

The Bugle

MAGAZINE

email: thebugle@mweb.co.za

The Bright side of the Budget



The release of the South African National Budget brought about a sense of stability and reassurance for small and medium-sized enterprises (SMEs) across the country, albeit missing an opportunity for reform. Mazars tax team held a meet and greet with their clients at the Oyster Box recently to discuss the future economics for South Africa. In an expected move, the budget made no changes to existing tax rates or administrative burdens for SMEs, signaling a continuation of the status quo. Story on page 3. Seen above Mazars team and guests; Delarese Maartens, Shaun Govender, Duan Brink, Annabel Bishop, Faith Mangope, Althea Soobyah with Tertius Erasmus



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Through my eyes



by Kasia Yoko

“Perhaps the most isolating and frightening part of your grief journey is the sense of disorganisation, confusion, searching and yearning that often comes with the loss. These experiences frequently arise when you begin to be confronted with the reality of what happened. As one grieving person said, “I felt as if I were a lonely traveller with no companion and worse yet, no destination. I couldn’t find myself or anybody else.” By Alan D. Wolfelt, Ph.D.

There are many inspirational people around us. Contrary to public perceptions, the brain drain has not taken all the good people and there is still a glimmer of hope in this chaotic egocentric world we live in. One of these people is Jo Rushby; she owns and runs Ike’s Books and Collectables in Durban. Jo’s bookshop is not just a store where you buy reading treasures, it’s an institution where, lovers of literature converge and hang out in a safe space of love and kindness. Jo has been contributing to our Bugle pages for over two years, but she has been in my life for over a decade, half of that time, we never spoke and hardly even greeted because when I escaped to Ike’s, I wanted that time to be my own without any interruptions or disturbance. One of my favourite pastimes is sneaking into Ike’s, finding a space somewhere in a dark corner, preferably with a small stool and immersing myself in one of Jo’s literary treasures. And for that moment I could be anywhere in the world, sailing the seven seas, flying on a magic carpet or hiding from some Nordic Noir serial killer.

Oh but for the love of reading... the world opens up to me. Ike’s is a place where magic happens. I see the sweetest things. Children, adults, people from all walks of life come to browse the rooms filled with books, shelves from floor to ceiling. Authors often launch their books here and get an opportunity to hang out with like-minded people. We all have one thing in common. In the world of fake news, ChatGPT and blind commercialism, Ike’s Books Store is a Shangri-La that begs to be discovered. Talking about discoveries; my latest treasure is the Book of Joy by His Holiness the Dalai Lama and Archbishop Desmond Tutu... what joy to behold this book and delve into the minds of these great men. Each book has a message and each book has the ability to teach and inspire us. No matter what

your genre, each book has the power to change lives. A perfect example of this is a book I found at Ike’s, expounding on the purpose of the Four Noble Truths I



Hanging around Ikes with Tomas and Prof. Ashwin Desai who can often be found here

learned from the Dalai Lama. A purpose to notice the cycle of pain that comes from grasping onto things, or avoiding inevitability’s that, by their very nature, are transient, impermanent, and uncontrollable. The first Noble Truth - suffering is inevitable because of our human organism’s propensity to chase that which gives the body pleasure, as the instinct aligns (usually) with survival. The second Noble Truth is our desire to grasp those pleasures, grasp a semblance of control, and avoid pain, which brings our suffering. The third is a way to become aware of this trap and the possibility to become free. Had this not been possible, the Buddha would not have tried to teach this. But because it is, he taught only suffering and the end of suffering. The release of desire, attachment, and craving. This is known as the Sure heart’s release. And the last Noble Truth is the 8-fold path to enlightenment. Study the 8-fold path and start to become free. So to summarise the four noble truths is to realize that life is full of misery and challenges. Change what you can, accept what you can’t. Or just visit Ike’s and say ‘Hi’ to Jo for me.

Dear Ed,
Re: Earnest Plea To God Re Our Eyes And Ears

This is an earnest plea to GOD. Thank you for blessing me super-abundantly. Forgive me for being selfish for I kindly need desperately a little more. What I urgently need by your divine grace and favour is to save and preserve my precious eyes and ears. This plea could be that also of thousands of sane and prudent persons. The plea is because with the watershed 2024 national and provincial elections- presumably sometime in May – there is so much, mainly hogwash, lies and false and empty promises, that we are seeing/hearing primarily emanating from a host of mainly has-beens, rejects, sellouts, crosstitutes and deadwood, that it would indeed be a “blessing” to be deaf and blind. Even one person bands, those risen from political grave and persons with no integrity or credibility - that could be

classified as nincompoops or morons- are forming political parties and making themselves available to be the future President of our beloved but beleaguered country. What a load of thrash this is coming from people who just want to line their own pockets and have little or no regard for the welfare of the populace who have been hard done by in the last 3 decades where their lives, especially the marginalised and previously disadvantaged, remain hardly unchanged. A troop of baboons manning one of Elon Musk’s Space-X rockets has a greater chance of landing on Mars than the promises of the desperate glib tongued leaders being fulfilled. Small and new emerging parties are in proliferation and are just an utter waste of time. All they will be doing is helping the useless and corrupt ANC to get a better chance, as they will be splitting the votes further to the joy and advantage of the hapless ruling party. The only thing small parties will achieve, if they obtain any seats in Parliament or the provinces, will be to

wheel and deal in the formation of coalitions to prostitute themselves and selfishly obtain some pristine positions, such as Speaker or Portfolio Committee Chair in any province. Yes, we are led presently by a shady and inept President (Cyril Ramaphosa) who has outlived his sell by date. We need an injection of new blood in Parliament and the provinces generally. In the mix of the small parties and independents there are just a few persons of worth but they can achieve nothing good in their existing state. Hopefully most of the small parties will lose their mandatory election deposits. Dear voters please vote wisely. Think about what has transpired post apartheid in making informed decisions. Those on the fence please resist the temptation not to vote despite disillusionment and disappointment of the past. Each vote is important. Cumulatively votes can bring about much needed change and make a meaningful difference . The only way that South Africa can

be saved from the rot, maladministration and dismal failure of the ANC , especially re sound administration and timeous and effective service delivery deficiencies, is for the people to effect the needed change through the ballot. The merger of the EFF, DA and IFP or these 3 parties forming a meaningful election pact will be Mzansi’s saving grace. However, with differences in ideology and values - selfishness aside- this would just be a pipe dream and mere theory that has little or no chance of being fulfilled. Christmas 2023 and New Year’s Day 2024 have come and gone. Unless people act with wisdom and discernment in making good and informed choices re selection of parties in the forthcoming elections, the one good chance we have to effect the change South Africa desperately needs would have come and gone too, noting how fast time flies -with May not being too far away- and how slow positive change takes. Re the latter it is noted that people lived in trying , inhumane and appalling conditions and

