



International Water Day



Earthshot Awards in Cape Town



Milk Tart



Safari or Game Drive?



Voting from Abroad



Featured SA Store
The African Market Place in Singapore



AJABU

SA STORE



TRAVEL



FOOD



VOTING

EARTH DAY



ENTREPRENEURS



CLIMATE



WATER DAY

SA COMMUTER

INTERNATIONAL



exporting home abroad

FOOD

The South
African
Milk Tart



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**Store of the
Month**

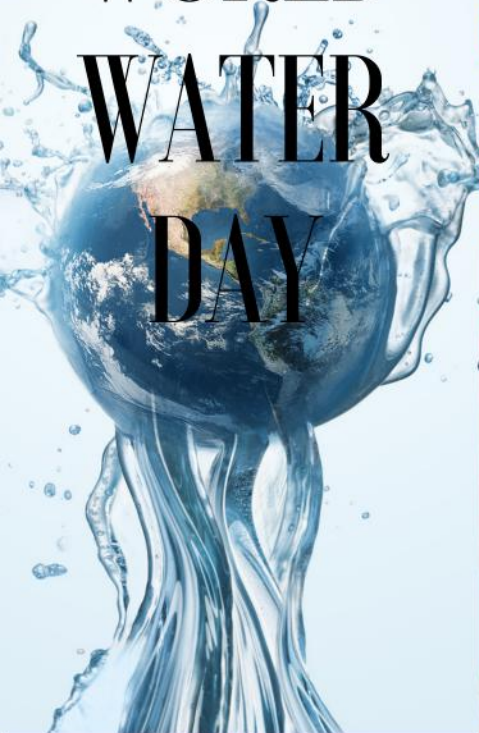


SINGAPORE



TRAVEL

WORLD WATER DAY



LIFE IS A BEACH

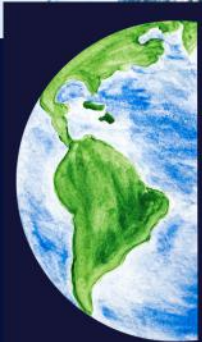


Voting Abroad



SA ENTREPRENEURS

SA's
**Mystery
GHOST
Tours** in 8 Cities



EARTH DAY



As with all our magazines, we don't use page numbers. You can click on the article to go straight there. To come back here just Click on the SA Heart! Use tabs to get to your favourite spot and to return to see what you might have missed! Remember the music, clicks for videos and audio, websites etc are all there

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African
Market Place

SINGAPORE



In the vibrant mosaic of Singapore's competitive food scene, one name stands out as a beacon of culinary diversity and international flair - Fiona Raissig. A proud South African national and expatriate of over 30 years, Fiona has not only embraced the Lion City as her home but has also left her mark on its gastronomic landscape. As the owner and driving force behind the highly successful German Market Place and African Market Place, Fiona has become a culinary ambassador, bringing the many flavors of Germany and South Africa to the heart of Singapore.



The German Market Place:

A Culinary Haven Since 1999

In August 1999, Fiona fulfilled a dream by establishing the German Market Place, a haven for those seeking an authentic taste of Germany in the heart of Southeast Asia. The store boasts an extensive selection of German foods and beverages, becoming a beloved destination for expatriates and locals alike. Over the years, the German Market Place has not just thrived but has become a one-stop shop for a “Taste of Germany”. Responding to the diverse and evolving tastes of the customer base, Fiona and her dedicated team have meticulously curated a comprehensive selection of German products, amassing an impressive inventory of over 2000 items. Furthermore, due to popular demand, the store has expanded its offerings to include a range of products from Scandinavia, Holland, Switzerland, and Austria. This dynamic approach to product selection showcases the team’s commitment to meeting customer preferences and ensuring a delightful shopping experience.

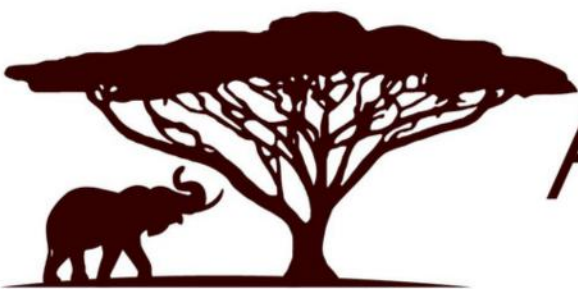


African Market Place: A Taste of Home for the South African Community

Fiona's entrepreneurial spirit doesn't end with German delicacies. Taking over the African Market Place (previously known as the Springbok Bazaar) Fiona has continued to provide a taste of South Africa to Singapore since 2007. The store has become a cherished space for the South African Expat community, other African nationals, and a growing local Singaporean clientele who appreciate the unique offerings from the African continent. On our shelves, customers can discover an extensive range of products that cater to diverse tastes and preferences. From an assortment of beverages to pantry essentials to indulgent snacks and locally sourced "South African Style" artisan meats. Beyond the aisles of delicious treats, Fiona and her experienced team are particularly passionate about South African wine. Committed to providing quality wines without compromise, the African Market Place proudly showcases a curated selection of 150 + wines from the beautiful vineyards of South Africa. This dedication to quality reflects Fiona's unwavering commitment to bringing the best of her homeland to the global stage.

Dedication to Excellence and Customer Satisfaction

The shop's commitment to customers is unwavering. Both the German Market Place and African Market Place are constantly evolving, keeping pace with food trends and customer expectations. The goal is clear - to provide outstanding customer service and ensure a satisfying, easy, and enjoyable shopping experience for every visitor.



African
Market Place



In addition, both shops have seamlessly embraced the digital era, offering our customers an elevated shopping experience through top-notch e-commerce websites. Our website's design prioritizes ease of navigation, ensuring that customers can effortlessly explore and order their favourite products with the assurance of timely home delivery.



Acknowledged Excellence: Multiple SME Accolades

The shops have not only earned a special place in the hearts of its customers but has also been recognized by industry peers. Fiona's dedication to personalized service has earned the stores multiple Small and Medium-sized Enterprise (SME) accolades, showcasing the commitment to excellence that defines her approach to business.



As the German Market Place and African Market Place continue to thrive under Fiona's guidance, they stand as testaments to the power of entrepreneurial spirit, dedication to excellence, and the joy of culinary exploration. Fiona Raissig is not just a shop owner; she is a cultural ambassador, connecting people through the universal language of food and creating a vibrant tapestry of flavors in the heart of Singapore.

SAVE WATER SAVE THE WORLD

WORLD WATER DAY: 22 MARCH



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EXPERIENCE THE *Perfect*
BITE!



**The South African
Milk Tart**

VUVU TELO

It doesn't take much to make this delicious, perfect-for-entertaining tart. This popular South African milk tart qualifies as one of those quick and easy tarts to whip up in a pinch. All the ingredients for this milk tart are right in your pantry – no extra shopping needed and it is all made from scratch. And the best part – it is very comforting and great for the holiday season.

Milk Tart or as the Afrikaans call it Melktert is a creamy milky tart. A little reminiscent of custard pie but more delicate, with a lighter texture and a strong milk presence. Don't wait for this pie to firm up – it just doesn't, more of a pudding with a crust. It is made with a sweet pastry crust often referred to as Pate sablée, the good thing about this pastry is that you do not have to worry about rolling it out – all you do is press the crust into the pie pan – freeze for 30 minutes and then bake without weight. Freezing prevents the pie from rising.

- You can make the crust ahead of time, bake and leave out until ready to be use.
- Use store bought pastry pie if you are pressed on time
- Switch up the flavors, I used nutmeg and cinnamon
- A lot of recipes call for throwing in a cinnamon stick so it infuses the milk mixture – if you have some handy by all means use it, if not just use cinnamon spice.
- Enjoy!



