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**Featured SA
Store**

**THE SOUTH AFRICAN
SHOP IN IRELAND**

SPRINGBOKS

2019 2007 2019 2023
HISTORY WAS MADE

PROTEAS

MAKING HISTORY AT WCC
IN INDIA

**HOW TO BRAAI
AROUND THE WORLD**



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INTERNATIONAL
exporting home abroad

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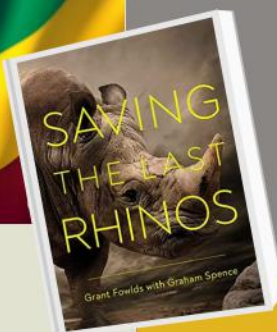
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The South African Shop

Bringing you a taste of home to the Emerald Isle

Importers & retailers of popular South African products to Ireland. We have all the favourite South African foods & arts & crafts available from The Shop or on-line via our website. At the South African Shop we stock traditional Boerewors, Biltong & Droewors, all made in Ireland using imported spices & the best Irish beef, Irish venison, Irish lamb & Irish pork all from traceable & reliable meat suppliers. A taste of home, far from the tip of Africa!

The South African Shop first opened in 2013, and the store has been a huge success with the South Africans living in Ireland. The shop initially started off with just South African foods and liquor products, but the shop then set up their own butchery section and now make all their own in house biltong and droewors.

The store then outgrew itself and in April 2022 the store moved to a new location with a much larger shop area. The new shop allows for a larger range of South African products, but they also have a large range of curio items and South African Arts and craft items.

The new address for the store is as follows. The store is then open from Tuesdays to Saturdays and there is fresh biltong and droewors being made on a daily basis in their own registered butchery.

Tel: 00353 (0)43 667 6752

E-mail:

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**The South African Shop &
Brosna Meats
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Ireland
N91 X9NK**



Malva Pudding

"This is more delicious than the sum of its parts! It's a real traditional oldie. I cut down a little on the sugar in the sauce (it was 5 oz originally), but it should actually be a sweet pudding!! The sauce was quite enough to moisten the entire pudding -- it should not be dripping with sauce, as you can see in the photographs. Do not serve immediately, but let it stand, keeping warm, to give the sauce a chance to soak in properly. Real cold-weather comfort food. It's rich, so a little goes a long way, and this pudding yields up to 6 servings. This winter you must try this!"

THE PUDDING

6 ½ ounces sugar (¾ cup, 200 ml, or 180 g)

2 large eggs

1 tablespoon apricot jam

5 ounces all-purpose flour (150 g)

1 teaspoon baking soda

½ teaspoon salt

1 tablespoon butter (a generous tablespoon)

1 teaspoon vinegar

⅓ cup milk

FOR THE SAUCE

¾ cup fresh cream (200 ml)

3 ½ ounces butter (100 g)

3 -5 ounces sugar (90 - 150 g)

⅓ cup hot water (90 ml)

2 teaspoons vanilla essence

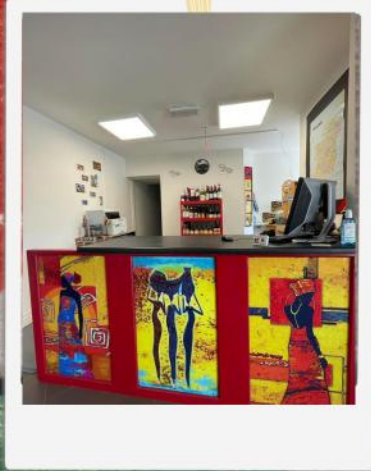


**ADD A
LITTLE
AMARULA**

The South African Shop

DIRECTIONS

- Preheat oven to 350 deg F/180 deg Celsius. You know your oven -- Adjust accordingly).
- Grease an oven dish. I used a 7 x 7 x 1 1/2 inch Pyrex dish. (18 x 18 x 4 1/2 cm)
- Beat or whip the sugar and eggs. It's quickest in a food processor, or use electric beaters. Beat until thick and lemon coloured, then add the jelly (jam) and mix through.
- Melt the butter (don't boil) and add the butter and vinegar to the wet mixture.
- Sieve, or simply mix together: the flour, soda and salt.
- Add this mixture with the milk to the egg mixture in the processor or mixing bowl. Beat well.
- Pour into an oven-proof dish and bake until pudding is brown and well-risen -- depending on your oven and oven dish this will be between 30 - 45 minutes. (Mine was done in 30 minutes this time).
- In a pot, melt together the ingredients for the sauce, and stir well.
- Pour it over the pudding as soon as it comes out of the oven.
- Leave to stand awhile before serving. Serve warm. Because it's rich it does not really need enhancement, but if you want, serve with vanilla ice cream.



Three Centuries of Cape Wine

Even though many people regard South Africa as a “new world” wine producing country, we have in fact happily been making wine for centuries! Our winemaking tradition started when the Dutch East India Company, who traded in spices and all things, decided to establish a halfway-pit-stop at the southern point of Africa in 1652. The main aim of this station was to provide their Indian-bound merchant ships with fresh produce.

Jan van Riebeeck, the first governor of the Cape, planted vines in 1655 and by 1659 the first vintage of South African wine was recorded. The Dutchies were so happy with the result that they decided to plant vines on a larger scale at Roschheuvel, known today as Bishopscourt and Wynberg. Van Riebeeck strongly encouraged farmers to plant vineyards although initially they were most reluctant. Luckily they followed his advice and the region rapidly expanded its reach beyond the Cape Town area.

There were many setbacks in the beginning, chiefly because of the farmers’ ignorance of viticulture. With all due respect, it is not as if the Dutch people were famous for their winemaking skills back then. They were brilliant merchants, but the very flat and wet Netherlands did not lend itself to wine growing practices in those years.

Things improved when Simon van der Stel, who was not only enthusiastic but also very knowledgeable about viticulture and winemaking, succeeded Van Riebeeck in 1679. He planted a vineyard on his farm, Constantia (romantically named after his wife) and made good wine from the outset. The Constantia wines were so popular and were even enjoyed by famous people like Napoleon and Marie Antoinette.

The industry’s success only really gained momentum and flourished with the arrival of the French Huguenots between 1680 and 1690. As religious refugees, the Huguenots had very little money and had to make do with the bare essentials, but at least they had much more experience than the Dutch in making wine.



THE SOUTH AFRICAN BRAAI

Almost everyone loves a good barbecue, but South Africans take the classic BBQ to a whole new level with the braai. More than just a barbecue, the braai is practically a national sport. South Africans absolutely adore a braai and for them, the weekend usually means one thing: the aroma of grilling meats wafting from backyards across the country, while friends and family gather together for a good time. Ready to get your braai on? Here is everything you need to know about the iconic South African braai.