were deprived of their rights for decades under the cruel rule of despots and dictators. Surely 3 decades of mainly proven ineffectiveness, corruption and maladministration in the state and all provinces -barring Western Cape - should not be allowed to continue. Voters now is your chance; you have a simple but important choice ie. allow the shame, pain and failures of the past 30 years to continue or be a part of the much needed change for the benefit of the population at large, especially the less fortunate and previously disadvantaged who have been duped by empty and false promises made by useless politicians who are only interested in their own welfare. South Africa must have a better and brighter future stemming from the 2024 elections. We have sunk to such low levels and the electorate needs to arise en masse to get us out of the gutters. Floreat Mzansi – may South Africa prosper.

Simon T Dehal
Verulam

Trust Sam With Your Fur Babies

Dogtopia in Ballito is where Sam now looks after dogs



Samwani Machipisa is a local coffee barista on the Dolphin Coast. Anyone who has been served by Sam will immediately speak fondly about him, as he has been an integral part of our Ballito community, serving hot brews to shoppers around Ballito. Sam has now joined Dogtopia in Ballito and he has quickly become a very loved and treasured member of this dog loving family. Sam has a gentle and caring disposition, affording the right amount of patience and the dogs all love him. Dogtopia is a Doggie Daycare and Hotel, where tails wag and pups play! Their premier facility offers a haven for your furry friends to socialize, be stimulated and receive expert care. From engaging activities to spacious play areas, every dog finds their happy place here. Dogtopia offer boarding services over the school holidays, ensuring your beloved canine companions enjoy a vacation of their own while you're away.



Dogtopia dog loving team; Sandra Osorio, Musa Chagi, Samwani Machipisa (Sam) and Precious Xulu

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"There is only one thing that makes a dream impossible to achieve; the fear of failure." Paulo Coelho



Seen above; Tertius Erasmus, Annabel Bishop, Faith Mangope with Althea Soobyah



Invited guests; Zakiyyah Moosa, Sanika Krishanlall with Anne-Lise Theodore



Mazars discussion; Maggie Cassan with Michelle Coventry

Sona Summary With Glimmer Of Hope

By Kasia Yoko

A post budget meet-and-greet took place last week at the Oyster Box Hotel, coupled with a content-sharing session between the Mazars Tax team with Althea Soobyah, currently a Director: Tax Consulting at Mazars South Africa and Chief economist of Investec Annabel Bishop, chaired by Faith Mangope, host of 'METRO FM Talk' on SABC. The 2024 budget made an apparent concession to the financial pressure under which taxpayers are struggling by not raising personal tax. However, Mazars points out that the Minister's refusal to adjust the

tax brackets for inflation is in effect a stealth tax. When a taxpayer receives an inflation-related salary increase, the increase might push him or her into a higher tax bracket, and thus pay more tax. Similarly, the medical tax credit rate has also not been adjusted for inflation. Both of these measures, as the Minister acknowledged in his speech, would play a major part in raising an extra R15 billion to reduce pressure on the fiscus and help with stabilising the country's high debt levels. However, Investec's Annabel Bishop confirms that, President

Ramaposa delivered a safe budget, but that it could be dangerous given our financial situation, she said, "It was a balanced budget projection with many positive points." "Having said that, it came in a very challenging year. It was the best we could do under the circumstances. So much depends on the future. What comes out of the elections. Budget hangs on our economy and the ANC has itself to blame for their low voting counts. The truth is that without business our economy is failing." With the unemployment rate at

over 50%, our country is facing many serious challenges, Althea Soobyah explained; "When the future of our country is unemployed how are we going to increase the economy. We will get the money from corporate tax, that's how." "The incentives have not been extended to help businesses and homes with load shedding incentives and the NHI is an election ploy and should the truth be told, South Africa cannot afford it." Overall, Mazars' consensus view is that this is a typical election-year budget, and the Minister has

understandably opted to keep the ship steady. However, given the difficult financial situation in which the country finds itself, a more fundamental approach to change the status quo would have been preferable. The only solution is to kick start growth, and there were precious few indications of anything new to start this process. In particular, there was virtually no mention of measures to help SMMEs grow; for example, by reducing red tape. All things considered 2024 will be a challenging year, financially, for almost everyone.

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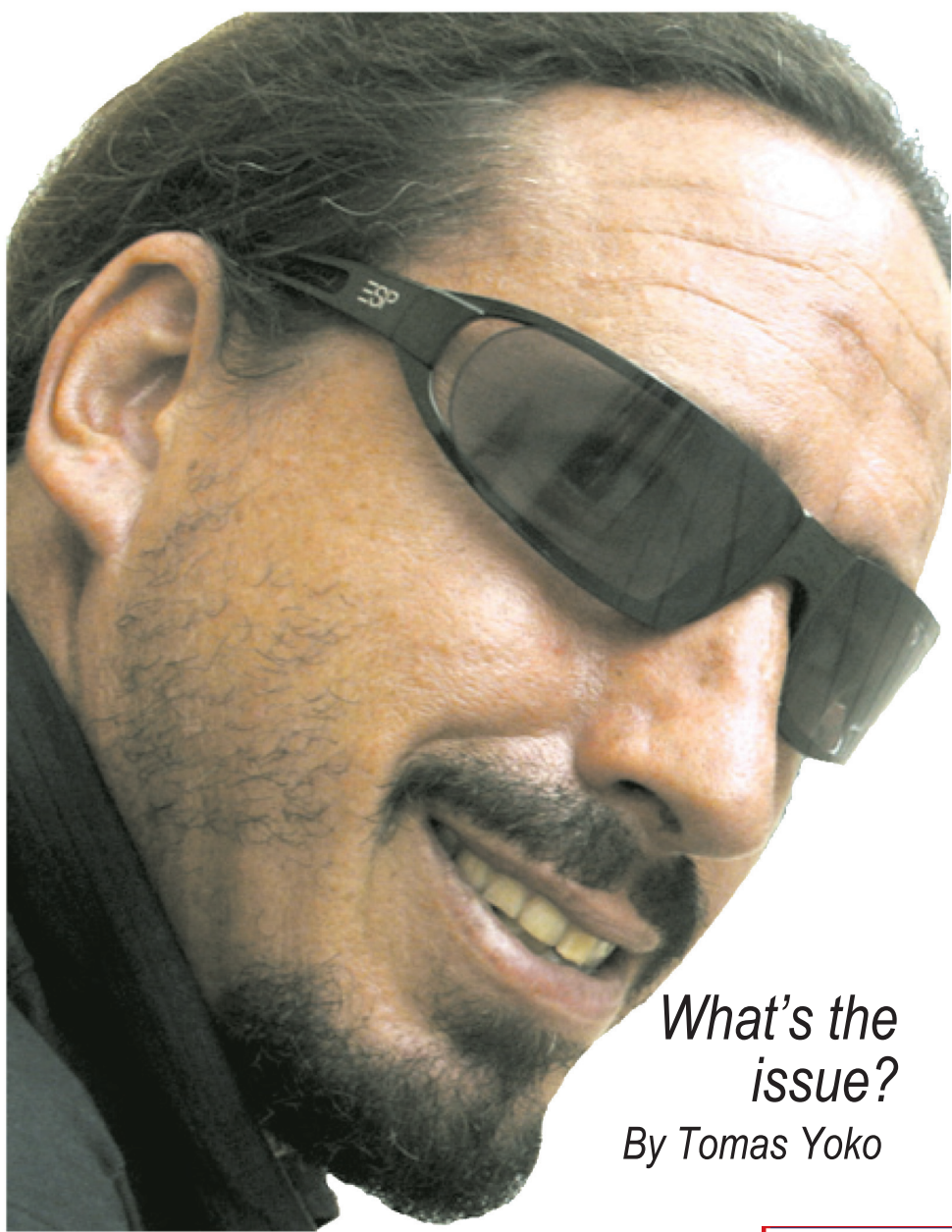
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"Success is stumbling from failure to failure with no loss of enthusiasm." Winston S Churchill



