



BREAK

MAGAZINE

FOR TEACHERS AND PARENTS

Featured:
Fathers day

Comic Con Cape
Town 2026

Raising kids in a
digital world

What's Inside



Cover - Barnowl

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FROM THE EDITOR

This edition explores connection, creativity, and the ever-changing world young people are growing up in. From navigating parenting in the digital age to celebrating storytelling, imagination, and family experiences in Cape Town, these pages are filled with conversations that matter to both parents and teachers.

We reflect on the importance of guidance and boundaries in *Raising Kids in a Digital Age: Safety, Social Media and Boundaries* — a topic that continues to shape homes and classrooms alike. At the same time, this issue also celebrates creativity and expression, from the vibrant energy of Comic Con Cape Town 2026 in *A Weekend Beyond Entertainment* to the emotional depth of live theatre in *Two Award-Winning Shows, One Epic Weekend*.

One of the most thought-provoking features in this edition is *Stepping into the Veyrith*, written with a perspective that captures the uncertainty, curiosity, and quiet transformation that comes with becoming. It is a reminder that growth rarely happens all at once — sometimes it begins with a small shift, almost unnoticed, before unfolding into something bigger.

As Father's Day approaches, we also take a moment to celebrate the role fathers and father figures play in shaping confidence, support, and belonging in the lives of young people.

Whether you are reading as a parent, teacher, mentor, or simply someone passionate about understanding the next generation, we hope this edition leaves you inspired, informed, and connected to the stories that shape our communities.

Editor-in-Chief

Stepping into the Veyrith.

By a 17-year-old who understands “becoming” better than most. There’s a moment - early on - where something shifts. Not loudly. Not dramatically. Just enough to make you pause. That’s how *The Veyrith* begins. And in many ways, that’s exactly how growing up feels.



Claudia Calisto was just 17 when she brought this world to life. However, there’s nothing rushed or uncertain about the way she writes. Instead, there’s a quiet confidence in how the story unfolds. She doesn’t explain everything. She doesn’t need to.

She trusts the reader to find their way.

For younger readers, that trust matters. It pulls them in. It makes them part of the story not just observers of it. Because *The Veyrith* isn’t about being told what’s happening. It’s about feeling it.



For the Child Reading It

There's something instantly recognisable in the world Claudia creates. That sense that things are changing even if you can't quite name how. That feeling of standing on the edge of something new, without a clear map forward. The story doesn't rush past those moments. It sits in them. And in doing so, it gives young readers permission to do the same.

To question.

To notice.

To move forward even when they're unsure.

For the Parent Reading It

But something interesting happens when you read *The Veyrith* as an adult. You slowdown in different places. You notice the hesitation behind a choice. The weight behind a moment that might seem small on the surface. You begin to recognise the emotional undercurrent of the story - the part that isn't said outright but is felt all the same. And somewhere along the way, the story stops being just about the character. It becomes about something more familiar.

That space of becoming - the one we don't ever fully leave behind.

More Than a Debut

There's something quietly powerful about the fact that this story comes from a young author. Claudia isn't writing about becoming from a distance. She's writing from within it. And that shows.

It's there in the way the story lingers in uncertainty.

In the way it resists easy answers.

In the way it understands that growth doesn't always look like a clear turning point.

Sometimes, it just looks like continuing.



Why It Works - For Both

For children, *The Veyrith* is an invitation:

- Step into this world.
- Take your time.
- You don't have to have everything figured out yet.

For parents, it's something else:

- A reminder that the journey their children are on is complex, layered, and often unspoken.

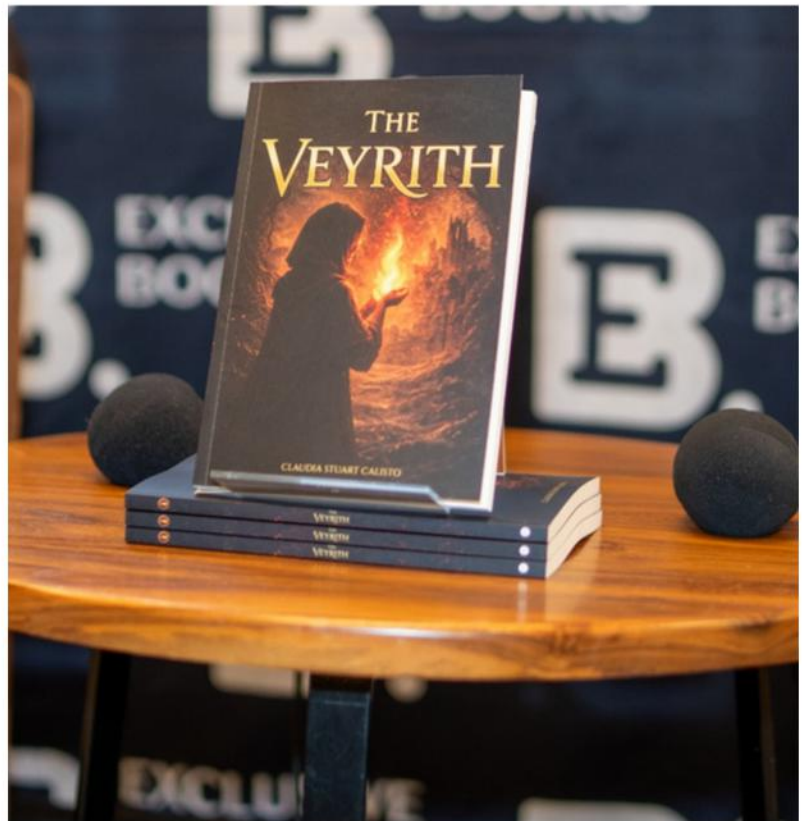
And that sometimes, the best way to understand it is through a story.

A Book That Stays Open

Some books are finished when you close them. *The Veyrith* isn't one of them.

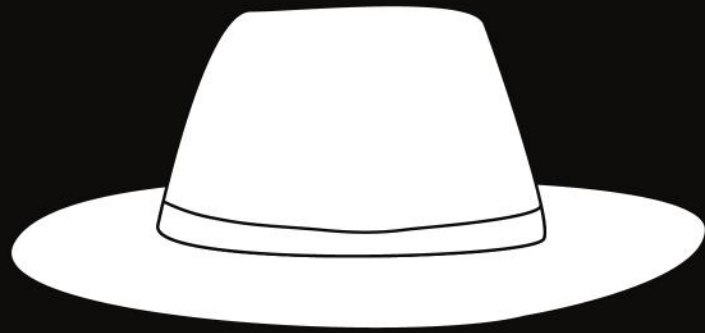
It lingers in questions, in conversations, in quiet moments where something clicks into place just a little differently than before.

And perhaps that's what makes it resonate across generations. Not because it has all the answers. But because it understands the question.



**CLICK
HERE**





HAPPY
FATHER'S
Day

A LEGACY OF LOVE

It's June. The air is warm, the grills are firing up, and a frantic last-minute scramble for a unique gift is underway. We have all been there. But behind the commercial frenzy of Father's Day, there lies a deeply personal, touching story that is often forgotten. The holiday wasn't invented by a card company; it was the creation of a devoted daughter who wanted to honor a single father's extraordinary sacrifice.

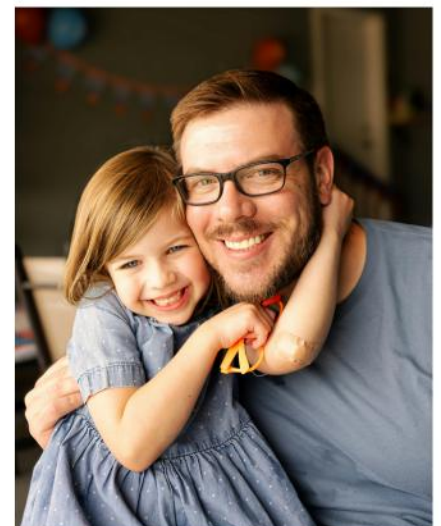
A Single Father's Strength

The story begins in Spokane, Washington, in the early 20th century. Sonora Smart Dodd was one of six children raised by her father, William Jackson Smart, a Civil War veteran. After her mother died in childbirth with their sixth child, William faced the daunting task of raising his young family alone on a small farm.

