



Get Your Best Life From The Source SA

Sorisha Naidoo, well-known reality TV personality and successful businesswoman launched her latest business venture Source SA last week at the Oceans Mall in Umhlanga. The Energy Enhancement System (EESystem) Is the latest in the holistic healing remedies which are making a mark on individual wellbeing. See story on page 3 to find out more...



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Through my eyes



by Kasia Yoko

You’re never too old (and it’s never too cold) for an Ocean dip

The most beautiful time of the year is upon us. It’s a glorious time to venture outdoors and see the last of the summer season. Our e coli levels have stabilised and a dip in the sea is the best happiness producing elixir.

Those who enjoy a regular Ocean dip, like myself, know all about the benefits of this practice. Often compared to a spiritual experience. For me that morning ocean dip is like being in the presence of God. For this is the time of reckoning, when my troubles and anxieties wash away with every crashing wave. Like a daily cleansing, we emerge from our swim feeling energised, calm and ready to face the day.

That simple action, a morning Ocean dip, helps me navigate all challenges in life. Our Ocean conditions change day to day. Some days are calm and clear; others are

wild with waves and winds. If we want to swim, we have to learn to navigate the conditions we are dealt – just like in our daily, day-to-day life.

How marvelous! A simple morning Ocean dip can bring about so much happiness... and as you probably all know, there is a serious connection between happiness and health.

In a 2008 review of studies on happiness and longevity, Dutch sociologist Ruut Veenhoven found that happiness appears to protect against illness. In 19 research projects involving populations chosen independently of their health status, ratings of mood, happiness, and life satisfaction at the beginning of a study had a large and positive impact on the chance a person was alive at the end of the follow-up period. The most satisfied people gained an extra 7.5 to 10 years of

life. That life extension is equivalent to giving up cigarettes by age 35.

The report describes many paths to happiness (curiously, swimming in a cold ocean isn’t among them), including: Expressing gratitude, Living life with meaning, Finding and using your inner character strengths, Putting mindfulness to use toward well being, Savouring pleasure and Developing self compassion.

It is important to remember that ocean swim/dip releases endorphins, regulates breathing, boosts blood flow, which helps mental capacity, reduces stress and induces relaxation state and creates ‘Blue Mind’.

‘Blue Mind’ is a research subject that suggests being in or around the water will set your body and mind free, creating calm and peace within. Water makes up seventy per cent of our bodies and

studies suggest our brains immediately have a positive response when we are near water.

Dr Wallace J. Nicols, author of ‘Blue Mind’ says, “being in the water provides a long list of benefits for our minds and body, including lowering stress and anxiety, increasing an overall sense of well being and happiness, lower heart rate and breathing rate and reducing PTSD and anxiety disorders.”

This means ocean swimming regularly can increase the neurochemical in your brain making you happy, healthier and less stressed.

Swimming in the sea can be as simple as taking that first plunge in knee-deep water, or as challenging as an hours-long marathon along the coast. Whatever you prefer, take the time to enjoy being immersed in a watery world, we have so much of it on our doorstep.

Dear Ed,

Re: HAPPINESS AND COMEDY

The Good Book (Proverbs 17:22 - BIBLE) states that a happy heart is like medicine and does good bringing cheerfulness. Life today is often quite stressful, challenging and wearisome with various pressures and issues that we have to face. A little laughter and comedy are welcome to lighten up our lives and overcome the doom and gloom that prevails generally.

South Africa has many top comedians such as Loyiso Gola, Barry Hilton, Riyadh Moosa and Tumi Morake. Occasionally overseas comedians such as Russell Peters and Sugar Sammy visit South Africa to entertain patrons. Locally we have excellent comedians such as the Murugan brothers, Senzo

Mthethwa (Mvelase), Krijay and Henry Ramkissoo.

There is a disturbing trend among both local and overseas comedians to include profanity/vulgarity and mock religions or religious figures in their shows. The above two issues, in my opinion, are totally out of order, unnecessary and should please be avoided. A very good example is Durbanite Carvin Goldstone who is a great comedian and does not use profanity/vulgarity or lampoons religions or religious figures. My late cousin Verulamite Mr Biggs (educator Biks Boodhoo) was a legend and a master comedian and our local Jerry Seinfeld. He graced many of our family functions, the last being my mum Rachel’s 85th birthday – she turns 93 on 1 May 2024. I have asked GOD to spare her and requested our President to declare this day a public holiday to honour our matriarch. Mr Biggs too avoided the aforementioned two

unnecessary issues.

The political philosopher Thomas Hobbes a long time ago described the life of man (kind) as being short, selfish, solitary, nasty and brutish. Sadly even today this is to an extent still true, especially with criminality, famine, strife, and conflict, wars and human rights abuse worldwide. However, with laughter and comedy we can proudly echo the words of the late Satchmo (Louis Armstrong) of the world being a wonderful one. Let laughter, love and caring for one another, especially those underprivileged, abound for a better world to result. Life is indeed large and must be enjoyed and happiness and goodness freely shared.

Regards
Simon T Dehal
Verulam

Dear Ed,

Re: Please Slow Down on the M4

I would like to appeal to the North Coast Community regarding the newly opened M4 between Zimbali and Westbrook.

The troop of monkeys that live in the forest on both sides of the M4 has been sad victims of road kill since the road opened. They are use to traversing that road without the traffic and are not use to the killing machines speeding down their path.

Please be aware of the monkeys and other wildlife as they get accustomed to the cars and the danger associated with the new traffic. Thank you!

Mandy Macey

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29 MARCH – 1 APRIL

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Local Rental Agents Winning More Awards



Power couple in real estate Viola Markowska and Derek Beyooti

Viola Markowska is a well known and much loved personality on the North Coast, together with her partner Derek Beyooti; they have claimed a substantial stake in the local property rental and sales market. At the recent Only Realty awards evening, which took place in Sandton, this power couple scooped four awards.

“What a privilege to be part of this amazing international brand, Only Realty.” Viola told The Bugle, “Determination, passion and dedication are the keys to our success. Without the help and support of our entire Only Realty team, and a special shout out to my assistant Mikelle Botes, who has stood by me and who continues to be my rock.”

Viola and Derek scooped the Millionaire’s Club Award, Top Rental Agent in Only Realty Group, top Rental Agent within the Only Realty Holdings Group, which includes the Lead Home, Frankie Bells, Gaylin, Grounded and Adrienne Hersch brands, and the Biggest Rental Month for Only Realty Group. With the pure drive and determination Viola and Derek always display, they hope to make 2024 even more successful as they continue to operate at the top of the local property rental and sales markets.

If you have a property that you would like to rent out or sell, or if you’re looking to buy, give Viola or Derek a call on 074 259 2643.



