

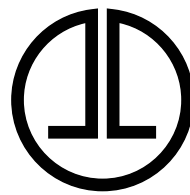


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SUMMER 2021/22

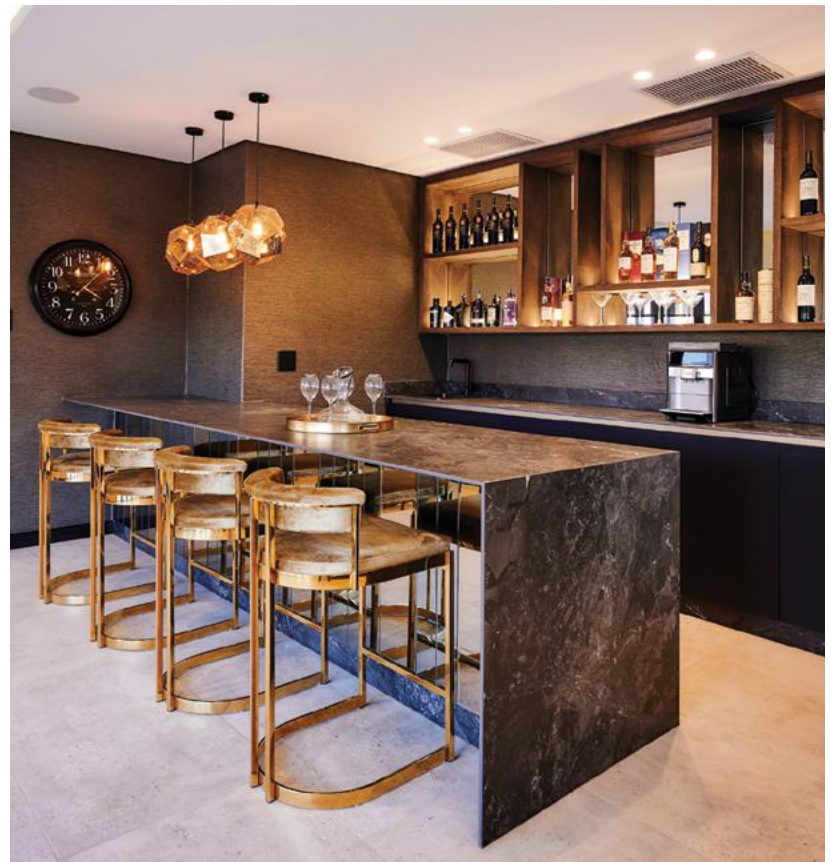


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THE ART OF GETTING STUCK

Dave Charles



“ I consider myself a reasonably good driver. After all, I have been a legally licensed driver for 45 years and, if you add two years for being licensed to ride a 50cc motorcycle at the age of sixteen, that brings the total to 47. But, as I had started “borrowing” my mom’s car for illicit moonlight flits around the sleepy suburbs of Lakefield in Benoni a little earlier than that, I suppose it’s fair to say that I have been on the road for just shy of half a century.

In all that time, I can only recall four occasions when I got a vehicle stuck to the point that I needed assistance to free it – and they were all wickedly embarrassing.

In the original article that I wrote for this issue, I went into some detail explaining how, on several occasions I had ended up in desperately embarrassing situations due to fundamental miscalculations of my driving skills in inclement conditions.

As these incidents often involved bona fide A grade South African celebrities who would probably not want the details of these ridiculous events made public, I am rather grateful to the layout team who decided to hack this piece to fit the paltry space allocated to my potentially award-winning missive. (I am sure that I will get over it in time...)

Luckily, over the years, I have become more adept at avoiding a repeat of this type of event. I have lived and worked in wild places where four-wheel drive was mandatory, and I am confident in my ability to keep an off-road vehicle moving in the right direction no matter what the circumstances. That’s why I feel particularly embarrassed about what happened just off the beaten track in Ballito the other day.

We have a particularly antisocial German Shepherd that we prefer to exercise away from other dogs. Since the beginning of lockdown, we have been walking him on a tract of land next to the M4 that is currently being developed. There is a network of tracks that are fairly easily navigated in the Jeep Wrangler that our furry friends enjoy travelling in, but you need to be aware of varying conditions depending on the weather.

It had rained heavily for days before we set off with the dogs on our regular Saturday morning jaunt and, as I had done the route many times before, I wasn’t really concentrating on the condition of the track. If I had been, I might have noticed that the rain had washed a deep drift of mud down the slope that I had to cross to reach our intended destination. To make matters worse, there were some deep erosion channels across the track that I had to swerve sharply to avoid. The swerve was partly successful. I avoided hitting the worst of the dongas, but the Jeep was now further down the slope where the deepest mud had accumulated. A frantic shift to low range did little to help. The forward motion of the vehicle slowed and then it ground to a halt as the wheels dug in up to the chassis and there we were – firmly stuck in the mud. The dogs were absolutely loving it and Sue tactfully took them for a long walk while I tried to work out a way of getting out of this predicament.



There are many 4x4 marques currently on the market and each has its own allure. But there is nothing to touch the bond that exists between Jeep owners. They say it’s a Jeep thing and despite the truly awful support that the brand generally receives from its dealerships in South Africa, those who own them, generally love them. There’s even a special Jeep wave – a subtle raising of the thumb, index and forefinger of the right hand on the steering wheel – as I said, it’s a Jeep thing.

That’s why I knew that I could call on the guys in the local Jeep club for help. Albie de Wit was at a birthday celebration, but he made a call to Charl Lensley, president of the Ballito Jeep Club and the rescue was on. I gave Charl vague directions to my patch of mud and, true to form, he dropped everything and hit the rescue trail. Never in my life have I been so happy to see that bright yellow jeep approaching from a distance. It was like the scene in the Westerns when the cavalry arrives. Charl and his assistant performed a textbook recovery, the video of which is available on our Life & Style Facebook page which makes it look effortless. It’s amazing what experience and technique can achieve.

Charl is a gentleman and although he said all the right things, he couldn’t quite conceal his amusement at the way I had so totally and absolutely cocked up a lovely Saturday morning. Sue was wonderfully supportive but also hugely amused at my total and utter embarrassment. And the dogs...well, they loved every minute of it and can’t wait to get stuck in the mud again. I hate to tell them, but it’s never going to happen!

****Dave Charles presents the Afternoon Drives Show 3 - 6pm Monday to Friday on 88FM Radio Life&Style - The Voice of Ballito**





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TALES OF A NORTH COAST BOY

“

Brian Pottinger, author of the recently released personal memoir, *I Em Smiling**, talks about his family and its links to this part of the world.

D H Lawrence famously said one should never return to an old love affair. I did. It is called the KwaZulu Natal North Coast.

After a thirty- year absence, my wife and I returned five years ago to these verdant hills and golden shores for what was to be a temporary visit. We are still here. Both my paternal and maternal grandfathers arrived in Durban in 1906: the former escaping an affair of the heart and the latter poverty in his native Mauritius. Frederick Pottinger died tragically young but Joseph Marot lived to a ripe old age, founding a family farming enterprise that at various stages encompassed what is now West Simbithi, Mount Richmore and Dunkirk Estate.

It sadly fell to me to dismantle it as chair of the family business. By then the numerous shareholders were spread over four generations and four continents and the smaller farming units were proving intractably unprofitable.

I spent much of my youthful summers on Tongaat Beach (now Westbrook), went to school and University in Durban, served with the infantry in Ladysmith and began my first journalistic job on The Daily News. That is about as local as one can get.

The spur to writing my family memoir, *I Em Smiling*, was the oldest conceit of all: that future generations should not completely forget what went before. All of us have rich family histories and all deserve to be preserved for posterity, even if only scribbled on a sheaf of A4 paper.

My traceable heritage in the maternal line dates to the French Revolution when numbers of royalists fled to Mauritius. My grandfather was born to a wealthy island estate but it suffered, it was whispered, “a catastrophic loss of family fortune”. It drove him here in a barque so low in the water one could reach out one’s hand and touch the ocean. With only the five pounds required for disembarkation at Durban port, he started as an electrician at the Maidstone Mill and ended up mill manager before becoming a successful independent planter.

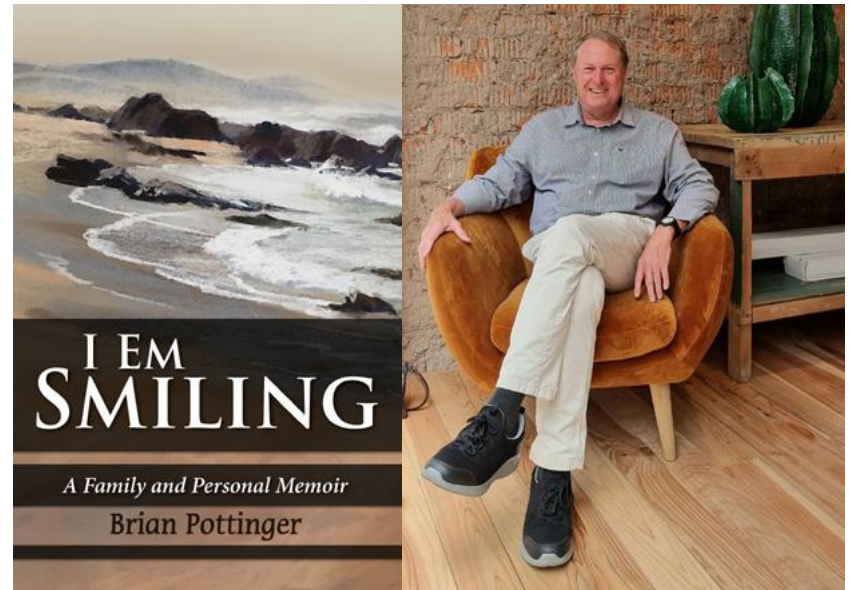
I still seem to hear his French-accented voice as I load another pile of lawn dressing on my garden, and he once farmed: “Quelle blague....seez land is only worthless sand.” Yet he farmed, loved and preserved every hectare of his farms.

I first remember this coast as cane lands, unpoliced beaches, small hotels where one sneaked under-age beers and clusters of shops at Umhlali, Salt Rock and Old Ballito. My mother’s memories were of three- month summer holidays at Tongaat Beach, the family and retainers brought thence by mule cart, of Deepavali in Tongaat and the colourfully dressed cane cutters thronging the station on their way back to Pondoland at season’s end.

My grandfather’s first impressions were certainly of open and unseeded land, tracked with dirt roads and set in a colony still recovering from one war and engaged in another in the form of the brutal suppression of a local rebellion. Researching these lives, one indeed understands the saying: the past is a foreign country; they do things differently there.

Should future generations ever read my story of a carefree, sun-blasted youth, border wars, a career in journalism and writing, Harvard, business operations throughout Africa, a restaurant in a quaint Cornish fishing village and a return home as the Prodigal Son, they might also say that the past is indeed a foreign country.

