

YOUR FREE COPY

OCTOBER 2013

indawe



sa express

we fly for you

VOTED **BEST REGIONAL, BEST AFRICAN AND FIFTH BEST** INFLIGHT MAGAZINE IN THE WORLD BY CNN INTERNATIONAL

Teamwork




The Business of Business

Brainstorming Africa's Business Growth

BLOEMFONTEIN ✦ CAPE TOWN ✦ DURBAN ✦ EAST LONDON ✦ GABORONE ✦ GEORGE ✦ HOEDSPRUIT ✦ JOHANNESBURG ✦ KIMBERLEY ✦ LUBUMBASHI ✦ LUSAKA ✦ MAPUTO ✦ PORT ELIZABETH ✦ RICHARDSBAY ✦ WALVIS BAY ✦ WINDHOEK ✦ HARARE





distance changes with Orange

thousands of kilometres apart but still closer than ever

Roam on Orange while in Botswana and abroad. We keep all your worlds connected successfully taking care of millions of business people worldwide. Orange is Botswana's only global network and a roaming partner you can rely on
for help call: +267 72000123 or visit www.orange.co.bw

Roam on Orange

today changes with  orange™



Lady Anna Sofa/ Phoenix Coffee Table

Dunkeld
Sandton City
Fourways
Pretoria
Mbombela

Decorators Welcome
Worldwide Delivery



Bakos
Brothers

EST. 1971

@

P
L
A
Y



This Month's Best Reads

■ OCTOBER 2013

Events: 10 North | 12 South | 14 In Between **Bits & Pieces:** 16 Travel Tips & Gorgeous Goodies **Bites:** 20 Restaurants & Taste Experiences **Special Feature:** 22 The Benefits of Business Coaching **Travel:** 36 Bloemfontein – A Capital Place | 46 Exploring George | 54 Namibia's Jazz Festival of Note | 64 Sabi Sabi Private Game Reserve | 84 Breathing Life into Dreams **Feature:** 26 The Best of Hotel Dining | 79 Sealing Deals on the Golf Course **Motoring:** 91 Volvo 60s Range | 99 Mercedes-Benz A45 AMG | 107 Nissan Sentra **Gadgets:** 116 Must Haves for Technophiles



20th
ANNIVERSARY

Shop & Sail

@ King Shaka International Airport



Spend R100 or more in one day at Landside stores in King Shaka International Airport and stand the chance to win a 5 day cruise on the MSC Opera* for you and five friends to the value of R45000!



The Mediterranean way of life



Terms and conditions visit: www.airportshopping.co.za



KING SHAKA
INTERNATIONAL AIRPORT

AIRPORTS COMPANY SOUTH AFRICA



■ SA EXPRESS

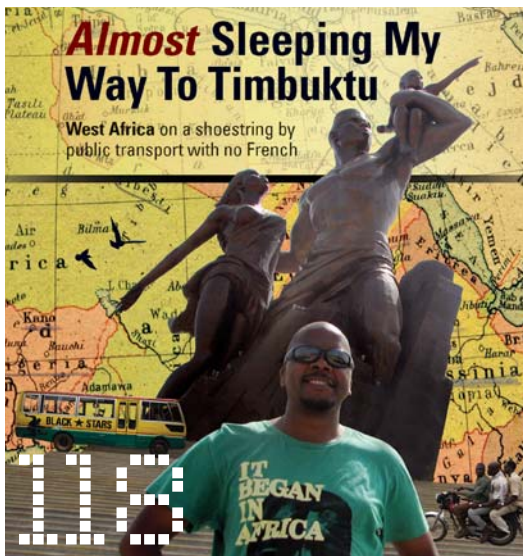
- 08 CEO Letter
- 121 SA Express Fleet
- 122 We Fly For You: Our Visions & Values
- 123 Safety and Route Map
- 124 Flight Schedule
- 127 Passenger Letters

@

W
O
R
K

■ OCTOBER 2013

Feature: 61 Safe Travels with Your Cellphone | 94 South Africa's Super Rich | 109 Genetically Modified Food: Safe or Not? **Business:** 50 How to Dress for Success | 75 The 2013 Africa SMME Awards | 103 Managing Your Millennials | 113 Healthy Tips for the Business Traveller | 72 SLOW in the City **Books:** 118 New releases and Must Reads



THRIFTY

Car Rental®

Great Cars.
Great Rates.

* PRICES
VALID UNTIL
31 OCT 2013 at
AIRPORT
BRANCHES
ONLY!

Branches at all major
airports in South Africa



Central Reservations
086 100 2111



Book online and save!
www.thrifty.co.za

**200km
FREE!**
PER DAY ON ALL
RENTALS!



P **GROUP (MCMR)**
Chevrolet Spark
or similar

R176*
per day

COMPACT



x4 x2 PETROL

Aircon • Radio • Airbags • Power-Steering
ABS Brakes • Alarm • 5-Door • Central Locking

A **GROUP (ECMR)**
Nissan Micra
or similar

R195*
per day

COMPACT



x4 x2 PETROL

Aircon • Radio • Airbags • Power-Steering
ABS Brakes • Alarm • 5-Door • Central Locking

B **GROUP (EDMR)**
VW Vivo 1.4 Hatch
or similar

R225*
per day

COMPACT



x4 x2 PETROL

Aircon • Radio • Airbags • Power-Steering
ABS Brakes • Alarm • 5-Door • Central Locking

B1 **GROUP (CCMR)**
VW Vivo 1.4 Sedan
or similar

R275*
per day

MID-SIZE



x4 x4 PETROL

Aircon • Radio • Airbags • Power-Steering
ABS Brakes • Alarm • 4-Door • Central Locking

