



The Bugle

MAGAZINE

email: thebugle@mweb.co.za

Ballito's Festival of Holi



The Ballito Hindu Dharma Sabha celebrated the Festival of Holi with a colour fest on Sunday, 5 March 2023 at the Ballito Lions Club. The festival was well attended by the Ballito and surrounding communities. The festival of Holi is an ancient Hindu festival celebrated as a way to welcome spring and is also seen as a new beginning where people can release all their inhibitions and start afresh. It is also a celebration of the eternal and divine love of the Supreme Being and is a day of spreading happiness and love

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Through my eyes



by Kasia Yoko

Thank you to everyone who has reached out to me in the last couple of weeks. I am so grateful for all the love and the encouragement I have been receiving and I promise all of you that I am going to push forward with all of my might to make The Bugle great again.

Love is coming up a lot recently. I feel it strongly, I catch myself telling everyone that I love them and it feels good. There is nothing like a big hug and soft and tender words of love, which flow directly from our hearts. Love is my own coping mechanism, and even if it is not always equally reciprocated, at least I have the notion that people in my sphere know where they stand.

And while I am missing my sons like crazy, counting the days until we see each other again, I am encouraged by their school friends who are now becoming my clients. Daniel Plen on page 6, has been in my life for many

years, (amongst other things, we share the love of good food). Daniel has joined his grandpa Jeff in Sunray Projects, so proud to be witness to this young man's success. Also check out Cured on page 9 run by Bryce Begseton, another local legend and my sons' friend.

While things are looking up at the moment with minimal load-shedding and Julius' monumental National Shutdown flop, we have so much to be grateful for, seeing our all powerful politicians failing to insight violence and non productivity amongst our citizens is such a beautiful thing to behold and I am so proud of everyone who ignored the call to strike.

Truth be told, these politicians do not and never had our best intentions at heart. Whatever the motivation behind Malema's shutdown scare, it has only united us further. Thank you to all those who patrolled our

neighbourhoods and who bravely defended our safety, you are all champions.

On the topic of champions, I can't believe it's been three years since our world was turned upside down with Covid. I am grateful that I come across beautiful souls that have gained strength in their business and their faith through Covid, like Rocky on page 3, who has found incredible power in the word of God, self care, self defence and fitness, please read his story and support his business.

Am I the only one whose life has become before Covid (BC) and after Covid (AC)? I constantly remind myself what it was like for me personally, before Covid, those memories are becoming more and more faint as we move closer towards this crazy world of after Covid (AC).

What this world needs is Divine Intervention. So we have invited Kiran Singh Garbaran, our local, natural

born intuitive psychic medium who is clairvoyant, clairaudient, clairsentient and claircognizant, to give us a peek into our future, read his column on page 10.

Our very own celebrated author, Kelly McQue will be writing a column in support of our Cannabis community. Please support our "Green Feature" for health. Let us remove the stigmas and all the misinformation surrounding Cannabis and celebrate collective wellness in The Bugle (following all the legal protocols of course).

There is so much wisdom and kindness in these pages. I am so honoured to be representing and supporting all the talent that is captured in these tabloid columns. Thank you Christo and Jo for sprinkling magic dust on these pages. Here's to life AC with love and gratitude.

Dear Ed,

Re: The Man

Who is the man? Is he real...or a fake? He has intrigued much of mankind for over 2000 years. Opinions are varied and divided. Some say he was a good man who cared for people while others contend he was an impostor. He was admired and revered by many yet others reviled and rejected him. Some said he was godly and sought justice, truth and peace while others labeled him a rebel and a maverick- even a devil

As Christians world- wide celebrate Easter, they recall, with anguish and horror, the unjust death of their Lord and Saviour Jesus Christ by crucifixion. The latter simply is death by slow torture through multifarious causes with excruciating pain being experienced. Then they later rejoice at the resurrection which post false accusations and condemnation, sin, darkness and death where vanquished. By the shed Blood of Jesus mankind was redeemed from sin-salvation being the greatest miracle and foremost act of selfless love defying logic and man's 'Head thinking'.

Per Isaiah' 53 primarily (Bible) and other scriptures Jesus was offered by Father God as the sacrificial Lamb for our sins bringing salvation, healing, deliverance and victory to believers of the triune God of the Father, Son (Jesus) and the Holy Spirit.

So who is this man? Love him or hate him you just can't ignore him. Ponder this event that is recorded not only in the Bible, but in other early literature. May God bless all of his creations, especially us human beings who live in perilous, challenging and daunting times. Happy Easter.

Simon Timothy Dehal
Verulam

My dear Kasia...

Re: Thank you

My precious Kasia Yoko. You are a precious gem from this universal world. Your style of writing articles are an excellent way of expressing what you feel and how you can make us perceive exactly what you write in such a profound way.

Your thought processing and and your eyes and smile says to me that you are a great women with such a blessed talent of yours. I see you as a down to earth person with extraordinary love and appreciation for all that you believe in.

You are unique in your own earthly style of writing articles and it makes me feel that you are a one in a million writer.

You make reading a pleasure to read and it has so much of real expression with the correct selection of words...

You are a very blessed soul Kasia and no one can give us that kind of feel upon every read.

You have a very unique flow of writing that has a complete continuous grace smoothly to the end of every single article you have written...

It's so humble and and beautiful... You are really a women of this universe with God's given talent to you....

Wow! How special you are to be given such talent to write in such a great manner. If I was a publisher I would put you on every page as if you are on a pedestal... You are special in my eyes.

By the way over the years I have cut out so many of your articles from The Bugle and stored them away for recap of all your soul food of words...

Kind regards
Miss Nishani Maharaj
Durban

Lord of the Hills... By Verushka Pather



Guru Anand with Devotee Sadie Kandan

We all have a memory growing up and taken to the local 'Temple Aunty' for blessings before exams or a new venture or for some to have the 'Truth be told'. Potgieter's Hill near Tesco Club was home to the famous Aunty Pushpa, the local 'Temple Aunty' who in her humble little Wendy house, in the early 80's prayed for families far and wide.