Manifest unlimited possibilities with Energy Enhancement System - Now available in Umhlanga

Get Your Best Life From The Source SA

Oceans Mall, Umhlanga is where Source By SSBO was launched last week, by Sorisha Naidoo, well-known reality TV personality and successful businesswoman. Sorisha was emotional when describing how this new Scalar Wave Energy has made such a marked improvement in her elderly parents' lives as well as her own. Describing how, through her constant search for wellness elixirs for her parents ailments Sorisha came across, the EESYSTEM.

The newly launched Energy Enhancement System, which is said to give the human body the ultimate support for improving circulation, oxygenation, and increased cellular energy, is the latest in the holistic therapies trending world wide.

Speaking at the launch event, Sorisha Naidoo, Owner of Source SA, explained, "Biophotons are light particles generated and emitted by biological system. As cells become charged with this energy, they release toxins. Research shows that exposure to scalar fields can promote the repair of DNA."

Backed by thousands of

testimonials and research papers Sorisha has embarked on the journey of discovery and healing using Scalar energy, which is formed when two identical frequencies come from opposite directions together and collide, creating a static energy field. "Unlike sound or light waves, scalar waves carry out transmissions of energy without decaying over distance and time," said Sorisha.

"Scalar energy is effective because human cells have crystalline structure that holds energy." According to Sorisha, "When a human cell is operating at maximum potential, it holds an energy charge between 70-90 millivolts. The potential for disease occurs when millivolts drop below this ideal range."

Sorisha explains that when people sit through an EE session at Source SA, scalar waves move through their cells, exciting and recharging them. A recharged cell will release the toxins into the bloodstream, which can then be released through normal detoxification.

"Research shows," Sorisha tells

us, "That exposure to scalar fields can help repair damaged DNA and assist in neutralizing harmful, human-made electromagnetic frequencies."

With everyday challenges facing us each day, we increasingly seek escapes and retreats to balance daily contorts, Sorisha's recently launched Source SA is a revolutionary example of how science and technology can holistically reach that balance.

"One of the main intentions of the EE System is to charge the cells based on the principle that humans interact with the energetic resonance of their environment." It is believed that by spending enough time in an environment charged at 70-90 millivolts, cells will begin to assimilate and sync to their optimal charge levels, allowing the body to heal itself.

To book your hour or two with Source SA: call 082 648 7627 or 031 5666 936/726, email: frontdesk@sourcesa.co.za or visit their website for more details: www.sourcesa.co.za. Source by SSBO is situated in Shop 203B, Level 2, Oceans Mall, situated within the ULAS Spa.



Invited guests at Sorisha Naidoo's recent launch at the Ocean Mall in Umhlanga, Sorisha has launched Energy Enhancement System in her ULAS Spa

ENERGY ENHANCEMENT SYSTEM BENEFITS

- ✓ Cell regeneration
- ✓ Improved immune function
- ✓ Relief from pain
- ✓ Detoxification of the body
- ✓ Elevated moods



WHAT IS THE EESYSTEM?

Our bodies are designed to heal themselves - it's in our DNA. At a cellular level, you are meant to be functioning at 70 to 90 milliovolts when you are healthy. With the right energy in your cells, your body can perform optimally, as it was designed. Your Body would then be able to restore and optimise your health. The Energy Enhancement (EE) System is activating the light at the core of the DNA. It's like turning the lights back on, and enabling the body's energy to heal itself.

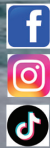
BENEFITS:

- Relief from physical pain
- Relief from headaches and migraines
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"The world's big and I want to have a good look at it before it gets dark." John Muir



What's the issue?
By Tomas Yoko

...Let us pray that the one billion dollars that the EU is allocating to a nuclear program, is for nuclear energy and not nuclear warheads...

Putin wins again in a landslide presidential election and maintains that he is still open for peace talks, however some say that no peace talks will take place until enough money has been extracted from the US economy. Some say it is a grab as fast as you can scenario now.

The very embarrassing capture of the gunmen involved in the attack on a Russian city hall music venue, killing 139 civilians. Aleksandr Bortnikov, the head of Russia's Federal Security Service (FSB), hinted very strongly that he had evidence that the attack was perpetrated by the US, UK and Ukraine. I say FREE Julian Assange, until everything the Western Governments are accused of will seem more likely than probable.

I saw a hilarious post describing how Mad Macron was gifted a toy soldier set from the Russian Foreign Embassy, and a note that encouraged Macron to ask his mother, no sorry his wife, if he can play with them. The idea is that he would satisfy his Napoleonic tendencies and come to his senses having quenched his lust for war in his playroom.

Talking of a lust for war, the EU Parliament, under the outlandish leadership of Ursula-the-shameful, are reportedly gouging massive sums from the EU budget and allocating billions to weapons and ammunition. A great rush for weapons while the citizens of their respective countries

are crying out for medical, housing, schooling, infrastructure, and everything a community might reasonably expect from any self-respecting government. Let us pray that the one billion dollars that the EU is allocating to a nuclear program, is for nuclear energy and not nuclear warheads.

The war in Gaza will forever remain a blight on humanities record. It will go down in history as a genocide supported by the international swamp dwellers who are trying to take over the world. A stain on our collective conscience. Every nation has a right to defend itself, but none should have the right to genocide.

The Farmers in Europe are busy showing us the way, you most probably won't have seen anything about their amazing protests in the

mainstream media, they're pretending it's not happening. Faced with the might of the collective action of a united front from the farmers, the EU has no choice but to back down from their globalist agenda and appease the farmers. But they're not that easily swayed and are marching on London as I write this column.

Here at home things are not so dandy, the build-up to our national elections is playing havoc on my nerves and our economy. The ANC seems bent on losing all their voters the way they are procrastinating with the no confidence vote for Mapisa-Nqakula who is facing 12 corruption charges, that's right a dozen, and one money laundering count.

Our King Misizulu is fighting a massive political battle hindered by the microphone grabbing Sibonso Duma delivering inappropriate insults to Thulasizwe Buthelezi right in front of his Majesty.

Oh Mama Africa, Kenya is burning, Sudan is on fire, there are 35 non-international armed conflicts (NIACs) taking place in Burkina Faso, Cameroon, the Central African Republic (CAR), the Democratic Republic of the Congo, Ethiopia, Mali, Mozambique, Nigeria, Senegal, Somalia, South Sudan and Sudan. Pray for peace this Easter please.



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Sudoku
Last week's solution

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

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

"Be courageous. Challenge orthodoxy. Stand up for what you believe in. When you are in your rocking chair talking to your grandchildren many years from now, be sure you have a good story to tell." by Amal Clooney



GWM Ballito Welcomes the GWM TANK 300 to The North Coast

GWM Ballito has added an amazing new model to its range with the introduction of the GWM TANK 300.

This new model not only introduces the GWM TANK brand, but with it a new world of pure-bred off-road performance and, as is commonplace for all GWM models, an unmatched level of luxury, design and styling.

The GWM TANK 300 is built on a proprietary and very strong ladder frame chassis. Mounted to the ladder frame is a modern multi-link rear suspension and a durable double-wishbone front suspension for greater on-road comfort that does not impede the off-road capabilities.