C **GROUP (ICMR)**
Nissan Tiida 1.6 Sedan
or similar

R299*
per day

MID-SIZE



x4 x4 PETROL

Aircon • Radio • Airbags • Power-Steering
ABS Brakes • Alarm • 4-Door • Central Locking

Q **GROUP (MVMR)**
Nissan Livina X-Gear
or similar

R350*
per day

MPV



x5 x5 PETROL

Aircon • Radio • Airbags • Power-Steering
ABS Brakes • Alarm • 5-Door • Central Locking

D **GROUP (ICAR)**
Nissan Tiida 1.6 Sedan
or similar

R350*
per day

AUTO



x4 x4 PETROL

Aircon • Radio • Airbags • Power-Steering
ABS Brakes • Alarm • 4-Door • Central Locking

E **GROUP (FCAR)**
Hyundai Sonata 2.4L
or similar

R500*
per day

AUTO



x4 x4 PETROL

Aircon • Radio • Airbags • Power-Steering
ABS Brakes • Alarm • 4-Door • Central Locking

L **GROUP (CWMR)**
Chevrolet Orlando
or similar

R500*
per day

MPV



x5 x5 PETROL

Aircon • Radio • Airbags • Power-Steering
ABS Brakes • Alarm • 5-Door • Central Locking

K **GROUP (FFMR)**
Nissan X-Trail 4x2 2.0 TD
or similar

R500*
per day

SUV



x5 x5 PETROL/DIESEL

Aircon • Radio • Airbags • Power-Steering
ABS Brakes • Alarm • 5-Door • Central Locking

F **GROUP (PDMR)**
Mercedes Benz C180 Auto
or similar

R700*
per day

AUTO



x5 x4 PETROL/DIESEL

Aircon • Radio • Airbags • Power-Steering
ABS Brakes • Alarm • 4-Door • Central Locking

N **GROUP (SMVR)**
Hyundai H1
or similar

R950*
per day

MPV



x8 x6 PETROL/DIESEL

Aircon • Radio • Airbags • Power-Steering
ABS Brakes • Alarm • 5-Door • Central Locking

*Rental per day includes standard waivers and 200 km's, vehicle protection plan, airport surcharge and VAT. Contract fee is NOT included. Rates only subject to availability of vehicle category. Terms and conditions apply. Rates applicable to Credit Card rentals from airport locations only. Offer valid until 31 October 2013. E & OE.

SA EXPRESS

Divisional Manager:
Communications and PR
Keitumetse Masike
Tel: +27 11 978 2540
kmasike@flyexpress.aero
Customer Care Department
Tel: 0861 729 227
customercare@flyexpress.aero
Twitter: @flySAexpress
Facebook: SA Express Airways

INDWE

Indwe is published by TCB Media (Pty) Ltd
In association with Tauro Creations and
June Communications
Tel: 0861 THE MAG (843 624)

COVER IMAGE

@iStockphoto.com

Publisher

Bernard Hellberg | bernard@tcbmedia.co.za

Editor

Nicky Furniss | nicky@tcbmedia.co.za

Senior Designer

Joanne Mc Laren | joanne@tcbmedia.co.za

DIRECTORS

Publishing Director: **Bernard Hellberg**
Production and Distribution Advisor:
Obed Sealetsa | nolo@tcbgroup.co.za
Communications Advisor:
Pam Komani | pam@junecomunications.co.za

ADVERTISING SALES

Tel: +27 12 425 5800
National Sales Manager
Bryan Kayavhu | bryan@tcbmedia.co.za
+27 83 785 6691

Senior Account Managers

Chantal Barton +27 83 459 3086
chantal@tcbmedia.co.za

Calvin van Vuuren + 27 82 582 6873
calvin@tcbmedia.co.za

Nikki de Lange +27 83 415 0339
nikki@tcbmedia.co.za

Robyn Shillaw-Botha +27 83 629 8818
robyn@tcbgroup.co.za

DISCLAIMER: All material is strictly copyrighted.
All rights are reserved. Reproduction in whole or
part is prohibited without prior permission from the
publisher. Opinions expressed in Indwe Magazine are
not necessarily those of SA Express.



Unleashing South Africa's Potential



■ The preamble of the Constitution of the Republic of South Africa says: "We therefore, through our freely elected representatives, adopt this Constitution as the supreme law of the Republic so as to (...) improve the quality of life of all citizens and free the potential of each person."

If the above statement is part of our DNA, why are all South Africans not living that dream? High rates of unemployment still plague our system and as a result, a large number of people are not active participants in the country's economy. The youth of this country are in the majority, but their potential remains untapped, adding to the unemployment statistics.

In his 2013 State of the Nation address, President Jacob Zuma remarked: "Fellow South Africans, working together can do more to realise our common vision of a better and more prosperous nation." As the public and private sector, are we working together to create an environment that stimulates sustainable economic growth, as well as enables job creation?

Both the public and private sector have recognised Small, Medium and Micro Enterprises (SMMEs) as vital drivers of economic growth, transformation and employment creation. As big businesses with matured supply chains, are we genuinely using our muscle power to enable strategies that promote SMME development, as well as unlocks access to funding for the smaller players?

In a crowded marketplace where public and private sectors are

running parallel projects to benefit SMMEs, eradicate poverty or create employment, we need to recognise that we cannot change the landscape of our economy if we do not authentically work together to build a South Africa that provides access to markets, access to funding and access to business support for small businesses and the unemployed.

