

EMPOWERING WOMEN WITH THE KNOWLEDGE AND WISDOM FOR A HEALTHY AND BALANCED LIFESTYLE

WOMEN'S

CHOICE

MAY 2013



**New Plan
Against Rheumatic
HEART DISEASE**

**The WORLD
NEEDS DIVERSITY**

SPOIL MOM THIS MOTHER'S DAY



AN EXCLUSIVE INTERVIEW WITH

Sandy Smith



Wishing

ALL MOTHERS

*Happy
Mother's Day*



ay



Editor's Note

Welcome to the Women's Choice May edition.

In this edition there are so many topics to talk about however; let me entice you with what's to come.

Firstly the gender violence article; this issue is close to my heart and I could not agree more with taking Real Action to Stop Gender Violence, whether it's in the workplace or domestic it's an awareness we have to create and educate our employee's about. Lets end the cycle of abuse and please share this story with those close to you and people your know and care about.

This month's cover feature is none other than Sandy Smith the Numerologist. Before she took this career path she shares with us some interesting times in the music industry where she has worked with so many great South Africans and International Legends. Her story gave me goose bumps so do not miss it she is a true inspiration and is proudly South African.

Last but not least stay tuned in for the latest reviews and upcoming events.

Please take the time to go through the articles on the home page "The Truth Will Set You Free" tell everyone to do the same, we need to be up to date with what is going on in the world.

All our best wishes to all Mothers and may you have an unforgettable Mother's Day.

God Bless You All.

Chantal

WOMEN'S CHOICE

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ORIGINAL MARKETING CONCEPTS

contents

WHAT'S NEWS



8 Business Support HUB

9 Superior Swedish apparel now within a woman's reach

10 Chefs Who Share

13 Spoil Mom this Mother's Day

GENDER VIOLENCE

14 STOP Gender Violence

BUSINESS

16 The World needs Diversity

20 OMC Backup

HEALTH



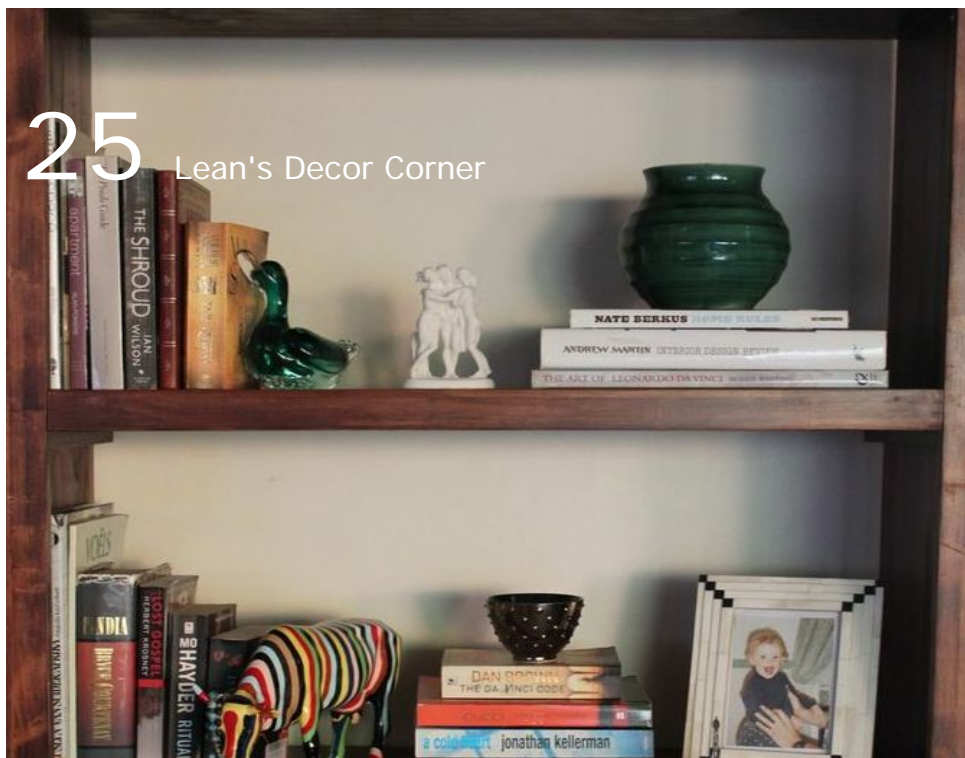
21 New plan against rheumatic heart disease

23 A Healthy Body helps create a healthy Mind

contents

DECOR CORNER

25 Lean's Decor Corner



COVER FEATURE

28
Sandy Smith



BEAUTY

42
Skin Needs Hydration
this Winter

44
Add Moisture this Season

46
Winter Aromas



40
Profile - Thabang Maboya

DATING

48
Financial Compatibility

RECIPES

50
Food Corner

contents

REGULAR REVIEWS



54 Restaurant Reviews

56 Book Reviews

58 Music Reviews

60 Movie Reviews

CAR TALK



62 Toyota Presents the ME.WE Concept

64 R 4.6 Million from Rhino force to save Rhinos

UPCOMING EVENTS

76 Upcoming May Events

EMERGENCY CARE

98 First Aid for Poison Victims

TRAVEL GUIDE

68 Explore the Northern Cape



100 What To Do When?

Business Support HUB Just A Click Away

1. THE NEW LOOK OF TEMPORARY WORK
2. DISMISSALS & THE CCMA
3. EMPLOYMENT "POWDER KEG" SET TO EXPLODE
4. THE COMPANY CHRISTMAS PARTY
5. A WELL STRUCTURED CV....
6. LEGISLATION UPDATES
7. FINANCIAL ADVICE
8. CONCARGO (SYNERGY AT YOUR SERVICE)
9. eTrac Solution

What's News

SUPERIOR SWEDISH

APPAREL NOW WITHIN A WOMAN'S REACH

Since 2007, Swedish fashion house Stenströms have afforded men in South Africa the opportunity of a lifestyle exuding style and luxury. Stenströms of Sweden are now excited to extend this privilege to the women in South Africa.

Stenströms is a brand not only committed to creating garments of unparalleled craftsmanship and comfort, but also devoted to innovation and offering an assortment of ranges suitable for any occasion be it business or leisure.

The latest women's range caters for varying tastes and occasions with its relaxed and feminine garments, as well as its smartly tailored pieces that enhance femininity. The collection offers a selection of choices varying from white linen and blue stripes, red and yellow fields of blushing burgundy blooms and white and black backgrounds enhanced with Oriental designs.

According to Stenströms CEO, Anders Bengtsson, the garments, mainly made from Egyptian cotton are produced with care and great attention to detail and different materials, such as luxurious silk, linen and denim, are combined for a dramatic twist.

He adds, "Stenströms shirts feature anything from timeless classics to contemporary trends and are available in many different cuts. The most popular of these is the feminine cut which suits most women, as well as the Slimline cut, designed for women who prefer a more tailored fit."



In addition to this, Stenströms pride themselves on their environmental responsibility initiatives, which include a biodegradable alternative to ivory, called galalith, which is used for the buttons of selected Stenströms shirts.

Stenströms women's shirts are available at the new Stuttafords Emporium in Cavendish Square and will soon be available in Sandton. Prices range from R899, 95 to R1 299, 95

For more information, contact Stenströms SA on (021) 438 7013 or 082 459 6226 or visit www.stenstroms.com User name and password: press or visit www.facebook.com/pages/stenstroms/491452660875771

What's News

Chefs who share – the ART of giving New food, wine & art extravaganza for underprivileged children Cape Town City Hall, Thursday, 5 September 2013

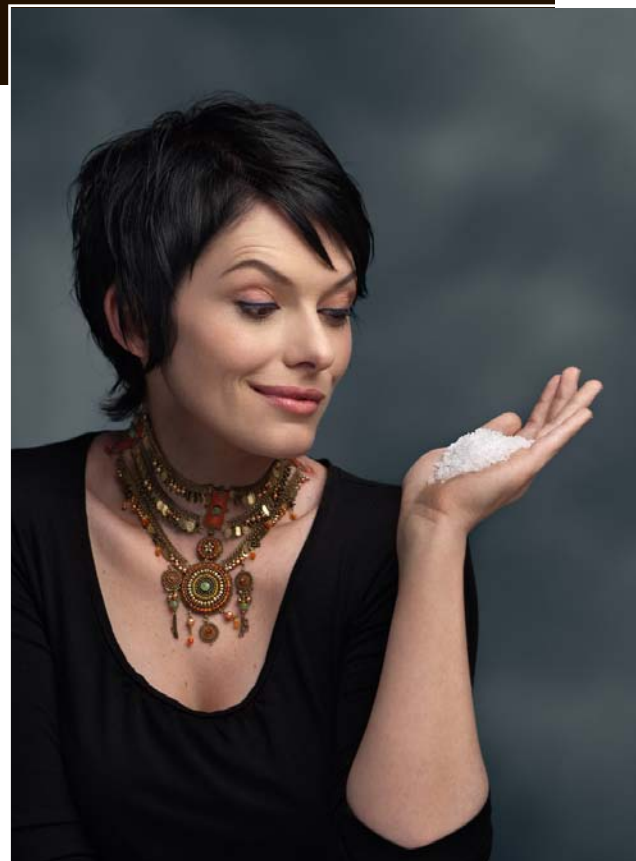
A unique star studded gala evening destined to become *the* black tie event of the year, featuring 14 acclaimed South African chefs, seven adept sommeliers and seven celebrated artists all under one roof in aid of youth development, will be held in the Cape Town City Hall on Thursday, 5 September 2013.

Presented by Mercedes-Benz South Africa, 'Chefs who share – the ART of giving' will treat guests to an evening of glamour, culinary artistry and fine art – all for a worthy cause. All the monies from the ticket sales and the proceeds of an art auction will go towards two youth development charities: Make a Difference Foundation (MAD) and Laureus Sport for Good Foundation.

"We are delighted to be in a position to host this inaugural 'Chefs who share' event in Cape Town. Together with our partners we hope to take this concept even further with similar events overseas in support of our chosen South African charities," says event organiser Barbara Lenhard who has

worked tirelessly to make her dream of creating this unforgettable evening of sharing a reality.

The chefs are from all over South Africa and will be divided into pairs to share their culinary genius and individual menus with limited groups of guests. Each chef duo will be joined by a highly respected sommelier who will ensure that every dish is paired to perfection with a top South African wine. The evening will culminate with an auction of original works of art donated by participating artists.



What's News

The chefs, all acclaimed masters of their craft, have been paired as follows:

- Margot Janse (The Tasting Room, Franschhoek) & David Higgs (Five Hundred at the Saxon, Johannesburg)
- Bertus Basson (Overture Restaurant, Stellenbosch) & Peter Tempelhoff (Greenhouse at the Cellars-Hohenort, Cape Town)
- Rudi Liebenberg (Planet Restaurant, Cape Town) & Christiaan Campbell (Delaire, Stellenbosch)
- Jackie Cameron (Hartford House, Mooi River, Kwazulu-Natal) & Reuben Riffel (Reuben's, Franschhoek)
- Darren Badenhorst (Grande Provence, Franschhoek) & Chris Erasmus (Pierneef at La Motte, Franschhoek)
- Harald Bresselschmidt (Aubergine, Cape Town) & Chantel Dartnall (Mosaic at The Orient, Pretoria)
- Marthinus Ferreira (DW Eleven-13, Johannesburg) & George Jardine (Jordan Restaurant, Stellenbosch)



The beneficiaries of this singular event, sponsored by Mercedes-Benz, both share a proud record of running successful youth development programmes that have made a difference to the lives of young South Africans from less fortunate backgrounds. Spearheaded by Francois Pienaar in 2003, MAD identifies and nurtures talented youths to become role models through a mentorship programme. Literacy and environmental awareness is promoted through a broad based educational programme.

With a singular mission of using the power of sport as a tool for social change, the Laureus Sport for Good Foundation helps children to overcome the limitations of challenging social issues from poverty, homelessness and violence to drug abuse

and AIDS. Founded over 10 years ago under the patronage of Nelson Mandela, the foundation is part of a worldwide programme of sports related community projects.

'Chefs who share' is destined to become one of the most prestigious events on the Cape Town social calendar. The event enables guests to get up close and personal with South Africa's finest chefs, sommeliers and artists and offers companies the opportunity to treat clients to a very special evening whilst supporting a worthy cause. Tickets to this rare culinary showcase are available at R3 000 per person. Early booking for individual tickets or entire tables is recommended to secure your preferred chefs for the evening.

What's News

For more information visit www.chefswwhoshare.com, email tickets@chefswwhoshare.com or call Tel: 021-433 1699.



**NEDERBURG'S
LADY IN RED
TREATMENT
FOR MOM**



What's News

Spoil mom this Mother's Day

(Sunday, May 12) by treating her to a fine day out at Nederburg in Paarl. With its sprawling gardens, as well as stunning views of the surrounding Drakenstein Mountains and autumn vines, the venue will appeal to the whole family.

The winery's bistro-style restaurant, The Red Table, in Nederburg's historic manor house, is offering a bounty of seasonal gourmet dishes, from exotic soup to a roast, specialty pie, even fritters, rounded off with sticky chocolate pudding for just R195 a head! Nederburg's award-winning wines will be on sale at very competitive prices.

To mark Mother's Day, the Nederburg Visitors' Centre is also offering six bottles of its connoisseur Manor House wines for the price of five, translating into a saving of more than R115. This range of wines is exclusively available from the farm.

The Red Table will be serving from 12:00 to 16:00. Booking is essential. To do so, please contact the restaurant on 021 877 5155 or theredtable@nederburg.co.za well in advance.

Nederburg's Visitors' Centre will be open for wine tasting and sales from 10:00 to 16:00 on May 12, with a cellar tour offered at 11:00. To reserve a place for the cellar tour, kindly contact Sunette Rust of Nederburg on 021 862 3104 or on nedwines@distell.co.za.





Real Action Needed to **Stop** Gender Violence Before it Happens

Don't assume that none of your co-workers or neighbours has experienced some form of violence or sexual violence in their own homes.

Although it may seem unlikely in the cold light of day, as people don't typically speak about it, Associate Professor Shanaaz Mathews, Director of the Children's Institute at UCT says that statistically up to 50% of women in South Africa are likely to have experienced gender violence in their homes. According to a 2011 study by Genderlinks and the MRC carried out in Gauteng a shocking 37,4% of men admit to having raped and 50% of being violent towards their partner.

Speaking at the UCT Graduate School of Business recently, Mathews said that SA also has the highest intimate femicide rate in the world (women being killed by an intimate partner) – almost three times higher than the US. “We are top for all the wrong things,” she commented. “These numbers shows us how endemic violence against women and children is in South Africa. It is the kind of cost you expect when you are at war

– women are sustaining the same casualties that you would expect when going into combat.”

The cost of this war to individuals and the economy is substantial she said. An MRC study carried out ten years ago reported that the direct cost of treating victims of violence in state hospitals in just three provinces amounted to R29 million in one year.

Indirect costs in the form of loss of work days, psychological disorders and substance abuse are also impacting on the bottom line. “What does this do to the psyche of a country?” she asked.

Given the scale of the problem Mathews questioned whether the new national council against violence proposed by Zuma in his recent State of the Nation address is sufficient to address the scourge

“Can a national council shift entrenched patterns of gender based violence or is this just a way for

government to say it is doing something. Is it real action?”

Real action, according to Mathews needs to move beyond reaction towards prevention. Most interventions in this country only happen at a secondary stage – after a violent act has been committed – but unless we move into addressing the root causes of violence against women and children – looking at how to prevent this - we are fighting a losing battle, she explained.

“A national council can only have effect if it really has political will to be influencing our primary prevention and early intervention strategies – and not just a talking shop.”

Mathews said that effective action will require that government, donors and civil society work together to address the challenges, which include changing attitudes and gender norms, promoting more effective parenting, targeting abuse in schools and closing the gap between what communities need and what services there are in a community. Business too has a role to play.

According to Walter Baets, director of the GSB, business is currently an untapped resource. Although it may seem like an unlikely player in the sphere of gender violence, he said that social innovation and entrepreneurship could, for example, play a huge role in identifying business models to assist government deliver social services such as children’s treatment clinics to the communities that need them most or creating employment opportunities for women – and the men who rape them.

Mathews said that research has shown that employment – which keeps potential perpetrators off the streets – can reduce the prevalence of rape.

She said that working together, all players need to use an evidenced based approach in order to

determine what is working and – if possible – scale that up.



“We have to start looking at the evidence and gathering the right data,” she said. “And we have got to start looking for and partnering with those who can show us a way forward. Find what works and take it to scale. It is possible to break the cycle of gender based violence, but action needs to be much more targeted, evidence-based and collaborative.”

**STOP
VIOLENCE
AGAINST
WOMEN**



Pam Moore

She is an HR specialist and executive coach who help companies achieve competitive edge through people strategies. Moore's insights are based on the latest thinking in the field combined with more than 20 years' experience in the corporate sector. Deloitte, Woolworths, Tiger Brands and the Desmond Tutu Peace Centre are a few of the numerous clients that Moore has worked with. With practical experience in strategic marketing and branding alongside strategic HR Moore has established the perfect platform for her current work which puts the customer brand at the heart of HR strategy.

The World Needs Diversity

Traditional patriarchal structures must give way to more diverse approaches that blend masculine and feminine values if we want to solve the new generation of economic, social and environmental crises in the world.

What our recession-weary, environmentally-challenged and stressful world really needs – is more women at the top – not only in businesses but at the helm of countries as well.

According to the World Economic Forum's Global Gender Gap Report, 2011, "Countries and companies will thrive if women are educated and engaged as fundamental pillars of the economy, and diverse leadership is most likely to find innovative solutions to tackle the current economic challenges and to build equitable and sustainable growth."

In South Africa – as in indeed in the rest of the world – women are still largely absent from positions of real power in business. The 2012 South African Women in Leadership Census, Business Women's Association found continued disparity of women in leadership positions with 79% of executive managers and 83% directors of JSE companies and State Owned Enterprises (SOEs) being men.

The latest Harvard Business Review (January/February 2013) list of Top Performing CEOs Globally has only two women in the top 100. But predictions for the future are encouraging. US based Frontier Communications Corp anticipates that female CEOs at Fortune 1000 companies will double by 2017 and that the UK will have more female millionaires than male ones by 2020, according to the Centre for Economics and Business Research.



Currently, both men and women in business still venerate the hero leader. The same Harvard Business Review list celebrates increased market capitalisation and shareholder returns as the successes of a single person at the top of the pyramid: Steve Jobs, Jeff Bezos, Yun Jong-Yong, Roger Agnelli and so on. Our own Jacko Maree, who recently retired as CEO of Standard Bank Group, is attributed in the press with increasing the share price from R21 to R118 and market capitalisation from R30bn to R190bn and he has been the recipient of a host of awards and accolades since 2004. Pyramidal structures, personal branding – these are all modern incarnations of masculine values. We live and work with them and mostly we all subscribe to them.

But research indicates that the techno economic infrastructure of modern society requires a blending of masculine and feminine values. It's not just-a-nice-to-have or a condescension to pressures from women. Patriarchy cannot take us where we need to go next to solve the economic, social and environmental crises that we face.

The task ahead is two-fold: firstly, to bring more women into leadership positions and secondly, to change organisational forms to reflect the integration of the masculine and the feminine.

Because workplaces are traditionally structured around the needs of men and are slow to change, many women are opting out of the leadership role

in the formal workplace to start their own businesses. The Global Entrepreneurship Monitor (GEM) Report carried out by the UCT Graduate School of Business on women's entrepreneurial activity, found that relative to 34 countries around the world, almost as many women as men are starting businesses in South Africa.

