



Smart Homes



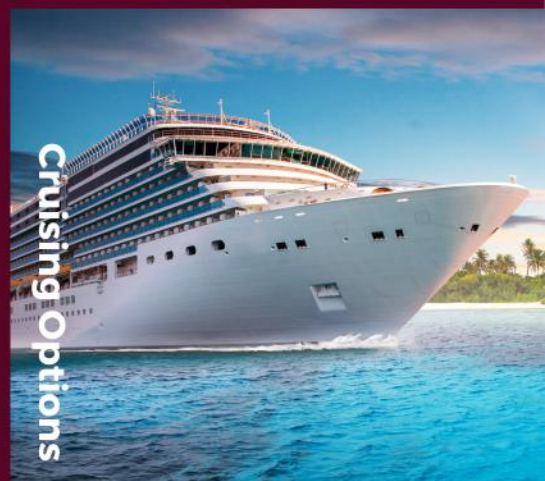
Teach Love Inspire for over 60's



Bunny Chow



SA Entrepreneurs



Cruising Options



Grand Prix Highlights

SA STORE



TRAVEL



FOOD



HOMES

OVER 60'S



ENTREPRENEURS



SPORT



HISTORY

SA COMMUTER INTERNATIONAL

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INTERNATIONAL
exporting home abroad

FOOD

The South African Bunny Chow



SPORT



Store of the Month



- Irish Tour to SA
- Verstappen vs Perez

HISTORY

Where does Marmite come from. Another great food story from SAPRO

AUSTRALIA



TRAVEL

- 2 SA's in Uganda
- Over 60's Visit to KZN

CRUISIN'



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They all teach, love and inspire us all. This is no exception

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OVER 60'S

HOMES

Making your home Smart

SA ENTREPRENEURS

Chocolates by Shautany



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Springbok
Foods



Springbok Foods

History

Fred Ericson-Miller, a South African entrepreneur, founded Springbok Foods in the late 1980s on the Gold Coast in Queensland, Australia. Originally, the company was a small butchery called Fred's Meats, located on Mount Tambourine. Fred then went on to establish Bushtucker Foods in the Molendinar area of the Gold Coast, marking the beginning of the company's expansion and success. In 2000, Springbok Foods experienced a significant turning point when Fred Ericson-Miller realised the growing demand for South African groceries and alcohol to complement the company's signature products: boerewors and biltong. To meet this demand, he began importing directly from South Africa, while continuing the production of all meat products at the Burleigh factory, which was operated by Fred and his two sons, Rhett and Taylor. As the company grew, new retail stores were opened in Oxenford, North Lakes, and Noosa. Today, Springbok Foods operates four retail stores in South East Queensland and an online store that is accessible 24/7 to meet the needs of customers across Australia. Additionally, the company's products can be found in various supermarket chains nationwide, including Coles, IGA, Seasons, Spar, Friendly Grocer, and FoodWorks.

A new generation

Dorian Nicholson joined Springbok Foods as a shareholder in 2008, bringing his expertise and experience to strengthen the company. Currently, Springbok Foods is managed by Dorian Nicholson and Taylor Ericson-Miller. They lead the team with a commitment to providing exceptional services that meet the needs and expectations of their clients. Their primary objective is to foster growth and innovation within the industry to ensure a bright future for Springbok Foods. As of July 2022, Springbok Foods has opened a new warehousing facility in Coomera, Queensland. The facility spans over 900m² and has a dedicated on-site team to manage daily receiving and dispatching activities. Regular container shipments are received at this facility, which allows for efficient distribution of products to retail stores and other distributors. This expansion has enabled Springbok Foods to increase their stock holding, ensuring that clients can purchase their favourite products year-round. Springbok Foods is proud to be the sole distributor of Royal Rhino Coffee Cream Liqueur in the Australian market. The Royal Rhino brand is committed to conservation efforts through the Player Ntombela Foundation, which played a crucial role in bringing the white rhino back from the brink of extinction. The brand actively supports the Foundation in raising funds and creating awareness for the preservation of the rhino species.



Locally produced products

Our state-of-the-art factory located in Burleigh on the Gold Coast in Queensland is where we produce a diverse selection of South African favourites. From boerewors, biltong, dry wors (droewors), stokkies (thin biltong sticks), and thin biltong (jerky), to other delectable options, we offer a wide range of delicious choices to choose from.

Imported products

We take immense pride in being the go-to destination for all your favourite South African products. We offer the widest range of beloved grocery brands such as All Gold, Mrs Balls, Knorr, Crosse & Blackwell, and Bakers biscuits, as well as iconic items like Potjie Pots and Braai Grids. Moreover, we have a vast selection of South African teas, including Freshpak Rooibos, ensuring that you can always find the comforting taste of home no matter where you are in Australia.

Our mission

From humble beginnings as a small family business Springbok Foods has grown to become a dynamic and innovative organisation with a team of over 70 dedicated staff members. We are committed to growth, expansion, and teamwork, which has helped us to build on our legacy and ensure that our products and services meet the evolving needs of our clients. We look forward to continuing to serve our community and expanding our reach in the future.



CURRIED BOEREWORS PASTA

Ingredients:

1kg SBF Sosatie Boerewors (star of the dish)
410g Koo tomato & onion mix
50g Knorr Chakalaka Soup
Rajah Mild & Spicy Curry Powder
500g pasta of your choice

\$19.75 - 1KG Sosatie Boerie

www.springbokfoods.com.au

13TH JUN



20TH JUN

SPRINGBOK FOODS



- ☐ 1 cup black Frisco coffee
- ☐ 100mL (or more!) Royal Rhino Liqueur
- ☐ 200g Boudoirs Biscuits
- ☐ 3 eggs , yolks and whites
- ☐ 1/2 cup caster sugar
- ☐ 1/2 tsp vanilla extract
- ☐ 250g mascarpone
- ☐ Cocoa , for dusting

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Strawberry Shortbread Cheesecake Bites

Crust

- ☐ 2 cups Eet Sum Mor (crumbed)
- ☐ 2 TBS granulated sugar
- ☐ 4 TBS salted butter (melted)

Cheesecake

- ☐ 450g cream cheese (softened)
- ☐ ¾ cup granulated sugar
- ☐ 1 large egg
- ☐ 1 tsp vanilla extract

Strawberry Filling

- ☐ 1 can All Gold Strawberry Jam
- ☐ 1 ½ TBS cornstarch

Oat Crumble

- ☐ 1 cup old fashioned oats
- ☐ 1 cup light brown sugar (packed)
- ☐ ¼ tsp salt
- ☐ ½ tsp ground cinnamon
- ☐ 6 TBS unsalted butter



ABOUT MARMITE

First marketed in the United Kingdom in 1902, Marmite is one of the world's most popular savoury spreads. The distinctive savoury taste of Marmite (there's nothing else like it!) makes it a popular spread for everyone, from toddlers to grandparents.

Marmite is a yeast extract spread. It's made from concentrated yeast extract, manufactured from spent brewer's yeast. Marmite is both Kosher and Halaal and is also 100% vegetarian.

The product name may have been derived from a famous French soup, petite marmite. A "marmite" (pronounced "mar-MEET") is a French stock pot or cooking pot – like the one pictured on the front of the jar and shaped somewhat like the jar itself.



SA PRODUCT OF THE MONTH

Online store



Springbok Foods

Directors: Taylor Ericsen-Miller, Dorian Nicholson



www.springbokfoods.com.au



BRISBANE - North Lakes - Retail Shop

**Location: Unit 3A, 6 Sibley Street,
North Lakes, 4509**

Tel: 07 3491 9777

SUNSHINE COAST - Noosaville Retail Shop

**Location: 3/205 Weyba Road,
Noosaville, QLD 4566**

Tel: 07 5449 0755

GOLD COAST - Oxenford Retail Shop

**Location: Unit 16/3 Cottonwood
Place, Oxenford, QLD, 4210**

Tel: 07 5580 5299

GOLD COAST - Burleigh Factory

**Location: 1/16 William Banks Place,
Burleigh, QLD, 4220**

Tel: 07 5593 8977



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EXPERIENCE THE *Perfect*
BITE!



