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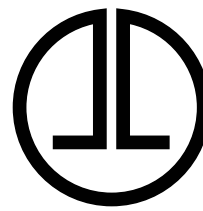
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10 - Darrel Bristow-Bovey was born and raised on the Bluff in Durban. He is a columnist, travel-writer, author and screenwriter, and his most recent book is *One Midlife Crisis and a Speedo*. His first play, *Priest With Balloons*, will be staged in Cape Town in April and his first crime drama for Netflix begins shooting in the summer of 2022. He divides his time between Greece, Los Angeles and South Africa.



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FREE FOOD IS ALL AROUND US

By Dave Charles



“**When** the riots hit us last year and disrupted the supply chain, I suddenly wished that I had taken more notice of those urban prepping shows on TV. They are still available online according to a cursory flip through Google. Who could possibly resist a catchy title like **Prepping for Doomsday with Pastor Joe - Should You Be Afraid? Or Prepping 101 For Beginners.**

The biggest concern I had back then was what to do if the food ran out and, judging from the punch ups in car parks outside several retail outlets, I wasn't alone in my trepidation. Luckily that drama was relatively short-lived, but it has left a lingering concern prompting many people to keep an emergency stash of non-perishable food on hand “just in case...”

My Mormon friend has been following a sort of Mormon prepper's doctrine for years. They have always been encouraged to keep a year's supply of food on hand to withstand this sort of crisis, but his interpretation of the rules was extended to include a year's supply of essentials like imported canned artichoke hearts, Cote d'Or chocolates and other treats without which he could not possibly survive. As tempting as this might sound, I defy anyone to keep a stash of chocolate untouched for a whole year.

Sue and I did keep a little stash of survival rations for a while, but I must confess to having raided it from time to time and now the larder is bare. So, when I came across an advert offering a beginner's course in foraging for edible plants, I was intrigued. This could make Pastor Joe irrelevant in the bigger picture!

As it happened, the foraging course was due to take place at The Tugela River Lodge in a lovely setting on a cattle farm opposite the battlefield of Spionkop near the Drakensberg town of Winterton. The lodge is a charming, rather rustic hideaway overlooking a majestic sweep of wild Tugela River.

As the course was planned for a Saturday, we decided to take the Friday off to make a week-end of it. So, with our hardly ever used mountain bikes packed and ready to tackle the trails through natural bush and game reserve, we hit the highway.

The three-hour trip from Ballito was an absolute joy for truck spotters. You would be amazed at how many species of truck you can spot on the N3 these days. And most of them are travelling slowly enough to allow you to count the wheel nuts. But I digress...

We arrived in the heat of the afternoon with the promise of a spectacular thunderstorm brewing over the distant Dragon Mountains. As the river was in flood, the long trails through the neighbouring game reserve were not accessible so we settled for the EASY 5km amble up a little hillside and then off into terra incognita following the almost invisible yellow painted stone markers hidden in the long grass.

I clearly had overestimated my level of fitness, and the uphill ride over rocks on the very narrow cattle track quickly saw me completely run out of steam. According to my talking watch, this was just 1.4km into the EASY 5km amble. With the howling wind of an approaching storm conjuring shrieking ghosts from graves on Spoinkop for company, I trudged towards my distant rest, on foot, trying desperately to catch up to Sue who was loving every minute of it.

Eventually, about a year later...or so it seemed, we made it back to the lodge and, with a little more therapy, I will be fine in a week or two...but again, I digress.

Next morning, we assembled with other enthusiastic foragers to begin a journey of discovery, ably guided by edible plant expert, Nikki Brighton.

I can honestly say that this was an experience that has completely changed my understanding of the natural world around us.

Modern living has left us clueless as to the natural bounty of goodness and flavour that is freely available to us in nature. Indigenous knowledge is a precious resource that rural people have handed down through the ages and Nikki and her team have been gathering this knowledge, much of which is now being passed on through courses like this.

We were introduced to a smorgasbord of edible weeds growing wild in the field, as well as a few cultivated plants which, over the course of a couple of hours, were transformed into a cornucopia of superfoods, supplements and ingredients for a life of health, vigour and vitality.

I will be listing and describing the best of these in our weekly digital newsletter, **The Weekender**, that I encourage you subscribe to right now on www.theweekender.co.za You will be so glad that you did.

See you in **The Weekender** soon!



WE SHALL FIGHT THEM ON THE BEACHES

By Darrel Bristow-Bovey



“I was talking to my friend Andre about Covid recently. Andre is one of life's positive thinkers: he tries to find the upside in everything and I was looking forward to hearing what he could come up with for Covid.”

Was it that lockdown had given him more time to spend at home with his family? Was it that time at home enabled him to read more good books or learn some new and useful skill? No. “You have to admit,” he said, “It was all worth it just to keep the Aussies and the Kiwis in their own country for two years.”

Andre has a healthy suspicion of Australians and New Zealanders, because he lived for a while in Phuket, in Thailand, where he was working, and his neighbourhood was crawling with Antipodeans. His six-year-old son Nicholas went to school with a lot of expat kids – mainly Kiwis and a couple of Aussies – and Andre feared this might have a deleterious effect on his character.

It reminded me of the time, a few years back, he persuaded me to come and visit, to help him try de-Kiwify Nicholas.

One morning on the beach we watched some Kiwi kids building a feeble sandcastle. Their dads looked over and gave them the wishy-washy New Zealander thumbs up, even though these were very obviously meagre efforts resulting in a woefully substandard structure. “See what I mean?” said Andre.

“Come,” I said to Nicholas, “let’s show them how South Africans build a sandcastle!”

How do South Africans build a sandcastle? With bravado, pointless competitiveness and excessive displays of force, that’s how. At first Nicholas just watched as Andre and I scrabbled and heaved at the sand to form a mighty moat, creating a growing mountain in the middle.

Then he began to get it. He scavenged pieces of wood and rope and we grunted and sweated and constructed impregnable walls and a drawbridge and piled the sand higher and higher. The Kiwi kids looked over at our castle in awe. They cast accusing looks at their parents, no doubt regretting their degraded genetic heritage, then one by one came to ask if they could help.

“Of course,” we said graciously, for it behooves the lords of the castle to be generous to their vanquished foes. The Kiwi dads sulked under their umbrella. For hours we laboured away, constructing an increasingly baroque pleasure palace that soared and loomed and crenellated, a magnificent folly, a grand and occasionally collapsing vertical sea-sand Nkandla. Andre’s back

was in spasm. I had sand in my eyes. We had ruined our health but it was worth it. We were exhausted but proud.

“See!” I said grandly to Nicholas. “That’s how a South African makes a sandcastle!”

Then I noticed a couple of Swedish guys watching us. They shook their heads and tutted. “Who could live in such a building?” they said. “It would fall down.”

They had a quick conference and sketched out plans with a twig in the sand. In three minutes they had a broad square base, smooth and planed. It looked like solid concrete. I glanced back at our castle, which was starting to crack. It was built for a good time, not a long time. Small sandslides were happening on the north face.

“Quick! We need to build it higher,” I hissed at Andre.

We sweated and grunted and sobbed as we tried to bolster our palace. The kids all lost interest and wandered off to swim.

“Traitors!” I wheezed after them.

No matter how we strained, in half an hour the Swedish castle loomed high above ours, rising like a ziggurat in level architectural platforms, solid enough to bear a man’s weight. They tied a shirt to a spade to make a flag and planted it on top, where it fluttered proud and true. And then a wave rolled up the sand and washed over our sandcastle and it melted before our eyes.

“We built above the waterline,” said the Swedish guys solemnly, ‘so ours is more permanent.’ They shook hands with each other and walked off to go listen to Abba or something. Andre and I slumped there, shattered. Then the New Zealand guys wandered over. Silently they handed us each a beer.

“Sorry, fellas,’ one of them said. ‘Nothing worse than being beaten by a bunch of Scandos.’ “Southern Hemisphere must stick together,” the other agreed.

“You know,’ said Andre later, for the first time, and the last time, “maybe Kiwis aren’t so bad.”

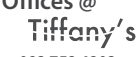


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PRESSED IS BEST (AGAIN)

The Vinyl Revolution By Shannon Devy



When I was about thirteen, I found an old Pioneer record player at the very back of a cupboard in my Mom's garage one summer holiday. Intrigued, I hauled it to my bedroom and set it up on the carpet. At first, it was dead as a doornail, but I was not to be deterred. A quick dig around the turntable's innards revealed a blown fuse, quickly replaced at the hardware store down the street. I was in business. As I worked my way through my father's abandoned record collection, I felt like I was uncovering a secret treasure. Elton John, Billy Joel, Bruce Springsteen and Pink Floyd had me transfixed for hours. I didn't know it then, but this was the start of a long love affair with an almost lost but certainly not forgotten format – vinyl.

Growing up in the 2000's, I was in time to catch the end of the cassette era, but mostly, music came on CD's. By that time, vinyl had long since been banished to nostalgic antiquity – something my parents spoke about from time to time, but something firmly in the past. My generation never knew vinyl in regular home use, and for most middle-class suburban kids, our access to music was limited to the selection at the local Musica.

However, over the last five years, vinyl is seeing an astonishing boom. Vinyl sales reached their peak in the 70's, accounting for 66% of all music format revenue with about 530 million units sold per year. Once cassettes and CD's became the cheaper, more easily reproducible format of choice, the vinyl industry entered a long slumber, dropping to just 0.1% of its peak market share by the 90s, until the streaming industry put all physical formats to bed for good.

But something strange is happening in the music industry right now. In 2020, vinyl outsold CD's for the first time since 1986, with sales of new vinyl increasing by an incredible 86% between 2020 and 2021. That's not to mention the expansive world-wide second-hand vinyl market, which sees diggers feverishly flipping through crates on the hunt for personal favourites and rare gems. As for fresh pressings, the small number of vinyl pressing plants still in existence can barely keep up. Just recently, Adele's order of 500 000 LPs of her new album "30" led to a world-wide supply chain crash in the vinyl manufacturing industry, with delays rippling out across the globe.

