



- Van Atlantis se beste jong atlete besig om hulle staal te wys by die jaarlikse *Champ-of-Champs* atletiekbyeenkoms vir primêre skole, wat op Saterdag 14 Februarie by die Wesfleur Park Sportgronde plaasgevind het.

LEES MEER OP BLADSY 8

PETITION HANDED OVER TO SUBCOUNCIL

Thusong: 15 000 signatures demand accountability, not abandonment

TO PAGE 3

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EIE VERSLAGGEWER

Klasmaats, onderwysers en die breër gemeenskap is steeds diep geskok nadat 'n jong dogtertjie verlede week skaars 'n kilometer weg van haar kleuterskool deur 'n motor omgestamp is.

Die vyfjarige Lemicah Galant was woonagtig in Lisboa Street, minder as 300m weg van waar die ongeluk plaasgevind het. Die tragiese voorval het op Dinsdag 17 Februarie 2026 om 07:50 in Hermeslaan, reg oorkant Saxonsea Sekondêre Skool, plaasgevind. Polisiebeamptes het op die toneel gereageer, en by hul aankoms het hulle 'n voertuig langs die pad aangetref, terwyl 'n kind op die pad gelê het. Mediese personeel kon ongelukkig niks meer vir haar doen nie. Volgens die polisie is die bestuurder van die voertuig, 'n 34-jarige man, Diego Stevens, op die toneel in hegtenis geneem, op 'n aanklag van strafbare manslag. Die betrokke voertuig, 'n groen Opel Monza, is as bewysstuk in beslag geneem.

Die gemeenskap het 'n dringende beroep op hof-owerhede en regsbeamptes gedoen om die erns van hierdie saak noukeurig te oorweeg en om borgtog aan die beweerde oortreder te weier, in die belang van geregtigheid en gemeenskapsveiligheid. Die familie

het gevra dat die gemeenskap in hierdie moeilike tyd saam met hulle staan deur die petisie te onderteken, op die webwerf <https://www.change.org>. Die hofverskyning is geskeduleer vir Dinsdag 24 Februarie 2026.



Dosyne Facebook-gebruikers het hulle meegevoel teenoor die familie betuig. "Dis roekeloosheid wat onskuldige lewens eis. Die manier waarop daardie man gery het tydens die oggend se spitsverkeer was heeltemal onnodig," het een ouer gesê, terwyl 'n ander gesê het sy sien gereeld hoe baie bestuurders nie

eens meer stop by die voetgoorgang nie. Nog 'n persoon het 'n versoek gerig aan die ouers van die kinders wat uit Uitbreiding 12 kom. "Elke oggend oppad Mamretoesien ek hoe meeste kinders nie die voetgoorgang gebruik om die pad oor te steek nie, maar sommer by die oop gedeelte in die heining. Praat asseblief met hulle oor padveiligheid. Baie kleiner kinders én hoërskoolkinders loop of hardloop oor die pad, selfs wanneer 'n bus of vragmotor baie naby is."

Volgens die skoolhoof by Saxonsea Pre-primêre Skool, Belinda Jooste, was die hele skool geruk deur die ontydige nuus. "Lemichah was 'n lewenslustige kind en was baie lief vir drukkie uitdeel. Sy was ook baie skrand en het baie kere sommer haar klasmaatjies se werk help doen," vertel sy. Jooste het haar opregte dank aan verskeie senior amptenare van die Wes-Kaapse Departement van Onderwys uitgespreek vir hulle ondersteuning aan die familie en die skool.

****Enigiemand wat inligting het, kan dit vertroulik deel by 08600 10111 of 021-5718500 skakel en vra vir Speurserqant Allo Hendricks.**

Marthinussen's life celebrated at moving memorial service



Following his passing, the memorial service for Charles Marthinussen, former principal of Atlantis Senior Secondary, saw hundreds of former learners, ex-colleagues, friends and family gather in the school hall. Despite the grief, they celebrated a man whose influence was regarded as the cornerstone of the school's success for many years. Subsequently, the Charles Philip Marthinussen Foundation was also launched, marking the beginning of a significant new chapter in community service and philanthropy. In the photo, his son Chad Marthinussen can be seen lighting a candle in honour of his father, a remarkable educator, mentor and guide to thousands of learners in Atlantis and its surrounding areas.

-PHOTO: MILES PHOTOGRAPHY

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'Meaningful discussions' demanded to save much-needed Thusong Centre

PETER LATEGAN

Community opposition has intensified in Atlantis as residents formally called on the City of Cape Town to stop the proposed disposal of Erf 8813, the site of the Hartebeeskraal Thusong Centre.