The South African Bunny Chow
with Sindy Smith
South African living in Melbourne, Australia
VUVU TELO

INGREDIENTS

UNITS: US

1 loaf bread, white, unsliced, flat-topped

WHOLE SPICES

- 1 star anise
- 1 cinnamon stick
- 3 whole cardamom pods
- ½ teaspoon fennel seed
- ½ teaspoon cumin seed
- ½ cup oil
- 1 onion, chopped

FINE SPICES

- 3 tablespoons garam masala
- 1 teaspoon ground coriander (seeds)
- 1 teaspoon hot ground pepper (like cayenne)
- 2 teaspoons turmeric

THE MEAT

- 2 tomatoes, medium, chopped
- 2 lbs leg of lamb, in cubes (or beef)
- 4 garlic cloves, finely chopped
- 2 teaspoons ground ginger
- 6 curry leaves
- 2 potatoes, large, in cubes
- cilantro (optional)



DIRECTIONS

Fry all the ingredients listed under "Whole Spices" until the onion is glassy.

Add the list called "Fine Spices". Lingela says: "Stir and fry until the spices stick to the bottom of the pot. If you have a good Teflon-coated pot, go and buy a cheap one first." Now add the tomatoes, and stir until everything sticking to the pot bottom comes loose.

Add the meat, ginger, garlic and curry leaves.

Simmer for half an hour or more, until the meat is almost tender, then add a little water and the potato cubes.

Simmer until meat is tender.

The bread:

It should be the unsliced rectangular loaf with the flat top, known in South Africa as a "Government sandwich loaf". You could cut the bread across into two, three or four even chunks, depending on how hungry the eaters will be.

Whatever you decide, with a sharp knife cut out most of the soft white bread, leaving a thick wall and bottom. Keep the bread you removed. Ladle the curry into the hollows, and then put back on top the bread you removed. You could use this bread to help eat the curry, as "this is ALWAYS eaten with the hands".

(Actually, any kind of curry goes into a bunny chow. It depends on the cook and your tastes!).



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World Wide

South Africans have never been afraid of hard work and are welcomed around the world. Here we cover some of our wonderful entrepreneurs locally and abroad.

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Chocolate - from farm to factory

A Mpumalanga mother who has learnt the art of chocolate making in a bid to put food on the table, is providing South Africa with her own handmade Belgian chocolate collection.

Twenty seven years ago Mary-Anne Price and her husband bought a macadamia nut farm in Hazyview, Mpumalanga. Belgian-born Price had stopped working as a travel agent to focus on bringing up their two children Shaun and Tanya, and the couple decided on a more rural lifestyle in which to do so.

Having secured contracts to export their annual crop to the US, the Prices had a run of good fortune for four years, but in 1990 their American importer died, and his wife refused to deal with the shipment.

Written by
Zelda Venter

Chief Reporter, Pretoria News



“The container of macadamia nuts was dumped in the sea, and we did not get paid for our crop. “Our contract was cancelled, and South African exporters had to find new markets to export the South African macadamia crop,” Price said.

It was a tough time for the couple and their two young children.

“We had saved part of the macadamia crop and, needing an income to keep the farm running and pay for school fees, we decided to use the nuts in chocolates.”

She said with her knowledge and contacts in the travel and tourism industry, she and her family could supply luxury lodges and hotels with the handmade delights.

Wanting to get things right and ensure they created a quality product, Price decamped to Johannesburg for a few months to learn the art of chocolate making at the hands of a Belgian chocolatier.



www.shautany.com

Armed with sufficient knowledge and practical experience, she returned to the farm and set up a small factory. By the end of 1991 the first Shautany chocolate began rolling off the production line – a macadamia nut covered in supreme Belgian chocolate.

The name Shautany came from a combination of their children's names Shaun and Tanya.

As adults, both children joined the family business which enabled them to perfect and expand the range of chocolates, and their small industry grew from supplying lodges and hotels to opening a shop in White River in Mpumalanga.

This was followed by further outlets in Hazyview, Dullstroom and Graskop.

“We moved to the Garden Route in 2019 and shortly afterwards opened our Plettenberg Bay shop at Old Nick's Village. Late last year our St. Francis Bay shop opened its doors for the first time and both outlets, as well as those in Mpumalanga, continue to do great business.”

These days, Shautany's chocolates are made in a factory in White River, with somewhere between 80 and 100 different products produced on a daily basis.

“Our products are all handmade with only the finest natural preservative-free ingredients. We use Callebaut chocolate imported from Belgium, with all the other ingredients sourced locally from various artisans throughout South Africa,” Price said.

While there are no plans to open stores in any of South Africa's major cities, chocoholics or those wanting to treat someone special with something very special, can get their hands on Shautany chocolates by contacting the White River factory from where orders can be couriered.





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SMART HOME



I AM HOME

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6 ways to set up a smart home

BY JENNIFER EBERT

<https://www.homesandgardens.com/>

*A beginner's guide
The latest technology
really is designed to make
life easier, transforming
the way we use all our
electrical services and
putting control at our
fingertips*



Home automation is no longer a sci-fi fantasy of the future – it's here now, and the good news is it's practical, easy to use and a bit smarter than you might expect.

Whether you're looking for home office ideas or creating a fully digital home with smartphone-controlled lights and voice activated thermostats, it can seem quite overwhelming, especially to those who are less tech-savvy than others.

Knowing where to start can be the hardest part but luck is at hand – Matthew Currington, Technical Director at The Lighting Superstore has put together a beginner's guide to creating your very own smart home.



How To Set Up A Smart Home

These are the basics of setting up a smart home – you won't need to invest in everything at once, unless you are tackling a renovation, in which case it's worth integrating smart home tech into your design plans. Many elements of smart tech can be retro-fitted, too.

Make Sure Your Wi-Fi Is Up To Scratch how to set up a smart home

The first thing you need to make sure is that you have a strong wireless connection, so whatever smart home devices you use aren't affected by patchy Wi-Fi spots. And with more and more of us working from home, a responsive broadband is a must for all those Zoom calls.

This might mean investing in a Wi-Fi booster or extender, which can expand the range of your wireless network. However, if the internet connection entering your home is already slow, or if the booster is too far from the router, they may be disappointingly ineffective. So, contact your provider to see what they can do – or suggest – to help you before spending any money.

Invest In A Virtual Assistant set up a smart home

This is the perfect place to begin as the smart speakers can allow you to control other smart devices with simple voice commands. There are several popular smart speakers available on the market with each having their own benefits.

Each speaker listens to your instructions on command and can be set up to operate many features around the home from lighting and thermostats to security cameras. Not only are the devices useful within our four walls but are also helpful for organising personal and family schedules. The speakers can create, edit and remind you of events on your calendar, monitor your work commute and audibly run through recipes with you step by step.

See our pick of the best Alexa speakers – tried and tested for performance.



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Set The Scene With A Smart Lighting System set up a smart home

Smart lighting is not only one of the most affordable smart home devices but they can also be quite easy to set up – whether you buy a smart light, having your lighting mains-wired to respond or simply fit smart lightbulbs into existing fittings.

Once in place, you just need to connect them to your smart phone via an app, after that you can control the lights as and when you see fit. They allow you to schedule your lights, arranging them to turn on or off at specific times and make the house look naturally occupied when you're away.

Best of all, most smart bulbs consume less energy than regular light bulbs making them more energy efficient and financially friendly in the long-run.

Stay Secure With A Video Doorbell And Smart Lock

If you're looking to amp up security around your home, smart locks and video doorbells, such as the Ring, can offer just this.

Smart locks reduce the worry of forgetting your key with some models allowing you to operate the lock remotely through an app. Once you install a smart lock, you can feel even more secure with a smart video doorbell.

These devices allow you to see who is at your door and talk to them in real-time, even if you're not at home. They work like a traditional doorbell, but also alert homeowners on their phone via an app where video surveillance and recordings can be found.

See: Features house buyers want – how to sell a house fast

Keep Warm (Or Cool) With Smart Thermostats

Smart thermostats, such as the Nest or Tado, are not only useful but could help to save some money in the long run, with some saving an average of 31% on your heating costs.

These devices allow you to see who is at your door and talk to them in real-time, even if you're not at home. They work like a traditional doorbell, but also alert homeowners on their phone via an app where video surveillance and recordings can be found.

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Keep Warm (Or Cool) With Smart Thermostats

Smart thermostats, such as the Nest or Tado, are not only useful but could help to save some money in the long run, with some saving an average of 31% on your heating costs.

Easy to operate, these devices establish a schedule for the home's temperature according to when you and your family will need it. The product can tell you how much energy you're using and how much money this costs you, so it is easy to keep an eye on the output of your home.

On top of your cost monitoring, the product detects when you and your family are home, so if you forget to turn off the heating, have no fear, your smart thermostat has your back.

Install Smart Plugs

Setting up a smart home on a budget is easily done and all you need are smart plugs – Amazon Smart Plug are a great go-to. They can turn your regular appliances into smart devices without completely re-wiring your home or buying brand new appliances.