*"You put the small thief in prison,
but the big thief lives in a palace."*

Graham Greene

*What's the
issue?*
By Tomas Yoko

Tucker Carlson really set the cat amongst the pigeons when he went to Moscow and interviewed President Vladimir Putin. The democrats did their nut in and immediately turned him into a pariah. A demon, how could he speak to Putin? They pulled out all the insults they could including the word "traitor", which coming from the democrats, is a lot like the pot calling the kettle black. The world's largest money laundering scheme is the American Military Industrial Complex. Besides laundering billions and trillions of dollars in an endless list of wars, the number of people who have died makes King Leopold of Belgium look like a kindergarten baby sitter. Staying on the Russia theme, did you see Alexia Navalny died suddenly, like so many others these days, only he did it in prison, and the West with its mainstream media was immediately up in arms. Parading his wife, who never visited him in prison even once, as though she was an icon of morality. They fail to mention

why he was imprisoned but George did the world a favour, dropping a truth bomb about the treasonous spy. George Papadopoulos said of Navalny's passing, "It is disgusting when a political opponent dies in prison. However, it is not a nice sight for the camera to record you while you are trying your best to stage a coup in your country in collaboration with foreign enemies." George is not stupid, he made the allegation of Navalny's treason while in possession of video recordings of the conversation Navalny had with an MI6 officer, whom he names. Navalny only wanted ten to twenty million dollars a year to fund his plan for a colour revolution in Russia. Now which Western Government would not arrest such a treasonous politician? Then let's talk about Julian Assange and the hypocrisy Western Governments and leaders are openly displaying, while falsely accusing Putin and Russia for Navalny's death, they shamelessly have kept Julian Assange in prison without even

bringing a charge against him. After trumped up rape charges and plots to abduct and kill him, Mike Pompeo you can blush and hang your head in shame. These Western war mongering leaders, they wear their hypocrisy like badge of honour. It is shameful and an indication of how leadership, the world over, have lost sight of the Divine and the mess we see in the world can more than likely be linked directly to this phenomenon. Here at home the elections are heating up and the political assassinations are piling up the bodies of those standing in the way of political wills with malicious ambitions. The Zulu Royal Household is in turmoil, not a good time to be in turmoil just before elections, however one cannot choose these things and must roll with the punches, as the proverb goes. Hopefully there will be no punches during this election process, but the backlash and confusion around Thulasizwe Buthelezi's appointment leaves me quivering with trepidation about the outcome of this issue.



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Last week's solution

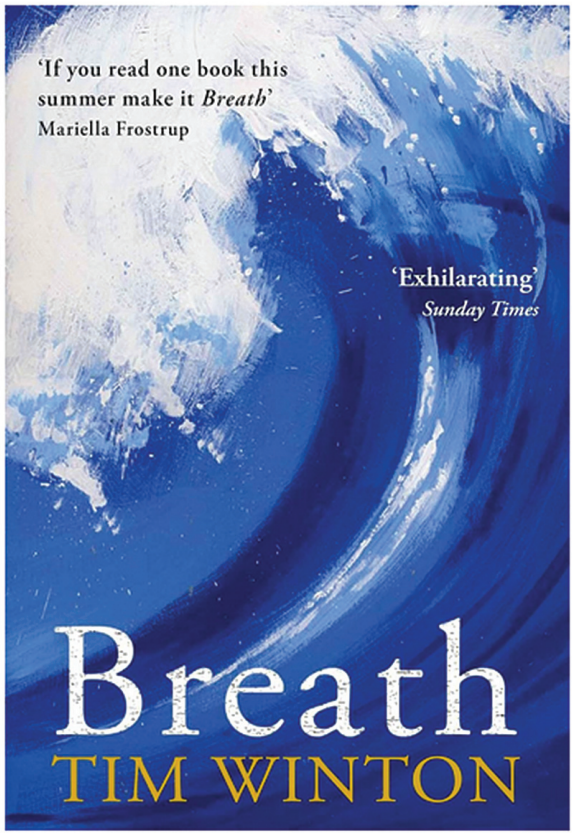
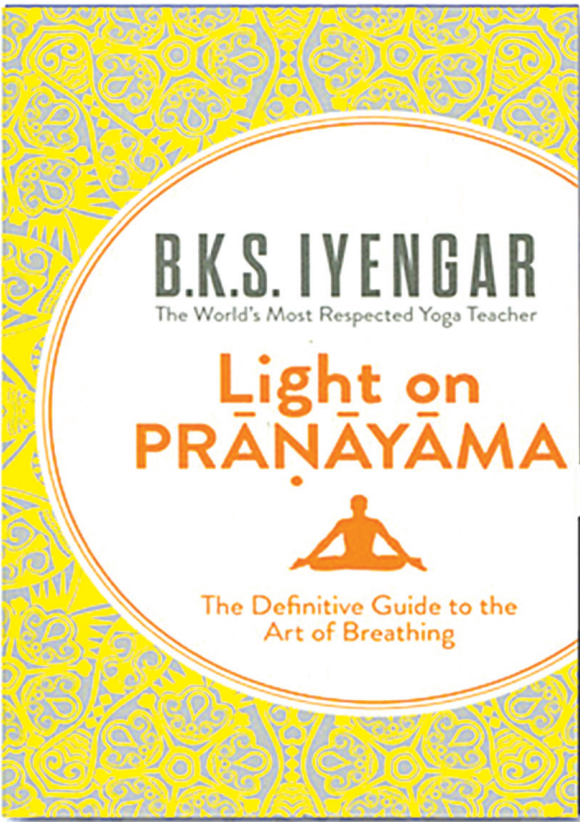
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"Theirs not to reason why, Theirs but to do and die," Tennyson