The demands placed on women by society and their own natures are different from those placed on men and further transformation of corporate cultures is required to accommodate these often conflicting but legitimate demands. A recent survey conducted with 2 443 professional women in America suggested that companies need to allow for the parallel needs of establishing a successful career and starting a family, create high profile reduced hour jobs or increased flexibility of working hours in the day, increase flexibility in the 'arc of a career' to leave and re-enter and provide outlets for altruism - all without attaching stigma or prejudicing promotion and career opportunities.



deeply self-confident.

"They are deeply inquisitive, committed to seeing reality more and more accurately. They feel connected to others and to life itself. Yet they sacrifice none of their uniqueness." Added to this they are able to experience the full range of their emotions, are passionate, believe in their ability to influence events in their lives and therefore take responsibility. They are not always scapegoating and blaming others when things go wrong. Their lives are in balance, they are creative and inventive and they are talented at self-observation and self-reflection.

But our problem is that there is no shortage of excellent leadership models, frameworks, theories, courses, programmes, workshops, seminars, conferences, books, e-learning to develop personal mastery. The problem is that it is just so much hard work.

"It is enormously difficult for a human being to develop to full potential. The struggle with the infantile within us exerts a tremendous 'gravitational' pull against achieving the full adult potential," write Robert Moore and Douglas Gillette in their book: "King, Warrior, Magician, Lover: Rediscovering the Archetypes of the Mature Masculine".

So most of us give up. We are comforted that we fit in with those around us. We become weary of challenging the status quo and the effort of working on ourselves. We focus on winning, beating the competition, being number one or two in the game, creating competitive advantage because it's a lot simpler than doing all of this and still considering the bigger issues of global sustainability and impact of our business and our leadership in a wider context.

In South Africa, just like in the US, many women need to work. The costs of big ticket items - homes, tertiary education and medical costs are escalating and are not provided by the state as they are in many European countries. The findings of this survey probably have a great deal of validity here.

A third – and vital - part of loosening the stranglehold of patriarchy is for both men and women to build wiser and healthier personal leadership for a sustainable world. Wiser and healthier by definition develops and integrates mature masculine and mature feminine values and embraces diversity.

How to get there looks the same in 2013 as it did in 1990. American scientist Peter Senge has written that one of the key disciplines required for wise leadership is personal mastery. People with a high level of personal mastery are acutely aware of their ignorance, their incompetence, their growth areas but paradoxically they are

Of all the resources available to assist this endeavour, coaching is probably one of the most valuable because its core methodology is creating the opportunity for self-observation and self-reflection. Coaching also acknowledges an adult development model. No matter how bright or how well-educated an executive may be; development is lifelong through a series of predictable stages. However, growth through the

stages and maximising potential at each adult milestone can be accelerated by sustained intervention. Coaching can help executives to develop practices and to keep at them.

Through these kinds of interventions it is possible to diversify business and government and bring about the shift in culture that our world clearly needs.



We help companies make the total experience of working in that company – the money, the opportunities, the atmosphere, the management style – all of that, match what their brand stands for and what their best employees are looking for because energised, motivated employees make more profits.

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New action plan against rheumatic heart disease

Rheumatic heart disease is a silent killer that affects mostly poor children in underprivileged areas. The Heart and Stroke Foundation South Africa has welcomed the World Heart Federation's new comprehensive strategy addressing this deadly disease.

The Heart and Stroke Foundation South Africa has given the thumbs-up to a detailed action plan by the *World Heart Federation* (WHF) to reduce by 25% the premature deaths from rheumatic fever and rheumatic heart disease in young people under the age of 25 by the year 2025.

“Rheumatic heart disease is the leading cause of acquired heart disease in children and young adults in South Africa and there is a need to

prioritise prevention of the disease and the control of rheumatic fever,” says Dr Vash Mungal-Singh, CEO of The Heart and Stroke Foundation South Africa.

She said the Foundation welcomes the goals set by the WHF in view of the fact that rheumatic heart disease is one of the biggest causes of heart failure among children and young people and kills up to 460 000 people across the globe each year.



Strep throat caused by group A streptococcus bacteria.

It is well-known fact that cases of rheumatic fever are underreported. Dr Mungal-Singh says the biggest problem is that rheumatic heart disease occurs in poorer communities in developing countries. It usually starts with an untreated sore throat caused by a streptococcal infection.

“Rheumatic fever and heart disease are neglected diseases that require immediate attention,” says Professor Bongani Mayosi from Groote Schuur Hospital and University of Cape Town, South Africa; and Chair of the World Heart Federation Working Group on Rheumatic Fever and Rheumatic Heart Disease.

Dr Mayosi says more data is urgently needed on the disease and cases reported. “Because rheumatic heart disease affects mainly the poor, it is often neglected by researchers, health educators and the media. For example, no accurate, up-to-date statistics are available which can give us an indication of how prevalent the condition is in this country.”

The World Heart Federation’s new strategy has been outlined in a position statement outlining five key strategic targets, which are: comprehensive register-based control programmes, global access to benzathine penicillin G, identification and development of

public figures as RHD champions, expansion of RHD training hubs and support for vaccine development.

“This position paper will form the platform for a detailed operational plan to address the barriers to RF and RHD control. The operational plan will be founded on science, research and quantifiable progress indicators to impact positively on millions of individuals with RHD,” says Mayosi.

A number of issues complicate the control of the disease, with access to health care being primary. A simple treatment of antibiotics for strep throat, for example, can prevent rheumatic fever. Regular antibiotic injections can also prevent patients with rheumatic fever from contracting further strep infections and causing progression of valve damage.

Rheumatic fever commonly strikes young children between the ages of five to 15 years. It causes inflammation and damage to several parts of the body, particularly the heart, joints and central nervous system. If rheumatic fever is left untreated, repeated attacks can cause permanent damage to the heart valves and RHD. About 60% of all acute rheumatic fever cases will develop into RHD.

“Our studies indicate that very few parents and care-givers know of the connection between a sore throat and heart disease in children,” says Dr Mayosi. He advises all children who have sore throats to see a doctor or nurse as soon as possible.

People who have had rheumatic fever before are more susceptible to recurrent bouts. Symptoms include fever, painful or swollen joints, a skin rash, unusual jerky movements and most importantly shortness of breath and exercise intolerance (indicating heart failure).

For more information go to
<http://www.heartfoundation.co.za/>

Find us on twitter: @SAHeartStroke

Like us on <http://www.facebook.com/pages/Heart-and-Stroke-Foundation-South-Africa/241219132667229>



A HEALTHY BODY HELPS

CREATE A HEALTHY MIND

For many people making poor health choices is a habit that can be very hard to break. Temptations that contain too many carbohydrates can be difficult to avoid. Additionally, it can feel pointless trying to change once you have already tainted your health. However, you can begin to undo some of this damage one small step at a time.

An unhealthy lifestyle is unfortunately a common trend and this is caused by taking in excessive amounts of calories, the wrong types of carbohydrate laden foods and not exercising as often as one should. Weight gain dramatically increases the risk of a variety of conditions, including heart disease, high blood pressure and strokes.

Having a healthy body doesn't only impact on the body itself but also has significant mental benefits. The combination of a healthy body and

mind greatly benefits sports, job and general performance.

The best approach to improving your lifestyle is to become pro-active and take a stand for your health, for example set realistic goals; get physically active in your daily life even if it's going for a daily walk; managing stress, going for regular health checks; getting adequate sleep and eating a well-balanced diet. All these factors play a huge role in being physically and mentally healthy in your day-to-day life helps make all the

difference. It is also the parent's o to ensure that children are taught the importance of a healthy yet balanced lifestyle. The key to keeping kids of all ages at a healthy weight is taking a whole-family approach. It's the "practice what you preach" mentality. Make healthy eating and exercise a family affair.

With so many sporting activities available, there is no need to pile on the pounds. Continuing to stay active is extremely important, especially for the well-being of your family and for your own peace of mind.

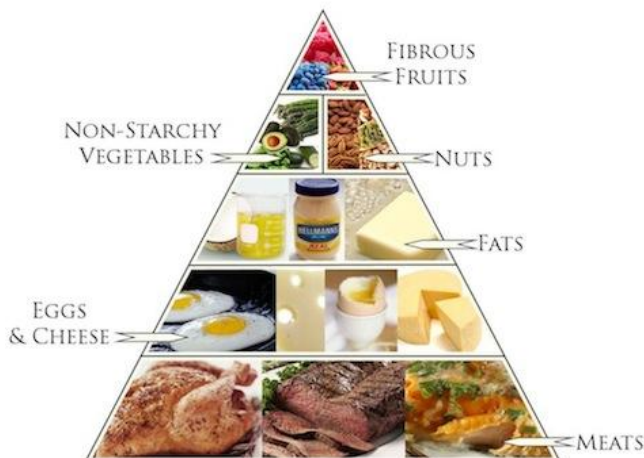
Keeping fit is one of the best preventive medicines available. In addition to being active one also needs to be on a balanced lifestyle programme guaranteed to help you shed the extra kilograms.

Well trained practitioners at participating pharmacies will provide you with encouragement as well as vitamin boosters and weekly weigh-ins. The consultations are private and extend over a ten week period to ensure that the patient is on the right track. ***The Diet Everyone Talks About*** also helps boost your self-esteem and confidence to take on challenges you once deemed impossible.



The Diet Everyone Talks About is not only a diet it's a lifestyle programme that will guide you to a slimmer, healthier you. t's a diet plan that is tailored to your specific needs and promotes a balanced, low-carbohydrate eating plan combined with exercise.

LOW CARB FOOD PYRAMID



For more information about **The Diet Everyone Talks About** or to start this programme, visit www.the-diet.co.za or give us a call on 016 362 4890. You can also find us on Facebook: <http://www.facebook.com/groups/7668972274/> or follow them @dietsa.

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by Lean van der Merwe



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15 Easy, fast and cost-effective decorating tips:

by Lean van Merwe

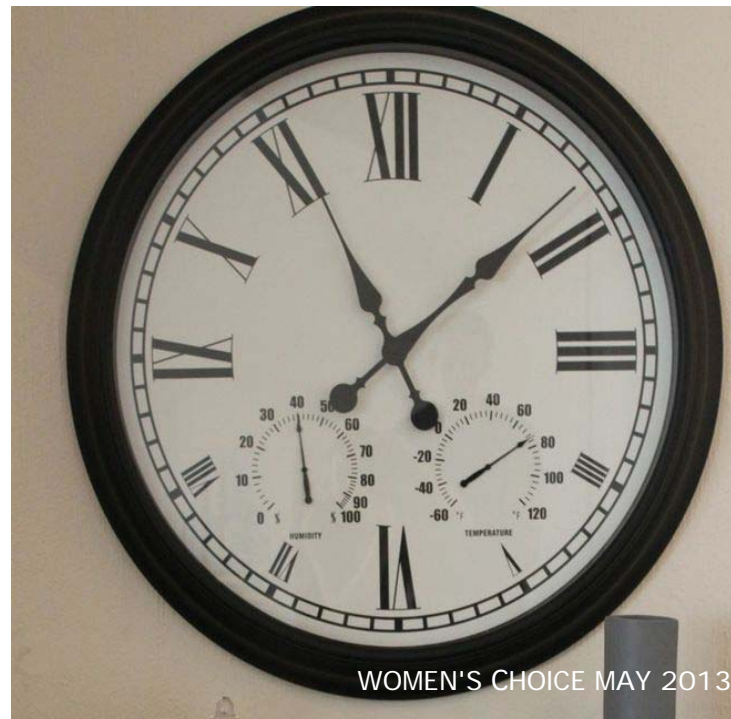
Revamping and enlivening your home, doesn't require a master project plan, nor an extensive budget, in order to support. Here are 15 tips on how to fresh and refurbish rooms quickly, easily and cost-effectively.



1. Replace old lampshades with new, contemporary shades in a feature colour. Colours need not only be introduced on cushions – a lampshade can make an even greater statement.
2. Applying a fresh coat of paint is one of the easiest and quickest ways to redecorate. Instead of repainting a whole room, paint one feature wall in a more vibrant and striking colour. A fun idea: Paint a rectangular shape, horizontally above a sofa and use this space as a “gallery” space for displaying personal photos.
3. Add some funk to a room with contrasting colours, black and white or white with one bright colour. Use these bold colours as a theme throughout the room. I.e. White wall with the display of a bright blue sofa and fluffy white scatter cushions.
4. Replace all your accessories. Walk through your home and place all your accessories on a table. Separate them into two allotments – one side with the accessories you absolutely adore, and the rest, knick knacks you aren't too attached to. Now, take your favourite items and place them throughout the house, where they will create the most impact. Chances are, you wouldn't need to position the less favourable accessories.
5. A great way of displaying family photos and smaller paintings, is to arrange them all

together. Choose frames of varying sizes, shapes and styles and position on a large wall or a passage way. Firstly, lay them out on the floor to obtain a balanced composition, which will work optimally on the wall.

6. Replace old hanging lights with small chandeliers – crystal, wire or even wrought iron, works wonders.
7. Zooosh-up your bedside tables. Position a tray on top of your bedside table and place the light on the tray. This on its own, already delivers a more rounded-off look. A pretty ornament or small vase with a display of fresh cut flowers, lends more colour and interest. Complete the ensemble with a beautiful coaster or small plate, for your evening glass of water, a small painting on the wall - and voila!
8. Purchase six unpainted, small pots. Paint in different shades of your favourite colour, plant some fresh herbs, and display on your kitchen windowsill.
9. Replace door handles in your kitchen, bathroom and bedrooms. Inexpensive, stylish door handles are available at most smaller décor shops these days, and they look gorgeous once fitted.
10. A really great way to add some interest to a built-in bookcase, is to hang small paintings on the corners, where shelves meet with the down slats. The effect is amazing, and simultaneously allows extra space, to hang small pieces.
11. A fab alternative to a vase with flowers, is filling your vase with red apples. Rub them with cooking oil to add a beautiful, fresh shine to the fruit. Just make sure your guests don't eat them, as they don't taste as good as they look!
12. Redecorate your bookshelves. They don't only need to hold books. You can create a special feature with beautiful accessories and book holders / decorative bookend.
13. Create a small feature space at your entrance. A painted feature wall with an entrance or wall table, large clock or painting against the wall, is beautifully completed with one or two special ornaments, placed on the table. An extremely warm and very welcoming look. If you are hosting a party, you can even display small party favours on the table, for your guests to take home, when they leave.
14. Update your window dressings. Even a small thing, such as replacing normal, white curtain tracks with either wrought iron or stainless rods, can make an enormous difference. Rods are generally inexpensive and they look so much better than the normal old boring, and often plastic track.
15. Retile your oven splash back with colourful mosaic or glass. The glass option is very inexpensive and you can then paint the background, in any colour imaginable.





Sandy Smith:

This month we have none other than Sandy Smith gracing our cover. We asked Sandy to share with us her journey and aspiration, the following questions and answers cover her career choices in life and where it all started.

Women's Choice: Why did you choose this as a career?

Sandy: "On both my music industry career and my Numerology, both seemed to choose me."

"Regarding the music industry, as I am a person that is 'in the moment' when the opportunity came to work in the music industry, I took it. I am not a person who has to have a map and plan at all, being in the moment, I tend to be open to anything that comes my way and little did I know, this career would last for well over 25 years.

I did a friend, Sheila Stone a favour, and in turn, she introduced me to Lisa Hogarth, manager of Leeds Music Publishing Company.

Over the next 25 or more years, I moved in and around the music industry, starting in music publishing, picking songs for release and if the major record company did not want to release the single or album, we found a South African artist to cover it. We would do the recording, find another company to release it and South African we established many artists and had many successful hits.

Thereafter I moved to being a Personal Assistant to Marketing and Managing Directors, other positions I held were in PR, album production, scouting for and launching new South African artists, to promotions, marketing, sales, music video production and artist management, launching new and existing South African and international artists."

"On the numerology side, it evolved when I was at a cross roads, felt I had lost sight of myself and went on a personal journey looking for me, who I was and where I was in my life and hopefully where I was going.

Being dyslexic, numbers were never an area I would have chosen. Yet it grabbed my attention, and as I am OCD (obsessive compulsive), I dived right in, and it seemed that in no time it had turned into a business."

Women's Choice: What encouraged you to start your own business?

Sandy: "I felt my life was shifting in the music industry and the industry was also shifting.

"I had left a music video and sport production company in the July of 1989 and decided to get a 'real job' in the corporate business world. Whilst I was short listed for a 'corporate' position I took a temporary contract at SABC TV with the late Ralph Mogridge, SABC Executive Producer of the music program 'Fast Forward', sourcing music videos and South African bands for his TV music programs.

The SA Music Industry was dismantling from having only major record companies, to birthing new smaller independent record companies, many ex-senior top executives started their own small independent record companies. I contacted them to source new or current SA musical talent, and at times international videos for the show. This was my vehicle into their offices and they saw what I could potentially do for them. Many of the Independent Record Companies asked me to do freelance marketing, including, handling all their media such as Radio, TV, Print, and PR for launches, live shows and tours.

The gap in the industry was there, I took it, as I love a challenge so I ran with it. I was a pioneer having started the first independent PR Company for the music industry.

I did land the 'corporate position', had to turn it down as I had already registered my first company called The Organiser in the September of 1989. This all happened in a period of 2 months.

I never gave owning my own business a thought, yet in spite of that, my own business evolved.

I worked for, on and in many artistic arenas, including SABC TV productions, international TV and Film documentaries for BBC & Television and the production of television and film adverts for corporate clients.

Along the way, I have had many minor and major record companies on my books. I looked after specialist international music labels for major companies such as the GRP label (Dave Grusin & Larry Rosen's Jazz label, they had pulled out in the

apartheid time but came back after the emergence of the new South Africa), and handled major International releases of many artist, including the legendary Miriam Makeba and Hugh Masekela.

One of my clients asked me to become a bit more involved and to manage Munjale Records for him and business partner Caiphus Semenya coordinating their return from exile after 26 years.

I was intrinsically involved in their concert; UNITY '91 which featured a host of top South African artists. The media requirement on their return to South Africa was massive. This soon led to the Letta album "Not Yet Uhuru" her first South African recording or release in over 26 years and involved arranging the recording sessions and musicians, photographic shoots, to the CD and music video production, PR, national launches, and all media including their very successful Sun City show

I worked in various capacities with many artists such as Ray Piri, Manfred Mann returned from exile after 30 years launching his recording of Manfred Mann's Plains Music, Jennifer Fergusson, Hugh Masekela, PJ Powersto Cape Town's Edi Nederlander, Zayne Adams the photographic shoot of the Swaziland concert of Joan Armatrading and Jonathan Butler, Europe concerts Randy Crawford, Bonnie Raitt, Tsidi Leloka who went on to take the role of 'RAFiki' in the USA production of The LionKing, Seal, Elton John and Eric Clapton, and many inserts for Top Billing & Pop Shop etc.

Four years in a row, I travelled to the Montreux Jazz Festival in Switzerland and worked for head organiser Claude Nobs & host Quincy Jones, initially for the South African tour of Caiphus Semenya & Letta Mbulu. I was invited back by Quincy to work a further three years and worked with artists such as Eric Clapton, Simply Red, B.B. King, Ramsey Lewis, Al Dimeola, Al Green, Simply Red, Randy Crawford, Etta James, The Rippington's, to coordinating a Quincy Jones night together featuring guest stars Sheila E, Stanley Clarke, Marcus Miller, George Duke, Chaka Khan, to name a few.

The biggest opportunity came with Miriam Makeba's return from exile in 1990 after 30 years



when I handled her first concert at the Standard Bank Arena in 1991 which eventually led me to become her South African Manager and soon after became her International and Personal Manager.

My life was hectic and I loved every moment, I was recommended to the BBC as their SA contact for filming and coordinated international documentary programs for the London Weekend Television show on BBC on artists such as Miriam Makeba, to well known American born Roger Ballen, been living in SA since the '70s a photographer (and geologist) on a documentary of his controversial book titled 'Platteland' (being reissued in 2013) and a documentary on Lebo M South African acclaimed singer songwriter and it featured Julie Taymor (the brain behind the world renowned international show 'The Lion King' and Walt Disney) to acknowledge Lebo M's contribution to the musical, featuring lead actress Josette Bushell-Mingo who played 'Rafiki' in the UK production.