Vinyl is making a comeback, and in so doing, we are witnessing a rare instance where an older technology has come to surpass a newer one, against all odds. Vinyl is far more expensive than any other music format (particularly in South Africa, where import costs on new vinyl drive the prices up), with new records coming in at between R350 and R1000 per unit. While you can pick up a decent secondhand LP for a couple of hundred bucks, that's more than a monthly subscription to any of the more popular online streaming services. Regardless, this year, global vinyl sales are set to top 30 million units. It appears a whole new generation has developed an appreciation for the joy collecting vinyl delivers. And man, does it deliver. Over the last few years, my own record collection has been growing steadily. In South Africa, scarcity makes crate digging an infinitely rewarding challenge. My quest to find a copy of Miles

Davis' seminal "Kind of Blue" went on for over a year. One second-hand record dealer had a friend who had a friend who might be willing to part with his first pressing, but the lead went cold. I had to travel across the world to track down a copy. I was visiting one of the world's very last Tower Records, a seven-story monolith of a record store in downtown Shibuya, Japan. There, amongst the endless rows of LP's – more vinyl than I had ever seen in one place, ever – I had to be gently led away before I spent our holiday budget on sound, leaving us stranded in Japan forever. I maintain it would've have been worth it.

Because, for me, there's a romance to vinyl collecting that is completely unique in a world that so deeply immerses us in the binary code matrix of the digital era. From the thrill of the hunt to the absolute joy of hearing one's favourite album running top to bottom (no skipping!), warm and crackling and exactly as it was meant to be heard, collecting vinyl marks a slower, more conscious approach to the way I listen to music. One by one, I am collecting my life in sound – real, tangible, and rendered in PVC. And I hope maybe one day, during a distant future summer, a daughter of my own will stumble upon my dusty NAD sound system deep in a cupboard in the garage, and another journey will begin.





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JOURNEY TO A FRONTIER PAST

Adelaide

Story and Pix by Chris Marais and Julienne du Toit.

If you scratch around the little Eastern Cape town of Adelaide, wonderful stories emerge into the daylight.

For a town with such a pretty feminine name, Adelaide in the Eastern Cape is actually very masculine. This is hunting and cattle farming country, where a clean pair of shorts constitutes Smart Casual. If you're looking for the feminine touch, you'll find it at the Our Heritage Museum just off the town square. It was first the local dominie's pastorie and then acquired over time as the private homes of two pharmaceutical legends: Harry Ash and Margaret Lomax of the Borstol and Kloktoring medicines dynasty.

The double storey museum is a display of how the old upper class residents of Adelaide once furnished their homes, what they did in their leisure time and where they travelled around the world. Although the once-beautiful garden is suffering the after-effects of a long drought, all is gracious inside. It seems the various dwellers in this house listened to and recorded a lot of music at one stage – there is no shortage of massive gramophones on display.

WHEN MOVIES ARRIVED

One of these is an Edison Triumph, made in the USA in 1877 and purchased at a Tarkastad auction. It comes with 250 wax cylinder records, relics from those days when it was considered hilarious to record conversations or one's own voice. Speaking of things electric, author Iris Vaughn recalls (in *Those Were My Yesterdays*) the time the moving pictures first arrived in her home town of Adelaide:

"They were the days of silent pictures, when a pianist sat at the side of the screen and tried to keep pace with suitable music with what was happening on the screen. She or he as the case might be was either one jump ahead with the Double Eagle or three drops behind with Colonel Bogey, or a romantic ditty or Strauss Waltz. Never did the tune match the wild stampede going on on the screen!

"But at the first showing we were all held spellbound by this miracle of entertainment, which knocked tightrope walkers, circus ladies, Bell Ringers and even Leonard Rayne into a cocked hat. We sat staring in a state of stupefaction as the almost distorted figures, sometimes blurred, often brightly and starkly clear, leaped and cavorted before our jumping eyeballs, obliterated often by flashes of light or bright sparks.

"All went well for us front benchers until what is known to journalists as the crisis in the picture occurred. A railway engine featured in this, but we were unaware of it, until, without a sound, there appeared a huge terrifying monster of wheels and fire apparently rushing at us right out of the screen. There was one wild yell of terror, as all the front benchers fell to the floor in a swift reflex action to protect themselves from what appeared like sudden and unexpected death.



- The mannequins are rather quaint relics themselves.



- The delicacy and detail of the Toby Jugs are rather astounding.



- One can almost imagine the music-filled evenings in the voorkamer.



- The kitchen is full of very odd items, including a stuffed jackal, a meat safe, peach peelers and bed warmers.



- An artillery piece dating back to the Anglo-Boer war slumps gently into civilian life on the lawn.

"The pianist stood up hurriedly and stopped playing, the lights came on by the simple or perhaps not so simple method of pulling the shades from the window. The show was over and marvel of marvels we all realised we were still alive!"

"The pianist stood up hurriedly and stopped playing, the lights came on by the simple or perhaps not so simple method of pulling the shades from the window. The show was over and marvel of marvels we all realised we were still alive!"

"That was our first bioscope."

AN ECCENTRIC, FASCINATING COLLECTION

The house kitchen seems a little eccentric at first glance, what with the one-eyed stuffed jackal in prime position in the middle of the room. But just snuffle about a bit, and you might be amazed at Victorian-era domestic enterprise. You will come across:

A peach peeler, a raisin pip remover, a bean slicer, orange slicer, coffee grinder, cake mixer, small mincer, meat mincer, corn sheller, China pudding boiler, bread cutter, candle moulds, baby irons that were also used to add a gloss to collars, buttons, those ubiquitous copper bed-warmers and a carpet beater. To name a few items.

Climb the stairs to the first floor and find the really good stuff amongst the random items on display. In the Glass & China room it would probably be best to have an accomplished ceramist along to identify the things of value and tell you more about them.

Our untrained eye simply registers a hearty collection of kilted Highlanders looking suitably fit and bonny, a cluster of what appear to be Toby Jugs, crystal vases, ornate decanters and very delicate English figurines twirling parasols. In the midst of all of this is a pair of small but baleful-looking ceramic cats.

There's even a Voortrekker bedroom decked out with hardier day-to-day goods, including a handy-looking voorlaaier (muzzle loader) rifle, a brace of family bibles, a woman's kappie and a rather fancy night potty.

LADIES GATHERING FOREVER

But the room we return to every time we visit this museum (exactly twice so far, to be exact) is the Chattering Parlour upstairs. We're self-confessed addicts of country museums with

But no stopover in Adelaide is ever complete without a lunchtime foray to the pub at Midgleys Hotel on the square for a delicious steak, a drink and a quick tour of this historical country hostelry dubbed by locals as ‘The Grand Old Lady’.

their armless mannequins, squiff-standing displays, dusty yesterdays and surprise-finds, and the Our Heritage Museum Chattering Parlour in Adelaide is a fine example of all of the above. The women are bedecked in dresses from the early 20th Century and they stand in a clutch of quiet contemplation, as if one of them has just said something quite momentous. Nearby is the Very Merry Widow, wearing black and a smile of utter delight.

There's a new arrival in the Chattering Parlour: dressed in top hat, bell bottoms and a modern long-sleeved shirt, this woman is about as rock 'n roll as it gets up there on the first floor of the Our Heritage Museum.

There have been some heritage upgrades since we last passed this way: a room dedicated to the Anti-Apartheid activists of Adelaide and, outside, a large display of local Khoisan artworks.

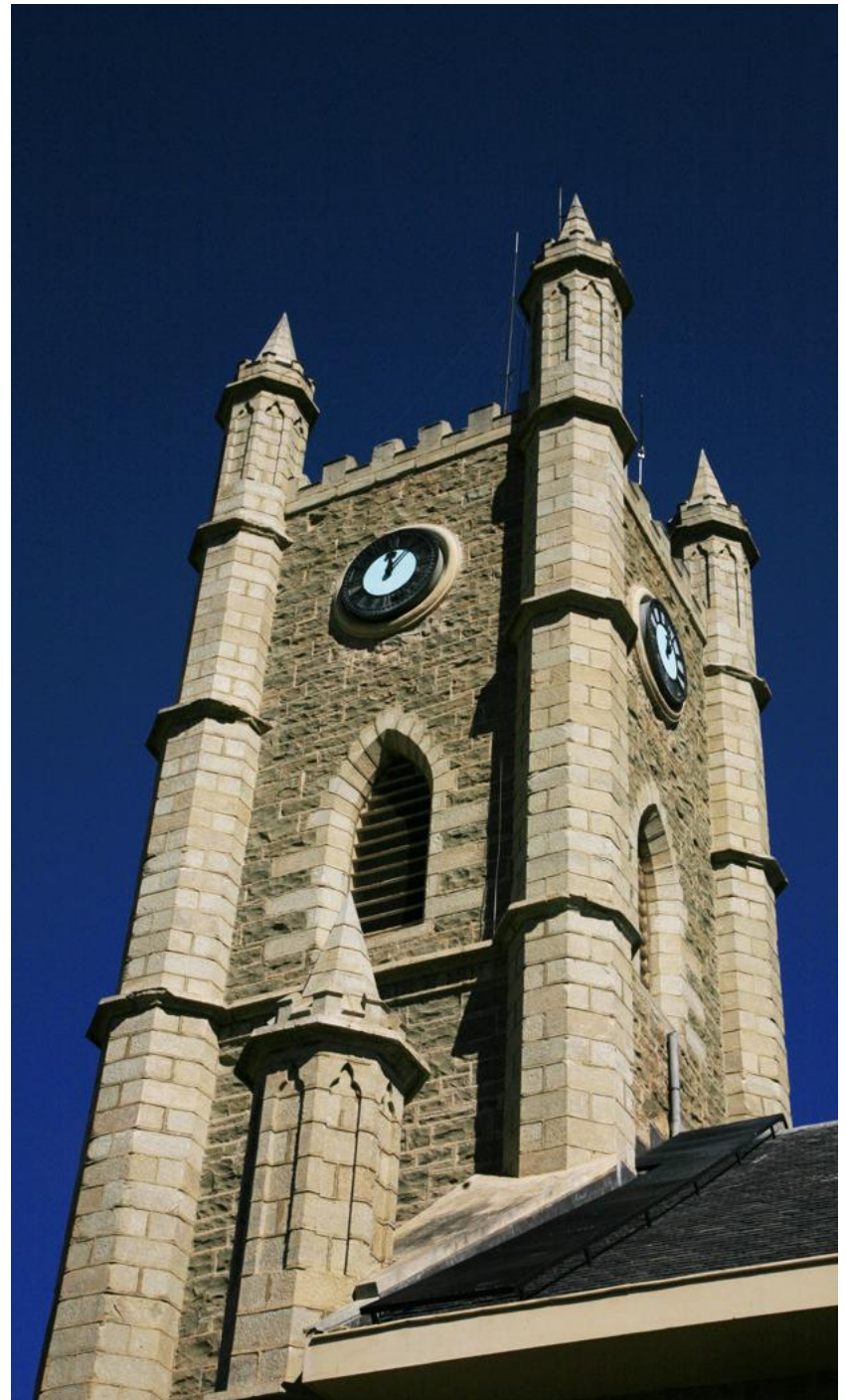
‘THE GRAND OLD LADY’