Imagine the struggle: the emotional weight of losing his wife, the physical demands of farming, and the unrelenting responsibility of caring for six children. In an era where mothers were seen as the sole caregivers, William Smart defied societal expectations. He provided not just financial support, but a nurturing, loving home, filling both parental roles. Sonora watched her father's selfless devotion, his resilience, and his quiet strength, and it left a profound mark on her.

A Spark of Inspiration

The idea for Father's Day came to Sonora in 1909 while she was listening to a sermon about the newly established Mother's Day. It struck her that there was no equivalent day to celebrate the dedication and sacrifice of fathers like hers. She realized that while society widely recognized the unique bond between a mother and child, it overlooked the vital role fathers played. This spark ignited a passionate campaign to create a national day of appreciation. So this June, when you're looking for the perfect gift, remember Sonora Smart Dodd and her father, William. Remember that Father's Day is more than just a tie or a new toolset. It's an opportunity to express our gratitude for the man who was always there, the one who taught us to ride a bike, who listened to our problems, and who believed in us when we didn't believe in ourselves. It's a day to say "thank you" for the countless small, unsung acts of love that make a world of difference.



Dad's Business Card

The Ultimate Personal Connection: Father's Day NFC Cards

by #BeUnforgettable



Choose any design on www.za.pinterest.com/sacommutter

Father's Day gifts often present a challenge: finding something both useful and deeply personal. Standard cards are easily forgotten, but a custom NFC (Near Field Communication) card solves this by combining modern utility with cherished sentiment. These durable, high-tech cards function as practical everyday tools, yet their true value lies in the unique emotional connection they forge. It's a gift that goes beyond the fleeting joy of a tie or a gadget, offering a daily reminder of love and family.



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MEMORIES ARE OUR
GREATEST JOURNEY
**A LIFETIME OF
MEMORIES**

RIDE FREE CO.



Furthermore, the embedded NFC technology adds a layer of modern convenience that sets this gift apart. Dad can use the card to pay for coffee, securely access digital information, or instantaneously share contact details with a simple tap. Every time he uses it, he is reminded of the thought and effort you put into selecting his gift. By merging everyday practicality with the sentimental power of a custom family photograph, these NFC cards transform a mundane utility into a beloved and irreplaceable reminder of his family's affection.



The beauty of this concept is its personalized, dual-design structure. The card's front is a vibrant, custom celebration of his passion—whether it's a beautifully rendered illustration of his classic Mustang, a detailed blueprint of his dream motorcycle, or a stylized graphic of a vintage camera. Flip the card over, and he's met with an intimate family portrait, creating a powerful emotional anchor. This pairing makes the card much more than just a piece of plastic; it's a meaningful keepsake.



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123 CLASSIC DRIVE, SUITE 100
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Thanks Dad, for a lifetime of memories.

From John and Sons

A Father's Day to Remember in Cape Town

This Father's Day, Give Dad the Cape Town Adventure He Actually Wants.

Forget the novelty socks and the "World's Best Dad" mugs that are already cluttering the cupboard. This year, Father's Day is about breaking the routine. If the man of the house has been dreaming of fresh air, iconic views, and perhaps a bit of rugged exploration, Cape Town is calling.

But planning a legendary weekend shouldn't feel like a second job. To help you nail the "Favorite Child" award, we've paired the ultimate local adventure with the perfect home base.



BIG 6 CAPE TOWN TOURS

Experience Cape Town's most iconic attractions with Big 6 Cape Town Tours. Guided and self-guided tours designed for comfort, local insight and unforgettable views.


SERVICES

- ✓ CUSTOMIZED TRAVEL PACKAGES
- ✓ ACCOMMODATION BOOKINGS
- ✓ GUIDED TOURS AND EXCURSIONS
- ✓ SHUTTLE SERVICES



Get in touch →

 www.big6capetowntours.co.za

 071 353 2617

 info@big6capetowntours.co.za

The Main Event: Conquer the "Big 6"

Every dad has a bit of an explorer in him. Big 6 Cape Town Tours specializes in showing off the crown jewels of the Mother City. Whether your dad is a history buff, a nature lover, or a thrill-seeker, these six iconic spots are the heart of the Cape experience:

- Table Mountain: Take the cableway up for views that make every "dad joke" seem profound.
- Cape Point: Stand at the edge of the continent where the oceans meet.
- Kirstenbosch Gardens: Perfect for a relaxed stroll through world-class botanical beauty.
- Groot Constantia: Because no Father's Day is complete without a glass of South Africa's finest heritage wine.
- Robben Island: A powerful, must-see experience for the history-loving father.
- V&A Waterfront: The perfect spot to grab a steak and watch the harbor bustle.

Big 6 Cape Town Tours takes the stress out of the logistics, offering professional, guided experiences that ensure Dad spends his time looking at the sights, not at a GPS map.





From Heartbreak to Hope: The Ultimate Soweto & Apartheid Museum Tour Pre-header: Walk the path of heroes, taste local flavors, and experience history first-hand.



History isn't just something you read about—it's something you feel.

We invite you to immerse yourself in the vibrant culture, resilient spirit, and rich history of Johannesburg with our Full-Day Soweto & Apartheid Museum Tour. This curated experience takes you on an unforgettable journey through South Africa's past and its triumphant present.

Tour Highlights:

The Apartheid Museum: A profound, multimedia journey through the triumphs and struggles of the 20th century.

Nelson Mandela House: Walk through the very home where Madiba lived, preserved in time on the famous Vilakazi Street.

Hector Pieterse Memorial: Honor the bravery of the youth who changed the course of South African history.

Authentic Local Lunch: Conclude your day with a delicious, traditional buffet at the iconic Sakhumzi Restaurant on Vilakazi Street.

Package Details:

Price: R 2 650.00 per person sharing (PPS)

Requirement: Minimum of 2 guests

Ready to book your journey? Kindly find the comprehensive package details and itinerary attached to this email.

Spaces fill up quickly, so reply directly to this email or click below to secure your guide. We absolutely cannot wait to host you and share these incredible stories with you.



SOWETO AND THE APARTHEID MUSEUM FULL DAY TOUR



PRICE
R 2 650.00 PPS



Hector Pieteron Memorial



Villkazi Street



Nelson Mandela House



Lunch at Sakhumzi Restaurant

PACKAGE DETAILS

- ✓ Explore the vibrant streets of Soweto and delve into South Africa's journey to freedom at the Apartheid Museum. This full-day tour blends culture, history, and powerful storytelling, offering a meaningful look into the people and events that shaped the nation.
- ✓ Enjoy a delicious local meal after the tour, featuring authentic South African flavours and warm hospitality

Entrance Fees:
Nelson Mandela House, Hector Pieteron Memorial, Apartheid Museum

Winnie Mandela Drive, Pieter Wenning Road, Fourways

Email us
info@boyanggape.co.za

 www.boyanggape.co.za
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T'S & C'S Apply
Minimum 2 Pax

Watch the Match: Head to popular local sports pubs like Perseverance Tavern in Gardens or Ferryman's Tavern at the V&A Waterfront to catch the Springboks vs. Barbarians match on Saturday, June 20, 2026.

The "Rugby's Greatest Rivalry" Tour: If you want to treat Dad to a live, massive match later in the year, the highly anticipated Springboks vs. All Blacks clash will take place at DHL Stadium on August 29, 2026.

Book Tickets for the highly anticipated matches at DHL Stadium as a gift for Fathers day and remember to book Dad and his mates in to River Lodge for a fabulous weekend!



Stay, relax, and explore Cape Town at Riverlodge Backpackers in Pinelands Eco Village.

Enjoy comfortable rooms, vibrant social spaces, and easy access to the city's top attractions – perfect for solo travelers, groups, and budget-friendly getaways.