Ingredients

Sucre Patee (Pastry Crust)

- ☐ 1 1/2 cups (188 grams) all-purpose flour
- ☐ 1/3 cup (35grams) confectioner's sugar powdered sugar
- ☐ 1/4 teaspoon salt
- ☐ 9 Tablespoons (125grams) unsalted butter(cold or frozen) , cut into small pieces
- ☐ 1 large egg yolk

Milk filling

- ☐ 2 1/4 (496 ml) cups milk
- ☐ 2 tablespoon (28grams) butter
- ☐ 2 tablespoons (20 grams) flour
- ☐ 3-4 tablespoons (23- 30grams) cornstarch
- ☐ 1/2 cup (100grams) sugar
- ☐ 2 Large eggs
- ☐ 2 teaspoons vanilla extract
- ☐ 1/2 teaspoon almond extract (optional)
- ☐ 1/2 teaspoon cinnamon
- ☐ 1/2 teaspoon nutmeg or replace with cinnamon





Pastry Crust

- Butter or spray a 9-inch pie pan with a removable bottom – making sure it has been adequately sprayed. Set aside
- Place flour, salt and sugar in a food processor pulse for a couple of times to mix ingredients.
- Throw in butter and pulse until rough dough forms.
- Then add egg yolk - pulse until the dough barely comes.
- Remove dough place on a work surface - knead just enough to incorporate all the dough. Working the dough as little as possible.
- Do not overwork the dough; otherwise it'll be too tough. When it's ready, the dough will be barely moistened and come together into a ball.
- Lightly press the dough on the prepared pie pan – working from the center up until the bottom and sides are fully covered with pastry – again be very gentle when pressing the dough onto the pie pan.
- Place pie pan in the freezer and freeze for at least 30 minutes or more this helps prevent the dough from rising- if you are in a rush brick, then bake with beans to prevent rising.
- Preheat oven to 400 degrees F (205 degrees C) and place rack in center of oven
- Bake crust for about 20 to 25 minutes or until the crust is dry and golden browned. Set aside



Milk Filling

- Place saucepan over medium heat, add butter, nutmeg and milk -bring to a boil and remove from the heat.
- In another bowl, mix together flour, cornstarch, sugar, vanilla and almond extract- whisk in eggs until smooth. Gently whisk into the saucepan making sure there are no lumps
- Now return the pan back on the stove – keep stirring constantly until it starts to bubble.
- Cook for about 5-6 minutes. Remove from heat and pour mixture into the baked pastry shell Sprinkle with cinnamon. Chill until ready to be served.

sapr 
INTERNATIONAL
exporting home abroad

**SOUTH AFRICAN
ENTREPRENEURS**



SOUTH AFRICAN ENTREPRENEURS

World Wide

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

Tell us about you!

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SA's Mystery GHOST Tours in 8 Cities



We also run the “Mystery Ghosts Bus” (Groups only). www.MysteryGhostProductions.co.za where we run most (not all) of our different productions in 7 cities (Johannesburg, Pretoria, Cullinan, Parys, Cape Town, Durban & Port Elizabeth). Whatspp Michael for bookings on +27 74 127 0982 or visit the website

- **Pretoria 30 March**
- **Johannesburg Route B 6 April**
- **Heidelberg Tour 13 April**
- **Haunted Train Dinner 20 April**

Each City has a digital booklet to guide you through the tour (together with some ghost hunting techniques)



WWW.MYSTERYGHOSTPRODUCTIONS.CO.ZA



Referred to by the media as "A Man of Many Firsts", Mark has appeared in every Major Newspaper, clocked up over 200 Radio Hours, and appeared in over 100 TV programmes in SA and Overseas. Not just because of the ghost tours, but far more... let me tell you.

After obtaining 2 degrees in Psychology & Sociology, and also becoming SA's only degreed Para-Psychologist - which means a Paranormalist if you don't know the term well - he became a Film & TV Producer, producing for SA Television by the age of 22 already.

At a young age of 24, he Produced, Directed and Played the Lead Role of "Judas" in the South African Premiere of "Jesus Christ Superstar" - a massive first for SA.

Even when David Copperfield was not advancing the Art of Magic & Illusion, and which led to the TV series "Magic Secrets Revealed", Mark then gave the art a long-awaited Facelift with totally new illusions - which was a first for the Entire World.

This led Mark to performing for none other than Pres. George Bush Senior in the USA.

Then, Mark's name appeared in the famous London Magic Circle's "Who's Who of Magic in the World".

And then Mark's signed Photograph was hung in The Hall Of Fame at the International Home of Magicians... The Magic Castle... in Hollywood.

**Mark Rose
Christie**



NATIONAL ASSEMBLY SEAT ALLOCATION



SMART THINKING



VOTING WHEN LIVING ABROAD

LAST CALL FOR SOUTH AFRICANS ABROAD TO REGISTER AND VOTE

For the first time since 1994, the ruling ANC may not achieve an outright majority in the 2024 General Election. Numerous polls are showing the ANC support is between 33-46 percent and the Multi Party Charter combined support is currently polling at 36 percent. With a 23 percent drop in voter turnout since 1999, South Africa's democracy in decline.

Numerous opposition parties have been calling on the estimated two million South Africans living, working or studying abroad to register and vote in the upcoming general election. As of Wednesday 07 February 2024, there have been over 40,000 successful registrations using the IEC's new online overseas registration portal.

The Voters Roll will close within a few days after the president announces the date of elections, when it is promulgated (made into law). It is expected that the president will make this announcement at the State of the Nation Address on Thursday 08 February 2024 or within a few days thereafter during Parliamentary Questioning. Therefore time is running out for everyone to register to vote in 2024.

Written by Hayley
Reichert, founder of
[www.operationwatershed
.com](http://www.operationwatershed.com)



29 MAY

GET READY TO VOTE #SAelections24



Facebook @IECSouthAfrica Phone 0800 11 8000 WhatsApp 060 088 0000 SMS ID to 32810 (R1/SMS) Website elections.org.za

To register abroad or, if you are already registered but need to re-register to change your voting station to your nearest foreign mission, please visit the IEC's website **elections.org.za** and click on the 'register to vote abroad' option. You will need your ID book or smartcard to use this portal. If the portal asks you for a SA phone number and One Time Pin then you are on the portal for those who live in SA to register online, please click on the correct portal link for overseas registration.

Many abroad have faced challenges with the registration portal and it has taken multiple attempts.

The following troubleshooting tips have been helpful:

- Ensure there's white space around the document.
- Check your phone isn't taking live images - just a static image & ensure there's no glare, reflection, shadow or blur. Ensure the document has no bends, folds or creases.
- If the document is too high resolution & too big it can cause problems uploading it.
- Clear your cache/browser history or try a different browser.
- Do not refresh the entire page, after your third attempt to upload your ID document, a pop-up should appear which gives you the option to send for manual verification and continue with your application. The IEC's team have successfully processed over 600 manual verifications to date. Your application should be cleared in 24 hours.
- Bypass the passport upload page by ticking the box that you do not have your passport with you.
- Please click on the 'Check my voter registration status' link on the IEC's homepage to check if your application has been updated on the Voters Roll.

If you have tried all the above but are still struggling, please send a screenshot of the problem you're experiencing via Whatsapp to Hayley Reichert +447402929754 who runs a civic initiative Operation Watershed and who liaises directly with Mr Granville Abrahams, the IEC's GM for Electoral Matters, and is helping those abroad with registration challenges.

Current legislation means that those abroad can only vote in person at their nearest foreign mission and with 3 currently closed (Ukraine, Sudan & Israel) and 13 having permanently closed in recent years, the DA are filing for a court case for more voting stations. You can help by signing their petition and you do not need to include your ID or address on the form but your signature will still be counted.