Every breath is an act of receiving and giving

By Jo Rushby from Ikes Books



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

Breath, you invisible poem!
Pure, continuous exchange
with all that is, flow and counterflow
where rhythmically I come to be.
Each time a wave that occurs just once
in a sea I discover I am.
You, innermost of oceans,
you, infinitude of space.
How many far places were once
within me. Some winds
are like my own child.
When I breathe them now, do they know
me again?
Air, you silken surround,
completion and seed of my word (Rilke)

It is one of those well-heeled clichés; ‘that song took my breath away’. It denotes a moment of magic in our lives. But breathing is central to keeping us alive. There’s always a frisson of delight when, in a cold clime, one exhales and a magical cloud appears in front of you. Like bubbles blown in childhood. One cannot get enough of it. The first time I saw a steam train, I thought of the engine as breathing, throwing plumes into the air, young enough to think of trains as human. And then one wintry morning, my father took me on a

horse ride. The horse stamped its feet and snorted. Because breathing is all around us, we take it for granted. But do we really notice. It has always fascinated me how freestyle swimmers time their breath, right and left, perfect synchronicity, exactitude. Performance breath. And do we realise how central breathing is to our well-being? Breathing, like surfing, is an art. It is about control, liberation. Reading Tim Winton’s book Breath has drawn me into the power of the ocean, that gasp as your head is plunged under

the surface, the rush of oxygen to the brain, the perfect curl of a wave, the desire for more. And yoga is not just about the contortions of the body, the downward dog, but about the breath. Try it. Close off one nostril and breathe out through the other. As you alternate, you begin to slide into rhythm and feel waves of calm wash over you. This morning, I chanced upon Iyengar’s book Light on Pranayama. It is a sheer delight, taking you on a journey through the energy that permeates the Universe, and brings us back to mother earth with ‘ayama’,

the expansion and control of breath. When we get angry, when we feel under pressure, breathing is affected. It permeates our body, cutting us off from vital supplies, drawing our energies, making us more upset. As written in Hatha Yoga Pradipika, “When the breath is steady or unsteady, so is the mind”. It is not that BMW M3 that stands between happiness and sadness. It’s your breathing. And it’s free. Take it while it lasts. Like water, it will soon be bottled in the highlands of the Drakensberg and sold at your local Woollies.

KZN Women in Business announce new sponsor, charity and committee



The newly elected KZNWIB committee: Front row (L-R): Nicci Hosking, Tilanie Grote, Tanya Fleischer and Benni Thompson. Back row (L-R): Arisha Ramsaram, Robyn Keulder, Natasha Lee, Rozanne Kruger, Ann Druce and Emma Dunk

The newly appointed KZN Women in Business Chairperson, Tilanie Grote and Vice-chairperson, Tanya Fleischer, together with the recently voted-in committee of eight dynamic business women welcomed SM Wealth Coaching as their meeting sponsor for the year and Singakwenza Early Childhood Education NPC as their nominated charity for 2024. KZN Women in Business (KZNWIB) was started twenty-nine years ago in 1995, making it one of the longest standing businesswomen’s organisations in KZN. Over the years KZNWIB has grown and developed, has acted as a support structure for many women in a variety of business sectors, fostered a number of entrepreneurs and has been a successful networking forum for all of its members, from the small business owner to the corporate CEO. “KZN Women in Business is a support structure for women and a forum for fostering relationships, building networks, exchanging

business knowledge and, ultimately, helping our members grow their businesses,” explains KZNWIB Chairperson, Tilanie Grote. As a non-profit voluntary organisation, KZNWIB is managed by a committee of volunteers and a part-time administrator. All profits made during the financial year are donated to the nominated charity, as well as individual contributions of time and expertise by members. “We welcome SM Wealth Coaching and Singakwenza on board and are excited to take KZN Women in Business and our members to new heights this year. It is an honour to serve this incredible organisation and its members and we remain committed to continuing our legacy of connecting with, supporting, encouraging and developing women in business in our province,” concludes Grote. For more information please visit www.kznwib.co.za or email info@kznwib.co.za

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A Window Onto Nature's World



By Environmentalist and Green Campaigner Jill Theunissen

Home and Garden Enhancement with Patio to Pool Designs

The Heat-wave conditions linked to the on-going critical issues of pollution in our coastal sea water, and fuel increases for costly travelling, makes the inclusion of a swimming pool in the garden a most attractive asset for the property. Where the Architects Drawing includes the new pool this will be undertaken during the Construction Phase by a nominated Pool expert. However, many properties offer space for a pool to suit their particular setting, and fulfil the dreams of the family. Careful planning for the shape, size and depth is essential together with the optimum position within the existing garden. Professional geo-technical assessment to include cone penetrometer tests is essential at the start. The results will ensure that the weight of the structure in the soil bed, when filled with water, will be stable and not require costly under-pinning.

A well-planned pool offers scope for swimming training, children's parties and endless entertainment for family and friends. A wide access design with steps

should allow easy entrance into the shallow end. This is offers a great "cooling" spot on a hot day! The depth at the shallow end of about 1.0M gives confidence to the young learner, when able to firmly 'touch the bottom'. Similarly, the deep end needs to allow above average depth if including a diving board. When too shallow for the enthusiastic diver the front teeth may be "at risk"! Non-slip paving is an essential around the edge to ensure no accidents with wet feet. An exciting inclusion would be a Water slide for added attraction. The position of the Pool in the garden landscape needs to consider proximity to the Patio with entertainment facilities and braai. A large evergreen shade tree such as the Natal Mahogany is another asset when set back away from the pool structure so there is no root interference, with nearby hardened surface for seats or benches. Around the base of the Tree include Large-leaved Dragon tree with lush leaves, together with a carpet of shade-loving Plectranthus varieties.