BOOK NOW

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 **www.riverlodge.co.za**

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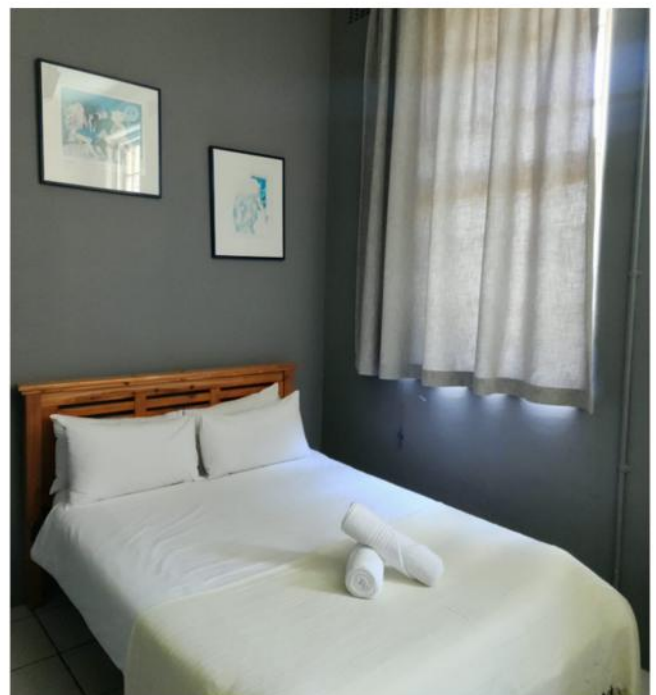
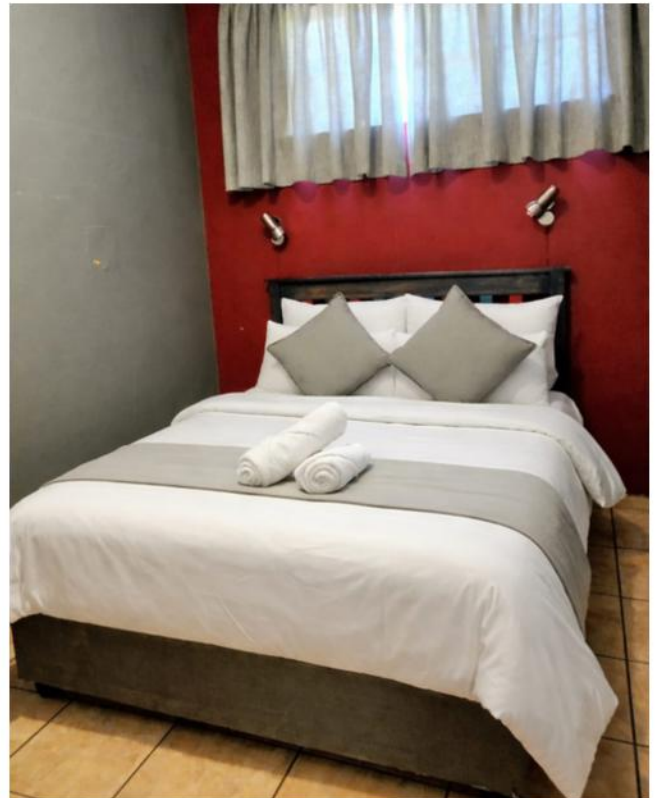


The Home Base: Riverlodge Backpackers

After a day of exploring the Cape Peninsula, you need a spot to kick back that doesn't feel stiff or overpriced. Enter Riverlodge Backpackers.

Located in the eco-friendly suburb of Pinelands, Riverlodge offers a relaxed, communal atmosphere that dads love. It's "budget-friendly" without sacrificing the soul of the travel experience.

- Atmosphere: It's laid-back, social, and unpretentious, exactly the vibe for a weekend getaway.
- Convenience: Situated just a short drive from the city center and the airport, it's the ideal jumping-off point for your Big 6 excursions.
- Options: From private rooms for some peace and quiet to dorms for the more social traveler, there's a configuration that works for your family.



[CONTACT US](#)

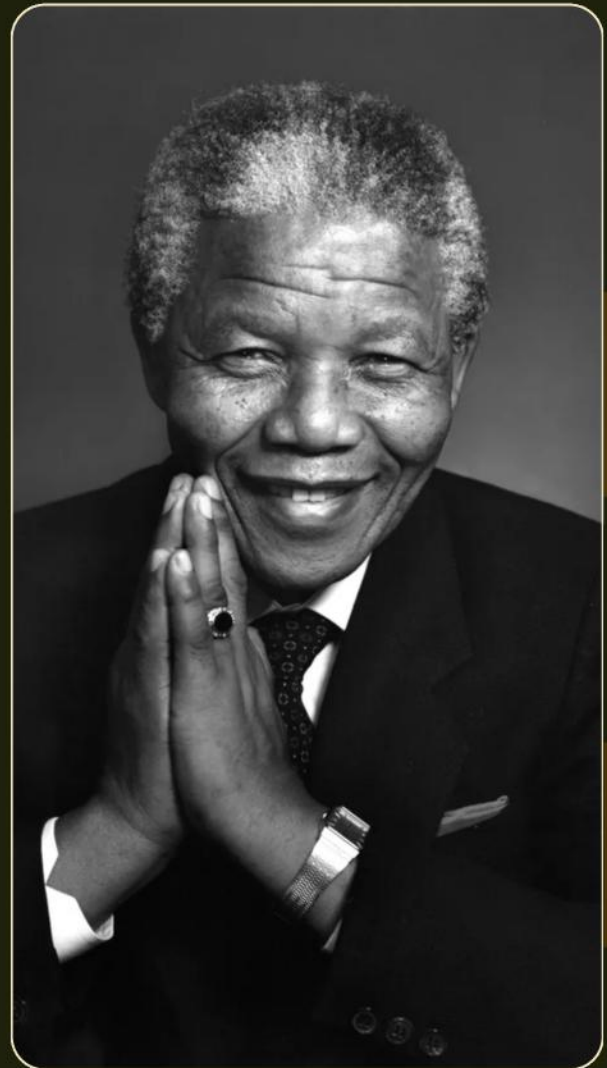
Famous Dad's

A protector, provider, and steady anchor—layered with bad jokes and a big heart.

As we enter an era of Fathers day and rugby and Mandela's 67 minutes, we remember our famous dad's who came into our lives and made a difference. A good difference....



Rassie Erasmus, the mastermind behind the Springboks' incredible success, is being honored for his pivotal role in South African rugby. On May 19, 2026, President Cyril Ramaphosa will bestow the prestigious Order of Ikhamanga upon "coach rassie" in recognition of his contributions. This award celebrates his leadership and impact on springbok rugby, marking a significant moment for South African rugby.



Nelson Mandela was a monumental statesman, global icon of peace, and the transformative leader who guided South Africa out of the dark era of apartheid. After enduring 27 years of imprisonment for his fierce resistance against institutionalized racism, he emerged not with a desire for vengeance, but with an unwavering commitment to reconciliation and unity. In 1994, he made history as the country's first Black president elected in a fully representative democratic election, utilizing his tenure to heal a deeply fractured nation. Awarded the Nobel Peace Prize in 1993, Mandela's legacy as "Madiba" endures as a profound testament to the power of forgiveness, resilience, and the relentless pursuit of human equality.



POW!



BANG!

A weekend beyond entertainment

Comic Con Cape Town 2026

Comic Con Cape Town 2026 was more than just a celebration of pop culture, it was a vibrant, immersive space where families, educators, and young minds came together to explore creativity in all its forms.

Held at the Cape Town International Convention Centre, the event transformed learning into an experience that was interactive, inspiring, and unforgettable.

From gaming and art to storytelling and design, Comic Con proved that some of the most powerful learning happens outside the classroom.



Get Dad
a ticket for
JHB Event -
24 Sep - 27 Sept

Meeting Role Models from Around the World

One of the standout aspects of the event was the opportunity for young fans to meet actors and creators behind their favourite stories. For many children, seeing the real people behind beloved characters sparked curiosity about storytelling, performance, and even career possibilities in the creative industries.