This is a far less expensive way of starting the transition to the new age of living. You can then also connect your smart plug to your smart speaker, so you can control your appliances with voice commands.





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signs of the island being broug



23

VA STORIES

23

10 unusual cruise ship amenities

Anybody can do pools and kids' clubs. But these 10 recreational extras, such as this personal submarine from Crystal Esprit, are bringing the at-sea experience up a notch. See below for some really outrageous offerings...

Compliments of CNN Travel



Courtesy Ian Schemper/Crystal Cruises

Cruise industry folks know that vacationers have literal boatloads of sailing options to choose from these days, inspiring the trend to outfit ships with the most whiz-bang attractions and amenities at sea.

Today you'll find souped-up ships oozing outrageous features – such as amusement park-worthy diversions (racetracks with hairpin turns), high-tech innovations (robot bartenders) and Instagram-worthy settings (from ice bars to underwater lounges) – as the lines try to one-up each other to get you to travel with them.

Here are 10 unusual cruise ship amenities to ensure you'll be anything but bored once you're onboard.

Submarine on Crystal Cruises

This pressure- and temperature-controlled submersible, large enough for a pilot and two guests, can bring passengers down to depths of nearly 1,000 feet. The sophisticated C-Explorer 3 vessel is outfitted with a see-through, 360-degree acrylic capsule for optimal observation. It is agile enough to allow viewing of whatever ocean treasures await below – from colorful coral reefs to shipwrecks – on the roughly 30-minute dives.



Robot bartenders on Royal Caribbean International

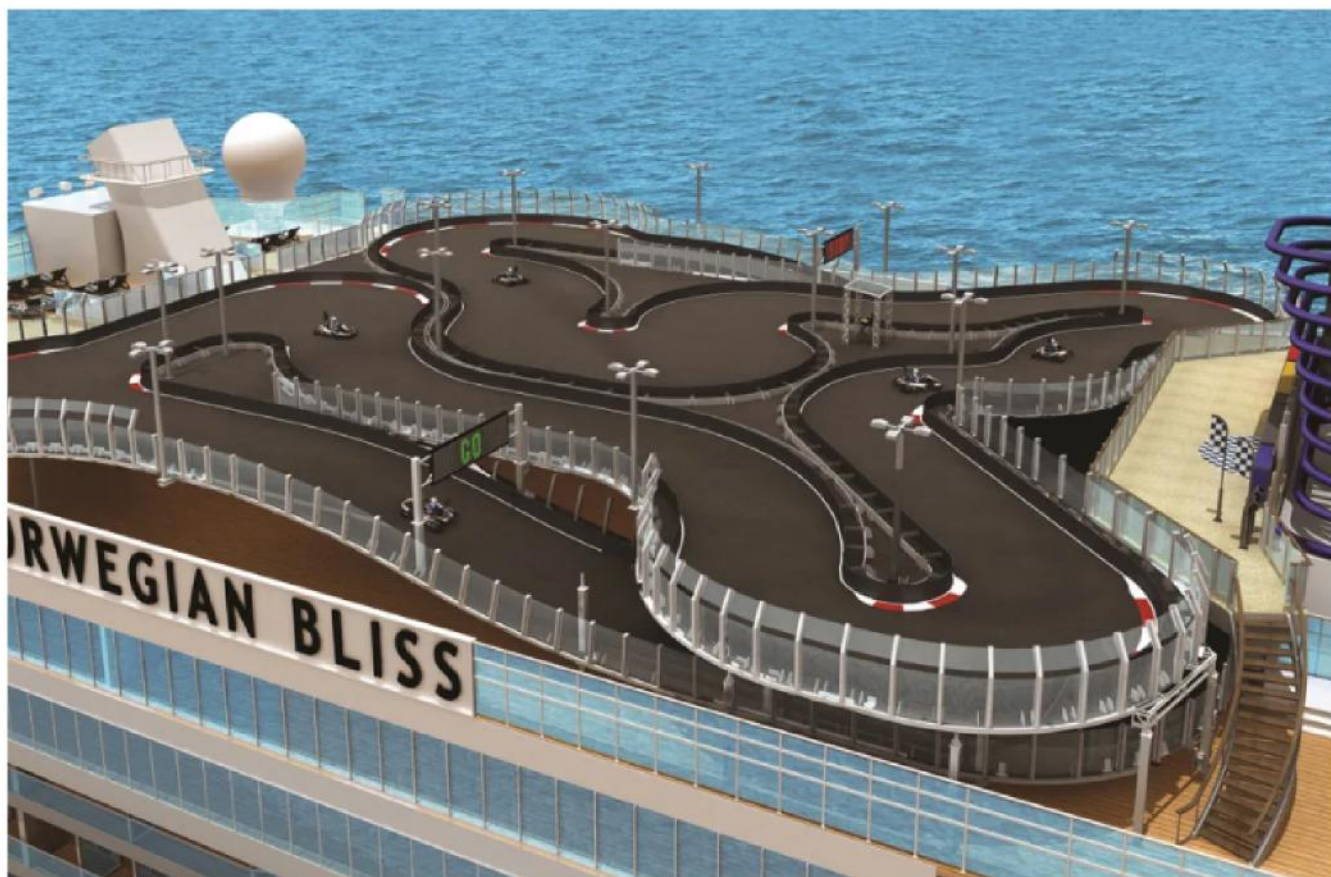
Let Royal Caribbean's robotic bartenders shake things up on your next cruise. A duo of them literally shake and stir drinks up at the "mixology meets technology" Bionic Bar, found aboard several Royal Caribbean ships (including Harmony of the Seas, Symphony of the Seas and the line's three Quantum-class ships).

Place your drink order via tablet. You can pick from specialty drinks or design customized cocktails with more than 30 spirits on tap. Then watch the show-stealing pair of robotic arms get to mixing before serving up your concoction. The one caveat? There's no program for them to listen to your problems – yet.

Racetrack on Norwegian Cruise Line

Got a need for speed that your ship's leisurely knots just can't satisfy? Norwegian answers the call with the largest racetrack at sea aboard its new Norwegian Bliss. The open-air, 1,000-foot-long track offers great views out over port and sea – that is if you manage to catch them while reaching speeds of up to 30 mph.

The winding, two-level track offers hairpin turns and the chance to leave your competition (of up to 10 drivers) in the dust – though note you won't be able to actually rev your engines since the electric race cars run silently.



Snow Grotto on Viking

Part of the LivNordic Spa's thermal suite area aboard Viking's four ocean-going sister ships, the "snow grotto" pays tribute to the line's Nordic heritage and Scandinavian sensibility.

Designed to invigorate and stimulate the circulatory system of guests who don't mind a chill, the small, snow-covered room pipes in cold air as snowflakes fall from the ceiling.

And if your preferred way of chilling out is to heat up, you can always get your fill at the adjacent steam room and sauna.



Underwater lounge on Ponant

Upscale French expedition line Ponant is rolling out an industry-first underwater lounge dubbed the Blue Eye aboard six of its new Explorer-class ships, debuting through 2020 (the first, Le Laperouse, launched in June 2018).

Designed by architect Jacques Rougerie – known for creating transporting underwater structures – the high-tech space is angling for a multisensory experience that will invite guests to a mod, vibrating lounge set below the ships' water line.

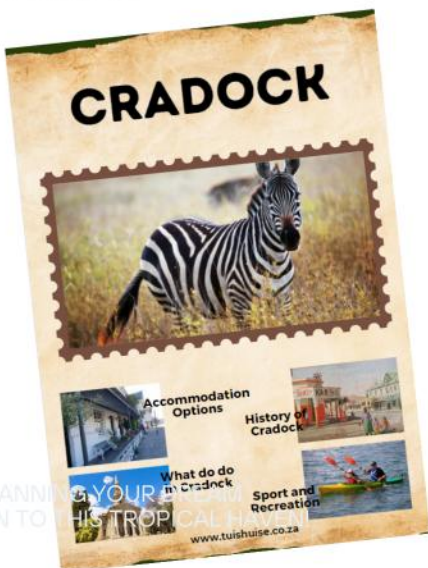
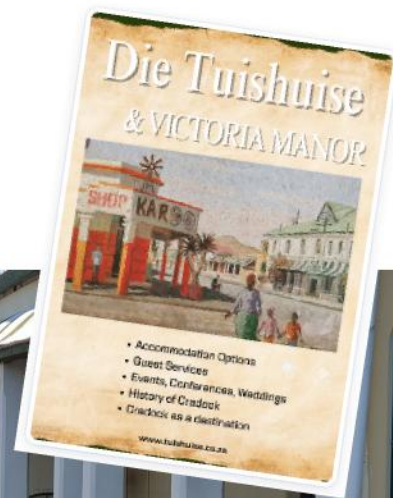
There, two large glass portholes offer a window out onto the underwater world, further augmented by digital screens projecting live images from a trio of underwater cameras, as well as a sound system streaming in subaquatic hydrophone-captured sounds.



