



PETER BRUCE

**IT'S TIME TO ASK
SOME AWKWARD
QUESTIONS**

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the **STANFORD** *News*

WHERE A VILLAGE AND A RIVER MEET>>>

JULY 2021



WHAT A DAY-WHAT A PICNIC!

THE first-ever Stanford Cheese and Wine Festival held at Birkenhead Brewery & Walker Bay Estate last month, proved that collaboration works - even during a pandemic.

The organisers of the day-long "picnic-on-the-lawn" event were two of Stanford's iconic and legacy companies Birkenhead Brewery and Klein River Cheese who decided that even with COVID restrictions there was room to enjoy and celebrate local food, world-class wines, and artisan cheesemaking in a relaxed "farm-to-fork" setting. "We wanted to collaborate on an event that was special and memorable as well as safe", says co-organiser Raymond Siebrits, manager of Klein River Cheese. "By now people know the protocols pretty well so that wasn't a problem - and everyone loves picnics and a day in the country!" Paul Loake, manager of Birkenhead Brewery & Walker Bay Estate said that working together as a team meant there were no gaps in the process

and things ran smoothly and professionally. "We have a huge melting pot of local suppliers and if we can create the right platforms and the right ambience to showcase their wares and talents, it's a win-win situation for the whole village - a unifying force if you like, going forward."

It was also, say the organizers, an opportunity to create something extra special to attract visitors to Stanford during the colder winter months when traditionally things are quiet in the village.

Those that enjoyed the day of family fun and festivities, including toe-tapping tunes from local bands like Black Sheep, Jacana and DJ, Marc Slabbert, say that it mustn't be a one-off event.

"They've started something really amazing" said one Stanford resident, "Next year will be even better!" Liz Clarke **SEE PAGE 2**

NEWS UPDATE

Weather is a fickle thing. One magnificent day in Winter, doesn't mean the next day is going to be the same. And wow did it turn vicious, heralding the beginning of July with crazy 165km-an-hour wind gusts and buckets of water to go with it.

According to the gurus of worldweatheronline Stanford's current weather patterns look distinctly odd. In 2018, 73mm of rain was recorded from January to June. In 2019/20 it was plus minus 80mm for the same period. This year it shot up to 183mm for the same period, more than double. Climate change, global warming who knows, but if next year is double again, we might need gondolas!

[CHECK HERE](#)
for worldweatheronline, just search Stanford WC

TIME TO THINK OUT OF THE BOX



Focus on local food, world-class wine and artisan cheesemaking . . .

CREATING a fun event and sticking to the COVID regulations was no easy task, admits Tracey Anderson.

"Earlier this year the Stanford Tourism Office came up with the idea of a Stanford Cheese & Wine Festival. It was my task to pitch the concept to both Klein River Cheese and Walker Bay Estate & Birkenhead Brewery." No problem - the idea of a festival to attract visitors during the winter months caught on like wildfire.

"With Klein River Cheese opening their shop on the Walker Bay Estate during 2020, the festival concept already had a launch pad to collaborate - and the rest is history." The Cape Whale Coast Municipality, she says, also deserves acknowledgement and thanks for allowing permits for the event as well as contributing funds to help get this inaugural event off the ground.



THINGS ARE LOOKING PROMISING. . .

R43 ROAD WORKS



TOP: View of Route 43 going out of Stanford

ABOVE: The traffic circle at Stanford nearing completion

BELOW: The inner circle that is waiting for a facelift



THE LONG AND WINDING ROAD

More updates please!

COULD we be nearing the final push to complete the R43 Voelklip to Stanford road project?

This week's pictures showed that both bridges – going in and out of Stanford - appear to be reaching finality, while the much-vaunted traffic circle with its spaghetti-like twists and turns has an air of near-completeness. However a closer look at the “green” belt in the centre of the junction, shows that rehabilitation of this once-thriving wetland is going to take time. Old boots and rubble are clearly visible with little sign of wildlife or new growth.

Brian Domingo, chief engineer of the R43 project, was reticent about giving any information on expected finish dates, except to say that regular notices will be given. Residents agree that getting updates on the progress of Route 43 between now and December is a priority and will have a bearing on the tourism and accommodation market over the holiday season.