GWM has developed two unique 4x4 systems on this sturdy platform. The first, an All-Terrain Driving System

with Multi-Terrain Select. The second is a unique all-time four-wheel drive system with intelligent electronic management. This system is unique to the Hybrid Electric Version of the GWM TANK 300, and gives the driver full control of the vehicle responses in all terrains, with a choice between the following driving modes: Normal, Economic, Sport, Stone, Snow (for any slippery conditions), Sand and Low-Range 4x4 driving (4L).

All GWM TANK 300 models have an electronically controlled rear differential lock for technical off-road driving as standard, and a specialised Crawl Cruise Control system for slow-and-steady traction over tricky terrain, such as rocky river crossings or down steep slopes.

Another unique feature available

on all GWM TANK 300 models is Tank Turn. The system locks the inside back wheel and drives all available power to the other wheels to allow the GWM TANK 300 to turn around with virtually no forward or backward movement. This is an especially appealing feature in technical off-road driving.

All GWM TANK 300 models are fitted with an array of cameras that give the driver a bird's eye view of the vehicle when parking or manoeuvring in tight spaces.

The Hybrid Electric version of the GWM TANK 300 features the best in GWM engineering for unmatched power and torque with low fuel consumption. It has a combined power, petrol and electric output of 255 kW and a combined torque of 648 Nm,

connected to a 9-speed Hydraulic Automatic gearbox providing fuel consumption figures of 8.4 litre / 100 km in a combined cycle.

The GWM TANK 300 features luxuries that includes a Dual 12.3 high-definition LCD screen, from 7 to 64 ambient lighting colours, leather upholstery with micro-fibre leather on the steering wheel, Multi-function, multi-adjustable controls, electric seats, Bluetooth, dual zone climate control with rear high and low mounted air vents, a high-performance sound, electric windows all round, privacy glass, a soundproof windshield and side windows for the front occupants, automatic low and high beams, automatic windscreen wipers and many, many more luxuries.

GWM's unwavering focus on

safety and security is clearly evident in the list of standard safety features on all versions of the GWM TANK 300.

There are five distinct colours to choose from. These are: White, Black, Mars Red, Orange and Grey, and all models are sold with a 7-year / 200 000 km new vehicle warranty and unlimited roadside assistance for the same period. A 5-year / 75 000 km service plan is included across the range, and service intervals are 12 months or every 15 000 km whichever comes first.

The HEV model has an additional warranty that covers the complete high-voltage system and vehicle battery for a full 8-years / 150 000 km.

For more information on the GWM TANK or to arrange a test-drive, contact GWM Ballito on 032 300 0000 or GWM Umhlanga on 031 576 1500

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T's & C's APPLY



RECIPE

By Kasia Yoko



Portia Ngubane with her melon

Tribute To Portia And Her Melons

Even though we are heading into autumn, the weather is still mild and scented with the summer blooms. Light meals and fresh local produce are ideal at this time of the year and salads are undisputedly the best all year round dishes to make for the whole family.

Even though I am not keen on mixing sweet with savoury, this combination is a true showstopper and so delicious, I promise you will be making it over and over again.

Watermelon is the ultimate summer fruit and the perfect way to cool off on a hot day. And did you know that watermelon is packed with tonnes of nutrition; it has more lycopene than any other fresh fruit or vegetable? Lycopene is an antioxidant linked to decreased risk of cancer, heart disease and age-related eye disorders.

My watermelon was foraged from Portia Ngubane's garden, Portia who resides in Mnyayisa village in Manguzi is glad to sell us her ripe fruit. We noticed Portia on her building site, she was building another rondavel for her growing family, she is one of the few people in her village that still knows the now forgotten craft of this structural architecture, she proudly announces.

Portia's garden is thriving; she has many mango, avocado and paw-paw trees. She also grows mealies, cabbages and these beautiful organic watermelons.

My recipe this month is a tribute to Portia and to all the women (and men) out there that still have the honour and privilege to work their own land and build their own shelter. Portia Ngubane, I salute you!

RECIPE

Feta, mint & avocado are the perfect tangy, creamy, and fresh counterpoints to the juicy watermelon.

- Ingredients
- Dressing
- 2 tablespoons extra-virgin olive oil
 - 3 tablespoons lime juice
 - 1 garlic clove, minced
 - Pinch of teaspoon sea salt

- For the salad
- 5 cups cubed watermelon
 - 1 heaping cup diced English cucumber
 - 1 cup thinly sliced red onions
 - 2 cup crumbled feta cheese
 - 1 avocado, cubed
 - 1/2 cup torn mint or basil leaves
 - 1/2 jalapeño, thinly sliced, optional
 - Sea salt

- Instructions
- Make the dressing: In a small bowl, whisk together the olive oil, lime juice, garlic and salt.
- Arrange the watermelon, cucumber, and red onions on a large plate or platter. Drizzle with half the dressing. Top with the feta, avocado, mint, and jalapeño, if using, and drizzle with remaining dressing. Season to taste and serve.



New friend and a brave lady with many talents, Portia

EST. 2009

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"Food is language; cuisine is a dialect," by Odale Cress



The Ide(a)s of March

By Jo Rushby
from Ikes Books



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'Change is a measure of time and, in the autumn, time seems speeded up. What was is not and never again will be; what is is change.'

March. That month remembered in the history books as the time of the killing of Julius Caesar. It changed the course of history as the Roman Empire was plunged into wars without end.

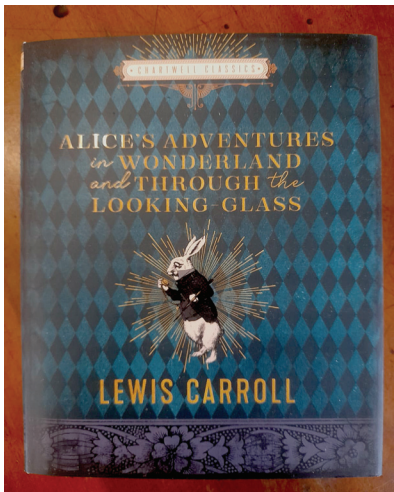
In Durban, it is the time of Ramadan, Lent and that most joyous of gatherings, the Hare Krishna Festival of Chariots, where colour, song and dance give rise to many leaps of faith.

And for those in tune to the shifting of nature, March 20th symbolizes the autumnal equinox, a time of equal day and night, balance and harmony.

And of course, it is also a time of the Easter Bunny. Rabbits are everywhere. In supermarket aisles, forecourts of petrol stations, and even on election posters that seek to draw you in with promises of Carrots for Life. Throughout history, rabbits have (mis)led people down various holes. The most famous of course appears in

Alice's Adventures in Wonderland. Remember how she is bewitched by a White Rabbit, sliding after him into a hole that sucks her in, only to land safely.