A good quality lawn grass such as *Stenotaphrum secundatum* (Buffalo Grass) which presents a terrestrial growth habit, or a fine vertical lawn such as the *Cynodon hybrid* "Royal Blue" are ideal in the sun around the new pool. A seasonal management program with top dressing applications will ensure uniformity of growth and lush appearance. The surrounding garden Layout design to offer ambience to the boundaries, and compliment the Patio Decor. An elevated coastal position offers the choice of large Dune Aloes, together with clumps of bold Crane Flower, (*Strelitzia reginae*). Blue Barleria and swathes of Blue Agapanthus will endure windy conditions, also the pioneer Bush-tick berry with yellow daisy clusters, and berries attracting birds. To echo the "blue" water, the bushy Blue Plumbago which attracts butterflies is another asset along the boundary, inter-planting with *Carissa macrocarpa* (Large Num-num) with thorns a useful addition.

The "Closed" or "Open" structure of the Patio will dictate the choice of decor

and feature planting in containers. Where there is white wrought Iron or weather-proof furnishings, use *Crassula ovata* offset with white pebbles. Where closed with rattan furniture displaying a rustic theme, a range of succulents with coloured leaves will blend and add ambience..

It is important to record that all swimming pools should be compliant with a security fence and the entry gate to have a child-proof lock. The fence structure may be attractively screened, by introducing a border with Wild White Iris or yellow Peacock Flower and *Justicia betonica* (Paper Plume). At intervals plant the climber *Senecio macroglossus* (Climbing Ivy), or Wild White Jasmin to soften the structure. Lastly Pool Maintenance with daily testing of the Ph level to ensure balance and kill germs is essential. When in doubt regarding applications of Acid and Chlorine is advisable to seek professional assistance.. Greet the dawn with a sparkling Pool and CLEAN WATER where the kingfishers are already enjoying their dip!



Chairman of The Beast Foundation, Tendai Mtawarira in the middle seen at the Pencil Club in Umhlanga with Vicky Crookes, Jenna Mckenzie, Mel Klute and Ali Kinsley

Lead Like a Girl program launches in Umhlanga



Chairman of The Beast Foundation, Tendai Mtawarira in collaboration with Elyseum Family Office (Elyseum), launched the Lead Like a Girl programme aimed at empowering young women

The Beast Foundation, in collaboration with Elyseum Family Office (Elyseum), launched the Lead Like a Girl programme aimed at empowering young women from underprivileged contexts in South Africa and Zimbabwe, providing them with opportunities to realise their full potential. The launch took place at the Pencil Club earlier this month.

Arising from a partnership established in July 2023 between The Beast Foundation and Elyseum, this visionary programme is geared towards creating a brighter future by fostering leaderships skills and generating opportunities for success among younger women in marginalised communities.

Recognising the disparities in educational resources, Lead Like a Girl offers a well-rounded environment with expert mentorship and leadership development for young women. Structured around five core pillars, Lead Like a Girl encompasses crucial aspects such as schooling support (including tuition, boarding fees, textbooks, and learning materials), annual leadership camps, inter-African country visits, ongoing mentorship, and a dedicated alumni community.

Partnering with development organisations like The Amathuba Foundation, Imbeleko Foundation, Mondi South Africa, and Higherlife Foundation Zimbabwe, the first cohort of 15 learners from KwaZulu-Natal and Gauteng in South Africa, as well as Harare and Bulawayo in Zimbabwe, was carefully selected based on academic, sporting, and cultural achievements, as well as financial need.

"Lead Like a Girl represents

a collective effort to uplift young women and foster positive change in underserved communities across Africa. Through mentorship, scholarships, the influence of inspiring female patrons, and the establishment of a robust alumni network, our goal with Lead Like a Girl is clear: to provide unwavering support, comprehensive training, and quality education to young girls. We aim to nurture them into formidable future leaders, in turn, empowering them to guide the next generation of young girls as they forge their own unique paths," says Chairman of The Beast Foundation, Tendai Mtawarira.

Lead Like a Girl aligns with the United Nations' Sustainable Development Goals, particularly Goals 4, Quality Education, and 5, Gender Equality. Moreover, the UN Women Annual Report highlights the urgent need for accelerated progress, indicating that achieving gender equality could take up to 300 years without the allocation of increased resources.

"With Lead Like a Girl, we're not just envisioning a brighter future; we're actively shaping it. Together, with the support of our partners and the dedication of our team, we're laying the foundation for a generation of empowered and resilient young women who will undoubtedly leave an indelible mark on the world," adds Mtawarira.

Individuals and organisations interested in supporting the Lead Like a Girl initiative can contact The Beast Foundation team at www.thebeastfoundation.org or Info@thebeastfoundation.org.



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Zulu king appoints Traditional Prime Minister

Earlier this month, His Majesty King Misuzulu kaZwelithini has made an announcement to the Zulu nation regarding the appointment of the official Traditional Prime Minister, Reverend Thulasizwe Buthelezi. Inkosi Phathisizwe Chiliza was appointed as the Deputy Traditional Prime Minister.

Speaking at a press conference in the Elangeni Hotel in Durban, Buthelezi conveyed, "His Majesty has declared the year 2024 as 'The Year of Peace and Unity to revive Zulu Pride and dignity'." Said Buthelezi, "this is the clarion call for all members of the Zulu Nation to uphold the values of this in their daily work, social life and pronouncements. As political parties campaign for the national and provincial elections, his Majesty implores that all campaigning takes place in a spirit and environment of peace, tolerance and mutual respect."

King Misuzulu kaZwelithini announced the official unveiling of his father's statue in Ulundi on 12 March 2024 and at King Shaka international Airport on the 27 April 2024. His Majesty has also declared that a Special Memorial Service for Amakhosi and Amabutho in honour of Prince Mangosuthu Buthelezi will take place in May 2024 at Nongoma. The purpose of these events is to inculcate a sense of pride especially amongst the youth of the Zulu Nation. Recruitment for new members of the young regiment known as 'Isilwanetshe', that was commissioned by His Majesty at Isandlwana, will take place in all districts in KwaZulu Natal, led by the Commanders of the Regiments – Prince Vanana of KwaMinya and Induna Sipho Mhlongo.