A braai is South Africa's answer to the barbecue – but it's so much more than that. It's a special South African feast that can last for hours, and there are plenty of rules and etiquette around a classic braai. The most important part of a braai is the fire. A traditional braai is cooked on local wood, while modern-day braai's use charcoal instead, and both give the meat a distinct flavour. Using gas to cook doesn't count as a real braai.

Once there are enough hot coals, a grill is placed over the top and the meat is barbecued to perfection on the grill. Even once the food has been cooked, the fire is fed throughout the braai, as the social centrepiece of the event.

Using wood to create the fire is practically considered an artform in South Africa and even the type of wood used can make a difference to the braai. For example, kameeldoring (camel thorn) burns slowly and gives good heat and coals, while wingerd (vine wood) burns very fast and doesn't give lasting coals, but is great for giving aroma and flavour. The host of the braai is usually in charge of choosing the wood and tending the fire. Guests will often gather around the fire with a drink, chatting and mingling, while the host or the 'Braaimaster' cooks the meat. There's a common saying: "Jy krap nie aan 'n ander man se vuur nie" which means "You don't mess around with another man's fire!"



WHY IS BRAAI SO IMPORTANT TO SOUTH AFRICA?

The braai is an essential part of South African culture, and brings family and friends together in celebration for everything from birthdays to graduations to engagements and national holidays. It's a moment to come together to share good food and feel the love around the fire. The word 'braai' is Afrikaans, originating from the Dutch word 'braden' which means 'to roast'. The beauty of the braai is that it's not specific to any one cultural group in South Africa, and it transcends the country's turbulent past to bring the nation together.



WHAT KIND OF FOOD DO YOU BRAAI?

Any meat you can imagine! Lamb, beef, chicken, pork, springbok, warthog, ostrich, eland, kudu, seafood, steaks and boerewors... Almost nothing is off-limits at the braai! Each piece of meat is marinated and grilled perfectly, and it's served with side dishes like salads and desserts. Besides the meat is the humble braai hero, braaibroodjie, or 'braai bread'. This crowd favourite is a sandwich made from two slices of buttered white bread, filled with tomato, cheese, onion and chutney, and placed on the grill. It's kind of like a toasted sandwich, but so much better because everything tastes better when cooked on the fire! And to wash it all down? It's got to be the best local wines and beers, or even brandy and coke, known as karate water.

WHEN DO YOU HAVE A BRAAI?



South Africans will have a braai to celebrate almost any occasion or achievement – or to simply get the gang together! Many families will host a small braai once a week and do a big braai for the extra special occasions. One of the best days to braai is South African Heritage Day on 24 September, fondly known as Braai Day. You can even hold a mini-braai for breakfast or hold a braai indoors if there happens to be inclement weather. Nothing can stop the braai!

South African braai may be all about having fun – but it's also serious business. Everyone has their own braai tricks and techniques, and many South Africans are quite adamant about the best way to put on a good braai. Here are some of the hard and fast rules of any South African braai.



RULES OF THE BRAAI

The host is normally the 'Braaimaster', or the one who builds the fire and grills the meat, while the other guests gather around the fire to socialise and observe the Braaimaster in action. The Braaimaster will have their own special ways of doing things, including a preference of wood, meat and cooking methods. Backseat braaing is a big no-no, so don't pipe up and suggest different ways the braaier could do things.

The type of braai can differ. For a casual braai, or a 'chop 'n dop' braai, you should bring your own meat (chop) and drinks (dop), while the host will provide the side dishes and the fire. If it's a 'bring and braai', the host will only provide the fire, so you bring the rest. Always check before you go.

If you're bringing your own meat, ask where to put it when you arrive. Ask if you can help with anything then settle in for an amazing night of braai.

Most South Africans hold braais on the weekend. They usually start in the afternoon around 3 pm, often carrying on until the early hours of the morning. Be sure not to arrive hungry as you probably won't end up eating until quite late. Many hosts will hand out something like Biltong to snack on in the meantime. All good braais take time and you should never rush a Braaimaster while he works.

A braai is always an informal event and the meat is usually eaten in the backyard by the fire. If the rugby is on, make sure you cheer for the Springboks!





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SPRINGBOK TROPHY TOUR RSA

The world champion Springbok rugby team will embark on a four-day Trophy Tour to major regional population centres from Thursday, SA Rugby announced on Sunday.

The team will attend the gala World Rugby Awards ceremony in Paris on Sunday night before leaving France for South Africa on Monday morning.

The Boks arrive back in South Africa on Tuesday (10h55) at OR Tambo International Airport and will commence the tour 48 hours later.

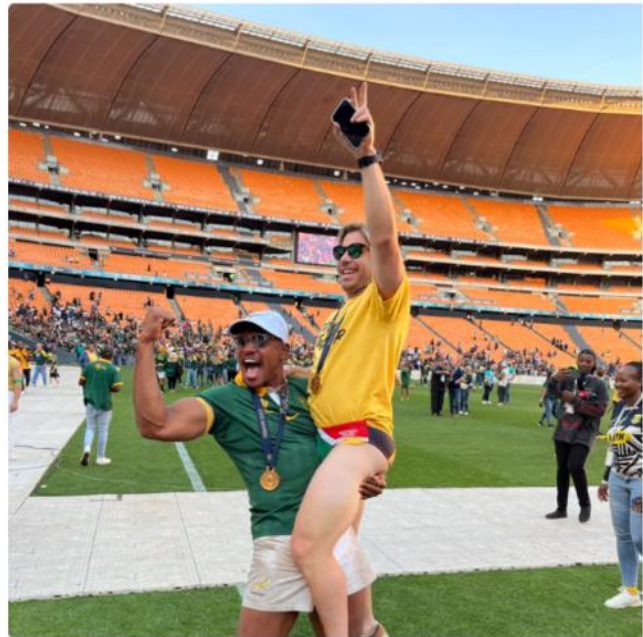
The tour will start in Pretoria, Johannesburg and Soweto – concluding at FNB Stadium – on Thursday, 2 November, and take in Cape Town (Friday, 3 November) and Durban (Saturday, 4 November) before concluding in the Eastern Cape (East London) on Sunday, 5 November.

The locations have been selected for population size in the first three instances and because of the Eastern Cape's rugby significance in the fourth.