Giving families hope and strengthening their faith. She had a simple cement statue of the Warrior King, Lord Muruga the Lord of steadfast minds and righteousness. The size or material He was made from did not matter, it was the pious devotion and deep prayer off all the devotees that energized and ignited great power from His being and the land of Potgieter's Hill.

Aunty Pushpa's faith was stirred by a calling to travel to the Palani Temple in the Dindigul District of Tamil Nadu, India where she was guided and blessed to consecrate a majestic granite deity of Lord Palani Muruga in her temple. This Lord travelled from one hill, Klipfontein to Potgieters.

As a unifying force for the Indian Settlement Areas as Potgieters Hill, Klipfontein Hill, Gandhi's Hill and Chetty's Hill the playful vibrant energy of Lord Muruga became the

guiding energy and a safe haven for all His people. Where after a hard days work in the families could come together and pray. Observing grand Kavady (carrying of a wooden structure) celebrations, daily abhishekams (bathing of the Deities) and the reciting and listening to holy scripture now became a norm and a space to disappear into a divine realm.

Potgieter's Hill has never been the same since. Workmen, devotees, sponsors and well wishers all have flocked to see and have blessings from the great King of the Hills, Lord Muruga and came forth to rebuild His abode. Guru Anand constantly guided by his intuition and deep devotion has erected an abode not just for Lord Palani Muruga but also fulfilled Aunty Pushpa's wishes of creating a home for families to come and pray, feel safe, happy, and deeply connected to the Deity of their hearts. After the Kumbha Abhishekam, the grand consecration of the Lord on 13th & 14th November 2022.

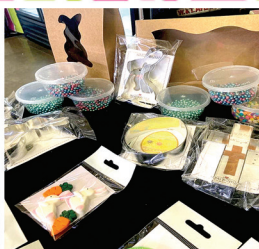
His new space has brought opulent rituals, gathering of musicians singing, the serving of prasad (blessed food), devotees flocking to the Lord's feet to have their prayers answered. Guru Anand has once again

brought communities together to celebrate, understand and be devoted to our culture and rituals. He has attracted a vast following of youth creating a harmonious space for prayer, fun, and learning. He speaks fondly of many miracles and boons that have been fulfilled in the temple but is committed to ensuring that he creates a 'Home' for all, educates individuals and empowers with knowledge. His advice is relevant to our daily lives. The carrying of Kavady, is the penance to carrying your burden up a hill to the effulgent light on the top and place these trials at Lord Muruga's lotus feet done at auspicious times of the year. From Guru Anand's deep knowledge and the power of silence in the abode I've learnt that we carry this burden of our trials & troubles daily, let us place these uncertainties at the God's feet. Let us surrender to the Lord of our Army, let Him be the Commander in Chief of our lives igniting immense inner wisdom, strength, and deep devotion, let Truth be Told.

Devotees are welcome to the Temple & Guru is available for Home & Car Prayers, Navagraha Prayers and Horoscope Readings. Every Tuesday at 6.30pm the Kanda Shashti Kavacham is recited for the protection of all.



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"I don't believe in astrology, I'm a Sagittarius, and we're skeptical" by Arthur C Clark

An Introduction to ChatGPT

By Sunil Sewpersadh



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ChatGPT is a cutting-edge artificial intelligence language model developed by OpenAI. It's an advanced conversational AI system that can understand and respond to natural language input with human-like intelligence. ChatGPT is part of a growing trend in the AI industry, which aims to create machines that can understand and respond to human language in a more intuitive way.

One of the key features of ChatGPT is its ability to generate coherent and informative text based on a given prompt. This makes it an incredibly versatile tool for a wide range of applications, from content creation and customer support, to virtual assistants and chatbots. The model is trained on a large corpus of text data, including news articles, books, and websites, which allows it to generate a wide range of responses based on the input it receives.

One of the main advantages of ChatGPT is its scalability. The model can be easily integrated into existing systems and workflows, allowing businesses and organizations to automate many of their tasks. This can help companies save time and money, while also improving the accuracy and efficiency.

In conclusion, ChatGPT is a powerful and versatile tool for businesses and organizations looking to automate their content. Its ability to learn and adapt over time, as well as its scalability and ease of integration, make it an ideal solution for a wide range of applications.

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Sunil has his finger on the pulse of the latest digital trends and has collaborated with top companies, brands and influencers. Contact Sunil on phone or WhatsApp on 0817146525.

Rocky Champions God's Warriors

By Kasia Yoko



Victorious at EFC Africa 101, left to right, Rocky Schaper, Jesse Schaper, Tyrone Schaper and Coach Clint Walters

MMA and Combat Sport enthusiast, Rocky Schaper, is a straight shooter when it comes to overall human wellness and self love. He is the owner of Domination Fitness and Fight Gym in Durban with Clint Walter's (head fight coach) and he is proudly representing pro athletes in KZN. Domination has been actively building champions through the passion for the sport, as well as the necessity for self defence and anti bullying.

"I am the son of a living God," Rocky tells The Bugle, "I am here to fight God's fight – the warfare between good and evil." Rocky is a firm believer in giving people the skills to successfully defend themselves and he has been training youngsters and adults in self defence. Rocky he regularly offers his services to local businesses and organisations, encouraging individuals and companies to take self defence seriously and to be proactive in personal safety. With an extensive back round in specialised security services such as Close protection and body guarding, He also has a passion for training martial arts fighters to become champions through Domination. At Domination Fitness and Fight Gym, he offers his members a complete package

of structured fitness classes as well as boxing fitness, nutrition and personal training. Our coaches live and breath fighting. Coach Clint has decades of experience and the passion for this sport is unmatched. So whether you are looking to loose weight, or looking to learn the art of Muay Thai, MMA and Boxing, our boxing division is headed by Christo Smith, with years of dedication to the sport and the love for people.

"We offer a fitness and fight facility that caters for everyone," Rocky tells The Bugle, "Whatever your fitness goals or a fight dream or maybe you just want to work on your self confidence, our specialist coaches will lead you on your way."

Rocky and his team of true professionals who understand what it is like to start at the bottom with no skills and little confidence, he is however focused on helping each of his members to reach their goals, whatever they might be.

"Our Motto is 'No Egos, No Attitude - Just Hard Work and Dedication' and we all live by it." Said Rocky, "We really like seeing people change, not just physically through weight loss, but also

mentally."

