gehou op 28 Mei 2026 onder Item R.15.2, die volgende goedgekeur het vir die 2026/2027 finansiële jaar:

- 2026/2027 tot 2028/2029 Mediumtermyn Inkomste- en Uitgaweraamwerk (MTIUR)
- Konsep 2026/2027 Dienslewering- en Begrotings-implementeringsplan (DLBIP)
- Foole, Gelde en Tariewe
- 2026/2027 GOP Wysiging van die 2022/2023 tot 2026/2027 Geïntegreerde Ontwikkelingsplan (GOP)
- Prestasiedoelwitte.

Die begroting, foole, gelde en tariewe vir die 2026/2027 finansiële jaar sal met ingang van 1 Julie 2026 geïmplementeer word.

Ingevolge artikel 21(A) van die Wet op Plaaslike Regering: Munisipale Stelsels, 2000 (Wet No. 32 van 2000), is die gemelde Raadsbesluite en alle ander tersaaklike dokumente ter insae beskikbaar by die ondergemelde kantore van die Kaapse Wynland Distriksmunisipaliteit gedurende normale kantoorure asook op die Kaapse Wynland Distriksmunisipaliteit se webwerf by www.capewinelands.gov.za:

- Stellenbosch (Du Toitstraat 29): Mnr CJM Arangie
- Worcester (Trappesstraat 51): Me RVF Carelse
- Paarl (Hoofstraat 194): Me M Marang
- Ceres (Munnikstraat 27): Me C Louw
- Robertson (Van Reenenstraat 40): Mnr J van Zyl

H.F. PRINS
MUNISIPALE BESTUURDER
Kaapse Wynland
Distriksmunisipaliteit
Alexanderstraat 46
Stellenbosch 7600



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CAPE WINELANDS
DISTRICT MUNICIPALITY

OFFICIAL NOTICE

Notice is hereby given in terms of sections 24(1) and (2) of the Local Government: Municipal Finance Management Act, 2003 (Act No. 56 of 2003) and sections 25 and 75(A)(3) of the Local Government: Municipal Systems Act, 2000 (Act No. 32 of 2000), as well as regulation 18(1) of the Local Government: Municipal Budget and Reporting Regulations, 2008 that Council at its meeting held on 28 May 2026 under Item C.15.2, approved the following for the 2026/2027 financial year :

- 2026/2027 to 2028/2029 Medium Term Revenue and Expenditure Framework (MTREF)
- Draft 2026/2027 Service Delivery and Budget Implementation Plan (SDBIP)
- Fees, Charges and Tariffs
- 2026/2027 IDP amendment of the 2022/2023 to 2026/2027 Integrated Development Plan (IDP)
- Performance Objectives.

The budget, fees, charges and tariffs for the 2026/2027 financial year shall be implemented with effect from 1 July 2026.

In terms of section 21(A) of the Local Government: Municipal Systems Act, 2000 (Act No. 32 of 2000), the said Council resolutions and all other relevant documents may be inspected at the under-mentioned offices of the Cape Winelands District Municipality during normal office hours and is also available on the Cape Winelands District Municipality's website at www.capewinelands.gov.za:

- Stellenbosch (29 Du Toit Street): Mr CJM Arangie
- Worcester (51 Trappes Street): Ms RVF Carelse
- Paarl (194 Main Street): Ms M Marang
- Ceres (27 Munnik Street): Ms C Louw
- Robertson (40 Van Reenen Street): Mr J van Zyl

H.F. PRINS
MUNICIPAL MANAGER
Cape Winelands
District Municipality
46 Alexander Street
Stellenbosch 7600



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KENNISGEWING

AANSUIWERINGSBEGROTING TOENAME

IN BEFONDING VIR DIE 2025/2026

FINANSIËLE JAAR

Kennis geskied hiermee ingevolge artikel 28(2)(b) van die Wet op Plaaslike Regering: Munisipale Finansiële Bestuur, 2003 (Wet No. 56 van 2003) en regulasie 23(3) van die Munisipale Begrotings- en Verslagdoeningsregulasies 2008, dat die Raad by Item R.15.1 van 28 Mei 2026, 'n Aansuiweringsbegroting goedgekeur het vir 'n toename in befonding vir die 2025/2026 finansiële jaar.