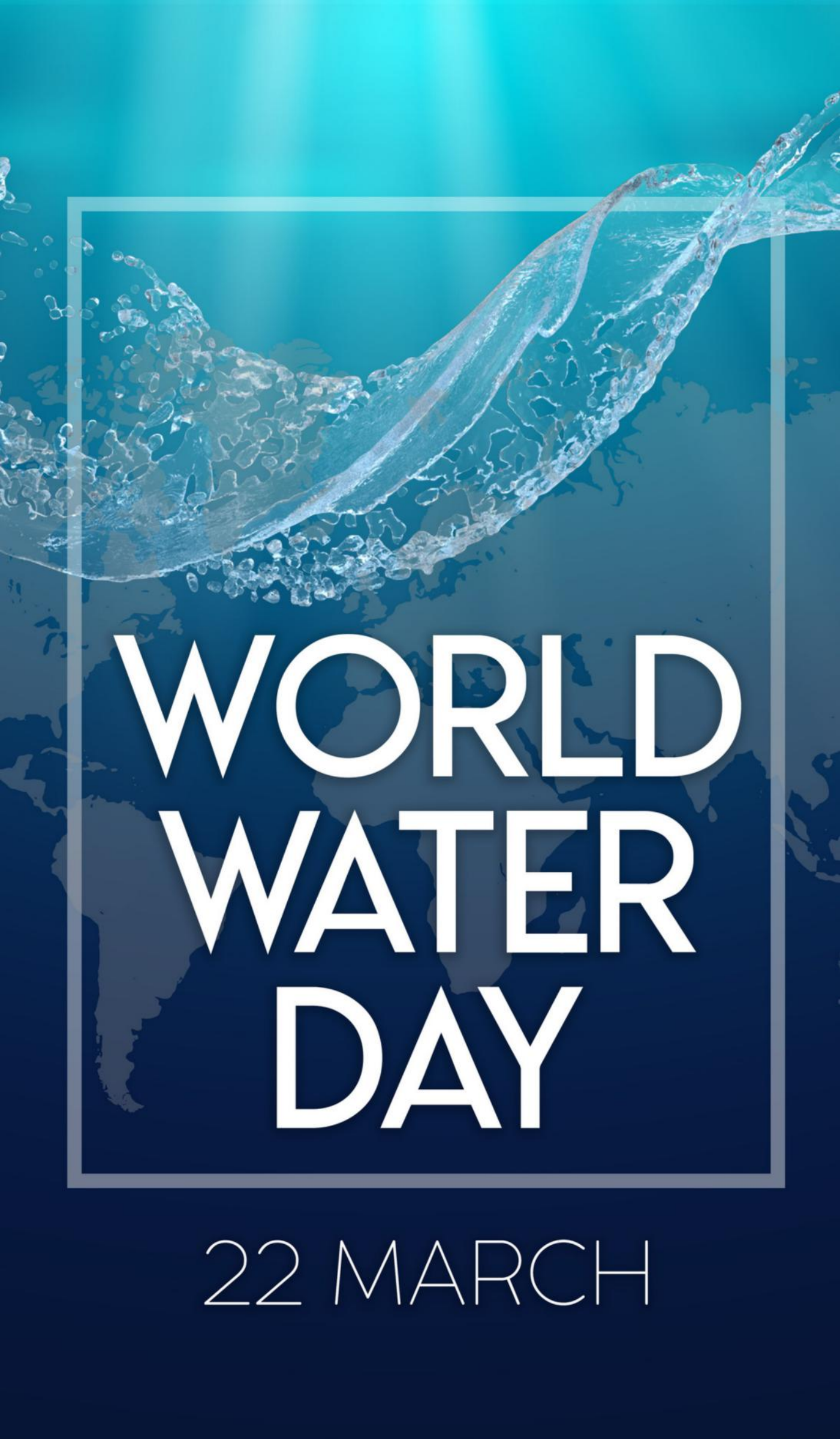
DAILY  MAVERICK

DM168

30 YEARS OF DEMOCRACY INTERVIEW

The ANC's five deadly sins – and what the future holds for SA beyond the 2024 elections



A vertical poster for World Water Day. The background is a deep blue gradient. At the top, a dynamic splash of water is shown in a lighter blue. Below this, a faint, dark blue silhouette of a world map is visible. A thin, light blue rectangular border frames the central text area. The text 'WORLD WATER DAY' is written in large, bold, white, sans-serif capital letters, centered within the frame. At the bottom, the date '22 MARCH' is written in a smaller, white, sans-serif font.

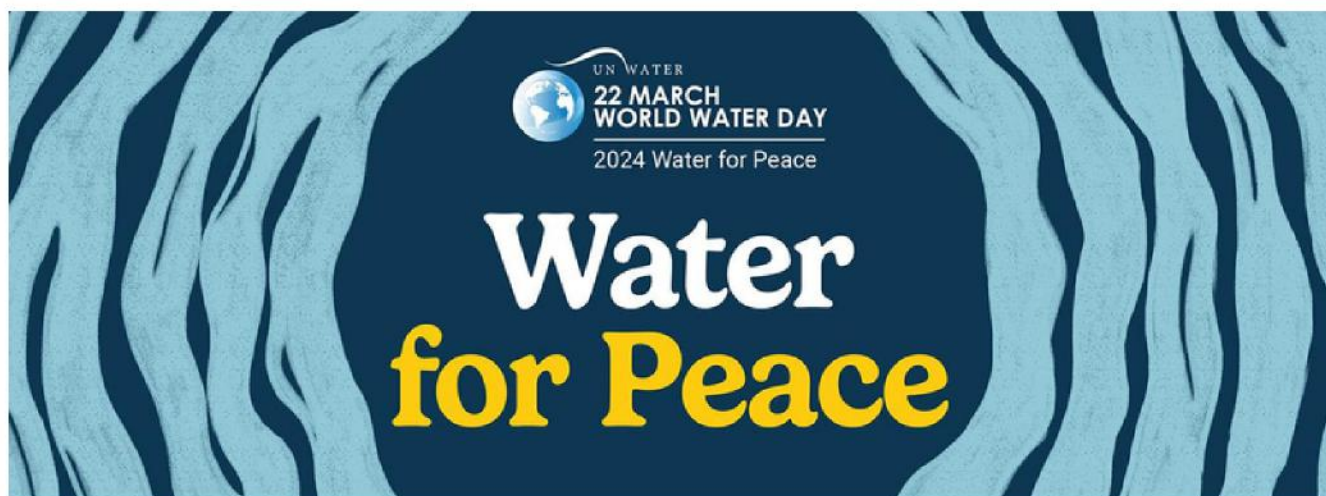
WORLD WATER DAY

22 MARCH

World Water Day, held on 22 March every year since 1993, is an annual United Nations Observance focusing on the importance of freshwater.

World Water Day celebrates water and raises awareness of the 2.2 billion people living without access to safe water. It is about taking action to tackle the global water crisis. A core focus of World Water Day is to support the achievement of Sustainable Development Goal 6: water and sanitation for all by 2030.

Every year, UN-Water – the UN’s coordination mechanism on water and sanitation – sets the theme for World Water Day. In 2023, the focus was on Accelerating Change. In 2024, the theme will be Leveraging Water for Peace.



Water can create peace or spark conflict.

When water is scarce or polluted, or when people have unequal, or no access, tensions can rise between communities and countries.

More than 3 billion people worldwide depend on water that crosses national borders. Yet, only 24 countries have cooperation agreements for all their shared water.

As climate change impacts increase, and populations grow, there is an urgent need, within and between countries, to unite around protecting and conserving our most precious resource.

Public health and prosperity, food and energy systems, economic productivity and environmental integrity all rely on a well-functioning and equitably managed water cycle.

Creating a positive ripple effect

When we cooperate on water, we create a positive ripple effect – fostering harmony, generating prosperity and building resilience to shared challenges.

We must act upon the realization that water is not only a resource to be used and competed over – it is a human right, intrinsic to every aspect of life.

This World Water Day, we all need to unite around water and use water for peace, laying the foundations of a more stable and prosperous tomorrow.

Key messages for World Water Day 2024

Water can create peace or spark conflict. When water is scarce or polluted, or when people struggle for access, tensions can rise. By cooperating on water, we can balance everyone’s water needs and help stabilize the world.

Prosperity and peace rely on water. As nations manage climate change, mass migration and political unrest, they must put water cooperation at the heart of their plans.

Previous World Water Day themes



Explore the [UN-Water archive of World Water Day resources](#) going back to 1994, covering an array of themes, from water and cities, health, culture, livelihoods, food, energy, disasters and much more.

Water can lead us out of crisis. We can foster harmony between communities and countries by uniting around the fair and sustainable use of water – from United Nations conventions at the international level, to actions at the local level.

Through KnoWat Project, FAO Rwanda has been partnering with the local NGO APEFA to improve water management in Yanze River basin.

The KnoWat project supports local water management solutions and encourages water conservation, strengthening water governance and management processes to address water scarcity.