But no stopover in Adelaide is ever complete without a lunchtime foray to the pub at Midgleys Hotel on the square for a delicious steak, a drink and a quick tour of this historical country hostelry dubbed by locals as ‘The Grand Old Lady’.

After your steak lunch (and if you have the time), wander off to the nearby DR Moederkerk, see if you can go inside and have a look at their classy pulpit.

The story goes that shortly after the Anglo-Boer War, a load of top-quality wood arrived in Adelaide from somewhere in England. The locals thought the Brits were finally giving them something in return for the disruptions of the war years. They crafted a beautiful pulpit and some sturdy pews out of the wood and were full of gratitude for the ‘heaven-sent gift’. A while later there was a polite enquiry from somewhere in Adelaide, Australia:

“Has anyone seen our wood?”



- The Moederkerk in Adelaide has an unusual Norman-style steeple. Iris Vaughan, as a child, noted that it looked like ‘westminster abby’.



- Thanks to an unwitting 'gift' of wood meant for Adelaide in Australia, the congregants beautified the interior of this lovely church.



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AMY - THE STOW ACADEMY OF IRISH DANCE

The Stow Academy of Irish Dance was established by Amy in Durban North in 2016 and has grown to become one of the top Irish dancing studios in the province, with students who have enjoyed competitive success both regionally and nationally. Amy danced competitively for 15 years and was also the first dancer in KZN to complete all 12 graded Irish dance exams.

Details: 082 440 0647

NATASHIA - FOOTWORX DANCE CENTRE

FootworX Dance Centre offers a large variety of dance styles and techniques such as a contemporary, hip-hop, ballet, tap, modern, jazz and burlesque. With an absolute passion for dance, Natasha aims to offer her clients the opportunity to study various dance styles at one venue to eventually become a versatile dancer ready for the dance industry.

Details: 082 560 7861

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COLIN & TERRI - DANCE CAFÉ

One of South Africa's largest dance centres, Dance Café offers ballroom, Latin, Argentine tango, salsa, bachata, kizomba, line dance, barre works, wedding dance and flamenco, in private lessons or group classes. Colin and Terri have decades of performance, theatre and teaching experience.

Details: Colin 079 435 7552 / Terri 079 993 6694



GINA G

With over 16 years of experience in this industry, well-known Ballito personal trainer Gina Mazzoni brings her group and personal training to FITPOD. Her classes are designed for strength, fitness, tone and flexibility for a great body and mind. Gina qualified through ETA and is recognised through the Sports Science Institute of South Africa. Details: 082 781 6759



ALYSSA - SINDY MURUVAN SCHOOL OF DANCE

Alyssa's lifelong love for dance started in 2005 when she joined Sindy Muruvan School of Dance as a young girl. She has been trained in modern Bollywood dance, as well as semi classical, and has been co-teaching alongside instructor Sindy Muruvan for the past 2 years. Alyssa's emphasis is on creating an exciting way for kids, teens and adults to keep fit and energised, make new friends, improve confidence and develop cultural awareness.

Details: 083 626 4449



TASH - TASHB PILATES

TashB Pilates, owned and run by Tash Barnard, is a full-service Pilates studio offering Pilates classes, private and semi-private appointments with state-of-the-art BASI Systems equipment and passionate instructors. Whether the aim is to achieve new fitness goals, rehabilitate after an injury or just invest in oneself, there is space for everyone to find what they need through expert-led movement and individually tailored sessions.

Details: 079 219 7288, www.tashbpilates.co.za



CHANTELLE - ZUMBA

With over 10 years of experience as a Zumba instructor, Chantelle's classes introduce easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Zumba is a Latin inspired fitness programme that combines Latin and international music with dance moves, for which no experience is needed. Zumba Gold is a lower-intensity Zumba class for active older adults. Details: 084 351 2987



HELEN - YOGA EVERYWHERE

This Ashtanga-based Vinyasa style yoga class, that aims to challenge and energise, is led by Helen, a happy yogi and Ashtanga trained yoga instructor who has taught in all the top hot studios in Cape Town. Helen is a six times South African ladies freediving champion who loves water, her yoga mat and her family. Details: 079 368 4486



GET MORE SLEEP WITH MELATONIN

By Kim Wilson



“**Is** sleep seeming ever more elusive? Facing a global pandemic on top of the regular stresses of our day to day lives has left many people with sleepless nights. However, melatonin just might be the answer to insomnia.

WHAT IS MELATONIN?

Melatonin is a hormone that our bodies naturally produce from another hormone, serotonin. It's secreted in the brain and regulates our sleep cycle, also known as our circadian rhythm. Without sufficient serotonin, we may end up with low levels of melatonin. A traumatic life event or chronic stress may deplete serotonin, and who can say they haven't had either (or both) of these over the last two years?

Luckily, melatonin is sensitive to other factors in our diet and lifestyle. There certainly are steps we can take to boost our levels and get a better night's sleep.

FACTORS INFLUENCING MELATONIN SECRETION

It's not just stress that influences our melatonin levels. Some other common factors include:

- **Blue Light:** from our cellphones, laptops, tvs and more
- **Low Soil Quality:** contributing to nutrient-poor foods and ultimately potential nutrient-deficiencies
- **Poor Diet Quality:** where you consume mostly processed, nutrient-poor foods which again can contribute towards nutrient-deficiencies
- **Smoking**
- **Shift Work:** where days and nights are confused, and our bodies are not able to have an established pattern of "wake" and "sleep" times
- **Aging:** as with most things, melatonin levels may decline as we get older

LIFESTYLE CHANGES TO BOOST MELATONIN

- When it comes to changing your health, it's important to talk about your lifestyle. There are no "magic pills" and unfortunately it requires some behaviour change on our part. Here are 3 key changes to make:
- Avoid blue-light exposure at least 1 hour before bedtime. Blue-light naturally suppresses melatonin levels and tells our bodies it's time to wake up. This was beneficial in the times where sunrise was our only alarm clock. However, these days we're exposed all hours of the day and night. Therefore it's important to switch off so that our bodies get the signal that it's bedtime.
- Have a routine around sleep. Our circadian rhythm likes predictability so set a regular bedtime for both weekdays and weekends. Do your best not to deviate by more than an hour from this time to help your body stay in the set pattern of sleep.
- Decrease stress where possible, or at least manage your stress with more self-care. Quick ways to decrease stress before bedtime will be to switch off all electronic devices, keep the bedroom cool, calm and dark, and have a warm bath or shower before bedtime.





We all need to get a good night's sleep every single night. Sleep is incredibly important for recovery, detoxification, repair, and energy levels, reducing stress and supporting the nervous system and reducing inflammation within the body.



DIETARY CHANGES TO BOOST MELATONIN

Lifestyle changes go hand in hand with dietary changes, and we cannot expect health to come from an unhealthy diet. Here are 4 diet changes to make:

- Make sure to eat enough, as under-eating may reduce melatonin secretion.
- Include food sources of tryptophan (a precursor to both serotonin and melatonin) such as seafood, eggs, poultry, meat and seeds.
- Include food sources of melatonin itself such as tart cherries, walnuts, oats, olives and tomatoes.
- Include food sources of Vitamin B6 (which is important for serotonin production) such as avocado, bananas, chicken, eggs and sunflower seeds.

SUPPLEMENTING WITH MELATONIN

Supplementation should always come after or alongside diet and behaviour change. That being said, oral ingestion of melatonin itself can help improve sleep and normalise abnormal sleep patterns. Melatonin supplementation may also be beneficial for brain health, eye health and mood, and even as cancer prevention.

Taking melatonin supplements is non-addictive, unlike traditional sleeping medications, and is not toxic to the body. It's therefore considered very safe to use. Typical doses range between 500mcg and 5mg and should be taken roughly 30 minutes before bedtime.

WHAT YOU SHOULD KNOW

We all need to get a good night's sleep every single night. Sleep is incredibly important for recovery, detoxification, repair, and energy levels, reducing stress and supporting the nervous system and reducing inflammation within the body. Melatonin is one of the key hormones involved in regulating sleep. Melatonin is sensitive to diet and lifestyle factors, so we always recommend using these as a starting point. If sleep is still elusive then supplementation with melatonin is safe, non-toxic and non-addictive.