It is no secret that Stanford's tourism industry has been negatively affected, not only by COVID 19, but nearly three years of road closures. The day they come to an end, will be a day of celebration!

Liz Clarke

WE CAN DO A LOT - BUT NOT EVERYTHING

NOW we have started the journey with the Stanford News, the next thing is to sort out what we can do as a newspaper and what we can't.

Straight off, we must only use information that is checked and verified for accuracy. The writing style, provided grammar is correct, is the prerogative of the author.

The general rule for newspapers is that they report and showcase events, interview people, express an opinion, invite others to do the same and generally present news and features in an engaging way.

What we can't do

We can't solicit for funding or financial donations unless there are urgent issues like Mienie's house burning down

We have to be careful of copyright. Many images etc. downloaded from the net have a copyright clause.

Careful about what you hear

Hearsay is something we need to be aware of. People say "I heard this or that from a reliable source". Unless it is backed up by proven fact it means nothing and falls into the category of fake news.

I think the role of a village community-based newspaper should be to highlight issues surrounding a particular breaking news event – be it a fire, an accident, or a storm.

Looking at viability

This edition is part of the build-up to see if the publication is viable. . Without income support for various digital platforms, it wouldn't survive. It's a model that has worked elsewhere, so no reason why it shouldn't work here too. In the two final pages, I have featured the sort of advertising we could provide.

The newspaper will be monthly, but there will be an updated mid-month edition with updated information (similar to the second edition of most newspapers).

Promising start

So far more than 100 people have requested the first edition, so that is a really promising start.

We are delighted that our local Dr Jessica de Leeuw has agreed to write on wellness matters and the Peter Bruce has once more given his perspective on priority issues.

Martin Ranger, a village stalwart, has written about his visit to the vaccination centre – really funny – while many more have offered views and comments.

Thanks again for being the wind beneath my wings. Remember it's a paper that belongs to us all, so your letters, suggestions, complaints and concerns are the heartbeats that will make it sing!

Liz Clarke



Just got the jab - but phew!

The implementation of the Covid-19 vaccination programme hasn't all been smooth sailing. Martin Ranger provides his personal experience on vaccination day in Stanford

MY wife and I joined the queue at nine. It was a sunny mid-winter's morning with a cool breeze promising rain. The queue resembled a frying pan, with around 50 early-risers seated in physically distanced rows of five in the pan. The handle was made up of an assortment of optimists standing to await their fortune.

Soon the operational managers appeared, both clutching those analogue age symbols of authority – the clipboard. They told us that the vaccine would arrive at 'around ten' and that nineteen doses would be set aside for community members who had received an SMS appointment. The remaining vaccine, plus any available because of no-shows, would be provided to the awaiting phalanx.

As everyone shifted into a mood that might explain the origins of 'patients' they nevertheless became quite festive. I was reminded of a previous occasion, in 1994, queueing on a mountainside in Hout Bay waiting to cast my vote. Today's was also an eclectic crowd: from domestic workers and plasterers to world-renowned winemaker and the owner of an uber popular farmstall. Daughters brought coffee and cake to their parents;

biltong circulated along with 'updates' - 'there's only 40 jabs left' or 'they're bringing from Caledon'.

The managers did try and keep us updated and by 11.30 confirmed that available doses would end - wait for it - with the couple in front of us! However, fifteen appointment holders had yet to arrive, so maybe...

