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The Bugle

MAGAZINE

email: thebugle@mweb.co.za

Young Barockers at Church of the Mariannhill Monastery



The second-last concert of Baroque 2000 Season will take place on Sunday 26 November, 11:30am, at the Church of the Mariannhill Monastery. 9 young and talented musicians accompanied by the great Baroque 2000 orchestra will rock the stage by performing beautiful arias and concerti from the Baroque period. Nolwazi Nkwanyana (a KZN Philharmonic orchestra Cadet) will perform "La Notte" flute concerto by Vivaldi. From the UKZN Opera School, Magugu Duma (soprano) will sing arias from Handel's Giulio Cesare and Zonke Zincume (mezzo-soprano) will perform the famous "Remember me" aria from Purcell's Dido and Aeneas. Picture by Val Adamson. Front: Amy, Bjorn. Back: Owethu, Magugu, Dhenishta, Zonke, Aiden

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Through my eyes



by Kasia Yoko

Franklin Deleano Roosevelt said, in the midst of the Great Depression, "We have nothing to fear but fear itself." He talked about the importance not only of the classical freedoms (free speech, free press, freedom of assemblage, freedom of religion), but also of freedom from fear and from hunger.

Recent world events have been playing out in my brain and while I know how to shut them down; something stronger than myself is keeping me connected to the stress and agony of my brothers and sisters in the Middle East – I grieve for humanity and what this violence will do to the generations coming out of this conflict.

Studies done a decade ago, relating to the Boston Marathon bombing in the USA, revealed that people listening and watching the bombing on their news channels showed similar patters in the brain activity of those who were involved in the bombing.

The area of the brain that plays a primary role in emotional learning and the acquisition of fear – the amygdala – may hold the key to helping those suffering from post-traumatic stress disorder.

Recent research examining 'news seeking' and its emotional relative responses has found that more exposure to the latest headlines, whether through traditional news outlets or highlighted on social media, damages mental health. One study, which surveyed 2,251 adults in the spring of 2020, found that the

more frequently people pursued information about Covid-19 across various mediums of television, newspapers, and social media, the more likely they were to report emotional distress.

Another study showed that while people seek news to educate themselves on the information regarding global affairs, overwiewing does feel like there is little one can do; the viewer can develop a feeling of learned helplessness. It can be overwhelming.

The research shows a correlation; the study was not designed to assess cause and effect, however it is possible that those who are emotionally distressed turn to the news to try to alleviate their emotional distress.

The term "doomscrolling" came out of the Covid-19 pandemic to illustrate the negative impact of viewing too much pandemic-related media. The transient feeling that one has when they are scrolling through the articles produces a real spike in negative distress.

Even though we are not being bombed, here in South Africa, our crime rate has gone up by 77% since 2012. This news has certainly

disturbed my overall wellbeing. My heart bleeds for everyone affected by crime and the effect it has on the future of the generations launching their lives in the backdrop of visible poverty, generational discrimination and the prevailing human hatred.

I pray that all those who are going through a difficult time right

now, here in SA as well as the rest of the world, be granted relief from their strife. May the evil of the global power hungry megalomaniacs cease to have power over the innocent and the vulnerable citizens of the world.

I wish you and yours peace and prosperity in these truly uncertain times.

Dear Ed,

Re: Policing

The recent spate of arrests by SA Police Services officers country-wide of suspected criminals and killing by justified shooting back at suspects who resisted arrest and shot at police is highly lauded. Well done and please keep up this good work. Hopefully following due legal process, those arrested will receive long terms of imprisonment and criminals will be deterred. On the down side, however, prisoners have many luxuries and benefits that the vast majority of ordinary persons in the street lack, due primarily to financial constraints and inequality.

Police have a right to defend themselves in maintaining law and order and protection of persons and property. While there may be little or no danger in a 12 hours shift, just a single minute can be crucial as it could result in an officer being seriously injured or, at worst, losing his/her precious and irreplaceable life in the line of duty. This could also happen off duty. Thugs today are brazen, callous and ruthless. They will not hesitate to kill a police or other person, even an innocent bystander who may happen to be in the wrong place at the wrong time. These scoundrels have easy access to arms and ammunition, including explosives. The latter are used for ATM bombings and

CIT robberies.

I mention police here and below but this scenario is equally applicable to prison, army, traffic, justice personnel and private protection services staff, as well as other police eg: military and metro ones.

It must be noted that in reality there 4 classes of police. Class 1 is made up of the top personnel who perform beyond the call of normal duty and work with excellence. They are of the super-sleuth type of persons such as J Fletcher, H Poirot, S Holmes, Columbo and A Monk.

Appreciation must also be accorded to Informers. They play a major role in the detection, apprehension and successful prosecution of criminals, especially hardened ones and repeat offenders. The grit, determination and doggedness of some police who locate and put behind bars criminals in "cold cases" that lies dormant for years and even decades - some as long as 30 years - is amazing and admirable. Such officers are a rare breed and scarce as hens' teeth

Class 2 is next. This comprises persons who execute their duties in a good and acceptable manner, 50 % being my pass mark here, as opposed to 30 plus for some matric subjects in the watered-down and politically interfered current basic and higher education systems under Min. A Motshega's and Min G Mantashe's reign, respectively. Is it any wonder that even many graduates and professionals

struggle with literacy and numeracy in the work place today? This could explain why many judgments in courts are reserved.

Class 3 follows. This consists mainly of under-performers and shirkers. They need to quickly up their games or resign forthwith and make way for competent and efficient persons. They should stop the public service becoming the public disservice. Such types are in office primarily to use both state time and state resources to take their children to and from school, frequent fast food outlets and take family and friends shopping- all during working hours and using official vehicles. Maybe someone senior in authority should inform the public what is the official police policy regarding such issues. Is it a perk or a freebie, is it abuse or is just tata ma chance or seniors colluding to entrench a wrong, noting that taxpayers' hard -earned monies are involved.

Lastly in Class 4 are the scum of the earth. These are tainted and corrupt rogue elements. They are in reality perpetrators of crime and corruption, as opposed to maintaining law and order and protecting and preservation of people and their fixed and movable property. Such lowlifes must be trapped, arrested, charged and prosecuted with hard evidence legally obtained. They should languish in jail for long periods. Such rotten eggs are known

to provide drug lords and other criminal kingpins with inside information, such as when a raid is to take place, and thus thwart and nullify the hard work of police.

They are the worst kind of police who have no place in the service and besmirch and dishonour the profession. Is it not bad enough that police have to work under trying and dangerous conditions with shortage of uniformed and administrative staff, shortage of vehicles, archaic computer systems, and other logistical shortcomings, including working in dilapidated and makeshift buildings.

I recently asked a police officer why she was paying from her own pocket for the punctured tyre in her official car to be repaired, she smiled coyly and said that if the vehicle was handed in to the state garage she would be without a vehicle for months as it takes that long for such simple issues to be attended to with government bureaucracy.

It is for good reason that many persons have little or no faith in the policing and criminal justice systems.

Fortunately in my hometown Verulam (KwaZulu Natal) and surrounds we are blessed to have the excellent services of Reaction Unit SA, ably led by Prem Baram, who pilots his own helicopter in pursuit of criminals. Good RUSA folks please /ngicela/asseblief continue with your sterling efforts May GOD keep you and others in the service safe.

RUSA helps us locals to sleep in peace and they greatly alleviate the onerous job of the local police . They and others that help out are a GOD-sent.

Unfortunately the rot is from the top. The most senior public police officer in the SAPS is the National Police Commissioner. Only G Fivaz excelled. Ironically he once had his home burgled. All who followed were either corrupt or incompetent or both.

The KZN and Gauteng July 2021 riots speak volumes the latter. Hopefully F Masemola, the present National Commissioner, who has been in office for a relatively short period, will prove to be in the fine mold of G Fivaz and perform in a good and acceptable manner, not allowing political interference and not succumbing to the lure of ill-gotten gains offered by drug lords and other criminal kingpins.