These encounters go beyond celebrity admiration, they open conversations about careers in film, voice acting, writing, and production, helping learners imagine futures they may not have previously considered.

Creativity on Full Display

Artist Alley was a highlight for families and educators alike. Packed with local and international artists, the space showcased a wide range of artistic styles, from traditional painting and sketching to digital illustration and printmaking.

For children, it was a chance to see that art is not limited to the classroom. They could interact with creators, ask questions, and even purchase original pieces. For parents and teachers, it served as a reminder of how valuable creative expression is in developing confidence, identity, and critical thinking.



The Educational Value of Cosplay

Cosplay, often seen as simple dress-up revealed itself as a deeply educational activity. Participants spend months designing and building their costumes, using skills such as sewing, engineering, sculpting, and digital design.

For learners, cosplay encourages planning, patience, and problem-solving. It blends art, design, and even elements of science and technology, making it a truly interdisciplinary activity. Watching the competition finale was not just entertaining. It was inspiring to see the level of dedication and craftsmanship on display.



The gaming arena was another major attraction, but beyond the excitement of competition, it highlighted the positive side of gaming culture. Strategy, focus, and quick decision-making were all on display as players competed and collaborated.

Importantly, there were also opportunities for social interaction, reinforcing that gaming can be a shared, community-driven experience rather than an isolated one.

A space where every child belongs

Perhaps most importantly, Comic Con Cape Town created an environment where children could fully express themselves. Whether through costumes, art, or shared interests, young attendees were free to explore their identities in a supportive and inclusive space.

Dedicated activities for younger visitors, character meet-and-greets, and animation screenings ensured that even the smallest fans had something to enjoy.



As the event continues to grow, its role as both an entertainment hub and an educational platform becomes increasingly clear. Comic Con Cape Town is not just a weekend outing, it's an opportunity for families to connect, for children to be inspired, and for learning to take place in exciting and unconventional ways.

With plans to expand even further in 2027, parents and teachers alike may want to start seeing Comic Con not just as a treat, but as a valuable addition to a child's learning journey.

JHB Comic
Con Nasrec
24-27 Sept

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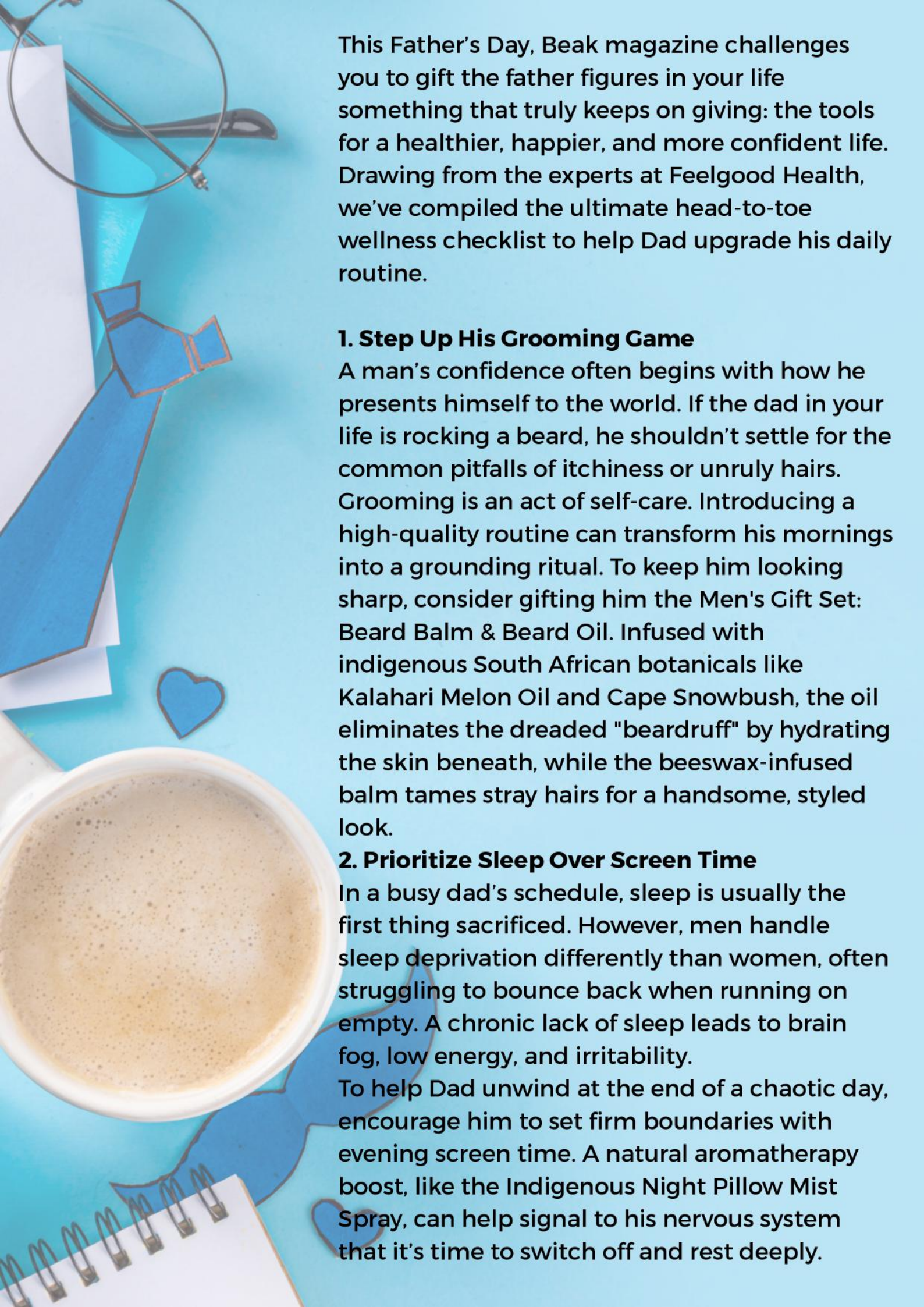


Happy
Father's
Day

THE ULTIMATE FATHER'S DAY CHECKLIST: UPGRADING DAD'S ROUTINE FROM HEAD TO TOE

Father's Day is right around the corner, and let's be honest: it's time to retire the cliché gifts. Our dads deserve far more than another pair of generic socks or emergency underwear. Modern fatherhood is demanding, and the men in our lives face immense pressure to balance work, family, fitness, and friendships—all while being expected to maintain a tough, "rugged" exterior.

Unfortunately, society's "macho" myth often pressures men to suffer in silence, repressing their physical and emotional health concerns for fear of seeming weak.



This Father's Day, Beak magazine challenges you to gift the father figures in your life something that truly keeps on giving: the tools for a healthier, happier, and more confident life. Drawing from the experts at Feelgood Health, we've compiled the ultimate head-to-toe wellness checklist to help Dad upgrade his daily routine.

1. Step Up His Grooming Game

A man's confidence often begins with how he presents himself to the world. If the dad in your life is rocking a beard, he shouldn't settle for the common pitfalls of itchiness or unruly hairs. Grooming is an act of self-care. Introducing a high-quality routine can transform his mornings into a grounding ritual. To keep him looking sharp, consider gifting him the Men's Gift Set: Beard Balm & Beard Oil. Infused with indigenous South African botanicals like Kalahari Melon Oil and Cape Snowbush, the oil eliminates the dreaded "beardruff" by hydrating the skin beneath, while the beeswax-infused balm tames stray hairs for a handsome, styled look.

2. Prioritize Sleep Over Screen Time

In a busy dad's schedule, sleep is usually the first thing sacrificed. However, men handle sleep deprivation differently than women, often struggling to bounce back when running on empty. A chronic lack of sleep leads to brain fog, low energy, and irritability.

To help Dad unwind at the end of a chaotic day, encourage him to set firm boundaries with evening screen time. A natural aromatherapy boost, like the Indigenous Night Pillow Mist Spray, can help signal to his nervous system that it's time to switch off and rest deeply.