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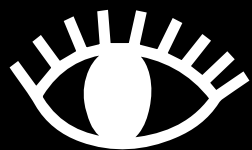


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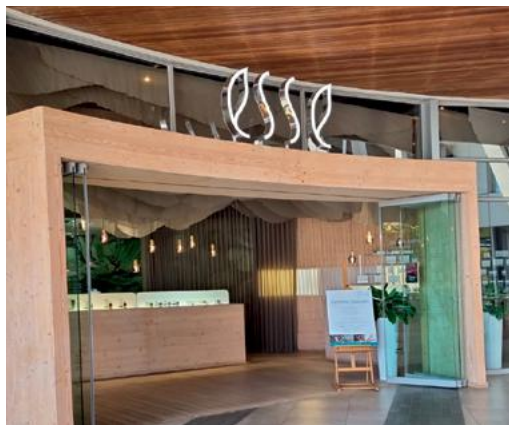
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THREE BIOKINETICS SUCCESS STORIES

By Leah Acampora

“A good day of movement has a different meaning for everyone. For some, it's successfully clocking their 10 000 steps on their fitness device. For others, it may be more complex. "Movement is medicine", has become a pop-culture phrase that works.

Injuries, pain and discomfort affect people differently. It's easy to ignore a whining knee if you spend your days couch surfing and channel flipping, but those who choose a more active lifestyle might find the pain debilitating without therapy to overcome it. These are the stories of real people who have taken their medicine without a spoonful of sugar, but with squats and lunges instead:

PAM EGLINGTON

Pam Eglington is an 80-year-old Estate Agent who recently reluctantly retired. Pam began biokinetic sessions with Nic Acampora after she had not one, but three hip operations (as result of a fall, broken femur, and a failed fusion of the replacement).

Being an active person with an outgoing nature, Pam found her misfortune difficult to bear. "I felt like a hopeless case!" she recalls. From being constantly on-the-move, she now had to rely on walking frames and crutches which greatly affected her lifestyle and work. She also suffered greatly with immobility because of the scar tissue.

In the three years since Pam started her rehabilitation with Nic, she has returned to her profession as an agent, retired her crutches and improved on her ability to walk unassisted so much that she has happily continued regular training at the gym.

"Nic saved my life, he restored my hope and encouraged me when I felt despondent, assuring me that, we would win this war. I am thankful to have come this far, I am someone who believes that I can only make the best of myself - there is no point in comparison - I will continue training until I die."

Pam believes that anyone who is experiencing a form of disability that is preventing them from living a full life can benefit from biokinetics.

DAVID FICK

David Fick, or @daveyontherun as you may know him from Instagram, came from a "running-only background" before starting high-performance training at SABio with Nic Acampora. At some point in every athlete's career, it's likely that they will reach a point where they feel they are "maxing out", which is what Davey recalls. He felt that he was doing his best but couldn't reach that next 1-2% of his performance, or at least not without getting injured in the process. ITB, tight hamstrings and calf injuries were regular struggles for Davey.



- Nic Acampora and Pam Eglington



- Shreyen Moodley and Angus Eaton



"Since I started training with Nic, my knowledge and awareness of my body has improved so much! I don't only want to treat injuries when they occur, I want to be proactive and understand how to train sustainably to maintain my body. In our sessions, Nic makes what we're doing and why very clear. I have learnt how to self-manage my niggles and pains."

"I wanted to improve my performance, but, although I had a background of exercising in the gym, I needed conditioning that was specific to running."

"Since I started training with Nic, my knowledge and awareness of my body has improved so much! I don't only want to treat injuries when they occur, I want to be proactive and understand how to train sustainably to maintain my body. In our sessions, Nic makes what we're doing and why very clear. I have learnt how to self-manage my niggles and pains."

Davey believes that biokinetic services should be embraced by anyone who is performance driven and wants to work on their weaknesses. "In the future, I see biokinetic services incorporated into athlete's training, not just for the 'pro's', but at all levels from ground-roots up."

ANGUS EATON

Angus Eaton is an 11-year-old boy who is on the Autism Spectrum. His parents, Andrew and Paula, shed some light on Angus' journey from discovering his developmental delays at 9 months old to their decision to introduce biokinetic sessions as part of his therapy.

"Angus has had a lot of therapy over the years. Since we have embarked on a neurological approach to brain development, we have realised the importance of reflex integration within the brainstem and how this is supported by building better postural strength. Biokinetics is a key element in stimulating the brain."

"Angus' overall improved strength has assisted us greatly by reducing autism symptoms that often make our family life extremely challenging."

The Eaton's believe that biokinetic sessions could be beneficial to others if the bio approach is flexible enough not to be too sensitive on tough days and to find ways to keep the child motivated.

Angus looks forward to his sessions with biokineticist Shreyen Moodley and has become popular at the gym.

As emphasised by these stories, movement goals may differ, but **Biokinetics** will help you to start walking **YOUR** walk.

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PARASITE

Hunter Kennedy



“As an artist whose career began with crafting lyrics such as “Kan iemand dalk 'n god bel / En vir hom sê ons het hom nie meer nodig nie?” for the iconic and controversial Afrikaans rock band, Fokofpolisiekar, Hunter Kennedy has established himself as one of the most revered songwriters in South African rock and pop music through his knack for eloquently expressing and interrogating the overarching feeling of existential dread felt by most people of his generation.

Hunter is no stranger to aggressively confronting existentialism in his songs while interrogating the more pessimistic notions of spirituality and purpose. After writing with and for some of the most celebrated frontmen in the country (Fokofpolisiekar, Francois Van Coke, Die Heuwels Fantasties, aKING) for more than half of his life, Hunter is currently in the process of recording and releasing his debut album as a solo artist. Despite being known as a prominent Afrikaans lyricist, the album will consist of songs that Hunter has been writing over the past few years in English that he did not know what to do with before deciding to release them on his own accord. Although hearing Hunter's lyrics in English may seem unfamiliar to most of his following, his insight into existential quandary found in much of his previous work is still as clear and consistent as ever.

Hunter's debut single, “Parasite”, is a '90s influenced hip-hop inflected alt-rock song that neatly packages all of Hunter's strongest qualities as a songwriter in just under three minutes.

“Parasite” manages to marry the slick and accessible song production of Hunter's work with acts such as Die Heuwels Fantasties along with the lyrical angst and provocation of early Fokofpolisiekar. Although “Parasite” carries Hunter's signature disdain for organised religion, the crux of the song is an examination of Hunter himself:

“My greatest fear is to be a burden. As humans, we don't really fit into the circle of life, yet we don't act like guests, we act like spoiled brats. I have had a fascination with spirituality from a young age, leading me to join a somewhat cultish-Christian Evangelical church in my teens, and subsequently leaving the church when things stopped making sense to me. It's funny to me that most religions promote good behaviour, altruism and kindness yet somehow - through dogma, doctrine and tribalism - it tends to, in my view, have the opposite effect. No matter what your creed, I think it's common sense to at least try and be kind. I guess “Parasite” is a personal oath to try and be a better earthling (not exactly sure what that means yet) and God, strike me down if I become a pestilence instead of a contribution!”

Embarking on a solo project this late into an already well-established career is incredibly exciting! What made you decide to start releasing these songs now?

It is exciting! Also very stressful. I am turning forty this year and, by all measures, it is a terrible age to start a solo career. The songs are also all in English (which seems a bit counterintuitive since I've mostly worked with Afrikaans artists). So, I mean, the odds are stacked against me and I guess that makes it perfect. These songs started cropping up a few years ago. I wasn't sure what I was going to do with them, but with the help of my friends' support, I decided to just release it on my own. I don't really have a solid plan or expectation, but there is more coming out and I am excited for people to hear it. Can't let the songs just die in the dark corners of someone's hard drive. They are also maybe a bit too weird for other people to

WORDS: Dan Charles

PHOTOGRAPHY: Jaco S Venter









perform, so I'll just do it myself! I have started singing a bit more and featuring on other artists' tracks over the last couple of years. I think I was building up the confidence to try it out all on my ace. But it isn't really all on my own! I am receiving so much help and guidance from my fellow artists and friends that it doesn't really feel like I am doing it alone. Fred Den Hartog (producer), Dolf Willemse (producer), Johnny De Ridder (producer), Pierre Greeff (vocalist, manager), Francois Van Coke (solo artist), Valkie Van Coke (bassist, manager) Jaco Snake Venter (drummer and director), Heinrich Laubscher (director), Heno Van Halen (bassist, vocalist) to name but a few! I just take the heat if it fails. Which is fine.

I always find it interesting to see established artists, whose work we've seen mature and refine over time, return back to the roots of where their journeys began. Hearing an alt-rock/pop-punk-inspired song written in English from you is almost reminiscent of your early band New World Inside. Did you find yourself reflecting on that stage of your career while you were writing this song? What would a younger Hunter Kennedy think of a song like "Parasite"?

Whoa! Interesting thought. I think he would think I'm fat! But yeah, I think I would've dug it? Although at that stage I was JUST listening to Pop-Punk. But "Parasite" reminds me a bit of the earlier, 90's stuff I used to listen to; Beck's "Loser" and Butthole Surfers' "Pepper". So yeah, I think I would've dug it. I did not really reflect on that time, to be honest. I think I blocked it out.

As someone who has written for some of the most prominent singers in contemporary Afrikaans music, how does it feel to sing your own songs and have them be re-leased under your own name?

It is scary! In a band, the focus is not on the individual, and when you write for someone else, the job is done when the song is done. This exercise has given me a little insight into the emotional fortitude a solo artist must possess to traverse the unforgiving landscape which is the music industry. But except for the fear of failure, it is quite exhilarating. There is definitely a euphoria associated with release day. It felt like my birthday! I don't expect the same kind of reception for the rest of my releases, as it could be chalked up to curiosity, but I could get used to this.

Apart from the obvious difference in language, what separates the songs from this upcoming album from songs that you would have written for any of your other bands? Was there a notable difference in process?

Mmm... I think the subject matter is a lot more personal. It's just my inner monologue rambling. These songs started on acoustic guitar. I haven't written like that for a while. Also, I am free to genrehop as much as I want, and I encourage the producers to go a bit wilder than usual! My brand hasn't really been established and I would like to go weirder and weirder.

In the press release that you sent through, you said that you started writing these songs a few years ago. Were these songs written prepandemic? If so, did the period of forced isolation and the general halt of the music industry affect your writing in any way?