**The title refers to the occasion the forbidding former Prime Minister John Vorster was asked by a photographer to smile. “I Em Smiling, demmit”, he replied. It is one of the many anecdotes from the author’s experience as Editor and political journalist. The work is available on Amazon and Smashwords in print, Kindle and ebook formats*



Brian Pottinger was born in Durban of English-Mauritian extraction. He was educated at the University of KwaZulu Natal and Harvard where he was a fellow of the Nieman Foundation for Journalism. He spent over 30 years in media and entertainment businesses in South Africa and Anglophone Africa, first as journalist, Editor and Publisher of the Sunday Times and later as a media management specialist. He and his wife Sue owner-ran a Cornish bistro-restaurant for five years before returning to South Africa in 2016 where they now live on the North Coast. He was chair of the family-owned Tara Sugar Estates for many years and is author of eight books.

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“Excellent build quality and packed with cool features at a fraction of the price of its competitors. It's the perfect device for unlocking the creative potential of just about everyone!

While digital art has been around since the 1960s when computer-generated imagery was in its infancy, it is only in the past few decades that it has exploded on the world thanks to incredible advancements in publishing and mobile technology.

The creative process in painting, sculpture and music has been revolutionised to the point that it is now rare for artworks not to encompass at least some aspect of digital enhancement, even if only at the planning stage. Today, net art and virtual reality pieces have pride of place in many prestigious galleries, while digital art techniques are seen everywhere in the mainstream media, including social networks and streaming services.

Some of the world's best artists feature in the digital space and have forged their own unique styles that resonate with millions globally. Californian Joey Chou's unmistakable illustration style, noted for its clean and precise lines, has made him a popular and respected in Hollywood studios such as Disney and Dreamworks, according to reputed online design platform, Vexels.

Johannesburg-based Tasia M.S. is another talent identified by Vexels as a dominant force in the global art game on account of her strong female figures, including “super pastel fairy queens” and “urban street-style inspired girls”.

More South Africans are taking up this space, including Pretoria digital artist Lethabo Huma, who is known for work that mirrors her emotional responses, and Bloemfontein's Kyle van Wyk, famed for having an electric portfolio. Ukrainian Alena Tkach has become a household name in children's books where her depictions of animals tug at the heart strings.

Amazing dreamscapes swirling with clouds and stars are the trademarks of artists like American Photoshop guru Anna McNaught and Croatian wunderkind Renato Prkic, both of whom enjoy huge followings on Instagram, says publishing platform Medium. The diversity of these artists speaks to the power of technology as a democratising tool. One of the exciting things about the digital revolution is that it is making art programmes so accessible to so many more, as artists can now draw on their smartphones simply by downloading an app.

According to the UK's Guardian newspaper, mobile technology has “made art mobile. Art is everywhere”. Not only is everyone with a smartphone now an audience member, but they can also be the artists themselves. This “art is everywhere” reality means that smartphones need to deliver state-of-the-art technology – and importantly, at affordable prices – like never before. That is why brands like TECNO Mobile, Africa's Number 1 smartphone brand in 2020, are pulling out all the stops to produce high-performance, big screen and cinema-quality devices that allow artists to let their creativity flow without worrying about failing battery life and poor refresh rates.

TECNO's Spark 7 series, launched in South Africa in September, features an ultra-fast G80 chip and 90Hz refresh rate, guaranteeing lightning-fast speeds for artists to bring their creations to the world.

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The great thing is that free drawing apps like Paintology, which can be downloaded from Google Play on the Spark 7 are not only for professionals. Budding digital Picassos have an opportunity to watch numerous in-app video tutorials and take part in digital drawing exercises to improve their skills. Where the tablet drawing method requires a high level of competency in photo editing software, the app makes it easy. It is citizen artistry at its finest and most convenient.

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LET’S DO THE TIME WARP AGAIN!

A history of The Rocky Horror Picture Show by Shannon Devy

“

RIFF RAFF

No. You've arrived on a rather special night. It's one of the master's affairs.

JANET

Oh, lucky him.

MAGENTA

He's lucky.

BRAD and JANET look at MAGENTA, surprised by her voice.

MAGENTA

You're lucky, I'm lucky, we're all lucky

There is a demo tape from 1973. It's an amateur single-track cassette tape recording - a cracking voice and butchered acoustic guitar. Traffic sounds bleeding in from the street. A few loose backing vocals drift in and out from across the room. Fart noises made into the microphone at the end of a particularly folding rendition. The voice belongs to Richard O'Brien, and in this lost demo tape, a copy of which surfaced for purchase and download once and briefly in 2015, he lays down from top to bottom the first draft of The Rocky Horror Show, a 1973 niche stage musical that became a movie that became a cult, still screened and performed across the world over 40 years later. In the demo, some of the phrasing is strange. Odd extra verses disorientate those who know the music well. Melodies go rogue, extra bars hang and drag. O'Brien is at times shiveringly flat. But it's all there: Science Fiction/Double Feature, Over at The Frankenstein Place, Sweet Transvestite, I Can Make You A Man/Hot Patootie, Dammit Janet, Rose Tint My World. You can hear the script, too. "I would like, if I may," he says in Riff Raff's strangled androgynous tenor, "to take you on a strange journey." And didn't he just.

In 1972, O'Brien had just been fired from a production of Jesus Christ Superstar over a disagreement with Andrew Lloyd Webber. He wanted to play Herod like Elvis, but Lloyd Webber wasn't having any of that. Out of work, he sat down in his Maida Vale flat to write "the musical he wanted to see". He completed Science Fiction/Double Feature by Christmas. He was 31 years old. The Rocky Horror Show opened Upstairs at the Royal Court Theater in Chelsea on the 19th of June 1973. Directed by Jim Sharman, the production starred Tim Currie as Frank N. Furter, Patricia Quinn as the domestic Magenta, Nell "Little Nell" Campbell as tap-dancing, vampy Columbia, and O'Brien as Frank's mutant 'handyman', Riff Raff. It was a critical success, winning the Evening Standard award for Best Musical that year.

TITLE SEQUENCE - CAST AND WRITING CREDITS

CHORUS

Science Fiction - double-feature
Dr X will build a creature
See Androids fighting Brad and Janet
Anne Francis stars in Forbidden Planet
Oh - at the late night, double-feature
Picture Show.

With producer Lou Adler and musical director Richard Hartley on board, Rocky Horror made its way to L.A. In 1975, the film version went into production. Fitted with a tweaked title, The Rocky Horror Picture Show featured O'Brien, Quinn, Currie and Campbell in reprises of their original roles, with the addition of Barry Bostwick as Brad and a little-known Susan Sarandon as Janet. A swaggering, spectacular pre-Bat Out of Hell Meatloaf plays Eddie, the failed creation. It was pure counterculture. A punk spectacle from the very first chord. From the moment a pair of disembodied Man Ray-esque bloody red lips float out of the void to sing the opening lines of Science Fiction/Double Feature before dissolving pointedly over the cross on top of the Denton Episcopal church, the fantastically queer phantasmagoria of what reviewer Robert Ebert described as a "horror-rock-transvestite-camp-omnisexual-musical-parody". Funny, raucous, joyful and dark, The Rocky Horror Picture Show set about its deliriously degenerate work.

GUESTS (inc. RIFF RAFF, MAGENTA & COLUMBIA)

Sha la la la
That ain't no crime.

ROCKY

Oh, no no, no no.

GUESTS

Sha la la la
That ain't no crime.

ROCKY

No no no, no no.

GUESTS

Sha la la la
That ain't no crime -
That ain't no crime.

It was glorious. It was a dismal failure. After a horrendous test screening in Santa Barbara, the film ran for a few weeks, before being pulled entirely while producer Lou Adler and 20th Century Fox tried desperately to find it an audience. It would find its feet in '76 with a regular midnight screening at the Waverley Theatre in New York. Slowly, they came. They never stopped coming. Today, The Rocky Horror Picture Show is one of the biggest film earners of all time, pulling over \$140 million off a \$1.2 million investment in North America alone. Weekly midnight screenings have kept scores of independent theatres in the green for years. That terrible cassette tape demo had morphed and grown into an absolute sensation.



ALL

Hot patootie
Bless my soul
I really love that rock and roll
(four times)

My lifelong fascination with The Rocky Horror started the same way The Rocky Horror did - with a cassette tape. More specifically, a bootleg rip of what is by general consensus understood to be the most consummate version of the musical's book - producer Richard Hartley's 1975 recording for the motion picture soundtrack. I found it in a jumbled box of tapes in the garage. I had seen the movie before - wide-eyed and cross-legged on the dull shag carpet of my grandparents' house. I was eight years old then. I wasn't sure what I was looking at. My grandmother wasn't sure I should be looking at it. But my real connection to the work - the root of my obsession with it - is that soundtrack recording. When I found that tape at age 10, I had just gotten my first drum kit. I spent a feverish summer holiday in my mother's garage with a cheap tape player and a set of airplane headphones, stumbling over every drum part, every fill, until I knew them by heart. Today, as a working musician, I can tell you that everything you need to know to lay the foundation of a rock 'n roll musical education is on that record. That soundtrack is in my body - in my spine, my cells. The arrangements throb, swagger, flair. The basslines are killer, the keyboard work is outstanding, and that crazy electric guitar sound is enough to keep you up at night. I know it's kept me up. It's a work I've been coming back to for over 20 years.

FRANK

It was strange the way it happened.
One of those quirks of fate really.
One of those moments when you seem
irredeemably lost: you panic; you're
trapped; your back's against the wall.
There's no way out, and then suddenly,
you get a break. (He cracks the bones
in his hand) All the pieces seem to
fit into place. What a sucker you've
been. What a fool. The answer was there
all the time. It took a small accident
to make it happen. An accident!

MAGENTA & COLUMBIA step forward one each side of him.

MAGENTA & COLUMBIA (softly)

An accident.

The soundtrack that lodged itself in my spine was recorded at the legendary Olympic Studios in Barnes, London, in 1975. Engineered and mixed by Keith Grant, the recording took place in Studio Two, which was already the cornerstone of the London recording scene in the glory

days of British Rock 'n Roll. The Stones, the Beatles, Procol Harum, Hendrix and The Who all recorded seminal works in that room. In fact, two members of the band who tracked the Rocky Horror session where members of Procol Harum and one played in The Who. The Stones spent so much time at Olympic that Mick Jagger chose the décor and furnishings. When you listen to that recording, there's something about that sound. That warmth, and depth. Listen to The Who's Is It In My Head? and Science Fiction/Double Feature back to back and you'll hear what I mean. It's an alchemical product of the warmth and sonic signature of Studio Two's custom-built Helios mixing desk. It sounds like that place. It sounds like that time. That day.

O'Brien was 31 when he made that demo. Here was proof that you could conjure something out of thin air - something from nothing, pulled like ectoplasm out of a mind in pain. This is the closest thing we have to magic. Bowie's makeup artist Pierre La Roche designed the makeup for the film. Little Nell had a thrift stall in Kensington Market across the way from Freddie Mercury's boot stall. ("He would tell me about his band. Good luck with that Freddie!")