(Julie Taymor has the distinction of being the first woman to receive the Tony Award for Best Direction of a Musical, which she won for the Lion King. She received a Tony Award for her original costume designs for the production. Julie Taymor co-designed the masks and puppets, and wrote additional lyrics for the show).

I seemed to have an innate ability to land exciting projects and to pull things together, mothering and caring for artists and their careers. One of them included the Vogue USA photo shoot involving Miriam Makeba, beautiful intentional fashion model Iman and her husband, David Bowie who came along to find out more about South Africa.

Now you can understand the challenges and motivation that kept me involved with the music industry but it took my personal time too, this industry and especially what I was doing took up my day and because of performances, nights too. This is why I felt lost at times and had to go on a search and regain Sandy."

Women's Choice: From Music to numerology, have you always been passionate about numerology?

Sandy: "Once again another turning point came, I



was questioning whom I was, where I was going in my life.

Having been in the music industry for well over 25 years, including owning my PR Company I was not sure this industry was where I wanted to be for the rest of my life.

Whilst continuing with the music side, I set out on another journey investigating various areas to find answers and find out more about who I truly was, in a way, I almost felt as if was only focusing on the needs of others and the industry.

I discovered that all of us go through 'these times', questioning, reassessing, looking at our many options, digging deep, and then realising if you are open to seeing, it is always right in front of you. For example if you look at your ages 40 and 41, you will see, these are the huge career shift years, with the onslaught of deceit, deviousness and power games and is a money turning point too.

If you have not reached this age, be warned, you will not go unscathed, at age 42 your life turns the corner, the changes will be immense.

That was my turning point or 'wake up moment'. They are cyclically (they run on a 9 year cycle) but until it happens to you, you don't really get it. You also have to be willing to see the turning points which are because we have had a 'wake up moment'.

In the search, I bought books, all kinds, from biographies of people who had, had the 'wake up moments' through to the self help books. I even went into psychics and astrologers, I saw the lot and they gave answers, I just had to see them.

So I investigated and studied the Tarot, yet could not get enough specific answers or direction. During this time of 'self' investigation, I bought books on numerology, found them very disappointing, generalizing people, and was not specific enough. I then joined the astrology institute AIRS and started to study astrology.

Looking back, my life was very full however, unknowingly I was on and crossing 'a bridge of growth' as the investigation and studies evolved.

At the time, I was managing the legendary singer Miriam Makeba, her band members, grand children Lumumba and Zenzi Lee, her great grandchild (have photos of them if you want) even travelled with us, her entourage and handled all the tours around the world, handling major events, meeting and receiving decorations from many Heads of States in Germany, Tunisia, Norway, France, (to name a few), handling her tours, performances, appearances, her personal life, sponsorships, endorsement, launches too, so my affiliation with the music industry was still strong. When Miriam went to receive her decorations, I was always in contact with the President's office and through this, President Nelson Mandela travelled (separately yet piggybacked on many occasions with us for him to be introduced and meet the heads of state), his office and Head of Protocol were involved in every step too.

The change of direction was a process and as time

ticked, I eventually crossed that rickety yet strong bridge.

Unknowingly in between all of this I noticed I had written a formula in a family tree book titled "Mandy's in South Africa – 1820 Settlers" one side of my family tree and only when I went back to it months later did I realised I had written the formula and took that and started developing my system.

Yes, my music career was doing well but I had itchy feet, and whilst managing and travelling with Miriam Makeba (Miriam loved having her numbers read – her mother was a Sangoma), doing big events like the consolidation of Trust Bank into one bank called ABSA Bank. I worked on my numerology and astrology A third time, I reopened the family tree book, on this occasion, I saw even more and it was a major turning point and a testing ground to continue developing and providing my own unique numeric system.

As I had already devised the base of my system, I used this book to advance it by working on the family history, births, marriages, pregnancies, affairs, careers and deaths – checked this info out, added the more recent family members, saw and confirmed even more and realised I had could confirm my system, it really worked! and on each person but had to now implement this with strangers life – it worked again. I was recharged, challenged, and motivated to continue and to develop it even further, and in hindsight, I never gave it a thought whether it was going to work out or not, let alone be a career.

I had already seen a numeric pattern in my system, yet a family tree is enormous and it presents warts and all. Difficult for some family members to accept or even express, but its personalised, identified events, relationships, situations, people, me and my life and many more areas to me and so I came to my unique formula. And the rest as you say is history.

Twenty years on, I continue to develop my formula and each year as people and events challenge me, I am able to go deeper and confirm my system and get to understand people, countries, companies, more and more and I love it.

Since those days, I have taken my system even further, in finding an ancient system pre –nineteen hundreds - I spent over 15 years researching and developing it. An American Numerologist and author was given the formula in late 1890's by another numerologist but it took her 20 years to write her first book, she recalled this information and wanted to insert it in her book but all she had was what was written on a piece of paper and no memory as to its workings, so she inserted it verbatim stating "here it is, see if you can work it out". I did.

It was a challenge and so exciting to get it working, it reaffirms my system, makes you able to check against the acts of each and together they confirm the information.

I now use it daily with my unique formula. I started teaching my system in 1996 and from 2012 have incorporated this system along side mine.

From the very beginning, friends asked tons of questions, they referred their friends and as word of mouth is everything, Sandy's Numerology started to take shape and move more to the front stage and my music career was slowing taking a back seat.

The first recognition was when magazine journalist Sandra Peddie contacted me to do my first article in a motherhood magazine, soon after she approached me to do a huge spread for Essentials Magazine. This was incredible for me.

In between this, I appeared on a sport TV show hosted by rugby player and host Kobus Wiese, the momentum grew, then appeared on singer Nataniël's TV show – each time I was gaining a new audience and potential clients.

From there on, I appeared in many magazines, wrote for many magazines, and appeared on so many radio and TV shows.

Finally, I had my own TV show in 2003 and 2004. This was a huge success and thanks to Hannali Bekker - Head of SABC TV 3, Di Rosen(the photo with me, Di Rosen is the one with dark hair the producer of the show and the other is the hair &

makeup artist DO YOU WANT HER NAME?? – will get it in the meantime– three of us in the picture) and crew, the participants, the viewers, Sandy's Numerology and I became a household name.

My numerology career had taken off.

As the years rolled there were many appearances, talks, features, interviews, challenges to predict the outcome of major events, one being the 2010 Soccer World Cup, which I did, Spain. I would set the stage for the start of each global year and predict politics (Obama coming in for first and second term), the demise of Enron & Worldcom, to a problem round Bush & the USA – which landed being the September 11, 2001 awful day, the market crashing in September 2001, the upswing of the gold price, and more recently the ripple effect of the Northern Hemisphere 'heart attack' as I call it, that continues today, to the weather – Hurricane Sandy – weird feeling having my name, to the deal between Bharti & Mnet and Nedbank's attempted hostile takeover of Standard Bank and that both would never take place, and Julius Malema his fall from grace and the taxman's entrance into his life, which is far from over etc.

I continue to appear as a guest on TV, in the press and on Radio each year."

Women's Choice: What are the benefits and is your job worth it?

Sandy: "Learning about people how they think, why 'things' happen, what to learn from it. I am curious about people and their lives, curious about countries, global events, through to stock markets and companies, to crime and criminals. I love helping and understanding people, I love working out who we are, why 'things happen' to us, how we react or respond to life situations, and see similarity to how we tick and how we handling things all through to the outcome. I enjoy assisting parents in choosing correct schooling for their children to teenagers making their subject and later study choices to lead them into the correct careers.

It is wonderful to see my clients and students grow and achieve.

It seems from my music career to this career, I am basically doing the same.

As I guide, give advise and assist, I learn so much more about myself. I really get to understand people (and importantly, I learn for and about myself in the process).

The questions they bring, can be anything, from career, marriage, babies, money, investments, divorce, death, etcetera, to the events and situations they finds themselves, I see their situations with clarity as I am not intimately involved and in so doing I help them make the correct decisions they need to make in their life,. I help them be more aware, watch how they grow as individuals.

The response of “thanks for helping me, or you were right” or a client returns with the next question or situation only makes me continue to delve deeper and expand wider.

I get to understand so much about human behaviour and am happiest when guiding and helping, oh, and researching – I love it.

Technology has been incredibly beneficial for me, with Skype, clients and students residing in and outside of Johannesburg and South Africa, they don't have to travel to me, through a simply click we are connected along with cell phones, I-pad or laptops I can be anywhere in the world, go on holiday, yet can still be there for all at a moment's notice.”

“Most definitely my job is worth every moment! It is extremely rewarding and motivates me each and every day.

Not only do I see clients, in teaching my system (for well over 15 years), I continue to delve even deeper as each student has ‘a situation, a question or an interest specific to themselves’, I broaden my knowledge and grow my system.

To do something you love is a pleasure and there is nothing better than doing something you love and earning at the same time - to help people and things work out, oh boy, this is pure motivation.

That my friends, clients find me balanced in seeing both sides they believe and listen to me, regard my

accuracy, opinion, advice and reasoning, and when they follow-up and I hear they are through tough moments or and the media see the value in my system, my prediction have come to fruition - it's a joy - it makes me happy and I smile.”

Women's Choice: What other experiences have you had which might have contributed to your success?

Sandy: “I almost feels that from a very young age I did not have a hand to hold that would love, guide and be there for me, so I had to find my own way. My willingness, curiosity, to watching others, listening, hearing and learning from others from a very young age, to my defiance, optimism and spontaneity have probably helped the most. I don't feel that I have missed an opportunity or that feeling negated kept me back.

Being so spontaneous, and optimistic, not much would keep me down, anyway. I am eternally hopeful by nature. I believe that your childhood experiences whether good or bad, happy or sad, help you later in life one way or another and you always have freedom of choice.

I have always been intrigued by people, and my curiosity, has lead me to do what is natural to me and that is to work with people, sort their lives out whether it was an artist or now a client. I come from a ‘reading books’ background, and have collected biographical books on people, whether famous or infamous, to criminal case, psychology, politics and major world events and these interests obviously would be foremost in what I would do and now I use my system to understand and explain them.

Life is fascinating!”

Women's Choice: How has your family assisted, or impacted, your career?

Sandy: “From my family, unfortunately or fortunately, little to no support at all.

I too have had many of the ‘negatives’ happen in my life that many family's have and realized how this was what I had to learn, in a way, is a positive. My mother always put me down in front of everybody, yet I bounced around and made it

through the various stages of my youth and teens and left home at age of 17 and have been supporting myself ever since.

I listened to their 'nonsense', tried to work it out, why they behaved the way they did, deep down it broke me, but I continued going forward. I always rise defiantly. I have had to create a 'fair' distance between family, and myself, I am so much happier, and more focused.

We all have to discover that we are all truly one of a kind' and cannot be compared to anyone.

I lost myself to so many 'others needs', compromise is the word, along the way and every now and again I had to take a step back and look for me. My numerology system changed all of that, made me realise so much about my life and myself and was what I wanted all along.

My system helps me daily, it explains clearly, where I am, the choices I have, to the decision I make. It explains and makes you aware of the (potential) events in a day, day, and month of every year.

Funny how I continue to be involved in the needs of others – this was my 'calling' all along.

However, Two long standing very close friends of over 20 and 30 odd years have been there, believed, backed, listened, and supported me too. Not forgetting along the way, many social, work colleagues, and many friends in general have guided and shown belief and trust in me.

I know I have made my life, and my career happen."

Women's Choice: What other courses have you done previously or are doing currently?

Sandy: 1. Currently studying a course in Chirolgy - the study and analysis of your hands.

2. Face Profiling in 2007 with Martie Mare.
3. Graphology (handwriting Analysis) in 2000 to 2002 with Harriet Issarow.
4. Sumi-E – Japanese painting 2001.
5. AIRS Astrology Institute in 1996 and 1997.
6. Tarot – 1995.

"After doing the tarot, which was okay at the time but it did not give me enough of the answers I was looking I moved on to study Astrology, as it is a science. I wanted to see if it would be as specific in identifying an individual, not generalise people maybe even backup my numerology system, and it did, although if you do not have your exact time of birth a rectification is required and therefore may be out by a small degree yet it can be a large degree as well which may just shift your information out completely. This was a bit of a concern, I wanted complete accuracy.

Graphology and Face Profiling came much later, they too validated my system, and both are fascinating subjects.

Chirolgy - Having had my hands assessed twice before, I signed up in April 2013 to study it, as it too has an intrinsic link to my numerology."

Women's Choice: Do you belong to any Association or support any other Organisation?

Sandy: "I support three charities a year varying from animals, children, feeding schemes, disability associations, and women's shelters.

Have supported Boksburg Ann's Rotary Club and raised a lot of money for The Guide Dog Association, raising enough money for new puppies, their training, to the hand over to a brand new owner and the training of a younger replacement dog for an existing guide dog owner. (A guide dog reaches a certain age and a new dog is required, the owner tends to keep the older guide dog as well). The Boksburg Ann's Rotary Club awarded me for my contribution to The Guide Dog Association.

I belong to the Astrology Society of South Africa and enjoy attending two other new Astrology organisations."

Women's Choice: What and who inspires you?

Sandy: "I love it when you 'click' with someone or about something. Am inspired by people who make it, as they are as challenged to survive and make it as I am, and importantly to the people that took a chance on me."

To the people that were catalysts in my life, I thank:

1. Sheila Stone on introducing me to Lisa Hogarth
2. Lisa Hogarth a great boss and her sense of humor to this day!
3. Peter Lotis for caring enough to guide me to take the next step out of the behind the scenes music publishing into the bigger platform of the music world – the Recording Industry.
4. Carol Scott – Imperial Car Rental – I had worked for her in the 70's for a few months, she said whenever I want to come back I can, I did, I needed a car and I thank her for loaning me a car in 1989, which I used for a few days only, whilst she unknowingly motivated me to take the plunge and buy my first car.
5. The late Michael Hill son of a famous musician and record producer Dan Hill - for giving me finance to buy my first computer in 1989. Single women could buy a car but could not buy a computer without a male or parental signature. (LOL)
6. The late Ralph Mogridge – TV producer for being a catalyst to me starting my first company.
7. Melina, best friend, oh boy, this is a big one, for always being there, non-judgmental, supportive, balanced, grounded, a pillar of strength, the editor of my work, the list is endless.
8. Trevor, best friend, how we have laughed, discussed, argued, cooked many a meal, and seen one another through thick and thin.

“Initially people were weary of Psychics, Astrology, Clairvoyants’ and Numerology. Times have changed and the following people have been a catalyst, took chances, were part of building me, and helped my business immensely in my new direction. I could not have done it alone, some of the people and my biggest turning points were:

1. Sandra Peddie – Essentials Magazine PR and journalist.
2. Nataniël – for having me as a guest on ‘Another Life with Nataniël’ (talk show '98, '99).



3. Kobus Wiese, SA rugby player for trusting a colleague to have me on his SABC TV sports program to predict the Cricket World Cup in 1999.
4. Frith Paris (- then Editor of) Essentials.
5. Prina Fenster - Editor of Marie Claire & now Glamour.
6. Tidi Benbenisti – sub editor of People Magazine for editing my page and reminding me of my prediction in July 2001 regarding the USA's awful day, September 11, 2001 and President Bush.
7. Hannelie Bekker (at the time was) Head of SABC TV 3 Programmes/ GM, for taking a chance, venturing into my world, agreeing to do ‘Sandy's Numerology’ a 13 part TV show 2003/4.

This show changed my life and made me a household name.

8. Di Rosen friend and TV producer produced my TV show in 2003/4 for SABC TV 3 and launched many of my new South African artists on TV throughout my music industry career.
9. Alexander Levine, Advertising executive, author and wife of famous South African couturier Chris Levine featured me in a chapter in her book titled 'Out of this World' - as the new democracy had changed and opened up, South Africa was definitely more open to the spiritual world.
10. Roberto producer of SHIFT on SABC TV 1 - big thanks to you and your team and years of appearances exposing me into the many homes in sub-Saharan Africa.
11. The national and regional newspapers, magazines, television and radio stations from Kaya FM, Radio 5, 702, Cape Talk, P4 in CT (now Heart FM), SAfm, SABC TV, SAfm, Kyknet, East Coast Radio, Mnet, ETV, and many who continuously invite me on air.
12. Carla Van Der Spuy, author of "Man or Monster" & "Mense of Monster" for featuring me in this book on crime and criminals published in December 2012 and the English book released in January 2013.
13. Finally to Onlinemags and the Women's Choice Magazine for giving me the opportunity to tell my story, un-cut and straight up.

I am inspired to put my system to work when watching documentaries whether the news, stock markets, a person's life, watching real life experiences, situations, actual incidences, especially when they happen live.

I am also inspired by truthful, thoughtful, sensitive and kind people, to entrepreneurs - people who give of themselves, people in general, of all ages, races, and religions from around the world and who are interested in understanding their life and who they are."

Women's Choice: What advice can you offer our readers?

Sandy: Be in your life in the "now", there is no past life (*that you know of*), this is your life, be in it, do it, see yourself in it each day, see yourself in the picture that you have obviously invited into your life, look for repeat patterns, ask yourself why and what do I have to learn (from a situation or event) and/or what is it that I am not seeing. Know that you chose to put yourself 'there', and there must be something to learn, something that one must try and see - if you do, you can overcome anything.

If you are willing, the Universe will help guide you through. If you are stuck, speak up, ask, tell, listen, but you have to be willing to hear and if you are, you will grow.

And, finally, know that numbers are everywhere in your life, every day, every moment, from your car registration, your home address, your office address the floor in the building, the clock – time is full of numbers and in your life every moment of everyday, the name of the company you work for (it includes letters of the alphabet as they have a numeric value) and if you understand your numbers, the meaning of numbers, you can explain and understand anything.

When it gets to my Numerology, there are many ways to assist. My system covers all areas of an individual, or entity, an event, a country, stock markets or a company.

My client base varies from a young 9 year old to a person 90 years old. I work with individuals, couples, children, relationships, partnership, business, career, health, wealth, to politics, companies, stock markets, national and international sports games, court cases, oh, the list is endless.

Examples of areas covered are:

1. Money, investments, stock markets, property
2. A person's life: health, career, parents, siblings and intimate relationships, marriage, children – how many or twins, affairs, divorce, accidents, loss, legal, studies, relocation, adoption, pets, own business, fraud – you name it my system covers it.
3. Business: partnerships, promotions, new job, starting your own business, relocation.
4. Regarding death - should the question arise it is handled very carefully with each individual.
5. Crime etc.

If there is a date, a name, a day, a time, if it has numbers and letters, there are answers, and explanations.





Improve to Make
a Better

SOUTH AFRICA

Thabang Maboya was born in Soweto; he grew up in Jabulani, Molapo and Pimville. He was raised by his grandmothers, interesting bit very confusing at times, each had their own tried and tested child rearing methods at the time.

Thabang's paternal granny always spoilt him and has always been over protective. Pampering him with goodies and ensuring his two brothers, six cousins were well taken off.

He spent most of his childhood with his maternal grandmother Phindi Mthembu, the woman who influenced his life until this day. Thabang's grandmother's house was the safe house for youth leaders of the 1976 Soweto Youth Uprising.

His primary schooling was in Soweto, later he moved to the rural village of Pagsdraai, Zeerust where he matriculated at a boarding school in Tlhabologo; Mafikeng called Barolong High School in 1992.

After matriculating he had an opportunity to join the SA Navy. This was an eye opener as it provided a new world beyond the normal job professions. This also taught him discipline and focus. Also having worked as a trauma debrief consultant, a sexual health counselor and general interactions with people allowed him to be empathetic. This roused that the importance of business one needs to be able to understand the issues from another's perspective.