However, as much as we recognise some of the challenges that we still have in growing our economy, we commend Government initiatives through departments such as the Department of Trade and Industry, as well as a number of private sector organisations that have contributed to unlocking the potential of this country.

In conclusion, October marks transport month. Even though the aviation industry has improved its environmental performance over the years, we are still working hard to limit our climate change impact, emissions and noise.

As travellers descend on Bloemfontein for the Macufe Festival, we are honoured to be flying you into the city with our eco-friendly Dash 8 Q400 that has less impact on the environment.

Regards

Inati

Inati Ntshanga
CEO



Bloemfontein



Durban



East London



Lusaka



Johannesburg



Hoedspruit



George



Harare



Kimberley



Lubumbashi



Maputo



Port Elizabeth



Windhoek



Walvis Bay



Gaborone



Richards Bay



Cape Town



BRAND LEADERSHIP 10/2019

17 Destinations all over Southern Africa, non-stop.

You could choose other ways of getting to your holiday spot but flying with us is easy and non-stop. Flying with us is also convenient, because we fly to major destinations and smaller cities all over Southern Africa and the DRC, every day. Taking a break? Then make the most of your time off. Because **we fly for you.**

 SA Express is a proud member of the SAA Voyager programme.

Visit www.flyexpress.aero for domestic flights to Bloemfontein, Port Elizabeth, East London, Kimberley, Hoedspruit, George, Johannesburg, Richards Bay, Cape Town, Durban, and regional flights to Lubumbashi, Gaborone, Windhoek, Walvis Bay and Maputo.

www.flyexpress.aero

 SA Express Airways

 FlySaExpress



sa express

we fly for you

EVENTS | NORTH



■ ■ 30 OCTOBER

An Elegant Affair STELLENBOSCH AT SUMMER PLACE, JOHANNESBURG

Stellenbosch at Summer Place promises Gauteng wine lovers an unsurpassed pairing of wine, food, art, music and fashion from the Stellenbosch Winelands. Only the very top winemakers and chefs from South Africa's premier wine region will travel to Johannesburg for the event. The carefully selected wines on offer were chosen through a strenuous selection process. In keeping with the event's pairing theme, each wine will be teamed with a signature dish, and served alongside a unique "attraction" to complete the experience, including an intimate fashion show or even a private one-on-one session with a leading art expert. Tickets are available from www.webtickets.co.za.
[//WWW.WINEROUTE.CO.ZA](http://WWW.WINEROUTE.CO.ZA).

■ ■ 2 - 6 OCTOBER

Horsing Around

THE GALENCIA PROPERTY SOUTH AFRICAN DERBY, JOHANNESBURG

The most anticipated event on the equestrian calendar, the Galencia Property South African Derby 2013 will take place at the Kyalami Equestrian Park in Johannesburg. Here, the country's top show jumpers will compete over a treacherous course, testing both rider and horse in an attempt to make it through to the nail-biting final on the Sunday, which will be witnessed by an expected 5,000 to 6,000 spectators. The theme for this year is "Gatsby Glitz" and promises plenty of fashion, good food and fun. Entertainment over the weekend includes a children's area, beer garden and shopping village, as well as a VIP Marquee. Tickets are available from Computicket. [//WWW.COMPUTICKET.COM](http://WWW.COMPUTICKET.COM)



■ ■ 5 - 6 OCTOBER

Hmm, Yummy!

DELICIOUS FESTIVAL, JOHANNESBURG

It is every foodie's dream to have a chef from a trendy European restaurant whip up a culinary masterpiece just for them. This is exactly what awaits visitors to South Africa's first Delicious Festival. UK celebrity chefs Aldo Zilli, Ed Baines and Michelin-starred John Burton Race will offer food aficionados the chance to savour their exclusive signature dishes at pop-up restaurants. The dishes will be paired with South African wines and French champagne. Festival-goers can also shop for scrumptious goodies at the artisan food market, while being entertained by British band Jamiroquai, as well as a host of South African artists, including Prime Circle, Khuli Chana, MiCasa and BlackByrd. Tickets are available from Computicket.
[//WWW.DELICIOUSFESTIVAL.COM](http://WWW.DELICIOUSFESTIVAL.COM)

■ ■ 23 OCTOBER - 10 NOVEMBER

Political Parody

ADAPT OR FLY, MONTECASINO

The most famous white woman in South Africa, Tannie Evita Bezuidenhout, leads a company of characters that include Julius "Juju" Malema, former apartheid minister Pik Botha, Mrs Petersen from the Cape Flats, and the Old Krokodil PW Botha, as well as Madiba and our dancing First Citizen, President Jacob Zuma. *Adapt or Fly* is Pieter-Dirk Uys' one man show that has taken South Africa by storm. It is a personal political comedy trek along a familiar long tiptoe to freedom, which is guaranteed to have audiences rolling in the aisles. Tickets are available from Computicket.





Facilitating Air Transportation through Airport Development

Vision:

To be a world-class service provider in airport operations and management.

Mission:

To develop and manage airports on sound business principles with due considerations to the interest of our stakeholders.

Core Values:

Integrity

We encourage ourselves in an honest, ethical, transparent, consistent and fair manner in all our activities.

Accountability

We take responsibility for all our actions.

Teamwork

We encourage and value the contribution of our team members at all levels in pursuit of excellence.

The Namibia Airports Company (NAC) is a State Owned Enterprise (SOE) that provides / facilitates airport infrastructure, facilities and airport services for domestic and international airlines, passengers, clients and customers. The NAC owns and manages eight (8) airports: Hosea Kutako International Airport (HKIA), Eros, Walvis Bay, Lüderitz, Keetmanshoop, Ondangwa, Rundu and Katima Mulilo. The NAC was founded through the Airports Company Act, Act 25 of 1998.

