



The Bugle

MAGAZINE

email: thebugle@mweb.co.za



Easter Weekend brought about a cultural kaleidoscope of colours, devotion and penance. Following our ancestral traditions, Hindu devotees gathered to pay reverence to the Fire Goddess, Draupathi. Devotees pierce their bodies and cross burning embers as penance. Seen above devotees Pragasam Pillay and Akhil Ballaram from the Sathie Sanmarka Sungum of South Africa, Woodhurst, Chatsworth branch. More on page 11. Pic: Navan Chetty

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One-on-one with Head Boxing Coach Christo Smith

Magical Vibes at Domination Gym and Fight Club

By Kasia Yoko

Modern day athletes appear in all shape and sizes. Christo Smith is the head boxing coach at Domination Gym and boxing has been a passion of his for over thirty years. Boxing is a sport that has been around for thousands of years, becoming an official Olympic event in 688 B.C. There is even evidence of boxing matches occurring in ancient Egypt.

"The love for boxing and Martial Arts started early in my life," Christo tells The Bugle, "I was influenced by Rocky and Bruce Lee. It was a serious toss up between Irish Dancing or Boxing, as I was seriously impressed with Michael Flatly's Lord of the Dance performance."

Boxing is so much more than just a popular fitness trend for people who are trying to lose weight or get in better shape. There are deep psychological benefits that can be achieved with the elements of self-esteem and discipline. If you don't believe that boxing is a great workout, try punching something as hard as you can for three consecutive minutes and you'll find out how great of a workout boxing can be!

As a professional boxer, Christo was mentored and coached by South Africa's legendary trainers Stephen Castle and Jodi Solomon, before he moved to KZN. "I arrived in Durban two and a half years ago

and joined Domination as a trainer and I just knew that this is where I belong." Says Christo, "With the full support of head coach Clint Walters, I continue to gain knowledge and develop my personal style of boxing. Domination felt like a family right from the beginning. There are no airs and graces, no funny clicks or egos, we are here to have fun. Here we are all brothers and sisters – a family."

Christo has had a charmed life; he started working selling hairclips at flea markets before he became a teenager. Christo enjoyed a range of career choices, from Radio DJ to actor; he managed a successful nightclub and even spent a few years as a professional magician. However another of Christo's passion is photography, he has always documented his life through the images on his camera roll.

Saturday morning at Domination is sparring morning. The atmosphere is electric, punches fly, sweat, grunting and cries can be heard, this is how these super fit individuals let off steam and improve their fitness levels. While Domination is training some of the most talented South African boxers, their doors are open to novices and fighters of all levels.

"Our true hope is to grow the sport in Durban and to mentor more professional

boxers." Said Christo, "We have the best trainers in Durban, we have all the age groups. We teach kids how to protect themselves. We give them lifesaving skills. We offer our students training in white collar fighting, who want to experience real life boxing."

With people like head coach Clint Walters, who has the most amazing wealth of knowledge, experience and skill, and owner Rocky Schaper who has a super vision for the future of the club and its members. Domination Gym and Fight Club is set for the super league.

While boxing is all consuming, Christo values his freedom to enjoy a life of personal freedom and peaceful existence, he shares his life with his two fur babies, The Fluff and Peanut AKA The Nut.

"Our doors are open to boxers and non-boxers. So if you want to try out boxing, MMA or Muay Thai or kick boxing, or if you just want to get strong. We invite everyone to come and have some fun with us, no matter what your fitness level." To find out more about Domination and the world of amateur and professional boxing contact Domination Gym on 083 229 0196 or email them on info@dominationffg.co.za or pop into the Gym at 20 Gainsborough Drive, Athlone, Durban North.



Seen above: Christo Smith is a professional boxer and the head boxing coach at Domination Gym in Durban North

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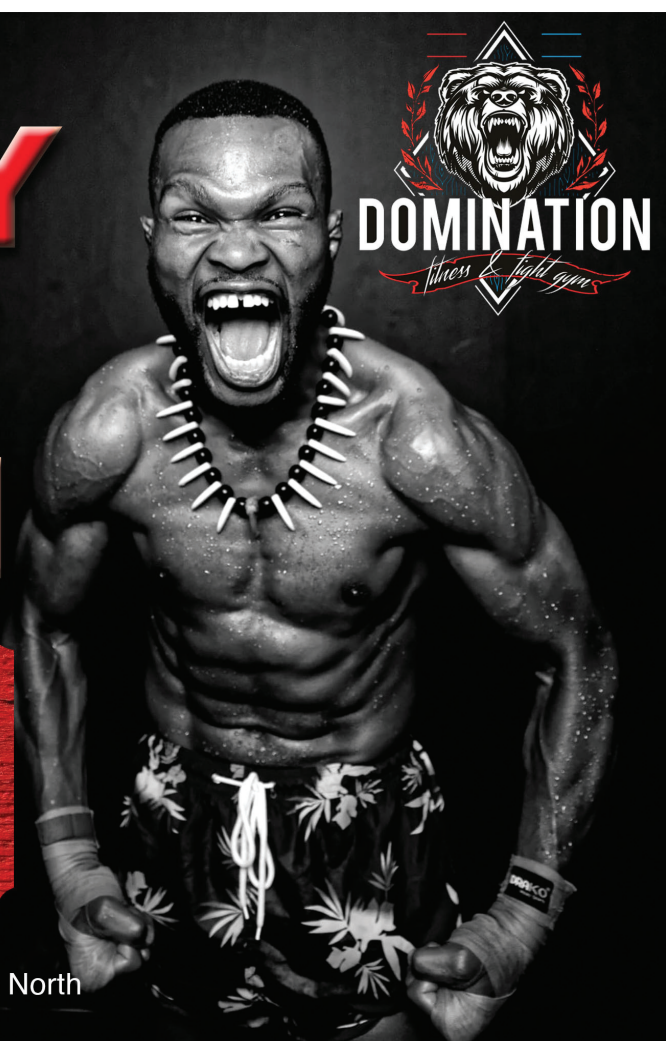
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Christo Smith
PHOTOGRAPHY



What's the issue?
By Tomas Yoko

As Russia uses the opportunity presented by their being the chair to the United Nations Security Council this time around, much to the total disgust of Ukraine. Russian Foreign Minister Sergey Lavrov must be one of the most eloquent politicians in the world. He took the opportunity to give western leaders a proper tongue lashing of a lambasting. He even brought up the nuclear bombing of Japan in the 2nd World War. Eish.

Calling for peace in Ukraine from thousands of miles away, Brazilian President Luiz Inácio Lula da Silva, affectionately referred to as Lula, has initiated an attempt to negotiate a peaceful settlement to the conflict in Ukraine, much to the disgust of the Americans who reject every effort at peace in the region. You need not wonder why. Macron has pressed for peace only to receive the ire of the US Government. They must really want this war so bad.

The need for perpetual war may be behind the reasoning of former National Security Advisor, John Bolton recons that it would be a good idea For America to redeploy its nuclear arsenal in South Korea. Imagine how Little Rocket Man would love that. What an idiot Johnny boy

must be.