Buthelezi concluded his message saying, "His Majesty is confident that the appointment of the traditional Prime Minister and his deputy will usher in a new era of reconciliation, unity and stability in the Royal Family and the Zulu nation at large."



The newly appointed Traditional Prime Minister, Reverend Thulasizwe Buthelezi. Inkosi Phathisizwe Chiliza was appointed as the Deputy Traditional Prime Minister with their new cabinet

New entrepreneur-focused school is rolling out in Umhlanga

Umhlanga-based business owner, Janice Chetty's new school, Futurepreneurs, is ready to roll out and create entrepreneurs of the future.

The programme, which launched in Durban this month, is designed to teach business skills to children aged 10 to 14. The course is aimed at teaching the business skills needed to start up a business or turn a light bulb idea into cash.

"We are passionate about entrepreneurship and believe it is a skill that needs to be learnt from a young age," she said.

The Futurepreneurs school is a passion project for Chetty who has seen her own life be transformed through entrepreneurship. She started her first business, tutoring accounting at the age of 22 with nothing but a goal of raising funds for a car and 500 A5 pamphlets.

She lists entrepreneurship and technology as her main areas of interest and holds a Bachelor of Commerce degree and a Postgraduate Certificate in Education. In addition to founding Mirriam's Mission, a non-profit company focusing on youth education, Chetty serves as CEO of the training and recruitment firm Dynamic Outlook.

She also works as a corporate trainer and part-time lecturer in addition to managing Dynamic Outlook, a level 1 BBB-EE recruitment and training company that focuses on establishing, growing, and maintaining a culture of diversity and inclusion.

With a career that has a large education element, Chetty has ensured that her school is aligned with the CAPS/IEB syllabus. This syllabus features entrepreneurship as a topic in EMS/Accounting.

The Futurepreneurs program includes a variety of topics such as business planning, data collection and analysis, program marketing, innovation, creativity, setting up a company, intellectual property, brainstorming, budgeting, negotiation, product life cycle and much more.

With the first school opening in Umhlanga learners are in for a treat.



Business owner, Janice Chetty

"We have incorporated a fun, exciting Shark Tank-like challenge for all our learners on the program, at the end of the year we will host an event, with well-known accomplished businessmen and women as judges. The winners in the different age categories will receive a cash prize of R5 000 and a trophy."

For parents who are not sure how or where the program would fit into their child's current schooling, the school offers a free consultation to help with career guidance.

For more information go to www.Future-preneur.co.za

Psilocybin and Brain Fog

Psilocybin, a psychedelic compound present within some wild mushrooms, has been touted as a miracle treatment by many. Psilocybin offers numerous psychological benefits, including mood improvement and anxiety alleviation. It also works well in treating chronic mental health conditions such as PTSD and depression.

Research shows that Psilocybin also improves cognition by facilitating synaptogenesis, or creating new synaptic connections in the brain. Cognitive impairment is one major symptom of brain fog and dementia, as patients often suffer memory loss and confusion.

There has been proclamations of Psilocybin and its benefits by several psychedelic research organizations since the drug was designated as a "breakthrough therapy" by the FDA in 2018. Since then, microdosing Psilocybin has proven effective in treating some mental health conditions like anxiety and PTSD.

with research showing the positive effects of

Psilocybin and other psychedelics on brain networks, some neuroscience professionals strongly believe small doses of Psilocybin can treat dementia and improve patients' quality of life. Psilocybin helps facilitate the process of synaptogenesis, which is the creation of new synaptic connections on exposure to neurons. In other words, it causes the outgrowth of a new network of neurons to enter the brain.

Asides from creating new connections and rewiring neurons, Psilocybin also has neuroplastic and anti-inflammatory properties that can improve the cognitive abilities of people who have brain fog. Not only does it improve cognition and combat neurodegeneration, but Psilocybin has antidepressant effects as well.

It is important to note that Psilocybin and its effects on dementia differ from one patient to another. This is why the recommendation is to take Psilocybin under supervision in a controlled setting.

For more information contact B-Earthy at Tiffany Center in Salt Rock on 065 895 4244 or visit their website www.bearthly.co.za



Microdosing Psilocybin has proven effective in treating some mental health conditions

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Property Talk

By: Andreas Wassenaar

The Do's and Don'ts with property sales



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If you are a seller or contemplating selling your home, there are seven key questions to ask yourself to ensure the best possible result in the market.

1. Is my home “sales” ready? Think in terms of a new vehicle showroom. The shining new vehicle and that amazing new car smell do something. Prepping your home should be similar. Replace and repair all and anything evident. If there are latent defects (those you cannot see with the naked eye) get a professional to evaluate and provide a quote to either attend to immediately or advise a prospective buyer of what it will cost to remedy. Ideally, all should be sorted out before listing the property.

2. What is the cheapest way to give my home a facelift? Re-painting provides a magical touch as long as it is done professionally and completely. Making mistakes like doing a partial repaint will draw undue attention to the unpainted areas and create a bad impression.

3. Is there any sign of dampness or water ingress? Evidence of dampness is an immediate turn-off and will kill the pricing on any home – get a professional company to assist you in remedying any areas requiring attention and ensure you get a five-year guarantee.

4. How does the Kitchen present? The heart of the home needs to be clean, orderly, and perfectly operational. Old, tired hobs and extractor fans should be replaced, and ovens must be immaculate and fully functional. Replace swollen cupboard doors and hinges. Herewith is one of my favourite professional tips: replace old handles with new modern handles of similar size keeping the position and holes for the screws the same – an excellent cost-effective way to lift older cupboards.

5. How are the bathrooms presented? “Immaculately clean” is the only acceptable benchmark. New toilet seats, accessories, shower roses and mirrors will make even an old bathroom “pop”.

6. The sense of smell is extremely powerful in guiding our decision-making. The home must always be well-ventilated, and fresh and smell like you have just walked into the Rain store at Lifestyle. Get one of their burners and use the popular oils to make a space instantly desirable. Old blinds and carpets can create a stale smell – remove and discard them – don’t let these items kill your deal.

7. Sense of arrival is last but by no means least. First impressions count and here your front elevation requires some thought and attention. New outdoor lighting, door handles, designer pots with flowers and verge landscaping will set your home apart and ensure that the “Sold” sign goes up quickly.