Satellite tours to Bloemfontein, Nelson Mandela Bay and other centres will be scheduled for 2024. Such tours following the 2019 victory had to be abandoned because of the COVID-19 pandemic.

The route for each tour has been prepared in consultation with the respective local authorities and the South African Police Service.

Route maps and timings will be published on SA Rugby's website and social media channels, and by local authorities in due course.









ST LUCIA,
RSA



ISLE OF MAN UK



PRETORIA



JHB, RSA



SCOTLAND



International Rugby is at Rugby World Cup France 2023. · Follow

9 h · 🌐

The Ireland v Scotland pool stage match on October 7th broke a record - with 137,000 pints of beer sold at Stade de France to the 78,459 spectators, easily beating the previous record of 90,000 pints, which was set during a Metallica concert at the stadium.

South Africa may have won the world cup, but Scotland and Ireland will never be beaten at the game of drink.



JHB, RSA

How to experience your own South African braai

Want to experience a real braai?

You'll indulge in a traditional braai featuring local delicacies such as boerewors, pap and melktert (a South African dessert) and wash it all down with homemade wine, while enjoying life in the whale watching capital of South Africa.

We'll also take you into the northern wilderness of KwaZulu Natal to Hluhluwe-Imfolozi National Park. You'll spend a special evening here enjoying a delicious South African braai, surrounded by the enchanting sounds of nature.



The ultimate guide to South African Braai

The South African braai is more than just a barbecue - it's practically a national sport. Here is everything you need to know about the iconic braai.

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Homestays are where Freebird members open their homes to host fellow members for a nightly rate. Becoming a Freebird host means you can rent spare rooms on our site to friendly like-minded travellers in the over 50s demographic. You can earn money on the side and share authentic social & cultural experiences - Freebird style!



We have a dedicated Facebook Group as an extension to your membership where Freebird members share, engage and exchange further.

The remarkable story of Grant Fowlds, who has dedicated his life to saving the imperiled rhinos, vividly told with Graham Spence, co-author of the bestselling *The Elephant Whisperer*.

What would drive a man to "smuggle" rhino horns back into Africa at great risk to himself? This is just one of the situations Fowlds has put himself in as part of his ongoing fight against poaching, in order to prove a link between southern Africa and the illicit, lucrative trade in rhino horn in Vietnam.

Shavings of rhino horn are sold as a snake-oil "cures," but a rhino's horn has no magical, medicinal properties whatsoever. Yet it is for this that rhinoceroses are being killed at an escalating rate that puts the survival of the species in jeopardy. This corrupt, illegal war on wildlife has brought an iconic animal to the brink of extinction.

Growing up on a farm in the eastern Cape of South Africa, Grant developed a deep love of nature, turning his back on hunting to focus on saving wildlife of all kinds and the environment that sustains both them and us. He is a passionate conservationist who puts himself on the front line of protecting rhinos in the wild—right now, against armed poachers—and in the long term, through his work with schoolchildren, communities, and policymakers.





DR WILLIAM FOWLDS PASSION FOR RHINO'S IS EXPLORED BY HELPING RHINO'S. THIS IS HIS STORY...

Dr William Fowlds is a wildlife vet in South Africa. Will's passion for conservation stemmed from his childhood days spent in the wild African bush of the Eastern Cape. In later years, his fifth generation family farm was converted along with neighbouring farms into what is now known as the Amakhala Game Reserve. Will went to school in St Andrews in Grahamstown and studied veterinary science through Onderstepoort in Pretoria. One of the privileges of Will's professional life is to work with rhino around the Eastern Cape reserves and to get to know them as individuals. He has also seen first-hand the bloody aftermath left by poachers and has saved many rhinos, including Thandi, from certain death.

Will travels throughout South Africa and internationally giving his personal testimony of the brutal reality of poaching from a hands-on perspective, as well as sharing the efforts to bring back rhino from the brink of death with his pioneering veterinary care. These emotional accounts have highlighted to the world the tragedy befalling rhino and other endangered species.

Will set up ARCC (African Rhino Conservation Collaboration) whose aims, to co-ordinate effective action against the poaching scourge, clearly match his own determination and dedication.

ATTENDING 'RHINO CRIME SCENES' AND HOPES FOR THE FUTURE



Helping Rhinos: Where did your involvement and work with rhino begin?

Will Fowlds: My journey started with my profession as a wildlife vet, being called initially to rhino poaching crime scenes where rhino were dead on arrival and then later on through the experience of seeing rhinos survive poaching incidents and our lack of capacity to deal with these incredibly traumatised and brutally injured animals. As these incidents increased, it became more and more important to develop techniques to treat and care for them. These scenes really touched me in a way that changed me forever and the emotional turmoil that so many people feel when confronted with the realities of illegal wildlife trade is something I've tried to convey through the stories I tell of the survivors. These are amazing animals, Thandi at Kariega Game Reserve being one of them. It was her heroic survival that inspired not only myself, but also many people around the world to get behind the species and make the world a safer place for rhino and other wildlife.

HR: How many rhino crime scenes have you visited over the years? And what was it like to be confronted with such a brutal sight?

WF: I personally have done 53 rhino crime scenes, most of those animals sadly were dead, but a large component of them survived these incidences and some of them managed to pull through. The sight is pretty horrific – you see clear evidence of what those animals went through before they died and in the case of survivors, what they've already been through by the time you get to them.

And you also witness the impact of poaching on communities and the people that live around these animals. It's an incredibly traumatic thing to witness and it's something that has driven me to try and be a better person, and I believe as humans we have to do better for the environment.

This is not just for philanthropic reasons anymore, it's about the survival of our own species and the lifestyles we make if we are to mitigate what we are currently doing to the planet.



HR: There has been a reduction in poaching in the Eastern Cape by 75% over the last year or so, what do you think can be attributed to this success?

WF: Poaching in this area has reduced over the last twelve months because everyone involved pulled together to form a cohesive plan. It can work and it takes a monumental effort from many passionate people and even if you can't be on the front lines, you can still help, from any part of the world – that's how big and global these issues have become. One of the essential ingredients to our success is finding the good in humanity, getting that response galvanised and co-ordinated.

HR: What gives you the most hope for the future?

WF: The thing that inspires me the most, is knowing that if we all pull together we can make a difference. I can look back at where I grew up as a child and see how it has changed for the better and I can take you to places where things have improved and I can show you people who have made that change happen. This kind of passion and dedication has made that difference. If you can do it one place, like here in the Eastern Cape, why not everywhere?

The world is beginning to wake up to what we have done: the science is clear and the evidence is something we are starting to feel more directly – no matter where we live. That is generating the response that was missing in the past. If we bring everyone together it will really give us a chance to turn things around for the better.