1974. Publications Act No 42

... for the establishment of "a Government-appointed Directorate of Publications, headed by a Director of Publications ... [which] is responsible for the appointment of committees from a list of persons approved by the Government, operating in various parts of the Republic, which are charged with the task of deciding whether publications (excluding newspapers), objects, films, and public entertainments referred to the committees by the Directorate are 'undesirable'"

"In determining whether a publication is undesirable, the author's motive is irrelevant ... [and] a work may be found to be undesirable if 'any part of it' is undesirable"

The Rocky Horror Picture Show was banned in South Africa, but not in Lesotho. The Maseru Holiday Inn put on a stage version in 1979. In the film, there's an NP flag stuck into a pineapple in the ballroom snack spread. Not only are a racially mixed group of Transylvanians campily thrusting their pelvises behind it, but it's also upside down.

The Rocky Horror Picture Show is a wonderful case study in the importance of creative risk, the joys and freedoms of creativity, and being brave in art. Look what happens, if you just make the demo.

VOICE OVER

Science Fiction - double-feature
Frank has built and lost his creature
Darkness has conquered Brad and Janet
The servants gone to a distant planet
Oh - at the late night double-feature
Picture Show - I want to go - Ohh -
To the late night double-feature picture show.

THE END

Shannon Devy is a writer and musician living in Cape Town. She likes coffee more than anything and spends most of the day scheming how to get her next cup.



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Bard & Minstrel is the loveliest luxury book and French inspired café found along the High Street to catch up with friends over a delicious cup of coffee.



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A WALKABLE FEAST

Legacy Yard is a market style dining experience, home to eight local eateries serving up a variety of culinary choices, from Indian street food, African BBQ, Thai, Japanese to delicious Italian Gelato, come for a foodie feast experience.



MAGNIFICENT SUNDOWNER VIEWS

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MARKET

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8am - 7pm

(Eateries close 10pm)

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D'URBAN Lifestyle Gin

“Exclusively produced by Distillery 031 for Lifestyle TOPS in Ballito, and launched in November 2021, D'Urban Lifestyle Gin is inspired by the Dolphin Coast of KwaZulu Natal.

This exclusive region enjoys wide, unspoilt beaches and lush sub-tropical vegetation. It's summer all year round on the Dolphin Coast. The warm climate and people that live here make this a unique coastal playground offering the ultimate quality of life.

D'Urban Lifestyle Gin is the perfect complement to life, the Ballito way.

As pioneers in the craft spirits industry and South Africa's most internationally awarded independent distillery, Distillery 031 has crafted a hyper-local, limited-edition gin, the first collaboration between an established gin brand and a liquor retailer in South Africa.

D'Urban Lifestyle Gin has lighter juniper notes than the more classic, dry gins and taps into orange and citrus flavour profiles, making it exceptionally drinkable. Unique to D'Urban Lifestyle Gin is the inclusion of both bitter and sweet orange peels. These two botanicals are individually distilled to add subtle natural orange/citrus flavour to the gin, with no artificial flavours or colourants.

Open a bottle of premium, small-batch D'Urban Lifestyle Gin and open the essence of the KZN North Coast lifestyle.

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FOLLOW THE LIGHTS

Gateway's Summer Diary is a Dazzling Delight

"Gateway is a glittering destination of summer fun over the festive season. An array of unique experiences sets the scene for families and friends to get together, make fabulous memories and take sensational pics along the way.

"Visitors can make sure they catch all of the destinations on our festive light experience by joining the easy-to-follow trail anywhere in the mall," says Gateway Theatre of Shopping Marketing Manager, Michelle Shelley.

A fantasy of grand designs and sparkling lights, the holiday light experience stretches the length of the mall, starting with a present surprise and ending with a whooping virtual sleigh ride at Santa's Village in Expo Explore.

The mind-bending World of Illusions will be dressed up in festive finery this holiday. Shelley adds that "Kids are loving seeing themselves in these unbelievable scenarios. We are using the same illusion principles, but the six rooms will have a festive snap-ready holiday theme.

It's a wonderful vibe at the outside Palm Court restaurants during the summer season". Making the most of the glorious summer evenings, live music is planned for the Palm court between 6 pm and 9 pm from 16 December until end December with a few breaks in between.

Giving back to the community, Gateway hosts several charity initiatives over the festive season. Favourites are the Disney Charity tree and the sought-after gift-wrapping service.

Gateway's extended trading hours make it possible to enjoy more of the mall for longer. From 15 - 23 December the mall will be open from 9 am to 10 pm and close at 9 pm from 24 - 30 December (25 December is optional trade).

Please see Gateway's social media for trading hour updates and more detail on live acts in the Palm Court.

www.gatewayworld.co.za
[@gatewayumhlanga](https://www.instagram.com/gatewayumhlanga)



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WHAT YOUR GUT SAYS TO THE BRAIN

Gateway's Summer Diary is a Dazzling Delight

If you think you are in control of your behaviour, you may need to think again. There are more microbes living in our bodies than human cells (roughly 38 trillion bacteria). The communication between our gut bacteria and the rest of the body plays an enormous role in our health, and our mood.

THE "SECOND BRAIN"

Along with the trillions of microbes in our gut, we also have neurons in a mesh-like structure called the enteric nervous system (ENS). This ENS is often referred to as the "second brain" because it functions independently from our actual brain. Despite its independence, the ENS has an ongoing conversation with our brain via the vagus nerve (alongside other mechanisms). This communication affects everything from your metabolism, mood and emotions, to sleep and health.

HOW YOUR GUT AFFECTS YOUR HEALTH RISK

While we are still learning exactly how changes in your gut microbiome affect your health, we do know that there are negative consequences to an unhealthy gut. A gut microbiome that is out of balance can increase your risk for conditions such as diabetes and depression, can increase your risk for obesity, and can even play a role in colon cancer risk. Experts believe that when your gut microbiome is unbalanced, your intestinal lining becomes porous, which allows toxins to enter the blood stream. This affects your immune system, and as a result there seems to be an association with disease such as rheumatoid arthritis, fibromyalgia, inflammatory bowel disease, lupus and chronic fatigue. To achieve greater health, it is best to have a diverse gut microbiome, which is affected by diet and lifestyle factors.

WHAT TO EAT

Eating a well-balanced diet is often the place to start when addressing your health status. However, specifically when it comes to improving gut health, here's what you want to focus on:

- **Prebiotic Foods:** such as fibre-rich fruits, vegetables, nuts, seeds and wholegrains such as oats serve as food for bacteria and encourage the growth of a healthy and diverse microbiome. **Prebiotic Nutrients:** such as Omega 3 Fatty Acids which also encourage diversity of bacteria in the gut.
- **Probiotic Foods:** there are foods that contain a variety of good bacteria. Fermented foods such as sauerkraut, kimchi, natto, kombucha, kefir and yogurt are packed with live cultures of probiotics. These help you digest food better, support the immune system and can even assist with reducing bloating, gas and diarrhoea.





DIET AND LIFESTYLE CHANGES

Just like eating a health-promoting diet can help your gut bacteria, there are foods that may do harm. Here's what you would want to avoid:

- **A Monotonous Diet:** a diet lacking in a variety of different whole foods can lead to a decrease in gut bacteria diversity. This is because different foods promote the growth of different probiotics.
- **Processed Sugar:** high intakes of sugar has been shown to decrease the biodiversity of gut bacteria and promote the growth of harmful bacteria.
- **Excess Red Meat:** high intakes of red meat have been found in animal studies to reduce biodiversity and promote the growth of harmful bacteria. Further research is needed to assess whether this is true for humans, but the conservative approach is to avoid excess intakes of red meat.
- **Processed Foods:** these foods are generally poor in nutrients, especially fibre, and thus are not going to promote the growth of a healthy and diverse microbiome.

Just like what we eat can affect our microbiome, so too can our lifestyle choices. Behaviours associated with unhealthy guts include drinking excess alcohol, smoking, sedentary living and poor sleep.

SUPPLEMENTS TO SUPPORT THE MICROBIOME

Diet and behaviour changes should always come first. However, if you have a gut microbiome that has suffered at the hands of longstanding poor diet and lifestyle choices (or because of a medical condition or medication), then supplements may be warranted.

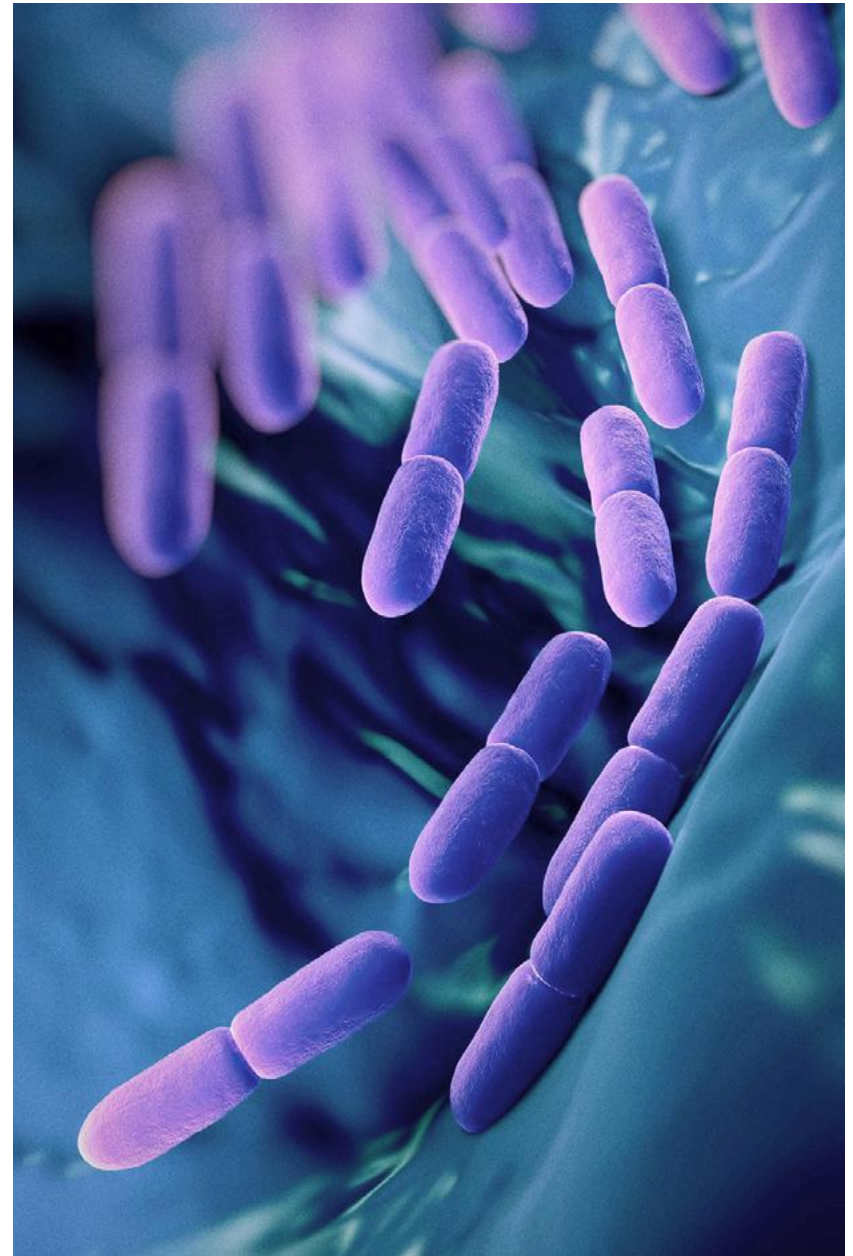
- **Probiotics:** taking a daily probiotic can strengthen your digestive and immune systems. Ideally you want one that includes bifidobacteria and lactobacilli.
- **Omega 3 Fatty Acids:** we tend not to get enough omega 3 fatty acids in our diets, and so for our gut health (and the health of many more bodily systems), a supplement may be beneficial.
- **Vitamin D:** supplementing with Vitamin D has been shown to increase the biodiversity and overall health of the gut in people who are Vitamin D deficient. An estimated one in five people in Africa have inadequate Vitamin D status, so this is a nutrient level worth checking with your next set of bloodwork.