This is achieved by applying sustainable water resources management options through water harvesting, promotion of small-scale irrigation technologies (SSIT) for climate change resilience in the watershed of Yanze.

For more information, visit: <http://www.fao.org/in-action/knowat/>

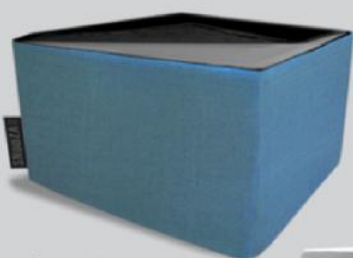


The harvested water is used in both aquaculture and agriculture.

Everyone was fighting for the wetland.



Sit



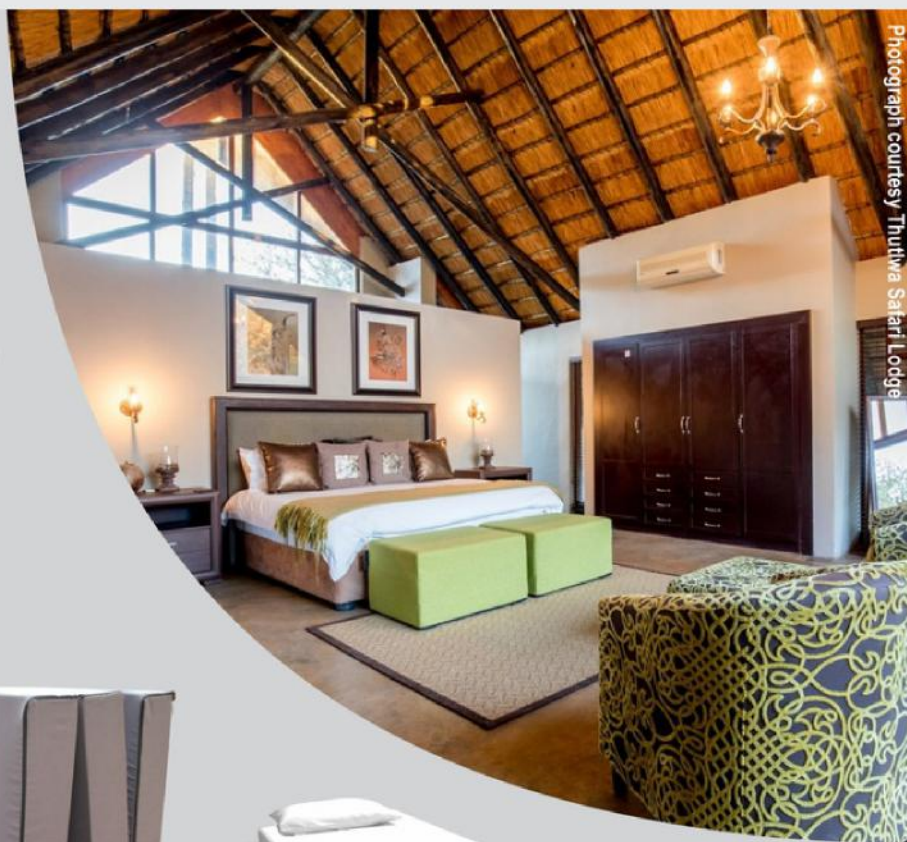
Flip & unzip



Fold out



Snooze



Photograph courtesy Thutwa Safari Lodge

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The Water Crisis

703 million people lack basic access to safe water



The Global Water Crisis

Clean drinking water and basic sanitation are critical to life. Without them, families walk miles for water that makes them sick, spend their income on medication, and struggle to send their children to school.

The global water crisis impacts 703 million people—about 1 in 12 people—on the planet today. Plus, 1 in 5 lack access to a toilet, a critical element to overall health.

The good news: This is entirely preventable. We can end the crisis in our lifetime. See how we choose where we work



LEARN MORE

Celebrate safe water every month. Join a community of monthly givers making the world a better place.

DONATE
NOW





2 minutes

Every two minutes a child under five dies from a preventable waterborne disease.

40 billion

In sub-Saharan Africa, women and girls spend an estimated 40 billion hours a year collecting water.

1 in 5

Lack access to a toilet, a critical factor for overall health and sanitation.

Clean Water Changes Everything

Health

Every two minutes, a child dies from a preventable waterborne illness. Without safe drinking water, families rely on contaminated water that makes them sick, and they cannot wash their hands like they should.

The result is not only waterborne illnesses, but colds, flus, and vulnerability to diseases like COVID-19. It's estimated that 829,000 people die each year as a result of unsafe drinking water and poor sanitation and hygiene.

Access to safe water and sanitation reduces the spread of disease, saving lives in the process.

Learn More About Waterborne Diseases



Education

It's estimated that 443 million school days are lost each year due to water-related illnesses.

In water-poor communities, children spend their days walking to gather water rather than going to school. And without water at schools, children must leave class to find water, sometimes journeying so far that they do not return.

Plus, an estimated 500 million women and girls lack the basic facilities needed for menstrual hygiene management at school. This means many girls do not attend while menstruating, deepening the educational divide.

Access to safe water and improved sanitation gives kids greater health and confidence, resulting in better attendance and more positive outcomes for their futures.



Learn More About Lifewater's Healthy School Program



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Magazine about our
Mother Earth
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Poverty

The global water crisis is an economic crisis.

Productive time spent walking for water or looking for a place to use the bathroom accounts for billions of hours a year lost in economic opportunity.

When families aren't spending their income on treating waterborne illnesses or their time walking for water, they can invest in things like running a business and education.

For every \$1 invested in safe water and sanitation, a yield of \$5 to \$28 USD is returned in increased economic activity and reduced health care costs. Access to safe water stimulates the economy for the long term.

Learn About How Safe Water Reduces Child Poverty



Equality

The water crisis disproportionately affects women.

In 80% of households without safe water, women and girls are responsible for gathering the day's water. This takes women and girls away from activities like working and going to school, trapping them in a cycle of poverty.

And when it comes to giving birth, a lack of safe water in health centers results in up to eight percent of all maternal deaths globally. For women who don't die, infections make them and their infants dangerously sick.

Safe water and sanitation creates a safer environment for women, one where women can live, pursue their dreams, and thrive as God intends.

Learn More About How the Water Crisis Impacts Women



The Water Crisis: A Transformation Story

In Busikwe village, Uganda, tall sugarcane surround what used to be the only source of drinking water, a swamp filled with disease. Fourteen-year-old Maureen was overcome with fear every time she gathered water.

“As a girl, it was a threat to get water,” she said. “Two years ago, a girl my age was attacked.”

But, in 2018, Busikwe village received their own safe water. They adopted simple sanitation and hygiene practices to help manage their health.

“We felt at peace when we first received the new well,” Elizabeth, Maureen’s mother, said. “We danced and sang and celebrated.”

Maureen doesn’t fear anymore; instead, she is filled with hope. “I hope to work for Lifewater!” she announced. “I have seen how they save lives.”

Watch Maureen’s Story Today



How Safe Water Changed Maureen’s Life



**Download
our App!**



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AJABU

COCKTAIL & SPIRITS FESTIVAL
CONNECT | COLLABORATE | CREATE

Welcome to AJABU Cocktail and Spirits Festival. Mark Talbot Holmes and Colin Asare Appiah would like to invite you to Celebrate at The Ajabu Cocktail Festival, in Joburg on Tuesday and Wednesday March 12th and 13th and in Cape Town on Friday and Saturday March 15th and 16th.

Over these days, 12 of the world's most respected bartenders from several of the world's best bars will be doing pop-ups. They include Naren Young from Sweet Liberty in Miami, Hero from Nairobi, Princess and Kapri from Allegory in Washington (as featured on Drink Masters) and bartenders from Trailer Happiness in London, Front Back in Ghana, No 19 in Accra and Herbs and Rye in Las Vegas. Monica Berg, Ian Burrell and Charlotte Voisey will be special guests at the events as well.

The Ajabu Festival is all about Connecting, Collaborating and Creating, and the best of the global bars will be collaborating with the best of the local bars to create amazing cocktails that celebrate the incredible diversity of talent and ingredients in South Africa.