Ingevolge artikel 21(A) van die Wet op Plaaslike Regering: Munisipale Stelsels, 2000 (Wet No. 32 van 2000), gelees saam met regulasie 26 van die Munisipale Begrotings- en Verslagdoeningsregulasies 2008, lê die gemelde Raadsbesluit en alle ander tersaaklike dokumentasie ter insae by die ondergemelde kantore van die Kaapse Wynland Distriksmunisipaliteit gedurende gewone kantoorure en is ook beskikbaar op die Kaapse Wynland Distriksmunisipaliteit se webwerf by www.capewinelands.gov.za:

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CAPE WINELANDS

DISTRICT MUNICIPALITY

NOTICE

ADJUSTMENTS BUDGET INCREASE

IN FUNDING FOR THE 2025/2026

FINANCIAL YEAR

Notice is hereby given in terms of section 28(2)(b) of the Local Government: Municipal Finance Management Act, 2003 (Act No. 56 of 2003) and regulation 23(3) of the Municipal Budget and Reporting Regulations, 2008, respectively, that Council at Item C.15.1 of 28 May 2026, approved an Adjustments Budget for an increase in funding received for the 2025/2026 financial year.

In terms of section 21(A) of the Local Government: Municipal Systems Act, 2000 (Act No. 32 of 2000), read with regulation 26 of the Municipal Budget and Reporting Regulations 2008, the said Council resolution and all other relevant documents may be inspected at the under-mentioned offices of the Cape Winelands District Municipality during normal office hours and is also available on the Cape Winelands District Municipality's website at www.capewinelands.gov.za:

- Stellenbosch (29 du Toit Street): Mr. C.J.M. Arangie
- Worcester (51 Trappes Street): Ms. R.F.V. Carelse
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H.F. PRINS

MUNICIPAL MANAGER

Cape Winelands

District Municipality

46 Alexander Street

Stellenbosch 7600



CAPE WINELANDS DISTRICT

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Protect Play, Protect Childhood Commemorating the International Day of Play

Every child has the right to rest, relax, play and to take part in cultural and creative activities.” - Article 31, United Nations Convention on the Rights of the Child Play is more than fun - it is essential for every child’s development, well-being, and future. This International Day of Play, observed annually on 11 June, organisations across South Africa are calling on families, communities, and decision-makers to protect every child’s right to play.

From building creativity and confidence to strengthening problem-solving and resilience, play is one of the most powerful ways children learn, connect, and thrive. It supports children in building social and emotional skills, strengthens creativity and problem-solving, fosters resilience, and helps form meaningful connections. Yet for many children, especially in densely populated and vulnerable communities in South Africa and globally, opportunities for safe, unstructured play are rapidly disappearing. Increasing safety concerns, limited public spaces, economic pressures, and shifting

lifestyles are creating a growing “play deficit” worldwide. Without safe environments to play, even the most supportive caregivers face barriers in ensuring children can fully develop. In response to this, the United Nations established the International Day of Play in March 2024, recognising the critical role of play in child development and calling on all sectors of society to prioritise it. International Day of Play is a time to celebrate the power of play and raise awareness about how central it is to every child’s development and well-being. “Ensuring every child’s right to play is essential to building healthier, more resilient societies. Play must be prioritized - in our policies, our communities and in our everyday lives – because investing in play is investing in the future,” notes Johannes Wedenig, UNICEF South Africa Representative This year’s theme, “Protect play, protect childhood,” is a clear call to action: without play, childhood itself is at risk. It serves as a reminder to governments, businesses, schools, and families that happy, healthy childhoods are built on play.



DRAKENSTEIN

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VOORGESTELDE VERORDENING VAN REËLS VAN ORDE WAT DIE VERLOOP VAN RAAD- EN KOMITEEVERGADERINGS VAN DIE MUNISIPALITEIT DRAKENSTEIN REGULEER, 2026

Kennis geskied hermee ingevolge die bepalings van artikel 156(2) saamgelees met artikel 160(4)(b) van die Grondwet van Suid-Afrika 1996, dat die Raad tydens ‘n vergadering gehou op 30 Maart 2026 die voorgestelde Verordening rakende die Reëls van Orde wat die verloop van Raads- en komiteevergaderings van die Munisipaliteit van Drakenstein reguleer, 2026, in beginsel goedgekeur het.