GUT HEALTH LEADS TO OVERALL HEALTH

Improving overall health and wellbeing may very well start with improving the health and wellbeing of the microbes that live within us all. It's important that the conversation between our main and "second" brains is positive. Start with the simple improvements to your diet and lifestyle, then consider adding targeted supplements to take things to the next level.

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Celebrating 12 years of serving the North Coast of KZN this year, continuously strive to know more about health and wellness, so that they can give more to their customers.



Kim Wilson and Judy Martin

THE BIO WILL SEE YOU NOW

LEAH ACAMPORA

“Now that we’ve defined Biokinetics as a profession (read the article in our Spring Edition), let’s take a deep dive into what you should expect when visiting a Biokineticist.

THE INITIAL

You’ll start with an initial consultation, during which you and your Bio will have a conversation where he or she will seek to understand the current circumstances associated with your visit.

From the understanding and insight gained, your Bio will formulate and recommend a rehabilitation plan that they will guide you through in order to improve your condition.

THE REHABILITATION PROCESS

Biokineticists use exercise as a form of medication. Think of your rehabilitation plan as a doctor’s script. Certain exercises that are administered in the correct dosage over the correct time-period will heal the ailment if followed diligently and consistently.

THE PAIN

Chances are that pain or discomfort brought you to see a Biokineticist, and it is a certainty that there will be pain and discomfort in your healing process...until there isn’t. Because if you stick it out, you WILL see improvements, you will start to feel better, stronger and more capable, and the pain that brought you to Biokinetics won’t be affecting you as severely anymore. You will start to enjoy the celebration of movement and that is worth the temporary pain and discomfort during your sessions.

THE MAINTENANCE

If you pay attention during your sessions, you will learn a new skillset - how to manage your body and the lifestyle habits that need to be adopted to avoid future injury.

Here’s a few tips on how to get the best out of Bio:

Wear the correct clothing. Choose activewear or any comfortable clothing which you are prepared to sweat in. Try not to wear excessively baggy clothing, especially during your initial - this will make postural and gait analysis challenging.

Get curious, ask your Bio questions!

You are paying for their time, and most passionate Bios really enjoy digging into the nit-tty-gritty details with their patients - not only is it a great way to build a relationship with your







therapist but it's a way to gain a clearer understanding of how and why you are doing things to get you more invested in your progress.

WORK WITH YOUR BIO TO FORMULATE A GAME PLAN AND STICK TO IT!

Yes, life does get in the way - but it's a strong likelihood that you've allowed that excuse to become a barrier to entry far too long.

Schedule your sessions for a time that you have little chance of being interrupted.

Chat to your Bio about affordability. Some medical aid schemes cover Biokinetics services, others don't. Get clear on the financial implications from the start. Your Bio will be able to find a solution that suits your budget.

BE REALISTIC WITH YOUR EXPECTATIONS AND PATIENT WITH YOUR PROGRESS.

Confidence is a huge part of the physical rehabilitation process, if you can exercise your plan diligently, your progress and your confidence in your ability to move will continue to improve.

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PAUSE APPAREL

Zelda Visser

“Pause Apparel was born out of my desire to design and make the most beautiful activewear on the planet. As a fully certified movement teacher with over 10 000 hours teaching Pilates and yoga (vinyasa and yin), I have lived in activewear for the past 15 years.

Clothes have become just another consumer item to be thrown into the landfill after a few months. My goal is to create activewear that is technically and functionally superb, beautiful, and kind to our planet. I want to hit the “pause button” to create slow fashion – fashion that is deliberate from concept, design, fabrication, to sale, and finally, years of happy usage. My first pair of Be-Yourself leggings still looks brand new, with zero colour loss after three years and more than 200 wash cycles.

Our range is deliberately limited and designed from original artwork for our art that you can wear™ collection, or based on our signature idea of hitting the “pause button” for our Pause™ collection.

The Pause™ collection is mono colour, with the Pause™ logo being the only decorative part of every piece. Our activewear jacket, manufactured from 100% eco circle technology fabric and packaged in our signature style graffiti packaging, is coming soon. The graffiti packaging is based on original artwork created for us by @Mars.graffiti. The jacket will complement all our existing creations and looks smashing with our new Eye-of-the-Storm leggings.

The art that you can wear™ collection consists of designs based on original artwork created for us by South African artists. The Be-Yourself and Be-Still leggings are based on the artwork of Jonathan Blaine, a street artist from Durban. Our latest Eye-of-the-Storm leggings are based on the original artwork from well-known South African graffiti artist Chris de Valentine. We do not simply print on the fabric. We design the layout of the whole garment based on the original artwork and, in the process, recreate the original art into art that you can wear™.

Pause Apparel is a pioneer of slow fashion in South Africa. We take our time with the design of each piece to ensure that it will be technically and functionally superb. We take care in selecting fabric made from 100% recyclable material created in the closed loop eco circle™ process. We source the ink from Japan for colourfastness and longevity. We test and test and test again to ensure that your Pause Apparel will last for years. On average, we take 18 to 24 months from conception of the design idea to having the product on the market. We aim to introduce no more than 2 to 3 new designs a year.

Once manufactured, I inspect and pack every item. We ship Pause Apparel to you in specifically designed, keep-sake packaging made from recyclable material. Even our courier polybags are made and branded for us from 100% recycled plastic.

Pause Apparel is technically and functionally superb. It holds what it must hold and allows you to move with confidence in every direction. You can wear it on your daily run, doing CrossFit or F45, or in your Pilates, yoga, or Zumba class. What is more, if you add a pair of cool sneakers and your leather or denim jacket once you are done with your fitness routine, you are immediately ready for work or socialising in your classy studio to streetwear.



With Pause Apparel, you can truly express yourself creatively.anywear™.

We mainly sell online at www.pause-apparel.com, and we ship worldwide. Shipping is FREE in South Africa.

I am excited to announce that we have just opened our first Design Studio and Fitting Room in Ballito to make it possible for first-time clients to touch and feel our products. This is where we create our beautiful designs, and now you have the opportunity to make an appointment to do a personal fitting with me. We plan to open three other Fitting Rooms in the next two years – in Pretoria, Johannesburg, and Cape Town.

You can find us at Office 6, First Floor, Warne House, Garlicke Road in Ballito (behind the Life-style Centre) or contact us at 082 474 9982.

PAUSE APPAREL

www.pause-apparel.com
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EXACTLY THE RIGHT PLACE

The One Who Sings - By Dan Charles

“I never label any of the recordings that I make using the voice memo app on my phone. Because of that, they all get automatically saved under the name of the location where a recording had taken place. Before the release of Thetha Mama - Zolani Mahola's debut album as The One Who Sings - I revisited a short recording that I had captured at The Baxter Theatre in Cape Town at the end of last year. It was a spellbinding moment during the final night of Zolani's one-woman stage production (also called The One Who Sings) when she had invited the audience to repeat a series of affirmations after her:

“I am safe. I am worthy. I am innocent. I am cherished. I am loved. I am a gift to this world.”

Listening back to it, it became apparent how the things that we're looking for out in the world or within art are oftentimes just the things that we are looking for in ourselves.

The performance consisted of captivating anecdotes and intimate accounts of past traumas. The stories were all interwoven with the songs that defined her career as the lead singer of Freshly Ground as well as the new songs that would shape the next phase of her artistry. It was an exploration of the concealed pain of a South African icon, and how accepting that pain as part of her journey had allowed herself to heal, to show herself compassion, and to grow into the artist that she is today: The One Who Sings.

“I am safe. I am worthy. I am innocent.”

Just as the stage production did, the songs on Thetha Mama elicit a special kind of tenderness and bravery. The album is a gracious confrontation of the self, and it is also a conduit for deeply connecting ourselves to the stories of our collective human experience.

Listening back to the album, as well as the recording in my voice memos, it became apparent how the things that we're looking for out in the world or within art are oftentimes just the things that we are looking for in ourselves. Much like how a cartographer navigates foreign terrain in order to produce maps that allow us to explore new places, we often look to artists to navigate their own stories and experiences to produce art that allows us to explore ourselves. It's easier to traverse new ground when we know someone has been there before. It is easier to embrace one's self when another shows that it can be done.

“I am cherished. I am loved. I am a gift to this world.”







"The best advice came from within myself in that I started meditating some years ago and have found such clear direction and inspiration from engaging with myself in those quiet moments. I was warned that changing my artist name and giving up the currency of being "Zolani from Freshlyground" was a kind of artistic suicide. I had a lot of uncertainty along the way when I came up again and again against this advice from friends and members of my team but checking in with myself gave me a compass that kept me backing my intuition. I would not give this compass up for anything."

Thetha Mama is such a warm introduction to this new phase of your artistic journey. Despite already being such an established and esteemed figure within South African music and story telling, the album makes the listener feel like they're meeting you for the first time. How does it feel to have the album out in the world as well as the name, The One Who Sings?

This is indeed my authentic individual voice. I have always loved writing music in collaboration with others but it was very important for me to present my voice. Solo and unfiltered. I am very happy to have this work out in the world but I must confess I have had quite mixed feelings that I had not anticipated post-release. The most notable unexpected feeling was a feeling of postpartum depression. I felt I had nurtured this "child" for a number of years and then one day it was out in the world and there wasn't even a baby to world in the post physical album digital age.

When you started writing the songs that would end up on Thetha Mama, had you already decided on changing your name to The One Who Sings? Were there any songs in particular that you think really signified this shift in artistic and personal direction?