Once again relevant police and other pertinent personnel are highly commended for executing their duties well. Special thanks to those in Class 1. They are a credit to their employers and a big blessing to the general populace. darkness and anti forces that must never be allowed to escalate but seriously curtailed. Then there will be no need even for vigilantism that is slowly increasing.

Simon Timothy Dehal
Verulam

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"My candle burns at both ends; It will not last the night; But ah, my foes, and oh, my friends — It gives a lovely light!" By Edna St Vincent Millay

1860 Events in Tongaat

SVET (Shree Veeraboga Emperumal Temple in Gandhi's Hill, Tongaat) in association with the oThongathi Museum Committee held its 1860 Commemoration Event at the SVET Heritage Garden. The Peace Torch was lit by community elders, there after, candles were lit by all guests.

The evening's programme comprised speeches on indenture by various community elders and Councillors.

The highlight of the function was the talk given by the dynamic Choonilal Vallabhjee. Mr Vallabhjee, despite being in his 90's enthralled the guests with his wisdom.

Two Ayahs, descendants of Indentured Indians, Allumala -100 years old and Subabakiamma Govender - 90 years old, were also honoured at this event.

Prior to this event, Tongaat was graced by a visit from Consul General of India, Dr Thelma John David. As Tongaat is sugar country, Dr David experienced some of the sites that were the beginnings of indenture.

Tongaath Hulett management took Dr David on a tour around the Maidstone Sugar Mill. Dr David was also hosted at Voermol Feeds where the Elsenberg bell tower – the ringing of the bell summoned the workers to their place of employment - was viewed.

In 2017, Voermol Feeds honoured the pioneers with an inscribed plaque on the bell tower. The last visit for the day was the Inyaninga Memorial Garden situated near the King Shaka Airport. Many Indentured Indians were buried at this site.



Seen above; Consul General of India with members of S.V.E.T (Shree Veeraboga Emperumal Temple) committee and oThongathi Museum Committee members after CG's visit to Tongaat to experience Indian Indenture. From left front row, Vimla Govender, Shane Govender, Kalay Moodley, Thanga Padayachee, Gnana Padayachee, CG, Rodgers Vadivellu, Tholsi Mudly, Lindy Naidoo, Councillor Yogis Govender. Back row - Morgan Govender and Councillor Pullan , Ivan Naidoo, George Moodley, Henry Reddy

Absa gifts Groutville High School a sustainable food garden



Groutville High School learners celebrate as they receive a sustainable food garden from Absa

Leading Pan-African bank, Absa, in partnership with Urban Harvest, is proud to announce the provision of another sustainable garden as part of the bank's Possibilities Unearthed initiative. Groutville High School in KwaDukuza, KwaZulu-Natal, has received the much-needed garden.

The partnership with Urban Harvest showcases Absa's commitment to being a force for good in communities in which it operates through sustainable development and addressing the issues of food insecurity in South Africa.

"We are excited to be in KwaDukuza to make a much-needed contribution to Groutville High School and the wider KwaDukuza community. Access to nutrition is a non-negotiable for our learners, and this garden will help create sustainable access to food and nutrition. This is the type of tangible, positive difference that Absa seeks to create in society and we are delighted to play our part in ensuring that learners have access to quality meals," said Mandisa Buthelezi, Regional Manager of Everyday Banking at Absa, KwaZulu-Natal.

Over and above the obvious nutritional benefits, school learners will be actively involved in managing the garden, and learning valuable lessons. "Gardening is an engaging way to teach children about healthy eating habits and the importance of growing their own food, all while encouraging physical activity. Children will also learn about water-efficient gardening practices and responsible water usage, skills that are sorely needed in South Africa. Furthermore, in a country that is suffering skyrocketing unemployment levels, such efforts go a long way," added Buthelezi.

Absa's Possibilities Unearthed initiative has been bringing change in schools since 2021 and has now built vegetable gardens for schools in communities in which it activates its sponsorships.

Mr Simphiwe Gumede, the school principal at Groutville High School, expressed his excitement, saying, "We would like to thank Absa for choosing our school as the 2023 recipient of the sustainable vegetable garden. This vegetable garden will go a long way to assist our children with the ability to concentrate and perform better in class, while promoting environmental awareness and healthy living."

"We will ensure that we nurture the seed that Absa has planted to empower our children with the skills and knowledge of growing their own food. Our grade 10 Agricultural Sciences learners will partly be responsible for maintaining the veggie garden," he adds.

"With the Possibilities Unearthed initiative, we do not only plant seeds for cultivating, but seeds of hope to inspire this young generation and remind them that they can plant their own nutritious food. They must know that we support them and will continue providing opportunities that will help them live healthy lifestyles," Buthelezi concluded.

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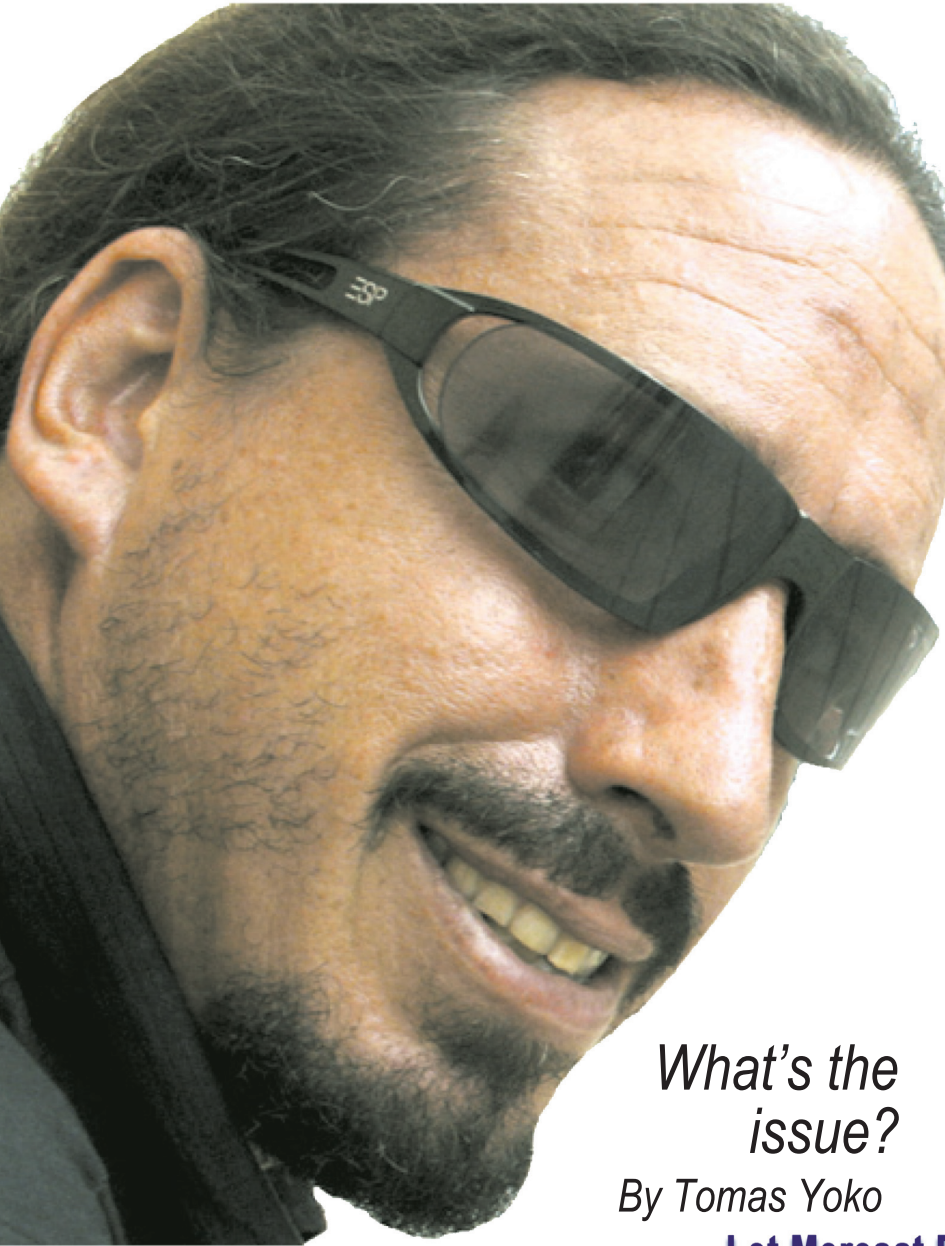
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"I am a firm believer in the people. If given the truth, they can be depended upon to meet any national crisis. The great point is to bring them the real facts, and beer."
by Abraham Lincoln



What's the issue?