And there, she is in the Nirvana that seems like a cavalcade of election promises. Tiny door, no problem. 'Drink me' and Alice



Perfect book for the lazy Easter afternoons

shrivels up. Then, like Marie Antoinette, a cake that says 'Eat me'. She grows to the size of a Member of Parliament.

Alice is anxious and tired. She meets a Caterpillar who gives her a Magic Mushroom, making her smaller and larger at the same time. Everything is Non-Sense. And then Alice meets the most famous rabbit in all of literature, the March Hare at the Mad Hatters Tea Party.

March. It is a time to celebrate renewal, life and death, so that the wheels can continue turning. But it is also a time to be wary. Remember that line from Shakespeare's Julius Caesar; 'beware the Ides of March.'

It's time to say Bunny Chow!



The time Alice met the most famous rabbit in all of literature, the March Hare at the Mad Hatters Tea Party

Of Fathers, Sons and Timeless Tests: Wicket Tales from Kingsmead by Ashwin Desai



Colourful audience joins Prof. Desai



Prof. Ashwin Desai with Tomas Yoko and Prof. Evan Mantzaris

The book, "Of Fathers, Sons and Timeless Tests: Wicket Tales from Kingsmead", by Ashwin Desai, was recently launched at Exclusive books in the Pavilion. Groupies, diehard cricket enthusiasts and book lovers alike, gathered to listen to Prof Desai unpack the story behind his latest literary genius.

"Kingsmead is like a grandfather sitting on Durban's stoep, clipping his toenails and refusing to hand over the inheritance his progeny is so desperate to spend. When the tide

comes in in the late afternoon, as the legend goes, so the water table rises. Kingsmead, like the spectators at Castle Corner, begins to float and seam bowlers get to swing." By Ashwin Desai

Like One Hundred Years of Solitude, a journey through the history of Kingsmead is a journey through the passions and quirks of the characters who came before us. It is virtually certain that someone, a century from now, will also shake their heads at our blind spots and pretensions.

There are doubtless things we don't see in our society that sully the game.

A century must pass before our own illusions and delusions can be untangled.

Combining literature, history and memoir, this book is a celebration of a hundred years of cricket at the iconic Kingsmead cricket stadium in Durban. Prof Desai's book covers the Timeless Test and includes amazing stories of the history of Black cricket during the years of apartheid and colonialism.



ARYAN BENEVOLENT HOME
SINCE 1921

RAM NAUMI

VED MANDIR

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Property Talk

By: Andreas Wassenaar

Buy Now - the market is ripe



PROPERTY OF THE WEEK



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What a time it is to buy along the KZN North Coast. This amazing buying window has been extended by the prime interest rate remaining stubbornly high at 11,75%. A glance at the key economic indicators provided by the SA Reserve Bank shows the Repo rate at 8,25% with the review on 27th March expected to remain unchanged for now.

Most economists and banks are advising that they only expect interest rate relief in the second half of 2024 and into 2025. The CPI inflation rate is currently at 5,6% and the PPI inflation rate (producer prices) is at 4,7%. As long as the PPI is below the CPI there is less producer price inflationary pressure on the CPI and this should translate into a lower CPI over time.

Why is this important to you and me? The Reserve Bank aims to keep the CPI in a range of 3-6% and uses the cost of money or interest rates to manage this in the economy.

For our mortgage rates and interest charged on any consumer debt to decrease, the Reserve Bank Monetary Policy Committee must satisfy themselves that inflationary pressure has eased enough to warrant a decrease.

As professional property practitioners, we have been watching this play out in anticipation of a decrease in rates as we all know that the cost of money drives demand in the market. Even for those cash buyers not relying on mortgage finance, their income streams are typically impacted by the cost of money.

Financial distress in an economy usually takes a period to peak and this often happens once things have started to improve as people hold on hoping for relief but become fatigued the longer the recovery remains and then are forced into a position to sell even if the economy is showing signs of improvement.

FNB's latest Property Barometer Report provides insight into House Price growth remaining low at 0,7% year on year for February 2024 but the surveyed data shows buying activity improving over the past few months.

The average time properties remained on the market for sale nationally was shorter in the first quarter of 2024, averaging 10 weeks and 6 days (76 days) from 11 weeks and 4 days (81 days) in the last quarter of 2023.

Unfortunately for KZN, the average time on the market lengthened by one week and four days to 11 weeks and five days (82 days). FNB reported that the Reasons for Selling, with financial pressure-induced sales have receded in the first quarter and now average 19.3% of all sales and below the reason of "downscaling with lifestyle" which is the leading reason at 22.4% of all sales.

Interesting "relocation" within SA (semi-gration) as a reason is as high as 13.2% and up from 11% previously indicating that the semi-gration trend fueling sales in the Western Cape, Plett, and KZN to some extent can be expected to continue.

For the astute property investor, the window of opportunity over the next quarter is to seek out those financially distressed properties offering below-market pricing. The banks remain active in the mortgage market with competition between them for market share ensuring consumers are likely to get the best possible deal available.

We have a range of these best buy opportunities for sale. I would encourage you to consider using the second quarter for buying research and closing on those opportunities that are screaming value.

LEGAL TALK

by Fawzia Khan



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- ATTORNEYS
- CONVEYANCERS
- NOTARIES
- MEDIATORS

When is a restraint of trade considered unreasonable?

Generally restraints of trade agreements are valid, binding and enforceable unless it's found to be unreasonable. So how does one decide whether a restraint is reasonable or not?

The court will consider the following: whether the one party has an interest that needs protection; whether that interest is threatened or being prejudiced; the right of the other party not to be economically inactive and unproductive; whether there is an aspect of public policy that requires that the restraint be maintained or rejected.

These factors were considered by the Labour Appeal Court in August 2023 when two employees took the restraint of trade which they signed with their former employer to the Labour Appeal Court.

They had signed a two-year restraint of trade prohibiting them from being employed by any of the company's competitors within a radius of 50 kilometres from the office or branch where they were employed or performed their duties.

They argued that extending the restraint to all other branches or offices where they performed their duties or were allocated responsibilities was unduly harsh and unreasonable in that it precludes them from taking up employment anywhere in the Republic.

The Labour Appeal Court had to decide whether having such a vast territorial reach of restraint and two-year duration was reasonable in order to protect the former employer's proprietary interest. The employees argued that the restraint was unreasonable and against public policy, both in its extent and duration.

The court heard that the employees established close relationships with the company's customers, gained insights to sensitive information such as pricing strategies, costing of its products and profit margins and also had access to client database, marketing material, business strategies and financial information.

The Labour Appeal Court upheld the territorial extent of the restraint as reasonable but said that in the context of that particular industry, the two-year period of restraint was unreasonably harsh, that its enforcement would be contrary to public policy and reduced the duration to one year from date of termination.

So essentially the court will seek to strike a balance between the obligation of parties to comply with the terms of their contractual obligations (which it will not lightly interfere with) against the backdrop that all persons should be productive and permitted to engage in trade and commerce or their professions.