Thabang explains; "Even though I lost interest in business during my schooling days it remained at the back of my mind and whilst pursuing a career

in Educational Psychology at Vista University (Soweto Campus), entrepreneurship remained paramount in my goals list. I registered a company whilst doing my B Ed (Hons) degree whose interests were in events production, management and later ventured into artist management."

"I'm influenced by Steve Biko and Black Consciousness philosophy of striving to empower oneself, not to be dependent on others for a direction you want your life to take. I saw entrepreneurship and business as the only liberating tool that although influenced by external factors provides one with drive to succeed and ensuring the cycle of poverty is broken."

"The will was to succeed and make a change, in the schooling years it meant going an extra mile to ensure I received good marks and participated in extra mural activities offered both at school and in the community."

Thabang adds; "I have the passion to work with people; ask questions pertaining to how they live their lives, suffering they experience and how institutions both government and private can assist. This was through research projects conducted by our Sociology Class with assistance of Khula Enterprises. The hardships experienced by South Africa's communities I general and families in particular planted a seed in me to strive to ensure that I first succeed but moreover be an agent of change to society.



In 2007 Bruce Maleka, Thabo Nyalunga and myself registered Qhumisa Research Consulting and Solutions as a tool to improve and make better a South Africa. Qhumisa was contracted by Nexus and Research ICT Africa (RIA) to conduct surveys on ICT usage and barriers to access. This provided us an opportunity to understand youth career choice patterns and difficulties encountered when pursuing career paths reserved for the affording families. We took it upon ourselves to partake in this transformation by popularizing these careers, whilst making available funds for deserving youth to partake in sectors such as Aviation."

"It also pleases me by seeing a positive change in

others. The power to influence and change society for the better provides me with great satisfaction."

"I had managed to be trained and work for organizations interested in the wellbeing of society and continue to support these institutions, Bee Courtwise, Teddy Bear Clinic, South African Sexual Health Association (SASHA), Tebogo Trust and lately Sakhikamva Foundation. The Sakhikamva Foundation is aimed at introducing Aviation to kids at primary schools and encouraging a choice of Mathematics and Science studies to inculcate a shift towards this sector. Fatima Jakoet, a female coloured Pilot employed by SAA and operates from Cape Town."



“I will always have the support from my immediate and extended family, friends and colleagues.”

We asked Thabang what inspires him; “I’m inspired by the will to succeed and make others succeed. Also, any individual whose goal is to contribute positively to lives of others inspires me as well.”

“Education is the only thing that cannot be taken away from you, empower yourself through information and use that information to better yourself and others. South Africa and the world is abandoned with possibilities, make it your mission to partake in these for betterment of humankind.”

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Financial Compatibility

Money is a topic that couples argue about the most. Money is also cited as a major reason for relationships and marriages being brought to an end. It's rather surprising then that couples spend years to get to know each other on many levels, but don't place an emphasis on determining their financial compatibility.

By Bonita Erasmus

It's a delicate topic, especially in the beginning of a relationship. But getting to know your spouse's attitude towards money is just as important as finding out whether they're interested in having kids one day. For some reason we feel that money is a taboo subject, so we rather try to avoid talking about money, until a problem arises.

It is important to discuss your financial ideals early on in a relationship. If you leave it too long, you may be tempted to overlook financial incompatibility due to being bowled over by that wonderful drug we call love.

Historically, marriage used to be an economic transaction which preceded the act of love.

Today, it works the other way around. We should realise that marriage is an important financial decision that one makes. It is therefore important to know what you are getting into financially, before getting married.

So what is financial compatibility?

Being compatible means getting along and having similar values. When we bring finances into the mix, this means taking into account spending and saving patterns. Do you place the same value on money?

Some people place an emphasis on saving and building wealth. They feel more comfortable when there are financial systems and structures in place.

I know of a husband who was rather upset to find out that his wife had been putting away savings on a monthly basis for the last 10 years. He is obviously the spender in that relationship and keeps reminding her of the thousands of Rands she has stacked away when they want to splurge on a lifestyle item. It's causing some friction...

Others tend to place an emphasis on lifestyle and living in the now. If your partner is not living within their limits and is spending money excessively then this could impact your financial status somewhere down the line.

As a couple, you need to put a financial plan. Where do you see yourself in 10 years time, and how are you going to get there? This will ensure that you are both working towards the same goal.

Think of a relationship as a partnership. Both parties need to play a role in creating the environment that you live in. Both partners need to then act on what's best for the partnership (family).



If your lifestyle choices and financial vision in not compatible, then you will run into problems in the future. Yes, you can meet each other half way, but there will still be a lot of friction.



Food Corner

Apricot Chicken

Serves 2

For a change we have written this recipe for two. Use skin-on chicken thighs for maximum flavour. The number of thighs depends on the appetite of the diners.

¼ cup (60 ml) hot water
1 x 25 g Ina Paarman's Liquid Chicken Stock
2-4 chicken thighs, skin on
Ina Paarman's Chicken Spice
½ cup (100 g) dried Turkish Apricots
± ½ cup (125 ml) Ina Paarman's Peach and Apricot Chutney

METHOD

Mix the Liquid Chicken Stock with the water.

Pour it into the ovenproof dish.

Adjust the oven rack to the middle position.

Preheat the oven to 180°C.

Season the chicken lightly on all sides with Chicken Spice.

Place, in a single layer, in the prepared dish, skin side up.

Slot the apricots, in-between the chicken portions.

Pour and spread the Chutney all over.

Bake; open, for ± 35 minutes until the chicken is nicely browned and sticky.

Excellent with potato salad.



Butter Curry Chicken with Coriander

Serves 4

A delicious quick and easy supper solution.

1 x 4 chicken breasts, cut into cubes
2 t (10 ml) Ina Paarman's Masala Spice
2-3 T (30-45 ml) canola oil
1 x 200 ml Ina Paarman's Butter Chicken Coat & Cook Sauce
¼ cup (60 ml) Ina Paarman's Coriander Pesto (OPTIONAL)
fresh coriander to garnish

METHOD

Season chicken with Masala Spice.

Preheat a heavy based frying pan, add the oil and chicken cubes and cook until just done and browned all round.

Add Butter Chicken Sauce - stir to blend with chicken and bring to the boil.

Add Coriander Pesto, just warm through.

Serve with rice and garnish with fresh coriander.



Chicken à La King

Serves 4

4 chicken breast fillets, each cut across the grain into 5-6 slices or 400g whole mini fillets

Ina Paarman's Chicken Spice.

1 Tbsp (15ml) butter

2 Tbsp (30ml) olive or canola oil

200g button mushrooms, sliced

2 Tbsp (30ml) Ina Paarman's White Sauce Powder

1 cup (250ml) full cream milk

1 x 25g sachet Ina Paarman's Liquid Chicken Stock

METHOD

Lightly season chicken with Chicken Spice.

Heat butter and oil in a frying pan.

Add chicken, cooking on both sides until just lightly browned.

Add sliced mushrooms

Stir-fry with chicken for 1 minute, just to develop the flavor. Mix the White Sauce Powder with a little milk to form a slurry then add it, with the rest of the milk and the sachet of Liquid Stock, to the cooked chicken.

Bring to the boil for 1 minute. Serving Suggestion Serve with rice or tagliatelle noodles, accompanied by vegetables or a salad.



Slimmer's Vegetable Broth with Cabbage

Makes 12-14 portions

This soup is quick to prepare if you have a food processor to do the grating and slicing.

3 large carrots, scraped and grated

1 large onion, grated or finely chopped

2 large celery sticks, finely sliced (optional)

2 large leeks, finely sliced

A generous handful of parsley, roughly chopped

4 cloves of garlic, finely sliced

1 small red or green cabbage, finely shredded

½ bunch of spinach, well washed and finely shredded

6 T (90 ml) Ina Paarman's Vegetable Stock Powder

3 litres of hot water

1 t (5 ml) Ina Paarman's Garlic & Herb Seasoning

2 t (10 ml) Ina Paarman's Green Onion Seasoning



METHOD

Put all prepared vegetables in a big saucepan. Sprinkle the stock powder over and add the water.

Boil for 25 minutes.

Add seasoning to taste.

If preferred you can liquidise the soup to get a smooth texture.

Keep some in the fridge and freeze the rest in portion sizes.

Microwave and serve hot.

Fish Pie with Crouton Topping



Serves 4

A delicious treat for Easter Friday.

600-700 g very fresh or freshly frozen hake (stock fish) boned with skin on

Ina Paarman's Masala Spice

2 T (30 ml) canola oil

1 T (15 ml) butter

1 onion, finely chopped

2 T (30 ml) Ina Paarman's White Sauce Powder

1 x 25 g Ina Paarman's Fish Stock Concentrate

1 cup (250 ml) boiling water

½ cup (125 ml) fresh cream

¼ cup (60 ml) chopped parsley

1 cup (125 g) cherry tomatoes, halved

Ina Paarman's Masala Spice

TOPPING

2 cups (500 ml) of cubed ciabatta or French bread

2 T (30 ml) melted butter

1 T (15 ml) olive or canola oil

1 t (5 ml) Ina Paarman's Masala Spice

METHOD

Adjust shelf to middle position.

Preheat the oven to 180°C.

Season the fish with the Masala Spice.

Warm oil/butter mixture in a heavy based non-stick pan.

Lightly fry the fish until golden brown on both sides.

Flake the fish with two forks into large pieces. Keep on one side.

Stir-fry the onion, in the same pan, until soft and golden.

Sprinkle White Sauce Powder over and stir to blend.

Mix Fish Stock Concentrate with boiling water and cream.

Add to the pan and stir to cook for one minute.

Remove from heat.

Add parsley and flaked fish.

Season tomatoes lightly with Masala Spice

TO ASSEMBLE:








Dish fish and sauce into a medium size ovenproof dish.

Top with seasoned tomatoes.

Toss cubed bread with butter, oil and seasoning and sprinkle over the fish.

Bake for 15-20 minutes until topping is golden.

VARIATION

Use Kingklip or       

Creamed Corn Bake

Serves 8 as part of a buffet or 6 as the main course with bread and a salad.

I made this for an office lunch and was pleasantly surprised that such a simple and economical recipe got such an enthusiastic response. The mixture remains quite soft and is best served with a spoon rather than cut into wedges.



½ T (7,5 ml) butter

½ T (7,5 ml) canola or sunflower oil

1 large onion, finely chopped

1 x 400 g tins creamed sweetcorn

1 x 400 g tin of whole kernel corn

2 eggs, beaten

2 x 200 ml Ina Paarman's Ready to Serve Cheese Sauce

1 cup (250 ml) mature cheddar cheese, grated

2 T (30 ml) chopped parsley

Ina Paarman's Chilli & Garlic Seasoning

2 T Ina Paarman's White Sauce Powder

Preheat the oven to 180°C.

METHOD

Sauté the onion in a mixture of the butter and oil until soft and golden brown.

Add White Sauce Powder.

Remove from the heat and add the sweet corn, eggs, cheese sauce, ¾ cup of the cheese and chopped parsley.

Dish into a medium size ovenproof porcelain flan or pie dish. Top with the remaining ¼ cup of cheese and sprinkle lightly with Chilli & Garlic seasoning*.

Bake for 35-40 minutes until golden brown and soft set in the middle.



Chef's Tip:

Can be pre-prepared up to this point. Bake before needed.



Service, Food, Presentation
Ambience, Decor and Location

Rating: ★★★★★

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NO persons under the age of 18

3Sixty

Liquid Lounge
is located in
Montecasino,
Fourways
Sandton

situated on the casino floor. The OnlineMags team went on an outing one Friday, to experience both the relaxing ambience and the exceptional food at this newly, yet well known restaurant.

Might I add for the ladies; from the parking lot to the restaurant is a rather stony path, so lose the high heels. The restaurant is extremely modern, innovative yet at the same time very cosy, with a great many artifacts' which are tastefully displayed.

The superb cuisine is best described as contemporary yet a slight fusion inspired from many places around the globe. Let's start with the welcome drink. The Italian Hugo which has

an elderflower syrup mix with sparkling wine, soda water and mint leaves. It had a refreshing crisp taste perfect to start the evening off.

Quite a unique way of contemporary modern fine dining the menus were presented in the form of a electronic tablet. Very unique if I might add that again. It makes your experience somewhat more interesting and unforgettable.

Starter

A combination of canapés that the Chef suggested for our starter.

Tempura prawns, beef skewers, Quattro mini lamb burger with cream cheese, hummus and tzatziki. All complimented beautifully with two sauces.

The wasabi mayo and Chef's signature barbeque sauce.

Mains

Aged Karan Beef Fillet with Shimiji Mushroom, Carrot Purée, Stir-Fried Vegetables, Shoestring Chips & Beef Jus and my colleague had the Lamb Fettuccine with Snow Peas, Roast Plum Tomatoes & Parmesan Shavings

My Beef fillet was cooked to perfection just the way I ordered it.

Dessert

Chefs' Choice Häagen-Dazs Ice Cream or Sorbet with a Paired Shooter

One of the best desserts I have ever had. The presentation had a playful yet sophisticated twist which makes every bite absolutely guilt free.

The rest of the evening was followed with a range of cocktails and shooters.

Black forrest cake (shooter):
Creme De Cassis and creme De Mure, cream and chocolate cigar

Jelly baby shooter
Banana liqueur, blue curacao, amarula grenadine and jelly baby

Candy Floss

Vodka, candy floss syrup with candy floss strings. The candy floss syrup is especially imported.

Truly a unique experience, the food was fantastic as well as every presentation of every course.

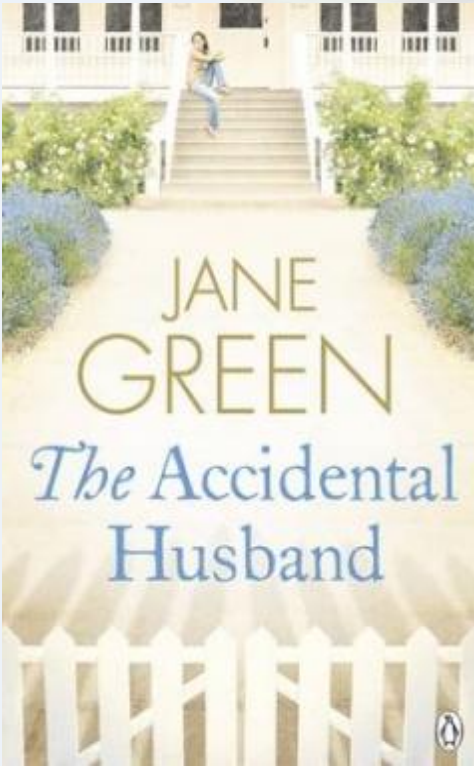
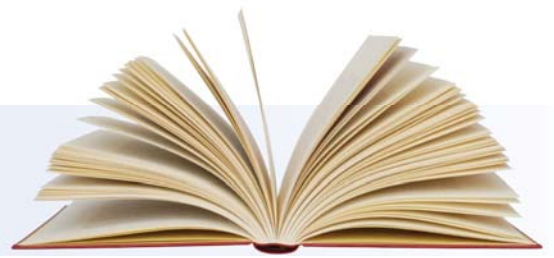


3sixty also boasts sushi for those who love eastern cuisine.

The cigar lounge which has a selection of cigars to choose from and all round live entertainment that just set off a perfect night.



http://www.montecasino.co.za/entertainment/dining/restaurants/Pages/3SIXTY_Liquid_Lounge.aspx



The Accidental Husband

Author: Jane Green

ISBN: 9780718157562

Recommended Price: R200.00

About the book:

Maggie and Sylvie are perfect strangers: two very different women, living very different lives on opposite coasts. But they share more in common than they could ever imagine. Both women have beautiful children on the verge of flying the nest, the home they worked hard to build and always longed for, and a handsome and devoted husband they can't believe belongs to them. Both women think their lives are seamlessly secure, but they couldn't be more wrong...

For each is about to discover a secret that will shake their world to the very core, throwing into doubt everything they ever thought they knew, and bringing Maggie and Sylvie together in the most unexpected way.

Never Let Go

Author: Gareth Crocker

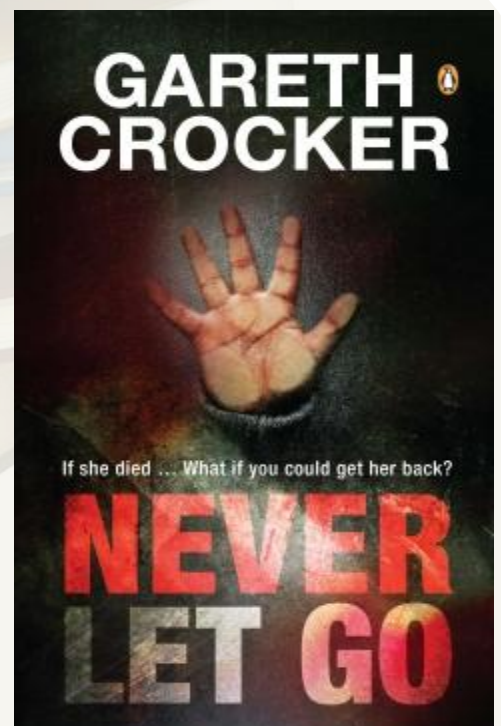
ISBN: 9780143530855

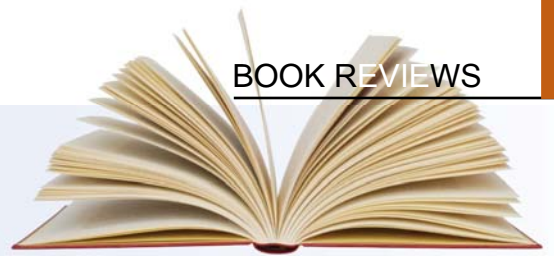
Recommended Price: R195.00

About the book:

As he presses a revolver to his head, Reece Cole sees his little daughter's handprints on the windowpane. One last, painful reminder of her all too short life. But then he notices something about the handprints that defies belief. Something that verges on the impossible.

He spends the next few days frantically trying to make sense of what is happening. Then a stranger stops at his gate with a small grey envelope. Inside is a single white card, inscribed with six breathtaking words: I can bring your daughter back.





Out of the Easy

Author: Ruta Sepetys

ISBN: 9780141347332

Recommended Price: R120.00

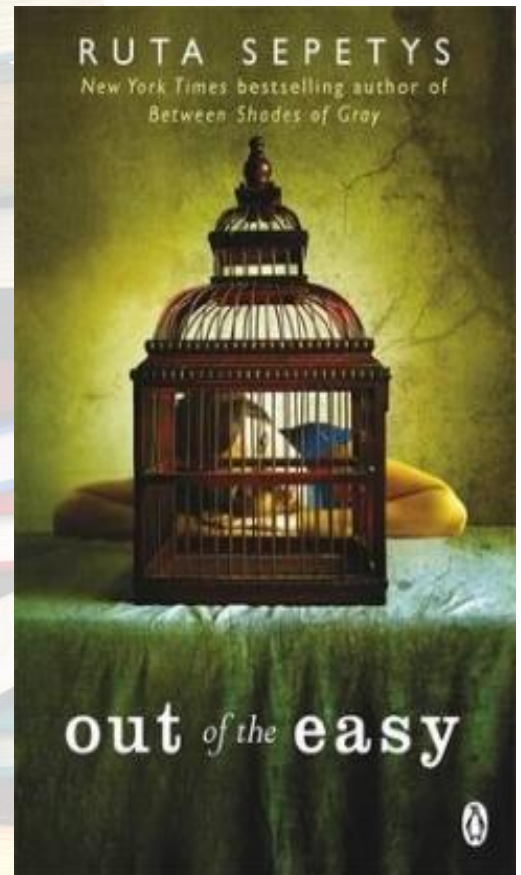
About the book:

"Out of the Easy" is set against the vivid backdrop of 1950s New Orleans. Written by "New York Times" bestselling author Ruth Sepetys, this novel has something for everyone: love, mystery, murder, blackmail and warmth. Josie Moraine wants out of The Big Easy - she needs more than New Orleans can offer. Known locally as a brothel prostitute's daughter, she dreams of life at an elite college, far away from here. But then a mysterious death in the Quarter leaves Josie caught between her ambition and a clandestine underworld. New Orleans is luring Josie deeper in as she searches for the truth, and temptation beckons at every turn.