A memorandum, supported by nearly 15,000 petition signatures, was handed over by representatives of The People's Process to Subcouncil 1 officials on Thursday 19 February 2026, underscoring mounting frustration over service disruptions, governance failures and fears of losing a critical public facility. The petition calls for the City to work with residents to co-develop a sustainable service model for the centre, and to provide a written response within 14 days. Should these concerns go unaddressed, the community intend to pursue lawful oversight and remedial avenues.

The centre has long served as a vital access point for essential government services, especially for older persons, people with disabilities and low-income households who depend on public transport. Historically, the centre has housed services including the Department of Home Affairs and SASSA, enabling residents had access to these crucial services. The recent instability of Home Affairs operations has deepened concerns about the future of all services at the centre. A service previously available five days a week has reportedly been reduced to as few as two days, with inconsistent communication creating uncertainty for residents who queue without knowing whether they will be assisted.

The memorandum highlights the fact that the public are increasingly anxious that if one essential service can be withdrawn without clarity or resolution, others may follow. The

situation has "resulted in missed workdays, increased transport costs and elderly residents being turned away," the submission reads, adding that the disruptions reflect "a breakdown in predictability and public trust." Against this backdrop, residents have declared their position unequivocally: they reject any sale, subdivision or repurposing of Erf 8813. Instead, they are calling for the City to stabilise, restore and properly manage the centre, arguing that the facility's decline stems from administrative neglect rather than a lack of community need. "We do not consent to alienation of the property away from public and community-serving use," the memorandum states.

Among the community's formal requests is an immediate halt to all disposal processes, as well as a demand for full and meaningful public participation before any future decisions are taken. Residents also want the City to address long-standing governance issues that contributed directly to service closures, including the absence of a permanent facility manager, repeated departmental handovers and delays in resolving known infrastructure risks.

Concluding their memorandum, residents stress they are not opposed to development, but to what they describe as the "dispossession" of a key public asset. "We seek restoration, not removal. Accountability, not abandonment. Development, not dispossession," the document reads.



- Close to 50 community members handed over the 10-page memorandum to the Chairperson of Subcouncil, Councillor Allister Lightburn

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PROMOTIONAL ARTICLE

De Waal aims to empower aspiring home-owners

Buying a property is likely the single biggest financial decision you will ever make. Yet most buyers rush into it with less information, less protection, and less independent advice than they would when buying a car. And that's exactly where many property buyers go wrong.

Meet Meyer de Waal (photo right), an attorney with 38 years of property law experience. His highly skilled Property Team provides buyers with independent legal insight, strategic guidance, and risk protection before costly mistakes are made. MDW Inc Attorneys & Conveyancers offers a combination of unique and niche services, made up of specialist attorneys, conveyancers, public notaries, a paralegal team, property sales agents, First Home Finance (formerly known as FLISP), and home-loan specialists who all collaborate and function as a team with offices in Cape Town, Blouberg, Sedgefield, and Tshwane.

He says that every month, buyers sign offers to purchase without ever seeing the title deed, without understanding restrictive conditions, without knowing what lurks behind the glossy listing photos, and without anyone truly



representing their interests. By the time problems surface, it is often too late. The contract is signed, the deposit is paid, and the risk is yours alone.

De Waal believes what most buyers don't realise is that:

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"Unlike buying a vehicle, there is no 'roadworthy inspection', no warranty, and no independent buyer report protecting you. It is for this reason that MDW Inc has now opened applications for its Property Buyer Support Service.

This is not a service for sellers. It is a service designed exclusively for buyers," he explains.

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Applications are now open, but spaces are limited

This service is hands-on and specialist-driven, which means MDW Inc Attorneys & Conveyancers intentionally limit the number of buyers they assist at any given time. Buyers who wait often make contact only after signing, when their options are already limited. Don't be one of them.