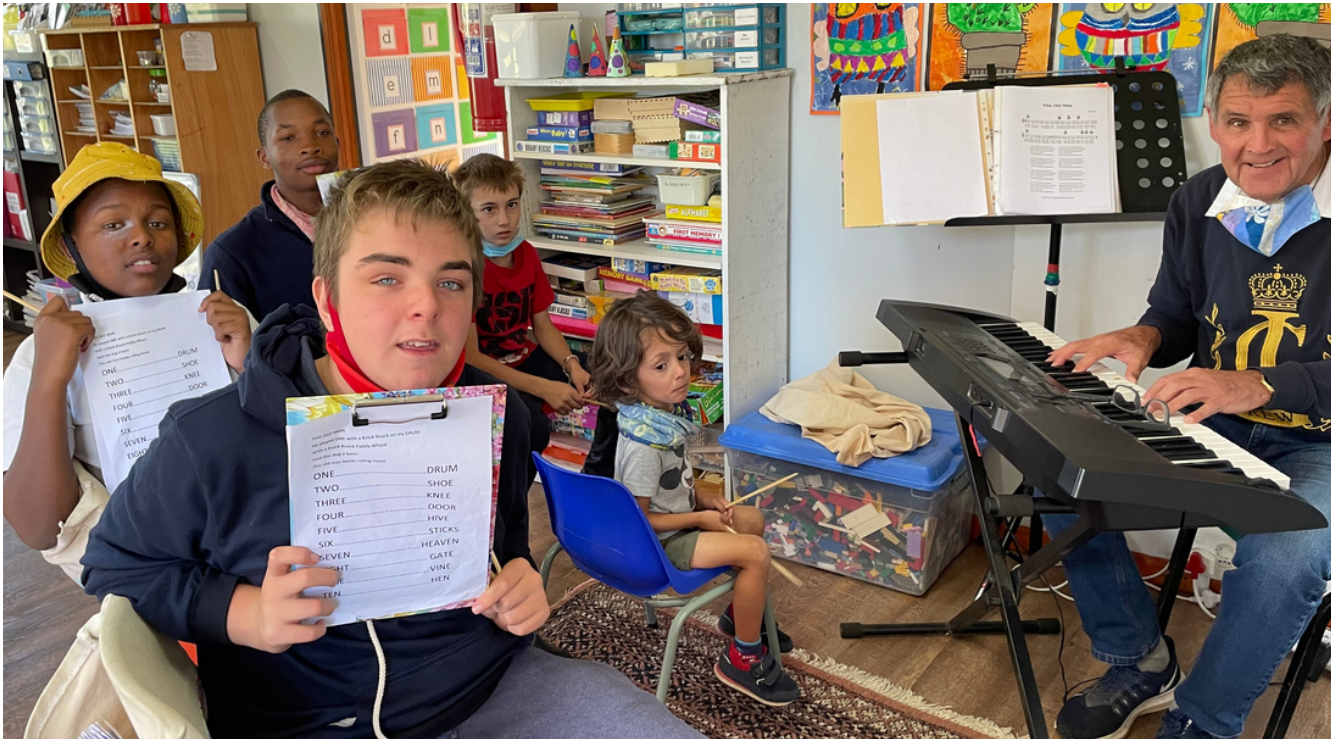
We waited expectantly, soon gaining promotion to the back row of seats in the pan. Prompted by a call of 'nog vyf' we moved slowly forward. The front row beckoned tantalisingly, until eventually we became the nog vyf. With a smirk of superiority, we marched into the clinic. Following a briefing on possible side effects we were commanded to 'Have your ID's ready'. Not quite as evocative as 'Have your boarding passes ready' but I suppose one step at a time.

The inoculation was quickly administered by a surprisingly good-humoured nurse and following a fifteen-minute reaction pause, we walked out.

Outside there were a few hopefuls still occupying the plastic chairs. "Maybe see you next month" we joked.

And then it started to rain.

Knick knack paddywhack - and the rest!



Andrew Herriot, musician and music historian gets ready for the sing-along at the Butterfly Centre. BELOW Family fun at the Eduden Studio's open day



Andrew Herriot, musician, jazz historian has a place in his heart for teaching children through music. Here he chats about a special "gig" with children from the Butterfly Centre

WHEREVER you are in Stanford you are likely to hear, listen to, perhaps participate and promote the pleasures of music. I have had the privilege over a number of years of bringing music to the ears of wonderful children who attend the Butterfly Centre, Stanford's school for children who have different spectrum needs that often cannot be met in formal settings but within an environment of love and understanding by teachers and volunteers. Once a week a group of these very special children gather around a keyboard and learn to sing and remember songs and tunes. Being able to sing in unison "This Old Man" (we all recall The Inn of the Sixth Happiness set in China with the gorgeous Ingrid Bergman). For these children following the rhymes, the numbers and notation, the actions and the collective artefacts that embrace the completion of the nursery rhyme is an educational achievement in itself. "Granpa Andrew (my own Jack coined that title), can we sing the 'drum' song again?" is music to my ears. It brings home the true meaning of communication, warmth and love for those marvellous kids at The Butterfly Centre. "Can we sing Zippy Dodah next week, Grandpa Andrew". I smile and hug them as I leave, noting my task for the next weekly ensemble.