HR: How important is the connection between communities and wildlife conservation?



*Say "I do" with
us because "we do"*

Weddings

WF: "The future of wildlife in Africa will be determined by the communities that live around them."

One of the most important aspects of a multi-disciplinary approach to conservation is community. No matter how important wildlife might seem to the rest of the world, it's about how the communities around them think and feel about wildlife. We have to find ways to uplift communities and to give them alternative opportunities to what the illegal wildlife trade has to offer them. Unless communities come on board and find a way to benefit from wildlife and to feel that importance of wildlife in their future, these animals will simply not survive

The greatest example of the culmination of protection of rhino and community is Siseko Mayinje. Not only is Siseko functionally important, flying planes and giving aerial support to the ground, he is a trailblazer in his own community and has created a life people can aspire to. He has lifted himself up from very humble beginnings to create a career path for himself that is meaningful and successful. What Siseko represents for us is this culmination of the two (protection of rhino and community) through the work that he is doing. He is not only directly supporting and protecting rhino but he is inspiring his community to see that there are incredible opportunities out there for careers, for work, for meaningful contribution to their communities and the wildlife we all depend on here.





Yolande van der Merwe kisses an orphaned rhino, amid the spread of the coronavirus disease (COVID-19) at a sanctuary for rhinos orphaned by poaching, in Mookgopong, Limpopo province, South Africa April 17, 2020

JOHANNESBURG, Aug 1 (Reuters) - The number of rhinos killed for their horns in South Africa decreased in the first six months of the year as authorities increased efforts to tackle poaching of the endangered animals.

South Africa and neighbouring Namibia and Botswana have for decades struggled to control the poaching of rhinos whose horns are prized for jewellery and traditional medicine in some east Asian countries.

The ministry said joint efforts involving law enforcement agencies, customs officials and private security had led to the conviction of poachers, but continued demand for the horns meant the threat to the rhino population persisted.

Rhino poaching often involves international criminal syndicates that rely on the help of local poachers.

Increased surveillance and de-horning programmes in the famous Kruger National Park drove poachers last year to turn their focus to provincial parks and private reserves.

That trend has continued in 2023, the ministry said, with 143 rhinos killed in the KwaZulu-Natal province and 46 in private reserves.

The government said it has set up tactical centres, in addition to increasing services provided to rangers on healthcare, training and counselling to discourage them from colluding with criminal gangs.

South Africa is home to nearly half of the critically-endangered black rhino population on the African continent and to world's largest population of near-threatened white rhinos.

Reporting by Bhargav Acharya; editing by Barbara Lewis



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www.ekhayaballito.co.za

THE PLUMARI HERITAGE MUSEUM



Going into the Museum, one is immediately taken by the impressive collection of imported antique carriages, the oldest of which is the 170-year-old Stanhope Spider in splendid condition. Behind these are the locally made Cape Carts, the oldest one dating to 1791.

Lining one of the walls you will find an impressive collection of antique food processing implements such as hand-operated corn shellers, mincers, scales, and butter churners, together with coal-heated irons, axes, scythes, adzes, and ox wagon yokes.

A whole section of the museum houses a 1930's workshop with its woodworking tools, together with a lathe and bandsaw powered by a 1930 three-horsepower petrol engine. Another section has a fully operational forge and Blacksmith's Shop dating from the turn of the century.

Going back into our distant past, we showcase ancient man and our distant ancestors – from “Mrs Ples” (*Australopithecus Africanus*) to the Khoisan and early Iron Age inhabitants of The Plumari Private Reserve. This display is complimented by a comprehensive collection of ancient stone tools, from simple 2.3-million-year-old Oldowan choppers to the small multi-functional “thumbnail” scrapers of the late stone age and finely made Bushmen arrowheads. At the museum's entrance there are three Bushman rock engravings, together with a combination of an engraved map and lunar calendar sculpted by a Quena artist 2 000 years ago.



The story of the biggest battle fought in the Magaliesberg during the guerilla phase of the Anglo-Boer War – the Battle of Nooitgedacht – is told in a series of posters and the numerous battlefield relics on display. The Battlefield is one of the highlights on the Reserve and tours on and around the mountain are offered daily.

The museum features a large geological display of rock and fossil specimens featuring the unique geology of the Magaliesberg Mountain Range, which has been described as a “geological wonder of the world”.

The museum’s outdoor display includes a unique collection of ox wagons from the pre-1860’s “Kakebeen” (Jawbone) wagon to the familiar “Bokwa”, and various horse-drawn adaptations which were used in the area until the late 1950’s. The 1896 Boer ambulance has a place of importance near the dining room entrance, being one of only two surviving Anglo-Boer War ambulances in the world.

A big variety of mostly ox-drawn farm implements are scattered around the gardens to complete this fascinating and varied glimpse into the prehistory and history of our corner of the Magaliesberg.





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Dog Breeds That Don't Smell or Shed: Your Easy-Care Best Friends - South Africans Living Abroad don't have the space they had back home!

BY: AMANDA OBRIEN



Are you interested in finding the perfect canine companion but worried about shedding and unpleasant odors? You're in luck! Numerous dog breeds require minimal grooming and emit minimal odors, making them ideal pets for those sensitive to such concerns.

This article will explore 22 dog breeds that don't smell or shed. These wonderful breeds come in various sizes and temperaments, ensuring a perfect fit for any household. Whether you live in an apartment a house with a big backyard, or have allergies, you'll find a furry friend on this list that suits your specific needs.

So, let's dive in and discover the low-shedding, hypoallergenic, and minimal-smelling dog breeds that can be the perfect addition to your family. Stay tuned as we reveal their names, characteristics, and what makes them the top contenders for those seeking a low-maintenance furry friend.



Dog Snobs

1. Bichon Frise

The Bichon Frise is a small, fluffy, and friendly breed that makes a great companion. Their hypoallergenic coats require regular grooming to prevent matting, but you won't find much hair around your home. Bichon Frises are known for their playful nature and adapt well to various living situations, making them an excellent choice for families and singles.



2. Schnauzers

Schnauzers come in three size variations: Miniature, Standard, and Giant. All of these breeds are known for their distinctive appearance and minimal shedding. The Miniature Schnauzer is popular for those who love lap dogs, while the larger varieties require more exercise. Their wiry coats shed minimally and require regular grooming to avoid any doggy smell.



3. Poodles

Available in three sizes – toy, miniature, and standard – all poodles are hypoallergenic and don't shed. Poodles are also generally odorless dogs.