By Tomas Yoko

The last two months I have lamented being a human, I have wailed and almost beat myself in shame, as my species continued to behave in a most despicable manner, most unbecoming of an advanced intelligent organism that is human.

It seems a glaring lack of Spiritual Leadership has us at each other's throats, tearing at the jugulars of our brethren. Unconscionable is just the beginning.

The Gaza conflict has me reeling in disbelief, both sides guilty of atrocities that bring shame and horror on our species. Can one tell the difference between a Jew and an Israeli? Can one tell the difference between a Hamas and a Palestinian?

The shame of it, in any event our government is not standing back and taking out the popcorn, they have just called upon the International Crime Court (ICC), to issue an arrest warrant for Prime Minister Benjamin Netanyahu and we have recalled all our diplomats from Israel. They have stopped short of kicking the Israeli ambassador out of the country but he must be feeling a little unwanted.

These sentiments are not unique to South Africa, we're joined by Bangladesh, Bolivia, Comoros and Djibouti in submitting a call to investigate war crimes in Gaza. Our Minister in the Presidency K h u m b u d z o Ntshavheni is reported to say that if the ICC did

not issue the warrant of arrest for Bibi, then it would signal a "total failure" of global governance. Like we need another sign to convince us that global governance is totally out of whack and an outright failure.

The BRICKS countries met virtually to call for an immediate truce in Israel, but nothing seems to stop or even slow down the inhumane bombardment of babies and children.

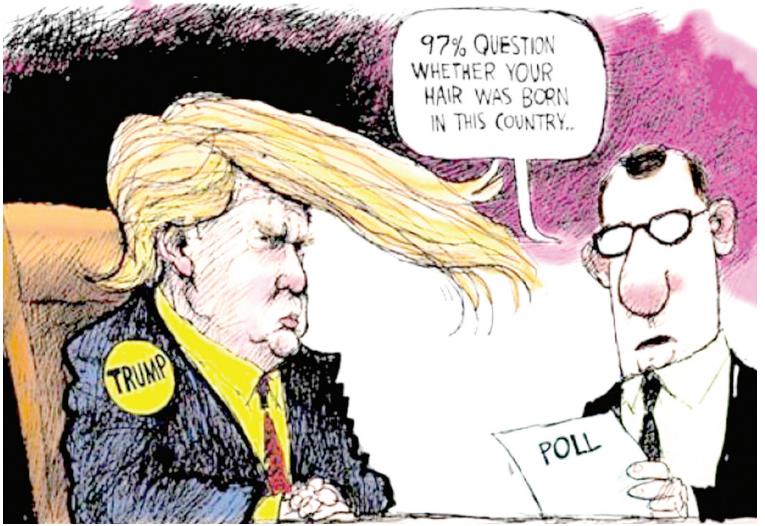
Geriatric Joe, the sleepy child-sniffing leader of the free world, recently met with Chinese President Xi, only to go home and call him a dictator. The mind boggles.

Then there is the problem of ordinary people just dropping dead in their tracks, people in their thousands, smiling one minute, dead the next. What is even more scary is the authorities seeming to sweep it all under the carpet, labelling it "excess deaths" and doing everything in their power to point the blame away from a

recently acquired medical invasion of dubious sources. Very few people want to call this shovel a spade or this spade a shovel, but nobody wants to call it what it is, except maybe Russell Brand, but they are gagging him as best they can while he points the finger at Big Pharma and the corrupt World Health Organisation, an unelected body that has overstepped its boundaries and developed some scary ambitions with our freedoms.

Despite the warnings from the conspiracy theorists about Central Digital Currencies and their Orwellian aspirations, governments are slowly siding up to the wonderful control they offer. Digital ID and digital central currencies are more dangerous than a demented geriatric president.

Rumours of a massive loan from the Bezos foundation, brokered by John Steenhuisen, apparently used the Western Cape as collateral. That can't end well, it just can't.



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

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

"Don't spend time beating on a wall, hoping to transform it into a door." by Coco Chanel

Rivers of Light, Water of Life

By Jo Rushby from Ikes Books



Ikes Books and Collectables is at 48a Florida Road, Greyville, Durban



The energies in water have enticed dreamers, sailors, mystics, witches, and healers. Water is the greatest shapeshifter known in this dimension, and many use its magical properties to perform miraculous effects.

‘But of all the water’s secrets, he saw today only a single one-one that struck his soul. He saw that this water flowed and flowed, it was constantly flowing, and yet it was always there; it was always eternally the same and yet new at every moment! Oh, to be able to grasp this, to understand this!’ (Siddharta).

What is it about rivers that so entrance the mind and make the imagination slip and slide? I remember as a child making the annual trip to the Lake District. I would stare transfixed as the streams turned into icicles, forming shapes that Tolkien would turn into people. When I think back about splashing in water, it is almost always in a river or lake, rather than the ocean. My brothers trying to swim across, against the current, cajoling, teasing me to follow.

And then in 2022, there I was on the edge of the mightiest river in India, the Ganges. Varanasi. There is something startling as the morning threatens and then breaks. No metronome here, the tick tock, this is jyoti, jai, happiness, soothing bells, rhythmic sunrise chanting, ma ganges; bathe, om nama shivaya, prayer, faith, spirituality, energy, call it what you like, it is what we are made of and maybe this is all we need. It’s an image I return to

often in my mind. Brass cup held high, pouring love into the soul, water of life. Every morning. The ritual, temple, tea, faith, hope, healing.

Dusk. Standing on a balcony overlooking the river. The moon is lightly lighting the water. I can hear the gentle waves of the aarti. Clay lamps twirl and swirl. Enticing the gods and drawing me to the river. Once more. The Ganges laps it up and comes back for more. Thousands of years are compressed into a moment. There is devotion here, both on the surface and deep in the wellsprings of the soul. And at its centre is water. Grabbing the dead, with the promise of new life.

In a whisker, I am back in Durban. Speeding over the Umgeni. On the snatch of a sandbank, a heron stands majestic. The Indian ocean washes up into the Lagoon.

Water, elixir of life, sustenance, power. I too feel it, the energy and miraculous healing power of water. As often as I can, I dive into the ocean, to reset., drink like a fish eagle from mountain rivers, streams, wherever it flows. It is a feeling like no other. A wave, a rush, you are alive, you are life, be present, and flow.



The edge of the mightiest river in India, the Ganges. Varanasi

Classical Comedy



Aaron Mcilroy and Lisa Bobbert boldly go where no right-minded comedians should ever venture

Following the remarkable success of last year’s season, Macbob Productions, the Durban City Orchestra and the Elizabeth Sneddon Theatre management are delighted to present some more Classical Comedy – the madcap outrageous musical comedy collaboration, which comes to the Elizabeth Sneddon Theatre on UKZN campus to welcome the festive season, with a short ten performance run from 22 November until 3 December.