Yeah, there are about 8 songs at the moment in different phases of production. About half of them were written prepandemic. The pandemic conditions actually gave me some time to focus on this project. In a way, I guess the idle time the forced lockdown afforded me is to thank for this endeavour.

Were you surprised to discover that the songs that you were writing were coming out in English as opposed to your wellrevered brand of progressive Afrikaans lyricism? Have you noticed a consistency of themes within these songs?

Yes, I was surprised as there was no vehicle to release them through. No point, really. I mean it felt quite futile, but the lyrics and music kept coming out, so I went with it. I thought maybe this is a divine nudge. Yeah, I think the themes are similar. It is a culmination of all the things I spend my time thinking about. Death, ancient civilisations, substance abuse, the nature of reality, my





I understand that it is a little counterintuitive for me to release an English-language album. I feel like an acoustic kind of Afrikaans poetry thing would probably be the most expected. There are always gonna be haters. God bless them. But to tell you the truth I don't expect a backlash. I feel it is too insignificant to really get angered by something like this. And the Afrikaans bands are still carrying on. It is incidental, but I also feel that another Afrikaans project from me might just be more of the same thing. So, I am grateful for being able to get a chance to express myself in a different arena.

constant existential crisis. I wonder sometimes whether English-speaking folk would find my syntax strange, but it's all good.

The decision to work on a series of songs written in English for your debut solo album is an interesting one. Was this decision partially made to distinguish yourself from the bands that you're so closely affiliated with or was this simply an opportunity to express yourself using a vernacular that people aren't used to hearing you use within your music? Do you think that there might be a bit of backlash from some of your loyal Afrikaans-speaking fanbase?

I understand that it is a little counterintuitive for me to release an English language album. I feel like an acoustic kind of Afrikaans poetry thing would probably be the most expected. There are always gonna be haters. God bless them. But to tell you the truth I don't expect a backlash. I feel it is too insignificant to really get angered by something like this. And the Afrikaans bands are still carrying on. It is incidental, but I also feel that another Afrikaans project from me might just be more of the same thing. So, I am grateful for being able to get a chance to express myself in a different arena.

Were there any artists or albums in particular that you were listening to while you were writing these songs that may have helped inform this new phase of your career?

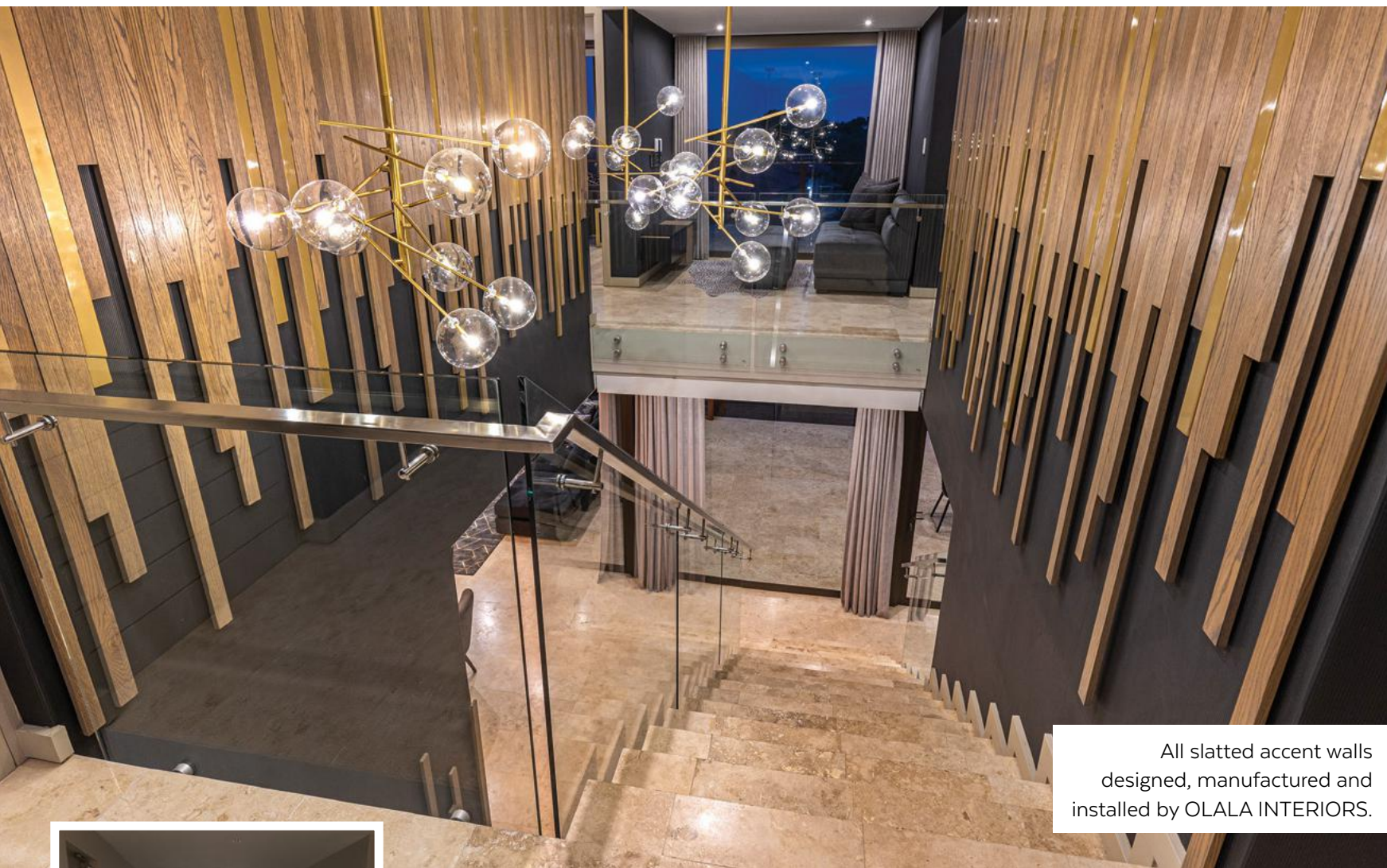
Most definitely! One of my favourite comedians Tim Heidecker released a solo project during lockdown and I was really inspired by his song "Nothing". I feel we share the same attitude towards the big questions. I listened to "Glow On" by Turnstile which I feel might impact my creative decisions on the next album. I listen to a lot of genres. Harry Belafonte, Slayer, Sadé, Queen, Run The Jewels, Hall & Oates, Propagandhi. It's a fun mess inside my head.

We seem to be in the midst of a resurgence of rock and punk-inspired music within the culture at the moment, which may just be the sonic repercussion of the violent and turbulent times that we currently live in. As one of the most esteemed veterans of such genres in this country, what is your take on this current shift? Do you find it inspiring in any way? Does this mean that the world needs more of the likes of Hunter Kennedy than ever before?

I listened to The Offspring's "Smash" recently and I have to say I felt like that kind of energy is coming back. I like music to be cathartic. I think there is a need for that, yes. There is always a need for that. Grunge, in my mind, was a reaction to the squeaky clean pop of the '80s and a festering unease with the suburban dream. Whether I am the one for you, I doubt it. You probably won't like it.