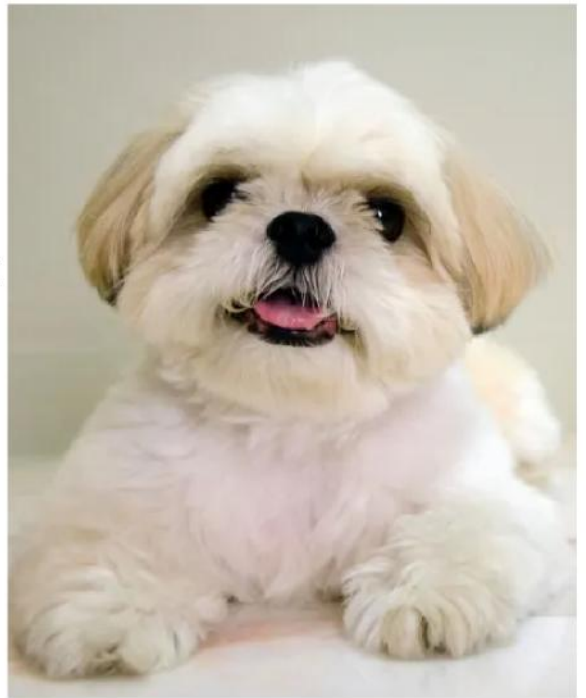
The Standard Poodle is the largest of the three varieties, standing over 15 inches tall at the shoulder. Their hypoallergenic coat requires regular grooming to keep it healthy and free from mats. Miniature Poodles are smaller than Standard Poodles, standing between 10 and 15 inches tall at the shoulder. They also have a curly, hypoallergenic coat that needs regular grooming to maintain quality and prevent odor.

Toy Poodles stand under 10 inches tall at the shoulder as the smallest poodle varieties. Their hypoallergenic coat is also similar to the other sizes.



4. Shih Tzus

Shih Tzus have long, silky, and luxurious coats that make them stand out. Don't let their appearance deceive you, though—these dogs are low shedders, making them ideal for allergy sufferers. Regular grooming is necessary to maintain their glamorous look, but Shih Tzus are adaptable and well-suited for apartments or homes with limited space. Regular grooming keeps them smelling fresh.



5. Maltese

Maltese dogs have long, silky hair that sheds minimally. Their lack of undercoat means less doggy odor, but they need regular grooming. They are perfect companions for those who suffer from allergies, as they produce minimal dander.





6. Basenji

The Basenji is a small, energetic dog breed known for its cleanliness and lack of odor. This breed is unique because it doesn't bark but rather makes yodel-like vocalizations. Basenjis groom themselves like cats, which helps minimize their shedding.

Their short coat requires minimal grooming, making them an excellent choice if you prefer a low-maintenance dog. Additionally, Basenjis have a low-shedding coat that is suitable for allergy sufferers.



7. Italian Greyhound

These slender dogs have very short fur that doesn't shed much. Their skin also produces less oil, producing a less pronounced doggy smell.



8. Portuguese Water Dog

Portuguese Water Dogs have become more popular due to their hypoallergenic curly coats that don't shed and high-energy personalities. As their name suggests, they love water and excel at water-based activities.

These intelligent and easily trainable dogs require regular grooming to prevent matting, but they're a fantastic addition to families who have time to dedicate to their pet's exercise needs.

9. Havanese

Havanese dogs are another popular non-shedding breed, boasting a silky, non-shedding coat that comes in various colors. These small dogs are affectionate and social, making them great lap dogs and easy-to-please companions. Havanese thrive on companionship, so they're happiest around their family members.

With their soft, wavy coats, the Havanese do not shed excessively, and their hypoallergenic nature makes them great for allergy sufferers. Regular grooming ensures they remain odorless.

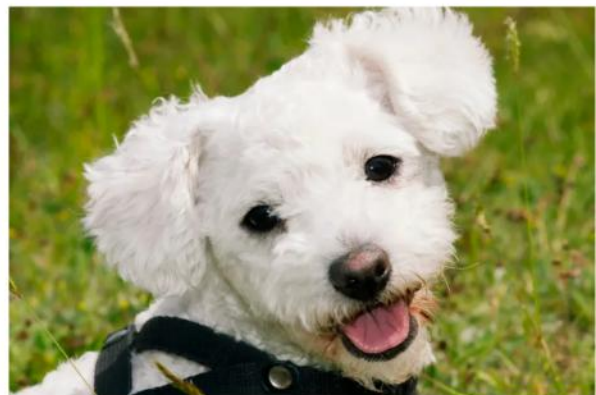
You might enjoy reading my articles about worst behaved dog breeds, dog breeds that look like Benji and dog breeds with low separation anxiety.



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10. Bolognese

A close relative of the Bichon Frise, the Bolognese also has a fluffy, hypoallergenic coat that sheds very little and has minimal odor.



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For more breeds click on the link here....



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CHEAPEST PLACES TO RETIRE IN THE WORLD

Besides home in South Africa of course!

By Daniel Rosenblat Investment.com

After spending the majority of life in countries outside South Africa, you may want to consider moving either back or somewhere abroad.

And the best way to do that is by finding a nice, cheap place to retire where our buck gets us as much bang as possible.

From small villages in the Vietnamese highlands to the relaxing beaches of the Mediterranean, not all of these places are Uber accessible, but they are all well priced and would be excellent retirement spots.

1. Ljubljana, Slovenia

Est. Monthly Budget Requirement: \$1,200-\$1,500*

Annual High/Low Temperature Extremes (F): 90°/14°

Encompassed by greenery and in view of the Kamnik Alps, Ljubljana is arguably the heart and soul of Slovenia. It's home to some of the most incredible art exhibits of the 20th century, and for less than \$1,500, it can also be the home for someone's retirement.

Due to its proximity to gorgeous ski resorts and spa-like hot springs, Ljubljana is an excellent choice for winter-loving pensioners who don't mind living a life of little to no worries. Arguably the safest city in Eastern Europe, the only thing you'll need to keep an eye out for in Ljubljana is the FedEx delivery person dropping off a taste of home..

2. Porto, Portugal

Est. Monthly Budget Requirement: \$1,750-\$2,000*

Annual High/Low Temperature Extremes (F): 86.3°/41.4°

A few hundred miles up the road from Lisbon, perched on the eastern shores of the North Atlantic, is Portugal's second-biggest city, Porto. With its excellent fishing and rich culture, this coastal community is an excellent place to spend one's twilight years — and it'll only cost about \$2,000 a month all up

Instead of Willy Wonka's golden ticket, the Portuguese government has implemented a "Golden Visa" that makes it easier for retirees from elsewhere in the world to relocate themselves to Portugal. Everyone deserves to enjoy their retirement years. Why not enjoy yours with the beautiful sunsets and smooth ports of Porto, Portugal?