Join Durban’s own Aaron Mcilroy and Lisa Bobbert as they once more boldly go where no right-minded comedians should ever venture - the sacred space of The Orchestra. No sonata is sacred. No movement, unmortified. As they migrate from Bach to Beethoven ... to Bedlam. A musical celebration fit for the whole family, guaranteed to bring a chuckle to Tchaikovsky, a roar to Radetsky and a burp to Brahms! “For ages we have wanted to have fun with orchestra musical. There are just so many delicious opportunities for great gags and brilliant music. It is something which we have never done before, and something which is seldom done anywhere because it is a huge undertaking involving so many people! We so incredibly chuffed that the DCO is so game in want to go on this crazy uncharted adventure with us again. We had the most fun time last time and can’t wait to do it all again this year!” enthused Lisa Bobbert.

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MN: 349/2023

"I always prefer to believe the best of everybody, it saves so much trouble." By Rudyard Kipling

A Window Onto Nature's World

Soil Quality Improvement And Social Benefits



By Environmentalist and Green Campaigner Jill Theunissen

The abundance of Spring Rainfall has blessed the Coastal regions with lush growth evident from the canopy of the Flatcrown Tree, to rapid spreading of herbal plants, to the rich carpet of lawn grass.

‘CONTINUITY’ of growth is essential, but may only be successful for horticulture and agriculture where attention has been given to ‘Soil Quality Improvement’, at the Planning Stage. Where the Land Resource has been Re-zoned for Residential Development, this requirement maybe part of the Record of Decision. For every garden, Eco-Estate, Parkland, or agricultural enterprise, whether large or small, the initial Soil Fertility sampling, the Results and ‘Site Specific’ Recommendations are ESSENTIAL to the success of cultivation and restoration.

The location of the project in relation to the Shoreline is a Key Factor. The Aeolian wind-blown sandy soils along our Primary and Rear Dunes often present ‘loose’ to ‘very loose’, formations

which invite rapid percolation, with steep slopes indicating ‘High Risk’ collapse potential. Remaining undisturbed areas of Dune Forest display a rich Humus layer of 30cms or deeper, comprising leaf and bark decomposition, with nature’s fertilizers from bird and buck droppings.

Parallel to the Coastline inland lie the Berea ‘Red’ clay beds, often with ‘high Collapse’ potential where the deep-rooted Natal Fig Trees have been removed, or the Sugar Cane Stolen cleared, the ‘Risk’ of erosion increases. The Red deposit, laid down over the millennia presents Ferox oxide (Iron Filings) which adds ‘WEIGHT’ to the colloidal Run-off at times of ‘Deluge’ or Flood. Optimum stabilization of these clay beds with an indigenous selection is imperative. North of Richard’s Bay the mining activities in the Coastal dunes for Rutile, Ilmenite and Titanium necessitated strict compliance with the Rehabilitation Program.

Further inland the formations present

Table Mountain Sandstone, Middle Ecca and Dwyka but SOIL QUALITY IMPROVEMENT applies for all applications from gardens to agricultural production and commercial forestry, to the new Macadamia plantations. In every instance a water resource of good quality is needed for ‘A’ grade production and growth.

An Environmental example of Soil Quality is the Lomond Wine Estate situated just outside Gansbaai. There are 18 different soil types enabling diversity in wine characteristics. With careful mapping of every soil type, the grapes are harvested by soil type. It is no wonder Lomond has been given an accolade of ‘Social Responsibility and Environmental Champion’ by its UK Importer, Hallgarter.

For the garden and the land resource where there has been a ‘disturbed and modified’ habitat over many decades the Fertility Results and recommendations will enable an ‘Informed and Cost Effective approach’ to up-grade the Soil

Quality. This process compare’s with the Doctor’s diagnosis of his sick patient. Where mono-cropping for many decades has depleted the Soil nutrients, for example through sugar cane cultivation, rejuvenation may include 20 tons per hectare of good quality organic compost plus 2 tons per hectare Dolomitic Lime, together with selected additives to restore the balance.

At the same time the process will add to the nutrient value of the crop, and should achieve a preferred market value. No more cardboard carrots!

To improve SOIL QUALITY a system of crop rotation creates natural enhancement for small or large scale production. At the same time observe that after 6 rotations or years, the land should be allowed to lie fallow and rest. (Ref. Exodus, chapter 23 verses 10 and 11). There is a triangle linking Soil Quality, Water Quality and optimum on-going Care of Management - to the ultimate Social benefits embracing good health through Quality of Production.



Caption: Keeping the heat out and the cool in, Roof Rats are the experts in all things roof

The Heat Is On

Summer is really turning up the heat and it is just getting started. With the soaring mercury comes shortened tempers and reduced productivity, so cooling the home and office becomes inevitable, if not paramount.

To cool an interior space, like your home, the first line of defence is your roof. This is where almost all of your heat will be blocked, and by the very nature of a roof, it is the area where you will lose the most of your energy used to produce a freshly cooled air-conditioned environment.

Insulating your ceiling is paramount to keeping indoors cool this summer and to do this you would be well advised to call on Roof Rats.

Roof Rats are experts at insulation, waterproofing, animal exclusions, and almost everything you would need for an effective roof. And then they are totally unique to any other roofing company in that they specialise in vacuuming ceilings. This technique of vacuuming ceilings is aimed at improving your health and the air quality in your house.

Speak to Roof Rats in Durban on 031 109 2080 and let them insulate you and your family from that blaring hot sun.

STOP Gender-Based Violence During 16 Days of Activism

In a commitment to fostering a safer society, Keready, a youth-led health movement, is dedicating its efforts to help eliminate gender-based violence (GBV) during the upcoming 16 Days of Activism for No Violence against Women and Children Campaign.

The campaign is a United Nations global initiative that takes place annually from 25 November (International Day of No Violence against Women) to 10

December (International Human Rights Day). Throughout the year Keready is actively engaged in educational campaigns designed to equip the youth, more especially young men, with the knowledge, awareness, and understanding of the lifelong negative effects that GBV does have on the victims.

Dr. Dineo Sefoloko, a passionate young doctor overseeing mobile clinics in the Durban-region, emphasises the significance of prioritising love, happiness, health and safety. She remarks, "South Africa has one of the highest rates of GBV in the world. Let's unite to halt violence, curb the spread of disease, and eliminate any behaviour that poses harm to ourselves or others. It's crucial to reflect on what truly matters: our health and wellness."

Keready is able to do this through community events, and social media campaigns, as well as providing direct support for GBV victims.

With its 46 mobile clinics, run by teams consisting of nurses, drivers, mobilisers, and communicators and led by ten young doctors, Keready is actively engaging throughout the year in educational initiatives designed to equip young minds with the knowledge and awareness necessary to identify, prevent, and combat gender-based violence.

“We wish to get to the root causes of GBV with ambitious intentions to create awareness and behavioural change interventions towards a safer community for all. By being in the communities with our mobile clinics every day, we are often the first point of contact to come across these cases and we want to play an important role in referring people,”says young doctor Dr. James Menyah-Artivor, overseeing mobile clinics in Gauteng.

As the 16 Days of Activism unfolds, Keready extends and seeks to partner with individuals, communities, and like-minded organisations who share the urgency to address challenges associated with GBV. By nurturing awareness, implementing impactful interventions, and championing a culture of equality, Keready aims to act as a catalyst for positive change throughout this campaign. This commitment is evident not only through the presence of their mobile clinics on the ground but also in their weekly community radio chats and across their social media platforms, including @kereadysa, and their 24/7 WhatsApp line: 060 019 0000.

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Elevated Adventures presents:
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Have we got a flipping awesome New Years Eve lined up for you?!

The Rain Farm Game Lodge, is an absolutely breath taking venue, beautiful accommodation, (most units are self catering) game drives, spa treatments, swimming pool etc.

The event venue is a 420friendly safe space. The Durban Dope Queen, will be treating us to some side-splitting stand up comedy. We'll be hosting speed rolling competition- Fastest Fingers for 2023 wins scrumptious edibles hamper from The Green Hobbit.