Geriatric Joe wants two terms in office, he just announced his candidacy for the 2024 elections. I know a lot of Americans that think he should have two terms, one for treason and one for fraud. The allegations against Sleepy Joe are mind boggling, if you were to believe the conspiracy theorists. Everything from treason to fraud, corruption to human trafficking, insider

trading, man you name it, they have it on him. However Trump was arrested and brought before the courts. That may actually work for him in the long run. Let's see if the Deep State of the USA will allow another Kennedy to run for President, the good Lord knows they need some fresh blood in that race. Sorry I didn't mean to be crass, but they did murder the last two.

"Go Woke. Go Broke" seems to be the order of the day these days, with Hollywood's two hundred and fifty million dollar loss on two of their Woke films, being overshadowed only by the total fall from grace of Bud Light Beer after their marketing campaign used a transgender model to promote their product. They have reportedly lost market share and much more.

Tucker Carlson is now being called the billion-dollar man after Fox News fired him and their stock value fell by a billion dollars.



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Wow, trying to silence the voice of freedom, a voice Tucker Carlson is so famous for, has cost the network much more than just their perceived value.

Closer to home the conflict in Sudan is really just about two egocentric military leaders who cant share the power, which they are supposed to hand over to a democratically elected government. Lol. You and I both know that Sudan's military leader, Abdel Fattah al-Burhan and the commander of the paramilitary Rapid Support Forces, Mohamed Hamdan Dagalo are not alone in their battle.

Joburg's Mayor has resigned again, that job must be hell on earth, and Cyril announced that SA will move to leave the ICC. Not a word about load shedding please

Sudoku

Last week's solution

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

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

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

Please help Senzie and Snakho

By Kasia Yoko



Senzie and Snakho

Senzeni (Senzie) Gcwensa was born and raised in KwaMaphumulo. She is 32 years old. In 2013 Senzie fell pregnant and enjoyed a full uneventful pregnancy with no complications. Senzie gave birth to a baby girl on 30 May 2014 by an emergency C-section due to Mom’s high blood pressure, which spiked to 220 and left her baby in distress. The newborn Snakho was not placed in an incubator, which led to brain damage and Cerebral Palsy.

Snakho is now nine years old and requires full day care. She is a happy and sweet child that smiles a lot and seldom cries but Senzie struggles daily with her feeds, which are fed through a tube Senzie also needs to travel to Luthuli Hospital twice a month to have Snakho checked out and to get her medication.

“Life in the township is hard. People do not understand my child’s illness and my boyfriend’s family do not want anything to do with us, as they also don’t get my child’s illness.” Senzie confides in The Bugle, “Keeping my child alive is a daily struggle and I do what I can with what I have.” Senzie tells The Bugle, “The grant does not cover the special needs my child requires and it is just impossible to go out and work because she needs constant care. I need help.”

Senzie needs us to help her with everyday essentials; she needs nappies, the special formula Pediasure and transport for her monthly hospital visits, as she needs to travel by Uber because taxis refuse to take Snakho. Anyone who can assist with any donations or assistance for Senzie and Snakho is asked to please contact Jacqui Muir on 083 534 7047.

Christo Barnard
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TEA CEREMONY: A Profound Mindfulness Experience

In the last month I was fortunate enough to attend two tea ceremonies in Bali.

Being a coffee lover, I am grateful that I accepted the invitation of a friend to attend the tea ceremony as it expanded me and deepened my experience of mindfulness.

Yes, I know, most of you must be curious of how the simple act of drinking tea can deepen your awareness but believe me the experience is profound.

First of all, sitting quietly with people in stillness and watching the host preparing for the tea ceremony creates a special space to breathe.

The dried tea leaves are passed around and each and everyone is granted the opportunity to inhale the aroma, followed by a brief explanation of the origin enhances the feeling of oneness.

It is as if you become part of the tea and the tea part of you. Everybody waits for the tea to be poured, then inhales the aroma and takes small sips in awareness, feeling the warm liquid in your mouth make its way all the way down to your belly enhances the feeling of oneness.

On each exhale you are prompted to soften, to feel the gratitude and to smile. Tasting five different teas took an hour and a half and was all done in stillness.

The space felt sacred, the experience almost holy. Psalm 46:10 “Be still and know that I am God” came to mind.

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“They sicken of the calm who know the storm,” by Dorothy Parker

A Window Onto Nature's World

Focus On Re-wilding Avoid Landscape "Fashion" Trends



By Environmentalist and Green Campaigner Jill Theunissen

The Vision for "Re-Wilding" was given expert attention in the Guideline brochure presented by Dr. Debra Roberts and her colleagues in the early part of the 21st Century. The Key Emphasis called for the restoration of the Natural Indigenous Habitat, the Removal and Eradication of all Aliens, and the selective use of Exotics with only 2% surface coverage for any area.

The aura of Eco Estate living commenced with the Zimbali Coastal Forest Estate in 1996 with Simbithi Eco Estate following the trend later. Previously, the Dolphin Coast recorded a green rectangle of agricultural land between the Tongaat and Umhlali Rivers. This band now records a Re-Zoned status for Residential Estates, and commercial ventures. Legal "Conditions of Authorization" require compliance. A Key Condition is the Restoration of the Indigenous Environment with "Site Specific" conditions, including Soil Quality Improvement and related qualified Seasonal Management in perpetuity.

"Re-Wilding" presents an exciting venture for all, to re-plant our Natural Heritage and rejoice in creating

cooling and shade, achieve rooting stability and welcome the return of mammals, birds, butterflies, bees and all creatures great and small". Water presence invites a range of aquatic species and waterfowl to adopt the venue. The Land Resource Area, whether for Residential property, Complex, Private Estate, or disused farmland the Initial Assessment and point of access requires careful planning and focus. An accurate Survey Plan is useful for each project to depict the extent, identify the topography and allocate SPACE for new Woodlands, Grasslands, trails, an observation Hide, boundary screening for wind and privacy, and careful conservation for a stream, Wetland or Dam. Observation and recording of the linked neighbouring benefits or problems are essential.

A Check List of existing species under the headings of Indigenous, Exotic and Alien and Invasive provides an indication of the level of inherited "disturbance and modification". The Alien section is important with an early Removal and Eradication Program generated to welcome the new Re-Wilding Layout,

with sharp eyes needed to continue eradication. Coastal Woodlands benefit from early inclusion of Pioneer trees, such as Pigeonwood with widespread habitat, Coral-tree with bright red flower racemes, Mitzeeri often near moisture, Tinderwood with berries for birds, and the Flatcrown with its splayed root system and large spreading crown demanding space. Further inland select Quilted Sagewood with leaves browsed by game, White Pear with berries for birds, and Cheezewood, which is now Protected. Where an ancient tree stands with dying branches this offers a towering perch for raptors.

A holistic Planning Procedure should allow a combination of trees, herbal plants, seasonal flowering shrubs, succulents, groundcovers and Veld grasses. In full sun invite Aloes, along trails feature bulbous species, and ferns.