DIE TUISHUISE & VICTORIA MANOR

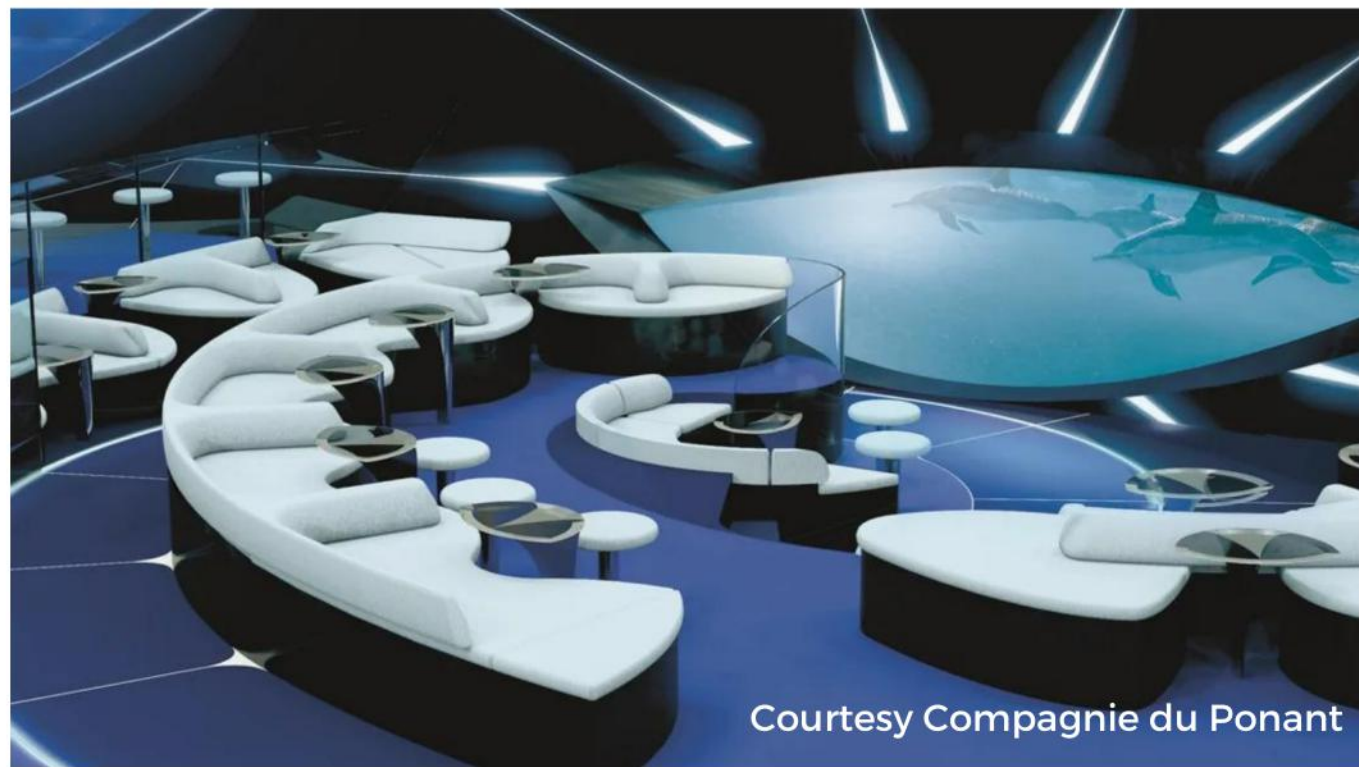
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Courtesy Compagnie du Ponant

Bike ride in the sky on Carnival Cruise Line

Get ready for your very own E.T. moment aboard the SkyRide aerial attraction, found aboard Carnival's newest ships, Carnival Vista and Carnival Horizon.

The innovative offering lets adventurers put their pedal power to an 800-foot-long suspended outdoor track that's elevated atop the ship's top deck, 150 feet above sea level.

The quartet of dangling recumbent-style bicycles can reach speeds of up to 18 miles an hour on twin tracks, but you may want to take it slower to enjoy the killer views.



Skydiving simulator on Royal Caribbean International

Innovator Royal Caribbean – responsible for industry firsts such as rock climbing, ice skating, zip lines and surfing simulation – has also brought the first skydiving experience to sea with its RipCord by iFLY attraction, available on its Quantum-class ships.

Adrenaline-seekers can get a taste of simulated skydiving on an open-air deck – affording stunning sea views as they spread their “wings” and experience what it’s like to float on air in the 23-foot-high wind tunnel. A brief training course, flight gear and hands-on instruction help ensure that levitating like a pro is a (strong) breeze.



Roy Riley/Royal Caribbean International

Ice Bar on Norwegian Cruise Line

The coolest bar on the high seas, Norwegian’s Skyy Vodka Ice Bar invites cruisers to bundle up and throw back a frosty drink aboard the Norwegian Breakaway, Norwegian Getaway and Norwegian Epic.

Temperature-controlled at a brisk 17 degrees Fahrenheit (- 8 C), the \$20 admission gets guests 45 minutes to chill out at the frozen bar and take in the decorative ice sculptures; two specialty beverages (including Skyy vodka-based cocktails), served in carved-from-ice glassware; and, mercifully, the use of hooded parkas and gloves.



Courtesy Susan Seubert/Norwegian Cruise Line



FOR THE YOUNG
AT HEART



TEACH

LOVE

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FOR OVER 60'S



10 Tips for Traveling Solo After Retirement

Here are my top tips for senior travelers exploring the world on their own.

By Patricia Doherty Published on December 24, 2023

As a travel journalist, baby boomer, and an enthusiastic fan of seeing as much of the world as I can, I've flown, cruised, and driven a few million miles over the past 50 years or so. I've traveled with couples, friends, journalist groups, my husband, and most recently, I've taken a few trips on my own.

While at some point in my life, I may have eschewed the idea of solo travel, I now find it a very pleasant way to go. For others like me who still have the energy to schlep through airports, the strength to carry a packed suitcase, the patience to spend 12 hours strapped into an airplane seat, and the curiosity to see new places, solo travel can be an exciting experience.

I understand that others of my generation, and even younger folks, prefer to satisfy their urge to see the world by signing up with group travel companies that plan their itineraries, book their flights, reserve their hotel rooms, and arrange their meals and sightseeing tours. And I do recognize that certain trips, like adventure travels, are best managed in groups. You can even travel solo and join a group for a taste of both.

But I suggest taking a truly solo trip for the exhilarating experience of feeling independent, free to wander, and open to seeing for yourself what's around the next corner. Here are some suggestions for making the most of your solo trips after retirement.