3. Normalize the "Oil Change" (The Over-40 Health Check)

Men are notoriously famous for taking better care of their cars than their own bodies. But just like a vehicle needs regular maintenance, a man's body changes as he ages.

From the age of 40, it is incredibly common for men to experience an enlarged prostate (Benign Prostate Hypertrophy), which can lead to frustrating midnight bathroom trips and disrupted sleep. This Father's Day, encourage the dads in your family to book that overdue routine checkup with their GP. For proactive, daily prostate and bladder support, natural herbal remedies like Uro-Prostate Plus can assist in reducing swelling and promoting overall systemic health.

4. Upgrade Oral Hygiene & Hydration

It sounds simple, but proper hydration and meticulous oral care are cornerstones of men's vitality. Dehydration causes rapid fatigue and drops in performance, while poor oral hygiene can impact systemic health and confidence. Consuming water flushes out toxins and keeps energy levels high. For men dealing with stubborn symptoms of water imbalance or dry skin, AllisOne Nat Mur. Tissue Salts can help optimize cellular fluid levels. Furthermore, if chronic bad breath or body odor is an issue, a natural systemic remedy like HaliTonic targets the underlying digestive causes to keep him feeling fresh.





5. Rethink "The Lads' Night"

Catching up with friends over a few drinks is a staple for many fathers trying to decompress. While socializing is crucial for mental well-being, regular alcohol consumption can take a silent toll on his heart, sleep quality, and liver health.

Moderation is key. To help his body bounce back and filter out toxins after overindulging or a heavy week, a natural liver support remedy like Liver Thrive can help protect and detoxify a sluggish digestive system.

6. Break the Stigma Around Emotional Well-being

True strength isn't about carrying the world on your shoulders without flinching; it's about knowing when to pause and recharge. Self-care is not gender-specific. Whether it's going for a solo walk in nature, hitting the gym to release endorphins, or practicing mindfulness, dads need dedicated time to de-stress. For those seasons when the pressure of family and financial provision feels overwhelming, natural mood tonics like MindSoothe can offer gentle support to balance anxiety and mental fatigue.

Give the Gift of Vitality



This Father's Day, let's look beyond the novelty mugs. By encouraging the fathers, husbands, and brothers in our lives to prioritize their health, sleep, and self-care, we aren't just giving them a gift for a day—we are investing in their presence for years to come.

For more holistic wellness inspiration and expert advice, explore the full range of natural solutions at the Feelgood Health Blog.



Approaching the final pitch of Another Day in Paradise high above Cogmanskloof.



BIG WALL CLIMBING IN THE WESTERN CAPE WORLD-CLASS MULTI-PITCH CLIMBING JUST HOURS FROM CAPE TOWN

Just a few hours from Cape Town, Montagu has become one of South Africa's leading climbing destinations – known for its reliable conditions, quality rock, and dramatic setting.

At the center of it all is Cogmanskloof, a striking valley carved by winding roads and steep mountain walls. Here, climbers gain instant access to routes that combine accessibility with true big-wall exposure.

A STANDOUT ROUTE

Another Day in Paradise is one of the area's premier multi-pitch climbs – a 7-pitch, 6b+ sport route offering sustained movement and continuous exposure above the valley.

7 pitches | 6b+ | Sport Crux: Pitch 2/21

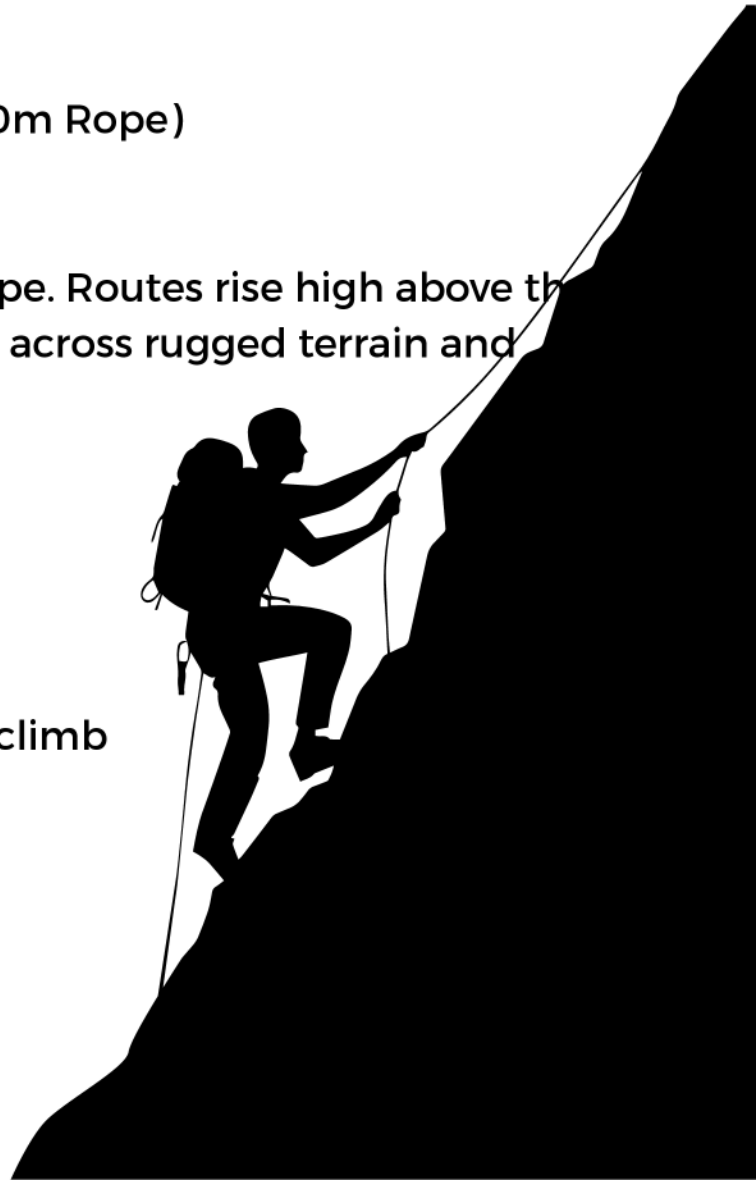
Time: 5-6 hour ascent, 3 abseils down (60m Rope)

Climbing With a View

Montagu's defining feature is its landscape. Routes rise high above the valley floor, offering uninterrupted views across rugged terrain and towering rock formations.

Expect:

- Consistent, high-quality rock
- Increasing exposure with height
- A strong sense of scale throughout the climb



Plan Smart

Conditions are generally favorable, especially from autumn to spring, but wind and temperature shifts can catch climbers off guard.

Key tip: Bring layers. Time spent at belays can quickly cool the body, even on warmer days.

Why Montagu

For climbers seeking a destination that blends quality, accessibility, and scenery, Montagu delivers. Areas like Cogmanskloof Pass offer a complete experience – from technical climbing to unforgettable views.



— AN ELNA MARAIS MYSTERY —

THE MARKING

at Storm Point

Some things are lost to the sea.
Others are placed there.

NOW AVAILABLE
ON KINDLE & PAPERBACK



NEW RELEASE | THE MARKING AT STORM POINT
An Elna Marais Mystery by Jeanette du Toit

A gripping South African coastal mystery set along the rugged shores of Storm Point, where buried secrets, hidden histories, and a young woman's disappearance draw Elna Marais into the dark heart of a town shaped by silence.

Blending atmospheric suspense, layered mysteries, harbour secrets, and slow-burn tension, *The Marking at Storm Point* introduces readers to a haunting coastal world where the sea never gives up its secrets easily.

Now available on Kindle & Paperback via Amazon.

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About the Author

Jeanette du Toit is a South African published author, historian, and digital strategist based along the rugged Cape Whale Coast of the Western Cape. Drawing inspiration from the dramatic shoreline, forgotten shipwrecks, and hidden histories of the Overberg region, her writing blends atmospheric mystery, coastal suspense, and layered South African storytelling.

Before turning to fiction, Jeanette published more than 45 articles exploring Hermanus heritage, maritime history, and regional legends – research that now shapes the richly detailed world of her novels.