The Bars In JHB

- Smoking Kills
- Sin and Tax
- A Streetcar named Desire
- Bench Warmers
- Saigon Suzi
- Saint

Joburg Tickets



The Bars In CPT

- Cause and Effect V&A
- The Drinkery
- Talking to Strangers
- The House of Machines
- Tjing Tjing
- Fable

Cape Town Tickets



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Joburg Tickets

JOHANNESBURG

10–13 March 2024

*18–20 November 2024

Cape Town Tickets

CAPE TOWN

14–17 March 2024

*20–23 November 2024

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Travel

for South Africans



*mother of
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signs of the island being broug



23

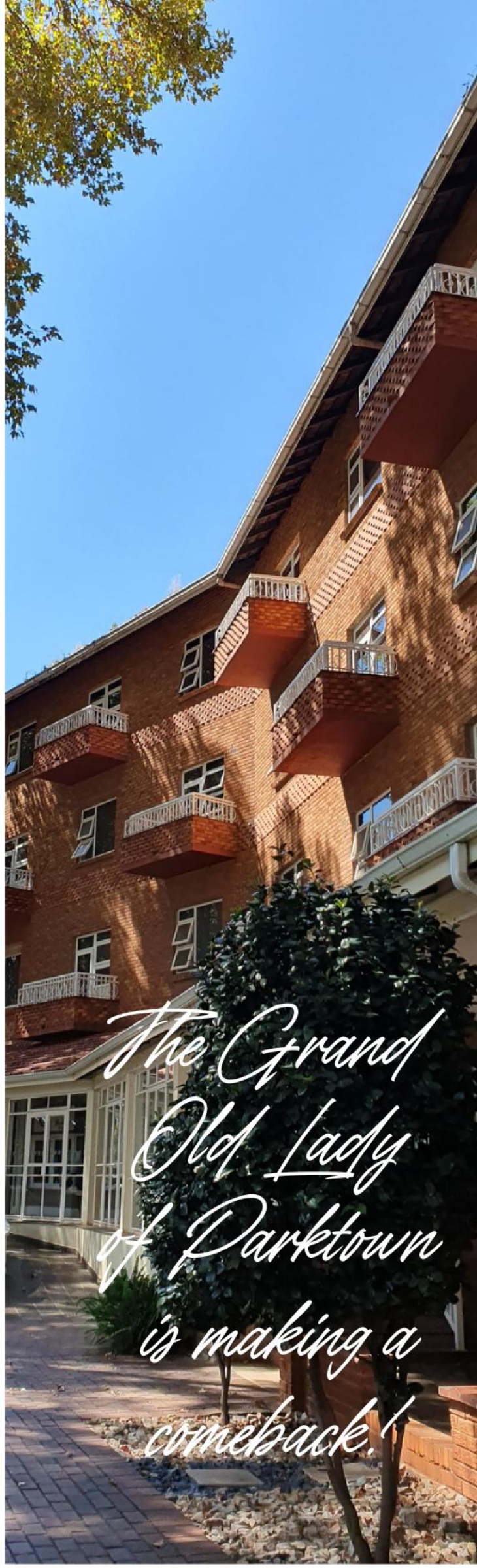
VA STORIES

23

We decided to take a step back in time and spend a night at the Sunnyside Park Hotel and combine it with the Mystery Ghost Tour that departs from the hotel. Definitely a must for anyone either visiting the theatre or Constitutional Hill. Not only were the staff helpful and friendly but the food, ambiance and general surrounds made us fall in love once again with this old (but definitely not aged) lady of Johannesburg.

I remember the days when we used to meet after work on the wide open terrace under the giant oak trees on a Friday. And when the sun was well and truly set we would move off to Rocky Street in Yeoville for dinner before settling for Plum Crazy night club in Central JHB. Once that closed time to head off to Godfather in Hillbrow.

Once the sun started to make an appearance we would pass on at the Fonatana for rolls and rotisserie chicken to keep in the car for dinner whilst enjoying breakfast at the Sunnyside knowing we would sleep the day away at home. That's how our lives were in the 80's.



Spending the weekend there again brought back all these wonderful memories. The bedrooms are as spacious as they were then (when the thought of driving home was too much we didnt have central booking offices only bright eyed and bushy tailed receptionists happy to oblige bleary eyed revellers) with a few upgrades here and there. Bigger showers and the addition of the Holiday Inn building to accommodate families.

The Pound Bar still looked the same with the dark wood furniture you could almost hear the loud chitter chatter of women finally being allowed into men's only bars (at least this one didn't smell of urine like the others in our neighbourhood in those days as men's bathrooms were always just off the bar itself). The deck outside under the large oak trees was cool and the breeze rustled the leaves above us. Who would think we were just outside the city centre. There were no truck or car sounds just the shouts of children playing in the nearby pool.

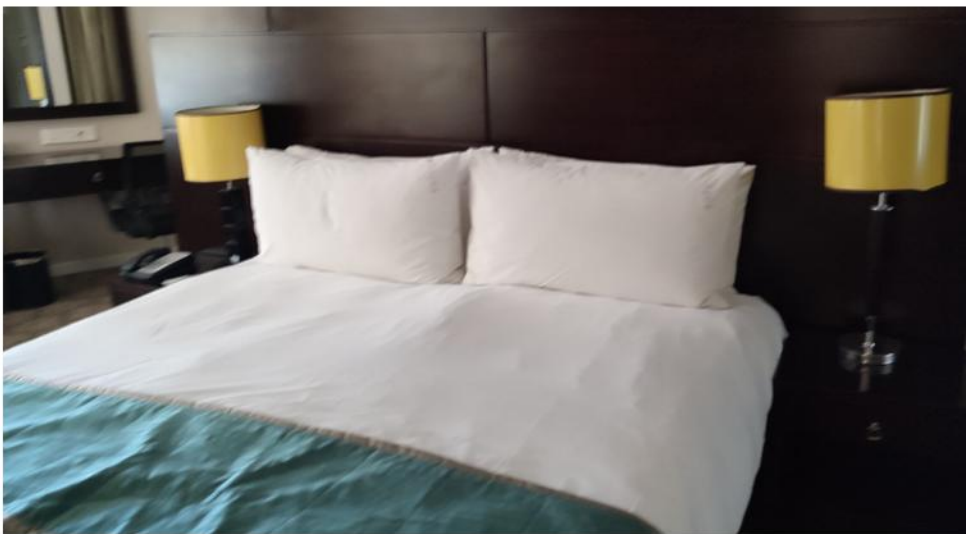


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Princess of Wales Terrace,
Johannesburg,
2041 South Africa

The dinner was served early as we were due to catch the Ghost Tour with MYSTERY GHOST PRODUCTIONS - previously Mystery Ghost Bus of South Africa (read more about Mark and Michael in our entrepreneur section) . We all ordered something different and not only were the portions enormous but they were well cooked and nicely presented. As was breakfast this morning. I was impressed with the lady doing the omelette that I videoed her precision and delight in making each one (those in the queue waiting for eggs all turned their orders into omlettes).

Why not spend a weekend doing the tourist thing and visit the nearby Constitutional Hill or catch a show at Joburg theatre. Make it your visitors from out of town, stay of choice. I'll definitely recommend this great spot.







AFRICAN WINGS

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HOTEL

HISTORY OF SUNNYSIDE PARK

By Katherine Munro

Many alumni will have fond memories of Sunnyside if they were fortunate enough to live in the premier and oldest women's residence on East Campus as undergraduates. Sunnyside Residence has been a second home for thousands of women students since 1929. Its traditional style of architecture has always been held in affectionate regard and a sense of community fostered by a succession of strong leaders.

Transvaal colonial for 'new girls' hostel'

Architect Frank Emley, of the firm Cowin & Powers, designed the "proposed New Girls' Hostel" in 1928. Its architectural style is Transvaal colonial, redolent of Herbert Baker, with its terracotta-tiled roof, generous proportions, rectangular shape, garden quadrangle below a wide balustrade verandah, and arched windows. The fittings, masonry and woodwork reflect detailed artistry. The panelled dining room (now a study area) is the heart of the residence, capturing purpose and community.