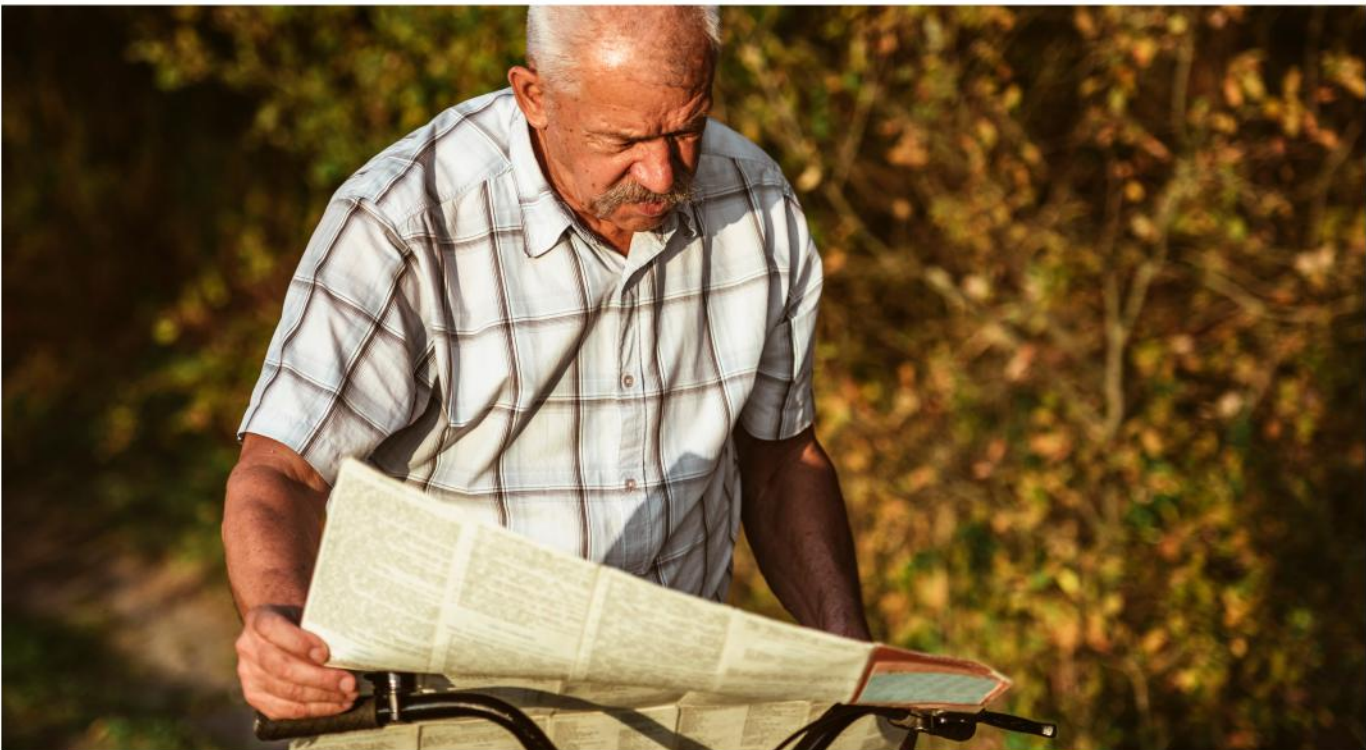
Do your research.

After deciding on my destination, I make the basic arrangements for flights and hotels. Some solo travelers like to play it by ear without making room reservations in advance — part of the adventure for them — but I suggest at least booking a room for the first night. We all arrive a bit tired, and it's pleasant and safe to have a destination to start with. As far as flights, airfares vary by day of the week, airline, and connections, so it's worth spending some time researching to save a few dollars on the flights. The same goes for hotels. Check booking sites and compare their deals by contacting the hotel directly.

Choose the right tour for you.

Picking the right tour for your needs can make seeing the top sights easy and stress-free. On a trip to Rome, I naturally wanted to see the Sistine Chapel and Vatican Museums. So do thousands of others every day, especially during the peak travel months. I signed up with City Wonders for their morning tour when I learned that the company's official Vatican Museums partnership enables their groups to use a special no-wait entrance. (Even skip-the-line groups often wait up to an hour.)

I recently spent a week in London on my own, and I booked a walking tour of London's West End with Lookup London. A private tour fit my schedule, and we visited the theater district, Oxford Street, and St. James's Church (a Bridgerton filming location) where an afternoon piano recital was taking place. I loved having my own tour guide, but I also enjoy small groups where there's interaction among the guests and a chance to meet other travelers.





Seek out new experiences.

By new experiences, I'm not suggesting bungee jumping or ziplining across a rainforest canopy, although I know many senior travelers who would strap in without hesitation. And while I admire them for it, I'm thinking along the lines of a cooking class that includes visiting a market, shopping for ingredients, and then cooking with an entertaining chef, as I once did in Florence.

In London, I visited the posh Burlington Arcade, one of London's most historic shopping destinations. A Beadle in a delightfully British uniform greeted me with a bit of information about the arcade. From there, I went to cosmetics boutique Code 8, where a personalized lipstick shade was designed and created for me. Then, my next new experience was having my boots polished by a charming gentleman as I sat on a vintage shoeshine stand and watched shoppers walk by. I know — it's not exactly skydiving, but they were a few of my novel experiences. You can choose your own.

Make a to-do list.

In wonderful destinations like Rome, Paris, or London, it's easy to make a long list of places you want to see. Sometimes, it's just not possible to do everything, so you may need to prioritize to be practical. "Save something for the next time," is what I always say.

If you're a foodie whose "to-do" list involves restaurants, it's advisable to make reservations well in advance, especially if you're after Michelin-starred dining spots or those receiving lots of attention. Your list will also help you decide where and when to go based on location. In London, I combined a matinee at a West End theater with dinner at Sketch, a unique restaurant I wanted to experience.

Keep an eye on your cell phone's battery.

I relied on GPS to guide me around London on my recent trip, and I strolled around with the confidence of a local – until that low battery warning appeared. After a day of taking photos, texting, and using Google Maps, I had just about drained my phone. Fortunately, it was time to hop into one of those adorable black cabs, have a chat with the driver, and return to my hotel.



Now, I charge up and carry a battery, knowing that a day of sightseeing is about all my phone can handle. When you want to call an Uber or find directions back to your hotel, you don't want to be stuck with no phone service.

Let someone at home know your travel plans.

For your security and for peace of mind for the folks at home, let someone know your itinerary. You don't have to compromise your independence, but it's advisable to let a friend or relative know what you're up to. I leave my husband with a printed copy of my itinerary for my trips, whether I'm on a group trip with other travel writers or traveling on my own. And, of course, I text or call every day, although I admit once in a while I'm having such a good time that I forget.

If your home will be empty while you're traveling, hold off on posting Instagram photos that let the world know you're out of town. Better to be safe and share your experiences when you get home.

Be polite, but don't be a pushover.

For your safety, always be aware of your surroundings and alert to what's happening around you. If you're uncomfortable in a place or with someone who approaches you, go with your instinct and get away. Sometimes travelers feel pressured to take a tour, go to a club, or accept a handout from someone on the street who then strikes up a conversation. If it doesn't feel right, just move on. I know we don't want to be rude or offend someone, but your personal safety is foremost, and you've had enough experience by this time to trust your gut.

And beware of pickpockets and scams.

AARP warns of the creative ways criminals take advantage of travelers. We're distracted or perhaps overly trusting of strangers, so being prepared will help you avoid becoming a victim of theft.

On my first small group trip as a journalist, my wallet was stolen from my purse at a major tourist site in a European city. I won't say exactly where because this can happen anywhere, even at your local shopping mall. I was unwise to carry my cash, credit cards, and wallet in a purse on my arm, but at least my passport was in the hotel safe at the time. Now I carry only what I need for the day in a secure crossbody bag or a hidden wallet which I use occasionally. Others prefer to use money belts for cash.

Be prepared.

I'm sure you've heard this before, but it's good advice. Before you travel overseas, obtain some of the local currency, including small denominations. You might encounter places that only accept cash, like a small shop or place where you just want coffee and a snack. Also, you'll want to tip hotel staff who help with your bags or provide other services.

While you're traveling to experience new places, it helps to know a bit about them before you go. I recently went to a small town in Italy — so small, in fact, that there were no taxis, no Uber, and no way to get to the nearby beach. Fortunately, the hotel found a driver to take us (and also fortunately, he came back to pick us up later). Naturally, that was a cash transaction, and I was glad to be prepared.



Consider buying travel insurance. Flight cancellations, baggage losses, accidents, and illnesses happen, and you'll appreciate the comfort of knowing you're covered.

Travel light.

As a confirmed carry-on traveler, I consider myself a pretty good packer, but sometimes that 22" suitcase can get very heavy. That's my sign to edit — do I really need those dress shoes? Or all those cosmetics? Probably not. Boarding a train, bus, or plane at a small airport without jet bridges requires carrying our own bags, so I make sure they're manageable. While I appreciate it when another passenger helps me heave my bag into the overhead bin, I don't count on that happening. (And it's not the flight attendant's job.)

Also, I always limit myself to two items. Then there's no problem boarding a crowded flight where they check how much you're carrying. Just as important, it's easier to keep track of two things so nothing gets left behind. I do often start out with a purse, but I make sure there's enough space to cram it into my personal item.

With these preparations, suggestions, and warnings, you can now proceed to plan your solo trip — hopefully, the first of many.



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The over 60's (+ 2 over 50's)





A bunch of mates without kids, decided to do a 10 day trip to the Northern Natal area of Hluhluwe, Sodwana, St Lucia and Richards Bay. And that's something you can do if you are catching a cruise from Durban or on your way home back to Johannesburg after your cruise.



It can be done for 2 days or 2 weeks and we had the best time. We had a mix of self catering and dinner and breakfast at the dining room but the food was so good at Bonamanzi, we often raced back from the other places we were visiting to get back in time for dinner!



We left Johannesburg and travelled along the Pongola road through Piet Retief and although there were many trucks, the potholes that were there before, had on the whole, been fixed. (excuse the pun).