As peace is a reality in the sub-region, Namibia's strategic geographic location for air travel between sub-Saharan Africa, Europe and the Americas makes it attractive for airlines to fly to, over and from. It is crucial that the infrastructure and facilities at our airports hold up to world-class standards. To achieve this, all airport developments are guided by master plans. As a result, the NAC has successfully undertaken several strategic infrastructure and commercial development projects with the aim of improving its overall service delivery.

The adoption of contemporary airport planning and management approaches and practices has ensured good and healthy profitable ratios and returns. These good returns have been achieved while maintaining a delicate

balance between efficiency of service delivery, affordability of the airport facilities, and services by airport users.

The NAC's main operational partners are the international and domestic airlines, developers, retailers and concessionaires who use its facilities.

Hosea Kutako International Airport

Situated 45 km east of Windhoek, Hosea Kutako International Airport (HKIA) handles well over 680 000 movements annually and over 15 500 aircraft movements. As Namibia's only international airport, HKIA connects weekly non-stop flights to Frankfurt, Johannesburg and Cape Town. HKIA also serves Luanda and Lubango (Angola), Maun (Botswana), Victoria Falls and Lusaka (Zimbabwe) and Accra (Ghana). Scheduled airlines calling at HKIA are Air Namibia, South African Airways, South African Express, British Airways (Comair) and TAAG Angola.

Eros Airport

Located just five km from Windhoek's central business district, Eros Airport is NAC's busiest airport in terms of aircraft movements. Its quick turnover time and reliable fuel supply makes it a favourable stopover destination for pilots and air travellers alike. Given its location within the city, Eros Airport is realizing its full potential as a leading airport in point-to-point traffic, domestically.

Walvis Bay Airport

Situated 15 km from the harbor town of Walvis Bay, Walvis Bay Airport handles daily connections from Johannesburg, Cape Town and Windhoek (HKIA) and Eros. Complemented by the Walvis Bay harbor, Walvis Bay Airport has the potential to become a leader in cargo handling by servicing the fishing sector and its downstream activities.

The upgrading of the terminal building is underway in order to cater for the growing passenger traffic at this airport, consolidating it as a true international airport and Namibia's second major airport besides HKIA.

Regional Airports

Located 500 km south of Windhoek, Keetmanshoop is the designated alternate

airport to HKIA for diversions, due to its proximity and runway capacity. Lüderitz Airport is critical in serving the business community in and around Lüderitz by providing linkages to the rest of the country and neighbouring countries.

Katima Mulilo, Rundu and Ondangwa airports service the northern parts of the country, providing links to Angola and also serving as refuelling stops for flights to central Africa.

Safety and Security

The safety and security of our passengers and clients remain a top priority for the NAC. Continuous evaluation and improvement of our safety and security measures ensure peace of mind for all airport users and the NAC will continue to improve them. The NAC remains sensitive to environmental issues that arise from developmental projects and operations of its airports, particularly how it may affect future generations.

Membership

As a learning organisation, the NAC contributes and learns from the industry through its membership to the International Civil Aviation Organisation (ICAO), Airports Council International (ACI) and The International Air Cargo Association (TIACA), Namibia Chamber of Commerce (NCCI) and the Namibian Tourism Board (NTB). It ensures that it impacts on and is impacted upon by relevant events, trends and developments in the air transportation and tourism industries.

The NAC has its focus on contributing to the realisation of the Namibian nation's aspirations through Vision 2030.

The NAC continues to positively contribute towards the realisation of our national goals through airport development.

Contact Details

Namibia Airports Company (NAC)
5th Floor, Sanlam Centre
Independence Avenue
P.O. Box 23061, Windhoek, Namibia
Tel: +264 61 295 5000
Fax: +264 61 295 5022
E-mail: pr@airports.com.na

EVENTS | SOUTH



■ ■ 25 - 27 OCTOBER

An Artistic Endeavour

ART FOR ME, CAPE TOWN

Making art accessible to all is the focus of Art for Me, a new South African contemporary art fair to be staged in Cape Town (at the V&A Waterfront) for the first time this year. Visitors will have the opportunity to view works by some of South Africa's most influential and important artists, as well as seeing the country's enormous wealth of burgeoning young and emerging artists, all under one roof. The three day event will be a total art experience and will include an interactive theatre and workshops, as well as a children's area. //WWW.ARTFORME.CO.ZA

■ ■ 18 - 20 OCTOBER

Water and Wine

ROBERTSON WINE ON THE RIVER, ROBERTSON

Enjoy laidback country hospitality at its best as you taste more than 300 wines from over 40 wineries, while soaking up the rhythm of live jazz, ballads and blues. While wine tasting is the order of the day, there will be delicious gastronomic delights from which to choose, while browsing the country food stalls and shopping your way through the Robertson Farmers' Market. Tutored Chardonnay tastings will be on offer in the Chardonnay Tent, while other popular attractions will include river cruises, as well as arts and crafts from the valley. Tickets are available from www.webtickets.co.za.

//WWW.WINEONRIVER.COM



■ ■ 26 - 27 OCTOBER

Everything is Coming Up Roses

GREYTON ROSE FAIR, GREYTON

Greyton celebrates its 22nd annual Greyton Rose Fair this year with the theme "All You Need Is Love". The main attraction will be the fabulous display of prize winning roses, as well as a variety of gardens which will be on show, many of them within strolling distance of each other. Greyton is renowned for its Saturday morning market and this will be expanded on Rose Fair weekend to include more than 100 stalls, selling everything from art to artichokes - as well as roses of every colour, shape and description. Proceeds from the festival are used for uplifting the community. For more information, email gillmoore@greyton.za.org.