More spoils from our legendary sponsors, B-earthy CBD Health and Wellness, Zululand Laser Company, we thank you

This is a Show & Tell friendly

event, so bring your crafts/wares, it's a wonderful opportunity to show off and network.

Teamed up with kick ass DJ's, top notch tunes taking us on a journey into the New Year, on the dance floor. The Budbar, will be suitably stocked with a little something for everyone. Satellite cash bar at the event venue, NO cooler boxes, please.

A cozy bonfire perfect for a proper kuier session. Come meet interesting people with beautiful hearts also time to catch up with those we already love and know.

Please make your accommodation bookings ASAP to avoid disappointment.

Contact Claire 0727178806 for any further queries.

EVENTS DETAILS:

31st Dec 2023 2pm -
1st Jan 2024 10am
Rain Farm Game Lodge,
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More than 200 scientific trials



CBD is what pharmacologists call a promiscuous drug. That means it could be effective for treating a number of medical conditions. In broad strokes, CBD affects more than one process in the body – a term called polypharmacology – and so could benefit more than one medical condition.

As of early 2023, there are 202 ongoing or completed scientific trials examining the effectiveness of CBD in humans on such diverse disorders as chronic pain, substance use disorders, anxiety and arthritis.

In particular, CBD appears to be an anti-inflammatory agent and analgesic, similar to the functions of aspirin. This means it might be helpful for treating

people suffering with inflammatory pain, like arthritis, or headaches and body aches.

CBD also holds potential for use in cancer therapy, although it has not been approved by the FDA for this purpose.

The potential for CBD in the context of cancer is twofold:

First, there is evidence that it can directly kill cancer cells, enhancing the ability of traditional therapies to treat the disease. This is not to say that CBD will replace those traditional therapies; the data is not that compelling.

Second, because of its ability to reduce pain and perhaps anxiety, the addition of CBD to a treatment plan may reduce side effects and increase the quality of life for people with cancer.

CBD is an active drug – much like aspirin

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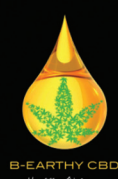
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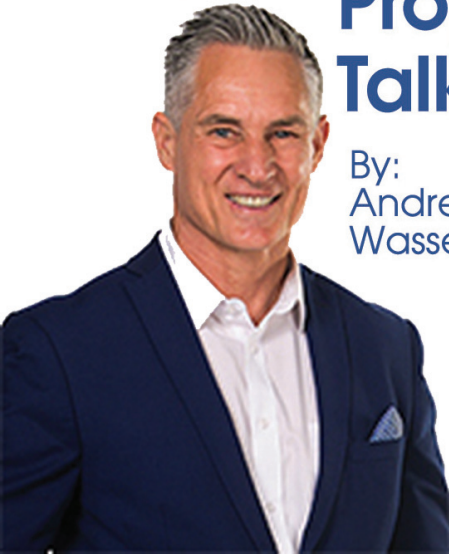
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B-EARTHY CBD
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Property Talk

By: Andreas Wassenaar



Taking stock of the property market



PROPERTY OF THE WEEK

If you have ever wondered if time accelerates this is made emphatically clear as we head into December and our peak holiday season. There is a buzz in the air as most people take a break and go into holiday mode. It gives us a chance as realtors to analyze our markets and contemplate the sales data as the year closes off. The deeds office data typically has a bit of a lag and we therefore regard the current information as indicative only, but it is sufficient to highlight trends and sales activity over the past year.

Using our subscription to the P24 Market Intelligence Reports I have analyzed the main North Coast estates and suburbs, and the numbers reveal some interesting insights. I am often asked why there is so much stock available in Zimbali. The distinct listing report for Zimbali shows 432 listings.

This is from a market stock of 1,527 properties divided between 743 freehold homes and 784 sectional titles. That is 28% of the stock on the market. This does seem like a deviation from the norm and higher than usual.

Sales figures to date in Zimbali show 33 sectional title sales at a median price of R5.5m, 19 freehold sales at R10.5m median price and 3 vacant land sales at R2,690,000 median value. Freehold pricing shows an increase, sectional title pricing a decrease and vacant land a decrease.

Comparing this to Simbithi Eco-Estate there are 269 listings across a market stock of 1,680 properties, which are split between 965 freehold and 715 sectional title. This is 16% of the stock available for sale, which seems like the new norm in the current buyer's market cycle. Simbithi sales to date for 2023 show 77 sectional title sales at a median price of R4.2m, 51 freehold sales at R7.9m median and 4 vacant land at R1,650,000 median price. Pricing for freehold is up in Simbithi, as is sectional title. Vacant land pricing is down on the median.

Brettenwood Coastal Estate has a market stock of 488 properties (324 freeholds, 164 sectional titles) with 76 listings or 15.6%. Brettenwood sales to date show 29 sectional titles at R3,395,000 median pricing, 13 freehold at R6.6m and 2 vacant land sales at R1,975,000. For Brettenwood it appears median pricing is up for freehold, down on sectional title and flat to marginally up on vacant land.

Looking at the suburb of Sheffield Beach which incorporates Zululami, Seaton and Elaleni Estates, as an emerging powerhouse of residential sales we see a total market stock of 1,626 properties divided between 1,211 freehold and 415 sectional title homes. With 357 listings this represents 22% of market stock.

These figures can be skewed a bit with new land sales or new off-plan sectional title properties listed which have not yet transferred and therefore cannot as yet be counted in the market stock. This does explain the higher percentage. In comparison, Salt Rock as a large established suburb shows 130 listings across a market stock of 753 properties or 17.2%.

The data reveals that freehold properties are attracting the most demand, vacant land the least and sectional titles largely steady.

As we head into the selling season we know the North Coast has no shortage of stock and that it is one of the best buyers markets we have had within 12 years.



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by Fawzia Khan

Legal Talk



Fawzia Khan

Genocide Under Our Watch

The situation in Palestine is beyond catastrophic. The death toll and destruction is colossal and continues to rise. The siege by Israel of Gaza, has caused the deaths of over 11,000 people with half of them children. According to the World Health Organisation, on average, a child is killed every 10 minutes in Gaza.

The UN Secretary General warned that "Gaza has become a graveyard for thousands of children. It's a living hell for everyone else". The level of brutality and disregard for human life is shocking and staggering. Hospitals, schools, churches and mosques are carpet-bombed.

Buildings razed to the ground, infra structure completely destroyed. Bakeries, water pipes and sewage, electricity networks all destroyed. Thousands of bodies remain trapped under rubble, many hundreds held illegally in detention, almost 30 000 people have been injured and more than 1.6 million people have been displaced.

Health professionals have died in their hundreds. Journalists and relief aid workers have been killed. Close to home, Dr Ahmad Abbasi, head of The Gift of the Givers operations in Gaza was killed on 16 November, together with his brother, after they returned from morning prayer. Israel's order to shut off water, food, fuel, medical supplies and other basic human necessities to the Palestinians is a gross violation of rules of war.

Newborn babies who need to be placed in incubators are dying as there is no fuel to run the generators. The intentional starvation of the people of Palestine, refusal to allow them

access to medical treatment are also war crimes.

The list of atrocities runs long and deep. There is little doubt that this amounts to ethnic cleansing. Even during the darkest hours of apartheid in South Africa, there was not this level of evil against humanity.

The failure and/or refusal by the US and certain other western countries to stop the brutality and call for an immediate ceasefire, only emboldens Israel, who continues to act with impunity. A number of constitutional law, international law and human rights law experts have raised the alarm that Israel's actions against Palestinians are war crimes and that it is genocide. There is a growing call amongst lawyers across the globe to take a stand against the atrocities being perpetrated by Israel.