A "Re-Wilding" composition of 65 — 75 different species would kick-start the bio-diversity of a residential property of approx 2,000 M sq.. Scope within a larger "Open Space" allow over 100 tree species in turn creating an understory shaded habitat. Here the Digitaria grass thrives, with a host

of "best Buck plants" amidst the structural form of Dracaena aletroformis — Large-leaved Dragon Tree with glossy leaf surface, like a super slide, ducting rainwater to the roots of its host. Amongst the Veld grasses flourish many perennial shrublets, Nature achieves synergy with leguminous species returning nitrogen from their roots into the soil.

It is perhaps sad to record that in ignorance we have collected, planted and nurtured an "Exotic" environment. Many "introduced" and previously acclaimed Exotics are on the NEMBA List, in Categories for REMOVAL. Creating a pretty garden is often driven by "fashion" trends. Oh dear! Where are the new ruffled petunias, the variegated cabbage, the Purple Pennisetum with pollen to invite asthma, and perhaps worst of all a hedgerow of imported, hybridized "Firesticks", not our true Euphorbia tirucalli.

"Re-Wilding" offers a community based challenge with Family, Friends, School, Club or Township and Commercial colleagues. Create a new "Green Gem" where birds may sing and future generations may flourish.



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Bata SA backs The Litterboom Project's beach clean-ups



Footwear company, Bata South Africa, has pledged its support as a beach clean-up partner to The Litterboom Project (TLP)

Footwear company, Bata South Africa, has pledged its support as a clean-up partner to The Litterboom Project (TLP), a non-profit organisation running South Africa's first large scale river interception programme to stop plastic pollution from reaching the ocean.

Bata has provided funding to power TLP's regular beach clean-ups in Durban throughout the year.

The two first worked together when Bata donated Bata Industrials gumboots to TLP for volunteers and staff cleaning beaches after the devastating KwaZulu-Natal floods of April 2022. A second consignment of Bata gumboots was donated to TLP late last year.

With the latest collaboration, Bata and other corporate partners are helping TLP in its quest to raise public awareness as part of a Source to Sea approach which aims to tackle the plastic pollution problem through an upstream, eco-system model.

Bata South Africa Country Manager, Michael Wyatt, said, "As a multinational company present in more than 70 countries, Bata believes in local collaborations to address global issues. The Litterboom Project does incredible work intercepting, educating and innovating to tackle plastic and other pollution along our coastline, and it's our honour to be able to support their efforts in some way."

Bata is currently on a global drive to reduce its own impact on the environment and encourage the circularity of its products.

TLP's latest beach clean-up event was held for Earth Day on Saturday, 22nd April at Glenashley Beach. The next one is scheduled for Saturday, 3rd June at Durban Undersea Club ahead of World Oceans Day on 8th June. Regular clean-ups will run throughout the year with activities including music, games, a wastepreneurs showcase of products created from plastic waste, and much more.

CEO of The Litterboom Project, Cameron Service, said, "This year is about celebrating the beaches and oceans, and by enjoying these open spaces we hope to see more people protecting them. We're always grateful for support, as this enables us to reach more people in our drive to reduce ocean pollution."

Donations to The Litterboom Project are welcome via the "Donate" button at <https://www.thelitterboomproject.com>, with Zapper, SnapScan and PayPal options available.



By Ikes Books and Collectables’
Jo Rushby



The first commercial typewriter was produced by Remington and Sons, New York in 1873. The same company famous for producing rifles in the 1820s

Can Type Be Cast?

My little shop is called Ike’s Books and Collectables. It gives me an everyday insight into how people think about times old, times new. In the week, a friend bequeathed a projector and reels of family history.

With a bit of cajoling, the film began to unwind and the pictures unrolled onto the wall. It was such an exciting moment. Her parents in the 70’s. Young, in love. He leaning into her, touching, she pushing his hands away, only to lean forward beaming. There was something about the haziness that gave it authenticity. But like the past, it made me think of the present. What happens to love grown old? Does it, as Shakespeare would have it, ‘wither and so die’?

For some, age does not alter the depth of desire. Think of the philosopher Andre Gorz’s letter to his wife D (Dorine). “You’ll soon be eighty-two. You have shrunk six centimetres, you only weigh forty-five kilos yet you are as beautiful, gracious and desirable as ever. We have now lived together forty-eight years and I love you more than ever.”

Like love that can never be requited, the allure of the typewriter has come around once again. A customer donated one in a pastel green case, brushes neatly inserted into the lid, the keys shining. Children are fascinated by it, gently pressing the keys like a computer keyboard, only to be disappointed when nothing is imprinted on the page. The typewriter keys need force, the ink magically appearing.

What once was an essential item has now become a collectable that someone declutters.

Remember the punch and peck words had in those days, the strain of Q in the little finger, the type head leaning out on its stalk from its semicircular roost, the angelus ting that marked the end of a line the slap of the silver lever that jerked time forward, the shift key that tilted the world on its fulcrum, the grey formalities hedged by tabs and margins that turned language into geometry, the braille of the other side of the page under the fingertips? What was struck here could never be unstruck, Switch on the anglepoise lamp; outside the window it’s carbon-paper dark. There’s ribbonsmudge on your fingers and a new sheet of foolscap rolled into place on the platen (Matthew Francis).

How often have we heard the cliché ‘the pen is mightier than the sword’? The first commercial typewriter was produced by Remington and Sons, New York in 1873. The same company famous for producing rifles in the 1820s. But, somehow we know that books are mightier than bullets. It is why people want to burn them, re-write them and ban them. How did Shakespeare put it in the Tempest: ‘...Remember/ First to possess his

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**fantastic
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The arising awareness about functional food has created a boom in this new millennium. Mushrooms are widely consumed by the people due to their nutritive and medicinal properties. Belonging to taxonomic category of basidiomycetes or ascomycetes, these mushrooms possess antioxidant and antimicrobial properties. They are also one of the richest source of anticancer and immunomodulating agents. Thus these novel myochemicals from these mushrooms are the wave of future.

The concept of "functional food" has been raised from the knowledge of a relationship between diet and disease and thus it has led to the development of a new scientific discipline, which is termed as "functional food science."

A food could be accounted as "functional" if it contains food component that affects any identified body function in a positive manner, and could be available in different forms or under different names viz. dietary supplements, medicinal foods, vita foods, phytochemicals, and myochemicals and also pharmafood, which could be used specifically to improve the health.

Among the developed nations, there are many causes of death or disability that include heart diseases, diabetes, obesity and cancer, which could be attributed to diet.

Scientific evidences justify the fact that diet influences the health as well as controls and modulates many functions of body and thus plays an important role in the maintenance of good health; this homeostasis produced. therefore, decreases the chances of many chronic diseases

Millennia are evident that mushrooms have been extensively used by human for consumption, which is due to their flavour and medicinal properties. Widely sold as nutritional agents, these

mushrooms are helpful to human health.

These mushrooms are extensively known for their immunomodulatory, hepatoprotective, antinoceptive, antidiabetic, antiviral, and antimicrobial properties.

Mushrooms constitute 22,000 known species. They are widely available on earth and about 10% of them are explored. It is an estimate that there are about 140,000 species of mushroom present on earth. Among the unexplored and unexamined

“
*...in an ever more eco-aware
 world, Ecovative is creating
 foam, fashion, face masks
 and food from fungi...*
”

mushrooms, if the proportion of useful mushroom is 5%, it suggests that 7000 undiscovered species would possibly provide benefit to mankind.