Nothing like joining in the fun . . .

It might have been a wintery morning but it didn't stop families and kids from having fun at the new learning centre, Eduden Studio, in Stanford.

In May the children invited their mothers to join in the fun for Mothers' Day, and last month mums and dads spent the morning playing games with their children for Fathers' Day! If you need to know more about Eduden's learning programme email eduden2020@gmail.com OR cell 082 3361572

EATING OUT IN STANFORD - MEET THE MEAL - MAKERS



SAY HELLO TO THE CAFE THEATRE VIBE

and find out that there's more to going out than just eating. . .

CAFE Theatre are the two words that quickly spring to mind when you chat to Ian Lindsay restaurateur at the Stanford Kitchen in Victoria Street

HIS eating spot is in one of the quaintest legacy buildings in Stanford, where if bricks could speak there would be many a story to tell.

That nostalgic ambience is still very much at the forefront of Lindsay's understanding of what eating out is all about.

"Folk music has always been a special part of my life and so has running restaurants. I've always loved the idea of combining dining with entertainment. I believe it's an old-time recipe that still works."

Times have changed

Even so, times have changed, he agrees.

"COVID has made us think differently. If people can make a meal at home for less price with no restrictions, that's what they will do. That may change, but it will take time. So you need to add things".

The "other things" he refers to include local musicians, many from the village, who bring to the table everything from gentle jazz to songs of the 80s. Art and local artists are also a part of the café mix.

"Why buy art work when you can display and sell the work of local artists. It's all about supporting local talent in whatever form.

His long-held dream is to introduce candlelight theatre and the likes of Roald Dahl's forever stories. For me that sort mix, together with a popular menu, not too pricey, ticks all the boxes.

Food, singing and theatre

It's a recipe that Lindsay knows like the back of his hand. It was way back in the 70s that as a textile designer turned guitarist and folk singer, he linked up with KZN musician John Dennen, and together they opened a folksy restaurant in Durban called the Hungry Hermit.

"That's where I learnt that food, singing and theatre all go together."

Those years weren't without incident. Lindsay's next venture was Garfunkels on Durban's beachfront, next door to Magoos restaurant, which was bombed and destroyed in a terror attack.

"It was my night off – perhaps I was one of the lucky ones."

Steakhouses, seafood eateries, grillrooms in busy city centres have all been part of his journey with entertainment playing a dominant role.

"Stanford is quite different, so removed from city life. It's a place that inspires and gives you time to think about what people in the village want and what will bring visitors back for more. Sometimes I even get to play my guitar and sing my favourite songs - That's what I love –it's about memories and old times, country food and bit of village history all rolled into one.

Liz Clarke

VILLAGE BUZZ - WHAT YOU SHOULD KNOW

All about frogs, light. . . and Food4Thought

SNIPPETS FROM STANFORD RATEPAYERS ASSOCIATION

LIGHTS ON

In line with President Ramaphosa's announcement that private providers are now able to generate up to 100 MW of electricity without approval through NERSA, Overstrand Municipality has adopted a policy on buying electricity for suppliers other than ESKOM. Stanford, through the Stanford Village Foundation, has started to make proposals for Stanford to become the pilot project. Stanford is ideal due to the size of the village and nature of its electricity usage (low peaks).

FROGS ON THE MOVE

The building of Bezuidenhout and de Bruyn Streets will lead to an obstruction to the annual froggy migration. The proposed solution is an infill of the step in the kerb: discussions are ongoing. We need to wait for the contractor to finish, as in terms of contract and labour law, the site is under the sole control of the contractor.



JOLLY ROOSTER

The Jolly Rooster in Kleine Street in the industrial area applied for consent use to have a part of the structure used as a Place of Entertainment, where they can do tasting and food-pairing of the Fynbos gins. The SRA committee believes that such facilities in Kleine Street facing the provincial road may look better than industrial buildings provided it is developed in the Stanford style. In general, the SRA supports restaurants with liquor licences in the traditional business areas of Stanford and on guest farms with approved rights.

MORE VEGGIES

The Food4Thought community NGO has applied for an extension of the vegetable garden at the KOP. This was approved and will lead to an amendment of the lease agreement of 28 February 2018.