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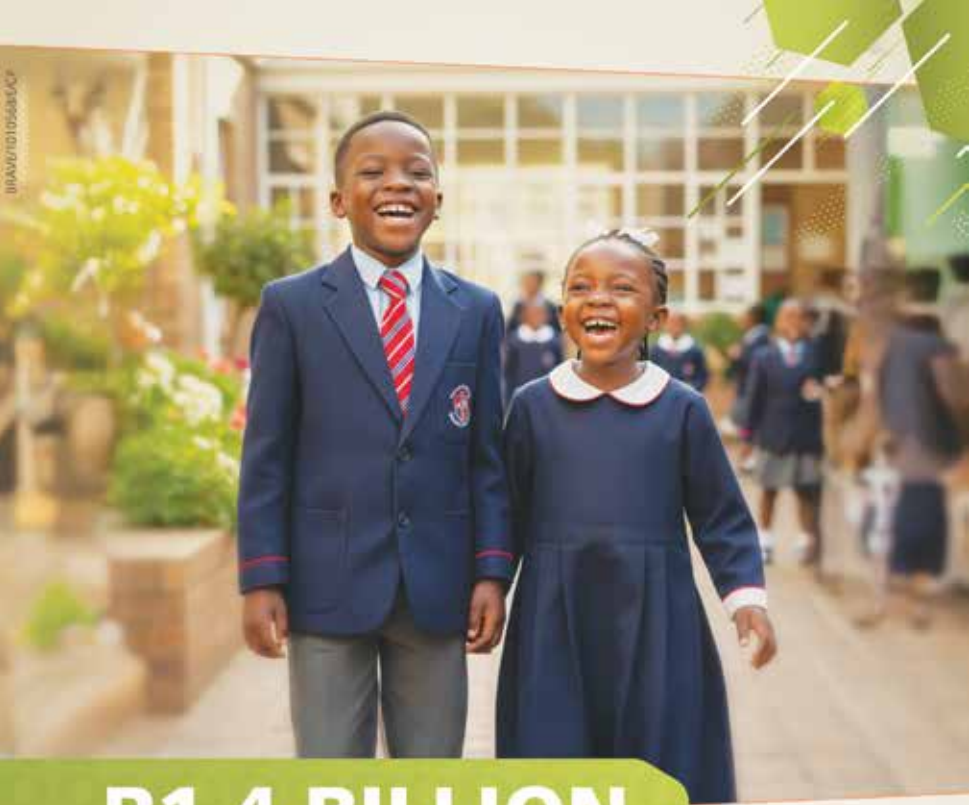
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Fears of more taxi violence in Witsand after taxi shooting

STAFF REPORTER

Residents of the greater Atlantis are reeling after a violent confrontation between the Cape Amalgamated Taxi Association (CATA) and the Congress of Democratic Taxi Associations (CODETA) left one taxi operator dead and caused significant disruption to local transport services.

While the shooting incident itself did not occur in Witsand, the operators involved, and those who were targeted, are members of the Witsand community. Babalwa Mbulwana, Chairperson of the South African National Civic Organisation (SANCO) branch in Witsand, said the conflict allegedly began on 6 February 2026, after a taxi driver affiliated with CATA was assaulted by individuals believed to be linked to CODETA at the Killarney taxi rank. "A week later, on Friday, 13 February, CATA leaders from the Saxonwold Taxi Rank in Witsand travelled to Killarney in response to the earlier assault. Upon their arrival, a shooting occurred at Killarney taxi rank, resulting in one fatality and one person being wounded," Mbulwana said.

According to representatives from the Saxonwold Taxi Rank, the

ongoing conflict centres on a taxi route dispute. It is alleged that CODETA is attempting to take over a route currently operated by CATA in the Atlantis area. All affected taxi owners are based in Witsand, which has intensified concern among local residents.

The incident has heightened fears across the community, where commuting is an essential part of daily life for workers, students, and families. Mbulwana said the situation has instability within the community, urging commuters to remain cautious while authorities work to restore calm. "The organisation is calling for intensified dialogue between the two warring associations," he said, stressing that ongoing tensions cannot dictate the future of public transportation. "The safety and lives of our people must come first. Violence cannot and must not be the solution." SANCO said it remains committed to promoting peace and stability in the area and has appealed to authorities to intervene swiftly to ensure the safety of both commuters and taxi operators.

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We look forward to your participation!

What expectant mothers should know about eye health



OPTOMETRISTS MANDRÈ VORSTER & FREDERIK JANSEN

Pregnancy Awareness Week was observed earlier this month, highlighting that eye health is an essential part of maternal wellbeing. Pregnancy brings many physical changes, and some of these can affect the eyes and vision. Knowing what to expect helps women protect both their sight and their overall health.

How pregnancy can affect the eyes

Hormonal shifts may cause temporary vision changes such as blurred vision, light sensitivity, or dry, irritated eyes. Fluid retention can slightly alter the shape of the cornea, affecting how clearly a woman sees. These effects are usually mild and often fade after birth. Pregnancy can also influence existing eye conditions. Women with diabetes or high blood pressure face a higher risk of complications like diabetic retinopathy or retinal blood-vessel changes. Symptoms such as severe headaches, flashing lights, sudden vision loss, or double vision should never be ignored, as they can signal serious conditions like pre-eclampsia.