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On arrival we all met up as we had travelled in separate cars and on different days depending on the leave situation but most of us were either retired or self employed.



Bonananzi was as welcoming as always and we met at the bar where Lucky was always waiting to help us with our round of drinks. It was time for South Africa to play Ireland in the group stages of RWC and we dressed for the occasion. Watching rugby in the bush is definitely the way to go and their signal is really good. We spent our days relaxing and took a drive around the property using our bakkie and then we treated ourselves to a game drive so that we could see more of the wide range of animals on the property.



We had the opportunity of spending one day at Sodwana whale watching from the comfort of the bar we found which had a great view of the sea. Its a 15 minute drive and a great way to spend a day. There were other activities in the area but were either full or didn't cater for over 60 age group or pocket.



We spent a day driving through Cape Vidal and saw Giraffe, buffalo and many more animals and birds. Finished off the morning with a stop at the Ski Club in St Lucia and enjoyed a fish basket which we polished off in no time. The view was great, the monkeys were naughty and the cocktails were cold. What more could we want from a day out.



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HOW LONELINESS CHANGES THE WAY OUR BRAINS PROCESS THE WORLD

If there's one thing we as humans seem to have in common, it's that most of us have felt lonely at one time or another. But is the pain that comes with feeling socially isolated simply a part of being human? Why does the world seem so different when we're feeling lonely?

Recent research has begun to provide some answers. And it turns out that loneliness can affect your perception and cognition.

Although no one enjoys the feeling of loneliness, scientists have argued that humans evolved to feel this way for good reason.

Social relationships are crucial, providing safety, resources, opportunities to have children, and so on. The fact that we find the feeling of loneliness so unpleasant often motivates us to reconnect with others, bringing with it all of these benefits.



But it's not as simple as that. Feeling lonely can also induce social withdrawal and types of negative thinking, which can make it harder to connect with people.

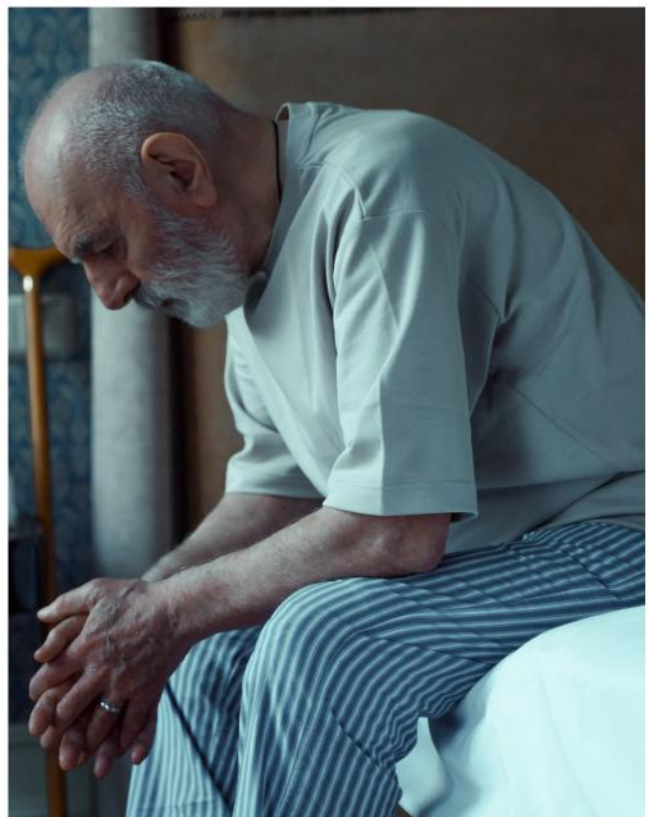
The lonely brain

Studies have identified differences in brain areas associated with loneliness. In lonely young adults, areas of the brain related to social cognition and empathy have less dense white matter (a large network of nerve fibres that allows the exchange of information and communication between different areas of your brain). But in lonely older adults, brain regions important for cognitive processing and emotional regulation are actually smaller in volume.

A recent study found that the brains of lonely people process the world idiosyncratically. The researchers asked participants to watch a series of video clips while inside an fMRI scanner and found that non-lonely people showed very similar neural activity to each other, whereas lonely people showed brain activity that was dissimilar to each other and to the non-lonely participants. So lonely people appear to view the world differently to others.

Finding friends in fiction
This is also evident in how lonely people view fictional characters. Researchers in the US carried out brain scans on fans of the television series Game of Thrones while these fans decided whether various adjectives accurately described characters from the show. The authors of the study were able to identify activity in the brain that distinguished between real and fictional people.

While the difference between these two categories was clear in non-lonely people, the boundary was blurred for lonelier people. These results suggest that feeling lonely may be associated with thinking of fictional characters in a way similar to real-world friends.



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However, given the design of the study, it's unclear whether the findings suggest loneliness causes this way of thinking or if considering fictional characters in this way causes people to feel lonely. And there's always the possibility that a third factor causes both outcomes.

Another recent study, this time by researchers in Scotland, provided more evidence of how loneliness can affect your cognition. This study focused on inanimate objects. Participants were shown images of products containing pareidolic faces (face-like patterns) and were asked to give several ratings like how eager they were to explore the product and how likely they were to buy it.

The results showed that lonelier participants (compared with those lower in self-reported loneliness) were more likely to attend to, engage with, and purchase products that showed "happy" configurations. These findings may again provide evidence that loneliness is associated with the drive to find connection, even if it's with objects.

Indeed, this makes sense in the light of previous work showing that lonelier people are more likely to anthropomorphise gadgets or their own pets. If we look at these studies and what they seem to be telling us, loneliness is not only the perceived absence of others, but also a desire for connection. Whether that's thinking of fictional characters like real friends or being drawn to happy objects, our brains seem to search for social connections wherever they might find them, especially when we don't feel like other humans are providing enough of these for us.



Old & Quirky

Today I was in a shoe store that sells only shoes, nothing else. A young girl with a tattoo and green hair walked over to me and asked, "What brings you in today, I looked at her and said, "I'm interested in buying a refrigerator." She didn't quite know how to respond, had that deer in the headlights look.

I was thinking about old age and decided that old age is when you still have something on the ball, but you are just too tired to bounce it.

When people see a cat's litter box they always say, "Oh, have you got a cat" I just say, "No, it's for company!"

Employment application blanks always ask who is to be called in case of an emergency. I think you should write, "An ambulance."

The older you get the tougher it is to lose weight because by then your body and your fat have gotten to be really good friends.

The easiest way to find something lost around the house is to buy a replacement. Have you ever noticed: The Roman Numerals for forty (40) are XL.

The sole purpose of a child's middle name is so he knows when he's really in trouble. Did you ever notice that when you put the 2 words "The" and "IRS" together it spells "Theirs"

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.

Some people try to turn back their "odometers." Not me.

I want people to know why I look this way.

I've traveled a long way and a lot of the roads were not paved.

Ah! Being young is beautiful but being old is comfortable.

Lord, keep your arm around my shoulder and your hand over my mouth.



Planetarium on the Cunard Line

Cunard Line's refined Queen Mary 2 boasts the only full-sized planetarium at sea, which is housed in its Illuminations theater.

Passengers can partake in plenty of programming under the giant dome (it's large enough to accommodate 150 reclining seats), such as narrated star shows, virtual reality rides and special presentations and lectures in partnership with the Royal Astronomical Society.



If you're a true outer space enthusiasts, board during the ship's "Transatlantic Space Week" voyage (embarking New York City on October 7, 2018) to share the planetarium – and the rest of the ship – with special guests that include a former NASA astronaut.

Glass-bottomed 'SeaWalk' on Princess Cruises

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How do teams free up player slots?

South African players – All SA players bought at auction in Season 1 were on 2-year contracts. Teams had the option to retain, trade or buy out these players.

Overseas players – Overseas players could be released or retained. After this, teams will have their preliminary squads and this determines the number of player slots and purse available at the auction. Post the auction, squads will be finalised for Season 2



I AM GONNA BE LIKE A SPONGE, SAYS PRETORIA CAPITALS NEW RECRUIT MATTHEW BOAST

From the grassbanks of Centurion to out in the middle in less than a year.

New Pretoria Capitals all-rounder Matthew Boast cannot contain his excitement ahead of Betway SA20 Season 2.

Boast, who is still only 20-years-old, was the central focus of a bidding war that erupted at the Betway SA20 auction last week in Johannesburg.

The youngster's base price was just R175 000, but it quickly escalated with the Capitals and Joburg Super Kings raising their paddles furiously in a bid to claim the former South African U19 star.