Her debut novel, *The Marking at Storm Point*, introduces readers to investigator Elna Marais in the first book of the Elna Marais Mystery series.

Alongside her writing, Jeanette is the founder of Jaydee Media, a digital agency working with clients around the world, and serves as Chairperson of the Hermanus Whale Festival.

When she is not writing, she can usually be found exploring the coastline, researching local legends, or searching for the next mystery hidden beneath the tides.

IN ITS
35TH
YEAR!

HERMANUS
Whale
FESTIVAL
eco-marine

Hermanus Whale Festival

2-4 OCTOBER 2026

Only eco-marine festival in the world



For 35 incredible years, the Hermanus Whale Festival has celebrated the return of the Southern Right Whales to our shores and **inspired thousands to protect our oceans.**

This internationally recognised festival attracts between **75 000 – 130 000 visitors** over 3 unforgettable days of conservation, culture, adventure and ocean magic in Hermanus, South Africa.

WHAT CAN YOU EXPECT AT THE 2026 HERMANUS FESTIVAL?



THE BEST
land-based whale watching in the world!



INTERACTIVE ECO-MARINE MARQUEE
Explore. Discover. Learn. Protect.



MARINE & NATURE TALKS
Saturday & Sunday



KIDDIES ENTERTAINMENT
Treasure hunts, shows & fun!



SPECTACULAR STREET PARADE
Saturday morning



LIVE MUSIC
At the Music Marquee on Gearings Point



LIVE RADIO BROADCAST



FUN RUN & TRAIL RUNS
Saturday morning



GREAT FOOD
Delicious options at the Food Courts



OLD HARBOUR CLEAN-UP
Make a difference for our oceans



MARKETS, VENDORS & CRAFTERS
Local artisans & unique finds



ENVIRONMENTAL & CONSERVATION FOCUS
All events and activities promote awareness and action to protect whales and all marine wildlife that share our coastal waters.



Celebrate. Educate. Conserve.
TOGETHER FOR OUR OCEANS!

HERMANUS, SOUTH AFRICA
www.whalefestival.co.za



Raising kids in a digital age: Safety, Social Media and boundries

A child's hand is shown in the foreground, pointing towards a glowing digital interface. The interface is a complex, multi-layered structure of glowing blue and red lines and nodes, resembling a network or a digital landscape. The background is dark, with a blue and purple glow emanating from the interface. The overall scene is set against a dark background with a blue and purple glow, suggesting a digital or futuristic environment.

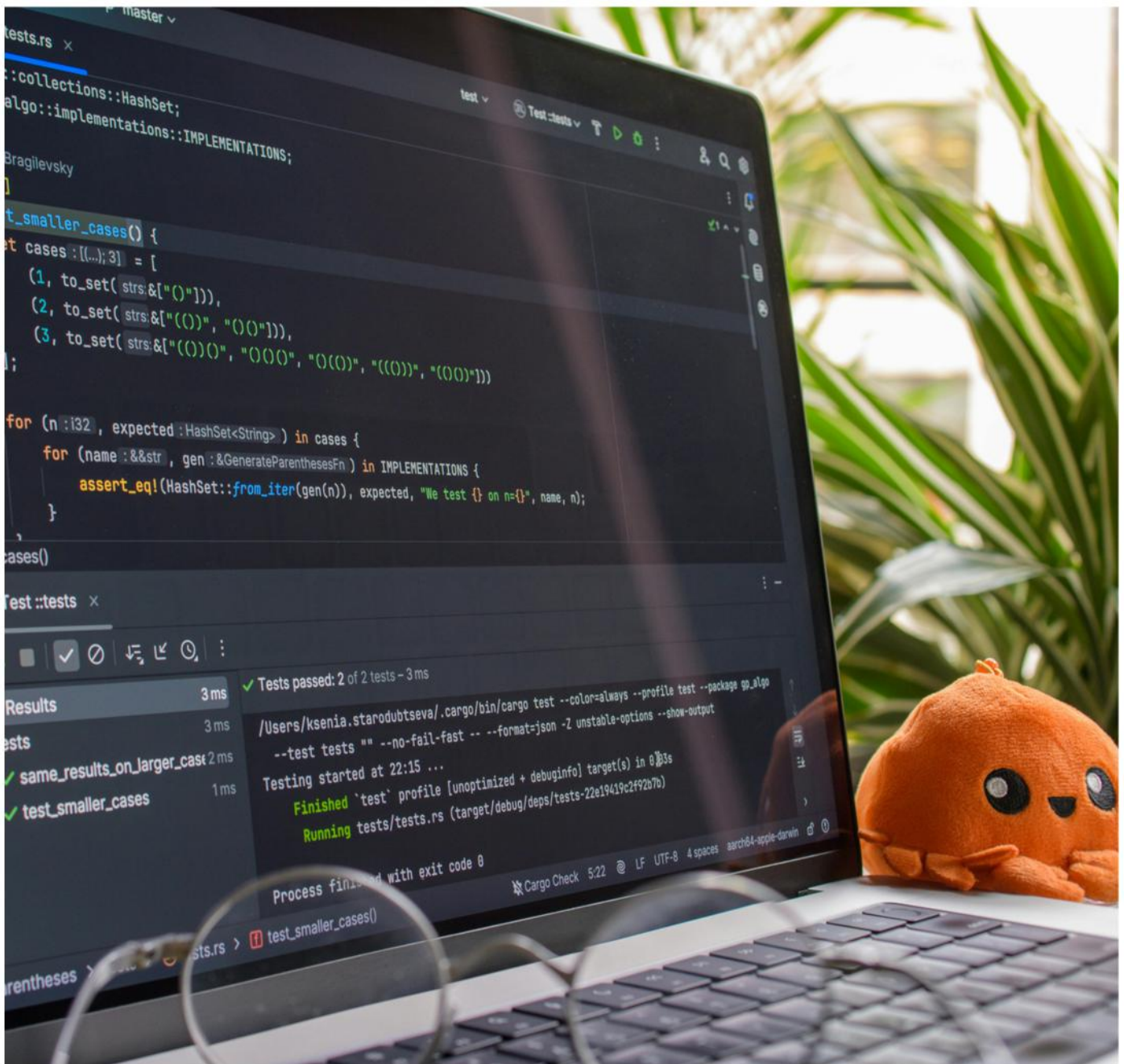
Technology fosters creativity and digital skills. Kids are no longer just consumers; they are editors, coders, and digital artists.

Raising kids in a digital age: Safety, social media and boundaries



Today's children are growing up in a world where being "online" is part of everyday life. From schoolwork to socialising, technology shapes how they learn, connect, and express themselves. For parents and teachers, the challenge isn't just limiting screen time, it's guiding children to use digital spaces safely, responsibly, and with balance.

Children are not just consuming content, they're participating in digital communities. Platforms like TikTok, Instagram, and YouTube influence how they communicate, learn trends, and build identity. These platforms are not merely for entertainment; they are search engines, news sources, and creative outlets. Understanding the digital world is the first step to guiding them effectively.



It is easy to focus on the negatives, but technology offers groundbreaking tools for growth. When used intentionally, platforms provide incredible learning opportunities. From language apps like Duolingo to the vast tutorials on Khan Academy, the world's best teachers are available for free at the tap of a screen.

Furthermore, technology fosters creativity and digital skills. Kids are no longer just consumers; they are editors, coders, and digital artists.

Navigating these interfaces is a core competency for almost every 21st-century career path, giving them a head start on the technical literacy they will need as adults.

Online Safety: What Every Parent and Teacher Should Know

The first and most important step in keeping children safe online is building awareness. Kids need to understand that the internet isn't a private playground, it's more like a public space where information can easily be shared, copied, and even misused. One of the biggest concerns is privacy. Many apps and platforms that seem "free" actually collect and use personal data, often in ways children don't fully understand. That's why it is important to teach them to be cautious about what they share and to always set strong privacy settings as soon as they download or start using a new app.