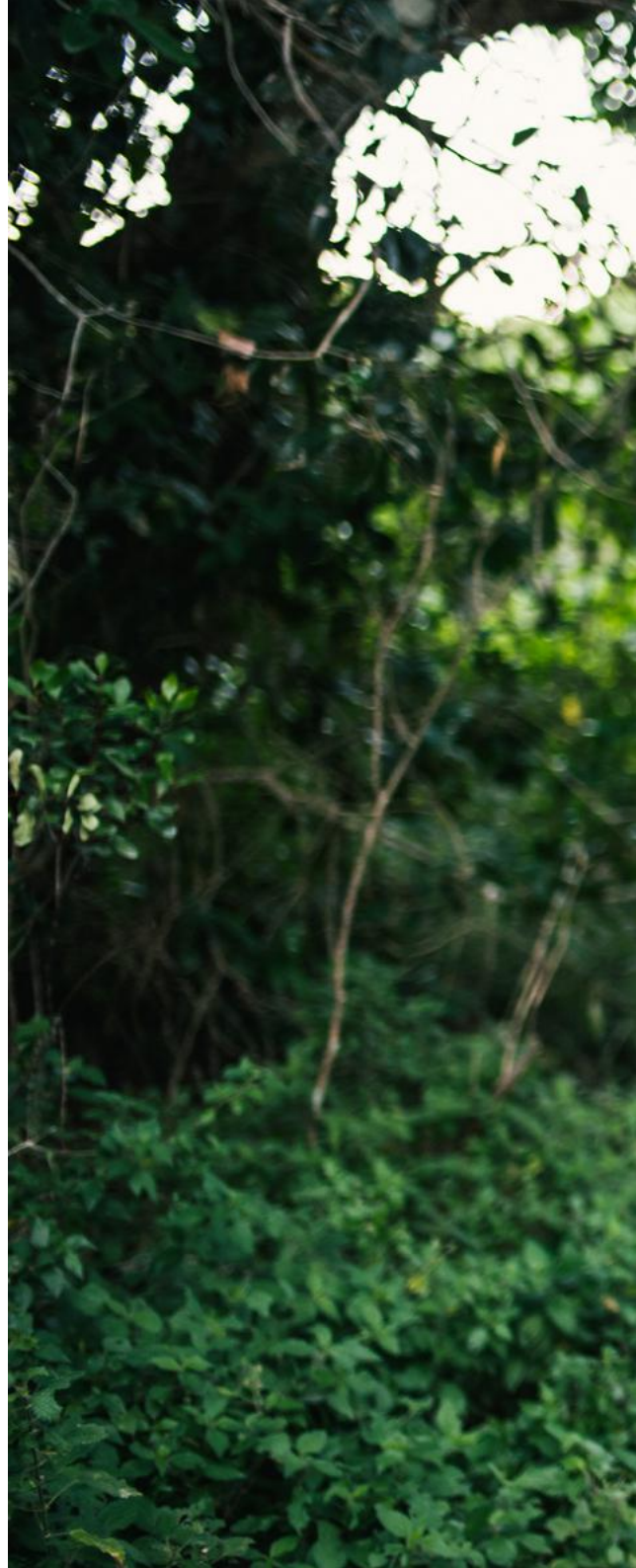
I have lived with the name The One Who Sings for many years. It was in fact a name given to me by others but in the vernacular "Lo Uculayo". In the streets people would call this out, knowing they knew me and how they knew me but not necessarily knowing my name. Many of these songs were written years ago; they were songs that did not feel like they belonged to the Freshlyground sound like other songs I contributed that were more suited. So some of them I wrote after the decision to adopt the name given to me by my communities. One of them however really speaks to the shift and to the new moniker and that is a song called "Call you by Name". The song is a true reflection of my sound when I play the guitar - its folky and wordy like a Dylan song but then it is backed by the Xhosa drum *ighubu* which roots me back to the tradition I grew up in that of sangomas and trance dancing.

When an artist reaches a breakthrough moment in their own self-discovery, it often leads to some of their best and bravest bodies of work (the same can surely be said of Thetha Mama). Were there any artists or albums that you were listening to at the time of writing the album that helped inspire or guide you through this new phase?

You know... Since I had children I have not listened to much music at all. I've only recently started listening to music again. Funny that ...

As exciting as starting a new chapter is, it can also be scary and unsettling. Were there any bits of advice or words of wisdom that helped you in any moments of doubt or uncertainty?

The best advice came from within myself in that I started meditating some years ago and have found such clear direction and inspiration from engaging with myself in those quiet moments. I was warned that changing my artist name and giving up the currency of being "Zolani from Freshlyground" was a kind of artistic suicide. I had a lot of uncertainty along the way when I came up again and again against this advice from friends and members of my team but checking in with myself gave me a compass that kept me backing my intuition. I would not give this compass up for anything.







"I want to tell new stories in various formats including animation and film. I want to play with more orchestras and children's choirs and I want to travel the world at a leisurely pace and explore it with my children in tow."

These songs and your growth have been a work in process for quite some time now. As you've continued to grow, has your relationship to any of the songs on the album changed over time since they were first written? Especially considering the time you spent performing them during the production of your one-woman show?

Yes! My producer for the bulk of the album - multi instrumentalist and extraordinary producer Mr Sakitumi - really lent a very new flavour and world to many of the songs. As I stated earlier in the interview, my natural style tends to the more folky side and he really evolved them to a more nuanced and haunting place.

Wawundithembisile appears twice on the record - the acoustic version and the single version with Sun-El Musician and Kenza - is there any reason in particular reason why you decided to include the acoustic version as well as the single version on the album?

Yes it is kind of nuts isn't it to have the song here twice? I actually have a third version of this song that I didn't release that was produced by a wonderful artist called Mathroom. I wanted to give these songs a chance to be heard because they are such different iterations of the same material. I find the acoustic version so heartbreaking and eerie and the single version is a lot more accessible and deceptively light. I love both of these children... I just couldn't sacrifice either.

Now that you've introduced the world to The One Who Sings, have you started to think about what sort of stories and sounds you would like to explore going forward?

I have indeed! I want to tell new stories in various formats including animation and film. I want to play with more orchestras and children's choirs and I want to travel the world at a leisurely pace and explore it with my children in tow.

ZOLANI MAHOLA

www.theonewhosings.com
[@zolanimahola](https://twitter.com/zolanimahola)

HORMONAL BALANCE

DR FRANCES PRINSLOO – LASERSURE CLINIC

“**Hormone** changes are a natural part of aging. Our bodies are intricately made, and our hormones kept in balance for at least the first 40 years. Because it is such a complex and vast field, only practical aspects are highlighted in this article. Thyroid function, Glucocorticoids, such as cortisol, and Mineralocorticoids; of which aldosterone is most prominent are not discussed.

The importance of a healthy diet, lifestyle and exercise can never be over-emphasized.

MENOPAUSE

Most women experience menopause between ages 40 and 58. The average age is 51 but smoking and genetics can influence the timing of menopause.

PERIMENOPAUSE

May last 4 to 8 years. It begins with changes in the length of time between periods and ends 1 year after the final menstrual period. Woman's ovaries stop making eggs and produce less estrogen and progesterone. It is usually confirmed when a woman has missed her period for 12 consecutive months (with no other obvious causes).

POSTMENOPAUSE

Some women do not have sufficient symptoms to seek medical assistance, but many post-menopausal women present with symptoms, such as: Hot flushes, Night sweats, Skin flushing, and Vaginal atrophy. Other symptoms such as Forgetfulness, Headaches, Mood swings, Urine leakage, Vaginal dryness and painful intercourse, Joint aches and pains or Heart palpitations.

HORMONE DEFICIENCY AND SYMPTOMS

Progesterone is usually the first hormone to decline. Most doctors know that progesterone is important to maintain pregnancy, prepare body for conception and regulate monthly menstrual cycle, but sadly few ever consider the following symptoms as related to progesterone deficiency; Lighter sleep, waking up between midnight and 2am drenched in sweat, Anxiety, panic attacks, Water retention, Worsening PMS, Mid-abdominal weight gain, Ageing skin and hair loss, Cysts and fibroids, and Bone loss.

ESTROGEN

More than 15 forms of natural estrogen have been identified including estrone, estradiol and estril. Each of these types of oestrogen has different functions.

Estrone (E1), produced in the ovaries and fat cells, is the dominant oestrogen in postmenopausal women.

Estradiol (E2), (the predominant form in non-pregnant, reproductive females) primarily aids in the cyclic release of eggs from the ovaries (i.e., ovulation). E2 has beneficial effects on the heart, bone, brain, and colon. Reduction in the level of E2 causes common menopausal symptoms such as hot flashes and night sweats.

Estril (E3) is secreted in large quantities by the placenta during pregnancy. It is a comparatively weak oestrogen, and the form of oestrogen least associated with hormone-related cancers. In Europe and Japan, E3 is frequently used for HRT. E3's protective effects become apparent when the differing actions, that each of the three primary oestrogen exerts upon the oestrogen receptors, are examined.

Function of Estrogen: Stores fat, influences the Growth of breasts, decreases thyroid hormone, support vaginal tissue, Develop sex characteristics. Low estrogen; causes Hot flashes, Night sweats, Water retention and bloating, Weight gain, Breast tenderness, Depression, Fatigue, Poor concentration, Anxiety and insomnia

TESTOSTERONE

Low Testosterone in females causes Drying and thinning of skin, Fatigue, Bone loss, Incontinence, Depression, Vaginal dryness, and Low libido.

LET'S TALK ABOUT MEN.

Unlike the more dramatic reproductive hormone plunge that occurs in women during menopause, sex hormone changes in men occur gradually. A man's testosterone levels decline on average about 1% a year after age 40.

A lack of testosterone will affect mood, memory, motivation, confidence, energy level and overall health. It is marked by depression, fatigue, reduction of sexual desire and performance, muscle bulk and strength, as well as an increase in body fat.

LOW PROGESTERONE IN MEN

When men have low levels of progesterone, they also have low levels of testosterone. Some of the symptoms in men are the same as in women, such as depression, irritability, and low libido. Other symptoms are different and vary by age. These symptoms include; Erectile dysfunction, Muscle loss, Fatigue, Memory loss or trouble concentrating.

HORMONAL BALANCE

Biologically comprehensive hormone replacement should focus on a person's total hormone balance. In woman the total hormone balance should be considered, not only on oestrogen and progesterone, but thyroid function and testosterone as well. In men consideration should be given to both progesterone and testosterone but always in the absence of prostate pathology.





OESTROGEN DOMINANCE

Many of the conditions such as fibrocystic breast disease and cancer, are related to oestrogen dominance, i.e., a more rapid decline in progesterone relative to oestrogen. The ratio of E3 to E2 in the treatment will be prescribed as 80:20 or 60:40. In Progesterone sensitive persons, the ratio will be prescribed as 50:50.

HOW DO THE 3 MAIN TYPES OF ESTROGEN ACT TO PROMOTE OR SLOW DOWN BREAST CANCER?

Estrogen E1 and E2 hormones bind to the Oestrogen Alpha receptor to activate and promote breast cell production. This binding to the alpha receptor can INTENSIFY the spread of existing breast cancer cells. On the other hand, the binding and activation of E3 to the ER-β(Beta) receptor WEAKENS breast cell proliferation and therefore MAY SLOW the development of a cancerous tumour. E3 binds to and activates ER-β. This helps to explain E3's "anti-estrogenic" activity. E3, through its oestrogen receptor modulatory capacity, combats the proliferative effects of E1 and E2. Scientific findings highlight the importance of emphasising E3 in any bioidentical hormone replacement regimen.