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Welcome To The Smoke Free Generation

Philip Morris launches the Iqos Iluma in South Africa

Philip Morris South Africa (PMSA) has launched the Iqos Iluma, the latest addition to the brand's growing portfolio of smoke-free products for adults who would otherwise continue to smoke cigarettes or use nicotine products. It was a grand affair at Cape Town's chic Cabo Beach Club, journalists from around the country joined PMSA executives in this momentous affair, as the first country in sub-Saharan Africa to receive the device. PMSA's vice president Sub-Saharan Africa, Branislav Bibic, is confident that now is South Africa's time to embrace a smoke-free future with the launch of Iqos Iluma.

"While the best option for anyone is to quit tobacco and nicotine products completely, the

reality is that many don't," said Bibic. "This is why we offer alternative products to adult smokers that are a better choice than continued smoking, such as Iqos Iluma, which provides real tobacco taste and satisfaction. According to Bibic, the launch of Iqos Iluma gives adult smokers another, better choice to continued smoking and represents an important leap forward to accelerate the end of smoking. The heating technology in these devices is the Smartcore Induction System that heats the tobacco from within the new Terea Smartcore Stick. These newly designed devices are to be used only with Iqos Iluma, which features an auto-start function that detects when the Terea stick is inserted and automatically turns on the device.

These bladeless devices offer a cleaner way to heat the tobacco from the core, without burning it, to provide a more consistent experience, no tobacco residue, and no need to clean the device. "Our objective is a world without cigarettes, where cigarettes are replaced by smoke-free alternatives that are a better choice than continued smoking," said Bibic. "We have launched several generations of our Iqos heated tobacco system; expanding our portfolio to offer constantly improved, science-backed solutions that take advantage of advancements in technology and address consumer pain points. This commitment to continuous innovation plays a significant role in our ambition to deliver a smoke-free future."



Philip Morris International executives deliver the new Iqos Iluma smoke future

iComputing Solutions Ballito – Your Apple Store In Ballito

By: Tomas Yoko



iComputing Solutions Ballito branch have the most beautiful Apple computers and gadgets, seen above are the friendly professional Apple wizards from left to right Kylen Gungarajh, Jarrod Venter and Byron Hoover. Call them on 074 245 4532 for any of your Apple needs

ICS, or iComputing Solutions, once known as MacIntel Solutions, has been operating since January of 2006. With their Head Office in Florida Road, Durban and their Ballito Branch behind Mica, opposite Mystic Cars in Lozy Park, Phezulu Drive, iCS is just getting started. They have pop-up stores in Joburg, Sandton and Cape Town. As an Apple Mac and iPhone fan, I can attest to the need for professional support, especially as our business solutions rely so heavily on technology these days. iCS are Apple experts, all their tech staff are fully certified and they are authorised by Apple, Adobe and Autocad. iCS Ballito offer a comprehensive range of devices from iPhones to tablets, laptops, Bluetooth speakers, backup power devices as well as all the accessories like screen protectors and case

covers. However iCS don't stop there, they are also offer professional training in a range of courses including Adobe, Microsoft and Archicad. iComputing Solutions offer a comprehensive support team of dedicated professionals who can assist you with hardware and software solutions, as well as tailor made innovative business software solutions. iCS have built their brand on friendly, customer orientated relationships. Every staff member I have met is friendly and professional and their teamwork is inspirational and hugely beneficial to you, the customer. For anything Apple, from iPhones to software, repairs to trade ins, Apple watches to iMacs, visit iCS Ballito at 1 Lozi Park, Phezulu Drive, Ballito or iCS Durban at 204 Florida Road.

Domination Fitness & Fight Gym

By: Tomas Yoko

Domination Fitness & Fight Gym have been building their brand and their reputation since early 2020. They are going up, like a rocket to the moon. DFFG is a family friendly boxing gym in Durban North, that offers a range of courses, classes and training programs, from kids level to professional tournament ready Mixed Martial Arts and boxing contenders. There is a really friendly vibe in the gym with many of the DFFG's trainers currently contending on a professional level. So you get really

professional one-on-one training from genuine fighters like Head Coach Jesse Schaper, his fast fisted brother Tyrone and so far undefeated Kaya Ntombela. They have a Ladies Only program and a Kids program offering a self confidence boost for kids that this environment is famous for. Their cool slogans like "One day or Day One, you choose" and "Don't wish for it, work for it" are so motivational. Check out their website at www.dominationffg.co.za and make one day be today.



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"You can be everything. You can be the infinite amount of things that people are." by Kesha



The customer-centric Sales Team at Renault Umhlanga are waiting for your call or visit, from left to right are: Faiz Essop, Norman Pillay, New Car Sales Manager Elreda Carver, Jonathan Moodley, Musa Zondi and Delan Govender

Renault Umhlanga & The Clio Phenomenon

By Tomas Yoko



The Renault Clio, sipping away at 5,7 litres per hundred kilometres, and doing it with style grace and excitement. Call 031 576 5300 for more

Renault Umhlanga and the Renault Clio are both champions in their own right, having both won awards for outstanding quality and performance. The Clio however has a string of awards including the 2012 Golden Steering Wheel Award, Germany – “Small Cars” category, the “Best Production” Car at the 2012 Paris Motor Show, a European Car of The Year Finalist 2013, placed in the top 3 of the “Most Beautiful Car of 2012” Awards and was a 2013 World Design Car of

The Year Finalist. And we are just getting started. Test driving the Renault Clio was thrilling, the spirited performance is what got me going right off the bat. From the first glimpse of some open road, I couldn’t resist the opportunity to feel the smooth acceleration of the 1.0 litre TCe 100 Petrol Engine. The Renault Clio gives such a positive compact feedback, from the firm and comfortable seats to the tight feeling of control over the steering, braking and acceleration.

Safety has always been a huge concern with Renault and they continuously improve their offering, making the Clio V very advanced in the safety department. Besides Driver Assist programs like Lane Departure Warning (LDW), Renault have equipped the Clio with much much more. Here’s a list; “Renault LED Pure Vision Headlights, Parking Sensors (Front* & Rear), Electronic Stability Control (ESC), Anti-lock Braking System (ABS) with Electronic Brake Distribution (EBD),

combined with Emergency Brake Assist (EBA). The reinforced structure of the seating and high efficiency front airbags, side airbags, pressure sensor to detect impact, seat belts with pretensioners and load limiters in the front and rear side seats, seat belt reminder warning with detection, whiplash headrests and ISOFIX seat anchors all contribute to the stringent safety levels of New Clio. The Renault Clio comes standard with a five year/150 000km warranty and a six year anti-corrosion warranty.

A standard 2-year/30 000km service plan is also included. However, it is the people selling this car that will make that extra difference. With Renault Umhlanga’s New Car Sales Manager, Elreda Carver, has an enigmatic style and customer-centric approach to her position. It’s infectious and the happy professional sales team are motivated to give you the best possible experience in test driving, building and purchasing the Renault of your dreams.