The ability to learn a new skill is such an integral part of human development. "When that skill is also the ability to defend yourself and your family it changes you. I Some people train so hard and put in so much time that eventually they decide to compete. This is amazing as they start setting themselves goals and start to chase dreams."

"All in all we love helping people. We love spreading the knowledge. We really enjoy practicing combat sports, and we have specialist coaches in each field, from Fitness and Conditioning, Boxing, Wrestling, Muay Thai, BJJ and Mixed Martial Arts."

"Some people just want to lose weight and get in shape, and they love the fact that they you are not doing it alone. There are others that have a dream to become a fighter and they chase that dream with every fibre of their being. Others train because they want to learn to defend themselves." Concluded Rocky.

Whatever your goal, Domination Fitness has the training to get you there... Contact 083 229 0196 or info@dominationffg.co.za for more information and their exciting membership offers.

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Domination PRO boxing coach, Christo Smith

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Our Fitness and Conditioning classes are what I like to call "Fighting Fitness". So they aren't your normal fitness type training yet everyone can do it. We even have a 62 year old Lady that does the classes. Obviously we adjust and adapt the exercises to suit your abilities.

These classes are focused on improving Speed, Power, Agility, Muscle Endurance, Cardio Respiratory Endurance as well as you Bodies Functional strength (meaning we focus a lot on Core Strength, Joint stability and Proprioception).

Every session is different, we try and keep things exciting with diverse training methodology as well as exciting variations on exercises. Constantly keeping the mind and Body stimulated in so doing keeping the Neuro Muscular system excited and constantly stimulated. We don't allow your body to adapt to the training, this forces constant adaptation to take place.

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What's the issue?

By Tomas Yoko

All the banks are broke, not just those tech banks from Silicon Valley, the whole Fractional Reserve Banking system is a ponzi scheme - banks lending money that doesn't exist, just numbers on a spread sheet. The Federal Reserve, which is neither federal nor does it have any reserves, uses the toned down term for Counterfeiting, which they call quantitative easing – this is artificial money they say is based on Government stocks and bonds. You have to laugh when the picture clears and the smoke and mirror tricks of the banksters start disappearing. Central banks continue suppressing interest rates until they suddenly can't anymore and then investors look shocked when they find out that their Deposit guarantees hardly exist at all.

Bank bailouts using the tax payers money are nothing short of theft, the collusion in those upper echelons of money and power are fast becoming transparent.

Arrest warrants issued for Trump and Putin are laughable. The ICC issuing an arrest warrant for Putin is irresponsible and pushes the world closer to a nuclear war. Who is going to issue arrest



"Remember that this is not something we do just once or twice. Interrupting our destructive habits and awakening our heart is the work of a lifetime." ~ Pema Chodron

warrants for Tony Blair? And for George Bush? What about Sleepy Joe? He should have been arrested last year already. The antics of the American Deep State are sticking out like spines on a sea urchin. These are the people who are still detaining Julian Assange, along with their allies in the Crown Prosecuting Authority, for printing the truth.

President Xi and Putin shaking hands must have set the cat amongst the pigeons in those corridors of power. They must have been running along those thick pile carpets screeching with joy about how much money they will get from the government to keep their proxy war going. Washington flatly refused to accept the 12 point a cease fire agreement proposed by China. Like I said, they will fight to the last Ukrainian. Despicable.

Then there's the AUKUS deal, what a crock of proverbial sticky brown stuff. The purchase of nuclear powered submarines from America and the UK virtually enslaves the already lap dog nation of Australia in what can only be preparation for conflict with China, who is Australia's main trading partner. Something funny is going on down under? They must be smoking really weird chemicals to embark on this deal for \$368 Billion. Their Labour Minister called the deal "the worst deal in all history" calling the pompous meeting in San Diego a "kabuki show", now I have no idea what that is so I will be Googling that ASAP.

Closer to home and it was a relief that the national shut down didn't turn into the blood bath so many people expected. Reports of arrests in their hundreds might discourage future opportunists who try to use political protests as a cover for looting and self enrichment.

In Korea, again it is the Yanks stirring up Little Rocket Man, who is sending rocket after rocket into the sky while South Korea and the US play war games.

What would the world be like if we spent all that war money on people's needs?

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6	5	7	3	2	4	1	9	8
7	4	5	9	1	6	3	8	2
8	3	6	4	5	2	9	7	1
2	1	9	7	8	3	4	5	6
4	8	3	6	7	9	2	1	5
5	6	2	1	4	8	7	3	9
9	7	1	2	3	5	8	6	4

	7			2			4	6
	6						8	9
2			8				7	1
	8	4		9	7			
7	1						5	9
			1	3			4	8
6	9	7			2			8
	5	8					6	
4	3			8			7	

"By far the greatest danger of Artificial Intelligence is that people conclude too early that they understand it," by Eliezer Yudkowsky

A Guardian Angel – Jaqui Muir

By Kasia Yoko



Jaqui’s tribe; from left, son JD, son Israel, daughter Hannah and son in law Stephan

“I Just Help People, That’s what I do. Don’t ask me why, I don’t know myself but is something I have always done and I will continue to do for the rest of my life.” Words spoken by local community volunteer, Jaqui Muir, who has been hailed in our community as ‘A Guardian Angel’, a ‘Saviour’ a ‘True Hero’, the accolades just keep on coming as people rally around our very own “Mother Teresa”.

Jaqui was born on the 02 January 1973 in Dundee Northern Kwa-Zulu Natal and grew up in a middle class family with her mother and father and five siblings. After matriculating Jaqui wanted to join the SAPS but had no support or encouragement from family or friends. Jaqui worked odd jobs until she met her first husband in 1996 in Nottingham Road. “Five years and two children later, I left my first husband, but remained friends with the father of my children.”

“My second Husband was very charming and manipulative and had I listened then to the warnings, I would not have had to endure 17 years of hell.” Jaqui tells The Bugle, “But alas I didn’t listen and was subsequently abused by

this monster mainly mentally and emotionally but there was also sexual, physical, financial and verbal abuse too.