Emley's distinctive rusticated style, featuring arched, small-paned, recessed Palladian windows, prevails. Genuine Burmese teak was used throughout. The original H shape design positioned the dining hall facing north, fronted by a wide terrace-style verandah with arched columns on the ground floor. A gracious double stairway led down to the lower ground floor and the semi-enclosed garden to the north, with its delightful semi-circular fountain. The husband of Dean Erica Biesheuvel (1943-1963), Dr Simon Biesheuvel, laid out the gardens and the lower terrace on the northern side of the fenced garden was known as "the Biesheuvel Terrace."

The main entrance, with an arched, glassed, panelled door above a set of now well-worn steps, faces west. Wide corridors were ideal for displaying the annual group photos of the residents and house committees, helping establish traditions.

The wrought iron, well-proportioned staircases and the delicate balconies added further grace and charm.

The original roof was covered in beautiful terracotta Roman tiles (some are still visible on parapets), which were ill-advisedly removed in the 1980s or 1990s and replaced with concrete tiles coloured to look like terracotta.

The west wing was completed first. Emley and Fred Williamson, in association with Cowin & Powers were the architects of the east wing, completed in 1931.

‘The Grand Old Lady’ - for ladies only

Architects Professor Geoffrey Pearce - head of the Wits architectural department - and Aneck Hahn enhanced the original residence in 1953. They extended the building to the north, east and south and by 1979 Sunnyside - then 50 years old - was home to 154 students whose residence fees were set at R1 050 per annum, excluding laundry.





A 1979 Wits residences pamphlet comments: “The most appealing feature of Sunnyside is its wonderful garden overlooked by a wide verandah where students are served tea and buffet lunches when the weather is fine.” Sunnyside has earned the title “the grand old lady” of residences not because it is the oldest, but because it has always had the reputation of being a traditional residence exclusively for the young women students of Wits.

Sunnyside has always been a close-knit community of women and, although subject to debate at different times, the view is that it should remain a single-sex residence, as are Jubilee, Girton, Medhurst and Reith residences. Accommodating students from other parts of Africa (“Kenya, the Rhodesias, Portuguese East Africa”) was initially the focus, so girls from Johannesburg were accepted only in exceptional circumstances.

What’s in a name?

‘Isabel Dalrymple House’ was the original name of Sunnyside, named for Council Chairman Sir William Dalrymple’s wife who in the 1920s and 1930s took a great interest in the wellbeing of Sunnyside residents. The sobriquet ‘Sunnyside’ was an informal one and the name was only formalised in 1983. The origin of the name ‘Sunnyside’ has a deeper history, which reveals Wits’ connection to the Sunnyside Park Hotel.

Sunnyside was the name of Lord Milner’s house in Parktown, now the Sunnyside Park Hotel. Wits first used the hotel as a men’s residence from 1912. During World War I, it was a convalescent home for returned soldiers. In the 1920s, it became the women’s residence when the men moved back onto East Campus into Dalrymple House.

The original planning of East Campus residences included men and women. Hostels were among the first structures approved. Construction of the student residences began in 1920 and male students occupied College House the following year. Dalrymple House admitted its first female students in 1922.

The first Dean of women students was Margaret Ballinger (who later became the doughty and distinguished MP and a founder of the Liberal Party), but with the Principal, Prof. Jan Hofmeyr and his puritanical and controlling mother taking up temporary residence in College House, there was an inevitable personality clash. Mrs Hofmeyr expected the young women to remain invisible to the men of College House and issued a directive that the women close their curtains while dressing so the men could not see them. Ballinger retorted, "And what about the men doing the same?"

The Hofmeyrs prevailed and the women students relocated to Parktown. Dalrymple House became a second men's residence during construction of the new women's residence. In 1929, the year that Sunnyside was sold for £8 500, according to a handwritten archive note.

In 1930, 40 girls and the Dean, Miss Swansbourne moved into the half-completed Isabel Dalrymple House, which accommodated 70 students on completion in 1935.

The enduring popularity of Dalrymple as a "superior" residence and an increase in the number of students at Wits demanded an increase in the number of beds. In 1937, with Dalrymple House full, annexes in Braamfontein served as additional women's rooms. Phineas Court and Marmer Court, the latter of which stood on the corner of Bertha and Jorissen Streets, was known as "The Colony." The girls wore long dresses in the evening and had to hike across a campus "which resembled a wattle plantation" to dine in style at Sunnyside.

An explosion in a German-owned shop opposite the annexe in 1940 caused the Dean, Mrs Nichols to panic and move the girls back to Dalrymple House, into very crowded rooms, "like sardines in a can."





By 1946, temporary huts were erected close to Dalrymple House (where the Umthombo building stands today) as an annexe for 37 second-year students under the popular Assistant Dean, Heather Martienssen.

In 1953, the new wing was completed and the number of students increased from 120 to 160.

Success through leadership

Sunnyside's success is due in no small measure to a succession of strong Deans, later called Wardens and now Hall Coordinators. There have been relatively few Deans (all remained in office for many years) and their names are synonymous with Sunnyside history: Margaret Ballinger, M. Swansbourne (1924-1937), Pratt Nichols (1937-1943), Erica Biesheuvel (1943-1963), Thelma Henderson (1963-1975) and Shirley Irish (1975-1996).

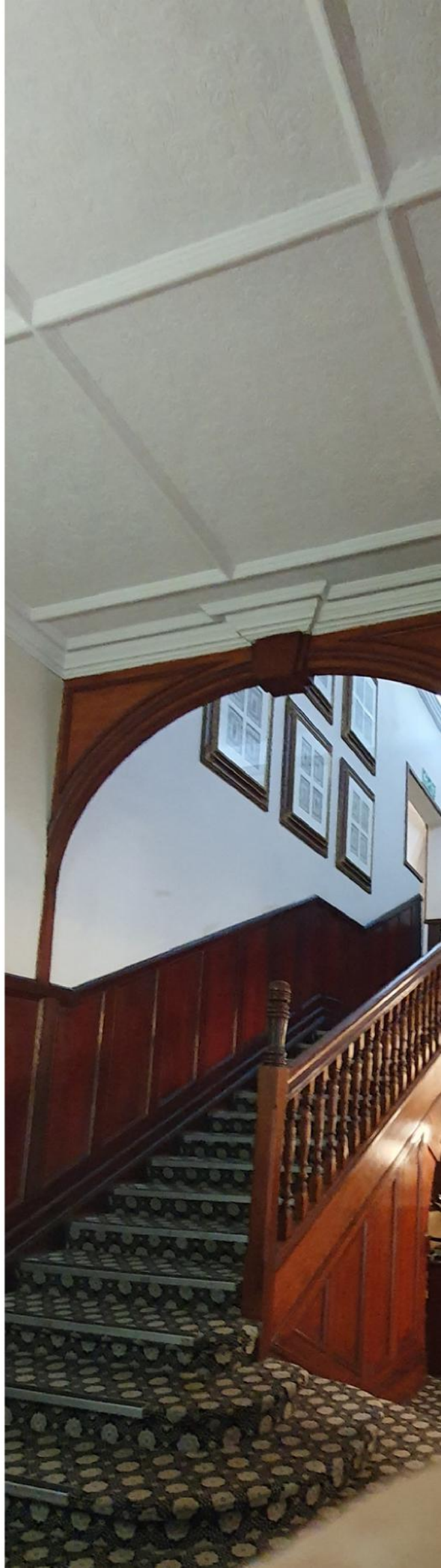
Mrs Henderson contributed significantly to the planning of Jubilee Hall, built in 1972-1974 and named for the University's 50th jubilee. Mrs Henderson had the distinction of being the youngest Dean. A plaque commemorates Shirley Irish, formerly an English teacher at Parktown Girls' High, who remained in office for two decades. Sunnyside attracted a special breed of Deans who were academic and social leaders and who shaped the girls to be proud and worthy graduates and citizens. That tradition continues.

The strength of Sunnyside rested upon its appearance, varied accommodation and strong community spirit. A sense of community has always been at the core of Sunnyside. During the war, the residents began a night school, teaching the "native staff" of Wits. The SRC and the Students' Medical Council later promoted this initiative.