Several thousand years ago, it was recognized that many edible and some nonedible, nonconsumable mushrooms could have valuable health benefits. The edible class of mushrooms that shows potential medicinal and functional properties includes Lentinus, Auricularia, Hericium, Grifola, Flammulina, Pleurotus, and Tremella. The other species known only for their medicinal properties include Ganoderma, Trametes, etc. As they are coarse, harder in texture, and are bitter in taste

Mushrooms are found to be good source of vitamins especially thiamine [B1], riboflavin [B2]

niacin, biotin, and ascorbic acid (vitamin C). Vitamin A and D are rarely found but certain species contain detectable amount of vitamin D when exposed to UV light. Crude fat content of mushroom consists of lipids viz. mono, di, and triglycerides, sterols, phospholipids.

In the present era, medicinal mushrooms are being focused for discovering such compounds that could modulate the response of immune cells. Thus by doing so, they might be useful for stimulating and enhancing the biological response of immune system. And therefore they could be utilized for the treatment of tumour and other immunodeficiency status along as a combination with antibiotics as well as vaccine adjuvant

In case of immunosuppressive activity, they might be used in autoimmune diseases. Mushrooms contain a variety of constituents that have plethora of activities including antioxidant activity, anti-infective activity, anticancer activity, as well as modulation of immune system.

The species is mostly confined to plains and tropical forest. In Chinese medicine, the hot water extracts of fruiting body of Phellinus spp. have been reported to be used to cure many ailments and it is believed to refresh human body and promotes. Various extracts of Phellinus spp. are found to scavenge O₂·, OH·, and nitric oxide radicals generated from free radicals when studied in vitro.

The immune system has a pivotal role in the body's defence against infections and formation of tumours. Body's defence against viral attack and against spontaneously arising malignant tumour cells comprises a dynamic orchestrated interplay of innate and acquired immune responses.

There are many reasons to start experimenting with alternative health supplements and find out for ourselves the true value of mushrooms in your diet. For more information, speak to Shan at B-Earthy on 065 895 4244.



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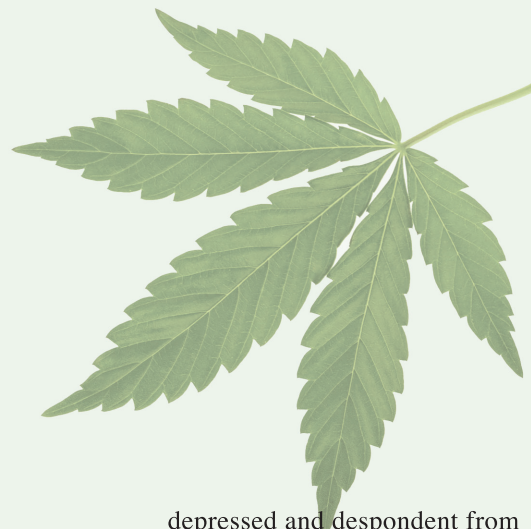
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At Home with Cannabis

By author Kelly McQue

I often get asked why cannabis is able to bring so many health issues under control. Whether it's helping people to relax, reducing pain or improving sleep, cannabis is able to heal and manage a multitude of different ailments. So how is one plant able to help us with so many different health issues?

The answer to this puzzle is that cannabis works holistically with one of our body's own natural regulatory systems, the Endocannabinoid System (ECS). The ECS regulates important aspects like sleep, appetite, pain, inflammation and our immune system.

Chemicals found in plants, called cannabinoids (named after cannabis!) are so similar to certain human chemicals that they are able to effectively interact with our ECS - and cannabis is packed with

cannabinoids.

The cannabinoid Tetrahydrocannabinol (THC), which gives us that euphoric feeling when we consume cannabis, has been shown to assist with pain, cancer and depression, to name a few.

We have receptors in our body that naturally interact with THC but they are most densely concentrated in our brain, our mouth, our lungs, our reproductive organs and along our spine.

Studies have shown that long term use of CBD isolates - where there is 0% THC present - loses effectiveness quite rapidly and can actually block our cannabinoid receptors, which isn't good. However, Big Pharma loves CBD because it's legal but unfortunately it just isn't as effective without THC present.

I've witnessed it countless times, where a person so

depressed and despondent from illness finally becomes desperate enough to try whole plant cannabis extracts and then a few months later and they suddenly seem to have been given a new lease on life with a spring in their step and a twinkle in their eye. These transformations never cease to amaze me, even though I experienced it personally for myself.

I shouldn't be so surprised because cannabis is, as another South African cannabis author calls it, our human companion plant. It seems to have been designed specifically for the human body to benefit from, cleverly interacting with our own regulatory systems and healing us on so many different levels - and even in surprising and unexpected ways!

You can Whatsapp questions to: 0609414917 or follow Kelly on Instagram @selfhealth_za



Local author, latest Bugle columnist, Kelly McQue

B-EARTHY
CBD HEALTH
&
WELLNESS

THE THREE KEY PRODUCTS TO A HEALTHY YOU ARE:

CANNA CAPSULES

- **INSOMNIA**
- **ANXIETY**
- **PAIN**
- **CANCERS**
- **CRONIC CONDITIONS**
- **GENERAL HEALTH SUPPLEMENT**
- **INFLAMMATION**
- **HIV & AIDS**
- **REDUCES OPIOID ADDICTION**
- **SETTLE GUT ISSUES**
- **HELPS RELIEVE CONSTIPATION**



REPAIR MOISTURIZER

- **STRAINED MUSCLES**
- **INFLAMMATION ON MUSCLES AND JOINTS**
- **SKIN IRRITATIONS**
- **MOISTURIZE THE SKIN**
- **BITES & STINGS**
- **DEEP TISSUE PAIN**



BREATH EASY NASAL SPRAY

- NASAL INFLAMMATION
- ELIMINATE CONGESTION
- MOISTURISES NASAL PASSAGES
- SOOTHES IRRITATION
- HELPS WASH OUT VIRUSES
- THINS MUCUS
- HELPS WITH UPPER RESPIRATORY INFECTIONS



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B-EARTHY CBD HEALTH & WELLNESS

THE THREE KEY INGREDIENTS TO A HEALTHY YOU ARE:

LION'S MANE

LION'S MANE MUSHROOMS CONTAIN BIOACTIVE SUBSTANCES THAT HAVE BENEFICIAL EFFECTS ON THE BODY, ESPECIALLY THE BRAIN, HEART AND GUT.