With all the above done select an estate agent that is active in your area and has an impressive depth of knowledge. Ideally, provide an exclusive mandate to the agent that can demonstrate the most compelling marketing plan. Caution against too many agents listing the property as this screams desperation to buyers in the market and will drive your price down. Have a little patience – it’s just like fishing. The right buyer will emerge.



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by Fawzia Khan

Legal Talk



Fawzia Khan

Interdicting Your Employer From Continuing A Disciplinary Process

M, who was employed as the Chief Financial Officer brought an urgent application in the Labour Court on 4 January 2024 to interdict her employer from continuing with the disciplinary process which started in December 2023.

She asked that the Company comply with the provisions of its Disciplinary Policy which was incorporated into her contract of employment. The facts briefly was : On 6 October 2023, M tendered her 3 months’ notice of resignation. She did not go to work from 4 December 2023 until 27 December 2023, due to ill-health.

When she returned to work, she was given a disciplinary letter setting out allegations of misconduct. She was asked to provide her written response to the allegations by 2 January 2024 on why she should not be found guilty and dismissed.

The allegations of misconduct related to her conduct prior her employment with the Company. M denied the allegations and said that the disciplinary process was unfair, unlawful and in breach of her contract of employment and requested extension to submit her written submission in the event the Company failed to respond timeously to her letter.

She was given until 4 January 2024 for her to provide her written representations. M then approached the Labour Court on an urgent basis and asked for an order that the Company complies with its disciplinary policy.

The Company then issued a notice of summary dismissal to M. At the time the matter came before court M was no longer an employee of the Company. The Company used this as a ground to oppose the application.

The court accepted the argument that the application was now moot and academic as the relief M sought was now longer competent. Whilst the Court was critical of the Company, saying the Company waited for two months before charging the employee with misconduct, it dismissed the application but did not grant a costs order in favour of the Company.

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

The Law Desk of FAWZIA KHAN & ASSOCIATES

ATTORNEYS CONVEYANCERS NOTARIES

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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



Website: www.thelawdesk.co.za
Email: fawzia@thelawdesk.co.za
Office: 031-5025670
Address: Coastals, 2 Flanders Drive, Mount Edgecombe, (Opp. Golf Course)

"It has long been an axiom of mine that the little things are infinitely the most important," Sir Arthur Conan Doyle



Travel with us to far away places... Krakow - Poland

By Kasia & Tomas Yok

Our trip to the northern hemisphere was not something we would have chosen, if we had a choice, but this particular visit was to visit our sons, who are carving out their lives in Europe. We wanted to check up on their adventures, make sure that they are living their best lives.

Our first stop was Gliczarow Gorny, deep in the foothills of the Polish Tatra Mountains. We featured it last month, if you missed it you can find it on our website www.thebugle.co.za.

Poland is a land of opportunity. There are jobs for everyone who wants to work and my eldest son, Damian, found work pretty easily. After confirming our son's wellbeing and carefree independence, we needed an adventure and two nights in Krakow was all it took to quench our lust for the city lights and excitement. We booked into a cheap hotel in the centre of the square and decided to walk that city flat.

You need at least a month in this historically rich metropolis, to even touch the side of its greatness. Krakow is a traveller's treasure trove filled with breathtaking architecture, spilling over with cultural entertainment and always just so ready to be discovered.

We visited Kazimierz, the area where the Jewish population initially lived, before being forcibly removed from their homes

and sent over the river to the Jewish Ghetto in 1941. Prior to World War II, Jews made up about 24% of Krakow's population and settled in Kazimierz, also known as the Jewish Quarter.

Now, because of the terror they had to face after the war, most of the Jews that survived the Holocaust never returned to Poland. Kazimierz became a place of huge cultural significance with so much vibrancy and character; a visit here is a huge must!

Krakow Old Town is also steeped in ancient history. You can see the last remains of the Old City Walls at both the Barbican and St Florian's Gates. The nostalgia of old cobble stone roads towered over by Cathedrals and Castles, a sense of time past reflected in so much stone.

Whenever we go to Krakow, we visit the Main Square and are drawn to St Mary's Basilica. From the bell tower of this awe-inspiring Church, they sound a

trumpet, every hour on the hour in memory of a time when the Mongols attacked the city and a trumpeter sounded the alarm to defend the city. While sounding the alarm in the fourth direction he was hit by an enemy arrow, and this can be heard to this day when they sound the marking of the hour from the bell tower.

Fresh faced tourists are everywhere in the town square, the central market is crammed with Polish traditional souvenirs and crafts, a perfect place to shop for that keepsake or gift to take home.

Krakow has so much to offer, there are golf cart guided tours of the city's highlights, from castles to cathedrals to ancient historical sites, Krakow is filled with statues and memorials accentuating the immense history and culture on offer. Busses, taxis, trams, trains and all modes of public transport are on time and very available.

Retail therapy is very available with the bespoke boutique stores offering famous brands and some that you have never seen or heard of. The bell towers and statues with parks and gardens adding to the welcoming effect of this awesome world class city.

Don't miss the next edition of The Bugle, where we take you to more exciting travel destinations.



Krakow is filled with many iconic buildings, historical sites, and hidden gems. The best way to see Krakow is on foot



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"The fact that the market is not doing what we wish it would do is no reason to automatically assume that the government would do better." Thomas Sowell



IN THE STARS

Aries March 21 - April 19



This is the time you will feel anxiety. On the one hand, life goes on measured, and on the other hand, there are always reasons for unrest. Money troubles, health problems can significantly narrow the possibilities.

Taurus April 20 - May 20



This month a slight nervousness comes through. March dictates its own rules, you want to soar above the ground, forgetting about everything in the world. However, well-being will depend on how well the priorities are set.

Gemini May 21 - June 20



March promises good luck in love. Spring awakens dormant feelings, the focus is on personal life. Single people will immerse themselves in relationships, and married couples will be able to resolve differences.

Cancer June 21 - July 22



Right now an optimistic mood is felt. It is mainly associated with career success: profitable offers and promising projects are likely. The initiative shown will more than pay off in the near future.

Leo July 23 - August 22



March promises a surge of enthusiasm. Spring warmth awakens dormant forces, gives impetus to development. On the wave of inspiration, it will be possible to achieve breakthrough results in many areas of life, including personal.

Virgo Aug 23 - Sept 22



There is a romantic mood in the air. March brings confusion to life, making it impossible to make forecasts and plans. There is no need to be afraid of chaos, if you let your emotions get out of control, you will be able to find love.