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"We must let go of the life we have planned, so as to accept the one that is waiting for us." By Joseph Campbell





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Maltese Adventure

By Tomas & Kasia Yoko

Part 1



Playing Royal Malta Golf course is a definitely a bucket list experience for all the golfers

seaside town in the North of Malta. Having really developed as a town during British rule (in the second half of the 19th century), it's a popular tourist destination and one of the busiest commercial and urban hubs on the island.

Although still showing the hallmarks of a traditional Maltese town in its inner streets, the seafront is lined with tall apartment blocks and hotels, making it a more urban town nowadays.

Its seaside promenade (called 'the front' by locals) stretches roughly five kilometres. At the tip of the Sliema peninsula, you can find Tigné Point (named after Fort Tigné, which was built by the Knights of Malta) at the entry to Marsamxett Harbour to the West of the capital city, Valletta.

Whether you venture out during the day or at night, Sliema, which in Maltese means peace, is a spectacular tourist destination and if you are worried about being lost in translation don't worry as English is widely spoken in Malta by almost everyone and we never had an issue, while the Maltese language, developed from a dialect of Arabic and is closely related to the western Arabic dialects of Algeria and Tunisia, you will

be understood wherever you go.

With so many tourist activities; we were so keen to check out our son's favourite Malta spot, the Royal Malta Golf Course, the 18 holes of golf in a green oasis just outside Valletta. At par 68, the course is not one of the longest, but the apparent simplicity is deceptive as it demands accuracy off the tee and the relatively small greens are well protected.

Five hours of laughter, bonding and entertainment from our happy three ball was the best way to spend time with our son, who has sharpened his own handicap to single digits on this very course. The Royal Malta Golf Club was founded in 1888 by Lieutenant-General Sir Henry D'Oyley Torrens KCB KCMG. A career soldier, Sir Henry was commissioned as 2nd Lieutenant in the 23rd Foot, Royal Welsh Fusiliers in 1849. His rise through the ranks was very rapid, reaching the rank of Colonel in 1864, Major General in 1869 and finally Lieutenant-General in 1884; when he was appointed to command British troops in South Africa. One of his first actions was to found the Cape Golf Club (the forerunner of Royal Cape). The course offers a good challenge for the more experienced golfer, but at the same time is kind to the beginner.

Next month we will take you on a magical tour of the nooks and crannies of this magical Island paradise as well as to Gozo Island, home to some of the oldest religious structures in the world, the fascinating Ggantija temples, the island offers dramatic orange-red sands and perfect blue waters... it also serves the best pizzas.



Malta is pretty as a postcard and getting lost here is a real adventure, there is just so much to see



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"Learning how to be still, to really be still and let life happen—that stillness becomes a radiance," by Morgan Freeman



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DEAL OF THE MONTH



Deal Of The Month goes to the JEEP Grand Cherokee going for only R949 900.00

Greg Massey-Hicks didn't hesitate for a split second when he was asked which car on his floor was the "Deal Of The Month". He walked straight up to the glistening black JEEP Grand Cherokee and presented it to me saying, "I would buy it myself but I already have a car."

We laughed and I felt the urge

to own this awesome JEEP. The world becomes your oyster with a JEEP Grand Cherokee. I test drove this car in the softest beach sand you ever did see and it didn't bat an eye.

Ensconced in luxury you would be, Greg deliberated his justification for choosing the JEEP by mentioning the list price for this

vehicle new to be around one point five nine six million rands and here he is asking just R949 900.00.

Amazing when you consider that this Grand Cherokee has only 33 098 kilometres on the clock. Call Greg now on 072 656 6499 to claim this bargain or for amazing deals on Ford Rangers or any car you wish for that matter.

New Territory Coming To Ballito

By: Tomas Yoko

The team at CMH Ford Ballito are bristling with excitement about the arrival of the new Ford Territory, Ford's brand new five-seater SUV.

Brought to you by the manufacturer of the winner and runner up in the SA Car-Of-Territory 2023, the new Ford Territory offers eye catching 'Progressive Energy in Strength' design style, providing ample space, plush comfort and cutting-edge technology.

"We are very excited about the imminent arrival of the new Ford territory," said Wayne Prigge, New Car Sales Manager at CMH Ford Ballito. "The very high spec level of the new Territory is already very popular with our customers."

The Ford Territory is equipped with Ford's 1.8 litre EcoBoost turbocharged petrol engine, that delivers ample power at 138 kilowatts and 318 Newton meters of torque. Coupled to a seven-speed dual clutch gearbox that powers the front wheels, the Territory achieves fuel consumption figures as low as 7.7 litres per hundred kilometres. The Territory has four Selectable Drive Modes being, Normal, Eco, Sport, or Mountain, and is available in three derivatives,

Ambiente, Trend and the top of the range Titanium.

Ford threw in the kitchen sink when it came to safety features for the Territory. All Territory models are equipped with a long list of driver-assist systems and collision mitigation features, which includes, "Electronic Stability Control with Traction Control, Emergency Brake Assist and Electronic Brakeforce Distribution, Hill Launch Assist, Hill Descent Control and Ford's Tyre Pressure Monitoring System."

Add Six airbags and Ford's PEPS smart key will let you into the cabin where the 12.3-inch landscape infotainment touchscreen really puts the Ford Territory at your fingertips. Android Auto and Apple CarPlay are fine-tuned with the steering wheel controls, all protected by a Thatcham-grade alarm system and immobiliser.

The new Ford Territory is standard with the Ford Protect package, providing a four-year/120 000km warranty, four-year/unlimited distance Roadside Assistance and five-year/unlimited distance corrosion warranty.

Take the Territory for a test drive, contact CMH Ford Ballito on 087 723 92

The Territory is Ford's new competitor in the five-seater SUV segment, offering exceptional style, space, comfort and technology. Book your test drive at CMH Ford Ballito on 087 723 9278



"I see no hope for the future of our people if they are dependent on frivolous youth of today, for certainly all youth are reckless beyond words. When I was young, we were taught to be discreet and respectful of elders, but the present youth are exceedingly disrespectful and impatient of restraint," By Hesiod, 8th Century BC

Slipping behind the steering wheel of the awesome new Mahindra XUV700 AX7L it was immediately apparent why this awesome model won the Indian Car-Of-The-Year (ICOTY), one of over 40 awards it has achieved.

The first feature to catch my eye was the huge panoramic Skyroof, the biggest I have seen, and the smooth operation of the sunroof and Skyroof cover hinted at the quality I was about to experience in the XUV700.

Then there was no way I could miss the massive Mahindra Super Screen, two high definition 26cm digital screens provided a wealth of information and feedback from the XUV700. Both Apple CarPlay and Android Auto are available wirelessly and the convenience of the wireless phone charging tray in the centre console was like adding whipped cream to the luxury the XUV700 provides.