HUNTER KENNEDY

@hunternvancoke



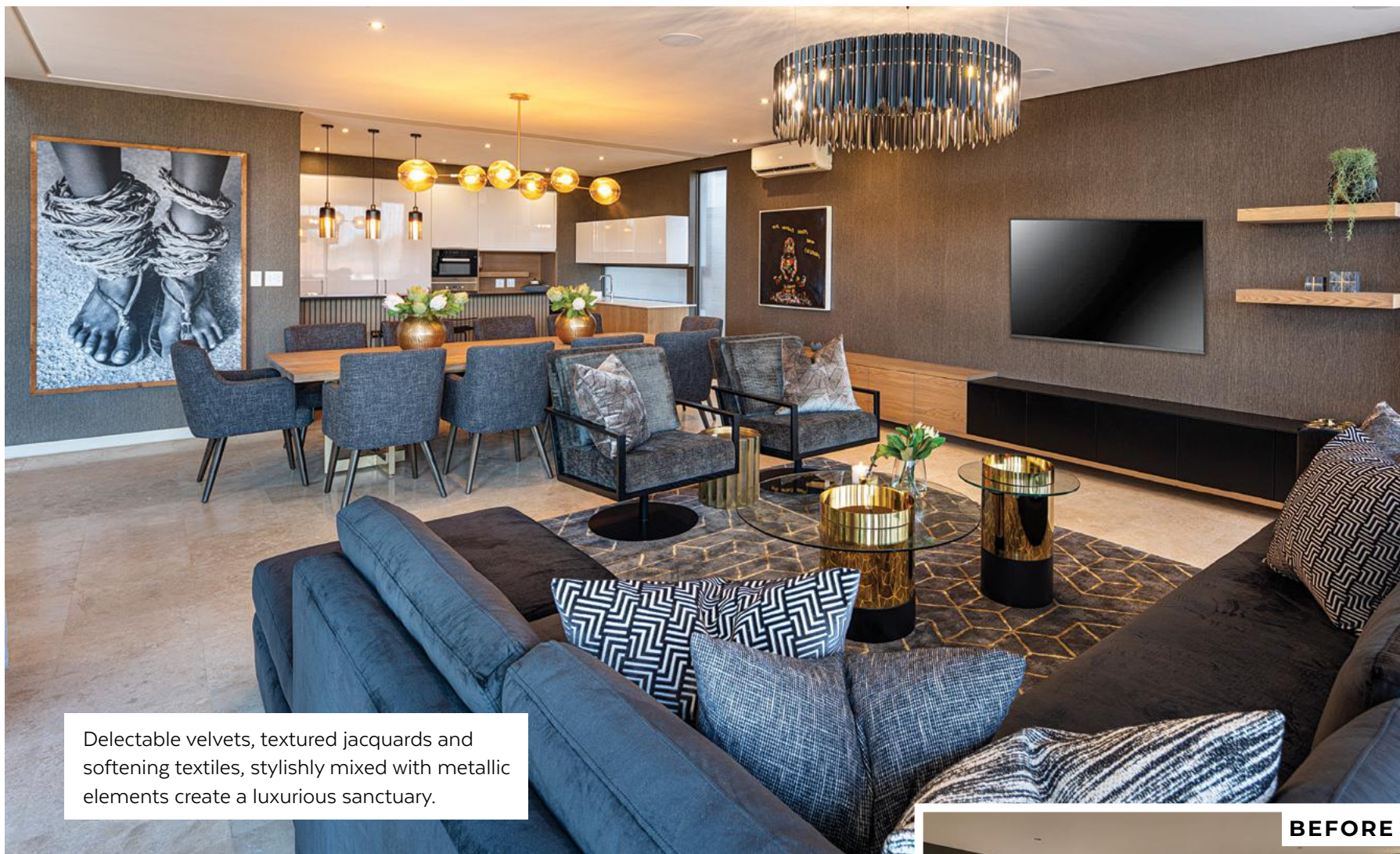
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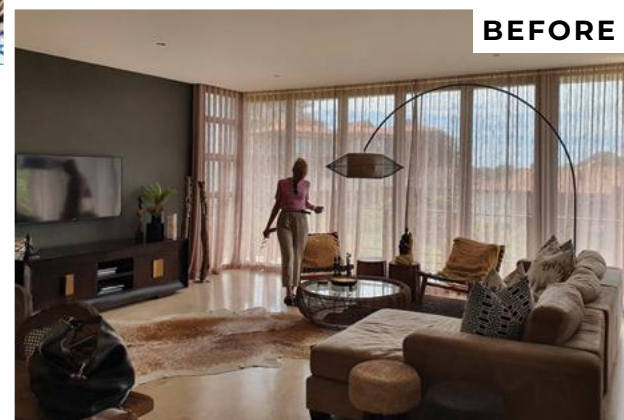
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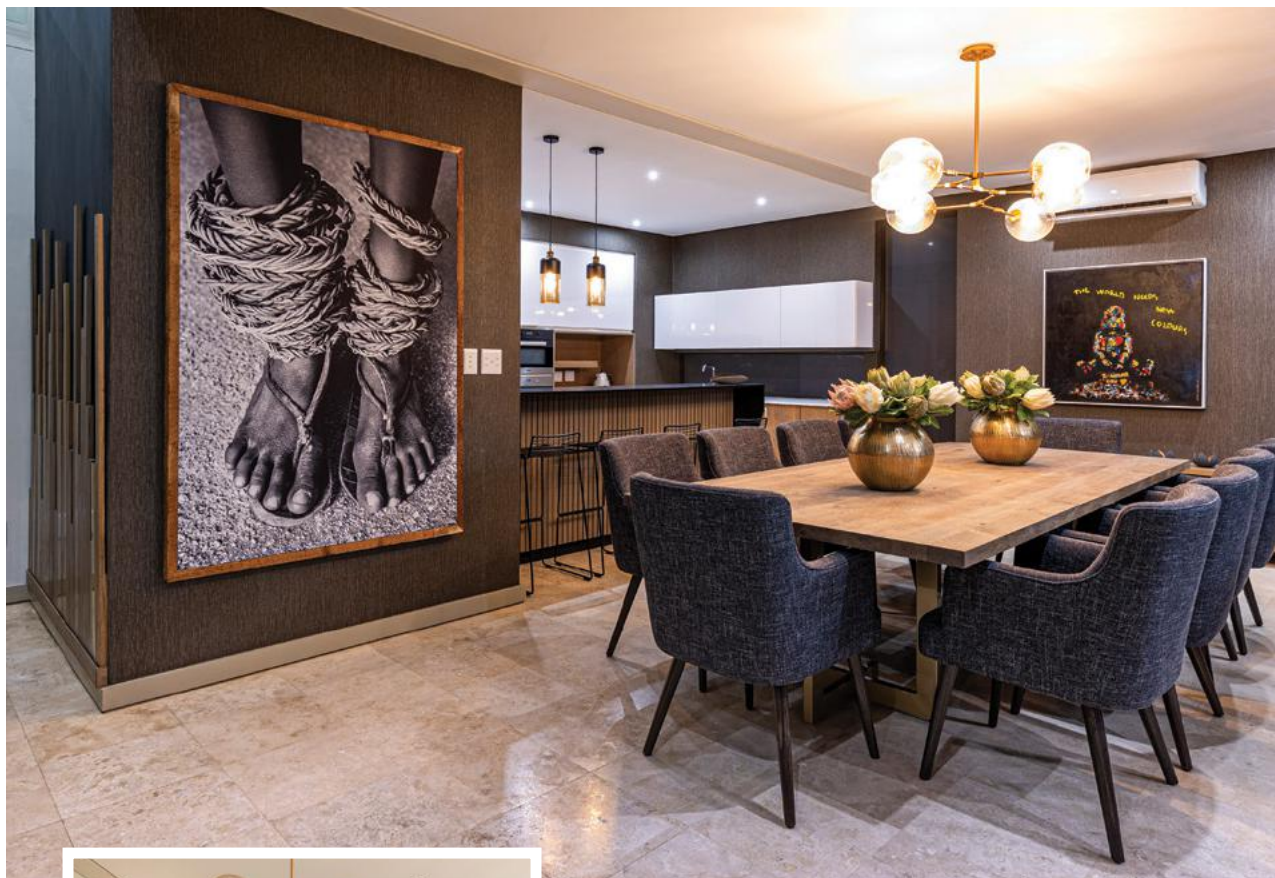
BAR AREA New bar and conversational games area. Wood, glass, mirror granite juxtaposed with velvets and personalised detailing bring this space together.



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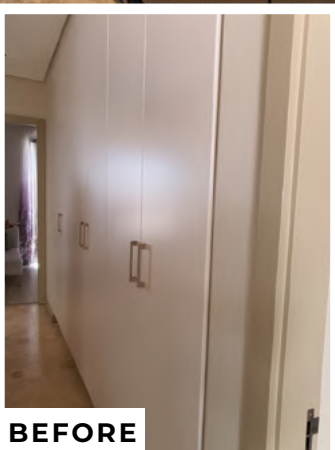
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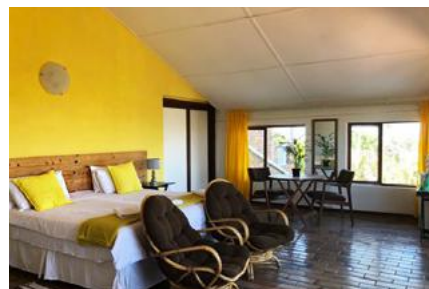
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A DELICIOUSLY HOMEGROWN SUCCESS STORY

Wozza By Warwick Taylor

“How did it start? I suppose it started by being a farmer's son! I grew up on a farm in the Underberg area where my parents, Rob and Lynn Taylor, were cattle farmers. As a teenager I was often on the hills or in the lands amongst the cows, counting the calves, checking their health, or adding feed to the feed troughs. But...how did I become a butcher? By mistake actually!

When I was twelve, I was involved in a shooting accident with my older brother, Grant, during which I lost my left eye. What this meant was that when I started my military training in 1988, I would not be allowed to shoot, even though I could probably shoot way better than 99% of my fellow soldiers.

For the remainder of my army days, I would be based at The Drill Hall in Pietermaritzburg. Apart from organising the odd soccer or boxing match with the locals in a township, we did not do very much – in fact, we did very little. Having nothing to do and, well, all day to do it, I soon realised that my army service was going to be a very long two years. I decided to take action – I needed a job!

That's when I landed myself a job in a butchery and as they say – the rest is history. After finishing my time in the army, I qualified as a meat technician (block-man). After a couple of years of hard work and a variety of jobs, I gained the experience and hands-on skills I needed for the next leap in my journey. I was offered my own butchery in a retail outlet. I was not convinced, but after a little persuasion and encouragement from my wife, Amanda (commonly known as “Lovey”) the decision was made – I would own my own butchery.

17 years later, I was given the opportunity to dabble in the corporate space and I accepted the position with the same vigour I had poured into my own butchery. It was during this time that I was reminded that my real passion was being a hands-on Butcher. I realised that my real enjoyment lay in the satisfaction and fun of serving my customers. I loved getting to know them, building relationships and listening to what their meat requirements were.

It was out of this realisation that Wozza Meat Co. was born – a butchery that I am proud to put my name behind. Wozza Meat Co. is the culmination of years of hard work, much farming and meat experience and, at the heart of it, the desire to bring only the best to my customers. My team is an integral part of my business success. Constantly developing their skills and improving their lives adds to the rich flavour and family environment of our business. At Wozza's, our customer's get the best meat, poultry and so much more combined with best service. Here's to the next chapter!

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MY ALL TIME FAVOURITE STEAK:

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(Medium - Rare)

- 5cm thick steak
- Hot coals
- Spice: salt and pepper
- Sear fat
- Cook for 8min each side
- Rest for 5 - 8min before serving





IN CRUST WE TRUST

Glenwood Bakery By Mia McCarthy

“**Cape Town** wins a lot of praise over its world-class coffee culture and bustling cafés – unless, of course, you are a non-cycling pedestrian and the café you would like to patronise is a Bootleggers. As one who left Durban for the undeniable allure of Cape Town, however, I must confess that I am privately comparing every local coffee-and-croissant stop to the blueprint of my East Coast youth: the incomparable Glenwood Bakery.

There are few pleasures which match that of unwrapping a freshly baked loaf of bread from its brown paper casing. A loaf of potato bread which is only a few hours out of the oven generates its own heat from the inside, slowly warming the car seat on which it rests until the interior is blooming with the scent of warm crust and rosemary.

I have come to know this pleasure thanks largely to the daily efforts of the Glenwood Bakery, a stalwart local favourite in the neighbourhood. The bakery is run by master baker and restaurateur Adam Robinson, a tall and gentle man with an enviable command of culinary skill. To visit the Glenwood Bakery is to sample the world from a humble corner on Esther Roberts Road. Over a cortado, one might make a culinary stop at the Parisian stock market with a financier, pop into Russia with a smoked salmon blini, and finish off on the cobbled streets of Rome with a lemongrass sorbet.