A formal complaint has already been filed to the ICC in the Hague by attorneys in SA. Gilles Devers, a French lawyer is the leading counsel at the ICC has taken up the cause on behalf of the Palestinian people and he has over 500 lawyers as part of his contingent, with SA also included as part of his team of lawyers.

The South African government, along with a number of countries who are all parties to the Rome Statute, submitted a joint referral of the situation in Palestine to the International Criminal Court (ICC). On 17 November 2023, the ambassador in the Hague His Excellency Mr Vusi Madonsela, personally delivered the referral to Office of the Prosecutor in the Hague. Hopefully peaceful change will prevail.

Yours in humanity
Fawzia Khan

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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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This is the most expensive Ferrari sold at auction

Classic 1962 250 GTO dubbed 'the holy grail of all collector cars' just went for R955,7 million

A glorious Ferrari dubbed the 'holy grail of all collector cars' has just set a new record in a unique sale. It was offered to the highest bidder on Monday evening among some of the world's most expensive modern and contemporary art at a prestigious New York auction.

The spectacular 1962 330LM/250 GTO is widely considered the rarest example of Ferrari's most celebrated and sought-after classic car. That's because chassis number 3765 is the only 250 GTO ever officially entered into competition by the manufacturer's own racing team, Scuderia Ferrari.

The winning bid of \$51.7million - which works out at roughly £42.1million - is the highest price anyone has ever paid for a Ferrari at public sale and makes this the second most expensive motor sold at auction of all time.

Commenting after the hammer dropped on the 250 GTO lot on New York, Gord Duff, global head of auctions at Sotheby's, said the new record price paid 'highlights the unparalleled stature of this Ferrari as one of the world's most desirable objects'.

He added: 'Fetching \$51.7million, this transaction adds a new chapter to a vehicle with an unmatched legacy. Now, it ranks among the most expensive cars sold at auction, a true testament to its singular place in history.'



The winning bid of \$51.7million is not only the highest price anyone has ever paid for a Ferrari at public sale, it's the second most expensive motor sold at auction of all time



The new five-door Suzuki Jimny opens up the wild frontiers of adventure with even more space for those you want to share it with.

*MORE character,
MORE fun, and
the thrill of a
lifetime!*

By Kasia Yoko

There are bucket lists and then there are bucket lists; the Suzuki Jimny has been on my bucket list for almost a decade and each time I see these robust, stern and capable machines, I yearn for the day that I too can drive a Jimny.

It's all about the adventure I dream of having, in my dream Jimny. Taking it on roads less travelled and discovering how brave and capable I could be, if

only I could get my hands on one of those 4x4s.

And, if we're talking adventure, we should be talking power—thanks to its capable 1.5L engine, the new Jimny 5-door produces strong torque across a wide RPM range, ensuring impressive off-road performance.

This newly launched 5-door SUV is destined for boundless exploration, designed to provide pure thrill and exhilaration to all

who dare to blaze their own trail. With the Jimny 5-door, you're open to any possibility, and every journey becomes an unforgettable story waiting to be told.

I fell in love with the short wheelbase Jimny, the way it ambled over rocky terrain, and then there was the five door derivative. As large as life, as enthusiastic as a sports star, the five-door Jimny dominated the

landscape with promise of even more adventure, further horizons.

One aspect of the Jimny I really love is the wide range of accessories and extras they have ready to bolt on and customise your Jimny to your hearts desire.

Speak to Nathi Mhlongo at CMH Suzuki Ballito for all things Suzuki, especially the new five-door Suzuki Jimny. Call Nathi on 078 772 7968 for a test drive or anything Suzuki.

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Wife, mother of two and businesswoman Palesa Matjekane was crowned Mrs SA 2023 with her, 1st Princess 31-year-old Pearl Nikolic from Pretoria, Gauteng, and 2nd Princess 47-year-old Noeline Rajbally from Durban

Meet the new Mrs South Africa Queen Tshego Gaelae

The much-anticipated crowning of the new Mrs South Africa 2023 took place on Friday, 17 November 2023 during a prestigious event held at Emperors Palace in Johannesburg, where 33-year-old Tshego Gaelae from Centurion, Gauteng, was named as its inspirational new Queen.

During the glamorous Grand Finale event, her two princesses, 1st Princess 31-year-old Pearl Nikolic from Pretoria, Gauteng, and 2nd Princess 47-year-old Noeline Rajbally from Durban, KwaZulu Natal, also received top honours in recognition of their achievements and self-development throughout their journey with Mrs South Africa.

In addition to new crowns and titles, the three women have also taken home some exceptional prizes, including beauty products and services, luxury home appliances and new furniture, business and public relations services, clothing, and travel packages. The new queen will also enjoy an all-expenses paid trip to represent Mrs South Africa on the Mrs World stage, as well as exclusive use of a Chery car courtesy of Chery Krugersdorp.

As the trio carry the organisation's torch forward, 2022 Queen Palesa Matjekane offered a warm congratulations to Gaelae on her well-deserved win.

The crowning is the conclusion of a build-up journey that has spanned nearly 12 months, during which finalists attended training and workshops, built their personal brands, and organised fundraisers for worthy causes such as The Cancer Association of South Africa (CANSA), the South Africa Animal Cancer Association (SAACA), and the Family Protection Association (FAMPRO).

"Being crowned as Mrs South Africa is a truly humbling experience, and the culmination of months of hard work. I'm beyond grateful for the honour and to see what the next few months have in store," said newly crowned Queen Gaelae.

"As Queen, I hope to ignite a ripple effect of empowerment and positive change, reaching every corner of our beautiful nation. My vision is to inspire women to embrace their strength, celebrate their uniqueness, and stand tall in unity. Through dedicated advocacy and meaningful initiatives, I aim to make a lasting impact on the lives of those we touch. As Queen, I hope to be a catalyst for transformation and a voice for the voiceless. So watch this space, as we embark on a journey of empowerment, resilience, and collective growth together!"



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2017 Hyundai Accent
1.6 Fluid 5-door | 164 000 kms
R159 995



2016 Mercedes-Benz C200
Estate Exclusive A/T | 152 000kms
R329 995



2017 Jaguar XF
2.0 R SPORT A/T | 83 000 kms
Was R399 995 now R349 995



2016 Volkswagen Polo
1.6 Sedan | 79 000 kms
R159 995



2017 Audi A4
1.4 TFSi S Tronic | 193 000 kms
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The Ford Ranger Raptor Defies Bakkie Boundaries

By: Tomas Yoko



the Raptor employs a host of Driver Assist features that add the edge to the luxury experience a Raptor provides. The familiar stability and traction control systems are present

South Africa’s Car-Of-The-Year 2023 and the runner up to overall winner, the Next Generation Ford Ranger and Next Generation Ford Everest have shared DNA and heritage with the top-of-the-pile Ford Ranger Raptor, which I had the pleasure of test-driving thoroughly.

The Ford Ranger Raptor almost defies description, ensconced in the strapping exterior of this highly capable off-roader is a luxury saloon like, fully digital interior cabin, complete with leather steering wheel and a high resolution 12.4-inch digital cluster accompanied by a 12-inch centre touchscreen. Ford has gone further with the Ranger Raptor than you can imagine.

The three-litre twin turbo EcoBoost V6 engine had me holding onto the steering wheel for dear life, besides the considerable 292 kilowatts of power and the 583 Newton meters of torque, the electronically controlled four-wheel drive system employs front and rear diff locks that made me feel like Superman while testing the Raptor’s off-road manners.

The raptor offers seven selectable drive modes as well as a new feature called Trail Crawl. This is like cruise control but for heavy off road conditions.

Taking it to the next level, as the Next-Gen Ranger does, the Raptor employs a host of Driver Assist features that add the edge to the luxury experience a Raptor provides. The familiar stability and traction control systems are present and the Raptor adds Lane Keeping Systems with Lane Keeping Alert, Lane Keeping Aid and Road Edge Detection as well as Land Centering and Evasive Steer Assist just to go further. Add to that so much more like Pre-Collision Assist with Dynamic Brake Support, Forward Collision Warning and Automated Emergency Braking.