The importance of an eye test during pregnancy

Eye examinations are safe during pregnancy and helpful if any vision changes occur. An optometrist can monitor eyesight, assess eye pressure, and identify early signs of health issues that may affect both mother and baby. Routine tests do not harm the unborn child. However, unless vision problems are significant, many eye care

professionals advise waiting until after pregnancy and breastfeeding before changing prescription glasses or contact lenses, as eyesight may stabilise naturally once hormones return to normal. Regular eye tests are especially important for women who already wear glasses, have diabetes, or have a history of eye disease.

Are eye drops safe during pregnancy?

Most lubricating or artificial-tear drops for dry eyes are considered safe and can ease irritation caused by hormonal changes or screen use. However, medicated drops—such as those containing antibiotics, steroids, or glaucoma treatments—should only be used under the guidance of a doctor or optometrist who knows the patient is pregnant. To reduce bloodstream absorption, women can gently press on the inner corner of the eye for one minute after applying any drops.

Protecting eye health during pregnancy

Good overall health supports good vision. Eating foods rich in vitamins A, C, and E, along with omega-3 fatty acids, staying hydrated, and getting enough rest can help maintain eye comfort and function throughout pregnancy.

Measles outbreak in Du Noon, Department urge parents to monitor children



- Parents and caregivers are urged to ensure that routine immunisations are up to date for their children

The Western Cape Department of Health and Wellness has recorded a total of 138 confirmed measles cases in the Southern Western substructures between 8 November 2025 and 28 January 2026, of which 70 cases have been reported in Du Noon to date.

In response, the Department announced on 17 February 2026 a series of community vaccination outreaches in Du Noon to strengthen childhood immunisation coverage and prevent further spread of measles. In addition, the Department has intensified routine immunisation efforts to ensure and maintain high immunisation coverage. Measles is a highly contagious disease that affects the respiratory system. Symptoms may include high fever, rash, runny nose, red watery eyes, and persistent coughing. Diagnosis is based on clinical signs and confirmed through laboratory testing. "Vaccination is the safest and most effective way to protect your child and those around them," a departmental health worker said. Parents and caregivers are encouraged to monitor their children for measles symptoms and take them to the nearest health care provider for evaluation and testing if symptoms develop. "I strongly

encourage all parents and caregivers to make use of the free vaccination services available. By vaccinating our children, we are protecting our entire community," the health worker added.

All children should receive two doses of the measles vaccine, with the first dose given at 6 months of age and the second at 12 months. Free childhood vaccinations, including catch-up doses, are available at all public health facilities. Vaccines are also accessible through private healthcare providers and public-private partnerships. Parents are urged not to assume that their children are immune and to ensure that routine immunisations are up to date and that consent forms are signed when school vaccination teams visit.

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How Shayen turned personal struggle into a wellness movement

PETER LATEGAN



- Mindful-Fit-Ness integrates mindful movement, nutrition education, and community-based initiatives designed to promote sustainable health



For Shayen Capaima, fitness is not just a profession. It is a deeply personal calling shaped by her own journey of healing and transformation.

As a teenager, this impressive young businesswoman struggled with low self-esteem and body image. Despite appearing strong on the outside, she battled many insecurities that slowly shaped the way she saw herself. What started as a simple desire to lose a few kilograms and “feel good” gradually turned into overtraining and unhealthy restriction. “By Grade 10, my health had deteriorated significantly. I was physically weak and emotionally drained. What I believed would build confidence had instead led me into one of the most difficult seasons of my life,” says Shayen.

But it was in that fragile space that everything began to shift. Instead of continuing down that destructive path, she made the decision to seek help, not only physically, but

spiritually. “My church community prayed consistently for my healing, and I began seeking God for restoration myself. During that time, I came across a worn and broken Bible containing Psalms 119. Looking back, that broken Bible felt symbolic, a reminder that even in my most fragile moments, resilience was still present within me. As I read and meditated daily, my mindset slowly began to change. My relationship with food and my body began to heal. Most importantly, my identity shifted from being appearance-driven to purpose-driven.”

Today, she teaches fitness very differently from how she once approached it. “For me, movement is not punishment. It is not control. It is not about shrinking the body. It is about building strength from the inside out, physically, mentally, emotionally, and spiritually.” Her company, Mindful-Fit-Ness Club was born from that redemption story. It is a wellness platform that integrates mindful movement, nutrition education, and community-based initiatives designed to promote

sustainable health rather than harmful extremes. Her work focuses on helping people build healthy relationships with movement, confidence in their bodies, and discipline rooted in balance rather than fear. “Starting a business with limited resources was one of my biggest challenges. I had to build everything from the ground up, taking on multiple roles at once—from trainer to administrator, marketer to strategist. My greatest support has come from my husband and close family. But above all, my faith in God has anchored my entrepreneurial journey.”