However, it was when I pressed the start button and fired up the 2.0 mStallion turbo-petrol engine and felt the smooth acceleration from the 149 kilowatts of power that the XUV700 provides, it really started to impress. If you are towing anything, there is a whopping 380 Newton meters of torque that will make light work of that caravan or boat.

The smooth changing six-speed automatic gearbox performed impeccably, always ready to change to the best possible gear and never hinting at its labour.

Safety has been loaded into the XUV700 by the boatload, winning a 5-Star safety rating. No less than seven airbags protect the occupants while Mahindra's ADAS, Advanced Driving Assistance Systems employs a host of programs including Smart Pilot Assist, Adaptive Cruise Control, Automatic Emergency Braking, Lane Departure Warning, Lane Keep Assist and even Traffic Sign Recognition as standard. Stability control is standard across the range and in the derivative I test drove the headlights were automatically controlled by the High Beam Assist function. The tyre pressure monitoring system is a great help especially if you regularly deflate and inflate the tyres for offroad purposes, and the driver monitoring system will warn you if you're showing signs of tiredness or delayed responses.

This is an SUV that you really need to test drive, the amazing value for money the XUV700 represents just makes it even more impressive and is sold with a 5-year/100,000km service plan and a 5-year/150,000km mechanical warranty and a 5-year 24/7 - 365 Roadside Assistance Plan.

Contact Ryan Mortimer at CMH Mahindra Ballito to arrange a test drive on 066 072 5754 or visit their showroom at 35 Moffat Drive, Ballito.

Mahindra Ballito Introduces the Amazing XUV700

By: Tomas Yoko



Pouncing onto the scene in Ballito, the CMH Mahindra Ballito sales team can't hide their positive enthusiasm. They know they have the product. Above from left to right are Sales Manager Ryan Mortimer, Fleet Car Sales Manager Candice Cooke and Sales Exec Andre Bornman



Amazing value for money, exceptional quality, luxury and performance, test drive the XUV700 with Ryan at CMH Mahindra Ballito, call 066 072 5754 or visit 35 Moffat Drive, Ballito



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.

A Blend Of Rugged And Chic The Suzuki Jimny 5-Door

If it's pure excitement you're after, the all-new Suzuki Jimny 5-Door is here to deliver MORE character, MORE fun, and the thrill of a lifetime! With the extra room, you can comfortably bring your favourite crew along, amping up the fun as you dive headfirst into even wilder adventures.

And, if you're talking adventure, you should be talking power—thanks to its capable 1.5L engine, the Jimny

5-door generates strong torque across a wide RPM range, ensuring impressive off-road performance.

This compact 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.

All five-door models also have

a unique design feature that allows the front seats to fold completely flat and integrate with the rear seats to offer two lay-flat beds. This will prove extremely useful for overlanders who often sleep in their vehicles in extreme conditions or short overnight stops.

Speak to Nathi Mhlango at CMH Suzuki Ballito for all things Suzuki, especially the new five-door Suzuki Jimny. Call Nathi on 078 772 7968



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"If you have good thoughts they will shine out of your face like sunbeams and you will always look lovely," by Roald Dahl



IN THE STARS

Aries March 21 - April 19



Aries sun sign natives are likely to experience positive changes in their professional life. You will enjoy felicitous moments at your workplace and your superiors will vaunt you.

Taurus April 20 - May 20



Taurus sun sign natives are slated to be successful at work. In beginning of the month, you will get appreciation and accolades. You will be creative and earn both name and fame. Put new ideas into being and achieve success.

Gemini May 21 - June 20



Gemini sun sign natives are slated to achieve bigger things after a slow start. Positive changes are indicated. Businesses are all set to grow and some changes relating to the work field are foretold.

Cancer June 21 - July 22



Cancer sun sign natives will have an average start to the month in terms of career, but tables will turn mid-month and you are likely to win accolades and be the shining star at your workplace.

Leo July 23 - August 22



Your hard work will yield good results in the second half of the month. Business natives need to be careful of partnerships. Be co-operative and amicable with your partners. Financial advantages will come your way.

Virgo Aug 23 - Sept 22



Virgo natives will have a mixed bag in terms of career. A lot of opportunities will come your way and you need to stay alert to grab them. Some lapse on your part might be detrimental and infuriate your seniors.

Libra Sept 23 - October 22



Libra sun sign natives will be totally resolute towards their goals and the universe is all set to fulfil their dreams and ambitions. Businesses will scale new heights and your competitors will be in awe of you.

Scorpio October 23 - Nov 21



Work satisfaction might be lacking in the first fortnight of the month. Finances will be good throughout but you need to be judicious with your money. Some investment from the past might result in losses.

Sagittarius Nov 22 - Dec 21



You need to maintain your calm, work hard, and keep your. After mid-month as success is the sum of small efforts repeated day in and day out. Business will face some challenges but you will reach your goals.

Capricorn Dec 22 - Jan 19



Some misunderstandings at the workplace might cause some upsets. Be frank and clear and reconfirm important directives. You need to be specific and to the point in their communication and leave no scope of error.

Aquarius Jan 20 - Feb 18



You're moving up the ladder of success, but it will come at the price of hard work. The difference between try and triumph is just 'umph'. Your hard work of the past is also going to yield rich dividends.

Pisces Feb 19 - March 20



Pisces will be the most favoured sign in the first fortnight of April. This is a fortnight of upliftment and elevation for people in business also.

A Window Onto Nature's World



By Environmentalist and Green Campaigner Jill Theunissen

Once upon a time the scattered tribes built their home in a Circle with maybe compacted clays, stout wooden beams, even reeds and rushes, depending on the local vegetation. Then in the northern hemisphere the Eskimo built his round igloo with ice blocks. Early man had only two examples of SHAPE — the Sun and the Moon, both round. It took the ingenuity of the Egyptian architects to draw the SQUARE out of the Circle, the angle of 90° was born, followed by towering round Greek and Roman pillars, but the era of buildings with square corners, is still the preferred mode today.

The Circle of Life is enduring, the clock goes round, the Calendar ticks twelve months, the points of the compass indicate, the rotation of Planets, Moon and stars, then our climatic

The Magic Circles That Sustain all LEVELS OF LIFE

seasonal changes with response from all Life Forms in Nature. Our migratory birds, butterflies, and sea-life rely on these cycles with already changes in patterns being observed, due to "Climate Change". A nearby fresh water dam indicates water fowl species are moving southwards. Last August the Stork had already left the roof-top heat wave in Europe to wade in our cooler waters. Whether in the Garden, Eco-Estate, Public Park, or area of Conservation, Nature entertains and sustains the Circles of Life.