- COULD PROTECT AGAINST DEMENTIA
- HELPS RELIEVE MILD SYMPTOMS OF DEPRESSION AND ANXIETY
- MAY SPEED RECOVERY FROM NERVOUS SYSTEM INJURIES
- PROTECTS AGAINST ULCERS IN THE DIGESTIVE TRACT
- REDUCES HEART DISEASE
- HELPS MANAGE DIABETES SYMPTOMS
- MAY HELP FIGHT CANCER, REDUCES INFLAMMATION AND OXIDATIVE STRESS
- BOOSTS THE IMMUNE SYSTEM



REISHI

- HIGH BLOOD PRESSURE
- HIGH CHOLESTEROL
- CARDIOVASCULAR DISEASE
- LIVER OR KIDNEY DISEASE
- RESPIRATORY DISEASES
- VIRAL INFECTIONS
- HIV/AIDS
- CANCER AND SUPPORT DURING CHEMOTHERAPY
- PAIN DURING AND AFTER A SHINGLES OUTBREAK
- BUILDING STRENGTH AND STAMINA
- FATIGUE



TURKEY TAIL

- BOOSTS THE IMMUNE SYSTEM
- HELPS FIGHT CANCER
- ABLE TO COUNTERACT THE EFFECTS THAT TUMORS HAVE ON THE BODY
- HELPS FIGHT SOME VIRUSES
- IMPROVES NERVOUS SYSTEM FUNCTION
- PROTECTS THE LIVER
- IMPROVES GUT HEALTH
- IMPROVES METABOLISM
- ENHANCES ATHLETIC PERFORMANCE
- RICH IN ANTIOXIDANTS
- MAY HELP COMBAT STDs LIKE HPV
- MAY HELP WITH WEIGHT LOSS



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"It is better, I think, to grab at the stars than to sit flustered because you know you cannot reach them." by RA Salvatore

...there is a new flagship in town, filled to the brim with new technology, luxury features and an eye-catching design...

The all-new Suzuki Grand Vitara is now officially on sale at CMH Suzuki Umhlanga. The Grand Vitara is available with the choice of two different drivetrain options, including the first-ever mild hybrid petrol-electric powertrain from Suzuki Auto South Africa, three gearbox options and the choice between two- and four-wheel drive.

While the new Grand Vitara shared no technology or platforms with its predecessor, its imposing design does nod the head to this iconic vehicle. Viewed from the outside, the new Grand Vitara has a modern interpretation of its forebear's clamshell bonnet, which in this case is more sculpted, with the large and imposing wheel arches housing its large alloy wheels. Iconic roof rails round off this sculpted design.

If the exterior design makes a promise of flagship-level luxury and comfort, then the interior of the Grand Vitara definitely delivers.

Occupants in the Grand Vitara are greeted first by plush seats that have been designed especially for this model range. The seats, along with the suspension system and electric steering, have been created specifically to produce the most comfortable ride on rough and uneven surfaces.

The Suzuki Grand Vitara will be offered with the choice of two versions of Suzuki's K15 engine. First is the K15B, a naturally aspirated four-cylinder petrol engine that delivers 77 kW at 6 000 rpm and 138 Nm at 4 400 rpm.

The second engine on offer, and a first for Suzuki in South Africa, is the K15C petrol engine with mild hybrid electric power (code named SHVS or Smart Hybrid Vehicle by Suzuki).

This engine uses a much higher compression ratio than its sibling (12.0:1) and an always-on mild-hybrid system with a power output of 75.8 kW at 6 000 rpm and 136.8 Nm at 4 400 rpm.

In the Grand Vitara Hybrid, this system lowers the average fuel consumption from 6 litres / 100 km to 5.6 litres / 100 km, despite the additional 125 kg of the all-wheel drive system.

As can be expected from Suzuki, the entire Grand Vitara range has the same very high level of safety. This starts in the vehicle's design, which includes the newest generation of Suzuki's Total Effective Control Technology (TECT) to not only absorb crash energy but disperse it along energy channels to prevent the cabin from deforming as far as possible and keep all occupants safe.

All models have six airbags as standard, including side curtain airbags that stretch across the length of the cabin. All models also feature electronic stability control (ESP), ABS brakes with Emergency Brake Assist (EBA), Hill Hold Assist (HHA) and rear parking sensors as standard.

Contact Christo and his team of friendly sales professionals at CMH Suzuki Umhlanga, for more information on this amazing new offer, and arrange for a test drive ASAP. You can reach Christo or his friendly team members Shaeem, Phumi, Hanson, Blake, Shane or Terence, on landline 031 502 5565 or visit their showroom at 6 Sunset Close, Umhlanga Ridge, and drive away in a Grand Vitara.

The All-New Grand Vitara Arrives at CMH Umhlanga Suzuki



Christo Saidt, New Car Sales Manager at CMH Suzuki Umhlanga, showing his excitement as the arrival of the amazing new Suzuki Grand Vitara, call them on landline 031 502 5565 or visit their showroom at 6 Sunset Close, Umhlanga Ridge, and test drive the new Grand Vitara



The All-New Suzuki Grand Vitara Just landed at Suzuki Umhlanga!



A New Breed of SUV, Yours From R339 900.00



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CARES



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"Travel is oxygen." by Richie Norton



Devotee crossing red coals



The devotional fire walking by devotee Sushie Naidoo

I am Fire

Om Draupadi Marieamman Shakti Devi Ye Namaha...

Pics: Navan Chetty



Text: Verushka Pather

In a cocoon surrounded by love and warmth one can feel the vibration of the drummers, Uddakai (Indian village percussion) musicians and the chanting and praising of Draupati, Panjali and Shakti, piercing through your heart.

The devotee's mind is focused on careful and steady steps and pacing their strength to carry the Mothers holy garagum (brass pot with ornamentation representing Shakti) on their heads.

Coming down Unit 3 main road, Chatsworth, in a glorious single file and seeing all these beautiful

adornments of Mother Shakti proudly towering in bright orange marigolds ahead of us is a site to behold.

The first site of the Gopuram (Tower) of the temple, one's heart pounds with joy, anxiousness, and an urgency to arrive. This is the time that devotees are completely immersed in surrendering, their prayers are screaming from within as they approach Mother Shakti in Her majestic form of Fire.

Entering a sound portal, devotees are in complete alignment with the energy of the most powerful element, Fire. No sound,

no thought, no sight, sublime movement that leads them forth.

Mother Draupadi was the chosen devotee of Lord Krishna to bring to and teach the world of total surrender. The de-robing of Draupati in the courtyard of the Pandava Clan brought about a catastrophe that led to the 18-day Kurukshetra war.

The vow to kill Duryodhana, a prince of the Kaurava clan, the reciting of the Bhagavat Gita by Lord Krishna to Arjun led to the cleansing and purifying of an entire nation, era and the birth of a pure, disciplined and God conscious era.

The crossing of the lotus embers of Mother Draupati is the purification of mind & body allowing us to experience the true potential of our Soul. Emerging oneself in the powerful element of Fire is the killing of our vices of lust, anger, greed, attachment and ego or pride. We shed this on the embers of Fire.

As devotees rejoice in ecstasy that they have merged with, and had a glimpse of powerful Mother Shakti. Devotees are blessed with a fraction of Her being and the enlightenment that I am one with You, I am an embodiment of Fire.



Sublime satisfaction in surrendering by devotee Leigha Pyladh



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

Predictions for April/May

As we approach the solar eclipse in April 2023, we can look forward to many changes that will occur, some good and some bad. I do feel however this eclipse will be beneficial for some and for some it brings a downward spiral. Many natural phenomena's will occur between April and June.