Praise for "Between Shades of Gray":

"This superlative first novel by Ruta Sepetys demonstrates the strength of its unembellished language. A hefty emotional punch". ("The New York Times").

"...moving and heart-wrenching". ("The Guardian").



Finding Cherokee Brown



SIOBHAN CURHAM

Everything changes when you dare to dream...

Finding Cherokee Brown

Author: Siobhan Curham

ISBN: 9781405260381

Recommended Price: R125.00

About the book:

Everything changes when you dare to dream ...When I decided to write a book about my life I thought I'd have to make loads of stuff up. I mean, who wants to read about someone like me? But as soon as I started writing, the weirdest thing happened. I found out I wasn't who I thought I was. And I stopped being scared. Then everything went crazy! Best of all, I discovered that when you finally decide to be brave it's like waving a wand over your life - the most magical things can happen...

Music Review



Jane Monheit

The Heart Of The Matter

On an homage to great songwriters and voices from across a variety of musical genres, Monheit has crafted a carefully chosen an eclectic selection of twelve tunes ranging from 'Golden Slumbers / The Long And Winding Road' by the Beatles to Buffy St. Marie's 'Until It's Time For You To Go' to 'Depende de Nos' by Ivan Lins; finishing it off with her take on the *Sesame Street* classic, 'Sing,' a song she often sings for her young son Jack.

In addition, *The Heart Of The Matter* contains the first song recorded by Jane on which she has written both the words and the music, 'Night Night Stars.'



Tate Stevens



Tate Stevens

The *X Factor* Season 2 winner and Syco Music/RCA Nashville recording artist Tate Stevens' self-titled debut album includes three songs that Stevens co-wrote. The lead single, 'Power Of A Love Song,' encompasses a traditional country sound that solidifies Stevens' authenticity in the genre as he makes his highly-anticipated debut.

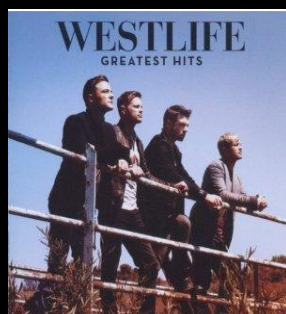
GAC raves that 'the ballad showcases Tate's baritone voice,' and *Roughstock* adds, 'This is the kind of song that helps set Tate Stevens apart from the pack of newcomers. His voice is a voice which rivals quite a few top stars with more depth and emotional punch.'

This Month We Are Listening To

Greatest Hits

Westlife

In the tradition of British and Irish boy bands like Take That and Boyzone comes Dublin's Westlife. The group's first single, 1999's "Flying Without Wings," entered the U.K. charts at number one, a feat they replicated with "Seasons in the Sun" and "Swear It Again" in 2000. The trio are back with a Greatest Hits album of all the songs that we all love..

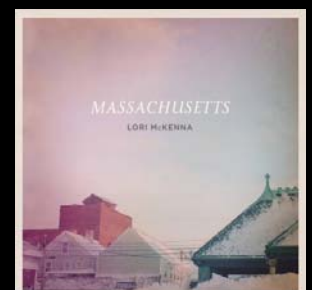


Lori McKenna

Massachusetts is an ostensibly real place. But *Massachusetts* is also a symbolic name for the emotional geography of Lori McKenna's songs.

There are strong resemblances between Lori McKenna's *Massachusetts* and the real thing. Both are infused with history, where every turn takes you down some road with a tale to tell, maybe a story of your own or of the ones who came before, with hopes and dreams and loves and losses just like yours.

They are places of extremes, where love can be a perfect summer day or a bleak November sky, and life can be as wistful as the dead of winter reminiscing of a greener spring.





MOVIE REVIEW

Safe Haven

You know it when you find it. An affirming and suspenseful story about a young woman's struggle to love again.

When a mysterious young woman arrives in a small North Carolina town, her reluctance to join the tight-knit community raises questions about her past. Slowly, she begins putting down roots, and gains the courage to start a relationship with Alex, a widowed store owner with two young children. But, dark secrets intrude on her new life with such ferocity that she is forced to rediscover the meaning of sacrifice and rely on the power of love.

Genre: Romance, Drama, Thriller

Cast: Josh Duhamel, Julianne Hough, Cobie Smulders, David Lyons

Release Date: 10 May 2013, Friday

Director: Lasse Hallström

Music: Deborah Lurie



Tyler Perry's Temptation

“He who commits adultery lacks sense; he who does it destroys himself.” – Proverbs 6:32

An explosive romance about forbidden desires, this is the story of Judith, an ambitious married woman whose temptation by a handsome billionaire leads to betrayal and recklessness that alters the course of her life.

Genre: Drama

Cast: Jurnee Smollett-Bell, Lance Gross, Kim Kardashian, Vanessa Williams, Robbie Jones, Brandy Norwood

Release Date: 17 May 2013, Friday

Director: Tyler Perry

Music: Aaron Zigman



The Great Gatsby

The story follows Fitzgerald-like would-be writer Nick Carraway as he leaves the Midwest and comes New York City in the spring of 1922—an era of loosening morals, glittering jazz and bootleg kings. Chasing his own American Dream, Nick lands next door to a mysterious, party-giving millionaire, Jay Gatsby, and, across the bay from his cousin, Daisy, and her philandering, blue-blooded husband, Tom Buchanan. It is thus that Nick is drawn into the captivating world of the super-rich, their illusions, loves and deceptions.

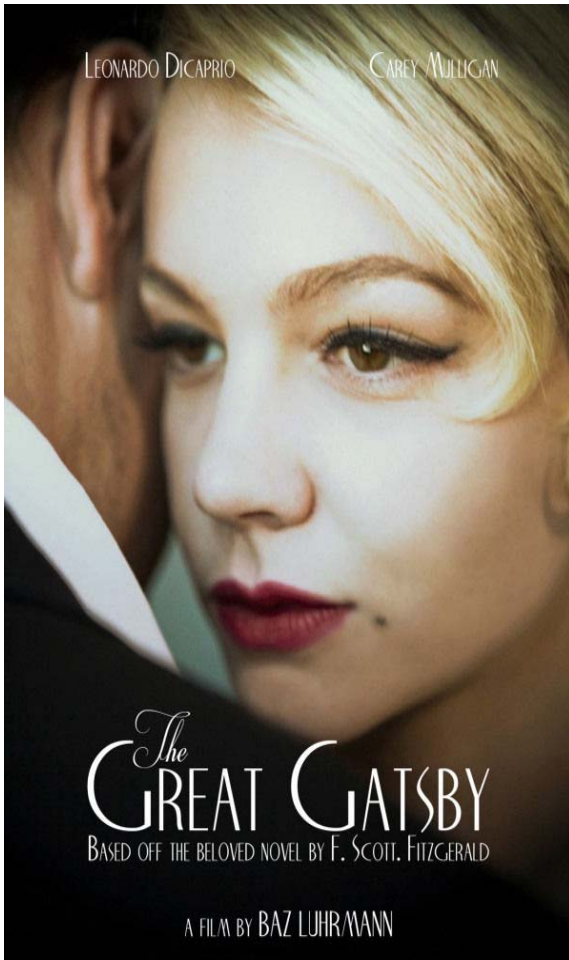
Genre: Drama, Romance

Release Date: 17 May 2013, Friday

Music: Craig Armstrong

Cast: Leonardo DiCaprio, Carey Mulligan, Joel Edgerton, Tobey Maguire, Isla Fisher, Jason Clarke, Elizabeth Debicki, Amitabh Bachchan, Jack Thompson

Director: Baz Luhrmann



Trishna

How far would you go for love? Trishna is the eldest daughter of a poor family in Rajasthan, India who works in a nearby resort to help pay the bills. Jay is the wealthy son of a property developer who takes up managing the resort at his father's request. When he meets Trishna at a dance, their fates become intertwined. Jay finds every opportunity to win Trishna's affection, and she accepts his efforts with shy curiosity.

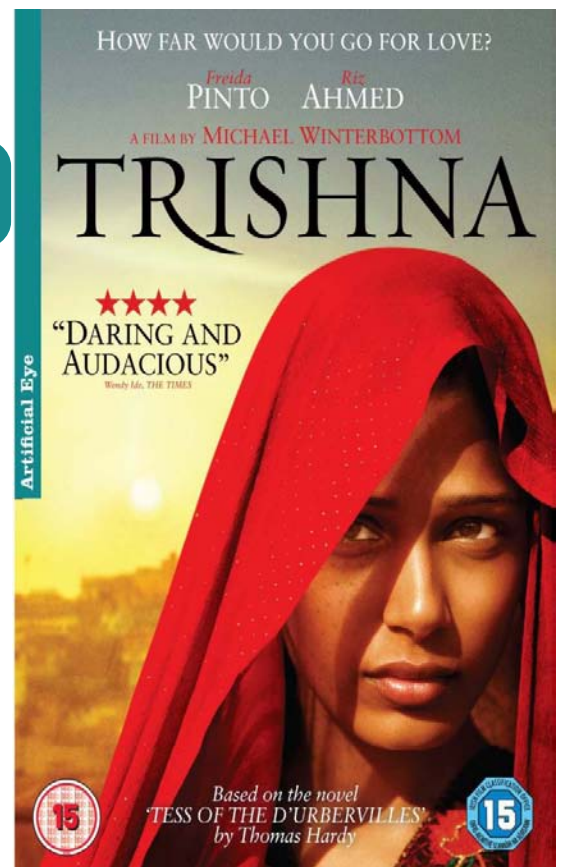
Genre: Drama, Romance

Cast: Freida Pinto, Riz Ahmed, Roshan Seth, Meeta Vasisht, Harish Khanna

Release Date: 10 May 2013, Friday

Director: Michael Winterbottom

Running Time: 117



TOYOTA



PRESENTS

THE

ME.WE CONCEPT.





Le Rendez-vous Toyota, Champs Elysées, Paris

Working with Toyota since 2011, Massaud* has sought to create an “anti - crisis” car that addresses contemporary human, economic and environmental challenges, bringing his independent vision and experience from outside the motor industry.

The thinking behind the concept:

Massaud and Toyota defined three primary aims for the concept: -

Pertinence – their vision for the car is passionate but considered. The concept should be adaptable to a wide variety of lifestyles as well as displaying high quality and innovation.

Synthesis – a move away from motor industry tradition to remove excess and suggest a new way of responding to people’s behaviour and expectations. The concept should propose an alternative synthesis based on personal choices about vehicle architecture, lower running costs and the way the vehicle will be used.

Modernity – challenge conventions and seek change in designing a car that goes beyond just looking good through the experience it offers, its intelligent solutions and its ability to exceed the needs of the owner. This should be a car that reflects the values of forward-thinking people rather than simply their social status.

ED2 (Toyota’s European Design Studio located in Sophia Antipolis, South-West of Nice, France) and Massaud combined their expertise to produce a car that reflects a quest for change in personal mobility. While cars have increasingly become subject to restrictions, they have put road users –drivers and pedestrians– at the heart of their thinking. The focus is on the desire for freedom, pleasure, emotion and the ability to travel free from constraints, while at the same time addressing people’s sense of personal responsibility and commitment to good citizenship.

The result is a car that takes a modern, global view of travel and forms part of a wider view

on how to adapt to the environmental challenges that will shape the future of personal mobility. It is a no-extras package, conceived as an “anti-excess” vehicle. In short, the Toyota ME.WE represents the transition from the culture of “more” to the culture of “better”.

The vehicle

ME.WE seeks to resolve a number of real-life contradictions, not through the reinvention of what a car is, but by taking a different approach that is simpler, more appropriate and realistic – an alternative to cars that are about “passion and status”. The goal was ‘do more and create better’ while using less. By reducing the pool of resources and constraints, it was possible to increase capability, quality and pleasure.

Light and resilient: ME.WE has a tubular aluminium structure, on to which light and hard-wearing polypropylene panels are fitted.

Individual and standard: the moulded panels are made using a cost-efficient standard production system, but they are easy to personalise.

Freedom and responsibility: ME.WE is a pick-up, convertible, off-roader and small city car in one. It appeals to a wide range of users, and has a small eco-footprint thanks to its light weight and the materials used in its construction.

ME and WE: the concept’s name expresses its simultaneous concern for personal well-being (ME) and that of others (WE).

ME.WE is electric-powered, using the same in-wheel motors as the Toyota i-ROAD, with batteries located under the floor, as in the iQ EV. With none of the traditional packaging restraints associated with conventional powertrains, the entire interior could be devoted to the vehicle’s occupants and luggage.

The lightweight construction using aluminium and polypropylene panels helps keep the car’s weight down to a target 750kg, about 20 per cent less than a conventional steel-built supermini. The body panels, which are 100 per cent recyclable, weight just 14kg.



Bamboo is used in the construction of the floor and for the cabin’s horizontal surfaces, chosen both for being a renewable resource and aesthetically pleasing. ME.WE is easy to keep clean with a simple wash, inside and out.

ME.WE is an intelligent response to the ecological threats posed by mass production and the increasing number of cars on the world’s roads, as it is made from materials that help reduce the energy it consumes as well as the CO2 and harmful emissions it produces. The simplicity of its design is matched by its ease of use. The in-wheel motor system means it can be operated in two or four-wheel drive, allowing it to tackle rougher terrain than a traditional car, and without the weight penalty of a 4x4 transmission system.

In the cabin, priority is given to driver and passengers, so luggage can be carried on the roof beneath a foldout, weatherproof neoprene ‘cover. However, the rear luggage space can be extended into a platform like that found in a pick-up.

The rear bench seat is mounted on floor rails and when not in use can be folded and stored beneath the front seat. It can also be removed altogether and even used for ad-hoc picnic seating.

The simplicity of the design is also evident in the instrumentation, which comprises a single screen above the steering wheel which displays vehicle speed, battery charge, journey information and navigation instructions,

delivered via a smartphone. The phone itself is mounted below the screen so the driver can personalise the cabin environment with music and other apps, as well as controlling on-board temperature.

The heating and air conditioning are delivered by a low-energy air pump and electric seat heaters to minimise power consumption. And to achieve a cabriolet-like open air feel, all the windows can be opened, even the windscreen.

Technical specifications:

DIMENSIONS

Length (mm) 3,440
 Width (mm) 1,750
 Height (mm) 1,600

CHASSIS & BODY

Chassis construction Tubular aluminium
 Body shell Polypropylene panels
 Kerb weight (kg) 750

ENGINE & TRANSMISSION

Power 4 x in-wheel electric motor
 Battery location Underfloor

VENTILATION

Heating/air conditionin Low-consumption heat pump and electric seat heating

Le Rendez-vous Toyota

ME.WE makes its debut at Le Rendez-vous Toyota, Toyota's brand experience centre on the Champs Elysées in Paris.





R4,6
MILLION
FROM RHINO
FORCE TO SAVE
RHINOS

RHINO FORCE's red, black and white beaded bracelet remains SA's best-selling rhino accessory, maintaining unprecedented success in raising awareness and funds for rhino conservation. In total RHINO FORCE paid R3 050 597.59 to Endangered Wildlife Trust (EWT) from sales of RHINO FORCE bracelets. This multi-million rand donation, acknowledged in thanks by the EWT, supports the NGO's rhino programmes.

RHINO FORCE also thanks the EWT for their conservation activities undertaken in security and protection; wildlife trade law compliance; judiciary awareness and strategic support as the bracelet organisation re-directs its efforts to fully support rhino translocation.

This fine-tuned approach is in response to an urgent need for immediate, direct action, and in support of IUCN's principle of translocation as a method to save a species from extinction. Proudly sponsored by MITSUBISHI SA, RHINO FORCE support Africa Foundation, and fund the translocation of rhino from South Africa to Botswana – a safe haven in terms of security and monitoring. By relocating rhino to suitable habitats, we spread them out over a larger area. Translocation also enables rapid growth rates, and is the reason we have 400 separate populations in 9 African countries today.

The original RHINO FORCE beaded bracelet, launched in June 2011, is synonymous with rhino conservation, remaining a South African best-seller. Over 500,000 local and international supporters have donned the conservation accessory. The continued support from retail, corporate and individuals has raised awareness for the critical threat to our rhino populations.



Rhino bracelet sales have raised R400,000 for Africa Foundation, over and above the R3 050 597.59 paid to the EWT. RHINO FORCE also facilitated a whopping R1.1 million from corporate donors, including Motorite Administrators, for the first RHINO FORCE relocation project. The first group of rhino are ready for release in Botswana.

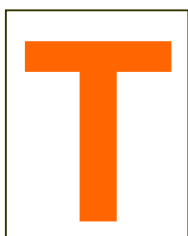
“We have identified a direct, immediate conservation action that is saving rhino today, through the sale of the beaded bracelet. Monies we raise and facilitate go directly to translocation. We believe it's important to involve and educate South Africa in this fight,” says Joanne Lapin Thorpe, co-founder of RHINO FORCE. “We look forward to many more translocation projects and saving our rhinos.”

We encourage the public to purchase cause-related products from bona fide credible businesses and commercial entities that are underpinned by accountability and transparency. Furthermore, supporters are entitled to know how that money is spent by the supported NGO.

To help save the rhino, buy a bracelet online at www.rhinoforce.co.za

EXPLORE THE NORTHERN CAPE

The Weather A Sun for All Seasons



Though we live in a semidesert, don't let it fool you into thinking we've no plant life. The western areas of the Northern Cape, which includes most of Namakwa, and a small section of the Green Kalahari fall into the winter rainfall area, ie April to September. These two subregions give you breathtakingly beautiful and flamboyantly explosive displays of wild flowers from late July to November.

Our scant annual rainfall (50-400mm) is unreliable and very much lower than evaporation and, in January, afternoon temperatures are usually between 33-36° Celsius. In 1939, at Goodhouse on the Orange River, an all-time high of 47.8° was recorded! Though somewhat unusual, summer temperatures do sometimes top the 40° mark. Winter days are warm - the onset of night bringing dew and frost to supplement our low rainfall.

Sutherland, in the Hantam Karoo, is one of the coldest towns in southern Africa. Its average minimum is -6°! In winter, snow often blankets its surrounding mountains. In general, though, take it that you'll enjoy hot summer days, warm company and chilly nights.

Hauntingly beautiful and seared by a blistering sun, the lava mountains and sandy plains form southern

In August 2003 an international treaty was signed between the presidents of South Africa and Namibia to form the Ais/Richtersveld Transfrontier Park. This has opened the way for future border crossings within the park.

The point that will take you across the Orange River is ready and waiting but crossing can only take place once the border officials have been put in place. (This should happen in 2005).

Though surrealistically harsh (this is the driest area in Northern Cape), the rugged Richtersveld side of the park nurtures some 30% of all South Africa's succulent plant species. With less than 50mm of rain each year, it is home to leopards, lizards and adventurers. Paradoxically beautiful, it is a land for those keen to 'rough it'. You can explore it from the comfort of your 4x4 or paddle the river, taking in the awe-inspiring, seldom-seen purity of an unspoilt wilderness.

The opening of the Transfrontier Park has led to the development of far more comfortable accommodation camps on the South African side and should be open in the first third of 2005. All five camping sites now have full ablution facilities. There are two new wilderness camps, Tatasberg and Gannakourieb, which are fully equipped self-catering camps and at Sendelingsdrift there are 10 new self-catering units. The four surrounding Richtersveld community towns also offer unique new accommodation establishments. Entrance and overnight permits must be obtained at Sendelingsdrift before entering the park.