Immerse Yourself...



Experience...
the best classical &
contemporary cuisine,
rare wine vintages,
breathtaking views,
unsurpassed service,
the finest cultivars...



A combination so
refreshingly satisfying,
it should be savoured,
every day...

Baia Seafood Restaurant is upstairs at the Victoria Wharf • V&A Waterfront • Cape Town

Tel: 021 421-0935/6/7 • Fax: 021 421-0933 • baiarestaurant@wo1.co.za

Fully licensed. Open for lunch and dinner daily as well as light terrace lunches.

baiarestaurant.co.za • photographer: brunorosa.co.za



Baia
SEAFOOD RESTAURANT

EVENTS | IN BETWEEN



■■ 11 OCTOBER - 10 NOVEMBER

The Wonders of Wellness

THE LOOK & FEEL GOOD EXPO, DURBAN, STELLENBOSCH & JOHANNESBURG

The country's premier wellness expo will take place this year from 11th - 13th October at the Durban Exhibition Centre, from 25th - 27th October at Sandringham Farm in Stellenbosch, and from 8th - 10th November at the Coca-Cola Dome in Johannesburg. This year, festival goers can look forward to pageants, fitness contests, daily cooking demonstrations and talks on nutrition, spa treatments and competitions, as well as all the information they need to lead healthy, happy lives, and look great while they are doing it. [//WWW.IFEELGOOD.CO.ZA](http://WWW.IFEELGOOD.CO.ZA)

■■ 13 OCTOBER

Hop on Your Bike

AMASHOVA DURBAN CLASSIC, PIETERMARITZBURG

The Amashova set of cycle races is supported by full road closures, making it a safe event to ride while taking in the sights and embracing the warm support from the KZN crowds. The main 106 km challenge kicks off at the Pietermaritzburg City Hall at 06h30, while the 65 km event begins at School Road in Cato Ridge at 05h30. The 35 km family fun ride also begins at 05h30 and leaves from Lillies Quarter, Hillcrest. All three races finish at Durban's People's Park at the Moses Mabhida Stadium. Visit [//WWW.SHOVA.CO.ZA](http://WWW.SHOVA.CO.ZA) to enter and for more information.



■■ 25 OCTOBER - 1 NOVEMBER

Outdoor Action, Adventure and Adrenaline

BANFF MOUNTAIN FILM FESTIVAL, CAPE TOWN, JOHANNESBURG, PRETORIA, DURBAN

The local leg of the Banff Mountain Film Festival World Tour 2013 brings to our shores the very best adventure and outdoor lifestyle documentaries. Death defying adventures, spectacular sportsmanship *and* breathtaking scenery are combined in this remarkable series of films produced by the world's finest outdoor filmmakers. Filmgoers can expect to experience highlights from an array of adventure sports, including mountain biking, climbing, alpine skiing and mountain expeditions. Additionally, they will be transported on a journey to visit remote cultures and some of the world's last great wild places. The Banff Mountain Film Festival will be screened at five Ster-Kinekor cinemas across the country. [//WWW.BANFF.CO.ZA](http://WWW.BANFF.CO.ZA)





**YOU DON'T
NEED A HOLIDAY
YOU NEED**

CAPE TOWN

★★★★
STRAND TOWER HOTEL

Shuttle to and from airport - Champagne on arrival - Dinner bed and breakfast - Complimentary bottle of house wine each night at dinner - Daily shuttle to Camps Bay beach & the V&A Waterfront - Harbour cruise - Tour for the family to choose either Table Mountain or Cape Point (Entrance fees included) - Tickets for 1 day pass for HOP ON HOP OFF BUS - Tickets for the Aquarium - Tickets & transfer to Ratanga Junction - One massage per person. KIDS ENTERTAINMENT - Jumping castle, table tennis, fozz ball video games & pool table. Popcorn & ice cream - Creche, available daily - Weekly kids disco. *

**Holiday Packages:
21 Sept to 30 Sept**

3 DAY PACKAGE	R3000.00	5 DAY PACKAGE	R4500.00	7 DAY PACKAGE	R6000.00
---------------	----------	---------------	----------	---------------	----------

Holiday package is available throughout the year excluding Kids Entertainment.

**Kids(under 8 years): FREE! • Kids 8 to 17: Half Price! • Pensioners: 20% off
Single parents: 30% single supplement**

Dec 2013 to Jan 2014

Dec 2013 to Jan 2014	6 - 12 Dec	12 - 19 Dec	19 - 26 Dec	26 Dec - 2 Jan	2 - 9 Jan	9 - 16 Jan
5 DAY PACKAGE	R4500.00	R5500.00	R6500.00	N/A	R5500.00	R5500.00
7 DAY PACKAGE	R6000.00	R7000.00	R8000.00	R9500.00	R7000.00	R7000.00

Rates quoted on per person sharing. E&OE

* FLIGHTS NOT INCLUDED



Call our reservations on: 021 408 9100 or Email us at: holidaypackage@strandtowerhotel.co.za

BITS & PIECES

■ A Charming Collection

Pandora jewellery is perfect for every occasion. As one of the largest jewellery brands in the world, they offer a complete range of high quality, genuine jewellery.

Pandora is well known and loved across the globe for their unique, customised charm bracelets that come with a selection of exquisite hand-finished sterling silver and 14k gold charms, as well as for their other delicately crafted jewellery collections.