Ultimately, it was the Capitals who brought the former Hilton College learner to Centurion for R1.6 million.

"I am just so excited to be joining the Pretoria Capitals next year in the SA20," Boast said.

"Going to games at the beginning of this year at Centurion was really cool. I can't wait to be a part of it next year. It's such a privilege. I can't wait to show everyone what I've got and contribute to the team.

"I am also excited to learn from all the senior players and coaches. I think they are an awesome bunch of people. I am gonna try and be like a sponge and take in as much as I can. Hopefully, at the end of the season, we can lift the trophy as a team. That's the goal!"

Boast had a taste of the Betway SA20 last season when he was called up to bowl in the nets to the likes of England internationals Phil Salt, who has rejoined the Capitals as a Wildcard, and Will Jacks along with Proteas Men's T20 superstar Rilee Rossouw.

It was during this period that Boast caught the eye of Pretoria Capitals assistant coach and Proteas legend Jacques Kallis.

"We got a good look at Matthew last season when he bowled to us in the nets and we were really impressed with him there. He bowls with good pace and with the bat he gives it a good smack as well," Kallis said.

"What better way for South African cricket to move forward than for these youngsters to work with world-class coaches and get the Rookies involved."

Although Boast has limited senior provincial experience, having only played two T20 matches for the Titans previously, he showed his value with both bat and ball during the SA U19's victorious Cricket SA Provincial Division 2 T20 Cup last season.

Boast finished as the T20 Cup's overall second-highest scorer with 143 runs at an average of 28.20 with an amazing strike-rate of 180.76.

He was equally impressive with the ball, claiming nine wickets at 14.22 and an economy rate of 6.40, to also finish second on the overall wicket-takers table.





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10 THINGS YOU DIDN'T KNOW ABOUT SERGIO 'CHECO' PEREZ AND MAX VERSTAPPEN

Written by Justin
Hynes
Published on
24.10.2022

Drivers Max Verstappen and Sergio “Checo” Pérez may be global celebrities who are always under the microscope, but both hold some curious secrets.

MAX'S BEST VIDEO GAME DOES NOT INVOLVE DRIVING

Max Verstappen's obsession with sim racing is well known, and his exploits with the Team Redline esports outfit, from virtual Le Mans races to the Bathurst 1000 and the 24 Hours of Nürburgring, have been covered in detail. But the depth of his passion for the FIFA series of soccer games has been covered far less. Max has played FIFA, which is now into its 29th edition, since he was a child. And his dedication to the game reached such heights that in January 2019—playing the handle crgboy007—he was ranked 21st in the world. The F1 champ has throttled back since then, but he's still such an avid player that he travels with his own personal PlayStation game case made by custom builder JZ Design. And at last year's U.S. Grand Prix, Red Bull team boss Christian Horner revealed that Max had spent 14 hours across the weekend playing his favorite soccer game—and then won the F1 race.

IN ANOTHER LIFE, CHECO WANTS TO MAKE DEALS

Ask most F1 drivers what they might have become had they not powered their way up the racing ladder to Formula 1, and most will look at you blankly and say they never contemplated not making it. Not Checo Pérez. The Mexican racer knows exactly what he would have done. “I would like to have been a banker or a lawyer,” he says. “I think they share the adrenaline that we live every day, and I quite like adrenaline. I think those jobs really give you that adrenaline. But it would have to be something related to sport, you know, probably as a lawyer that helps sportsmen get their contracts done, or a kind of manager.”



MAX HATES DAWDLERS

Max is a pretty tolerant guy and treats most things with a healthy degree of equanimity. There are, however, a few things that really get to him. “Lateness—when people are late for meetings, that’s annoying,” he says. “When people are not neat, when their house is dirty. And also, when people take too long to order in a restaurant. It’s really annoying in a restaurant when the waiter comes over and everyone is ready except one person who says, ‘Oh, actually I haven’t looked, what should I have?’”



CHECO HAS A “HOLE” LOT OF FEARS

While Max has some pretty fishy anxieties (see below), they’re probably not as uncommon as his teammate’s phobia, which goes by the name of tryphophobia. Yeah, we had never heard of it either. Checo confessed in 2017 to suffering from this particular irrational fear, which involves a serious dislike of clusters of small holes, circles or bumps. We’ve yet to discover any hint that Checo’s phobia extends to a pile of tires or the cluster of rotary controls on his steering wheel.



MAX IS NOT A FISH GUY

Max suffers from what is called selachophobia or galeophobia. By any name, it’s a fear of sharks. Back in 2019, for a Red Bull Racing activation ahead of the season-opening Australian Grand Prix, Max and then team-mate Pierre Gasly were treated to a surf lesson from Australian multiple World Surf League champion Mick Fanning. Except that Gasly was the only F1 driver to get wet. “They can tell me a million times there are no sharks here, but I’m really confident that there are, and I’m honestly not really enjoying myself in the water anyway,” said the Dutch racer. Max’s dislike of the sea extends to dinnertime, too. He confessed to The Times of London that he hates “fish, in general. Well, almost all fish; some white fish is OK, but not too much.” At the 2018 Singapore Grand Prix, Max was presented with the challenge of eating chili crab, a local delicacy. Max almost vomited. We’re pretty sure Jaws is not his favorite movie.



CHECO'S RACING HERO IS AYTTON SENNA

A lot of F1 drivers won't admit to having racing heroes, insisting that they've followed their own muse as they climbed the ladder. Checo, though, is happy to tell anyone who'll listen that despite the fact that he was only 4 when the Ayrton Senna died, the Brazilian legend has been his inspiration. "Senna is my biggest idol," he told Financial Times. "I always try to find people who spent time with him, to find out how he was and how he did things." Checo even shares a manager with three-time champion Senna in the shape of veteran paddock insider Julian Jakobi, who handled the careers of both Senna and his archrival, Alain Prost.



MAX WOULD LIKE LEONARDO DICAPRIO TO PLAY HIM IN A FILM OF HIS LIFE

No stranger to the small screen, Max appeared in the first two seasons of the popular reality show Drive To Survive. Could his story one day be destined for the big screen?

No movie is currently planned of Max's life, but with millions of fans surely desperate to experience his epic 2021 duel against Lewis Hamilton again, a biopic could be in the works further down the line. "For now, I hope that never happens. I don't need that!" Max told Red Bulletin in an interview at Zell am See Airfield in 2022. "But if it did happen now, then Leonardo DiCaprio could play me. That would be nice."



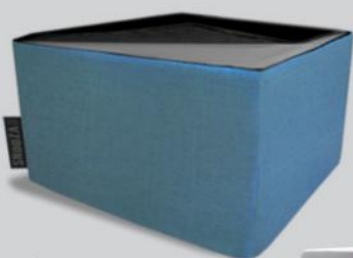
CHECO HAS 4.9 MILLION FOLLOWERS— BUT DOESN'T LOVE SOCIAL MEDIA

Checo is a national hero at home in Mexico, and that has undoubtedly helped him amass 4.9 million followers on Instagram. Despite finding fame on the platform, Checo is not a massive fan of social media, reckoning that we all need to tone down the amount of time we spend monitoring our feeds. "Social media has become too much in the last couple of years, and I don't think just for sportsmen, even for normal people," he told The Edge podcast earlier this year. "The amount of time that we spend on it during the day is just unacceptable. So I'm not a big fan of it. It's a great tool as a sportsman to engage with your fans, with your brands, but it's important to make sure you control the amount of time as well, not just as a sportsman, as a human being."