Libra Sept 23 - October 22



Summer romance hovers. It will be difficult to focus on business, all thoughts are only about love. An unexpected meeting with a person from the past is not ruled out. This time, the relationship will definitely work out.

Scorpio October 23 - Nov 21



This month inspiration is felt. Work and money issues are too minor to have an impact on life. It's time to change the image and update the wardrobe – this is more important than anything else.

Sagittarius Nov 22 - Dec 21



March promises a kaleidoscope of events. The first month of spring will be a time of discovery, there will be a lot of interesting and new things to learn. If you make an effort, life will turn to the bright side.

Capricorn Dec 22 - Jan 19



March advises you to look at family life in a new way. Problems need to be addressed immediately. Living in the old way will no longer work; you need to change the approach to relationships and you need to do it now.

Aquarius Jan 20 - Feb 18



This time inspires hope for the best, making you forget about sorrows and grievances. It's time to deal with all the problematic issues in order to freely move on.

Pisces Feb 19 - March 20



There is a feeling of tiredness. Changeable weather can cause a bad mood, bouts of apathy are likely. As opposed to the negative, you need to think about something good, for example, about future accomplishments.

My Version of Indian Delights

Posh Tomato Sauce - Perfect for Pizzas, Pastas and Curry



This recipe is inspired by Zuleikha Mayat's fabulous book, Indian delight

This month's recipe is inspired by a classic and aimed at the culture of home cooking. With the recent death of our celebrity chef/ political activist Zuleikha Mayat, who penned that fabulous book, Indian delights.

Zuleikha was a powerful force, she taught us to always educate ourselves, to keep learning, to always make and keep the peace with others, to always give time, space, energy and support to everyone, especially those in need.

With this recipe I want to celebrate the women who embrace the men's world and still are able to embrace the recipes passed down to them by their grannies and moms; lets not forget all the aunties and mother in laws and their culinary wisdoms. Lets unite in our kitchens and embrace the freedom to create magic through body-and-soul-nourishing meals, that will keep the ones we love healthy and happy.

For all the tomato sauce lovers out there, I have a posh healthy alternative that will enhance every meal.

- Ingredients:**
1kg Tomatoes
250gr Onions roughly chopped
1 head of garlic
Handful of fresh thyme
Handful of fresh basil
Handful of fresh rosemary
Handful of fresh garlic chives
Drizzle of honey
Splash of olive oil
Sprinkle of celery salt
3 Chillies

- Directions:**
Bake for 60min on 200gr. Leave to chill in the oven
Blend on high speed until smooth
Place in a pot and cook for 60 minutes or until most of the liquid evaporates
Blend again until smooth and creamy.
Season with honey and celery salt
Will stay fresh in your fridge for up to three weeks when kept in a clean glass jar or a glass container.

Bon Appetite



In my happy place - in my kitchen



The Jimny Phenomena

By: Tomas Yoko



A collection of Suzuki Jimny's on one of Jimny Club outings. The Suzuki Jimny phenomenon includes Jimny Groups, events and special associations, as well as amazing off road abilities

Suzuki really hit the sweet spot of motorists delight when they brought out the amazing short wheel base Jimny. From its debut days the Jimny set out proving that size matters more than one might think. Soon after the Suzuki Jimny appeared on the scene, the evidence of this big hearted 4X4 was being shared the world over. Seemingly impossible feats of offroad prowess were being shared on every platform, showing the amazing capabilities of the super Suzuki Jimny. From river crossings to mud filled obstacles, the Jimny never ceased to drop jaws in admiration and awe. Then when we thought there wasn't

much more the Jimny could do to make us love it even more, out comes the Five-Door Jimny and our horizons broadened immediately. The Jimny will take you anywhere and everywhere. With a powerful 1.5 litre motor and the Jimny's ALLGRIP PRO 4WD system there is very little that can stand in your way. The system has both high and low range settings and delivers the off road capabilities the Jimny is now famous for. To test drive the new Jimny contact CMH Suzuki Ballito visit their showroom at 35 – 37 Moffat Drive, Ballito or call them on 031 001 9965.

The Enigmatic BMW i5 - Electric Motoring

By: Tomas Yoko



Kreeson Govender and the enigmatic BMW i5 M model, a marvel of technology and luxury

Talk about cutting edge technological advancement and you can find it in the new BMW i5. Kreeson at BMW Ballito introduced me to this awesome model, a fully electric, unmistakably M series sedan with so much to offer. Despite the jaw dropping acceleration of just 3,8 seconds from standstill to 100kmph, there is a whopping great 442 kilowatts of power and the i5 has an impressive range of up to 516 kilometres. The i5 offers some of BMW's advanced charging options with a Flexible Fast Charger at home, or with Plug & Charge

where the i5 automatically takes care of the charges and billing using your underlying personal contract. This amazing model has so much to offer I couldn't do it justice here, however Kreeson at BMW Ballito would be all to happy to show you what you can expect when you own one of the most prestigious electric vehicles on the road, the BMW i5 M. You can reach Kreeson at BMW Ballito's showroom, 5 Moffit Drive, Ballito, or you can reach him on his cell number 071 028 8534

Catch Of The Month – With Greg Massey-Hicks

By: Tomas Yoko



Greg Massey-Hicks, Pre-Owned Sales Manager at CMH Ford Ballito, knows a good catch when he gets one, and he's got one for you, call them on 087 723 9278

Greg Massey-Hicks has joined CMH Ballito Ford as their Pre-Owned Manager and he kicks off with amazing deals on fantastic models like the amazing Next-Generation Ford Ranger Wildtrak, with just 20 000 k's on the clock. Greg brings with him a wealth of knowledge and years of experience in the motoring industry, specialising in sales and customer relations. CMH Ford Ballito has a thriving Pre-Owned showroom floor, packed

with a range of vehicles include a comprehensive choice of Next-Gen Ford Rangers and Ford Everests. Greg's Catch-Of-The-Month car deal for February is the immaculately clean, and practically 'brand new', Ford Ranger Wildtrak, with just over 20 000 kilometres on the odometer. Along with the range of Rangers, Greg and his team have a quality selection of cars from a range of manufacturers, with something for every category. Upstairs at CMH Ford Ballito,

the Pre-Owned department is conveniently situated right next to the coffee shop, where you can browse the details of the deal and take the time to ensure every aspect is to your liking. Visit Greg and his team and if they don't have the car you are looking for, they will help you source it. This is a dealership where the customers become like family members. You will find them at 3 – 5 Moffat Drive, call them on 087 723 9278 for more information.

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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

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