Jaqui’s only hope and sanity came from her strong faith in God and even though she could not understand at the time why she was going through the turmoil, Jaqui knew then that she needed to experience what victims of domestic abuse go through in order to be able to help them. Especially when no one believes them, as their stories sound so surreal sometimes.

“When Covid struck and we were on lock down, I was out from day one at SAPS helping to feed the needy and eventually become the distributor for the Ashton Families That Care project, headed up by the Late Eddie Johnston and his incredible family.” Said Jaqui, “Eddie was an incredible God fearing man and I always felt he could see into my soul. He was so very kind to me. We distributed over 20 000 food parcels over the next year.”

“It’s my passion and my purpose to help people if it’s within my means to do it. I do not earn a salary and yes I hustle to survive but you see I don’t do this for money. I do it because it’s what

is in my heart. It’s who I am, I sacrifice so much for others but I know my reward is in Heaven and My Jesus has a place for me with the greats so that is my reward.”

“I carry a great burden for women and men who are in abusive relationships and I am always there to listen and help where they will let me. People think it’s easy. Just leave they say. NO! No. It’s terrifying. Mostly they stay because financially they dependant like I was.”

“I don’t know how but I know that God knows my heart and my desires and has helped me stay grounded and put the best into my kids. I’m now a grandmother to two beautiful little girls and I know they too will grow up with the same morals and values. My kids and my Grandbabies are the love of my life along with all my cats I rescue and have rescued. I might not be rich as the world sees riches but I am rich in love, kindness, compassion and a few very kind people who really care about me and appreciate and support what I do. I value the few people in my life who always help me out when I’m in need. There are only a few but they support me so much. They know who they are. I’m so grateful for them.”

Christo Barnard
SPACE TO BREATHE



TRANSFORMATIONAL FACILITATOR /
MEDIATOR / LIFE COACH

Nyepi -The Balinese Day Of Silence

I am in Bali, an island in Indonesia, to celebrate Nyepi day (the Balinese Hindu Day of Silence). Nyepi day is a day where the community chooses to switch off the electricity for an entire day. Yes, you read that correctly, the community chooses to switch off the electricity !

As you know by now, I advocate awareness by Conscious Breathing and Contemplating that which is gifted through mindful living.

And the lesson learnt on this beautiful island must be shared.

The excitement building up to Nyepi day is tangible wherever you go on the island, as the community gets involved in building statues built of paper and bamboo – those statues are burned the night before Nyepi day.

It is very dramatic but playful at the same time. Some interpretation is that the darkness (evil spirits) is enticed the day before (called Ogoh Ogoh) and that the island inhabitants then go into hiding the next day (Nyepi). If the evil spirits cannot find them the next day, with the island in darkness and silence, the evil spirits return to their rightful place and the inhabitants of Bali can live in peace and harmony again for the next year.

The lesson in the celebration to me personally is profound as it allow me to become still and examine all the aspects of my inner world, including the darkness.

To acknowledge the darkness within in a playful manner and to let it go, just as the Balinese symbolically burn their statues.

An entire day of silence is but a dream in our world, but nothing prohibits us from taking a deep breath with awareness, to smile and to embrace the Present.

Namaste

For the first time in history!

The entire New Testament is available in South African Sign Language



Excited Volunteer team together with representatives from Public Information Department of Jehovah’s Witnesses at the Press Conference held on March 9 2023 at Offices in Umhlanga

After five years of translation work, in March 2023, Jehovah’s Witnesses in South Africa released the New Testament, or the Christian Greek Scriptures, in South African Sign Language. This is a breakthrough moment for nearly 450,000 people using this language!

For many years in South Africa, deaf people did not have access to a reliable translation of even a single chapter of the Bible, and thus could not benefit from learning the Bible. This changed in 2018,

when the first publication of the first Bible book in South African Sign Language - The Gospel According to Matthew, was released.

Within five years, from 2017, when the translation work began, the team of translators translated into South African Sign language all 27 books commonly known as the New Testament, including the Gospels: According to Matthew, Mark, Luke and John, the Acts of the Apostles, the letters of the apostles: Paul, Peter and

John, and the Book of Revelation. One of the translators said:

“With this translation the power and truthfulness of God’s word is felt even more now. This molds my thinking and personality, because Jesus’ personality and Bible principles are presented with clarity.”

The New Testament in South African Sign Language has been published in electronic form and is available free of charge on <https://www.jw.org/sfs/>

“Everybody knows how to raise children, except the people who have them.” by P J O’Rourke

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A Window Onto Nature's World

Our Rivers, Streams, Lakes, Wetlands And Dams - The Water Of Life



By Environmentalist and Green Campaigner Jill Theunissen

From the inland catchments to the sea, mankind has been dependent on our Natural, and often beautiful water resources for survival.. In every instance there is a spring or natural flows from below the surface, with the origins still under scientific research.

The mighty Tugela River with its source in Lesotho descends from Mont Aux Source in the northern Drakensberg with spectacular entry via the Tugela Falls, being the second longest waterfall drop in the World. In the Upper Drakensberg catchments the streams off a fresh water resource benefit all local communities and Resorts. For the fishermen good sport with Trout in many streams, and Bream and Carp in well-managed Dams are an attraction for locals and tourists alike. Fishing Permits should be obtained where required to ensure compliance.

The Montane forest canopy is dominated with Real Yellowwood and Cheesewood Trees, both protected, with other trees and smaller species such as Halleria and pink Pompon Trees forming a vital mosaic of protection with grasslands, buffering the rushing stream flow over rocky boulders and

pebbles.

Along our Coast many rivers present a relatively short catchment from the Inland hills to the Sea, but in every Water Course recognition of the ancient soil formation is more critical than ever before. Through the millennia silty deposition on either side of the Water Course covers the important lines of Hydromorphic delineation. Assistance from a qualified Pedologist is required at a professional level to identify the ancient chroma, which still lies approximately 600 mm below the surface, at a given distance on either side of the stream bed. Record the findings with cadastral accuracy on a Survey Plan. The edges of the original stream bed discovered may now be flowing or present an ephemeral state, with no water evident. Link this with further professional "Wetland" assessment of the indigenous species present, such as Typha capensis (Bulrushes), Cyprus denudate (Winged sedge), various other sedges and flowering Pink Marsh Dissotis and Arum Lilies. The oxygen in fresh water enables plant survival in this "Permanent Wetland" zone.