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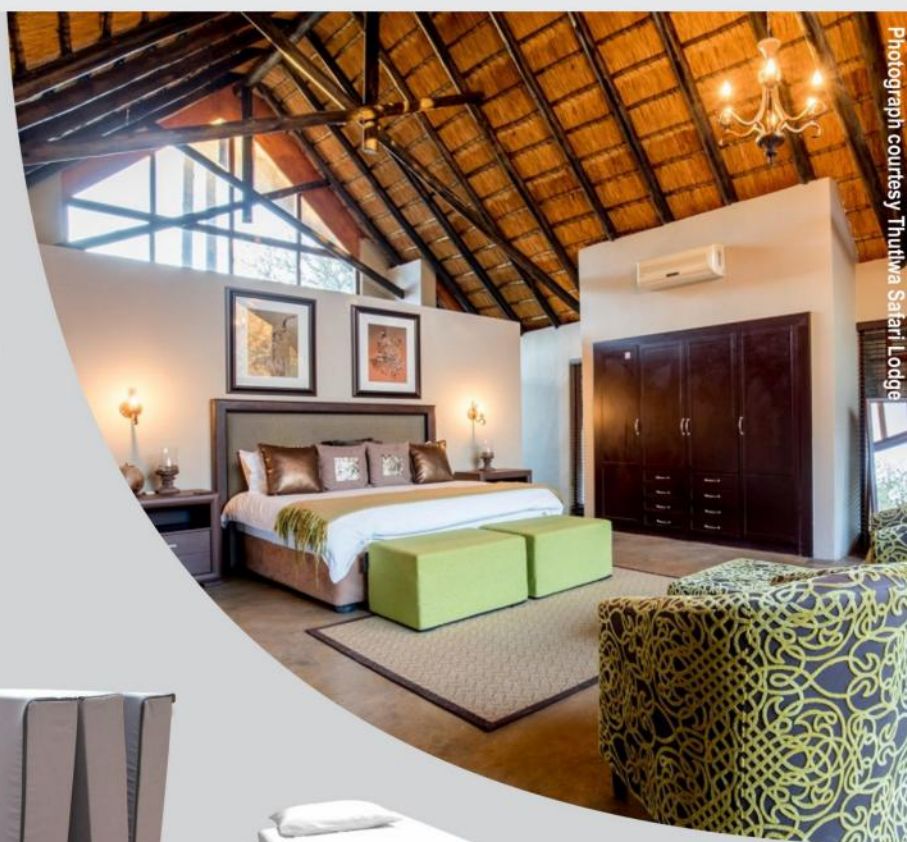
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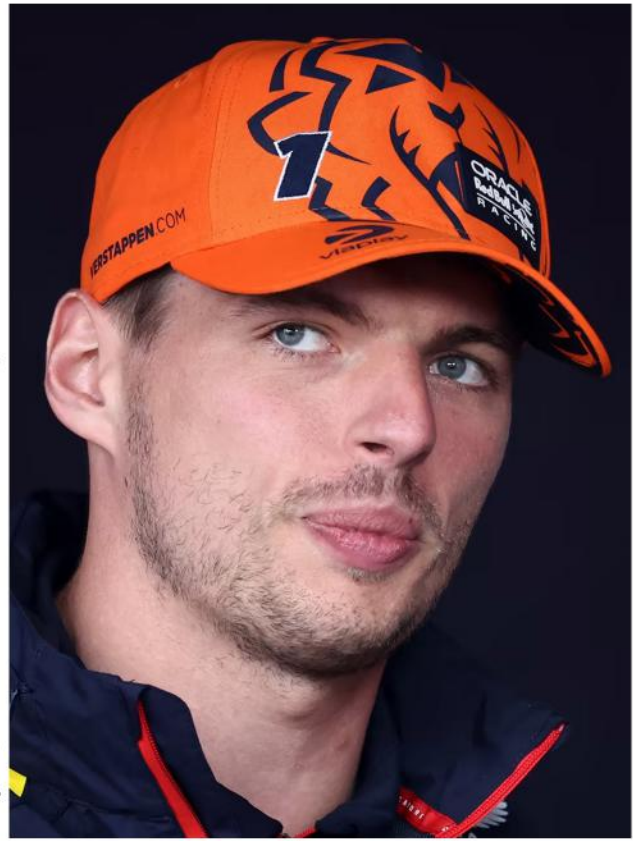
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MAX DOESN'T BELIEVE IN GETTING IN THE ZONE

Plenty of athletes say they need to get into a flow state to perform at their best. Not Max. With trademark matter-of-factness, the world champion says he has no routine for race preparation. "Sometimes I'm listening to music," he told *The Race*. "Sometimes I'm playing a game, sometimes walking around, sometimes I need to change quickly because I was busy with something or I'm on a call. I'm not really too fussed about it."

McLaren rival Lando Norris, one of the Dutchman's closest friends on the grid and a fellow member of the Team Redline sim-racing squad, begs to differ. "[Max] was born in the zone," Lando told *TalkSport* this year. "That's just the type of guy he is, or there's just no zone for him, everything is just life."

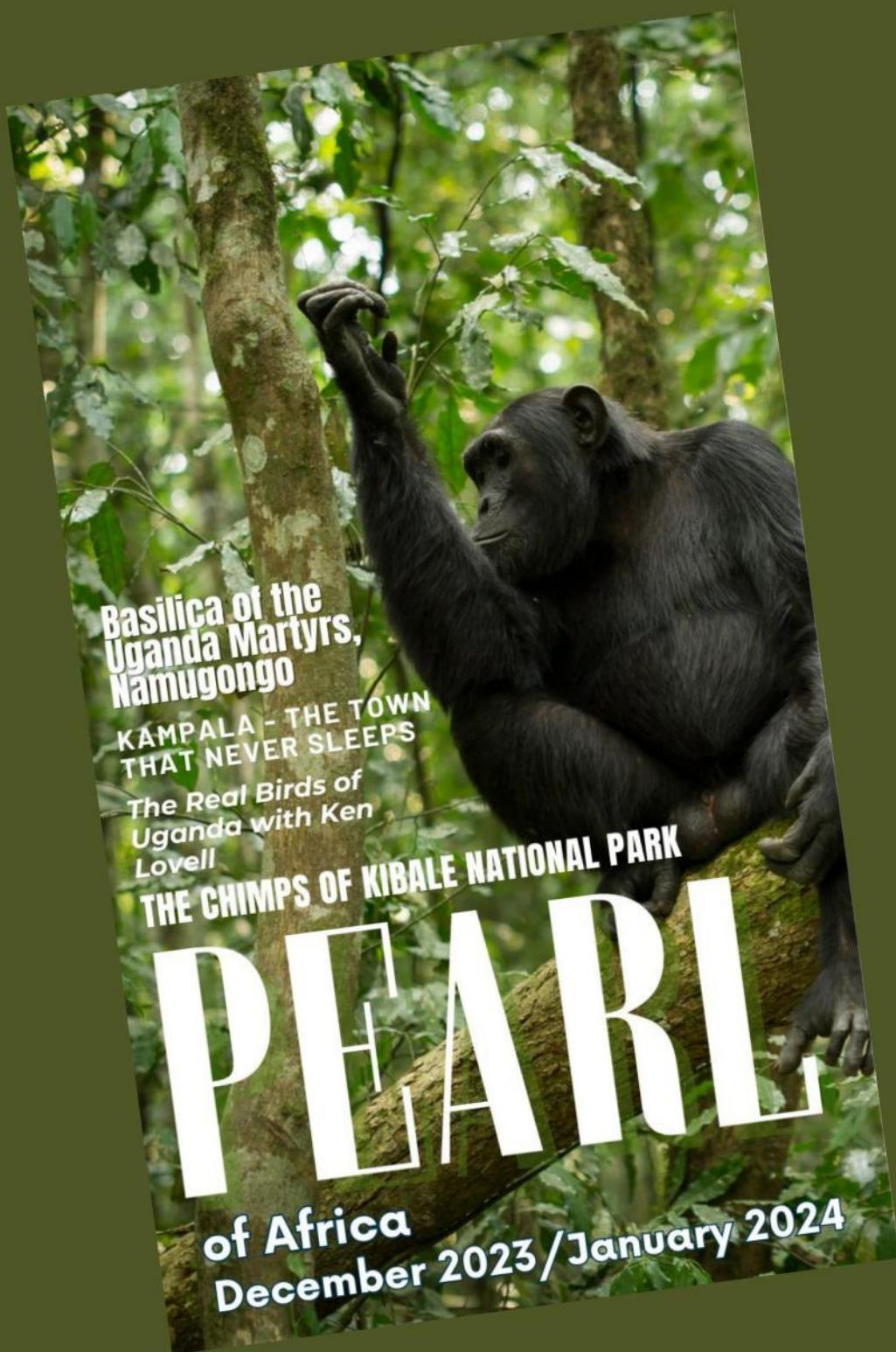


CHECO IS FROM GUADALAJARA BUT SUPPORTS A SOCCER TEAM FROM MEXICO CITY



Checo hails from the central-western Mexican city of Guadalajara, home to two major soccer teams—Atlas FC and Club Deportivo Guadalajara (better known as Chivas). But, perhaps surprisingly, Checo supports neither and instead gives his allegiance to that pair's greatest rival, Mexico City's Club América. Checo even chose his race number in tribute to one-time Club América player Iván Zamorano. "He was my idol and was wearing number 11, so it was very easy for me to choose that," he says. Checo's support for the team extends to sponsorship, with the Red Bull racer investing in Mexican online car-seller Kavak, which sponsors Las Águilas.





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