3. Jakarta, Indonesia

Est. Monthly Budget Requirement: \$1,500-\$1,750*

Annual High/Low Temperature Extremes (F): 93°/67°

To qualify for an Indonesian retirement visa, one would have to show proof of an existing pension and sign a document stating that they won't work while in the country. Once in the country, however, they are free to enjoy the incredible food and breathtaking cultural displays for which Jakarta is known.

Coffee enthusiasts who have chosen to enjoy their well-earned permanent vacations in Indonesia's capital will be happy to know that any time they need a taste of home, they can always grab a cup of Joe from one of the Java Island Starbucks location.

4. Prague, Czech Republic

Est. Monthly Budget Requirement: \$1,200-\$1,500*

Annual High/Low Temperature Extremes (F): 104°/0°

More than 100 art galleries decorate the streets of this riverside town, and dozens upon dozens of spires pierce the sky above from the roofs around Prague's historic core. Over the past few decades, the Czech capital has become more than just a cheap place for backpackers to explore. It has evolved into one of the top-rated retirement cities in Europe.

While members of the EU are able to retire in Prague with very few questions asked, Americans, Canadians, and anyone else who's not from a member nation of the European Union will need to go through the process of getting a long-term visa approved on an annual basis.



5. Marbella, Spain

Est. Monthly Budget Requirement: \$1,100-\$1,300*

Annual High/Low Temperature Extremes (F): 92°/41°

If you're looking for a place to retire that is reminiscent of the dreamlike images on the postcards that you used to imagine visiting one day, Marbella on the southern coast of Spain is probably the place for which you've been looking. On the current Spanish retirement visa, non-EU pensioners are able to spend up to 90 days at a time in Spain. And all at a relatively fair price.

With a budget of just over \$1,000 a month, it's cheaper to retire in this Spanish paradise than most places in America. If you're looking for a holiday from retirement, inter-European flights to pretty much any European location will only cost around \$50 via Ryanair.

6. Myrtle Beach, South Carolina, USA

Est. Monthly Budget Requirement: \$1,750-\$2,000*

Annual High/Low Temperature Extremes (F): 93° / 26°

A holiday hotspot and favorite getaway for Americans who migrate south for the winter, Myrtle Beach has become one of the best places to retire in America because of its low cost of living and one of the lowest prices for fuel in the country. Aside from the comparatively low housing prices, South Carolinians are also privy to lower property taxes that make it even more affordable to live in Myrtle Beach.

The coastal city has close to 60 miles of beaches, and several jaw-dropping golf courses to explore that will help retirement feel like the best decade and a half vacation one could have.

7. Split, Croatia

Est. Monthly Budget Requirement: \$1,000-\$1,200*

Annual High/Low Temperature Extremes (F): 95° / 30°

Split, Croatia, is chockfull of historical sites and wondrous views of the Adriatic Sea. Its rich history and Game of Thrones architecture, when combined with the low cost of living, makes for an unforgettable retirement spot.

In order for non-EU citizens to retire in Croatia, they'll have to apply for a de-facto retirement visa. In other words, if you purchase real estate, or are able to pay for one year's worth of rent, healthcare, and a variety of other fees, then you'll be allowed to stay. Considering how difficult it is to gain residency in almost any other country, those seem like quite reasonable stipulations.