This is where the mighty Orange River is at its most impressive as it thunders its way through a ravine and into a pool walled by sheer granite, creating the world's sixth largest waterfall. The falls derived their name from the Khoi word meaning 'place of great noise' which accurately describes the roar as the falls plummet 56m into the ravine. This arid piece of moonscape-like land, awesome and strikingly beautiful, offers the visitor over 15 000ha of unique riverine ecosystems to explore.

Sutherland, in the Hantam Karoo, is one of the Coldest Towns in Southern Africa.



The park is essentially a scenic park but various animals and indigenous trees can be seen. Do not plan on just nipping in to see the main falls as there is much more to be seen, experienced and done in the rest of the Park. Various exciting new eco-adventure packages are available to the visitor such as self-drive game drives, night drives, the short Dassie Nature Trail and the 3-day Klipspringer Hiking Trail (closed 1 Oct - 31 March) that takes the hiker from the plateau and into the depths of the gorge.

And for those who seek still more excitement go on the !Garib 3-in-one Adventure which includes canoeing in the gorge, hiking out of it and a mountain bike ride back to the rest camp. Giraffe, klipspringer and other game are frequently seen while game driving in the park. Accommodation is in self-catering luxurious chalets and there are swimming pools to refresh in after a day's outing.

Travellers can also make use of the à la carte restaurant and curio shop.

One of the world's last truly unspoilt ecosystems, the Park is a result of the unification of South Africa's Kalahari Gemsbok Park and Botswana's Gemsbok National Park. The park, at 3.7 million hectares, is one of the largest conservation areas in the world.

Red sand dunes with sparse vegetation and the dry riverbeds of the Nossob and Auob in which thorn tree, raisin bush and shepherd tree predominate, extend across the national boundaries.

The park gives sanctuary to herds of endemic antelope that have roamed the semidesert savannah and endless pans for aeons such as gemsbok (oryx), springbok, blue wildebeest, red hartebeest and eland.

Then there are the famed black-maned Kalahari lion, leopard, cheetah and smaller game including mongooses, porcupine and honey badger.



58 mammal, 55 reptile, countless insect and a host of plant species share the desert and dry savannah while approximately 300 species of bird, including at least 20 species of large raptor, share the endless blue skies.

The park consists of three traditional rest camps. The main rest camp is Twee Rivieren which has chalets, camping facilities, night drives, guided day walks, an information centre, restaurant, shop, fuel and a swimming pool.

Nossob offers chalets, camping, night drives, guided day walks as well as a predator information centre. Mata-Mata has new chalets, a shop, fuel, guided day walks and night drives.

There are six new upmarket unfenced wilderness camps, all allow visitors to feel at one with the Kalahari. Kalahari Tented Camp has 15 fully equipped, self-catering units, sleeping two to four people and a swimming pool. The camp overlooks the waterhole in the ancient Auob River. Grootkolk is small and exclusive, only 20km from Unions End. This is the prime predator area.

Kielie Krankie, situated on a high dune, has stunning views over the sand dunes. Four two-bed units overlook a waterhole. Urikaruuus, on the banks of the Auob River, is a lofted camp with four two-bed units that also overlooks a waterhole. Two camps, Bitterpan and Gharagab, are only accessible by 4x4. Bitterpan, small and exclusive, is surrounded only by the silence of the great Kalahari, with four two-bed units and Gharagab, just north of Nossob, has four two-bed units that open up to beautiful Kalahari tree and savanna veld.

A passport is not needed to enjoy the Botswana side as long as entry and exit is made through the same gate. Camping in Botswana is available at Polentswa, Rooiputs and Two Rivers.

There are two 4x4 routes: Wildernis and Nossob Mabuasehube. For reservations to camp on the Botswana side of the Park, and to book the wilderness trail contact: The Parks and Reserves Reservation Office: tel 09 (from South Africa) 267 580774; fax 09 267 580775.

The newest South African National Park, just south of Kimberley, was proclaimed on 19 June 2007. "Mokala" is a Tswana word for the Camel Thorn tree (*acacia erioloba*), which is predominant throughout the park. This park replaces the Vaalbos National Park which was de-proclaimed due to a land claim.



Mokala National Park is one of the most easily accessible of the national parks in the Northern Cape being only 80km southwest of Kimberley.

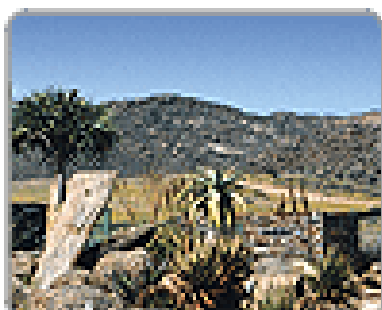
Take the N12 freeway from Kimberley to Cape Town and after 57km, on the Heuningneskloof Crossing turn right, and then travel 21km along a gravel road to the Park turn-off.

The name Mokala is derived from the Setswana name for a Camel Thorn tree (*Acacia erioloba*), and this Park is dominated by these beautiful trees that can reach up to 16m tall and have a distinctive wide, spreading crown.

The park, proclaimed as recently as June 2007, is tucked between the hills, Mokala's landscape varies between koppieveld (hills) and large open plains. The isolated dolerite hills give the place a calming feeling of seclusion and offer a lovely contrast to the large open sandy plains towards the north and west of the Park. Drainage lines from the hills form little tributaries that run into the plains and drain into the Riet River.

The Park is currently 19 611ha in size and the following species occur in the park: Black Rhino, White Rhino, disease-free Buffalo, Tsessebe, Roan Antelope, Mountain Reedbuck, Giraffe, Gemsbok, Eland, Zebra, Red Hartebeest, Blue Wildebeest, Black Wildebeest, Kudu, Ostrich, Steenbok, Duiker and Springbok.

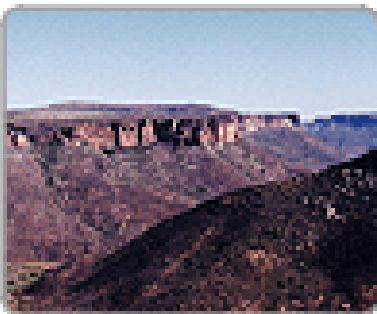
The Park includes three lodges, Mosu, Mofele and Lilydale. Mosu and Mofele are relatively close to each other and can host 60 guests. Both lodges have restaurant, pub and conference facilities. A new camping area, about 10km from the main lodge, is being established around the waterhole. Lilydale, 70km from the main lodge, is perched above the Riet River and consists of a fully equipped conference centre which can accommodate up to 8 people.



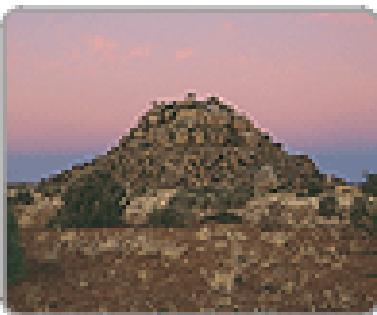
Goegap Nature Reserve - This 7 000 hectare nature reserve, just east of Springbok, supports 600 different indigenous plant species, 45 mammal species and 94 bird species. The Hester Malan Wild Flower Garden showcases many Namakwa succulents and a rock garden.



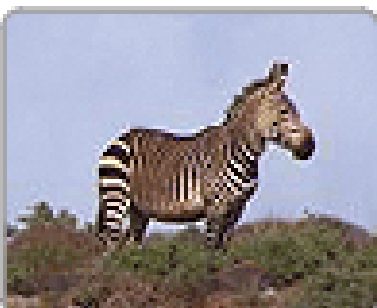
Namaqua National Park - Escape to the land of contrasts, where the rigorous climate has created a myriad of life forms superbly adapted to their specific habitat. Fields of flowers, star studded nights, quiver trees, enormous granite outcrops and the icy Atlantic are but a few wonders that await the visitor to what is truly the Creators' playground.



Oorlogskloof Nature Reserve - Ten kilometres south of Nieuwoudville, the rugged series of deep ravines incised by the Oorlogskloof River offers hiking trails (two 50km four-day hiking trails and two 21-day walks) and a home to several rare bird species, including booted eagles, black storks and gymnogene. The reserve spans 5 577 hectares.



Spitskop Nature Reserve - A small game reserve 13 km north of Upington, stocked with gemsbok, zebra, springbok, ostrich, eland, hartebeest and mountain zebra.



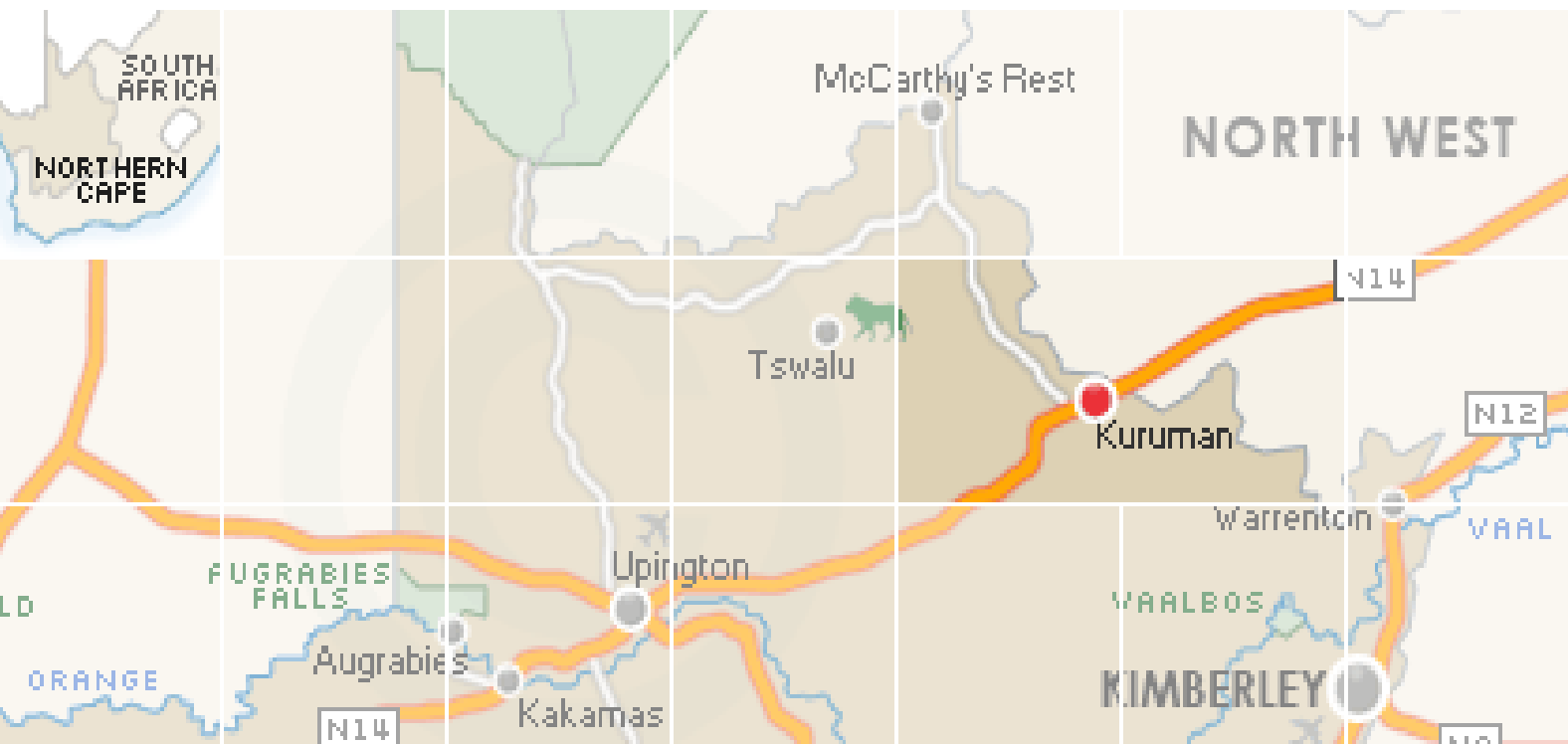
Tankwa Karoo National Park - The 80 000 hectare Tankwa Karoo National Park, proclaimed in 1986 and still in a development stage, is at present in a veld recovery phase and it will be some time before the original vegetation re-establishes itself.



Tswalu Desert Reserve - This upmarket reserve is the most extensive private game reserve in South Africa. Surrounding the rugged Koranneberg Mountains in the Northern Cape Province of South Africa, Tswalu Kalahari Reserve covers 100 km² (100 000 ha) of land on the edge of the mysterious desert wilderness that is the Kalahari.



Thuru Lodge - This private game reserve, close to Groblershoop, forms part of the Kalahari, consisting of approximately 25 000 acres. The Game Reserve has a unique variety of vegetation types, which broadly classified into Nama Karoo, Kalahari and Karoo mountain vegetation.



Witsand Nature Reserve - Flowing white dunes, twenty to sixty metres high, are surrounded by copper-red Kalahari sand, Acacia woodland and the Langberg Mountain range. Home of the famous 'Brulsand' or Roaring Sands of the Kalahari.

UPCOMING EVENTS



Mark Your Calendars Mark Your Calendars Mark Your

Western Cape Events & Festivals

Cederberg Arts Festival (Cederberg)



Come and enjoy a weekend of fun and festivities with the people of Clanwilliam and the Cederberg. People from all over the region and further afield come to enjoy the special atmosphere that our Main Street is giving the festival with all the historical and old buildings. The official opening of the festival is one of the special events with local as well as national wide known artists performing. A Play Festival is also held for Secondary learners. During the festival, exposure is given to local people, young and old to show off their talents.

Lots of shows, book exhibitions, lectures and workshops are held in the different venues. There also is a musical tent where the different rockgroups entertain young and old.

When: 01 to 03 May 2013
Where: Clanwilliam
Categories: Annual Festivals / Arts & Culture
Clanwilliam Tourism: 027 482-2024

FAB Bridal Expo (Goodwood)



Brides and Grooms, as well as those hosting a special event, will benefit by attending this beautiful exhibition, as exhibits on all aspects pertaining the wedding or special day, will be on show.

See fantastic displays by designers, flower artists, wedding and event coordinators, photographers, venues, companies specialising in cakes, invitations, jewellery and much more. Exhibiting representatives will be present on the stands in order to serve visitors with any information they might need.

Showcasing beautiful bridal and special event designs by **some of the Cape's finest designers.**

Tickets can be purchased at the door.

When: 04 to 05 May 2013
Where: Goodwood
Categories: Wedding Expos
Contact: Desiree on 084 596-1753



Brass Band Pops (Cape Town Central)

Millers Music World will be hosting the annual Brass Band Pops at the Cape Town City Hall. This event is about local bands and schools strutting their musical talents by playing classical and jazz music and it has taken Cape Town by storm.

Conceptualised by Kader Miller in 2006 who saw many young talented children playing for the Cape Minstrel Teams and wanted to start something for them that would ensure their talents weren't wasted once they had left the minstrels.

There are between 40 and 50 children performing music on stage with each band. The event has proved so successful that High School students have now been asked to participate in this event.

When: 04 to 05 May 2013

Where: Cape Town Central

Categories: Annual Festivals / Concerts & Shows / Entertainment

Contact: Kader Miller on +27 (0)82 882-8577

Get Laid Music Festival



Come join us for an epic live music experience. Get Laid Music Festival now going into its 2nd year, promises to be a tantalizing music experience, something for even the most discerning ears.

Ten plus of Cape Town's finest bands will take the stage to keep you entertained.

Once again, The Cape Town Ostrich Ranch will be playing home to the Get Laid Music Festival and this year the event is staged in the picturesque boma area, with lush green lawns and plenty of shading and seating. You can expect ice cold beer, mouth watering ostrich burgers and a mini food market.

The phenomenal lineup includes:

Rudimentals
Reburn
Them Tornadoes
Woodstock Mafia
Signal Hill
McCree
Juke Royal
Chris Tait
Parking Ponies
Shy Guevaras
Spaceman
Red Tape Riot and many more.

Ticket Price: R150 at Computicket and R180 at the gate.

Please Note: Dates for this event to be confirmed.

When: Sunday, 05 May 2013

Where: Philadelphia

Categories: Entertainment / Food & Wine / Music Festivals / Outdoor Events

Contact: Antonio on 021 972-1955/ 083 330-0700

Ceres Chrysanthemum Show (Ceres)



This annual event hosted by the Ceres Chrysanthemum Association showcases the work of dedicated local chrysanthemum growers.

The prize-winner chrysanthemums and other entrants can be viewed and bought on this day.

Opening time: 13h00 to 17h00

Entrance: R10 per person

Venue: Ceres Welfare Centre

Contact: Henrico Theunissen on 072 522-8459

When: Saturday, 11 May 2013

Where: Ceres, Breede River Valley

Categories: Annual Festivals / Fauna & Flora

X Fest Extreme Film Festival (Gardens)



The 5th annual X Fest brings another installment of the most outrageous film festival on South African soil!

Set to rip the screen to shreds at the X Fest's resident home the Labia Theatre in Cape Town, this year the big screen extremities pushing the boundaries of the expected norm in feature films, documentaries and short films expand even more to cover ground like freestyle moto-cross, zombies, martial arts legends, forest demons, Viking religious exploration, the porn industry, apocalypse, psychos, ghosts, terrorists, Japanese Harakiri, experimental, myth, fantasy and musical inclusions. The Labia Theatre is a licensed venue and drinks from the bar can be taken into the cinema.

When: 11 to 13 May 2013

Where: Gardens

Categories: Film Festival

Tickets: R30 per person

Bookings: 021 424-5927

Marketing Indaba (Foreshore)



The annual Marketing Indaba Conference returns to the CTICC to inspire, inform, focus and connect the marketing and advertising fraternity.

This year's theme is 'Cutting through the clutter in order to maximise marketing strategies'. As we are living in a world where marketers are trying to catch-up with the highly evolving and changing marketplace.

We are experiencing a tough and turbulent economic climate and the digital revolution is changing and evolving daily where marketers are struggling to decide what strategies and tactics really work.

This two day event consists of a conference and exhibition. Delegates get to visit the exhibition and view the latest offerings in advertising and marketing. Also delegates will attend the conference and learn from over sixteen expert speakers and network with like-minded industry professionals.

When: 15 to 16 May 2013

Where: Foreshore, Cape Town

Categories: Exhibitions & Conferences

Contact: CADEK Media on 021 855-4750

Montagu Art in Autumn (Montagu)



The Montagu Association of Artists will have their annual Art Exhibition, "Montagu Art in autumn", during the third week-end in May, with the Opening Night at Jessica's Restaurant on Friday 15 May, where guests will get a taste of what they can expect to see during the week-end.

This visual feast will carry art, ranging from paintings done in different mediums, oil, acrylics, water-colours, pastels and charcoals. Visitors can expect work in all the pottery mediums from the very well known Paul de Jongh. Glass artwork, handmade jewellery, exclusive, embroidered bed and table linen, quilts, photography and more will be part of this exciting event.

The artists will open their houses for visitors

during this week-end, where the different artwork will be on view and for sale. The venues will be indicated by means of yellow ribbons, maps with the art route of this exhibition will be available to guests on the Opening night, as well as at the Tourism Information Office.

Please Note: Dates for this event to be confirmed.

When: 15 to 17 May 2013

Where: Montagu

Categories: Annual Festivals / Arts & Culture

Contact: Ivy-Irene on Telephone: 023 614-3978

Chelsea Flower Show Exhibit at Kirstenbosch (Claremont)



Visitors to Kirstenbosch Botanical Gardens in Cape Town will delight in being able to view the re-created award winning South African National Biodiversity Institute's (SANBI's) 2013 Kirstenbosch – SA Chelsea Flower Show exhibit from 20 to 25 May.

Awarded a gold medal, designers David Davidson and Ray Hudson showed an innovative and unusual interpretation of our spectacular plant heritage. Titled 'Bio[logical] diversity is the variety of life' it shows plants that represent several of the different vegetation types comprising the nine biomes of South Africa. Grouped in four separate nodes, each with its own cluster of interconnected, hexagonal compartments, the display includes 'fine-scale' examples of genetic variability within a single species, as well as diversity among species –

and within different genera. This spectacular display will be housed on the Marquee Lawn just below the Kirstenbosch Tea Room.