Prime examples are our unique conservation areas of "D'MOSS" Bio-diversity, the original initiative of the Wildlife Society (WLS now WESSA) with Keith Cooper and George Antoni the names most commonly used with its inception, but others like Jean Senogles and Nolly Zaloumis played significant roles. Professor Debra Roberts presented her PhD thesis on the vision of "D'MOSS", which added a scientific basis to WESSA's proposals. Essentially the concept originated from a remarkable piece of work by two Americans by the names of Macarthur and Wilson (the very famous E.O Wilson) who developed the theory of Island Bio-geography, which spawned dozens of scientific research papers worldwide. The theory still stands. The Durban City Council first adopted WESSA and Professor Debra Robert's proposals in 1989. Eventually, as Durban grew and the Councils were amalgamated, D'MOSS was included in all EThekweni Municipality's 54 town planning schemes.

Town Planner, who became part of the excellent Team with Richard Boon M.Sc and Penny Croucamp from EThekweni Environment Department creating foundation criteria and management initiatives. Today there are 11 recognised broad

vegetation types of "D'MOSS" conservation which includes the Kwa-Zulu Natal Coastal Belt, the Sub-Tropical Dune thicket, and rare Veld Grasslands as at Cato Manor. A total Open Space system of approximately 95,000 Ha was "Approved" by the Durban Council 2017/2018. The Conservation challenge remains "dynamic" and increasingly essential due to "Climate Change" and Global Warming, and un-checked population growth world wide.

The indigenous composition of a "D'MOSS" area and its Bio-diversity may be critical. For example, in a Swamp environment the trees, bulrushes, and arum lilies are able to survive the aquatic conditions with low levels of oxygen. The Protected St. Lucia "Wetlands" are a prime example. In the Forest habitat tree density represents "the lungs", taking up our carbon emissions and converting into oxygen. Mature, lush swathes offer a "Buffer Zone" of Protection against the turbulent Coastal winds, provide a shade element during mid-day heat, and achieve a "Cooling Effect". The Forest bio-diversity protects its Circle of Life hosting fauna, mammals, reptiles, butterflies, bees and insects, a bird watcher's paradise!.

Each "D'MOSS" sanctuary along our Coastal Belt presents an exciting variety of trees, shrubs, bulbs, ferns, succulents, grasses and a large range of groundcover species adapted to the aspect, soils, and topography. In turn each tree or plant gives up its bounty. Fresh pollen ensures germination, new fruits and seeds are scattered - the natural cycle of re-birth. Let's all join in Unity to Protect, and CARE for all Nature's Gifts to ensure "Continuity" of the Circles of Life.

Acknowledgements : Richard Boon M.Sc. / Mr. Sabelo Nkosi (Head of Environment Dept., EThekweni).



360kg of waste was picked up from Blue Lagoon beach in Durban

Global Recycling Day

Checkers and community organisations remove 360kg of waste from Blue Lagoon beach in Durban: on Global Recycling Day (18 March) 90 volunteers — comprising the retailer's own employees, learners from Durban High school, as well

as volunteers from Ezemvelo KZN Wildlife, Reclam, Safe Cities and Durban Solid Waste (DSW) — joined forces in removing large amounts of litter and marine debris that deface the natural beauty and threaten the balance of this delicate beach ecosystem.



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"Not having the best situation, but seeing the best in your situation is the key to happiness." By Marie Forleo



Hyundai Motorsport is looking to capitalise on its momentum from the first two rounds of the 2024 FIA World Rally Championship (WRC) at the third event of the year, Safari Rally Kenya, on the coming weekend.

While the rally has not traditionally been one of the team's strongest, Hyundai Motorsport will be hoping to produce a positive performance on the grueling gravel stages in Kenya from Thursday 28 March to Sunday 31 March.

Winding across the wildlife-rich plains of the savannah, Safari Rally Kenya is one of the most iconic rallies on the WRC calendar. The setting is incomparable, with the Kenyan landscape providing a breathtaking backdrop to the high-octane action. On the stages themselves is fesh-fesh, a fine powdery sand that can both damage the car itself and hide deep, rally-ending ruts.

As the event has been brought forward from its usual spot in June, there is a greater chance of rain playing a deciding factor. Downpours can cause the dry sandy stages to quickly turn thick and muddy, creating almost impassable conditions.

Ready to take on the challenge for Hyundai Shell Mobis World Rally Team will be the same three crews that contested the previous round in Sweden: Thierry

Neuville and Martijn Wydaeghe, Ott Tänak and Martin Järveoja, and Esapekka Lappi and Janne Ferm. With two of the three pairings having already stood on the top step of a WRC podium in 2024, the trio of crews will travel to Kenya feeling confident and aiming to score a solid haul of points. This will be particularly important for Belgians Neuville and Wydaeghe, who are leading in the drivers' and co-drivers' championships.

Hyundai Motorsport president and team principal Cyril Abiteboul said: "Safari Rally Kenya is a historically challenging event for us. The unique conditions increase the potential for cars to succumb to technical issues caused by the surroundings, meaning we have to focus on being robust and reliable first and foremost.

"We have made a strong start to the season so we must go to Kenya with belief in ourselves. It is the first gravel event of the 2024 season, making it somewhat a testing ground for the 2024 iteration of our car. We have three very experienced crews in our line-up, and with two back-to-back wins, there is certainly a lot of positivity throughout the team right now. We are hoping to leave Kenya with a podium finish as a minimum."

After Wining in Sweden

Hyundai aims for podium in tricky Safari Rally Kenya



On the way to the top of the podium, Hyundai have won both WRC events so far this year and they look ready to keep the winning streak going



The captivating appeal of the exterior styling Hyundai STARIA displays is just the beginning, a plush interior experience awaits you

Sensational Hyundai STARIA

By: Tomas Yoko

Since I test drove the Hyundai STARIA, it is as if I have been entranced, whenever I pass one on the road, my eyes linger on the sleek form and I am transported to some futuristic, intergalactic dream space. Those uber slick looks just stole my soul.

There was just so much room as we packed for an extensive road trip. The STARIA is available as a 9 or 11 seater, and the seats can swivel 180 to face whichever way you want. As if from outer space, the STARIA has three artificial leather trims, Nappa Leather in black, brown and grey and Suede Upholstery available on the Luxury Bus only.

The dual sunroof had my passengers verbally expressing their amazement and appreciation of the views they provided. This people mover is as amazing on the inside as it is on the outside. The closer I inspected the more impressed I became.

Hyundai have given the STARIA a comprehensive list of safety features including Pre-Collision Avoidance System, Driver, Passenger, Side & Curtain Airbags, ESP (Electronic Stability Program) & HAC (Hill-start Assist Control).

Driver assist programs include Blind-Spot Collision Avoidance Assist, Forward Collision Avoidance, Lane Keep & Lane Follow Assist and Rear Cross Traffic Alert.

The STARIA travels through space and time, powered by Hyundai's 2.2L four cylinder Diesel engine, that gives out 130 kilowatts and enough torque for an MPV at 430 Newton meters.

In the case of the STARIA, you can judge a book by its cover. The quality and craftsmanship and smooth performance deserves to be tested. Take a STARIA for a test drive form your local Hyundai dealer and experience space.

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"Everyone has inside of him a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!" By Anne Frank



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).
Booking is essential.



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