The Raptor has a voice, a throaty growl that can be adapted accordingly, however it all came down to a feeling of being enabled, empowered, almost weaponised, when I was driving the Ford Ranger Raptor.

On the open road or off the beaten track, even out of sight of any track at all, the Next-Generation Ford Ranger Raptor is sophisticated without any pretense. They come standard with a four year / 120 000 kilometer warranty.

As part of its commitment to food security, agri-business giant Tongaat Hulett is supporting a vegetable garden by a women’s cooperative on the KwaZulu-Natal North Coast to put food on the table and ensure a regular income.

Snethemba Kunene, Tongaat Hulett’s socio-economic development manager, said the company has invested R150 000 towards the establishment of the women-led food security initiative in Macekane 2, under the traditional leadership of Inkosi Mzimela.

“The objective of the food security programme is to ensure that there is sustainability in food supply for the community, and more especially the founders and volunteers of the vegetable garden that we are establishing.

“A group of 13 women and one male will form a cooperative and plant various vegetables that will be sold to earn a livelihood as part of a food security project.

“The aim of Tongaat Hulett’s socio-economic development programme is to improve people’s social and economic wellbeing by facilitating the strategic distribution of resources to promote human dignity and improved quality of life,” said Kunene.

Tongaat Hulett has contracted Khuselimvelo Farming to set up the necessary infrastructure that would protect the crop from livestock and to also facilitate irrigation. Khuselimvelo has also provided the much-needed training to ensure the cooperative members are empowered to manage the project.

Tongaat Hulett Supports Food Security



The Macekane 2 Cooperative on the site of the proposed vegetable garden[3]

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2022 Suzuki Jimny
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2.0 Bi-Turbo Stormtrack DC
90 000kms FSHnn5/Plan

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by Kasia Yoko
Foodie

Polish Sourdough Bread

Flavoured Memories

By Kasia Yoko

My favourite mornings are the ones when I wake up before the Sun to bake. It's a joyous occasion, anticipating the outcome of my devotion to baking the best sourdough bread.

Silly for so many people but surreal for me.

I've read somewhere that food is strongly connected to memory as it affects all five senses. I have some wild and beautiful memories of bread from my childhood.

Formulated in the grey, cold and often lonely Poland of the 70s, the smell outside our local bakery, with steamed windows and stern expressions behind the wooden counter, the bubbling hunger in our bellies, we would wait for the breads to come out of the oven. Patiently anticipating the moment when the loaves were wheeled into the front of shop to be distributed to the hungry multitudes.

We might not have had much in those days but we always had good, nutritious sourdough bread. Baked twice a day, steaming hot and delicious.

Down here on this distant continent, in another dimension, time and space, my kitchen is my temple. It's where I have all sorts of powers.

However being able to share bread with people is the truest joy.

Once gifted, the bread must be consumed same day. I often sit and watch as the recipients of the bread take their first bite to see their reaction, for most it's a special excitement, as they are transported to a memory of something from another time.

A childhood.

A memory.

A glimpse of something real.

Nourishment of magical proportion:



RECIPE

Ingredients:

300g White bread flour

200g whole wheat flour

360g water

110g sourdough starter 'Mother' (Google sourdough starter online, there are thousands recipes, if not send me a message and I will share my 'mother' with you. My number is on page 4)

14g salt

Directions:

Autolyse / mix the flour and water until well mixed. Cover and set aside for one hour.

After an hour, spread the sourdough starter over the rested flour. Pull up the sides of the flour over the starter and keep pulling

and mixing until well combined.

Cover and set aside for 30 minutes. Then add salt and mix until well combined and distributed. Cover and set aside for 30 minutes.

Do a series of coil folds or stretching every 30 minutes, 4-5 times.

Cold bulk retard: 12-14 hours in the fridge

Take the dough out the fridge, shape your loaf and place in a well-floured banetton or a basket, allow it to rise for an hour and place in the fridge for 6-10 hours.

Preheat the oven and a cast iron pot with a lid for about 30min

Place your shaped loaf in the hot cast iron pot and bake for 45 min at 250 Degrees Celsius with lid on and 15 minutes with lid off until golden brown.



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"I don't know the rules of grammar. If you're trying to persuade people to do something or buy something it seems to me you should use their language." By David Ogilvy



The popular KZN South Coast Agri Tourism Route through the incredible farmlands has just added another stop – Secret Sithela

KZN South Coast's Agri Tourism Route expanded to including an exciting new stop

The development of rural tourism gives visitors a unique experience beyond the traditional sites. On the KZN South Coast, the Agri Tourism Route is one such offering, with the farmlands offering a chance for outdoor adventure and home-grown tastes. Now, the KZN South Coast has another addition to its popular Agri Tourism Route with the inclusion of Secret Sithela.

"We are delighted to welcome Secret Sithela as another valuable addition to our Agri Tourism Route," said Phelisa Mangcu, CEO of South Coast Tourism & Investment Enterprise (SCTIE). "The KZN South Coast has an abundance of agricultural land that is just waiting to be explored, and visitors will enjoy the beauty and unique farmland attractions of Secret Sithela."

Secret Sithela is a 30-acre eco-estate in Munster, with 18 acres registered as a conservancy area named Kathleen Kinsey Nature Reserve after the founder's mother. Owned by Rod and Jeanne-Louise Kinsey, the farm includes beautiful guest units for overnight stays, with the gardens a massive attraction. Since 2016, Jeanne-Louise has developed expansive herb, vegetable, and indigenous Secret Sithela gardens. Within five years she had manifested her dream of creating a flourishing food forest with guests able to request herbs and salad greens from the organic garden.

Jeanne-Louise hosts natural farming retreats including Earth Harmony Retreat, and the annual Farming Organic Food Festival. For those looking to take the farming skills home, there's the Wild Foraging Workshop and the biannual four-day Natural Farming and Introduction to Permaculture Design Course based on a handbook by John Nziira.

"We are excited to join the SCTIE Agri Tourism route as we believe this will increase our exposure to those tourists and locals who are interested in a nature and climate-friendly holiday experience," Jeanne-Louise. "Secret Sithela is a living natural library with so much to share about the joys of farming in harmony with nature, and we are passionate about sharing this knowledge with others. We also hope to bring more exposure to our sister project Khula Kanyekanye in nearby KwaNzimakwe consisting of 18 smallholder

family food gardeners. We share knowledge, seeds, seedlings, friendship and food."

She said, for those interested, Secret Sithela's next four-day Natural Farming workshop is 17 to 20 November 2023, and bookings for December stays are already rolling in: "We hope to encourage more interest from our visitors in the natural, healthy, earth-conscious lifestyle that we promote. Next year we will be looking at introducing shorter, more affordable workshops on all topics related to sustainable, regenerative

farming, and lifestyle."

Secret Sithela joins the Agri Tourism Route, one of many epic adventures to be had on the KZN South Coast. With 11 quality golf courses found throughout the KZN South Coast, the 'Golf Coast' remains a favourite destination for both leisure and MICE [meetings, incentives, conferences, and events] destination! The subtropical climate and diverse natural landscape also set the scene for the ultimate in agri-tourism and extreme adventure.



Secret Sithela

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"It takes a great deal of bravery to stand up to our enemies, but just as much to stand up to our friends." JK Rowling



IN THE STARS



Aries March 21 - April 19

From the very beginning of this month, combust Mars will be there in His own sign Scorpio, along with the Sun, which is indicating a better equation with your family members, to make you feel confident.



Taurus April 20 - May 20

Your sign Venus is going to enter into watery sign Scorpio, to join Mars and create a favourable scenario around you, allowing you to enjoy your social life fully. Avoid overconfidence in your behaviour and attitude.