Further away from the edge of the

water resource we encounter a "Temporary Wetland" habitat, which may vary depending on annual rainfall and locality. Once again a cadastral record should be surveyed together with the 1 to 100 year Flood line clearly identified. Only with Foundation Information in place may an informed decision process be undertaken in order to avoid future land resource degradation and erosion, often with loss of Habitat, buildings and Life as recently suffered in Malawi and Mozambique after Cyclone Freddy.

Nature affords protection to the Flood Plain with deep-rooted trees including Robust Thorn, Sycamore Fig, Quinine Tree, the Natal Mahogany and Wild Date Palm (Phoenix reclinata). Where mankind at any level of society has laid-waste to the riverine slopes and banks, and over-looked the prudent need for a designated SET-BACK LINE of at least 30M combined with conservation of our Natural Heritage, we all pay the price.

The Natal Flood damage and erosion in April and May 2022 are testimony. Where there has been delay in restoration combined with a lack of an Holistic Approach for Rehabilitation

on-going degradation with cost related implications are evident.

In tact pockets of Swamp Forest exhibit the Power-puff Tree with long flowering panicles, the Umdoni with berries for birds, and stalwart Ficus trichopoda (Swamp Fig), now protected, displaying large leaves with multi-coloured veins, white above and red below. Our Coastal Lagoons with intertidal estuaries, saline water and low oxygen host the Mangrove communities with roots anchored in the sediment, regardless of the levels of man-made pollution, including the E.coli contamination which now rides the waves.

A System of Water Protection Procedures with fines for OFFENDERS of POLLUTION, and WASTE DISPOSAL into any Water Resource is an urgent necessity, to be Implemented as a priority before the next drought cycle. Our fresh water resources are essential for Quality of Life and the Survival of All Things Living.

Acknowledgement of Reference to Pooley's Trees of Eastern South Africa A Complete Guide by Richard Boon Barrier or Spears, by R.O. Pearse.

Sunray Projects is a family business

By Kasia Yoko

The Halkier family have been a part of the Umhlanga construction tapestry since 1991 with their company, Sunray. Jeff started the business with great tabulations, realising its full potential. So the story of Sunray started and thrived through three decades. The records are neatly kept in perfect filing order by the Halkier family matriarch, Debbie.

Today Jeff's and Debbie's two sons, Gavin and Dan have sold their shares of Sunray to the next generation of paint specialist, grandson, Daniel Plen has taken over the company with careful guidance from grandpa Jeff.

"We take pride in our prompt and efficient service and pay careful attention to our customers specific

requests and needs." Jeff told The Bugle, "Our motto is 'No Mess No Fuss' and our aim is to protect and enhance the value of your property."

"We use locally manufactured, and imported, materials of the highest quality and offer competitive prices. We give free, no obligation quotations, and all our work carries a guarantee."

"We use specific procedures to ensure that all work undertaken by us is executed in the most professional manner, with the most effective

"I have always wanted to run this business," Daniel tells The Bugle, "I know that I have a lot to learn but I have the best man, my grandpa, teaching me the paint business from the ground up."

Their secret to success is that they have always been hands on and reliable. They take each job very

workmanship they back their work with 2 year workman guarantee on peeling and chipping and they also does flat roof torching and waterproofing.

Daniel is also currently training with his uncle Gavin, who is moving to the UK to join his brother Michael run his successful paint company, "I



Three generations of Sunray Projects from left; Daniel, Jeff, Debbie and Gavin

results." Concluded Jeff.

With a few degrees under his belt, including a B. Com Honours in Strategic Management, Daniel is excited with his new role in the family business,

seriously and while they specialise mostly in residential properties, they also love getting stuck into the big complex projects and can paint buildings up to 12 meter heights.

Sunray Projects are specialists when it comes to interior and exterior painting, wall coating, roof painting, waterproofing and allied fields in the residential and commercial markets. Because they are so confident in their

am excited for Daniel to be joining the family business, we all believe he has what it takes to take over our dad's vision for the future of Sunray Projects."

Sunray Project is truly a family business and with Daniel's fresh new approach to business management and HR capabilities, it can only go from strength to strength. For more information or for a quote please call Daniel on 072 3656309.

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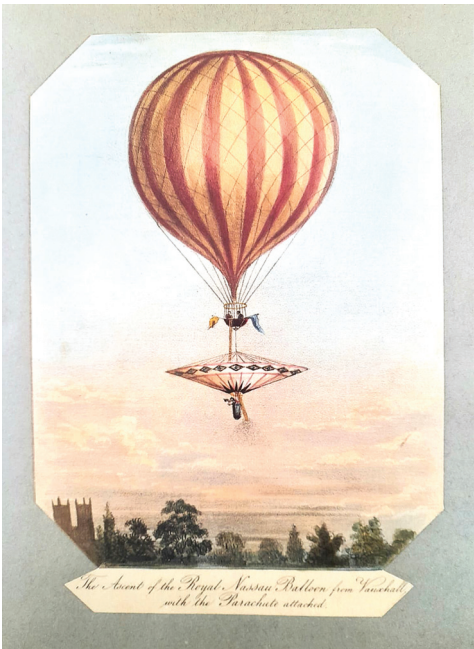
"I have a cat, a striped cat with tickling whiskers and green electric eyes. She has the softest fur in the world. When I pet her she purrs as if she has a drum near her heart," by Joy Harjo

Hot Air and Balloons

Your love is like a hot air balloon, rises me up without breaking my promise to touch the sky



By Ikes Books and Collectables' Jo Rushby



I have always had a head for heights. Unlike Alice who fell into a Wonderland underground, I always saw beauty from above. As a child, I spent many hours in our back garden on a swing hung from the branch of a giant willow, its' soft floaty branches felt like a porous umbrella letting in just the right amount of light. Its roots stretched far, threatening to upend the house. For me, it was a magical cocoon, a secret garden shed where my imagination could swing into action. 'Whoever has learned how to listen to trees no longer wants to be a tree. He wants to be nothing except what he is. That is home. That is happiness' (Herman Hesse). Little did I know that it would be the story of my life, soaring high into the sky, only to fall down, then catapult into dizzy heights once more.