Die voorgestelde Verordening is beskikbaar vir inspeksie by die volgende munisipale kantore:

Burgersentrum, Paarl (Navrae)	:M Bell
Wellington Munisipale kantore (Navrae)	:I Ockhuis
Paarl Oos Behuising kantore	:M Mpam
Mbekweni Behuising kanktore	:A Gwabe
Gouda Munisipale kantore	:T Petersen
Saron Munisipale kantore	:G McDonald
Drakenstein Biblioteek	:Senior Bibliotekaris

Die voorgestelde Verordening sal ook beskikbaar wees op die munisipale webwerf by www.drakenstein.gov.za. Skriftelike kommentaar kan gerig word na die volgende e-posadres: Customercare@drakenstein.gov.za of persoonlik afgelewer word by die verskillende munisipale kantore (biblioteke) in Drakenstein **teen nie later nie as 13 Julie 2026.**

Persone wat nie kan lees of skryf nie, kan hul kommentaar mondelings by die Paarl Biblioteek, Markstraat 1, Paarl, indien waar hulle gehelp sal word deur n personeellid om hul kommentaar op skrif te stel.

DR J H LEIBBRANDT

STADSBESTUURDER

Echoing these sentiments is Dr. Monica Stach, Chief Executive Officer of Cotlands who emphasizes that “Play is far more than a child’s favourite pastime; it is a fundamental right and one of the most powerful ways children learn, connect and thrive. We call on families, communities and the private sector to work with us to ensure that every child, regardless of their circumstances, has access to safe, inclusive and high-quality educational toys and resources.”

HOPE worldwide South Africa Country Director, Dr. Marc Aguirre highlights that “Play is one of the most powerful, accessible, and cost-effective tools we have to support early childhood development. Every song sung together, every story shared, every game played, and every conversation held with a young child contributes to their growth, learning, and wellbeing. By embracing playful interactions in our daily lives, we can help every child get the best possible start in life.”

Based on these commitments, a global network of organizations is driving a movement to promote the power of play in key ways:

Playful parenting universal access to evidence-based parenting programmes Learning through play universal access to early childhood education Space to play safe, environmentally healthy play spaces for every child.To mark the Day, play events aimed at encouraging creativity, exploration, and movement are being held at specific ECD centres. Reading books, activity books and puzzles are also being distributed for children to take home, thereby encouraging continued play experiences in their home environments.

“Play gives children a language before they have all the words,” “It helps them explore big feelings, build confidence, practise empathy, and understand the world in ways that feel safe and joyful. When we protect time for play, we protect children’s right to learn, connect, imagine, and thrive, says Mari Payne, Deputy Managing Director at Sesame Workshop South Africa



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Paarl Gim delivered a dominant performance on Saturday



Paarl Gim delivered a dominant performance on Saturday, thrashing Paul Roos 68–22 in a one-sided schoolboy rugby clash that showcased their attacking firepower and forward dominance.

From the outset in Paarl, the home side set the tone with controlled phase play and early pressure. Hooker Charles Whitehead crashed over for the opening try after sustained build-up play, giving Gimmies a fast start and immediate momentum. Although Paul Roos briefly responded with a penalty goal to get on the scoreboard, the hosts quickly regained control. A powerful driving maul produced another try, followed by a well-taken score from outside centre Derick Cloete. Within the first 20 minutes, Paarl Gim had surged into a commanding 21–3 lead.

Paul Roos showed resilience before halftime, working their way back into the contest. Tries from No 8 Werner de Bruin and hooker Lehan Barnard brought the visitors back into striking

distance, narrowing the gap and ensuring a competitive 21–17 scoreline at the break.

However, the second half belonged entirely to the home side. Paarl Gim produced a ruthless attacking display, running in seven unanswered tries as they overwhelmed the visitors with pace, power, and precision. Their breakdown work and structured attack repeatedly broke through the Paul Roos defensive line, turning a tight contest into a runaway victory.

The emphatic win underlined Paarl Gim's depth and finishing ability, while Paul Roos were left to reflect on a strong first-half fightback that ultimately could not withstand the second-half onslaught. Elsewhere on Saturday, Stellenberg, Westville Boys' High School, and Garsfontein also recorded convincing victories in their respective fixtures, rounding off a weekend of high-scoring schoolboy rugby action across the country.

CAPE WINELANDS FARM SPORT AWARDS

SATURDAY 13 JUNE 2026 • HUGENOTE COMMUNITY HALL, PAARL
15:00PM (REGISTRATION) • 16:00PM (PROGRAMME COMMENCES)

The Cape Winelands District Municipality cordially invites you to attend the Cape Winelands Farm Sport Awards.

Please RSVP by no later than Friday 5 June 2026 @ 15:00.
Email reply to cwfsrecreation@gmail.com or jerome.cwfa@gmail.com.
Dresscode: Black tie, Formal.

Western Cape Government FOR YOU CAPE WINELANDS DISTRICT MUNICIPALITY CAPE WINELANDS FARMWORKERS SPORT RECREATION ASSOCIATION (EST. 2004)

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