At the same time, adults play a key role in guiding children through the more complex and sometimes risky parts of the digital world. This includes helping them spot scams, misleading "clickbait" content that may try to scare or influence them, and the warning signs of online grooming. The goal isn't to frighten children or make them anxious about being online, but rather to equip them with practical awareness, similar to the "street smarts" we teach them in real life. When children learn to trust their instincts and recognize when something feels off or unsafe, they are far better prepared to navigate the online world with confidence and care.



Social Media Pressure and Its Impact on Mental Health

Social media often presents a polished, picture-perfect version of life. For children and teens who are still developing their sense of self, constantly seeing these curated moments can take a real toll. It is easy for them to fall into the trap of comparing their everyday experiences, with struggles and imperfections to the filtered and carefully edited posts of others. Over time, this comparison culture can destroy their confidence and lead to feelings of inadequacy or low self-worth.

Another serious issue tied to social media is cyber bullying. Unlike traditional bullying, it can follow a child everywhere, making it harder to escape. Because of this, it's incredibly important to create an environment, both at home and in school, where children feel safe speaking up. A "no-shame" approach is key. Kids need to know they won't be blamed or punished if they come forward about being bullied online. In particular, they shouldn't fear losing access to their devices, which often serve as their main way of staying connected with friends. When children trust that adults will listen and support them without overreacting, they're much more likely to reach out for help when they need it most.



Teaching Digital Responsibility

Helping children understand digital responsibility starts with showing them that what they do online truly matters. Their digital footprint, posts, comments, and interactions they leave behind can last far longer than they expect. It's important for them to realize that their "online self" isn't separate from who they are in real life; it's simply another reflection of it. One simple and memorable way to guide their choices is the "Grandmother Rule": if they wouldn't feel comfortable with a grandparent or even a future employer seeing something, it's probably best not to share it at all.



Beyond protecting their reputation, it's just as important to encourage kindness and respect in digital spaces. Children should be reminded that every username or profile represents a real person with real emotions. The way they communicate online should reflect empathy and consideration, just as it would in face-to-face interactions. When adults model this kind of respectful behavior themselves, it reinforces the message in a meaningful and lasting way.

Parental Controls and Monitoring Tools

Parental controls are best viewed as supportive tools rather than methods of surveillance. Instead of acting like a hidden system to catch children doing something wrong, they can serve as “training wheels” that help guide safe and balanced technology use. Features like screen time limits or content filters can create healthy boundaries, ensuring children aren’t exposed to material that isn’t appropriate for their age and helping them manage how much time they spend on devices.

What makes these tools truly effective is openness. When parents and caregivers are honest about using them, and explain that they’re there for safety, not because of a lack of trust it helps build understanding rather than resentment. Children are more likely to accept and respect these boundaries when they feel included in the conversation. Over time, this approach encourages them to develop their own sense of responsibility and self-regulation when it comes to technology.

When to Step In: Warning Signs to Watch For

Confidence for parents and teachers comes from knowing when to intervene. Watch for behavioral changes such as sudden withdrawal from offline hobbies, excessive secrecy when using a device, or noticeable anxiety and irritability after being online. These are often signals that the digital world is becoming overwhelming or harmful.





Latest WhatsApp Scams

2025-2026

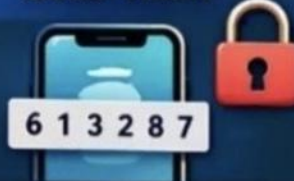
Stay informed. Stay protected. Don't get scammed.

"Hi Mum / Hi Dad" Impersonation



- ✔ Claims to be your child/friend
- ✔ Says they lost their phone
- ✔ Asks for urgent money transfer

Verification Code Theft



- ✔ Tricks you into sharing your code
- ✔ They take over your WhatsApp
- ✔ Never share verification codes

AI Voice & Deepfake Calls



- ✔ Fakes voices of loved ones
- ✔ Creates fake emergency calls
- ✔ Used to request money fast

Fake Job & Deepfake Offers



- ✔ Promises easy online work
- ✔ High pay for simple tasks
- ✔ May ask for fees or crypto

Vote for My Child Scam



- ✔ Asks you to click a vote link
- ✔ Leads to account takeover
- ✔ Often from a hacked contact

WhatsApp Gold Hoax



- ✔ Offers "Premium" upgrade
- ✔ Malicious link or malware
- ✔ Steals your data or account

Crypto & Investment Groups



- ✔ Added to groups with "experts"
- ✔ Shows fake profits & screenshots
- ✔ Pressures you to invest money

Fake Giveaways & Deals



- ✔ "Free gifts" or holiday offers
- ✔ Clicks lead to phishing sites
- ✔ Steals login details & payments

Romance & Dating Scams



- ✔ Builds emotional trust
- ✔ Moves chat to WhatsApp
- ✔ Then asks for money

KEY SIGNS TO WATCH FOR



Urgency & pressure



Requests for codes



Suspicious links



Too good to be true offers



New numbers impersonating



Stay Safe:

- ✔ Never share verification codes
- ✔ Call the person on their real number
- ✔ Don't click unknown links
- ✔ Enable 2-step verification
- ✔ Report & block suspicious chats



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PRIMESTARS

FROM SCHOOLROOM TO BOARDROOM



By engaging both boys and girls in a holistic ecosystem of accountability, Primestars' latest cinematic rollout shifts the anti-violence conversation from reaction to absolute prevention. South Africa's systemic fight against Gender-Based Violence and Femicide (GBVF) reached a critical, deliberate turning point on Thursday, 14 May 2026. At the Ster-Kinekor theatres in Rosebank, youth development specialists Primestars, alongside The YouthStart Foundation, officially premiered *What About The Boys 2* (WATB2). Far from just another cinematic launch, the event marked the massive escalation of an educational ecosystem that is fast solidifying its footprint as one of the country's most vital preventative youth interventions.



“What About The Boys 2” Takes Aim at the Roots of GBV

Originally conceptualized in 2022 to respond to the glaring lack of preventative programs targeting young men, the first iteration of the project worked under a simple, profound premise: you cannot heal a society by only supporting victims; you must actively stop the creation of perpetrators. The 2026 sequel, however, brings a massive paradigm shift. For the first time, young women have been explicitly written into the narrative, shifting the program from a targeted intervention into a comprehensive "whole-of-youth" societal roadmap.

“Violence does not begin in adulthood; it begins in the beliefs young people are taught about power, identity, and relationships. The crisis begins when boys are taught that vulnerability is weakness, and girls are taught that silence is safety.” – Martin Sweet, Chairperson of Primestars

Deconstructing Toxic Legacies

The film itself moves beyond superficial moralizing, diving headfirst into the heavy intersections of trauma, parental abandonment, and addiction. Actor Matt Greenfield, who portrays ‘Ryan’ in the film, highlighted the psychological weight built into the screenplay. “Ryan represents thousands of young people across our country,” Greenfield explained during the premiere panel. “He battles profound substance abuse issues that directly trace back to witnessing and enduring severe domestic abuse from his father at home. The breakthrough happens when he finally accesses professional help and finds the vocabulary to speak up.”

By unpacking how cycles of violence are transmitted across generations, WATB2 challenges young men to dissect the armor of toxic masculinity. It redefines traditional archetypes, illustrating that emotional accountability and seeking psychological support are deep markers of strength rather than signs of failure.



A Unified Educational Front

The inclusion of female perspectives in WATB2 does not dilute the focus on reforming boyhood; instead, it amplifies it. By depicting the direct inter-gender dynamics of high school life, the program fosters empathy and cross-demographic solidarity. It ensures that young women are not merely passive onlookers to male reform, but active co-creators of a new culture rooted in mutual respect, bodily autonomy, and equal power sharing.

Addressing the star-studded premiere audience, Dr. Nomusa Dube-Ncube, Deputy Minister of Higher Education and Training, praised the medium's profound psychological leverage. "When one sits intentionally with a question, it becomes a call to action," she stated. "Film is a uniquely powerful medium for shifting deeply embedded mindsets among our youth. The response to this crisis is a collective responsibility that we all carry across every sector of society."