I once went up in a hot-air balloon. This was a contraption first put to the air in the late eighteenth century. I marvelled at its architecture, the bag known as an envelope and the basket. The propane burner swelled the nylon fabric as we slowly edged

upwards. Down below, the willows tried to reach up to us, wanting to climb on board. Little did I know that the branches of a willow wove the very basket that we stood in.

Our relationship with trees is not only a physical one, but cultural and spiritual. We cannot be without them. Buddha received enlightenment under the peepal tree. Trees have feelings and speak to each other. I thought about Khalil Gibran's quote "Trees are poems that the earth writes upon the sky."

Of course we live at a time of hot air. And by this, I do not mean climate change but the political discourse dominating the air-waves. The anger, the acrimony, the massaging of lies into facts. All this in the build up to Human Rights day! I saw a lovely T-shirt the other day that simply said Human-Kind.

Who will pierce the balloon and bring the high and mighty down to earth and end the weeping of the willows? Or should we listen to the words of Peter Pan; 'Just think happy thoughts and you will fly'.



VAT in the conveyancing fees?

"Look at this bill my conveyancer sent me R80 730. It's daylight robbery I say! They don't even do anything," your friend yells angrily at you over a cup of coffee. But hold up, before I defend an entire profession let me break down the Costs involved in purchasing a property.

For properties priced at R1.1 million and under the conveyancing bill will only consist of transfer fees. These fees are regulated by the Legal Practice Council and are always payable (yes, I promise your conveyancer does actually do work and maybe next month I will tell you exactly what that entails).

paid careful attention to our Minister of Finance, Mr Godongwana's budget speech on the 22 February, you would know that the new transfer duty threshold is R1.1 million. Transfer Duty is a wonderful tax levied on the value of the property being purchased. The purchaser pays it to the conveyancer to pay to SARS in order to obtain Transfer Duty clearance. Think of it as an additional price you pay for enjoying your new home. It is calculated on a sliding scale and for a R2 million property you are looking to pay about R41 625.

There are times when Transfer Duty isn't payable but VAT on the purchase price is. As a rule of thumb VAT is paid when the seller is a registered VAT vendor and the property is being sold as a going concern (aka it helps the seller make money). VAT is paid as part of the purchase price and the seller usually pays it over to SARS after registration.

VAT and competition between conveyancing firms means that purchasing a new home from a developer comes with few 'extra' costs as the VAT and transfer fees are normally included in the purchase price. Make sure your read your



Ballito Conveyancing specialist Mireille Barnard

Offer to Purchase in this regard so that you don't get surprised by any hidden costs.

For a lucky few Transfer Duty and VAT are avoided all together. Exemption occurs when property is acquired via an inheritance, via a court order in a divorce and via a cancelled transfer. There is also no tax payable when you are married in community of property and automatically become the Co-owner of the property with your spouse.

But don't get caught in a nasty divorce and lose half your assets, let us prepare your Anti-Nuptial Contract as well.

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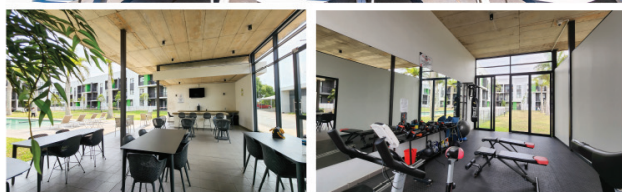


Property Talk

By:
Andreas Wassenaar



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This stunning one-bedroom apartment boasts modern finishings and excellent amenities, making it the perfect place for single or professional people to call home. A bright interior greets you upon entry, with a spacious open plan layout and floor-to-ceiling glass sliding doors that allow natural light to flood in. The bedroom is cosy and has ample closet space. Lifestyle amenities include a sparkling swimming pool and state-of-the-art fitness centre.

Ross Wassenaar

076 421 1054

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There is a lot of noise out in the market. Uncertain times lead to all sorts of opinions. The most important thing is to consider market information from a trusted and reliable source. If you want to find the best market opportunities, and they always exist, then avoid sugarcoating market data.

The recently published FNB Property Barometer is that type of trusted source and provides us with excellent insights and confirmation of what we see at the coalface of daily property transactions. The key themes noted by FNB are that they believe interest rate cutting will only come later rather than sooner and that we may even have a further hike at the next SARB meeting at the end of March taking the repo rate from its current 7,25% to 7,50%.

This would push the prime rate at which most mortgage agreements are concluded to 11% from its current 10,75%. FNB's market strength indicators show slowing housing market demand reflecting pressure on household budgets, weaker economic fundamentals, and declining sentiment. SA GDP shrank by 1,3% in the 4th quarter of 2022.

Most people expect first-quarter figures to be negative as well-meaning we are already in a recession defined by two consecutive quarters of negative growth. We know that higher interest rates and poor economic growth impact directly housing demand at the lower end of the price spectrum and we are witnessing that daily in the market.

At the higher end of the residential market sentiment drives buyer behaviour and we are noticing this. The FNB/BER Consumer Confidence Index for South Africa improved to -8 points in the 4th quarter of 2022, up from -20 and -25 in the prior two quarters but still represents 14 straight quarters of negative sentiment.

This is not a surprise and why many South Africans are tired and "gatvol". If we consider actual House Price Data published by FNB we see the index declined to 2,3% in February from 2,7% in January, significantly down from 3,8% and 4% recorded for the same two months a year ago.

The time a property remains on the market has shot out to 75 days from 66 days in the prior quarter – for KZN this average is higher at 85 days. We have seen a departure this year of the typical season peak in the first quarter of the year delivers for residential property. KZN has been the worse impacted province with sentiment currently worse than in July 2021 after the devastating floods. The Western Cape boasts the highest sentiment reflecting better demand fundamentals.

On aggregate, the reasons for people selling remain as "Downscaling with Lifestage" at 24,2% as the main reason, followed now by "Downscaling due to Financial Pressure" at 17% and "Relocating" at 13%.

Emigration sales are currently on aggregate 9,3% as a reason for selling but far higher in the higher price brackets.