WHAT YOU NEED TO KNOW ABOUT BIOIDENTICAL HORMONES

Bioidentical Hormone Replacement refers to natural hormone replacement that is specifically developed for each individual, based on individual hormone replacement needs.

Non-bioidentical/synthetic hormones are chemically different to natural hormones produced within the body. Non-bioidentical oestrogen and synthetic progestin have been associated with an increased risk of breast cancer, heart attack, venous blood clot and stroke. Non-bioidentical, oral conventional hormone replacement therapy is associated with an increased risk of uterine cancer.

Bioidentical hormones have the same molecular structure as the hormones produced naturally within the body. The body does not distinguish between supplemental bioidentical hormones and the hormones produced with-in the body. As a result, bioidentical hormones are properly utilised and can be naturally metabolised and excreted from the body.

WHEN AND HOW DOES THE PRESCRIBING DOCTOR PREPARE THE PRESCRIPTION FOR BIOIDENTICAL HORMONES?

The patient presents with symptoms and seeks help.

The patient then completes a hormone deficiency questionnaire, which is analysed and scored to get a percentage. If the percentage is greater than 40% treatment is considered of the specific hormone(s). The person's hormone blood levels are correlated with the score. The weight of the person and the percentage of the deficit is dialled into the "dosing wheel" to determine the amount of hormone which needs to be prescribed.

According to the prescription, which is unique to the person, the compounding pharmacy then compounds the cream and dispenses the product. To avoid "scoops" or "pumps" which do not always deliver the "exact" amount, we at Lasersure, make use of a compounding pharmacy which has an easy to use, travel friendly, topi-click dispenser, where the base of the applicator is turned twice to deliver the exact quantity of hormones prescribed.

Bioidentical hormones may also be delivered in other forms, such as pellets or injections, which is beyond the scope of this article and does not form part of the treatment regimen at Lasersure.

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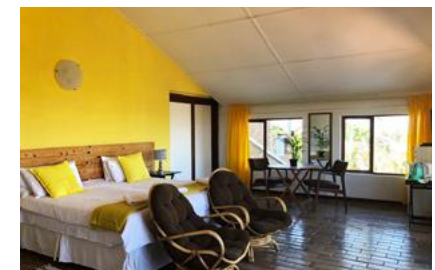
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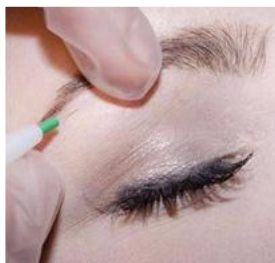
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A large photograph of a woman with long, flowing, reddish-brown hair, wearing a white halter-neck top, against a dark background.

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INTERIOR RENOVATION MASTERCLASS

by Stephanie du Preez

OLALA INTERIORS

DESIGNER Schanè Anderson

In the world of interior design, few things are more satisfying than a fantastic before and after interior.

Visualising the hidden potential waiting to be uncovered within the walls of this Umdloti beachfront apartment, OLALA INTERIORS magically transformed the space with specially selected fabrics, furniture, soft fabrics and carefully curated artwork, together with new modern flooring and elegantly luxurious wall treatments – all combine to create a sleek, contemporary interior, worlds away from the old fashioned, dated original. And the “after” visualization? Stunning!

The two bedroom apartment offers a lot in the way of contemporary luxury, and the striking detailing throughout perfectly accentuates the craftsmanship – from the bespoke lighting, handmade rugs and lavish, velvet headboards and glossy, lustrous finishes – all wrapped up in a moody, muted palette.

Along the exposed brick corridor/passage, you will find the main bedroom which encapsulates the essence of modest sophistication, while the In-suite bathroom is just a serene oasis. The guest room is just as sumptuous, with simple pieces, streamlined for modern appeal.

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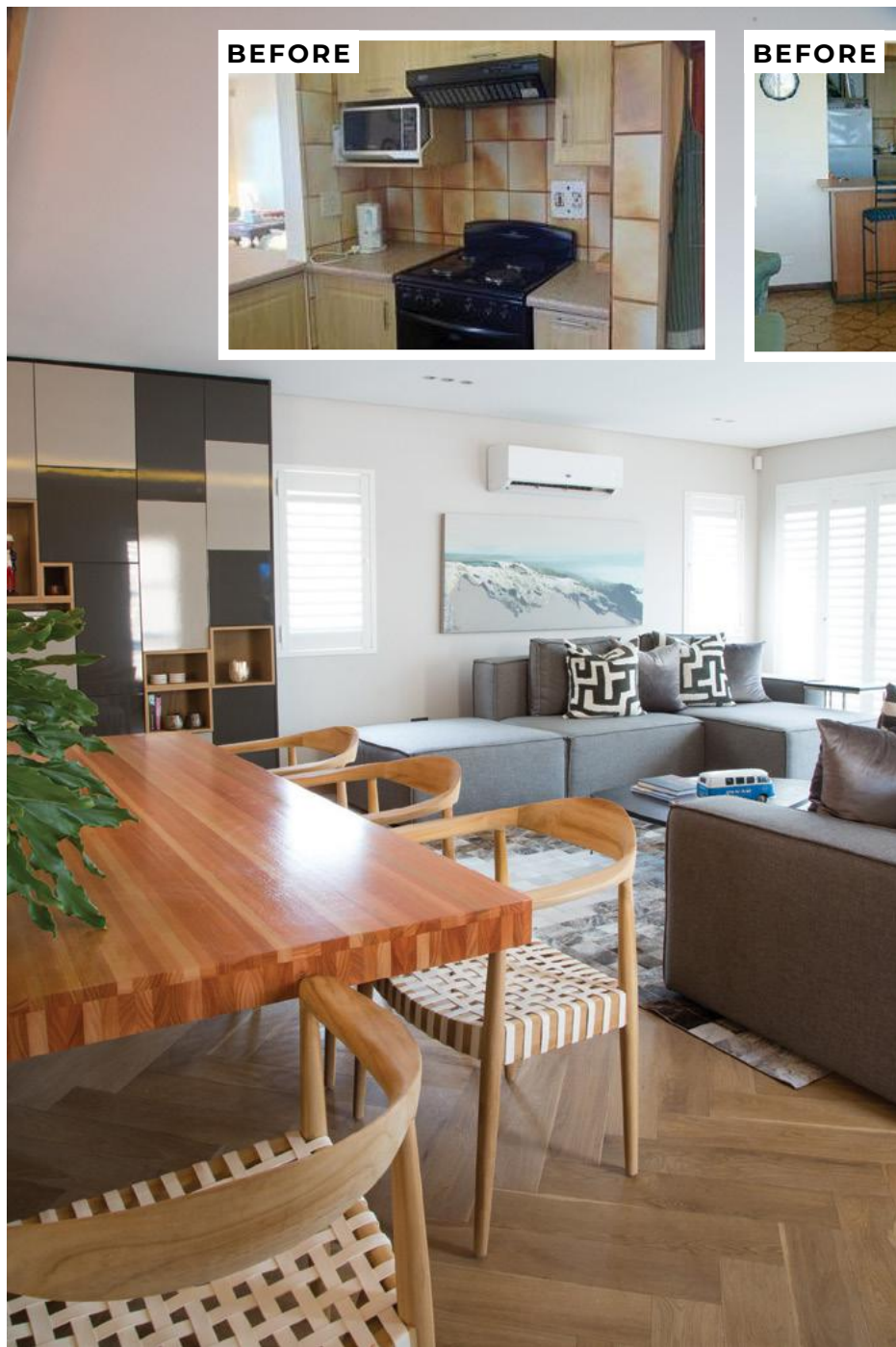
BEFORE





LIVING AREA An ethically sourced, hand-stitched custom made classic genuine Nguni cow hide rug with geometric blocks grounds this space. Black, genuine leather was used for the coffee table top.





BEFORE



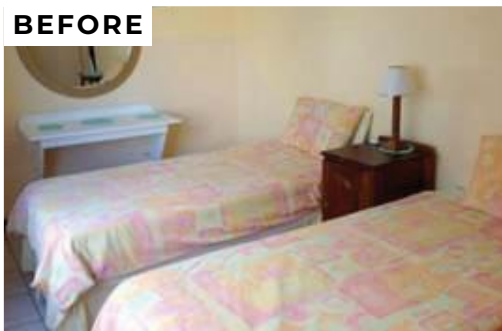
BEFORE



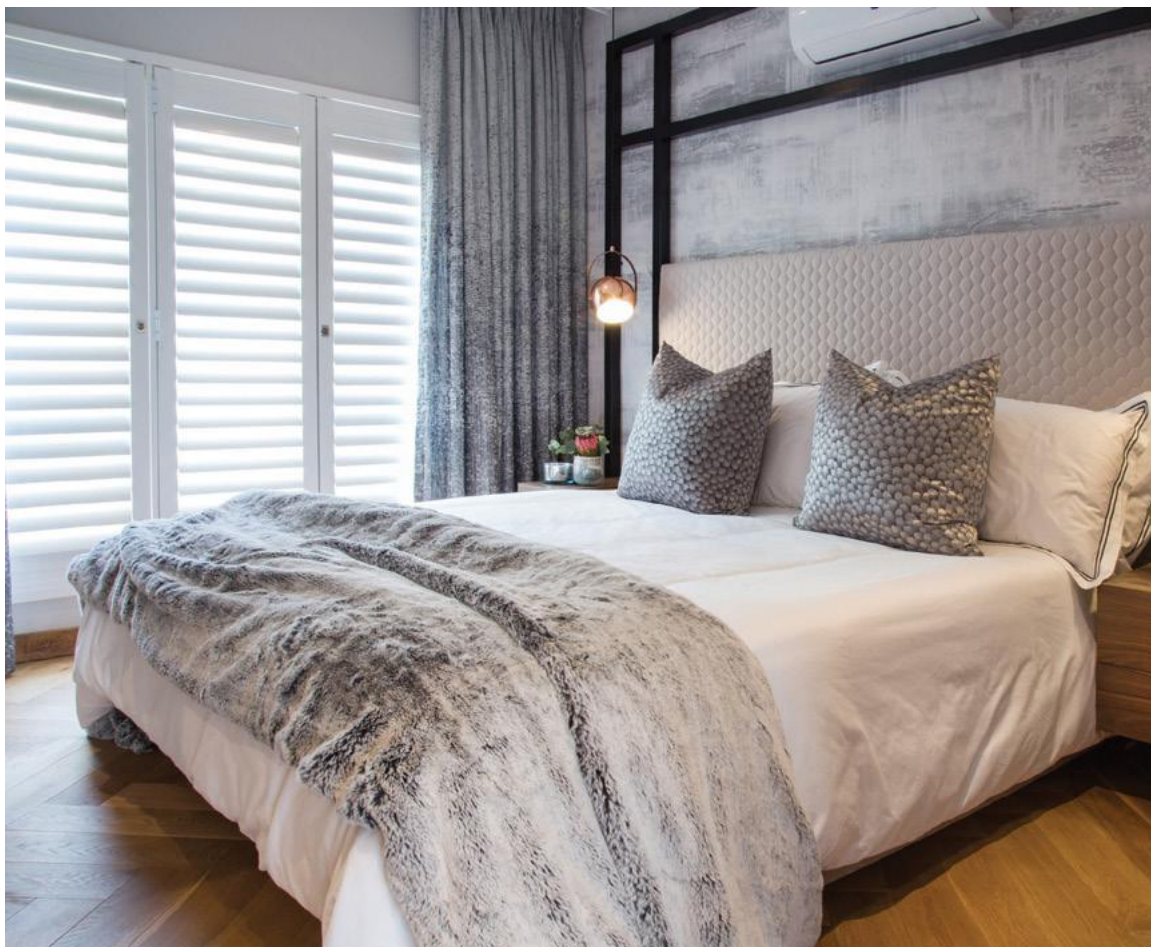
LIVING AREA Light oak floors set off against gloss 2k charcoal surfaces. Zinc Kuva Cay scatter cushions – a modern take on an African tribal pattern.