I do feel a new city discovered. I also feel that this period of change will affect different zodiacs in many ways. I do see a major energy shift happening as well, where there will be various emotions and challenges, with this period mercury goes retrograde and will affect many communication portals adversely.

During the mercury retrograde take caution and be alert at all times. If dealing with documents make sure you read through carefully, and double check things. I do feel that a new virus will mutate this winter, which doctors will look at as a cross between COVID-19 and the common flu.

A new medical treatment will start being researched. It will show promising results for treating several types of cancer that were once thought to be incurable. This new treatment will offer hope to thousands of people around the world. A resurgence in leprosy and typhoid will pop up in India, Brazil, and Indonesia precautions should be taken by anyone traveling there.

Shifts in the cosmic rays of the planets this month will cause people to have an incredibly high sex drive, especially Leo, Aquarius, Capricorn, Sagittarius, Cancer, and Virgo. If you were born on a day with a 5 in it, such as the 5th, 15th, 25th, or that adds to number 5 this month is going to be a lucky month for you because you will see an increase in your finances.

Money from unexpected sources will come to you. If you have been in a relationship where infidelity has been an issue, things will begin to turn around this month, and secrets will be revealed.

With Pluto and Venus overshadowing each other, this will cause healing in this area of your relationship and family bonds, misunderstandings will clear out.

The Stock Market is going to have moments of instability and fluctuations that may make some investors uncomfortable and investments to fluctuate. But these changes in the market will not have any serious effects and will stabilize quickly.

Be cautious in any investments related to overseas investing this month. The wrong investments could cause you to end up losing your entire investment. Especially avoid any investments in South Africa, China, and Malaysia, and certain European countries.

I feel many murders taking place around Florida Road, Springfield, Durban Central and the harbour. The North Noast will see many delays with traffic as well as water supplies. Between 3 may and 19 may I feel disruptions occurring.

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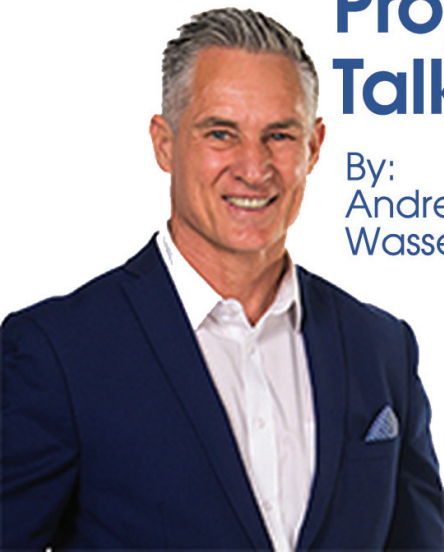
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"Originality is the best form of rebellion," by Mike Sasso

The future of property markets

Property Talk

By: Andreas Wassenaar



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This family-friendly estate offers a communal pool with a clubhouse, playground, sports field and a dam.

Reena Cassim
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032 940 5005 | northcoast@seeff.com



As we go through the second quarter of 2023, with the first quarter market data now readily available, a clearer picture is emerging to what we can expect for the remainder of this year. Our current headline data shows CPI Inflation at 7.1% and PPI inflation at 12.2% (inflation of goods leaving factories from producers).

As long as PPI is higher than CPI, inflation is unlikely to adjust downwards. This means that we have to live with our current prime interest rate of 11.25% for a little while. Because the cost of money and mortgage finance is so integral to the property market, there are predictable implications when interest rates rise. We have to go back to 2009 to find interest rates higher than the current, which seems like a distant memory.

If you have a mortgage bond of R2,000,000 and raised this finance a short while ago when bond rates were 7% and have watched your bank statement to see your mortgage repayment grow from R15,506 p.m. to R20,985 p.m. as interest rates increased by 4.25% to 11.25%, then I feel your pain. This is an R5,479 p.m. difference or a 35.33% increase in your bond repayments every month. This is why market demand retreats as interest rates increase.

The rental market surges ahead as more people opt to rent (always cheaper than owning a similar property) for a period. Rental rates have been depressed since 2020 (Covid) but have now started to bounce back exactly as we expected.

Shortages will be evident in the rental market, which in turn will start to drive the asking rental rates upwards.

Our composite leading indicator, which is designed to provide early signals of turning points in the business cycle, has shown a steady downward trend over the past year, confirming what we already know at the coalface of property transactions.

We are in a recessionary type of market and people are taking financial strain on the aggregate. With this scenario comes extraordinary opportunities.

For those with cash on hand and unconcerned with the relatively high mortgage rates, this year may prove to be one of the best buying opportunities we have seen for a while. We can expect markets where holiday homes dominate the landscape to be more impacted than most primary resident suburbs, as people tend to sell holiday homes in tighter financial markets.

This is great news for buyers of Ballito apartments as we can be sure some great opportunities will emerge during the second and third quarters of this year.

For those sellers in the market that must sell, there are some things you can do to defend your asking price. You can repaint the property. This is the quickest and best value improvement exercise and will make a property sparkle.

You can fix any small items requiring attention that are readily evident to prospective buyers. You can also ensure the home and immediate surroundings are immaculately clean and presentable. Lastly, be realistic regarding your pricing and carefully consider any offers presented.



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by Fawzia Khan

Legal Talk



Fawzia Khan

From which date is pension interest calculated in divorce proceedings?

Provided a couple are married in community of property to each other, they are both entitled to claim 50% of the pension interest, which may be held by the other spouse. What happens if the marriage relationship breaks down and the parties separate and each go their own way, but only formalise the divorce many years later?

From which date is the pension interest to be calculated?

Should it be the date of separation or the date of divorce? These are the issues, which the high court in KZN had to consider in April 2023 in a divorce matter.

The facts briefly were the following: The couple married in community of property in 1993 and separated during December 2004. They both agreed that the marriage had broken down and that they had not lived as husband and wife from the date of separation.

The wife was a member of the Government Employee Pension Fund. The man was retrenched some years ago and he received an amount of R 609 455.14 as his pension pay-out. Both parties agreed that the bulk of the funds from the pension pay-out was used by the husband towards building the house in which he resides.

The court had to decide whether the wife was entitled to 50 % of the pension benefit which man received on his retrenchment and whether the man was entitled to 50 % of his wife's pension interest up to the date of divorce.

The wife claimed that her husband was not entitled to 50 % of her pension interest up to date of their divorce but that it must be limited to 50% up to the date on which they separated [which was in 2004].

The husband argued that even though they separated in 2004, he was entitled to 50 % of his wife's pension interest up to the date of

the divorce in 2023. He said that when he received his pension pay out it went into the joint estate and the money was used for building his house.

The court found that for purposes of the division of the estate, as the parties were married in community of property, the value of the pension interest which the man received had to be added to the value of the other assets that formed part of the joint estate. For that reason, the amount which the husband received back in 2016 when he was retrenched formed part of the joint estate as they were still married at that time. Since the amount was already paid, the wife would be entitled to 50 % thereof but for practical reasons it would be taken together with all the assets in determining what the value of the estate is, which would then be divided equally.

Regarding the date when the 50% is to be calculated, the court said that the man was entitled to 50% of Plaintiff's pension interest as at date of divorce not date of separation.