Pandora stores can be found at the following malls: Menlyn Park, Sandton, Brooklyn, Eastgate, the V&A Waterfront and La Lucia, as well as at selected Edgars stores nationwide. Pandora is also available in Zimbabwe and Mauritius. For more information, to join the Club or to locate your nearest stockist, visit

[//WWW.PANDORA.NET](http://WWW.PANDORA.NET).



■ A Real Life Whodunnit?

Van Ryn's distillery, close to Stellenbosch, is now offering murder mystery events, in conjunction with Cape-based company Unsolved Mysteries. The perfect party or team-building event for between 30 and 120 guests, the Masked Massacre Murder Mystery at Van Ryn's is spiced with renowned brandies and gourmet eats, to add to the appeal. Guests are each assigned a character for a make-believe masked charity ball attended by movie and music celebrities and the crème de la crème of the glitterati set. A cocktail of fame and egos unleashes a dramatic turn of events, and guests have to hunt for clues, moving from room to room in the chateau-like complex of the distillery building. To book an evening of delicious intrigue, email lente@bepartofthemystery.com.



■ Put Your Best Foot Forward

The Clarks' Spring/Summer 2013 collection has been inspired by what's hot on the streets of the fashion capitals of the world. The collection fuses elements of Clarks' unique heritage with a mixture of urban, as well as rural classics and contemporary influences. The collection has been designed around three themes: "Metrospective", "Contemporary Craft" and "Global Bazaar" and includes styles for men, women and children. Stores are located in Eastgate, Clearwater and Menlyn Park Malls. Visit [//WWW.EUROPA SHOES.CO.ZA](http://WWW.EUROPA SHOES.CO.ZA) for more information.

AMARULA CREAM

THE SPIRIT OF AFRICA


STAND A CHANCE TO
WIN
1 OF 10
LUXURY MARULA
HARVESTING
EXPERIENCES

FOR YOU AND A PARTNER
WORTH R60 000 EACH

Purchase a bottle of Amarula at your nearest outlet
and see pack or neck tag for entry details.
Competition closes 30 November 2013.



Alek Wek:
Celebrity and Humanitarian.

www.amarula.co.za  www.facebook.com/amarula

Terms and Conditions apply.



Enjoy Responsibly. Not for Sale to Persons Under the Age of 18.

BITS & PIECES



■ Hop on Board

Tough and practical for travelling, Trunki ride-on suitcases feature fast-moving wheels and an extra wide base to keep family travel rolling smoothly. Kids can pull Trunki all by themselves, or hop on board for a ride while a grown-up does the pulling. An integrated saddle, contoured leg rests, and sturdy horn grips make riding comfortable, while interior straps and easy-to-operate sliding locks keep clothes and toys safe. Trunki suitcases come as a variety of different characters, including Trixie, Harley Ladybug, and Frieda the Cow, and are available from [//WWW.LOOT.CO.ZA](http://WWW.LOOT.CO.ZA) for R625 each.



■ Be Sun Smart

Babor has recently launched two great new sun creams just in time for summer. Both creams - Anti-Aging Sun Cream SPF 30 (R499) and Sun Spray Body Lotion SPF15 (R445) - contain an extract of sea lavender, which provides effective protection for skin cells, while also neutralising free radicals for additional anti-aging effect. The Sun Spray Lotion SPF15 contains radical quenchers vitamin C and vitamin E which are encased in carrier capsules that open when exposed to UV radiation. This so-called UV vector acts like a sunshade that opens automatically when the skin is exposed to sunlight. Visit [//WWW.BABOR.CO.ZA](http://WWW.BABOR.CO.ZA) for stockists and more information.

■ A Boutique Breakaway

The Light House Boutique Suites has recently opened in the historical Winelands town of Paarl, adding an enchanting new luxury accommodation option for the upper end of the market. With an air of relaxed refinement that will appeal to the discerning traveller, this privately owned, five-star boutique guest house is framed by a lush, terraced garden. Opulent interior spaces flow through to five creatively designed and themed luxury suites, each a private haven where guests can kick back and relax. Located in a tranquil setting a short drive from major freeways and the heart of the town, this unique destination provides a perfect home base for both leisure and business travellers, as well as honeymoon couples seeking the service, space, privacy and mod-cons of a small boutique hotel. Rates start at R1,850 per person sharing per night, including full English breakfast. Email info@thelighthouse.co.za or visit [//WWW.THELIGHTHOUSE.CO.ZA](http://WWW.THELIGHTHOUSE.CO.ZA) for more information.



MYCITI CONNECTS YOU TO ALL THAT CAPE TOWN HAS TO OFFER

At the end of the journey, an adventure awaits.

*With convenient stops in the CBD, Gardens, the V&A Waterfront
and even the beach, MyCiTi takes you where you want to go and
the people you want to meet.*



For more info call the Transport Information Centre (toll-free 24/7) 0800 65 64 63 www.myciti.org.za

BITES

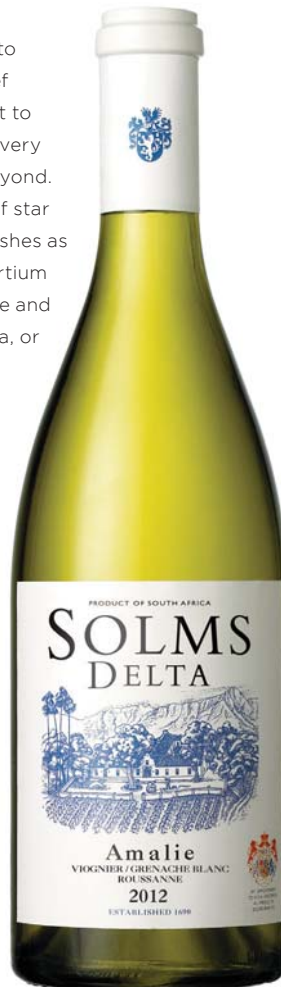


■ INSPIRED EATING

Makaron Restaurant at Stellenbosch's Majeka House is about to enter its third season under the inspired direction of head chef Tanja Kruger. She continues to show passion and commitment to ethically sourced, farm-to-table cuisine which showcases the very best produce from the Stellenbosch Winelands region and beyond. Makaron's new spring menu highlights the local provenance of star ingredients. Guests can now look forward to such delicious dishes as free range crown roasted chicken with mushrooms and nasturtium purée; and grass fed veal with sweetbreads, cauliflower, thyme and chive. For reservations email reservations@majekahouse.co.za, or visit www.majekahouse.co.za for more information.