The Impact Metrics: A clean data grid highlighting the program's reach (60,000+ boys, 180+ schools across all 9 provinces).

The Multi-Phase Model Breakdown: Details on the deployment of Cinematic Learning, The Good Men Guide literature, Peer Mentorship networks, and zero-rated Digital Accountability platforms via Cell C



TWO award-winning shows, ONE epic weekend

12-16 JUNE 2026

REDHILL THEATRE, REDHILL SCHOOL, JHB



THE TRAMP

wêla kapela PRODUCTIONS

FEATURING DANIEL ANDERSON
with Paul Ferreira on Piano
Production team: Amanda Bothma, Paul Ferreira and Sonwa Sakuba
Designed by Wilhelm Disbergen

13 JUNE 14H00
14 JUNE 14H00

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Vincent
his quest to love and be loved

FEATURING DANIEL ANDERSON
with Paul Ferreira on piano
Written and directed by Amanda Bothma

12 JUNE 19H00 14 JUNE 18H00 16 JUNE 14H00
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THE TRAMP – A synopsis

The Tramp is a Naledi Theatre award-winning mini-musical that tells the story of Charlie Chaplin through the perspective of his old friend, his beloved Tramp character. The show follows The Tramp as he reflects on Chaplin's rise to fame. He ponders on their symbiotic relationship, and the eventual betrayal of their friendship, that led to Chaplin's exile from America for communist sympathies.

“Life is tragedy in close-up, but comedy in long-shot”...

The retelling of Charlie's story through popular music and silent film gives a fresh view on the life of the iconic, yet controversial comedic genius. The Tramp was everyman's champion shielding a shy, moody, fastidious Chaplin. And with the arrival of the talking movies, the Tramp was sidelined, and Chaplin himself stepped into the limelight. With this newfound voice, Charlie tarnishes his image with naïve political speeches and scandalous love affairs. And without the Tramp in his corner, he became an easy target for the cross-dressing J Edgar Hoover, the gossipmonger Hedda Hopper and the gin-soaked senator Joseph McCarthy.

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OFFFEST AWARD
NOMINATION
EDINBURGH FRINGE 2023

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kapela
PRODUCTIONS

2022
Standard Bank
OVATION
National Arts Festival Fringe
Makhanda

Vincent

his quest to love and be loved



**FEATURING
DANIEL ANDERSON
with Paul Ferreira on piano**

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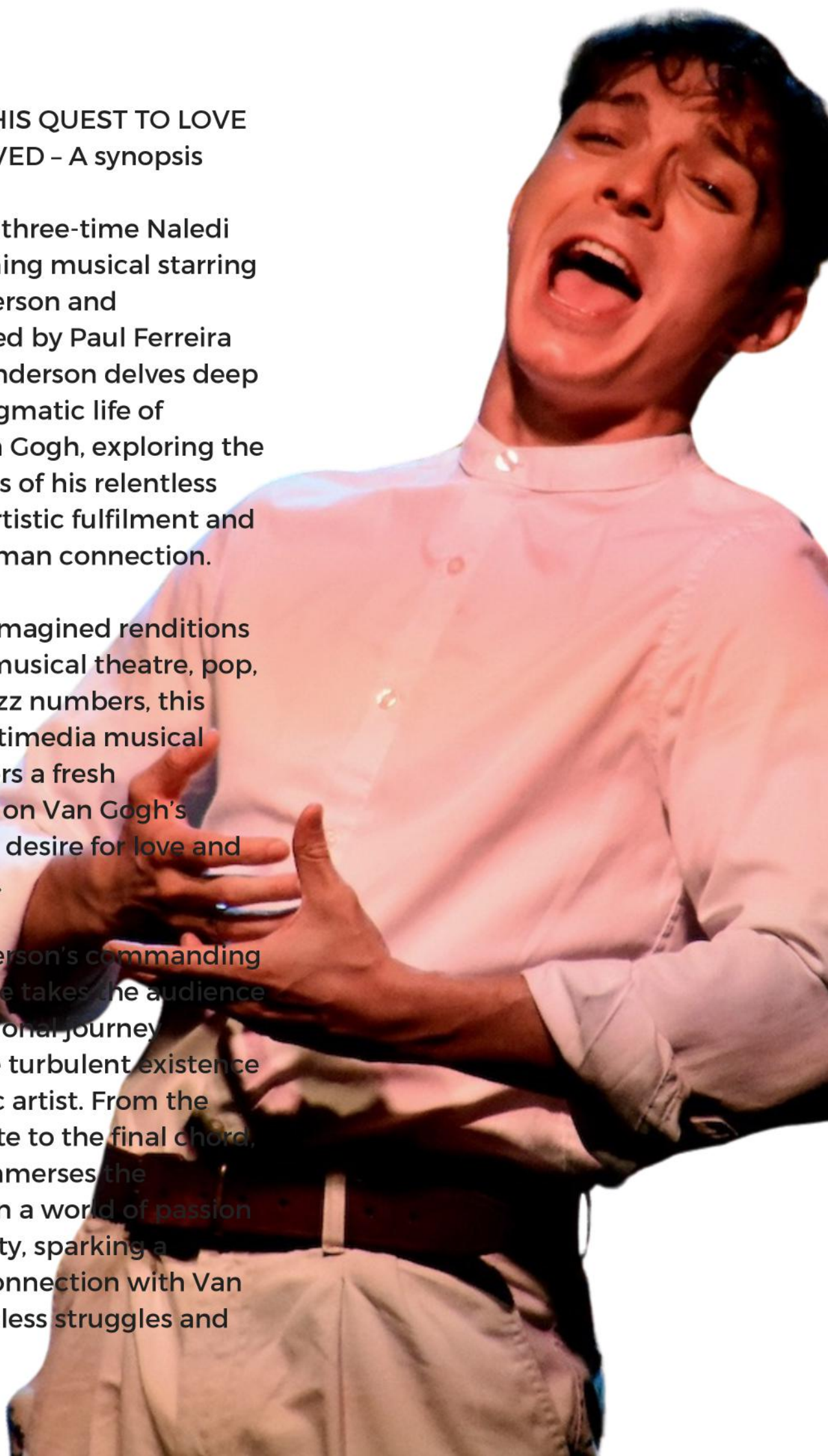
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VINCENT - HIS QUEST TO LOVE AND BE LOVED - A synopsis

Vincent is a three-time Naledi award-winning musical starring Daniel Anderson and accompanied by Paul Ferreira on piano. Anderson delves deep into the enigmatic life of Vincent Van Gogh, exploring the complexities of his relentless pursuit of artistic fulfilment and genuine human connection.

Through reimagined renditions of popular musical theatre, pop, rock, and jazz numbers, this unique multimedia musical cabaret offers a fresh perspective on Van Gogh's unwavering desire for love and acceptance.

Daniel Anderson's commanding performance takes the audience on an emotional journey through the turbulent existence of the iconic artist. From the very first note to the final chord, VINCENT immerses the spectators in a world of passion and creativity, sparking a profound connection with Van Gogh's timeless struggles and triumphs.



There will be three performances of VINCENT and two of THE TRAMP staged between Friday 12th – Tuesday 16th June 2026.

Audiences are welcome to book for one show only, or enjoy the Double Bill option – whereby they book for the first show at full price, then get a 20% discount when booking for the second show.

The Double Bill option doesn't need to be booked for the same day – as long as tickets for both shows are purchased for that same weekend.

Performance Schedule:

Friday 12 June	19:00	Vincent-his quest to love and be loved
Saturday 13 June	14:00	The tramp
Sunday 14 June	14:00	The Tramp
Sunday 14 June	18:00	Vincent- his quest to love and be loved
Tuesday 16 June	14:00	Vincent- his quest to love and be loved






Geniene Preston and Lindi Tshabangu caught up with Lesedi Rich who plays the part of Captain Hook. Here is the fun and laughter from Sunday's interview on Just Gospel Radio.



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Music by
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Additional Lyrics by
BETTY COMDEN and ADOLPH GREEN

Additional Music by
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