The residential property market is in for a tough 12 months ahead. This type of cycle brings with it buying opportunities which are not easily repeated or found during normal trading conditions. Be vigilant and look out for these as you make your money when you buy not when you sell.

by Fawzia Khan

Legal Talk



Fawzia Khan

The rights of a non-biological "parent"

Can a person with no biological link to a child apply to be that child's co-guardian? The short answer to that question is Yes! In terms of the Children's Act, provided it is in the best interests of the child, a person who is not the child's biological parent may apply to be a co-guardian of that child.

This very issue was one of the key points of argument raised in an application involving contact to a minor child. A couple met on the dating site Tinder, the social media platform where people invite others to contact them. At the time the woman placed her details onto the Tinder site, she was pregnant. However she did not disclose her pregnancy to the man until much later.

A year after the child [B] was born, the parties moved in together. The woman also had an older child [D] aged 13, from another relationship. The child 'B', his half brother 'D' and the couple lived as a family unit for 2,5 years. During this time 'B' formed a close bond with the man, whom he saw as his father.

The parties separated in June 2021 and the man was given informal contact to the child for almost nine months, until the mother suddenly revoked the contact arrangements. In 2022 the man approached the court for relief.

The mother brought a counter application in which she asked that a childcare expert be appointed to do an assessment on both her

children (B and D) and for her older child (D's) father to also consent to the assessment.

The mother then refused to co-operate in the appointment of the nominated expert, saying the relationship which the man and B enjoyed was causing a rift between the half-brothers themselves. Initially the court found that the man had no prima facie right to contact to B and that it was not in B's interests, then or ever, to have any form of contact with the man.

The decision went on appeal and was subsequently set aside. On appeal it was said that to cut off all contact with the person whom the child saw as his father would cause the child to suffer great harm.

The psychologist who did the assessment found that it was crucial for B's development that he continue to enjoy contact with and maintain a close father son relationship with man and that the disruption of attachment could have far reaching and catastrophic consequences for a child this age.

The court used the best interests of the child principle as set out in the Constitution and said he met the criteria of an interested person involving a minor child.

Know your rights! The Law Desk of Fawzia Khan & Associates. Giving YOU the Power of Attorney. Email fawzia@thelawdesk.co.za or call 0315025670 for legal assistance at competitive rates.

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Fawzia is an admitted Attorney, Conveyancer and Notary Public and is a Commissioner of the Small Claims Court. She is also a trained Mediator and is a member of the KwaZulu Natal Society of Mediators



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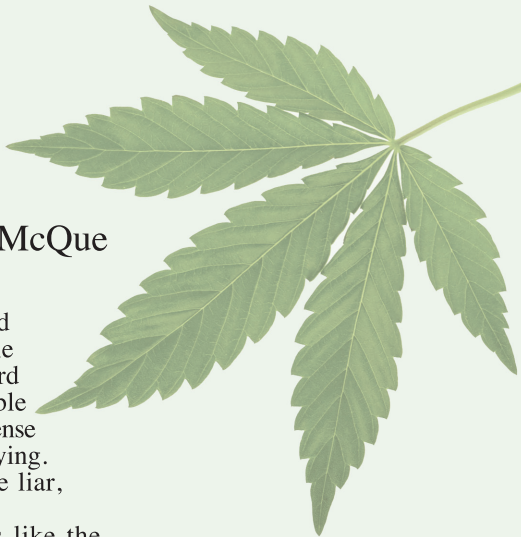
"My mother told me I had a chameleon soul, no moral compass pointing due north, no fixed personality; just an inner indecisiveness that was as wide and as wavering as the ocean," by Lana Del Rey



Local author, latest Bugle columnist, Kelly McQue

Welcome to the Truth

By Kelly McQue



There's a saying that a lie can travel halfway around the world before the truth can get its pants on, and that has certainly been the case with cannabis.

I recall a conversation with a friend shortly after I'd received the news that I no longer had breast cancer back in 2012. My friend and I were discussing why I'd decided to go public about my choice to forgo the conventional medical treatments and instead use cannabis oil I'd made in my kitchen to heal myself.

I was explaining to her how important it was to educate people about the healing properties of cannabis. She agreed and then confided that when she'd told a mutual friend about my good news, that friend had declared that I was lying.

I was shocked. I was also hurt that they'd chosen to disparage me rather than to celebrate my victory, especially since I knew I was telling

the truth.

But our friend had been raised to trust the authorities at their word and so the only plausible explanation that made sense to her, was that I was lying.

But if I wasn't the liar, then who was?

Ancient cultures like the Egyptians, Scythians and Zulu's all used cannabis for medical and spiritual purposes for thousands of years, until in 1925, The League of Nations declared cannabis outlawed on a global scale. In 1961 the WHO further condemned cannabis by stating that cannabis had "particularly dangerous properties" and hardly any therapeutic benefits, and was promptly lumped in with heroin, despite having never killed anyone.

A decade later the USA declared the "War on Drugs" and a targeted multi-million dollar funded international propaganda campaign was launched.

The campaign against cannabis was based on racism and rigged studies that could never be replicated – to be blunt, the campaign against cannabis was based on lies.

So, it seems that the liars of this story, are ironically also our most trusted institutions - its our medical, governmental and media organisations who are the ones who have sustained these lies for almost 100 years.

Fortunately, real science is now exposing these lies and I personally am looking forward to shining the light of truth of the health benefits of this incredible plant with you here.

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IN THE STARS

Aries March 21 - April 19

You're ready to change up your routine in order to maximize efficiency. The Full Moon in Virgo could bring you a new job opportunity or the awareness you need to make necessary positive changes at work. More money may arrive so prepare for enchantment.

Taurus April 20 - May 20

Your love life may light up with excitement once you see a situation for exactly what it is. You can take this realistic assessment of your love situation and use it to shape your romantic world into something sexy and fulfilling.

Gemini May 21 - June 20

This month, you're capable of buckling down on your professional life. It's time to get real about your goals and career path. Are you doing what you love? There are a few of the questions you'll need to ask yourself - starting now.

Cancer June 21 - July 22

Your love life is about to calm down in a way that you may not have experienced since 2008. Pluto, the planet of death, rebirth, and transformation, has been in your partnership sector for all of these years, offering you deeply profound experiences.