Cost: Entry fees: R42 per adult. The exhibit entry fee is an additional R10 per person

When: 20 to 25 May 2013

Where: Kirstenbosch Botanical Garden

Times: 08h00 to 18h30

Categories: Fauna & Flora

Contact: 021 799-8783

Net Profit (Pinelands)



Take the most innovative / successful / creative / ambitious thinkers and entrepreneurs in the Internet space, and ask them to share their stories, ideas and predictions for the future in a format that is fresh, relevant and engaging. The result: Net Prophet.

Net Prophet is South Africa's biggest technology start-up event, and forms the largest gathering of tech entrepreneurs, VC's and tech enthusiasts on the continent.

Delegates come from all over the country to be inspired by presentations from both local and international innovative technology entrepreneurs and thought leaders.

Net Prophet was started in Cape Town, South Africa by the RAMP Foundation – a non-profit entity created by the RAMP Group, as a means of social investment within the local Internet based economy.

The name Net Prophet was decided on as it would give credence to the quality of our local industry leaders (as an added bonus, it doubles as both 'Prophet' and 'Prophet' when spoken of).

The conference is free to attend, but delegates need to register beforehand in order to attend.

When: Thursday, 23 May 2013

Where: Pinelands

Categories: Exhibitions & Conferences

Contact: Chanel 021 462-0500

Good Food & Wine Show Cape Town (Foreshore)



All of Cape Town's gourmets, gourmands and good-life devotees will be treated at South Africa's finest food and beverage exhibition. There is an exciting line-up of some of the finest international celebrity and BBC chefs accompanied by South Africa's first class chefs in nine state-of-the-art kitchen theatres as well as a number of unique speciality shows.

Not only will there be hands-on workshops conducted by world class chefs, big-name book signings and some supreme organic produce on offer, but you will be watching and learning from the grand masters of food, wine, gourmet travel and lifestyle. With the latest in global trends and tastes right on your doorstep you can come and shop, explore and ignite all of your senses with this extraordinary gastronomic experience.

Tickets can be purchased at the door or online. And your ticket includes free food and wine sampling, free live demonstration by your

favourite BBC celebrity chef in the Chefs in Action Theatre, live demonstrations in no less than 9 additional theatres with top local and International Chefs and Wine Connoisseurs and there are hundreds of fabulous prize giveaways and special offers on the latest in food, wine, cookware and kitchen appliances.

When: 23 to 26 May 2013

Where: Foreshore, Cape Town

Categories: Entertainment / Exhibitions & Conferences / Food & Wine

Contact: 021 702-2280.

TOPS Gugulethu Wine Festival (Gugulethu)



Come and be part of the TOPS Gugulethu Wine Festival for an evening of wine, music, food and education!

Visitors can delight in tasting a multitude of wine styles and cultivars; interact with lifestyle brands in wine lounges and explore a wide variety of tastes.

Lulinge and Mzoli Ngcawuzele, well known businessmen from Gugulethu are the motivators / owners of the festival. Mzoli is best known as the owner of the very successful restaurant called Mzoli's Place, located in Gugulethu and as a property developer constructing the very first

shopping mall to be built for any previously disadvantaged community in the Western-Cape, known as the Gugulethu Square.

His idea behind the festival is to create awareness amongst Black people in the Western Cape, with a view to expanding the wine base for wineries. Another objective is to provide a favourable environment for the wineries that wish to position their brands in the black community.

Tickets cost R90 per day and there are return coach trips from the Cape Town City Centre to the festival.

FESTIVAL TIMES:

Friday, 25th May 2012: 16h00 to 21h00

Saturday, 26th May 2012: 15h00 to 21h00

When: 24 to 25 May 2013

Where: Gugulethu

Categories: Annual Festivals / Food & Wine

Contact: 021 889-8844

Western Cape Baby Koi Show (Joostenberg Vlakte)



The third annual South African Koi Keepers Society (SAKKS) Baby Koi Show is hosted by its Western Cape Chapter at the Cape Garden Centre, Joostenberg Vlakte. Come and see the province's top koi fish – no larger than 45 cm – on show and marvel in these "living jewels". Koi dealers from the Western Cape will also merchandise local and imported Japanese koi and koi-related products. This show is the perfect starting place if you are interested in owning koi

or if you want to expand your collection or gain information about this fascinating hobby.

If you wish to enter your own fish, please contact the Chairman (Bobby - details below). There will be 106 awards and this is the ideal opportunity to see how your koi match up with the best in the province.

Times: Saturday 10h00 to 17h00 and Sunday 10h00 to 13h00

Venue: Cape Garden Centre

Entry fee: None

Please Note: *Dates for this event to be confirmed.*

When: 25 to 27 May 2013

Where: Joostenberg Vlakte

Categories: Exhibitions & Conferences

Contact: Bobby on 083 654-3088

Cape Gate Bridal Fair (Brackenfell)



You are invited to be part of the fantastic Cape Gate Bridal Fair at the Cape Gate Shopping Centre from 25 to 27 May 2012.

There will be no better time than this to plan your Wedding. Get ready to be lavished with extravagant eye candy ranging from elegant Bridal gowns to exquisite jewellery and bursts of floral displays, make-up artists, hairstylists, photographers, videographers and much more.

How about being serenaded with harmonious

sounds all to create the Fairytale Wedding of your dreams?

One lucky bride-to-be stands a chance to win a fabulous prize up to R35 000 sponsored by Merwida Country Manor.

The prize will include a variety of splendid requirements for a sophisticated country wedding reception. So come and be part of this Amazing Bridal Extravaganza.

Please Note: *Dates for this event to be confirmed.*

When: 25 to Monday, 27 May 2013

Where: Brackenfell

Categories: Wedding Expos

Contact: Cheryl Wade Events on 021 914-2852

Heritage Expo (Paarl)



Discover more about your heritage at the Heritage Expo in Paarl.

The Heritage Expo is held in celebration of International Museum Day, which falls on 18 May each year. This event is organised by Paarl Museum and the Afrikaanse Taalmuseum en-monument, with the support of Drakenstein

Municipality. Hosted by Paarl Mall, this expo includes exhibitions by various heritage institutions.

There will be lots of fun activities for all to participate in. Some of the many exhibitors include: Iziko Museum's bus full of museum artifacts, Stellenbosch Village Museum, the Huguenot Memorial Museum of Franschhoek, Wellington Museum, Ouma Granny's House Museum, Al-Azhar Paarl Islamic Library, Het Gesticht, De Poort Heritage Centre, Augusta Kleinbosch, Drakenstein Tourism, Busy Beez and Dorkas Damesklub.

The purpose of the Expo is to introduce the activities of heritage-related organisations to the public and to change the perception that museums are boring places. Museums belong to the community and the Heritage Expo encourages families to visit museums in order to find out more about their heritage.

Visitors will be able to view the various exhibitions in the main hallway of the Paarl Mall on Friday from 09h00 to 18h00, Saturday from 09h00 to 17h00 and Sunday from 10h00 to 16h00.

Please Note: Dates for this event to be confirmed.

When: 25 to 27 May 2013

Where: Paarl

Categories: Annual Festivals / Arts & Culture / Entertainment / Food & Wine

Contact: Amira Clayton on 021 863-0543
076 017-6026



Mitchell's Plain Wedding Expo (Mitchells Plain)

Small businesses serving the wedding and events sector will receive a boost when the first ever wedding expo for Mitchell's Plain is hosted on Saturday 26 May 2012.

The event which will take place at the Westridge Civic Centre is aimed at showcasing small businesses to a market directly in need of their services through a niche event.

Visitors to the expo can get some ideas, meet affordable service providers and learn how to plan their own wedding from a professional events manager, Alana James - who has more than 11 years experience in planning small and large scale events for corporates and celebrities. There are fantastic prizes to be won on the day too.

Entry costs R30 per person, which allows visitors multiple accesses to the venue. Doors open at 09h00 and close at 15h00.

Please Note: Dates for this event to be confirmed.

When: Sunday, 26 May 2013

Where: Mitchell's Plain

Categories: Wedding Expos

Contact: Illana Naidoo on 082 994-0648
Kim Webster on 082 227-5209



Swellenmark Market Day

Lying at the foot of the Langeberg Mountains, the picturesque town of Swellendam is hosting a Market to showcase the best of what the Western Cape has to offer as far as music, food, crafts and arts. The Market has over 70 stalls of home-made goods, crafts and art as well as a 12m x 12m kiddies entertainment area to keep the little ones happy.

Come enjoy toe-tapping Penniefluitjie tunes played by the cream of Swellendam's music talent while you sip coffee and sample our local farm breads, cheeses and fresh produce. Otherwise take a leisurely ride through our historic town on a horse and cart. Events are planned throughout the day to keep you entertained.

Please Note: Dates for this event to be confirmed.

When: Sunday, 26 May 2013

Where: Swellendam

Categories: Annual Festivals / Arts & Culture / Entertainment

The Sign Africa & Africa Print Roadshow Cape Town (Foreshore)



All your signage and digital media needs catered for!

The Sign Africa & Africa Print Roadshow which takes place in Cape Town, Polokwane, Nelspruit and Durban is for you if you're an entrepreneurs, sign maker, display company, marketing or ad agency, digital printer, creative director, architect, media owner or any other industry which would use signs and digital graphics. Here you will be able to find products and see services available for signage and sign systems.

There will be information and products from the full spectrum of signage and digital graphics. From large format printing to screen printing, laminating to banners and flags. Anything you are looking for will be found here.

Times: 29th May from 09h00 to 18h00 and 30th May from 09h00 to 17h00

When: 29 to 30 May 2013

Where: Foreshore, Cape Town

Categories: Exhibitions & Conferences

Greyton Genadendal Classics for All (Greyton)



The Greyton Genadendal Classics for All Festival takes place from 31 May to 2 June. Eight concerts will be performed in the historic churches of Greyton and Genadendal, as well as in smaller venues in these two neighbouring villages.

The festival line-up includes a concert by the Cool Classic Kids, a group of the most talented classical music protégés in South Africa and this year they will be accompanied by students from the Masidlale music project of the Cape Town Philharmonic Orchestra along with a performance by the full Cape Philharmonic Youth Orchestra.

There will also be performances by the South African Youth Choir, baritone Federico Freschi, wind performers Carin Bam (oboe), Brandon Philips (bassoon), Caroline Prozesky (French horn) and Daniel Prozesky (clarinet), top pianists such as local lad Philippus Hugo, USA based Willem van Schalkwyk, Stefan Lombard and Jose Dias, to name but a few which will set the stage for the best "Classics for All" festival ever!

Look out for the performance of the Dolci Tenori, a group of five young singers who will be performing with well-known TV personality and performer Charlene Truter which will no doubt be the talk of the festival.

The highlight of the festival will be the gala concert performance in the historic Moravian church in Genadendal. This unique concert is collaboration between well-known soloists Minette du Toit-Pearce (alto) and Vanessa Tait-Jones (soprano), in concert with the choirs of the Moravian Churches in Greyton and Genadendal, as well as the Genadendal Brass Band, and accompanied by Philippus Hugo.

Proceeds from this concert will go towards a bursary for a musically gifted student from the Greyton Genadendal region to further his / her studies in music.

Tickets: Available through Computicket

When: Friday, 31 May to 02 June 2013

Where: Greyton

Categories: Concerts & Shows / Entertainment

Contact: Greyton Tourism on 028 254-9414 or Coenie Visser 082 576-2160.

Garden Route Events & Festivals

Eden Wolwedans Festival (Great Brak)



A variety of performances for all age groups, including a Rock Festival and a Battle of the Bands competition. Various bands will be playing and participating in the "Battle of the Bands" at Eden Wolwedans Festival.

Jannie Moolman, Anna Davel, Annake de Villiers, Jan-Erik Swart, Francois Ferreira, Jesse Jordan, and more will also be performing at the festival.

Please Note: Dates for this event to be confirmed.

When: 01 May 2013 to 04 May 2013

Where: Great Brak

Categories: Music Festivals

Contact: Festival Office 044 620 2758

Eastern Cape Events & Festivals

Spar Ladies 10km Challenge (Port Elizabeth)



The route of the well known Spar Ladies 10km challenge, in Port Elizabeth, is circular and for the most part is flat and fast.

There is a slight uphill in the third kilometre and the course is run entirely along the beachfront in Port Elizabeth. The first 10 ladies home receive gold medals, the next 90 win silver and all other finishers take home a bronze medal. The first 3000 entrants also get a T shirt.

Pre entries are taken at local shops until 17h00 on the Tuesday before the race and you can also enter at the start on the Thursday before the race (between 15h00 and 21h00) and on Friday between 12 noon and 21h00. If you are really late you can still enter at the start of the event from 06h00!

Start: Kings Beach, Port Elizabeth
When: Saturday, 04 May 2013
Where: Kings Beach, Port Elizabeth
Categories: Outdoor Events / Sporting Events
Contact: EP Athletics on +27 (0)82 644-6422

JIKELEZA JOG (Cintsa)



Run free along miles of empty beaches and undulating hills, following the paths of sure-footed cattle and fisherman.

The Jikeleza Jog takes place along an 80km stretch of the Wild Coast, from Mazeppa Bay through to Cintsa - over three days; an experience no runner should miss.

Held over a full moon weekend, runners can take advantage of hard-pack beaches, lower chances of rain and comfortable daily temperatures. Whilst distances are intended at making racing teams work for their times with a tactical approach; they will provide a fair but manageable challenge to rookies of the sport.

If this is your first multi-day stage event it's the perfect race to start on. Spectacular terrain, doable distances and a fun vibe; it offers ample challenge and contest for all.

The route is unmarked and unmanned, but basic maps are provided and keeping the sea on your left will guide you to the finish each day. Participants will race as pairs, with some compulsory check-points to collect enroute.

When: Thursday, 23 May 2013
Where: Cintsa
Categories: Outdoor Events / Sporting Events
Contact: 084 240-7277

The Herald Bridal Fair (Port Elizabeth)



The Herald will be presenting the 21st annual Bridal Fair which is the largest Bridal Fair in the Eastern Cape.

Visitors to this year's Bridal Fair will be blown away with 120 stands showcasing absolutely everything a Bride needs to plan the perfect wedding.

Visit the Feather Market Centre in Port Elizabeth for a comprehensive exhibition of wedding photographers, bridal fashion designers, accessories and gifts, invitations, flowers and décor, Wedding reception venues, honeymoon destinations, beauty consultants, pamper choices, contractual and financial options and more.

Highlights of the Bridal Fair include:

The winner of The Herald's Win a Dream Wedding competition is drawn at the show on the Sunday afternoon. Gorgeous fashion in twice daily (11h00 and 15h00) ramp shows featuring wedding dresses and accessories from designers exhibiting at the fair.

When: Friday, 24 May 2013 to Sunday, 26 May 2013

Where: Port Elizabeth

Categories: Exhibitions & Conferences / Wedding Expos

Contact: Linda Harwood on 083 310 0750

Times: 09h00 to 17h00 daily.

KwaZulu Natal Events & Festivals

Suncoast Duke of Edinburgh Golf Championship (Durban Central)

DATE: Tuesday, 07 May 2013

Suncoast Casino and Entertainment World will once again host one of the most esteemed amateur golf tournaments, the Duke of Edinburgh Championship.

Golf enthusiasts in and around Durban can look forward to the regional leg teeing off at the Durban Country Club.

Under the patronage of His Royal Highness, Prince Philip, the Duke of Edinburgh Cup Golf Tournament was established to raise money for International Golf for Youth Limited and local charities in South Africa.

The tournament, which attracts participation from more than 10 countries around the world, has raised well over five million dollars for selected beneficiaries and numerous local causes since its inception in 2000.

Please Note: Dates for this event to be confirmed.

Contact:

011 315-9434

Durban





Indaba (Durban Central)

DATE: 11 to 14 May 2013

Indaba is one of the largest tourism marketing events on the African calendar and one of the top three 'must visit' events of its kind on the global calendar.

It showcases the widest variety of Southern Africa's best tourism products, and attracts international visitors and media from across the world.

Exhibitor categories include accommodation, tour operators, transport, game lodges, online travel and industry associations.

Outdoor exhibitors include transport, camping and safari companies.

Where: Durban Central, KwaZulu Natal

Categories: Exhibitions & Conferences / Travel & Tourism

Venue: Albert Luthuli Convention Centre (Durban ICC), South Africa

Cars in the Park - KZN (Pietermaritzburg)



The annual Cars in the Park - KZN event takes place in Pietermaritzburg and is a great attraction for young and old.

There are over 1000 exhibits ranging from KZN's oldest car, a 1904 Cadillac, to the very latest. Marquee clubs usually turn out in full force and you are able to view classic MGs, Triumphs, Alfas, Jaguars and Ferraris in an attractive park like setting. Industrial and farm machinery is also on display along with classic and vintage motorcycles plus a unique Stanley Steamer.

Food stalls and beer tent facilities are available and it promises to be a great day for all car enthusiasts and their families.

When: Sunday, 19 May 2013

Where: Pietermaritzburg

Categories: Annual Festivals / Entertainment / Outdoor Events

Venue: Alexandra Park

Contact: Tony on 082 782-9640

African Renaissance Festival (Empangeni)



The 15th annual African Renaissance Conference will be hosted during the 4th and 5th of May 2013 at the Inkosi Albert International Convention centre in Durban. The festival will celebrate, debate and examine broader issues related to re-defining and rebuilding the African continent through accessing and developing its own rich social, economic and political resources. It is a significant gathering of like-minded citizens of Africa as they share ideas with key decision-makers from around the country and abroad.

This year's African Renaissance theme is "Connecting Africa" and will see the participation of delegates from around the continent including senior leaders in government and business, bringing together experts on various modes of transport, including conversion from road-to-rail as part of the corridor developments, developments of coastal maritime connectivity, growth of the aviation industry and promotion of tourism in Africa.

Registration Fee: Please Enquire

When: Thursday, 23 to Friday, 24 May 2013

Where: Durban

Categories: Annual Festivals / Arts & Culture / Exhibitions & Conferences

Contact: 031 309-1106

The Royal Show (Pietermaritzburg)



This is the biggest event in KwaZulu Natal and the Pietermaritzburg Royal Show attracts visitors from far and wide. The show has hundreds of craft and home industry exhibitions and stalls as well as competitions for birds, livestock and agricultural produce.

This is a show with a long history as its inception was 1851. Fondly known as "The Royal" the show has approximately 13 different exhibition halls and 350 trades' stands. Tons of entertainment is on the go during the show to keep the whole family busy, from concerts, fireworks displays, vintage tractor displays and show-jumping you will be busy for hours.

When: Friday, 24 May 2013 to Sunday, 02 June 2013

Where: Pietermaritzburg

Categories: Agricultural Shows / Annual Festivals / Exhibitions & Conferences

Telephone: +27 (0)33 345-6274

East Coast Radio Big Walk (Durban Beachfront)

DATE: Sunday, 26 May 2013

The East Coast Radio Big Walk has seen enormous growth and improvement over the last 6 years. and has become one of the biggest family fun events Durban has ever seen. The first year saw only 1800 walkers; however 8000 walkers participated in the 2010 event.

With starting points at Ushaka Marine World the walk this year moves from a one-route event to a four-route event, with the following distances: 5km; 10km; 15km; and 20km.

The Big Walk also contributes to worthy causes as a result of the involvement of the Rotary Club.

Where: Durban, KwaZulu Natal

Categories: Outdoor Events / Sporting Events

Starting Time: From 07h15

Art in the Park

(Pietermaritzburg)

DATE: 29 May to 02 June 2013

Nashua Art in the Park is celebrating its 51st anniversary from 29 May to 2 June 2013 at Alexandra Park, Pietermaritzburg. It is a picturesque venue on the banks of the Umsunduzi River, under a grove of plane trees that obligingly sheds its leaves for a splendid autumn show.