Being professionally trained in psychology and certified in fitness practice allows her to approach wellness with structure, safety, and emotional intelligence. Their services include holistic, sustainable fitness through strength, Pilates, and mobility classes, supported by wellness consultations and counselling-informed tools. Personalised training, retreats, corporate wellness, and pre- and post-natal sessions offer tailored

support that builds physical, emotional, and mental resilience. While most clients are based in Cape Town and nearby areas, the virtual component allows her to work across South Africa and increasingly with international clients. “In the next five years, I envision Mindful-Fit-Ness becoming a globally recognised wellness brand integrating physical fitness, mental well-being, and spiritual alignment through expanded programmes, digital platforms, and community initiatives,” says Shayen, with a sense of confidence and steadfastness that is hard to ignore.

****The company can be reached via its website (<https://mindfulfitness.fit>) or on Facebook, Instagram, and TikTok.**

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Mamre dominates at Darling Sevens

COURTNEY ARENDSE



Club sevens rugby is well underway for the 2026 season and has started in triumphant fashion for the community of Mamre. On Saturday 7 February 2026, at the Darling Sevens tournament, both the women's and men's teams from Mamre Rugby Club secured overall victory, taking the tournament cups home after a day of intense competition.



Adding a special and historic element to Mamre's victory was the leadership behind the wins. The women's team was captained by Demi-Lee Gericke, while her brother, Waldick Gericke, captained the men's team (top right). The sibling-led triumph created a proud moment not only for their family but for the wider Mamre community. To top that off, the finals delivered an all-out Mamre contest, with Hamlets Rugby Club facing Mamre in highly competitive matches, where both

teams ultimately met again in the finals. The strong showing from both Mamre teams once again proved that the small town continues to produce exceptional rugby talent capable of competing at top club level. According to Anzo Stubbs from Hamlets, the sevens tournament format plays an important and unique role in player growth and development. "These tournaments create opportunities for younger and older players to play together. Younger players learn directly from experienced players on the field," Stubbs said.

Atlete sit weer beste voet voor by jaarlikse Champs

BENJAMIN SMITH

Die jaarlikse *Champ-of-Champs* atletiekbyeenkoms het hierdie jaar op Saterdag 14 Februarie plaasgevind by die Wesfleur Park Sportgronde.

Sestien skole van Atlantis en omliggende gebiede het teen mekaar meegeding in 'n reeks items, onder andere naellope, hekkies, hoogspring, verspring, gewigstoot, spiesgooi, diskus en aflos. Dit was die derde atletiekbyeenkoms sedert die opening van die nuwe Wesfleur atletiekbaan, en amptenare en onderwysers het hard gewerk om seker te maak dat die dag goed afloop. 'n Paar uitstaande optredes vir die dag sluit onder meer in

Zara Kanemeyer van Grosvenor Laerskool, wat twee goue medaljes gewen het in die meisies 13-jarige 800 m- en 1500 m-wedlope. Keasha Trout van Mamre Laerskool het goud gewen in die meisies 9-jarige 60m- en 80m-wedlope. John-Lee Kaptein van Parkview Laerskool het goud behaal in die seuns 13-jarige gewigstoot en verspring. Hy het ook silwer behaal in die 100 m-wedloop. CJ Magget van Saxonsea Laerskool het onderskeidelik goud en brons gewen in die 200 m-hekkies en verspring.



Keisha Trout (Mamre 1ste), Keelyn Van Niekerk (Saxonsea 2de), Jesnay Baron (Parkview 3de) - dogters 9 jaar 60m



Luke Arendse (Philadelphia, 1ste), Brenton Cupido (Saxonsea 2de) Kalum Klaasen (Mamre 3de) - seuns 10 jaar hoogspring.



Chaneal Markus (Parkview 1ste), Jovante Pietersen (Parkview 2de), Angelique Titus (Berzelia 3de) - dogters 13 jaar 100m



Jermaine Davids (Kerria 1ste), Shaygen Witbooi (Kerria 2de), Prosper Turi (Kerria 3de) - seuns 12 jaar 150m hekkies



Ortego Martin (Saxonsea 1ste), Drayden Collins (Pella 2de), Noah Bok (Saxonsea 3de) - seuns 11 jaar 1200m