BEFORE



GUEST BEDROOM A quirky and playful headboard - This 3D velvet with a graphic hexagonal structure is softened by a premium triple quilting to give a plush finish. An explosion of irregular feathers that appear hand drawn on a metallic look ground form the scatter fabric. The wall paper is Dreaming Frost by Jessica Zoob in panels. A dreamy, landscape inspired by abstract painting skilfully recreated as a large scale wallcovering.



BEFORE



MASTER BEDROOM Blanket box features Zinc Shuss Tungsten cross hatch designed fabric with sketched, hand drawn effect. Armani Pantheon vinyl wall covering on non-woven backing. A sumptuous plain velvet paneled headboard is paired with a blue fox faux fur throw - An understated, soft blue shade which adds character.



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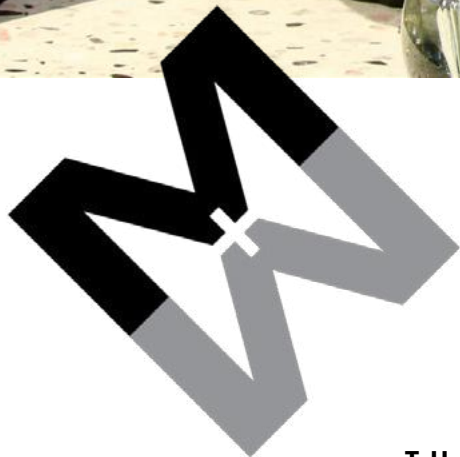
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EVERYTHING

By Dan Charles

You can't have everything. Unless you want it on a bagel. According to numerous articles and food blogs, the first person to ever attach a name to the merging of a multitude of spices to the top of a bagel was a man named David Gussin from Queens, New York City during the 1980s. While he was busy sweeping the seeds out of the oven of the bagel store where he worked, he decided to try putting them all onto a bagel rather than throwing them out. He suggested the idea to his boss and said that they could call

Of course, it's unlikely that Gussin was the first person to ever upcycle oven residue and call it a new flavour. There have been many others who have challenged his claim as the inventor of the everything bagel. But, even if he wasn't the first person to invent it, he seems to have been the first one to name it "the everything."

As popular as the everything bagel is for its delightful blend of poppy seeds, salt, onion (and, apparently, anything else that was leftover from cleaning out the oven that morning), a lot of its appeal comes from just its name. In an NPR article on the origin of the everything bagel, it was mentioned that people were fanatical about Gussin's new product. "The 'everything?' I'll try some of that!" Gussin recalled patron after patron saying.

I can recall feeling very pleased with myself when I said something similar while ordering my first ever bagel when I moved to Cape Town. As a complete bagel novice, I was unaware that I had to choose what kind of bagel I would like to have my lox with. Knowing full well that this decision would greatly affect the outcome of my meal's flavour profile (and, consequently, my demeanor for the rest of that day), an acute sense of panic filled the decision-making portion of my brain. That was until "everything" became an option, to which I said: "If I'm going to have anything, I might as well have everything."

From that point on, the everything bagel became my breakfast of choice in my final year of studying. I was young, about to complete a degree in brand management in a new city, and my metabolism was still able to process carbs in a way that didn't offend with my waistline - everything seemed exciting and possible. But, as I got older, my appetite for opportunism began to wane. I became disillusioned with the world of advertising and, following that, the work that I could get as a freelance writer and booking agent for local musicians began to suffer as an undiagnosed anxiety disorder started making itself more present in my life. I wasn't without hope that things would get better and that figuring your way through life's joys and disappointments was all part of growing up. I was just struggling with the notion that maybe everything wasn't going toward out as well as I had hoped.

Then, in 2020, the world was hit by the Covid-19 pandemic, and then everything changed for everyone. During the harshest parts of lockdown, I started finding it harder and harder to get out of bed each morning. The only thing that could coax me from my melancholy was knowing that I had a bag of bagels that I had ordered from a local delicatessen called Kleinsky's. The promise of enjoying a bagel in the morning was a great comfort amidst a time when nothing felt certain. The ritual of retrieving the bag from the freezer, placing the bagels in the toaster, and then gently spreading my choice of schmear to complete my breakfast became a radical act of regaining control in the trajectory of my day. Plus, they always tasted good.



Now, at the end of 2021, the world has opened up again and I am able to order a fresh lox or pastrami bagel from Kleinsky's in person with a fair degree of safety. However, although it might not feel quite as extreme as last year, we are still going through a pandemic and we're still working through all that we've each lost during that time. Things are still tough. But, when I find myself feeling overwhelmed with worry or disappointment, I try to find even the simplest action to settle my anxieties. I take short walks. I see my therapist every week. I go to Kleinsky's for a bagel.

Everything might look completely different from how I imagined it would when I was younger, but everything bagels still taste the same. Right now, that's enough.

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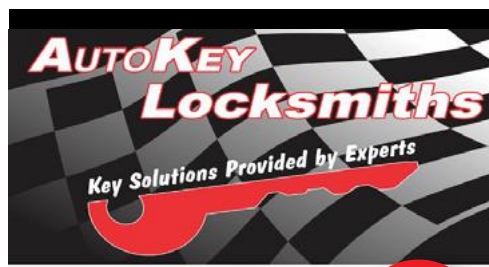


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Two Dalton/Wartburg friends, Margie and Candace, together with Margie's son Lance, took a trip to the KZN Midlands in 2019 and they loved it so much that they all moved to Nottingham Road in January 2020. It had long been Lance's dream to work as a chef and, with Margie and Candace's love of people, they decided to combine their skills and to take on the challenge of a new adventure. Margie and Candace each have three children, all of whom have grown up together and are good friends. The decision for Margie to leave the family farm in the care of her eldest son and start a Bed and Breakfast was made after Lance became a chef. He was determined to pursue his passion for food; growing it, preparing it and serving it and had enrolled at Jackie Cameron's School of Food and Wine in Hilton in 2018.

Having gained from this valuable experience, he was ready to take on the challenge of establishing a top-notch experience with his family partners, and, when they found the right property, the deal was done!

Willow and Lily Bed and Breakfast on the Curry's Post Road in Balgowan is home to beautiful decor, simplistic rooms, and fine finishes. The team took almost 18 months to renovate the buildings, restore what they could, and refresh every aspect of the property whilst striving to maintain the unique character, charm, and authenticity that they fell in love with. The result was better than they could have imagined, and Willow and Lily B&B has already attracted much interest in local tourism circles.

They are constantly finding new inspiration and love planning every detail over early morning coffee chats on the veranda overlooking the two dams which gave the property its former name, Twin Pools Lodge.

Besides the Bed and Breakfast, the team aims to host small intimate functions as well as the recently popularized micro-weddings. There is a "no children under the age of 12" policy in place on the property that guarantees total tranquillity for that special getaway that most adults so desperately need. Willow and Lily is a place to quietly retreat to and enjoy a lazy afternoon picnic under the rustling trees in the warm sun, or a wholesome delicious meal with friends and fine wine.

And then to retire to a room where comfort and quality are the two reasons you would return for another visit. Each en-suite room has its own outdoor seated area on the spacious wrap-around Natal veranda. The property can host up to 14 guests and is fully fenced and totally secure with ample parking, 360-degree views and manicured gardens.

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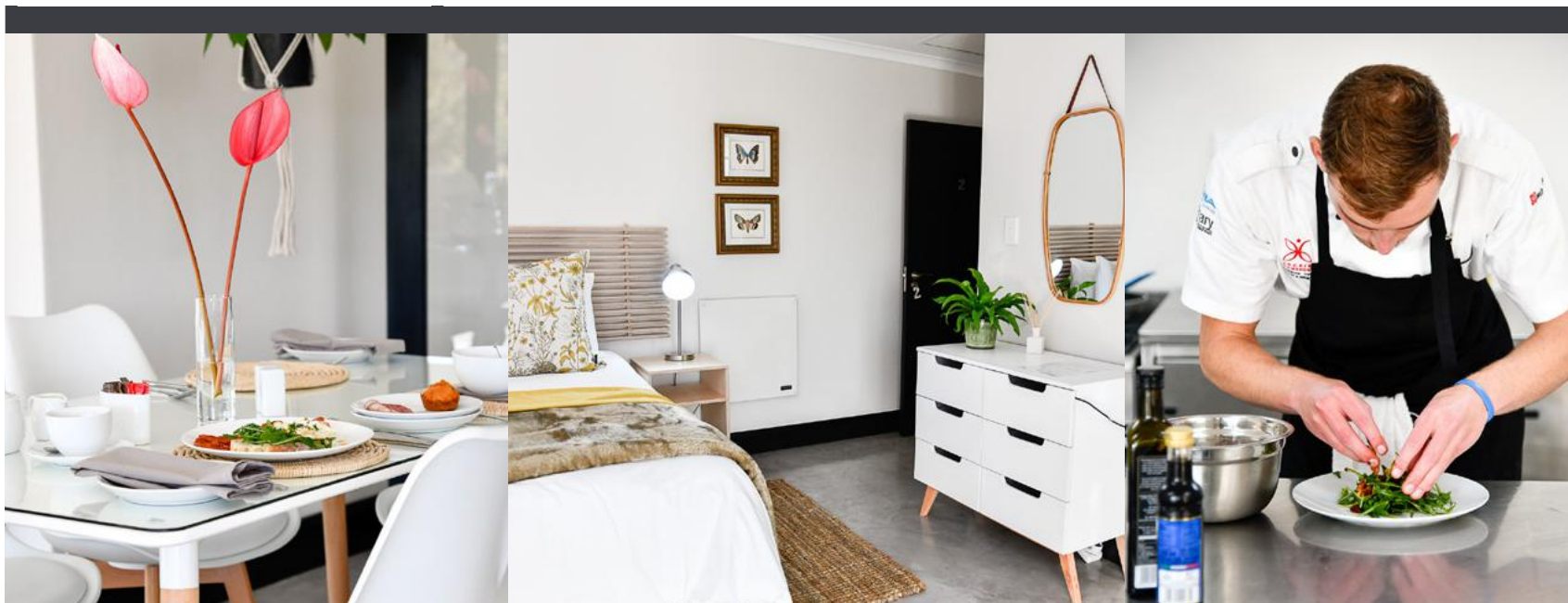


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Their speciality is working with precious metals and stones to create something that you have helped to design – and it doesn't get more personal and authentic than that.