During apartheid, Wits had to comply with national legislation and the 1979 residence brochure states: "It is regretted that, in terms of the Group Areas Act, residential accommodation on campus has not yet been approved for all races." Many Sunnyside girls imbued with a liberal and humanitarian spirit participated in protests and demonstrations in the 1970s and 80s.

I recall too that in the 1970s Sunnyside drew feminists from across the campus to discuss the state of female academic and support staff employment at Wits. We gathered our facts, investigated and formulated our belief in a fairer society (childcare for staff members, better maternity leave, more opportunities for women). The feminist lobby met in the Sunnyside common room and was instrumental in forming the Administrative and Library Staff Association.

After 1996, the reorganisation of residences saw the warden position abandoned in favour of 'cluster manager of East Campus residences'. Denise Hooper-Box filled this position from 1996 to 2011. She holds Sunnyside in affectionate regard and recalls the November 2007 visit of US Senator John Kerry and his wife Teresa Heinz Kerry, who had been a student at Wits and a Sunnyside resident in the 1950s. "There was an excitement in finding her photograph on the wall and their visit to her room."



The new four-storey wing of the now 82-year-old Sunnyside Residence opens in 2012. Positioned on an east-west orientation on University Drive, the awkward, rocky slope of the land challenged the creativity of architect Henry Paine, but the style and design respects heritage and tradition, with seven interior columns in the reception area.

Extending life

Rob Sharman, director of Residence Life, commented: “The ‘grand old lady’ has not aged well in all respects. After 80 years, some of the plumbing and electricity had deteriorated and replacing the original roof resulted in recurrent leaks. It became our dream to renovate the old building...to restore spaces to their original purpose and to create an entire new wing.”

A thorough heritage impact study by Dr Johann Bruwer and Paine shaped early planning. Paine commented: “It has been our intention to keep the axial [rather than symmetrical] relationship from the old building to the new, with linking corridors at ground and first floor level, and courtyards separating the new from the old.”

The new building extends over four floors (the old building is on three floors) but the line of the roofs remains constant due to the reduction in floor to ceiling height in the new building. The new wing will accommodate an additional 96 first-year students in 30 double rooms and 29 single rooms, including eight rooms for people with disabilities.



Sunnyside is an important example of the architectural heritage of the 1920s. The quality of the original materials used and the skilled craftsmanship demand preservation and celebration. It is a building that reflects, too, the breaking of boundaries when female students were welcomed in the largely male bastions of academe but needed a quality home from home. Renovations over the decades have reflected and respected the building's heritage, as do the latest additions.

A revitalized and modern Sunnyside accommodating more than 200 women is set to serve Wits into the 21st century. With a proud history of lives well lived during formative years, Sunnyside Residence anticipates the future with curiosity, community awareness and confidence.





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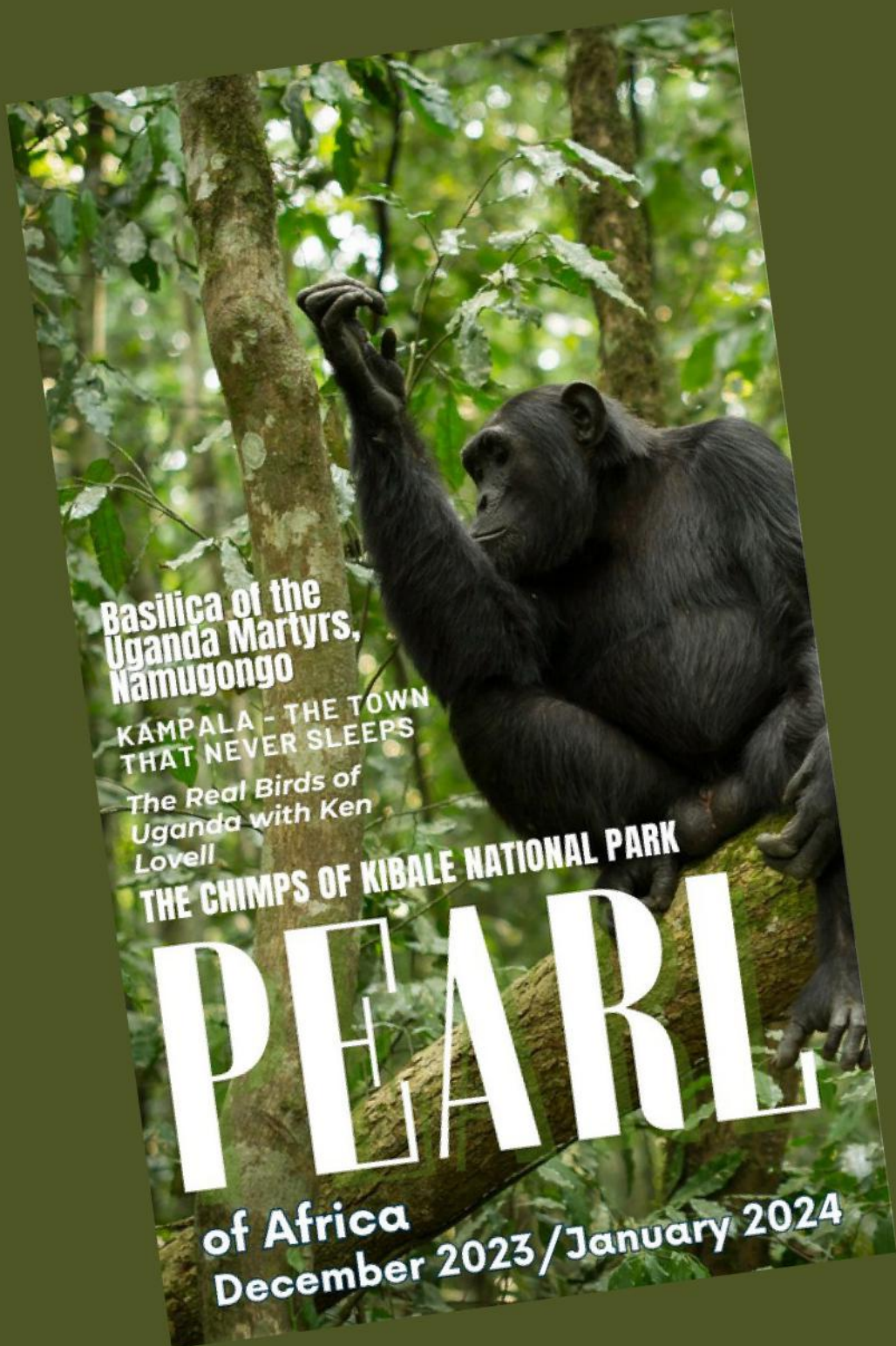


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Many aspiring volunteers want to come to South Africa to work with or help endangered wildlife.

But should you go to a (private) nature conservancy or a sanctuary? This may sound confusing, but it all depends on what your philosophy and goal is.

A sanctuary and a nature reserve in South Africa serve different purposes and have different management objectives.



Sanctuary:

Purpose: Most sanctuaries in South Africa are typically focused on the conservation and protection of lions, often with an emphasis on rescuing and rehabilitating lions that have been mistreated. These lions may be rescued from circuses, abandoned zoos or trafficking. The primary goal is to provide a safe and natural environment for lions to live out their lives in peace.

Activities: Lion sanctuaries may offer educational programs, guided tours, and opportunities for visitors to learn about lion conservation, canned hunting, the illegal exotic pet trade etc. Volunteers will mostly help with the daily management of the sanctuary by preparing food for the animals or cleaning and maintaining enclosures. True sanctuaries do not permit any physical interaction between lions and volunteers or visitors.

Ownership: Lion sanctuaries are often owned and operated by non-profit organizations or conservation groups, with funding coming from donations, adoption programs, volunteers and visitor fees.

Size: Lion sanctuaries may vary in size but are generally smaller in scale compared to nature or private game reserves.

Focus: The main focus of a lion sanctuary is on the welfare and conservation of lions, with no hunting activities or trade.



(Private) Nature Reserve/Conservancy:

Purpose: A nature reserve is primarily established for wildlife conservation, including a variety of species beyond just lions, and often includes habitat restoration efforts. The aim is to manage, develop and protect endangered species and ecosystems.