THE GOOD NEWS

R300 000 towards festivals has been included in the 2021/2022 budget to attract visitors to the overstrand and stimulate the local economy

To assist the economic recovery of the Overstrand and to help create jobs for residents R15.9 million has been allocated for temporary positions, including seasonal staff

From this month indigent households will get some relief with an increase in monthly electricity from 400kwh to 500kwh for 6 months and an increase in water from 18kl to 20kl

To assist the economic recovery of the Overstrand and to help create jobs for residents R15.9 million has been allocated for temporary positions, including seasonal staff

NOT SUCH GOOD NEWS

Property rates and muni services up by four percent electricity up by 14,59 percent

Points taken from recent address by Alderman Dudley Coetzee - Executive Mayor Overstrand

QUERIES

The Overstrand Municipality's Building Control Department is due to open again on Tuesday, July 6 after an employee tested positive for COVID-19. The Municipality encourages all residents to email queries or requests to relevant officials. Failing that, email enquiries@overstrand.gov.za

AGM

The plan is to hold the AGM as soon as it is safe to do so. In the meantime, we can co-op additional committee members and invite members to nominate persons who can broaden the collective wisdom of the committee, and oversee the existing committee.

BOAT LAUNCH

Funds for the upgrading of the boat-launch site will be rolled over to the next financial year. The provision of ablution facilities is required as per conditions for declaration. The Overstrand launch sites will be reviewed by province who will take the lead in public participations. Members will be advised of the process and how to register as interested and affected parties in due course

USEFUL LINKS

If you need more information about the Overstrand budget allocation click on button at right

[CLICK HERE](#)

Members are encouraged to look at the OM indigent policy, especially to advise people who may not have convenient access to the municipal documents. If you need more information about Overstrand budget allocation click on button at right

[CLICK HERE](#)



Standing lonely and empty in Stanford's Victoria Street, the Spar building waits patiently for the next chapter - whatever that may be

Guest columnist, Peter Bruce raises an "elephant in the room issue" asking . . .

When is a shop not a shop?

AFTER waiting many years, through weekend visits, plan approvals, construction and an epic three-day odyssey from Johannesburg, my wife Robyn, our wonderful teammate John and our two Ridgebacks, Holly and Lucy, finally arrived to live in Stanford late on Sunday afternoon, May 19, 2019. The weather was good. We broke out a bottle of wine on the deck and raised a few glasses to our good fortune.

I was worried about the pantehnicon carrying our stuff. He had promised he'd delivered to Stanford before and that he would be in town at 10am on the Monday morning. I remember the Spar being closed when we arrived but I made a mental note to get some supplies early the next morning, to save going through boxes to find toilet paper or matches.

At about 8.30 that morning I set out on the three minute walk to the Spar but when I got there it had literally vanished. It had burned down in the night. We hadn't heard or smelled a thing.

ALL WENT UP IN SMOKE

I was genuinely shocked. I'd told people who had teased me back in Joburg that I'd be lost without a Spar (the centre of Parkview, where we lived, was a Spar) and I'd happily chirp back that the Stanford Spar was even closer to our new house than the old one.

That all went up in smoke without me buying a single thing. And it was more than two years ago.

Fast forward to now and I find my initial bemusement about the cause of the fire, my curiosity about whether it would be replaced by another store brand or another Spar, has dissipated. I don't know the owner of the property, or the gentleman who ran the franchise but the rumours have been fabulous.

A smart new building stands empty in the middle of our village. The latest word is that it will be neither a Spar nor a Pick n Pay. It's for sale. For me, I

thank heavens the General Dealer in Queen Victoria Street has grown from strength to strength. The OK has also stood up and Martin's Deli in the industrial area is just fantastic. And what we can't buy here we order online from Hermanus. But while I might be sorted, Stanford isn't. Post-Covid, the 2019 solution for the old Spar space no longer exists and while that empty building may be privately-owned, its future is all of our business. It's a big, dominant, landmark and the longer it stays empty the louder it shouts "problem" at us all as a village. We are all directly invested in its future.

VILLAGE DECISION

Maybe someone with money and imagination will come up with a smart way to resolve this problem elephant on our high street. Goodness knows what it might be for that much floor space. I feel for the owners and appreciate the financial pressure they must be under, but should the village not in some way be part of deciding what to do with it?