Section 7(8) of the Pension Fund Act, creates a mechanism in terms of which the pension fund of the members spouse is statutorily bound to effect payment of the portion of the pension interest (as at the date of divorce) directly to the non-member spouse as provided for in section 37 D(1)(d)(i) of the Pension Fund Act 24 of 1956 and section 21(1) of the Government Pension Law 1996. The court held that the man was thus entitled to 50 % of the pension benefit of his wife and it was to be calculated as at date of divorce, regardless of the date when they separated.

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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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Address: Coastals, 2 Flanders Drive,
Mount Edgecombe, (Opp. Golf Course)

The ASX Range AT Mitsubishi Ballito

By: Tomas Yoko

With the amazing heritage that Mitsubishi offers in their line-up of models, the ASX range of robust compact SUV models come standard with the same Dakar winning DNA that you will find in their Triton range.

Add to this strength a reputation for world class reliability and a robust set of capabilities and performance, and you have a really unique ASX. The interior is plush, luxurious, equipped with a long list of features, but let us unpack that build quality a little more.

The Mitsubishi ASX boasts Mitsubishi's Dynamic Shield Design, which combines protection and performance, and is built on their RISE (Reinforced Impact Safety Evolution) Body Construction platform, an all direction collision safety system. Then they filled the ASX with safety features: 7 Airbags, Side-impact Protection Bars, Whiplash Injury Reduction Seats, Brake Pedal Recession Protection, Collapsible Steering Column, ISOFIX Child Seat Anchors, ABS (Anti-lock Braking System), EBD (Electronic

Brake-force Distribution), BAS (Brake Assist System), DRL (Daytime Running Lights), Hill Start Assist (CVT derivative), Rear Park Distance Control, Rear View Camera, Speed-sensing Auto Door Lock, Keyless Operating System and Electronic Traction Control (CVT derivative).

Capability is provided for in part by the naturally aspirated 2.0 litre MIVEC 110 kilowatt engine, coupled to a five speed manual or six speed CVT gearbox. Fuel consumption is reported at around 7.5 litres per hundred and the ASX is covered by a Manufacturer's Warranty of 3 years and a 5 year or ninety thousand kilometre Service Plan. You get five years unlimited roadside assistance with the purchase of your new Mitsubishi ASX.

Contact Nathi Mhlomo, Dealer Principle at Mitsubishi Ballito and he will arrange a test drive of this awe inspiring compact SUV, the ASX. Call Nathi on 078 772 7968 or visit Mitsubishi Ballito at 35 Moffat Drive, Ballito and experience the new ASX range.

The Mitsubishi ASX combines luxury with technology, safety and performance, to give you a life changing compact SUV, call Nathi on 078 772 7968 for a test drive

So You Think You Have A Bakkie? Check Out Haval Ballito

By: Tomas Yoko

The P Series is described in South Africa by one simple word of more. More? Yes, more. More space, more design appeal, more intelligent technologies, more luxury, comfort and convenience, more quality, more durability, more reliability and more safety. Get more, call Haval Ballito on 032 300 0000



There is a bakkie force out there to be reckoned with, and if you saw the P-Series bakkie from Haval Ballito, you would know what I mean.

Now there are bakkies and then there are bakkies and in the P-Series bakkie from GWM Haval Ballito you will find a bakkie with the gusto to match your lifestyle and your work ethic.

From the ultra plush double cab range of P-Series bakkies fitted with a 2,0 litre

turbo diesel engine delivering a whopping 400 Newton meters of torque and 120 Kw of power and a choice between the 8 Speed Auto transmission or a six speed manual gearbox, to the tough workaholic single cab, there is a model for you.

These bakkies are crammed with the latest technology including an Intelligent driving assist system, which combines a Full-speed Auto Cruise Control system with a self-adaptive cruise control & smart cruise

control function. Add to this the AEB-Automatic Emergency Brake, Lane-keeping assistance and TSR or traffic sign recognition system and the sophistication level just keeps rising.

The plush leather clad interior offers a 7 inch LCD virtual instrument cluster and a 9 inch multimedia screen. The P-Series also offers intelligent voice control and the convenience of a remote start up system. Android and Apple Car play connects

effortlessly and there is wireless phone charging for that added feeling of special.

There's more, so much more, and to find out all there is to know, like the fact that they are offering up to fifty thousand Rand deal assistance on the P-Series bakkie, contact Haval Ballito.

Pop into their showroom ant 8 Moffat Drive, Ballito or call them on 032 300 0000 or Owen on 065 623 7638 or Nonka on 069 135 0923

"Space isn't remote at all. It's only an hour's drive away if your car could go straight upwards," by Fred Hoyle



IN THE STARS



Aries March 21 - April 19

The stars aligning in your favour, urging you to harness your inner power and channel it toward your goals. As a natural go-getter, you are no stranger to hard work. However, this is an invitation to hone your skills further and elevate your career to the next level.



Taurus April 20 - May 20

Its a time for you, as you break from your everyday routine and worries. In addition, it's time for you to take a break from the hustle and bustle of social life and spend some quality time alone.



Gemini May 21 - June 20

The stars have aligned, and the month ahead brings exciting adventures for you. However, it also brings a period of introspection and catching up on those much-needed naps. You may seek honesty and authenticity in all areas of your life.



Cancer June 21 - July 22

You've been working hard, hustling, and grinding, and it is finally time to slow down and enjoy the fruits of your labour. The universe wants you to embrace your inner magician this month, Cancer.



Leo July 23 - August 22

Its time of full potential for you as the planets align to bring abundance and even forgiveness into your life. In addition, astrological transits this month indicate that you will likely experience financial stability and success.



Virgo Aug 23 - Sept 22

The Sun continues to travel through Aries, inviting you to explore the deepest parts of your psyche. It seems that you may also be embarking on a voyage. It could mean a physical journey to a far-off land.



Libra Sept 23 - October 22

It's time to set sail into new beginnings. The month ahead predicts you walking away from the past and venturing toward new horizons. Don't worry; I'm not talking about a literal boat ride unless you're into that sort of thing.



Scorpio October 23 - Nov 21

The universe is sending abundant energy your way this month, and you'll be more than ready to tackle whatever comes your way. You may face some competition or obstacles, but your natural determination will help you overcome them.



Sagittarius Nov 22 - Dec 21

Are you ready to roll up your sleeves and get to work? Because the month ahead increases the intensity of hard work and dedication in your life. But don't worry; it's not all nose to the grindstone.



Capricorn Dec 22 - Jan 19

The Sun continues to blaze through your home and family sector, emphasizing private matters. You may find yourself feeling more confident and assertive, ready to tackle any challenge that comes your way.



Aquarius Jan 20 - Feb 18

The cosmos have spoken, and your monthly horoscope is here to deliver some sweet pleasure to your life. So it's time to unleash your inner hedonist and indulge in everything that makes you feel good.



Pisces Feb 19 - March 20

The energies are all about nostalgia and simplicity, reminding you to take a step back and appreciate the beauty of life. Remember the joy of jumping in puddles, colouring outside the lines, and chasing after butterflies? Don't be afraid to let loose and have a little fun.