Activities: Nature reserves may offer safari experiences, where visitors can observe wildlife in their natural habitat. They also engage in wildlife research and management programs and involve volunteers in the collection of scientific data, monitoring and tracking of wildlife or they offer training programs for future rangers.

Ownership: Private nature reserves are owned by individuals, corporations, or sometimes communities. They are managed for profit, with income generated from tourism and conservation partnerships. Additional income is often generated by trading surplus animals to avoid interbreeding.

Size: Private nature reserves can vary greatly in size, ranging from a few hundred hectares to several thousand hectares.

Focus: While the conservation of the Big Five and other wildlife is a priority in nature reserves, they may also allow controlled hunting activities as a means of wildlife management and revenue generation. Plains game (e.g. antelopes) will need to be culled or hunted on a regular basis in order to avoid overgrazing and endangering the ecosystem. The volunteer projects are usually not affected or involved in the hunting/trading decisions. If you don't consider culling acceptable, we recommend you choose a sanctuary project in SA or a project in another African country.



In summary, while both lion sanctuaries and nature reserves contribute to wildlife conservation efforts in South Africa, they differ in their primary objectives, ownership structures, activities offered, and focus areas. If you prefer to work with rescued animals and abhor hunting, a sanctuary may be the best choice. If you want to have a more scientific approach with conservation at the center, a nature reserve may suit you better.



SOUTH AFRICA: THE BEST FOR MAXIMIZING SIGHTINGS ON SAFARI



**Private reserves
often offer better
odds of spotting
multiple animals
in a shorter
amount of time.**

**Photos: Manfred
Suter**

Sure, if you live in the US, it may not seem like South Africa is the most convenient location for a wildlife adventure. But when it comes to cost, ease of travel, and finding Africa's most well-known species with the least effort, South Africa may just be one of the best countries for a safari in the world.

For starters, getting there is easy. Johannesburg is a major airport, and you can fly direct from several cities in the US, dozens of cities in Europe, and just about every city in the Middle East or Africa. And once you're in JoBurg, your options for safaris are nearly endless. You can choose from week-long safaris in Kruger National Park, with two game drives per day and luxurious lodging, or do a budget tented safari in a long weekend. You can arrange your own safaris by renting a car and booking your own stays at South Africa's national parks online via the SAN Parks website, or find extended tours on websites like Viator or GetYourGuide starting around \$500 for a three-day safari trip. But you can find trips that leave from cities like Cape Town and Durban, making South Africa one of the best countries for safari trips no matter where you're based.



If you're hesitant about traveling to Africa for the first time but have a game drive on your bucket list, you'll be happy to know that South Africa is one of the best countries for safari cruises. Norwegian Cruise Lines offers fairly affordable cruises that makes several stops in South Africa for daily game drives (and go to a few remote African islands), and Oceana offers higher-end South Africa cruises that start and end in Cape Town.

One thing that really sets South Africa apart as one of the best countries for safari vacations are the country's private game lodges. Private game lodges often are near or abutting national parks, and are large parcels of privately owned land where animals roam mostly free (like South Africa's national parks, the property may be fenced in). These game lodges offer similar experiences as national parks — on-site resorts and glamping, game drives, and other wildlife-viewing opportunities, but are often more upscale and private than national parks. Often, it's easier to find wildlife, which could be a good or bad thing, depending on your point of view.

Many private lodges work with tourism operators to offer all-inclusive stays, including game drives, all meals, lodging, and transportation to and from towns like Johannesburg, Cape Town, or Durban. They're ideal if you only have a few days to spare and don't want to rent a car.

WHAT IS A SAFARI VS A GAME DRIVE?

The terms “safari” and “game drive” are often used interchangeably among Americans on vacation, but there’s clear difference between them. In most safari destinations, lodges and drivers will make a distinction between the two. A safari is a broader term, encompassing the entire wildlife-spotting adventure. It comes from a Swahili word meaning “journey,” and refers to the whole trip focused on observing wildlife in the wilderness. A safari can include various activities, not just driving around to look for animals.

Game drives are specific activities that are part of a safari, but they’re the actual drives in open-air vehicles to try to spot wildlife. Usually, if you’re staying at a safari lodge, you’ll do several two- or three-hour game drives a day, most often at dawn and dusk. But you could do other safari activities, like bush walks, boat trips, and visits to local communities.

Photos Manfred Suter





HOW MUCH DOES AN AFRICAN SAFARI COST?

The cost of an African safari can vary greatly depending on several factors, making it difficult to give a one-size-fits-all answer. Generally, East African safaris (Kenya, Tanzania) tend to be slightly more affordable than Southern African safaris (Mozambique, Botswana). That's due to a combination of factors, including park entrance fees, transportation, and safari lodge availability. In South Africa, there are so many options between national parks and private game reserves that the prices really run the gamut.

No matter where you go, luxury lodges with private plunge pools and gourmet meals will naturally cost more than rustic camps with shared facilities. Budget camping safaris can start around \$150-\$200 per person per night, while luxury lodges can reach \$1,000 or more per night. But when you're evaluating the best countries for safaris that won't break the bank, you need to look at more than just the overall cost. Some safaris include all game drives and activities in the base price, while others might charge extra for night drives, walking safaris, or cultural excursions. Extras like spa services, transfers, and alcohol may or may not be included, too.

Prices vary greatly from country to country, but here are some very basic examples for one-week safaris. None of the prices below include flights, so while African safaris may be cheaper than those in other countries, you'll need to take into account the cost getting there. Don't make the mistake of thinking the best countries for safaris are automatically the most well-known ones.

Budget safaris: You can book a 7-night group safari in South Africa's Kruger National Park for \$1,299 per person, including all lodging, meals, game drives, lodging, and transportation from Johannesburg. And in Sri Lanka, prices for week-long safaris start just under \$1,000 per person, as with this guided safari trip through several national parks.

Mid-range safaris: A week-long safari starting and ending in New Delhi focused on tiger sightings will set you back \$2,700 per person, excluding alcohol and some sight/park entrance fees. In the US, you can do a Yellowstone Winter Wonderland Safari for \$4,399 per person. It starts and ends in Jackson Hole, Wyoming, and includes almost everything, except for a few meals in the park at your leisure.

Luxury safari: When it comes to luxe safaris, there really is no upper end. Safari trips can be incredible expensive, as with this "Eco-luxury honeymoon safari" in Botswana that includes stays at luxury tented lodges and bush plane flights between parks that starts at \$10,272 per person. If you want to do a luxury safari in the Amazon or Galapagos, you can easily spend \$20,000 or more on a week-long boat trip.



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Fact Sheet: The Plastic Threat to Human Health

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FACT SHEET: THE PLASTIC THREAT TO HUMAN HEALTH

The following facts shed light on how plastic is proving dangerous to human health. To learn more about the threat and impact of plastic pollution and get tips to reduce your plastic consumption, download our Plastic Pollution Primer and Toolkit today!

- Bisphenol A also known as BPA, used to make billions of plastic beverage containers, dinnerware, protective linings of food cans and toys, is considered an endocrine disruptor, meaning it can both decrease or increase endocrine activity in humans and cause adverse health effects.
- BPA is able to be absorbed by fat tissue, and is associated with increased risk of breast cancer. Additionally, the breast milk of most women in the developed world contains dozens of compounds including BPA that have been linked to negative health effects.
- Some animal studies have indicated adverse effects of BPA on newborns and fetuses.
- Importantly, the label BPA-free in a container of a bottle doesn't mean a product is free from other harmful chemical compounds that are slightly different but have a different name.

- Growing literature links many Phthalates, which are a group of chemicals used to make plastics more flexible and harder to break, with a variety of adverse outcomes including weight gain and insulin resistance, decreased levels of sex hormones, and other consequences for the human reproductive system both for females and males.
- When food is wrapped in plastic containing BPA, phthalates may leak into the food. Any migration is likely to be greater when in contact with fatty foods such as meats and cheeses than with other foods.
- In general, it is not recommended to heat food in plastic containers with the codes 3 and 7. The USDA Food Safety and Inspection Service advises Americans not to reuse margarine tubs, take-out containers, whipped topping bowls, and other one-time use containers, which are more likely to melt and cause chemicals to leach into food.

Plastic Water Bottle Pollution: Where Do All The Bottles End Up?





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