If one is especially lucky, one might enjoy a constitutional espresso at 7AM on a Monday morning and find oneself back at the Bakery sipping a glass of warm merlot on the stoep twelve hours later for dinner. On Monday evenings, the Bakery serves pizza. A jolly assortment of long tables and chairs appear on the pavement outside the bakery, and the outskirts of the bakery quickly fill with gregarious Durbanites bearing their own bottles of wine. Save for the inescapable balm of Durban humidity, one might reasonably mistake the experience for an evening of fine bistro dining in France. The pavement comes alive with the steady music of genial chatter, corks are squeezed out of bottle necks, and the heady perfume of slow-roasted tomatoes clings to the heavy coastal air.



Thankfully, the Bakery's talents seem only to be expanding. As well as serving pizza once a week at the original premises, Glenwood Bagels has opened in a charming location under Ike's Books. Although build-your-own menus tend to be overwhelming, this one is structured with the same bare-bones efficiency as the Glenwood Bakery's menu. A snappy waiter memorises a series of numbers and, several minutes later, a lovingly misshapen bagel will appear before you, laden with an assortment of pickled items and salt beef.

For all its worldly stylings, however, the real star of the Glenwood Bakery table has always been Adam's bread. To sit at the Glenwood Bakery is to get a real sense of the internal timekeeping of the neighbourhood. For sourdough and rye, the early risers flock to the well-stocked shelves just after dawn. Ciabatta arrives fresh from the oven a little while later, at about 7.30AM. In classic French fashion, the bâtard arrives late at 9.30AM. This is an ancient practice: buying real, artisanal bread from your local baker. Italian instrumentals on the speakers fill the rare quiet moment. Tomes on classic cooking weigh down the shelves, which are always dusted in a fine film of baking flour. A display of classic pastries and breads adorn an emerald-tiled counter like boats on the Caspian Sea. Flourishing herb gardens perfume the pavement, as well as the precious breads themselves. There is no doubt about it - between two cities, this is the crust that I trust.

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GOING IN WAIST DEEP

By Duncan Pritchard

“The dolphin coast is riddled with intertidal rock pools. These little waist deep pools are a surprising hive of activity. As a general rule, you see less than 10% from the surface, but stick your head underwater, look around and you’ll be astonished at what you can find. It’s the perfect safe, relaxed, affordable place to expose youngsters and non-divers to marine life. Rock pools can be a significant gateway drug leading to a lifetime addiction to the oceans.

I am no ocean guru or marine biologist; in fact, I spend more time trying to figure out a name for what I have seen in a rock pool than actually looking. I don’t use any particularly high-tech gear and everything you see here has been taken in rock pools along the Dolphin coast with a simple “point and shoot” in a waterproof housing – no strobes or any particularly complex gear. Just a mask and snorkel.

Some things are just better at night. Your everyday zoanthid is hardly even noticed by most people, but get yourself an ultraviolet light (the kind most outdoor stores sell as “scorpion lights”) and head to your nearest rock pool. The resulting fluorescence brings the browns and dull greens of the day alive with incredible vivid colours. Even bits of seaweed washed up on the high tide line change from dull brown to intense orange. For me, experiencing this was always the realm of an exotic trip somewhere, one day. But no, it was right here, easily accessible with just a short after-dark stroll on the rocks.

Another rock pool highlight is the sheer variety of crabs. Strange and unusual, sometimes brilliantly camouflaged crabs make rock pools their home. It’s just a matter of looking closely. The more patient you are, the more critters eventually come out of their hiding spots and treat you to some amazing sightings. This tiny and difficult to spot Pom Pom or Boxer Crab (*Lybia* sp) is a regular find in our rock pools of Ballito. Boxer Crabs are notable for their mutualistic relationship with the anemones that they hold in their claws for defense. In return, the anemones get a safe home and plenty of left-over food particles.

Young Moray Eels love the protection of the many little cracks and crevices found inside of rock pools. Just around the Dolphin Coast area, we have found at least eight different species of Moray in our rock pools. In the relatively confined space of a rock pool you can easily get very close to these fish. After spending some time, they tend to relax and allow you some amazing photographic opportunities. A dive torch can be extra handy for finding eels hiding out under dark overhangs or deeper crevices.



- Zoanthids and Corals under UV Light are simply mesmerizing



- Pom Pom Crabs, one of our more exciting rock pool finds. Rock pools are a haven for unusual crab species



- A Roboastra species, one of the many unusual species of nudibranchs that can be found in rock pools





- Lionfish or Devil Firefish, are one of the tidal zone fish species commonly seen along the Dolphin Coast



- Elegant Pipefish, sometimes rock pools even produce truly remarkable finds, such as this Elegant Pipefish, a rarely seen and little known species of pipefish, like sea horses, these pipefish are ovoviparous with the male carrying their eggs in a small brood pouch under its tail

Besides the host of juvenile butterfly fish, wrasse and sturgeons, rock pools are also home to a variety of fish not readily seen in deeper waters. Species such as Surge Damsels, the endemic Zulu Wrasse and some crazy looking, almost impossible to identify blennies and gobies also make their homes in our rock pools.

Rock pools are a treasure chest of nudibranchs, a large family of very funky looking sea-slugs. The sheer variety of species we have found in seemingly dull looking rock pools is quite staggering and almost always something new. *Hypselodoris carnea* and *Dendrodoris denissoni* are two of the more common species around the rock pools of the Dolphin Coast, but look closer and a host of more obscure and unusual species are easily found. Interestingly, of the roughly one hundred species we have seen in rock pools around the area, around 75% have only been seen once and never again, making nudi-hunting in rock pools especially exciting for sea slug enthusiasts.

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The downside to this narrow, rich ecosystem we call the tidal zone is that this is the one area of the ocean that is impacted by humans more than anywhere else. In virtually every rock pool, you'll also find bits of trash and old discarded fishing line that kills birds, smothers corals and causes general havoc. Take some time to cut away old fishing line you may find or remove bits of trash. Take some time to introduce friends, family and children to the life in our rock pools. This may seem like a small token gestures in the bigger scheme of things but every bit old fishing line that is removed or every person who falls in love with our oceans makes a constructive difference for our coastline.

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ANOTHER DAY IN PARADISE

By Steve Honeysett

“**By** now we have reached the middle of our summer and passed the seasonal turning point - the summer solstice on the 20th of December 2021. Now, as the days grow shorter, we start to think of 2022 and new adventures that await.

I generally start a new year wondering about what my goals should be for the year and what I would like to add to my list of to-do experiences. I compile a basic list of places I want to visit and then expand it with beach, bush, berg and family visits. International is always on the cards but reserved for once every five years or special occasions, as these trips involve jumping on a plane.

As much as I enjoy visiting these places, I am always curious about what I can try that might ignite a fire in me to pursue it further, like something outside of my comfort zone. As much as I love water, and everything I do revolves around it, I try look for different challenges that are realistic and within my level of fitness.

So, 2022 is a big milestone for me where I reach the age of 60 and this will be a special occasion. Therefore, an international trip is on the radar. I would like to visit Namibia with a trip out to St Helena and Reunion Island. Kenya and Malawi are also places that I would like to visit so we will see which of these will be the final choice.

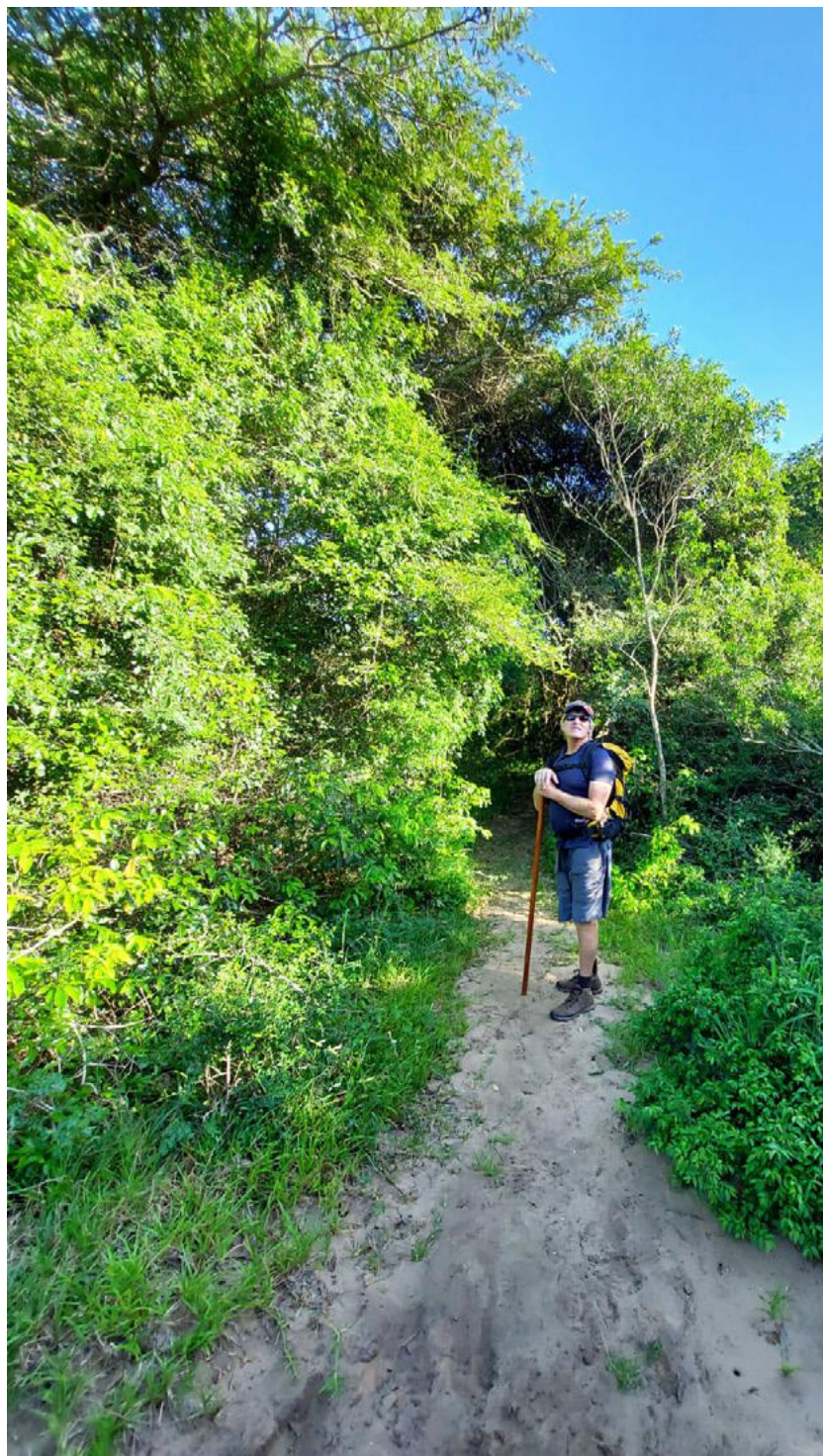
I continue to get away each month and I have already done a week up around the game reserves and the great lake of St Lucia, but I also enjoy local challenges that involve overnight hikes, camp-outs and exploring beaches and surrounding coastal vegetation forests.