■ CLINK, CLINK

Toast the arrival of summer with the Solms-Delta Amalie 2012. This premium wine is a barrel matured dry white blend of Viognier, Grenache Blanc and Roussanne, that is intense and complex, with aromatics ranging from ripe citrus to stone fruit. The wine is full bodied with a lively core and adapts easily to assertive flavours, pairing happily with dishes as diverse as sushi, fragrant curries and spicy Thai food. The wine is named after Princess Amalie von Solms-Braunfels who was immortalised by Rembrandt in 1632. Her grandson, William III of England, provided refuge to thousands of French Huguenots after the revocation of the Edict of Nantes in 1685. Some 180 of these refugees were relocated to the Cape and granted farms in the immediate vicinity of Delta. Here they laid the foundations of the modern South African wine industry.



■ TEA TIME TREATS

Be sure to get your caffeine fix with the brand new coffee menu at Le Venue at The House of JC Le Roux, where each irresistible cup comes with a sweet treat. Coffee lovers can spoil themselves with delectables such as marshmallow brûlée cappuccino with mini marshmallows, or be seduced by a vanilla cappuccino with a mini cream cone. Get a double nutty dose with the hazelnut cappuccino and hazelnut wafer, or sip on a ginger biscuit cappuccino with an extra ginger snap. For tea devotees, spicy chai tea or delicious red cappuccinos are served with a red velvet chocolate brownie. And for an even more indulgent treat, choose between white hot chocolate served with a white chocolate and nougat biscotti, or caramel fudge hot chocolate served with a caramel fudge brownie. The coffee menu is available until the end of October. Visit www.jcleroux.co.za for more information.

3 TON UP TO 35 TON TRUCKS AVAILABLE

Dealerships Countrywide



Every business needs to deliver its goods on time.

From cattle racks to refrigeration, from flatbeds to tippers and truck tractors, and everything in between Foton Trucks have the trucks, the parts and after sales service that will help you deliver the goods.

Call us now on 011 392 2900 or e-mail sales@fotontrucks.co.za and find out how we can help you deliver the goods.

Foton Trucks - Delivering the goods on time.

AUMARK 3-5 Ton Available
AUMAN 8-35 Ton Available
In conjunction with DAIMLER technology and design

**24 HR
ROADSIDE
ASSIST**



E & OE

 FIND US ON FACEBOOK

Foton Daimler Automotive Co., Ltd established 18th Feb 2012

FOTON TRUCKS SA

JHB - Tel: 011 392 2900 • sales@fotontrucks.co.za

PINETOWN - Tel: 031 701 6616 • kznsales@fotontrucks.co.za

CAPE TOWN - Tel: 021 987 2811 • capesales@fotontrucks.co.za



FOTON

www.fotontrucks.co.za

Ready, Set, Business!

THE BENEFITS OF BUSINESS COACHING

TEXT: BRONWYN WAINWRIGHT

IMAGES © ISTOCKPHOTO.COM & CYCAN

Not so long ago, coaching was a term linked purely to sport. Anyone serious about learning tennis, swimming, rugby or any other sport would be wise to do so under the watchful eye of a dedicated coach. In recent years, however, coaching has moved into the office, and concepts such as business and executive coaching have become popular buzzwords.



and executive coaching has become a point of contention, as companies and independent coaches charge vastly differing rates. Dudu Nyamane, a Cycan shareholder, contends that the difference in coaching fees is largely due to the experience and effectiveness of the coaches. “For instance, all Cycan’s coaches are internationally accredited Meta-coaches by the Institute of Neuro Semantics, many of whom bring additional qualifications, experience and discipline to the process.” Cycan’s coaches also claim extensive experience across diverse industries and cultures, which is perhaps a quintessential requirement in South Africa. She says: “The cost factor depends largely on the type of coach. One with high levels of perceptiveness and intuitive capabilities in tandem with business experience, academic qualifications and technical competencies will raise the bar, and of course the fee.”

Herein lies the pearl of truth. The impact of business and executive coaching is two-fold: organisational and individual. The organisation’s leaders are expected to set an example through their commitment, passion and clear sense of purpose. “It is only through developed inter-personal skills that a leader can truly facilitate team growth and nurture excellence. The development of a leader flows into

the entire team,” adds Nyamane.

In turn, Sherpa Consulting’s 2013 report affirms that leaders’ success is becoming increasingly dependent on their teams’ performance, and thus working to improve business behaviour is becoming an integral part of any coaching culture.

The report contends that almost every HR and business leader surveyed attaches high value to coaching. In fact, having an executive coach can be a status symbol and the mark of an up and coming leader being groomed for greater possibilities: having a coach means you must be something special. However, the report also states that while the credibility of coaching in South Africa is on the rise, it lags behind the US and Europe. It does say, however, to: “Expect a major breakthrough in our 2015 report.”