Designs are computer aided and generated so you can make changes until you are happy and then the in-house manufacturing process ensures a smooth transition from concept to reality. As a customer you are encouraged to engage in the creative process to ensure that what you have in mind is perfectly drawn and then accurately entered into the computer aided design process where different elements can be experimented with until the final product is settled upon.

From there, a resin copy of the piece is 3D printed to ensure accurate fit and finish and when you are completely satisfied with the way the piece looks and feels, a metal cast is created in the furnace and the finished piece is meticulously hand finished to perfection.

Bernard's also specializes in repairs and the reworking of old pieces, keeping costs to a minimum should you choose to use precious metals or stones from your older pieces.

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SUMMERTIME – TAKE IT EASY

Steve Honeysett

“**At** last, the pressure is off from the authorities and the ban on beach activities has been lifted.

The repercussions from three months of closed beaches were heavily felt in the holiday letting and local business communities that have battled to keep going in the face of uncertainty over when beaches would eventually be opened for leisure activities again.

Now that we are almost back to normal and the only thing that might rear its ugly head to keep us from our beaches is Covid, we can get on with our lives. So summer is almost here, and the beaches will be the choice of many to keep the heat at bay. So, let's look at a few tips that can make life easy.

Protecting yourself from the elements is a priority and I personally think that everyone should always carry a few necessary items in your car or beach bag. Your morning rituals should also include applying sunscreen on your face and exposed body parts before you leave the house.

A small pouch containing a good SPF 30 sunblock, Lip Balm, 500ml water, 20ml Sting Goes and a trusty pair of stops or beach sandals should be part of your everyday carry.

Then you will need a sturdy umbrella for some shade and a comfortable beach chair to make the experience complete as you spend those hours lazing around on the beach and cooling off in the sea.

Our modern lifestyle dictates that we need to carry our cell phones and other items of value to keep us in constant contact with the world around us, but these items become sought after by criminals and one needs to consider how best to protect these when we are off swimming and away from our spot on the sand.

Having someone watching your stuff is one solution, but also consider leaving certain valuables at home to save much heartache. Being beach wise and observing movement around you is always advisable. A trip to the beach might not be as relaxing when you have to do this, but it's a sign of the times we live in.

Surfers, fishermen and those who venture onto the beach early to exercise must be aware as to where you leave your car keys. All too often someone is nearby and watching and, before you know it, your car is driving off into the unknown.

Leaving your keys at a local Coffee shop is a safer option and, if you are there before they have their doors open, consider investing in a Surf Lock,

which is a small safe for your car key that attaches to your door handle or wheel rim and can be opened with a combination number. There are security cameras scattered around the beaches keeping an eye on crime, but being safe is better than being sorry when things go missing.

Walking alone on remote stretches of beach is not recommended as these places are open to muggings, and believe me, I have seen strange people emerging from the dunes and appearing from seemingly nowhere in the quietest of places. With summer comes an increase in localised crime on our beaches so be alert and stick to some basic safety rules and you will enjoy your holiday.

Remember to clean up your mess and to collect a bit extra to keep our beaches clean.

If you are looking for that special piece of beach equipment, you will find it at any surf or sporting shop around town. If you are not sure what works best for local conditions, just ask! Local knowledge is always best and can save you lots of time.

There are plenty of activities for everyone to enjoy, from boat rides to surfing, fishing and more, but make sure that you follow all the safety rules and regulations and enrol in a few lessons before you venture out to sea so that you do not end up having to be rescued.

Swim only where there are lifeguards and make sure that you know what their duty hours are. Normally they are on duty from 06h00 to 18h00 daily.

Do not swim at night no matter what, and check in your local newspaper for emergency phone numbers that you can load onto your phone. Here's hoping you have a great 2021 holiday and, if you want daily info on the conditions at the shore, listen to our local radio station 88FM.

**** Seaweed Steve presents the Daily Surf & Weather Report on 88FM Ballito**





CURRO MOUNT RICHMORE

A Pillar of Educational Success Article

“Curro Mount Richmore is an independent Curro School in Salt Rock, Ballito, focused on developing 21st-century skills through small class sizes and an enhanced curriculum. This empowers learners with skills and knowledge to grow into self-confident individuals.

Curro Mount Richmore is a community-driven, Christian ethos school offering holistic education, providing both a family-orientated and child-friendly environment where creative thinking is promoted. The school believes in kind hands and loving hearts. Children need assistance with life decisions in a modern world. Mr Jarryd Byron is the in-house school psychologist available at no extra fee to the learners and staff so that they may thrive at school, at home, and in life.

Curro Mount Richmore provides aftercare services until 17:30, Monday to Friday for Castle (3 months to 5 years) and Foundation Phase (Grades R to 4). Learners are provided with a cooked lunch and an afternoon snack. In the foundation phase, they are also assisted with their homework. Holiday club is a free value add to their Aftercare learners with a jam-packed holiday programme. Curro Mount Richmore School bus routes are available from Westbrook to Palm Lakes, operating to school, after school, and after sport.

Top sports facilities are available at Curro Mount Richmore, such as newly resurfaced tennis and netball courts, cricket facilities, soccer and rugby fields, and a state-of-the-art AstroTurf Hockey field that broke ground earlier this year. The school is looking forward to starting 2022 with this completed facility, offering more value to the local community.

From the field to the classroom, Curro Mount Richmore's culture programme offers an array of activities that connect to the interests of the learners. With Curro Mount Richmore's consistent developments, enormous opportunities are created for each learner. There is also a large digital offering for learners such as Robotics, E-Sport, Virtual reality, 3D printers, Minecraft and Mine-craft league.

The Robotics offering at Curro Mount Richmore is available to learners from the Castle working its way up to Grade 12. Learners in the Castle aged 3, 4 and 5-years old work with Lego Soft Bricks, to build structures and understand space and reasoning. From Grade R to 3 learners work with the New Kitsbits Multipurpose coding bot. From Grade 4 to 7 the learners work with the Mindstorms EV3 set in both class and club. This set incorporates NS where the learners learn basic coding for languages and microchips. From Grade 7 to 9, a new robot set has been introduced, The Arduino robot, where the learners are taught line coding rather than block coding and how to work on circuit boards. Learners from Grades 3 to 12 can join the afterschool Robotics Club and take part in WRO and STEAMD.

When it comes to academics, Curro Mount Richmore prides itself on high-quality education. Possessing an above-average IEB average, the school offers after school academic support classes and project-based learning. Now, the Curro Mount Richmore Academy is available to both the learners of Curro Mount Richmore and local school community learners. The CMR Academy is available to learners in grades 8 to 12, offering individual attention, private tuition, afternoon, and weekend sessions covering a variety of subjects such as Mathematics, Physical Sciences, Life Sciences, Mathematical Literacy, English HL, Afrikaans FAL, and Accounting.



Curro Mount Richmore is committed to preparing its senior learners for a larger society beyond the microcosm of school. Various events are held where appropriate social etiquette training occurs. The goal is for the junior girls and boys to emulate these qualities.

In 2020, Curro Mount Richmore opened the Galaxy Stars Class. This class is available to learners who need a smaller learning environment to support their Individual Learning Requirements. The school created a specialised therapy gym equipped with Occupational Therapy tools to allow for on-site O.T. sessions and on-site Speech Therapy sessions. Adding to this, the Galaxy Stars Class is supported by Mr Jarryd Byron, the in-house school psychologist, who assists the class' teacher with an Individual Education Development Plan (IEDP) for each learner at no extra cost to the parent. At the end of 2021, Curro Mount Richmore will be graduating their first Group 5's into their mainstream Grade R classes. This forms part of the Galaxy Stars Class vision, which supports parents and families of little ones who require learning support on their journey to reaching their full potential.

Book a meeting with Curro Mount Richmore to view the grounds and see why this school continues to grow and flourish.

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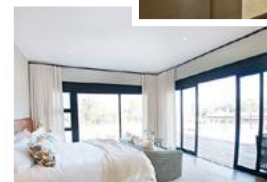
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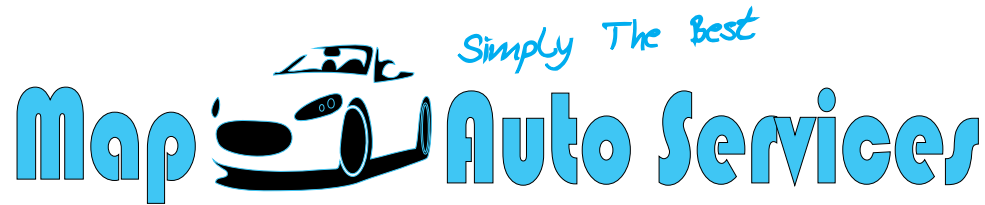
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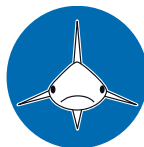
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Founded by Ryan Hunt, the 4-year-old company follows an unconventional sales approach which is unique to the property industry. Their aim is to be the market leaders in property sales, specialising in both development sales and open market sales. HUNT Properties fully believes in the vision of Gus Van Der Spek of AVIEW Properties – to deliver an upmarket retirement estate of superior standards.

“The opportunity to market and represent what we believe will be the most upmarket retirement development in the country, Wytham Estate, was the catalyst to us bringing our brand down to Cape Town,” said Hunt. “AVIEW properties is a visionary development company, and we are extremely proud to represent this wonderful development of theirs.”
For more on visit wytham.estate or huntproperties.co.za

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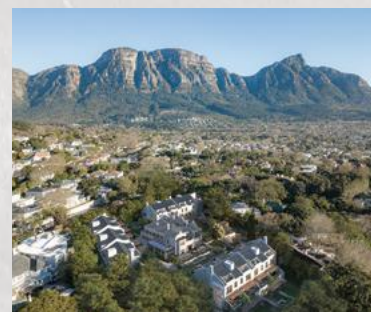
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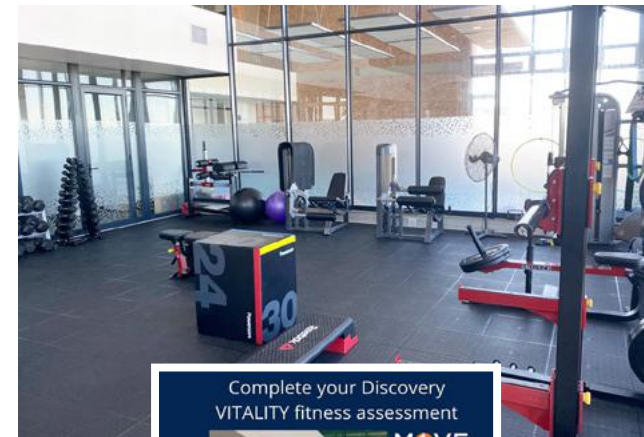


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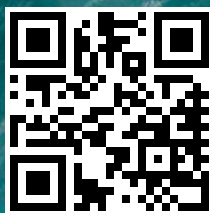
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