That's improbable, I know. But perhaps there's a lesson here for us all, for our ward committee, the heritage committee and all the other groups of people who help make Stanford run so well. We shouldn't allow anything this big to be built here again, not in the middle of town. The bigger things are, the bigger they can fail and we surely do not want to hang that washing on our main line.

I apologise if this is awkward reading but I'm too stupid to write in code and newspapers are a good way to speak frankly to one another. The Spar fire that night left us with only an underwhelming Tops bottle store to remember it by.

We need to do better. The work done on the road around the village green is just perfect. So are the road works down the side of the village and you can tell the road to Hermanus is going to be a blinder. Let's set the highest standards for our village. Write them down. Follow them through.



Live your best life this winter

THE long warm days of summer are now a distant memory. So it's probably safe to say that the activity of choice for most of us does not often involve a pair of exercise shoes

IT'S understandable. The natural inclination is to keep warm, on the couch, with a generous serving of comfort food or drink. Unfortunately, succumbing to the temptation to abandon all healthy habits is not what your body needs to stay in optimal health.

Why are the winter months associated with illness?

Winter is when humans are most exposed to seasonal viruses such as those causing the "common cold" and the "flu". Although the reason for this is not well understood, it is thought that some viruses fare better and survive for longer in colder weather. More time is spent indoors and, as we have heard, many times over during the COVID-19 pandemic, closer proximity to each other leads to faster and more efficient spreading of viruses.

Certain chronic conditions such as arthritis and asthma are aggravated by cold weather and physical inactivity.

Allergies can also become more troublesome due to increased exposure to indoor allergens.

Shorter daylight hours and more time spent indoors means less sunlight exposure. This can result in lower levels of Vitamin D occurring naturally in the body. Vitamin D deficiency has been linked to weakening of the immune system.

Mental health symptoms, especially those associated with depression, are known to be worse for some people during the winter months. Seasonal Affective Disorder (SAD) is a medical condition diagnosed in people who experience seasonal changes in mood, and it is speculated that this may be linked to decreased exposure to sunlight.

Cold weather causes blood vessels to constrict. This may cause worsening of symptoms in people with conditions affecting the blood vessels.

A typical example would be of someone with heart disease getting more frequent angina attacks.

WHO'S MOST AT RISK OF GETTING ILL?

- People at extremes of age, that is young children and older adults, are more susceptible to developing severe infections. I
- Chronic illnesses, such as diabetes, cancers and immune deficiency disorders are amongst those which make humans more susceptible to severe illness. Lung conditions such as poorly controlled asthma and chronic obstructive lung disease (COPD) or emphysema can increase the risk of severe lung infections.
- Pregnant women.
- People using medications which may suppress or weaken the immune system. These include corticosteroids, certain autoimmune condition medications and chemotherapy.

For heart health - 150 minutes of moderate exercise per week

What can you do to optimise your health and immune system this winter? Get active! The benefits of staying physically active can simply not be overstated.

Think increased energy levels, improved sleep quality, decreased risk of developing depression, improved bone density, better control of chronic conditions such as diabetes and hypertension and of course, averting the annual piling on of the kilograms.

The American Heart Association recommends 150 minutes of moderate exercise per week.

To learn more about what constitutes moderate exercise and how to measure it click on the button

[CLICK HERE](#)

THE HEALTH WATCH LIST

Maintain a healthy balanced diet. Replace your summer salads with wholesome soups and stews. Avoid the temptation to fill up on high carbohydrate and high sugar content comfort foods. Also, avoid overindulging in alcohol.

Supplementation with certain vitamins can be of value. Vitamin D and Vitamin B12 deficiencies are not rare and can be diagnosed on a blood test.

It is worth noting that using high doses of Vitamin D in the absence of deficiency can result in toxicity. It is therefore best to speak to a healthcare professional before taking Vitamin D on a long-term basis.

Vitamin C, Zinc and Selenium supplements have been widely recommended during the Covid-19 pandemic. Although there is no conclusive scientific evidence to back up this practice, they may assist your immune system in fighting off viral infections and are unlikely to cause any harm. If you do use them on a regular basis, it is advised that you adhere to the recommended daily amounts.