Youth Musical Excellence



KZN Youth Wind Band alongside the Northwood School Band & Choir

The KZN Youth Wind Band, in association with Northwood School proudly presents Cross Winds - a symphonic wind band spectacular.

Featuring top-tier performances of music both old and new by the KZN Youth Wind Band alongside the

Northwood School Band & Choir, the evening promises a showcase of youth music not soon to be forgotten.

Audiences can expect music by Bernstein, Kraas, Whitacre and familiar Disney, film and African tunes.

These inspiring young musicians are the embodiment of the future of Music in South Africa so don't miss out!

Tickets are available now at Quicket.co.za. Seating is unreserved. Refreshments will be on sale.



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The New Renault KOLEOS –

Prestigious High-End SUV

By:
Tomas
Yoko

“New Koleos completes the styling renaissance of the Renault range that began with Clio in 2012. As a designer, the challenge was to imagine an SUV that was not only elegant, but also dynamic and modern. To achieve this, instead of diluting the traits traditionally associated with SUVs, we accentuated the segment’s familiar cues thanks to taut, powerful, horizontal lines, along with muscular haunches and high ground clearance. New Koleos subsequently exudes an inner strength. It is every inch an SUV and every inch a Renault.” Laurens van den Acker – Senior Vice President, Corporate Design

First impressions are the lasting ones and the new Renault Koleos was all impressive in white and sitting patiently in my driveway awaiting my attentions. It was exciting to know it was there, glistening, bold and capable.

Beyond the chrome details of the exterior design of the Koleos, lay the powerful 2.5 litre petrol engine, capable of producing 126 kilowatts and 233 Newton metres of torque, coupled to a CBVT transmission. I think I started to sweat with anticipation.

The key fob slipped surreptitiously into my pocket and didn’t need to be seen again, although it is so stylish itself. The way the door popped open I could have sworn that the Koleos was as excited about driving off into the sunlight as I was.

As the Koleos roared to life, I took in the surroundings of the interior cockpit. Plush leather seats and a style language that speaks of utter sophistication. All the power and muscle with all the finesse and refinery. This is an SUV with aplomb; the French flair for sophistication and style was evident even in the 8.7 inch touch screen.

The Koleos is complex, filled with features and technology, so much more than I can tell of here. Take the Koleos for a test-drive, you will not regret it.



New Renault KOLEOS is an embodiment of Renault’s new design language with distinctive styling

By: Tomas Yoko

The New Ford EcoSport Delivers Ecstatic Motoring

The Ford EcoSport really enthralled me once again as I marvelled at the total package that this model from Ford delivers.

What I mean by that is the feeling I got when I slid behind the wheel of the EcoSport. There was a sense of all encompassing functionality; the driver orientated design of the interior cockpit really put me in the middle of it all.

Besides the enhanced SYNC@32 system, which now includes navigation, I felt as though everything was at my fingertips, I was in control.

From the outset, the keyless entry system was so easy to get used to, it was like having a valet. The automatic headlights and automatic rain-sensing wipers and automated climate control really added to the ‘totally catered for’ feeling I got from the EcoSport.

The multifunction steering wheel really put me in control of almost everything. From taking and making calls on my connected smart phone, to speed cruise control and a myriad of other functions through the SYNC system.

The new EcoSport 6-speed automatic gearbox is coupled to three engine variants, the 1.0 litre 92 kilowatt petrol engine, the 1.5 litre 74 kilowatt turbo-diesel and the 1.5 litre Ti-VCT three cylinder 91 kilowatt petrol version.

There is so much more to this amazing little car, go take one for a test drive and see what I mean.



The new Ford EcoSport has so much to offer from enhanced safety to reduced fuel consumption and added power

EDITORIAL

KZN SHARKS BOARD MARITIME CENTRE OF EXCELLENCE THE TOURISM DESTINATION AT UMLANGA OFFERS EDUCATIONAL AND ENTERTAINMENT ACTIVITIES.



The KwaZulu-Natal Sharks Board Maritime Centre of Excellence (KZNSB) was established in 1964, strives to be a leader in environmentally sensitive protection of bathers against sharks and capacity building in the maritime sector.

KZNSB safeguards 37 beaches on the KwaZulu-Natal (KZN) coastline with shark safety gear owned and maintained by the KZNSB. The organisation positions itself as "The Only Organisation of Its Kind in the World". The organisation has achieved distinguished accomplishments in its existence, defining the organisations successes towards achieving its' mission.

KZNSB offers a dynamic audio -visual presentation. Although the 26 minutes presentation is designed to entertain, it is also educational, providing information on subjects such as the sensory biology of sharks and their role as top predators in the marine environment. The show is followed by a shark dissection where you can see the internal anatomy of one of the ocean's most feared predators. "SHARK"

SHOW TIMES Tuesday to Thursday: 09h00am and 14h00pm, First Sunday of the month: 14:00pm

BOAT TRIPS

There are also boat trips to venture out to sea to watch the shark safety gear off Durban's Golden Mile. Boat trips lasting for an estimated two hours, leave Wilson's Wharf at 06:30 and they include opportunistic viewing of marine life including seabirds and get to see the beautiful, magnificent Moses Mabhida Stadium.

SHARK MUSEUM They get a chance to view the large variety of life-like replicas of sharks, as well as other marine animals.

CURIO SHOP You can browse around the Curio Shop where a treasure chest of unusual and stylish gifts awaits you, including handcrafted ornaments, T-shirts, Caps, leather goods and jewellery and shark tooth necklaces etc.

VENUE HIRE

The KwaZulu-Natal Sharks Board Maritime Centre of Excellence is in the affluent residential, commercial and resort town of Umhlanga in the north of Durban. This venue is not too far from the King Shaka International Airport. The venue offers a versatile auditorium of 19m x 19m that can accommodate. Reception/ party seating and Minimum of 160 guests and maximum 300 guests. Presentations: Seating cinema style up to 300 people. The hall hire comes standard with:

- ◆ Exclusive use of the venue inside and an exquisite outside location to consider for use at no extra costs
- ◆ Armless chairs
- ◆ Tables
- ◆ Fully equipped kitchen
- ◆ Secure parking
- ◆ Cleaning staff
- ◆ Security
- ◆ We are ideally situated close to the freeway: with access to and from the N2 and M4.

Bookings: (031) 566 0435 for Dissection Shows, 082 403 9206 for Boat Trips, (031) 566 0462 for Hall Hire or visit our website: www.shark.co.za



ALL COVID-19 SAFETY PROTOCOLS OBSERVED.



The only organisation of its kind in the world



EDUCATION & ENTERTAINMENT

TUESDAY, WEDNESDAY
& THURSDAY
09H00 AND 14H00

SUNDAY: EVERY 1st
SUNDAY OF THE MONTH
14H00 - 16H00

MONDAY TO FRIDAY:
CONTACT NUMBER FOR BOOKING +27(0)82 403 9206

CONTACT NUMBER FOR BOOKINGS
+27(0) 31 566 0435 | Closed on recognised public holidays

BOAT TRIPS

MONDAY TO FRIDAY
CONTACT NUMBER FOR BOOKINGS
+27 (0) 82 403 9206



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