St Lucia is worth a visit, too, with both the Eastern Shore game drive up to Vidal and around Lake Benghazi as well as the Western Shores on the land side of the lake being big attractions. Both sides differ in the type of animals that you see, especially those small animals that are disappearing from our urban environments.

It was great to see chameleons walking freely and certain spider species in the bush. I would love to spend a few days walking around parts of that reserve, but it's not permitted with certain dangerous wild animals around. There is so much to discover in that part of the world and apart from game drives there are some excellent walking or mountain biking trails in the area that do not go into the reserve.

If you are a beach person like me, you can enjoy the bush and beach at the same time there with stops at Cape Vidal or Mission Rocks for a quick swim in a rock pool. So it's another year and I hope that after reading about my adventures, you will be charged up to want to do some of your own. I have to say that one should not just do one single activity as the spice of life is mixing things up and who knows what will develop from there. Here is to a great year and a safe one for all. Make that list and go out and do it. **Happy adventures.**

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



THE WONDER OF WALKING

By Shannon Devy



“

I was never much of a walker. But all that changed when I adopted a dog.

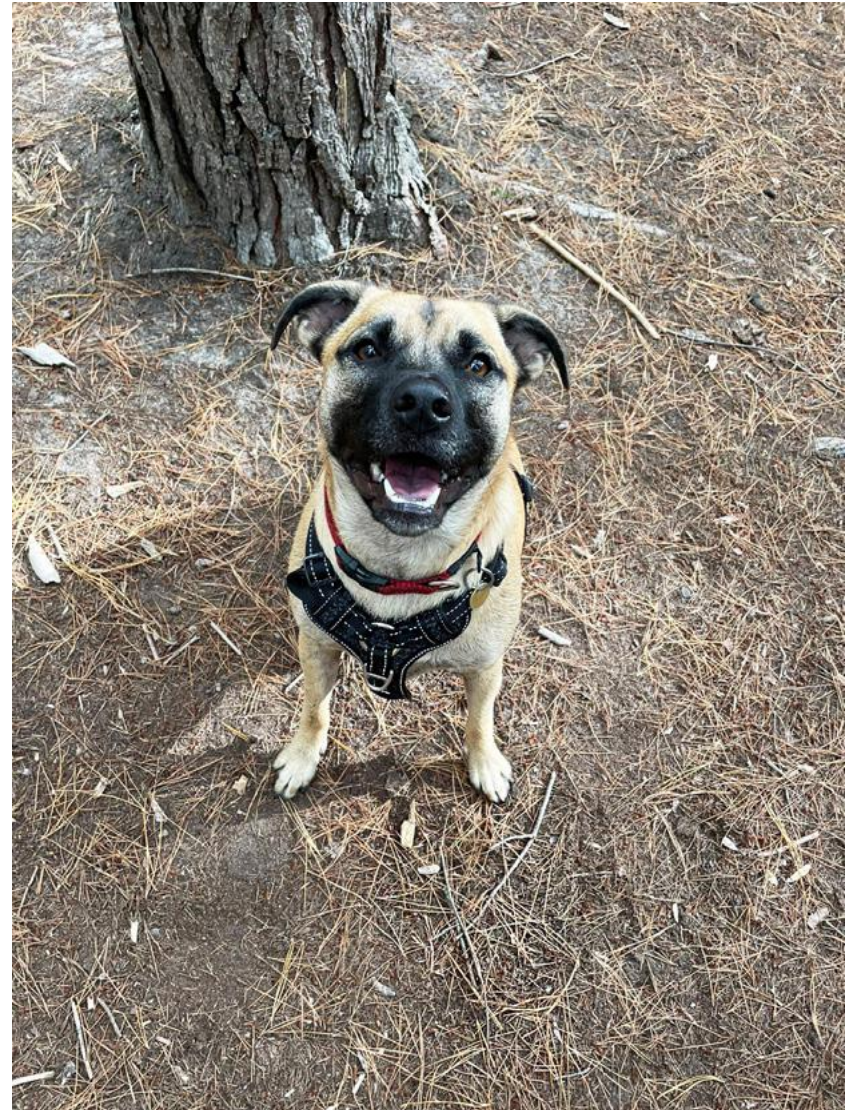
I never liked to walk. For many years, I was immune to the reported charms of strolling for its own sake. I much preferred sitting or being horizontal, two deep personal passions which I pursued daily with total dedication. The primary perils of perambulation (heat, sore feet and boredom) were best avoided, in my opinion. But then I adopted Edie, a little rescue puppy, and whether I liked it or not, walking became a regular activity.

Edie is an anxious little pup. She dislikes a long list of things, including but not limited to strangers, strange environments, people she loves but forgot about, rain, wind, things which move in the wind, bicycles, skateboards and being left on her own for more than one minute. But if there's one thing she is passionate about, it's a walk. At first, our regular forays to the dog park or nearby forest felt like a chore. But soon enough, I noticed that it was no longer Edie I was taking for a walk – it was me.

My conversion to walking enthusiast happened slowly, the result of a gradual process of noticing. First, I noticed that I felt a lot better after a walk than I did before one. Then I started to notice other things – little things I'd been missing. The smell of wet earth after rain early in the morning. The way sun beams split through foliage at a certain point in the afternoon in Autumn. How many uncountable shades of green there are. An abundance of excellent dogs and puppies. The clarity of mind that results when you allow your thoughts to wander as you do. That special hidden world that rushes open as soon as one slows down and really looks. Walking was, I found, wondrous.

And of course, that's not to mention the physical and mental benefits. Studies show that a gentle daily walk can reduce the risk of stroke, diabetes, high blood pressure, obesity, high cholesterol, heart disease, depression, anxiety and fatigue, and even reduce your risk of dying by up to 39% (NBC). Like many of us, I spent many years labouring under the false assumption that, if I wanted to enjoy the benefits of exercise, I better be gasping by the end of a workout. I spent hours suffering in a sweltering CrossFit box or choking on heated chlorine fumes in commercial gyms, wishing I was anywhere (literally anywhere) else. Yes, I got fitter. But I never stuck with it. Soon enough, I'd find that years had passed since I'd set foot in a running shoe, let alone a gym.

Walking marks a gentler, more sustainable approach to my health. Its benefits are quick and clear – no matter what kind of day I'm having, once I enter the cool, shady, pine- and earth-scented realm of the forest, problems seem to recede, giving way to the restorative peace of the trees. And of course, adding to my own joy, it is an absolute pleasure to see my little dog transformed. Normally quiet and withdrawn, on a walk, Edie becomes a joyful moving blur, dashing in and out of rivers and ponds, sniffing logs and other dogs. Like me, her cares appear to vanish. And like me, I know she's looking forward to the next adventure the moment we get home.



RECENT CHANGES HAVE BEEN GOOD FOR IPSS

By Dylan Meyrick

“**IPSS** Medical Rescue was founded in 2012 by Dylan Meyrick and Maya Nundall in Isithebe. 10 years later, **IPSS Medical Rescue** has expanded across the North Coast, becoming a household name providing world class emergency medical care.

In recent months we have seen some changes in our senior management, and although some familiar faces have left us, most of our team remains intact and we have used these changes to benefit our medics, who provide outstanding service to our clients, patients and communities. We also want to assure the communities we service that IPSS Medical Rescue will continue to provide the same outstanding service that we have been celebrated for over the past 10 years.

IPSS Medical is proud to introduce our new management team, who have taken over the helm of the company and are leading by example.

Marinus Nabal has been in the industry for over 25 years as an Intermediate Life Support medic, trained in rope rescue and swift water rescue, and is also the founding operations manager of IPSS Medical Rescue. He now takes over as Operations Manager, spending his time with our crews, attending scenes and ensuring the smooth running of our road operations. He is a familiar face to many of our crews who have been with us for years.

Keith Pillay, another familiar face who joined IPSS Medical Rescue in 2015 as a Basic Life Support medic. Like so many of our employees, Keith took the opportunity offered by IPSS Medical Rescue to further his career and he qualified as an Intermediate Life Support medic. In 2019 he was promoted to the position of Stanger Base Manager, running one of our largest and busiest bases. He has now been promoted to Client Liaison and Marketing Manager, responsible for visiting clients and doctors from Richards Bay through to Umhlanga. He will still be seen on the road however, as his passion still remains with helping those in need.

Our new management team, together with our founding Directors, has made some significant changes, and ensuring that our employees will enjoy the benefit of increased support. After all, at the end of the day, it is the medics of IPSS Medical Rescue that provide the outstanding care that we are so well known for.

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