The preparations and planning for the event is extensive, and the transformation from the park as it is everyday to the wondrous "art gallery under the stars" contributes in making this event one of South Africa's top outdoor art-selling exhibitions.

Contact:
Pietermaritzburg Tourism
033 345-1348.

Pietermaritzburg



Bonitas Comrades Expo

(Durban Central)

DATE: 30 May to 01 June 2013

The Bonitas Comrades Expo is one of the most sophisticated and popular sports goods expo's in the country and draws thousands of visitors both participating in the Comrades Marathon and those who enjoy outdoor activities.

All major sporting brands will be exhibiting at the expo as well as a number of other exhibitors and visitors will get a taste of everything that involves running, cycling and other sporting disciplines. If you are a serious long distance runner or just a keen sportsman you will be entertained and enlightened.

Contact: Lizele Bothma 031 564-0808

Gauteng Events & Festivals

Johannesburg Wine Show (Midrand)



Organisers of The Jo'burg Wine Show are expecting another bumper edition for the 2013 event as they are being inundated by queries from potential exhibitors. The three-day wine extravaganza is scheduled for the weekend of 3 to 5 May at the Coca-Cola Dome in Randburg.

Organisers have been delighted with the response from exhibitors. According to John Woodward of event organisers Highwood Exhibitions, the verdict on the show's success is definitely in. "It is really wonderful to see the positive reaction that we've received from the entire industry following this year's achievements. We've already had a phenomenal response from this year's exhibitors and 80% have already committed to the 2012 event and paid their deposits.

This is an absolute affirmation that our exhibitors enjoyed the unique appeal of The Jo'burg Wine Show and prefer the interactive and personalised format of the show to that of the mega-tasting approach of our competitors. The fact that bookings are doing so well is testament to the fact that exhibitors are convinced that the show delivers a great return on investment and allows them to access a highly lucrative audience of wine drinkers," explains organiser John Woodward.

The 2011 version of this event saw close to 9000 visitors streaming through the doors and sales volumes exceeded R2,7million. This novel approach to wine education and promotion saw more than 90% of visitors buying wines at the show. "Repeat business is always an encouraging sign and not only have exhibitors returned in significant numbers, but they have also indicated that they would like to increase their exhibition space for the next show. However, we've also already signed some major new deals with significant players in the local wine industry such as KWV, DGB, and Meridian who have already confirmed their participation as an exhibitor component of the next show," mentions Woodward.

When: 03 to 05 May 2013

Where: Randburg

Categories: Food & Wine

Contact: +27 (0)21 888-8800 for further information

Celtic Fest (Edenvale)



It's a family festival like no other, which has moved this year to the tranquil grounds of the Modderfontein Sports Complex. The Celtic Fest began in 2010 and 3 400 visitors – kilted and unkilted – enjoyed a day of pipe bands, Irish and Highland dancing, drumming and Highland games that included broadsword skirmishes.

The Celtic Fest organisation of Southern Africa - which aims to promote the rich Celtic culture in South Africa and render assistance to Celtic culture groups including musicians, artists, performers and small businesses – promises

even more to delight the Celt in you. If there's no Celt in you yet, visit Celtic fest on 10, 11 and 12 May and it'll rub off.

Sir Ewan Watt one of the organisers of Celtic Fest, says: "This is beyond pipe bands and Celtic dancing. We have a Food Theatre where people can sample – among other goodies - that famous Scottish treat, haggis. There will also be a range of the finest whiskies to try, as well as Gaelic soccer, and a knees-up with the legendary Blarney Brothers."

Celtic rock bands, choirs and the Dash of the Celts will keep the "young and younger" amused while a children's entertainment area is available for the wee ones. "Genuine Celtic wares and delicacies will be on sale – and for those of you concerned about missing the FA Cup Final, we'll have big screen TVs on the day," says Watt.

It's also the ideal place for Mom on Mother's day with a special programme laid on for the ladies. Celtic Fest will host 20 pipe bands, a number only ever seen at the national championships. Senior choir competition champions will join the famous Welsh Male Voice Choir on stage and the sunrise and sunset drumming circle is a must-see. New stalls this year include Celtic hand-made jewellery, a dance shoe importer, various Scottish specialty foods and candle making, among a host of other things to participate in.

Bring the family and enjoy a weekend filled with entertainment, culture and fun.

When: Friday, 10 to 12 May 2013

Where: Modderfontein, near Edenvale

Categories: Annual Festivals / Entertainment

702 Mother's Day Concert (Parkview)



Join us for the annual 702 Mother's Day Concert at the Zoo in association with SPAR for the perfect way to spend quality time with your Mother.

So grab a blanket and pack a picnic basket full of your Mother's favourite treats and head to the Zoo for a special day out for the whole family. Freshly Ground, will be headlining this year's concert and will be joined by the Johannesburg Festival Orchestra with soloists, Tim Moloji and Naz Holland.

Entrance Fee:

R65per person
R40 for pensioners and children 4-13 years
Children under 3 years old - free entry

When: Sunday, 12 May 2013

Where: Parkview

Categories: Annual Festivals / Entertainment / Music Festivals / Outdoor Events

Time: 09h00 to 15h00

Mother's Day Vintage Train to Cullinan (Cullinan)



Treat Mum to a special day out for Mother's Day on a vintage train to Cullinan.

This Mothers' Day get the family together and treat Mum to a nostalgic Mothers's Day trip on a vintage steam train. Relive the era of old-time railway travel and experience a fantastic day out in the historic diamond village of Cullinan. Take lunch at one of the several quaint cafe-restaurants in Cullinan or 'bring your own' and make use of the braai fires that are provided free.

Train departs 08h30 from Hermanstad Station, Miechaelson Street, Hermanstad, Pretoria-Tshwane and returns approximately 17h30.

When: Sunday, 12 May 2013

Where: Pretoria

Categories: Travel & Tourism

Contact: 012 767-7913

Juliet Cullinan Standard Bank Wine Festival (Hyde Park)



A novel appreciation of wine tasting - discover a palette of colour and taste.

To celebrate Standard Bank's 150 years of banking, the 2013 Juliet Cullinan Standard Bank Wine Festival will move to Summer Place, a setting of luxury and elegance.

Discover 40 handpicked, icon Cape wineries displaying traditional, innovative, rare and unique labels of outstanding quality. We will offer an exclusive range of imported wines and accessories making this an experience to remember. Pick n Pay will again delight us with their impressive array of imported deli foods. Capture and buy the essence of the Cape

vintage

vintage in a wine glass. All wines showcased during the festival can be purchased through the Makro Sip and Shop at special show prices.

Tickets available on-line at webtickets and cost R130 per person if booked online and R150 at the door. This includes a wine glass, catalogue and an evening of unlimited tastings.

When: 14 to 15 May 2013

Where: Hyde Park

Categories: Annual Festivals / Food & Wine

SAKKS National Koi Show (Randburg)

DATE: 19 to 20 May 2013

South Africa's largest Koi event of the year - Koi enthusiasts and the general public alike will have the chance to see some of our country's finest Koi at this annual show and competition hosted by the South African Koi Keeper's Society.

In addition to the ponds showcasing Koi entries of all sizes and varieties, will be various dealer ponds. There will also be exhibitions of Koi related products such as garden ponds, biological filter systems, pond accessories; fish foods and medications; books on Koi and various Koi mementoes.

The event will allow the public the opportunity to learn about Koi and the Koi hobby through members of the South African Koi Keeper's Society who'll be on hand to provide expert advice and answer any Koi related queries on a one to one basis.

Please Note: Dates for this event to be confirmed.

Entrance Fees: R20 for adults and R10 children

Contact: 011 433-2665
082 882-8022



Soweto Fashion Week (Soweto)



After the worldwide explosion of this prestigious event in 2012, Soweto Fashion week is Back at it again, this time with an international presence and combination of Las Vegas USA and Switzerland designers coming in to embellish our upcoming Sowetan and South African Designers in South Africa, Soweto Fashion week has plenty of new creations to introduce to the world of Fashion markets in 2013 and beyond.

When: 23 to 26 May 2013

Where: Soweto

Time: 15h00

Categories: Annual Festivals / Concerts & Shows / Exhibitions & Conferences

Contact: 011 024-6343

Sasol Bird Fair (Parkview)



The Sasol Birds and Birding Fair, the biggest of its kind in Southern Africa, attracts birding enthusiasts from all over South Africa. The annual Sasol Birds and Birding Fair will take place on the 25 and 26 May 2013 at the Johannesburg Zoo.

The Sasol Birding fair is focused on cultivating bird lovers and enjoyment of nature. The Fair will

form an important component of Sasol Birdlife SA National Bird Week.

Exhibitions, demonstrations and guided bird walks are centered on the Bandstand area in the Zoo. There are a variety of exhibitors on hand to appeal to everyone. Lectures take place in the Discovery centre (all lectures are on a first come, first serve basis).

Lectures & Demonstrations
Guided Bird Walks
Outdoor Exhibition
Children's playfair and activities.

When: Saturday, 25 to Sunday, 26 May 2013
Where: Parkview, Johannesburg
Categories: Exhibitions & Conferences / Fauna & Flora
Contact: Nikki McCartney on 083 636-1060.

Port & Sherry Festival (Magaliesberg)



Now in its fourth year the Port and Sherry Festival held by Cellar Rats is a family festival that promotes the culture of good living. The venue is apporximately a 35 minute drive from Johannesburgs Northern Suburbs.

Come and sit around one of the many bonfires and warm your body or toast a marshmellow inbetween tasting some of South Africa's best fortified wines. More than 40 wine producers will be sharing the best they have to offer with over 100 wines.

Your children will be entertained and supervised by Happy Acres who have arranged a variety of activities which include a jumping castle, sport activities, snake, animal and plant displays, crab catching and much more.

Cost: R100 per person, designated driver gets in free of charge, children who use entertainment pay

When: Sunday, 26 May 2013
Where: Magaliesberg
Categories: Annual Festivals / Food & Wine
Time: Gates open at 13h00
Contact: 082 829-9952

Logwood Country Festival (Muldersdrift)



Spend a relaxing day in the country while enjoying the array of food stalls and craft stalls on offer at the annual Logwood Country Festival.

There will be fun and games for children of all ages and entertainment to keep you on your toes. We are wearing masks for the day so bring your own or buy one at the door. Children under 12 are free and adults pay only R20. No unsupervised children please. Join us as we raise funds for Logwood Village, a home for intellectually disabled adults.

Enjoy an entertaining day out
in the country for the whole
family.

When: Sunday, 26 May 2013
Where: Muldersdrift, West Rand
Categories: Annual Festivals / Entertainment
Contact: Logwood on 011 659-0480

Mpumalanga Events & Festivals

Brondal Avocado Festival (Nelspruit)



**DATE: Sunday, 19 May
2013**

The annual Brondal Avocado Festival is back again this year!

The Avo Festival has something for the whole family with over 100 stalls and entertainment for all. Visitors can enjoy their favourite avocado dish along with many other delicious treats.

The festival starts at 09h00 and the evening's entertainment starts at 18h00. An entrance fee of R50 per vehicle is charged and secure parking is assured.

Where: Nelspruit

Categories: Annual Festivals / Outdoor Events

entertainment, a food & drink marquee with live music and a jazz festival. Following the growing success each year of the festival, this year promises to be better again.

Sponsors and organisers have pulled out all the stops to entertain the lowveld in style. The usual favourites such as Ian von Memerty and Sonia Esgueira with her new Porra show will be back in the theatre, and the beer marquee will be kept lively with Jazz music from Mozambique. The craft market will have a new feel to it this year with many new stalls from around the country, and the children's entertainment area goes Big this year with giant slides, mini quad bikes, diesel trains on a track and climbing walls, to name but a few of the many attractions.

The food marquee will again be full of tantalizing and exciting creations, to visit after a show or a stop off at the Art Exhibition, which is growing to be one of the biggest in the lowveld!

Browse through the website to see in detail what is happening throughout this exciting weekend (link below). Entrance to the festival is R40. This family event should not be missed.

When: 24 to 26 May 2013

Where: White River

Categories: Annual Festivals / Entertainment / Food & Wine

Uplands Festival (White River)



The 2013 Uplands Festival will again incorporate live theatre, a country market, children's

Witbank Wedding Expo



Protea Hotel Witbank is hosting it's annual Wedding Expo. Our Wedding Expo will feature amongst some of the best in the Mpumalanga / Gauteng Region

From wedding gowns / dresses, bridal accessories, wedding cakes, jewellery, modern; themed décor; the capturing of memories and the most unique flower arrangements.

So join us for all you require to plan your most special day! Entrance to the Wedding Expo is free.

When: 25 to 26 May 2013

Where: Witbank

Categories: Wedding Expos

Contact: 013 656-6424

Limpopo Events & Festivals

Lions 4x4 Charity Event (Phalaborwa)



This charity event in Phalaborwa promises to be a fun filled day for the whole family. Visit the various stalls and be entertained by clowns, mime artists, music, live entertainment, sport, 4wheelers, 4x4 track with obstacles, animal farm, beer garden, tea garden and a western and country dance Saturday night!

Your children can relax and have fun while moms and dads take part in the 4x4 track events. This is certainly a great day out.

When: Wednesday, 01 May 2013

Where: Phalaborwa

Categories: Annual Festivals / Entertainment / Outdoor Events

Contact: 083 6463686

Thabazimbi Expo (Bela Bela)



One of the fastest growing eco-tourist growing points in the country, Thabazimbi will be the host to the Thabazimbi Game and Tourism Expo. The annual Thabazimbi Game and Tourism Expo at the Thaba Park in Thabazimbi, invites you back for another year of thrilling fun and entertainment, for their 30th anniversary.

Next year brings and introduces a spectacular line-up of activities, games, tours, competitions and quality South African live artists.

Visitors can count on an exciting family weekend at the idyllic setting of by Frikkie Meyer Hoërskool in the Waterberg District, Limpopo.

When: 31 May 2013 to 01 June 2013

Where: Thabazimbi

Categories: Agricultural Shows

North West Province Events & Festivals

Arts & Antiques Fair (Potchefstroom)

DATE: Saturday, 11 May 2013

The Arts & Antique Fair is taking place at the President Pretorius Museum in Potchefstroom with collector's items and paintings for sale.

Every year an attraction takes place during the event for example the Old Photographs project or Blacksmiths working in the Blacksmith shop to take visitors back to yester year.

There will also be food stalls with potjiekos, pancakes and many more treats.

Where: Potchefstroom

Categories: Annual Festivals / Arts & Culture / Exhibitions & Conferences

Time: 09h00 to 15h00

Contact: Vanessa on 018 299-8036

Northern Cape Events & Festivals

AfrikaBurn (Colesberg)



This is a freedom of expression festival with the intention of building a temporary community through collaborative arts projects, in a completely non-commercial environment.

This is a place to collaborate, cooperate, and add to the public environment to build community.

This "gift economy" means that there is no commercial exchange at the event - no vending, no cash bars and no branded promotion of services or products, the aim being real social interaction.

It is an exercise in total self-reliance: participants camp for four days and provide entirely for themselves, including all their water, shelter and food needs. If you come to AfrikaBurn, you must participate in whatever way you can. We want no spectators.

What to bring?

You need to bring all your food, shelter, water, fuel, and basic first aid supplies. You must bring at least 5 litres of water per person per day (for drinking, preparing food and washing) and always carry a bottle of water with you.

It is important to note that no rubbish bins are provided! Whatever you bring to the event must be taken back out with you.

When: 01 to 06 May 2013

Where: Tankwa-Karoo National Park

Categories: Annual Festivals / Arts & Culture / Outdoor Events

Rustenburg Show (Rustenburg)



The annual Rustenburg show is to be held at the Rustenburg showgrounds. Enjoy a day of fun with performances by popular local artists.

Agricultural championships and auctions will be held during the Rustenburg Show for small livestock, cattle, poultry and more.

Please Note: Dates for this event to be confirmed.

When: 25 May to 22 June 2013

Where: Rustenburg

Categories: Agricultural Shows / Annual Festivals

Contact: Leonie Botes on 083 601-1576



FIRST AID FOR POISON VICTIMS



While all home owners are aware of dangerous products such as rodent poisons, insecticides and fertilizers, it's not only these products that can be life threatening if they're consumed or come into contact with human skin. Our cupboards are stocked with a vast array of detergents, disinfectants and other products that may seem perfectly innocent to those who do not know any better. However, these everyday items can be fatal. The only hard and fast rule if a poisoning incident is suspected is to call the **Poison Information Centre refer to numbers on the opposite page**, and to get the victim to a hospital as soon as possible, but first aid will always increase the likelihood of successful treatment and survival. Different substances need different first aid responses, as an incorrect treatment may make the poisoning serious. The useful chart lists a variety of potentially dangerous substances commonly found in and around the home, along with simply referenced instructions on how to react if you suspect a particular product has been consumed. Even if your first aid seems to be successful, always make sure the poisoning victim gets to a hospital as soon as possible, and most importantly, take the container in which the poison was found with you.

How to use this card: Match the colour for the poisons listed to the appropriate treatment.

Acid	Fabric Dyes	Oven Cleaner
Alcohol	Fabric Softener	Paint (Oil)
Ammonia	Fertilizers	Paint Remover (Solvent)
Aspirin	Firelighters	Paint Remover (Caustic)
Battery Acid	Fluoride Tablets	Paracetamol
Battery (Button)	Glue (Contact)	Paraffin
Benzine	Glue (Other)	Pesticides
Bleach	Hydrochloric Acid	Perfumes
Camphorated Oil	Hair Colour	Petrol
Carbon/Tetrachloride	Hair Perm	Pills/Tablets
Caustic Soda	Hair Straightener	Rat Bait
Chlorine	Hydrogen Peroxide	Shampoos
Condy's Crystals	Iron Tablets	Snail Bait
Cosmetics	Insect Repellent	Toilet Cleaner
Cough Syrup	Insecticides	Turpentine
Deodorants	Liniments (eg:Wintergreen)	Varnish
Detergents	Medicines (Oral)	Vitamins
Dishwashing Liquids	Metal Cleaners	Washing Soda
Dishwashing Powder	Metal Polishes	Window Cleaner
Disinfectants	Mothballs	White Spirit
Drain Cleaner	Nail Vanish Remover	Weedkillers

Children's emergency : 021 689 5227 (24 hours)

Adult emergency : 021 689 5227 (24 hours)



- Do not make the person vomit
- Do not give the person anything to drink or eat
- Get them to a clinic or hospital quickly



- Do not make the person vomit
- Give them half a cup of milk or water immediately
- Contact the poison centre



- Give them half a cup of milk or water immediately
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CHARCOAL MIXTURE: [click here to learn more.](#)

Infants: 1 gram activated charcoal per kilogram.

Children: 15 – 30 gram activated charcoal as a single dose.
Mix with water.

Adults: 50 – 100 gram activated charcoal as a single dose.
Mix with 300 – 500ml water.

WHEN A CHILD GOES MISSING

072 MISSING • 072 647 7464

MSCA creates awareness of missing children in South Africa and aims to support the SAPS as effectively as possible when a child goes missing.

When a child goes missing:

- **Don't wait 24 hours!**
- **Complete a SAPS 55 at your nearest police station**
- **Contact MSCA on 072 647 7464**
- **Send the following information:**
 - **name of the missing child**
 - **age of the missing child**
 - **situation surrounding the child gone missing**
 - **case number**
 - **SAPS Details (including the name of the officer that assisted you)**
 - **most recent photo of missing child**
- **via E-mail: info@missingchildren.org.za**
or Fax: 0860 580 3310
- **Keep MSCA updated on progress**

MSCA will distribute case-related information to the province and even nationally, if necessary. MSCA will keep both the family of the missing child and the SAPS up to date on any relevant information and leads.