Ensure optimal management of your chronic illnesses. It is of great concern that so many people have had to put off seeking medical attention for their chronic conditions during the Covid-19 pandemic, for fear of contracting the virus.

Poorly controlled conditions such as diabetes and hypertension increase your risk of getting seriously ill.

It is best to stay on your medications and get seen for your regular check-ups.

It is very strongly recommended that everyone have their Covid-19 vaccination as soon as they become eligible.

High risk people, as described previously, should have their annual Influenza vaccine.

People over 65 years old should have the Pneumococcal (pneumonia) vaccine.

People over 60 years old should consider having the Herpes Zoster (shingles) vaccine.

THE GREEN YEARS - no better time than this to look after the environment

A walk through the Wandelpad's natural trail shows that tiny acts of love speak volumes

A village gem that calls for love and care



Right now the Wandelpad team is looking for that one special person who will oversee the project going forward. If you are that special person please contact the Stanford Conservation Trust representative:- davehagen7@gmail.com

THE call to save the planet is overwhelming. Nobody can deny that further destruction will escalate calamitous natural events, but the question is what can ordinary folk do about it?

I WAS thinking about this on a recent walk in Stanford's *Wandelpad*, a four and half kilometre scenic walk through the unspoilt areas of the village. It was here that it dawned on me that sweating the big stuff like satellite interference, G5, and the destruction of the Amazon, is often wasted energy. It is the little things people do to protect their natural surroundings that make the difference.

NATURAL ROCK

To be more precise, the protective strategy that really caught my attention, was the use of natural rock and fallen trees to protect a swathe of naturally occurring fynbos in Stanford impacted over the years by animals and human interaction.

There are two parts to this story. The first is that a pathway has been created through an avenue of trees and alongside the river and historic milkwood forest to keep feet away from the natural vegetation. The work of maintaining and clearing invasive vegetation is undertaken by volunteers who tirelessly give their time and effort to keeping the environmentally sensitive boundaries of the village in peak condition.

PLEASE LEAVE THE STONES

The second more creative element is that dotted along the route are smaller stones, each one painted with a symbol, could be a bird, a flower or an animal. Each stone is carefully placed so that they are easily seen by the ramblers. Every now and then there is a stone painted with words asking people to leave the stones where they are.

Fynbos is part of a unique floral system that occurs nowhere else on the planet, hence the real need to preserve it and the creatures that depend on it for survival.

The real issue here is that while the larger species of fynbos are visible, the tiny new plants and shoots are not, and can easily be trampled on and die. There's a sort of quaint magic about the painted stones and the pathways that wind through ancient trees and along country trails, Nobody knows who the painters are and who are the stone layers. They just seem to appear out of nowhere.

We all need a helping of fairytale imagery during these difficult times. It whispers to the earth – we still love you, it also requires those selfless village people, who unheralded and unsung try their best to maintain the magic for everyone.

LIZ CLARKE



STANFORD CONSERVATION TRUST - [click here](#) - Preserving the environment and watching over the Village's heritage status

THE BUSINESS SIDE OF THINGS

TRY US OUT WITH YOUR ADS

ALL newspapers and magazines, whether online or printed, rely on advertising to support their initiatives.

That's why quality, relevance, accuracy, fairness and independence are key to success.

The Stanford News, while a new player in the market, is no different. It strives to meet the requirements of a trusted publication and in so doing hopes to attract advertising.

We feature a cross-section of the type of ads we hope to flight and will be happy to discuss sizes, designs and clickable links to websites and social media.

If you would like to look at our ad rates card click on button below

CLICK

FREE OFFER

To introduce ourselves to the market we are giving away free advertising space for our August edition. That way we can iron out any glitches and answer any queries. If you have a ready made ad that's fine. If not, don't worry. All you need do is supply us with your images and wording and we will do the rest. There's no restriction on the type of ad. It could be anything from Animal Welfare to jam-making. The trick is to make it as appealing as possible!

WHAT YOU NEED TO DO

- The ad size we are offering is a 6cm x 9cm space with or without a link
- The material needs to be sent to us by latest Tuesday July 20, so that we can get busy designing
- You can send the material to lizclarke4@gmail.com with the subject line **FREE ONLINE AD**