Gemini May 21 - June 20

This time is creating a pretty good combination of its kind, that may bring you memorable moments in your social arena, to make you happy. Your career is going to assume direct motion and bring golden days back.



Cancer June 21 - July 22

The Sun and Mars are together in your house of talents, is here to bless you with technical excellence. The divine aspect of Jupiter on your second house of speech indicates substantial growth and wealth.



Leo July 23 - August 22

You an upper hand at your work front. But an inauspicious aspect is there that is capable enough to create clouds of illusion, to be careful about. Change of sign by the Sun, is going to create which might open up new avenues.



Virgo Aug 23 - Sept 22

Your sign lord Mercury will assume retrograde motion, asking you to exercise health-related precautions, to stay safe and secure. Efforts are creating a very strong combination of planets, that may bring the results.



Libra Sept 23 - October 22

Exercise precautions while handling sensitive issues. You have an upper hand in every field. At the same time, you should try to have control over your choice of words, to avoid uncomfortable scenarios around.



Scorpio October 23 - Nov 21

Utilise your social connections to brighten up your life. Your aura's assertively that will provide you extensive support from your near and dear ones, helping you to grow more. Your social standing will attract people around you.



Sagittarius Nov 22 - Dec 21

The presence of your sign in fiery sign Aries, is suggesting you avoid overconfidence, to keep things in proper order. However, expenditure is creating the possibility of a financial burden for a while.



Capricorn Dec 22 - Jan 19

You will receive a free hand in professional matters to create less auspicious vibes, which is capable enough to change the financial equation of your life and is expected to offer you spectacular results from every corner.



Aquarius Jan 20 - Feb 18

From the very beginning of this month, a pretty auspicious scenario is opening up new areas to explore. For a short while, which indicates spectacular developments at your work front, to alter the current equation clearly.



Pisces Feb 19 - March 20

Your sign is occupying your second house of finances, creating and blessing you with favourable situations, in and around, to grant you an upper hand in money matters. Mercury, indicates the possibility of getting favour from highly placed people.

KickstArt presents their glorious family panto, Aladdin

Elizabeth Sneddon Theatre, UKZN: 7 Dec to 15 Jan



Above photo from the previous staging of Aladdin. Photo by Val Adamson

KickstArt Theatre is proud to present their glorious annual family panto at the Elizabeth Sneddon Theatre on UKZN campus in Durban. Steven Stead's magical pantomime, Aladdin, opening on 7 December. Featuring flying carpets, giant genies, popular songs, jokes galore, gorgeous costumes and sumptuous sets ranging from a Cave of Wonders full of dancing jewels to a golden Chinese palace, Aladdin is a 'must-

see' in any family's holiday diary. The show stars East London-based musical theatre actor, last seen in the glorious Vincent: Daniel Anderson as Aladdin, the unlikely rags to riches hero, with Blessing Xaba as his long-suffering mother, Widow Twankey, Iain Robinson as the dastardly wizard, Abanazar; Georgina Mabbett-Kelly as Princess Jasmine, Mthokozisi Zulu as Wishee Washee, Rory Booth as Genie of the

Ring, and Belinda Henwood as Dar-Ling. Aladdin is directed by Steven Stead and Darren King, with sets and costumes designed by Greg King, choreography by Evashnee Pillay, and lighting by Tina le Roux. Performances are scheduled from 7 December to 15 January, at 2.30pm Tues-Fri, 11am and 3.30pm on Saturday, and 2.30pm on Sunday. Tickets range from R150-R265. Tickets can be booked at Webtickets.

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Hyundai Tucson N-Line Awesome

By: Tomas Yoko

It's no secret that Hyundai is one of South Africa's most loved car brands. And the new addition to its impressive range is the savvy SUV Tucson N-Line. The new Tucson is a striking reminder that the car industry is capable of inspirational innovation, confirming their motto, "Dream big, go bigger in the TUCSON N Line"

Step out in style and sophistication, this compact SUV will make a statement and create beautiful moments wherever you go. Crafted for the discerning urban explorer, Tucson N-Line offers a seamless fusion of refined tastes and thrilling experiences. Its striking design captivates, while its sporty performance and finishes add an edge to your adventures. Whether you're conquering cityscapes or embarking on off-road escapades, the Tucson N-Line takes your driving experience to new heights.

It is a guaranteed comfy ride on the Alloy Wheels. The new Tucson N-Line helps you experience life's beauty, effortlessly, while taking in vista views, sun-kissed by the all-new Tucson's Panoramic Sunroof. It redefines the SUV

space with a captivating design, exemplified by details like LED daytime running lights seamlessly integrated into the 3D parametric-style grille.

The Tucson's generous interiors are filled with useful features. You can look forward to plush Leather Seats, Gear Lever and Steering, which aids a firm grip and comfortable steering.

Seamless integration is a given, and the Tucson has not been left wanting. It features an Infotainment System with Apple CarPlay and Android Auto and a very convenient Wireless Cell phone Charger, which is so useful on long journeys when you just don't want to be bothered with gadgets.

As with every Hyundai vehicle, safety is at the forefront of their innovative design, the all-new Tucson N-Line's beautiful drive features easy to master Cruise Control, Lane Following and Lane Keeping Assist. Blind Spot Detection with Rear Collision Avoidance Assist and Forward Collision Avoidance Assist are just the beginning of their commitment to the amazing Tucson N-Line. Drive it.



Step out in style and sophistication, this compact SUV will make a statement and create beautiful moments wherever you go



Hyundai Motorsport has concluded the 2023 FIA World Rally Championship (WRC) with Esapekka Lappi and Janne Ferm ending in fourth place in Rally Japan

Hyundai Ends Fourth In Rally Japan

Hyundai Motorsport concluded the 2023 FIA World Rally Championship (WRC) with Esapekka Lappi and Janne Ferm ending in fourth place in Rally Japan.

The final day, Sunday 19 November, featured three stages, each tackled twice, with no midday service. Conditions remained tricky, with grip levels hard to predict. Lappi and Ferm found themselves at risk of a charging Takamoto Katsuta on Sunday morning, with the gap between them dropping to 16 seconds heading into the remote tyre fitting zone.

A fantastic run through Special Stage 20 – Ena City 2 – was enough to keep the Japanese driver at bay, as well as confirm a Hyundai Motorsport 1-2 finish in the stage. The Finns then set the third fastest time on the final Power Stage of the year to claim three bonus points from the event.

Thierry Neuville/Martijn Wydaeghe ended a disappointing weekend, where they retired on Friday while chasing down victory, with a flourish. The Belgians won both runs of Ena City and Asahi Kougen special stages, and finished second on each Nenoue Kougen test. Their final result of 13th place does not reflect the pace of the Hyundai Shell Mobis World Rally Team crew in the unpredictable conditions. Maximum points in the Power Stage was a small consolation for the duo.

Overall, the Hyundai Shell Mobis World Rally Team has claimed 2 victories, 15 podiums and 67 stage wins in the 2023 season and finished second in the manufacturers' championship. The team will now focus on coming back stronger in 2024 with a refreshed line-up and clear winning intentions.

A fresh new Grand i10, and a sedan to boot



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Book Your Boat Cruise



Boat leaves the harbour at 6:30am and the trip lasts for about 2hrs

The exciting early morning Boat tour is where you get to see the Operations Department servicing the shark safety gear off Durban's Golden Mile beaches. You get to experience and enjoy the sights of Durban which includes the Beautiful Moses Mabhida Stadium as you travel through the harbour and out to sea into the rising sun. The Boat leaves the harbour at 06h30 and the trip lasts for approximately 2 hours. Trips take place from Monday to Friday.

Normal fee: R350 per person (children under the ages of 6 are not permitted) – Boat tour fee includes complementary ticket to see the educational Audio Visual & Shark Dissection Show (Show days are Tuesday, Wednesday & Thursdays,

subject to a minimum number of people attending the show).

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