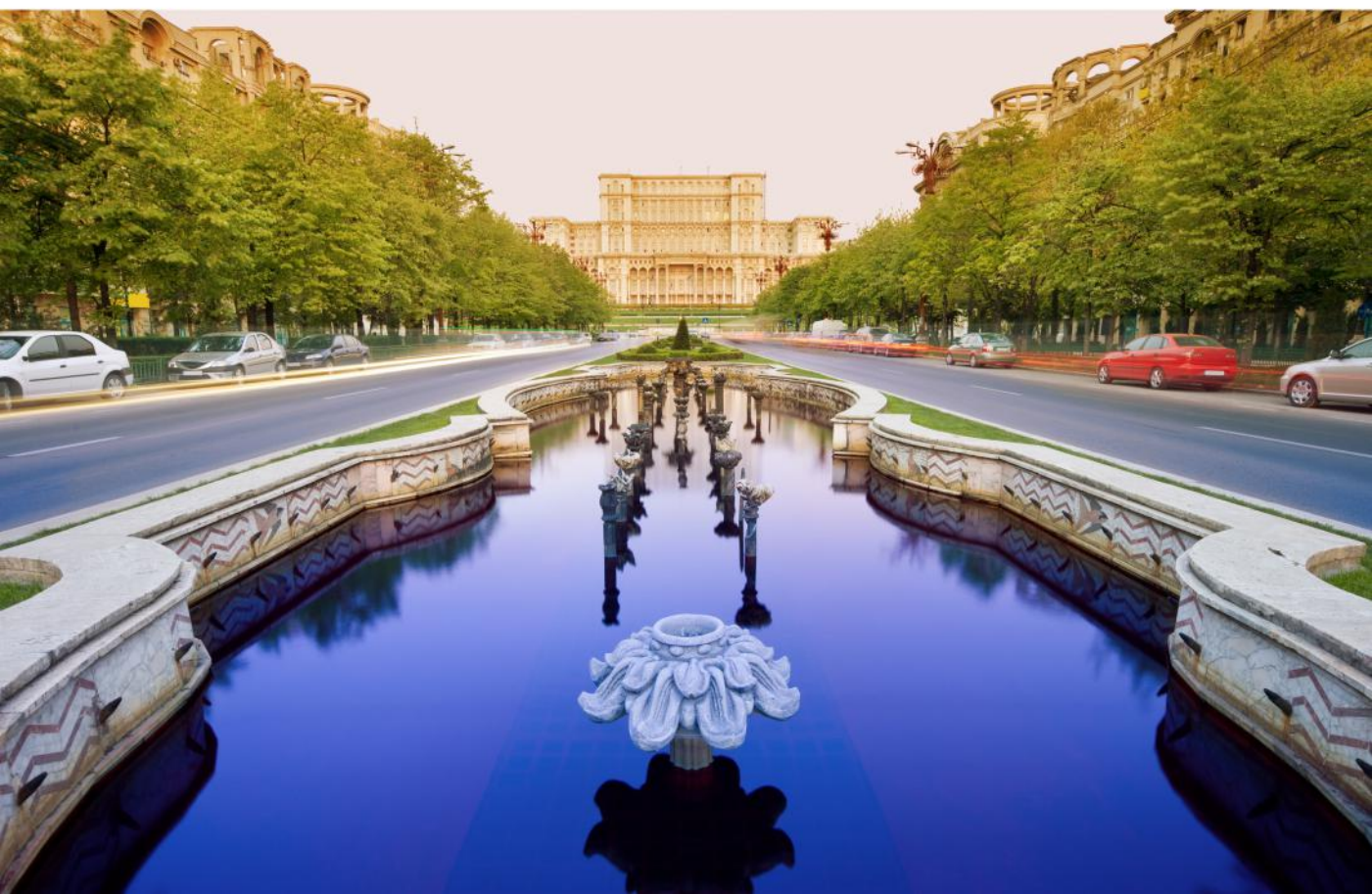
8. Bucharest, Romania

Est. Monthly Budget Requirement: \$1,000-\$1,500*

Annual High/Low Temperature Extremes (F): 89.6° / 25.4°

It's not very often that people choose to retire in a place that has a cold climate, especially when there's the option to go somewhere warm instead. However, if the weather isn't an issue then Bucharest is a fantastic place to spend one's pension years.

Members of the European Union are welcome to make the move to Bucharest whenever they decide to retire. If you are one of the lucky non-EU citizens who end up being approved for Romanian residency, for just \$1,000 a month, you'll be able to afford an apartment, food, and a leisure activity once a week or so – like a trip 4-hours north to the Transylvania.





9. Santiago, Chile

Est. Monthly Budget Requirement: \$1,800-\$2,000*

Annual High/Low Temperature Extremes (F): 92° / 28°

Located less than 150 miles inland from where the South American Continent meets the Pacific Ocean, Santiago has been the cultural, political, and financial capital of Chile since shortly after its founding in the middle of the 1500s. At almost \$2,000 a month, Santiago isn't the cheapest place to retire in the South Western hemisphere, but it does have its perks.

Being one of the safest and most stable countries in South America, there's no reason why retirees shouldn't feel comfortable exploring the markets and local shops. If a North American experience is what you're after while retiring south of the equator, rest assured, the Chilean capital does have a Walmart or two for all of your superstore needs.

10. Tallinn, Estonia

Est. Monthly Budget Requirement: \$1,200-\$1,500*

Annual High/Low Temperature Extremes (F): 85° / 1°

Looking out from the centuries-old towers of Tallinn Old Town and into the Gulf of Finland below would not be the worst way to spend one's retirement. If the medieval architecture and unforgettable views are too overwhelming, the main city of Tallinn has a much more modern feel.

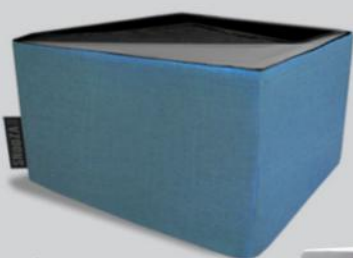
The cleanliness and overall sense of safety that one feels while in the Estonian capital are just a few of the reasons why this coastal city has become such a wonderful place to live. Then again, the low cost of living and great healthcare doesn't hurt either.