Leo July 23 - August 22

Conversely, you could notice an increase in power struggles or even toxic behaviour from your mate. For some, it will become unmanageable, and you'll realize it's time to exit. For others, this temporary pain can lead to a deep healing.

Virgo Aug 23 - Sept 22

Being aware of your needs is key to expressing them. You might be a little bit too hard on yourself. If you have been worried about school or a legal matter, you may realize that you're just moments from uncovering the best way to work everything.

Libra Sept 23 - October 22

This month will be a great time to address your health and work life with greater discipline. If you do receive limiting news about your health, Saturn will help you repair whatever might be wrong. You've got this!

Scorpio October 23 - Nov 21

You've got karmic lessons coming your way, so get ready for the tests! This area of your chart, triggering all of your insecurities about opening your heart and giving love. This isn't to make you hopeless or lonely!

Sagittarius Nov 22 - Dec 21

You might be singled out by your boss for your accomplishments. It could be completely unexpected or a clear response to your innovative work. Either way, people are watching, and you're allowed to enjoy yourself.

Capricorn Dec 22 - Jan 19

Your love life looks absolutely delicious! Venus moves into your romance sector, opening up the possibility for singles to meet someone who knows how to delight all of your senses. A surprise in love awaits - hopefully a delightful one.

Aquarius Jan 20 - Feb 18

A massive shift in your identity, especially pertaining to relationships, is likely. After all, this March heralds the most extreme planetary shift of all. Pluto, the planet of death, rebirth, and transformation.

Pisces Feb 19 - March 20

You're likely to take on an important new responsibility of your own choosing. You may, for example, start a new career path, get married, become a parent, or purchase your first home. Whatever this is can make you feel more like an adult than you ever have - no matter what your current age might be.



**Kiran Singh Garbaran,
intuitive psychic medium,
clairvoyant, clairaudient,
clairsentient and
claircognizant**

My name is Kiran Singh Garbaran, and I am a natural born intuitive psychic medium who is clairvoyant, clairaudient, clairsentient and claircognizant.

I was born and raised in a small town called Estcourt and, I now reside in the Dolphin Coast Ballito. My journey was and is never an easy one, yet I love and embrace my life path and purpose.

I started my journey from age 6 where I began seeing "things" that others could not see. I began playing with tarot cards at age 13, it was then that I knew that I had a different ability, so I decided to explore it and has ever since developed my skills into various modalities of the occult sciences.

I have more than two decades of experience in the respected fields that I work in. Always being supported and motivated by my family, I studied, researched and gained knowledge in various occult or

alternate modalities. My job is to act as an awakener and channel to facilitate contact with spirits, angels, loved ones that have "crossed" over, and other light beings that have messages to share.

My love for spirit and workings never ceases to amaze me. With every session being unique and amazing. My path has led me to many travels locally and internationally, places where I would have never even imagined going too. Being worldly renowned, I have performed accurate and confidential readings for more many and varied clients from all walks of life.

I have proven my reliability by building a large client base, through my dedicated professionalism. I always treat each and every reading with confidentiality. There are many other methods of divination methods that I use, but mainly specialise in Egyptian sand readings (I am one of the very

few ordained Egyptian sand readers), tarots and oracles, palmistry, "crossing over's", numerology, Vedic astrology, chakras, auras, all types of cleansings, balancing, powerful spirit items and much more.

Through my travels I have been featured on Radio and TV stations locally as well as internationally. I perform various events in and around South Africa, as well as internationally. I also teach various modalities, and I consider myself through feedback that I am an amazing teacher when it comes to the various modalities of healings and readings. I do offer various courses personally and online.

I look forward to sharing my journey and experiences with you, as we walk this path, from "darkness into light"...

Contact Kiran Tel: +27729339223 (Whatsapp preferred). Bookings Website: <https://yellow-oracle.appt.guru/>.



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The rumours of the amazing Haval H6 HEV have been confirmed with the arrival of the H6 Hybrid Electric Vehicle. On the outside, every feature, from the Futuristic LED Headlights and Gloss Black Accents to the Sports Rear Spoiler and Panoramic Sunroof, lets you know that the All-New Haval H6 HEV is here to drive you into a smart new world. Signature 225/55 R19 Sports Alloy Wheels, a pronounced front grille, and confident curves set the tone for the start of a new era of innovation.

With the hybrid technology of a turbo petrol engine and electric motor, the All-New Haval H6 HEV lets you enjoy less pollution with lower CO2 emissions, more performance, and a decreased combined fuel consumption of only 5.2L/100km.

Book a test drive of either one of these amazing vehicles from Haval Ballito, contact Owen on 065 623 7638 or Nonka on 069 135 0923 or the dealership on 032 3000 0000.



Haval Ballito is expanding their HEV product offering with the self-charging hybrid electric Haval Jolion HEV and the amazing Haval H6 HEV, test drive the one of your choice, or both

Mitsubishi Ballito Has Got The Aspire

By: Tomas Yoko

At CMH Motor City in Ballito, the car brand bearing the three diamond mark. Mitsubishi Ballito is on the top floor of CMH Motor City in Ballito and they have great news about the amazing new Mitsubishi ASX Aspire, on the showroom floor.

The Mitsubishi ASX offers exceptional value for money while still delivering the Mitsubishi quality build and proven reliability. This crossover SUV from Mitsubishi is available in four derivatives, with the ASX Aspire at the top of the pile.

Along a very impressive list of safety features including ISOFIX, ASTC, HAS, ABS, EBD, BAS, keyless operation and rear PDC with camera, the panoramic glass sunroof wins me over.

This is a car you really should test drive before you buy your next car, speak to Nathi Mhlongo at CMH Mitsubishi Ballito to find out what all those acronyms mean and what an awesome drive the Mitsubishi ASX Aspire offers. Call Nathi on 078 772 7968 or email him on nathim@cmh.co.za



The ASX range is covered by Mitsubishi's three-year/100 000 km manufacturer warranty, a three-year /60 000 km service plan and three-year/unlimited mileage roadside assistance. Service intervals are set at 15 000 km or once a year

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14H00 - 16H00

MONDAY TO FRIDAY:
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