For 50 more places to retire, visit

<https://za.investing.com/magazine/cheapest-places-to-retire-in-the-world>



Sit



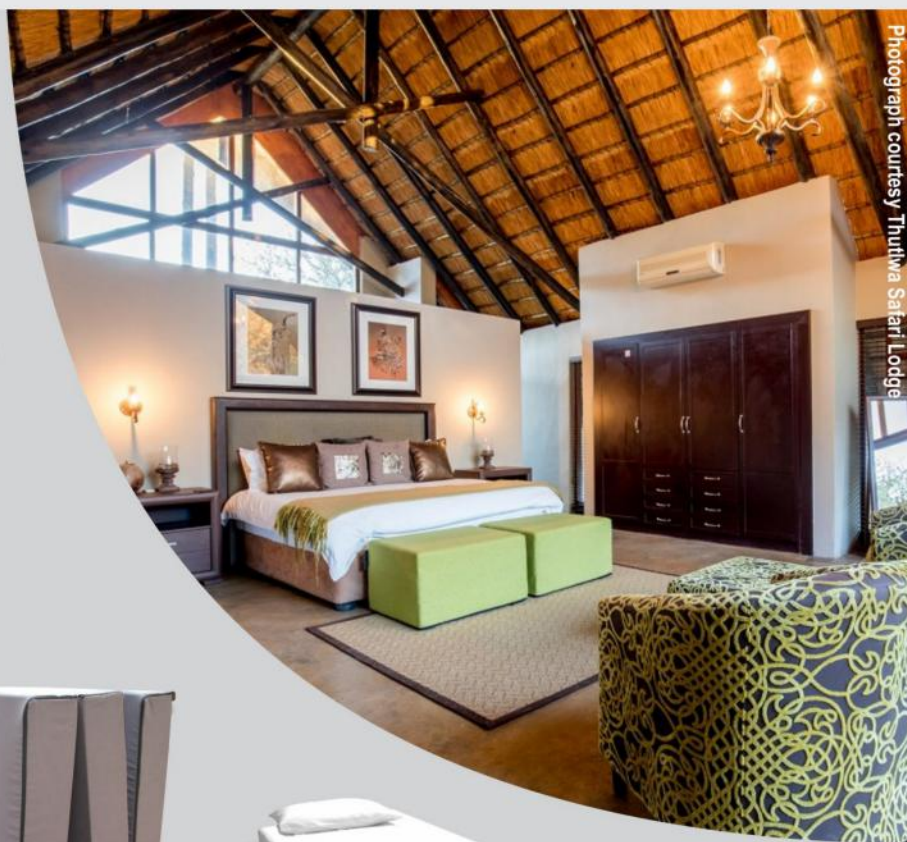
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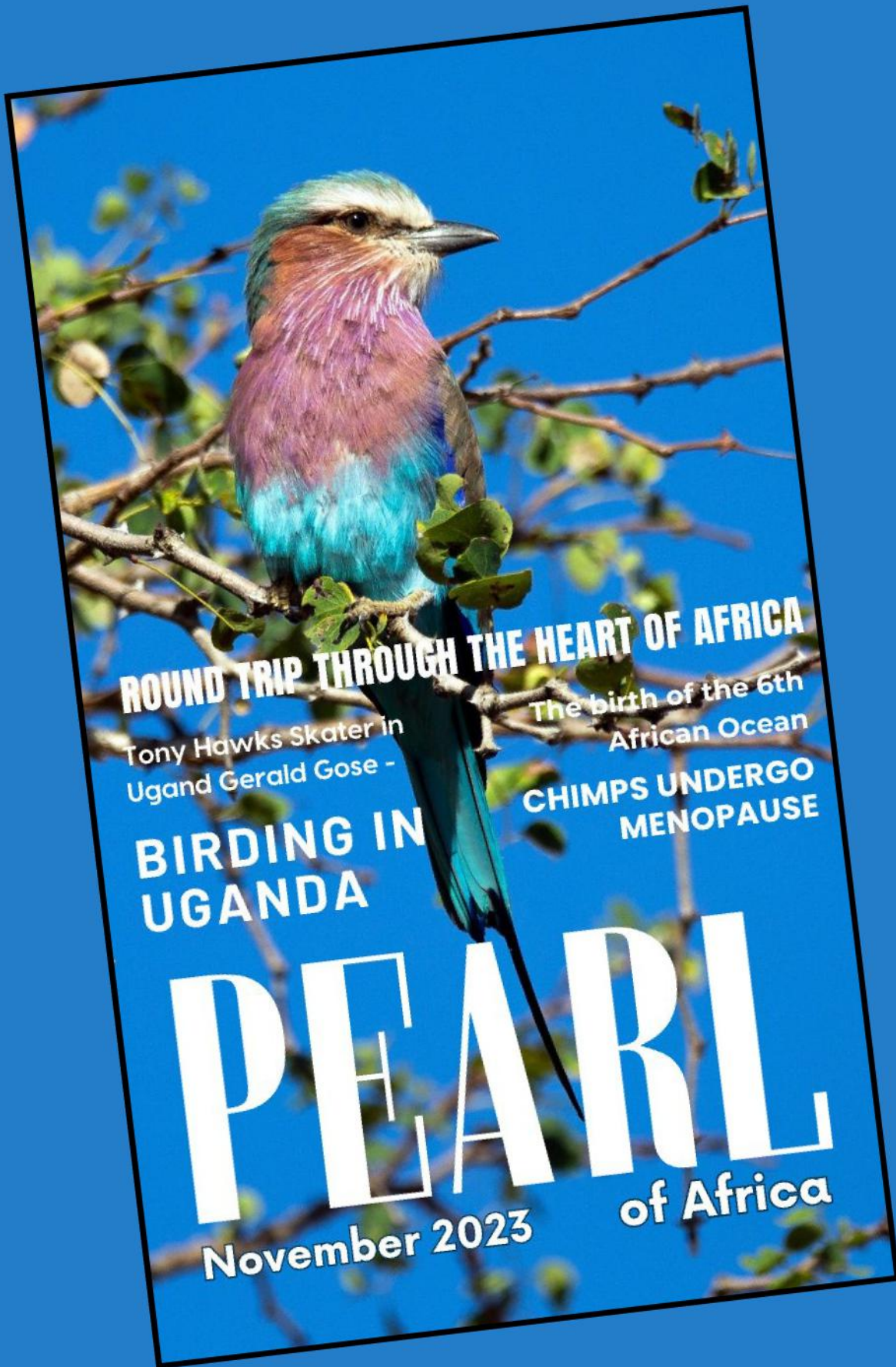
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BEAUTY IN THE WILDERNESS

Uganda is a land of dramatic contrasts. Here, the forests of Central Africa merge with East African savanna while hot, open plains sink beneath great lakes and rise to chill, snow-capped mountaintops.

Elephants

Elephants have miles of unbroken savanna to roam inside Uganda's Queen Elizabeth Park, where their numbers total 2,500, a dramatic rise after heavy poaching in the 1980s. Outside the preserve villagers kill elephants that trample and eat crops, though attacks have diminished with the digging of trenches to protect fields from wild trespassers. Elephants have longer pregnancies than almost any other mammal. They carry their calves for 22 months, and cows usually only bear one calf every two to four years.



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Leopards

The striking leopard is one of the hardest large species to observe in Uganda, thanks to its nocturnal, solitary behavior and well-camouflaged coat. Their survival is partly due to their adaptability to warm and cold climates and ability to climb trees while carrying heavy prey – keeping it safe from other predators such as lions and hyenas. They can run at incredible speeds of up to 58 km (36 miles) per hour, and hunt antelopes and monkeys as well as fish, birds, insects and reptiles. Historically, leopards were hunted for their beautiful fur; loss of habitat is now their greatest threat. Mainly spotted at Kidepo valley national Park, Queen Elizabeth national Park, semiliki National Park, Lake Mburo National Park, Murchsion Falls National Park.

Lions

Lions are among a few big cats found in Uganda's National Parks and it is among the most wanted to be seen animal while on game drive. Research indicates that 90% of most clients from all Tour Companies will ask their drivers to look for lions. And there will always be big excitement on spotting the King of the jungle, after the lion, the demand goes on to the Leopard.

A fully grown lion will normally weigh between 150-250kg for males whereas females can weigh between 120-182kgs, and can live in the wild up 14years. And in zoos, they can live for even 20years. Females will normally do most of the hunting.

Male lions will need atleast 7kgs of meat per day and 5kgs of meat per day for the females. After a big hunt example a Buffalo, a lion can consume up to 30kgs of meat and can sleep by for a simple digestion to consume more of the meat if other lions fail to finish the hunt. In open areas like Murchison falls National Park overlooking the Albert Nile, where there are many thickets, lions will normally pull Uganda Kobs, into the thickets so that they don't get any disturbance from hyenas and moving Safari cars around.

Lionesses normally produce by the age of 4 years, and can mate with any male before it conceives and the mating can take up to several days. The gestation period is 110days after which a female will give birth from 1- 4 cubs normally in a secluded area like thicket which cannot be easily reached especially like the Hyenas who will normally want to kill and eat the cubs. The cubs will normally weigh 1.2–2.1 kg. With a close look at a cub (baby lion) there are brown spots on their bodies, but they will always fade as they reach adulthood

See tree Climbing Lions in Uganda at Ishasha. The lion being found up in the tree branch is a unique adventure moment as lions are often found in the open savannah grasslands roaming around, sleeping, resting or hunting. These lions will normally climb and rest in these fig trees when noon approaches. It is hard sometimes to find them up in the trees when it is raining, or when it is still slippery in the morning. These tree climbing lions of Uganda are found in Queen Elizabeth National Park in the Southern section near the Congo boarder.





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