As more South African companies come to realise the benefits of coaching in the business arena, more individuals will unlock their talent and potential. To this end, Fourie imparts: “To live a life of meaning that improves the lives of those around you is the greatest challenge, the greatest opportunity and the greatest gift that you can give. I believe coaching enables you to give this gift and make a lasting impact.”



Ben Fourie



Dudu Nyamane

BERING

inspired by arctic beauty



■ **CYCAN**

Cycan is a level 2 BEE accredited SMME that provides multi-faceted services in leadership talent and transition across Southern Africa and internationally. The company's areas of expertise include: retained executive search; interim management; transformational executive coaching; talent acquisition innovation; leadership acceleration; and change management services.

With seven Meta-coach accredited coaches, Cycan's Transformational Executive Coaching enables leaders and organisations to gain an enhanced view of their current situation, where they want to be and why it has meaning and relevance for them. Cycan helps people to find solutions for themselves, greatly increasing the likelihood of them embracing, internalising and incorporating new or changed behaviours in their day-to-day lives.

Cycan is the exclusive representative of World Search Group (www.worldsearchalliance.org) in Sub-Saharan Africa, and a member of Agilium Worldwide (www.agiliumworldwide.com), which is a retained executive search association of small to medium sized executive search firms across six continents in over 30 major centres around the world. Cycan thus has access to global best practice and high-calibre talent to provide companies across all industries with candidates who not only deliver functional results, but also leave a footprint of passion and commitment.

Contact +27 11 883 1431, email info@cycan.co.za or visit www.cycan.co.za for more information. ■

CY 
CAN
decisions.enabled

When the pure, cool beauty of the Arctic is blended with the simple elegance of Danish design, a new era dawns:
it's Bering-Time.

MAEHLER TRADING

☎ 031 502 4164
info@maehlertr.co.za
www.maehlertrading.co.za

Dinner, Bed and Breakfast

THE BEST OF HOTEL DINING

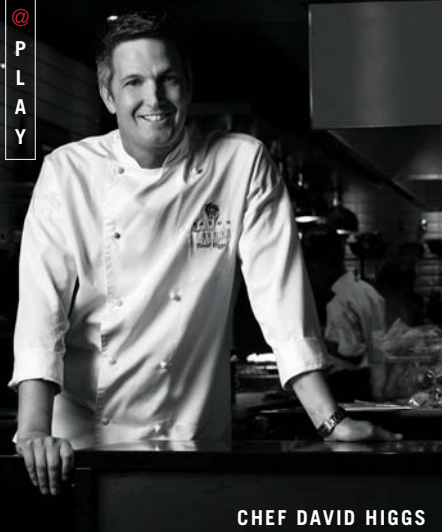
TEXT: LESLEY STONES

IMAGES © THE SAXON, RED CARNATION HOTELS, HACKLEWOOD HILL COUNTRY HOUSE, CAPE GRACE HOTEL AND THE ONE & ONLY



Just because you are travelling for business (or pleasure) does not mean that you are restricted to lacklustre fare. Hotel dining has recently enjoyed something of a resurgence in both style and the kind of culinary options on offer. Here we take a look at some of the country's finest hotel restaurants.





CHEF DAVID HIGGS



FIVE HUNDRED



QUNU



FIVE HUNDRED



QUNU

■ **I will never forget** the famous wine-fuelled chef Keith Floyd once telling me that hotels are for sleeping in, while restaurants are for eating in. He was dead right. Hotel restaurants were notoriously awful, catering for a captive audience of expense-account guests with no idea of where else to go. So they dished up dreary, overpriced and overcooked food, and got away with it for decades. How times have changed! Now some hotel dining options are rivalling the most stylish stand-alone restaurants, and treating each guest as a potential diner, not a hapless hostage. Here are six of the best:

Johannesburg Radisson Blu

Vivace, the Italian restaurant in Sandton's Radisson Blu, divides your attention between admiring the show kitchen and admiring the great views. It is in the heart of the business

district and within walking distance of the Gautrain, the Stock Exchange and Sandton Convention Centre, making it ideal for hosting business dinners. It has a private dining room too, if your business is really confidential.

Lively red and orange décor gives it a vibrant hue, and the chef drops by to give you such an appetising account of all the dishes that it makes deciding between them a real struggle.

Vivace's breakfast buffet offers more than 100 items, including Scandinavian, American and traditional English options. Visit www.radissonblu.com/hotel-johannesburg for more information.

The Saxon

Foodies rave about the Saxon especially, since chef David Higgs (previously the celebrated star of Rust en Vrede in Stellenbosch) took up a position here last year. He now runs five hundred at The Saxon based on the concept of matching food, wine and

ABSA VUKA SHOWCASE 1-3 NOVEMBER 2013

SOUND.TASTE.VISION



OLD CUSTOMS BUILDING, EAST LONDON HARBOUR

African roots meets urban fusion in a three day showcase of music, art and cuisine. VUKA has a new African story to tell. With an old tune. A fresh taste. And a bold vision.

Follow us for programme and ticket updates. www.absavuka.co.za

Sponsored by



AWAKEN AFRO-OPTIMISM



ELEPHANT POINT

A Unique Property Opportunity

KRUGER PARK
RIVERFRONT
STANDS

FRACTIONAL OWNERSHIP OPTIONS AVAILABLE

60% ALREADY SOLD



OWN YOUR PIECE OF AFRICA'S BIG 5 COUNTRY

Elephant Point is an exclusive estate situated on a 290 ha private reserve bordering the Kruger National Park. The surrounding area is renowned for its natural diversity and concentration of the big 5, affording investors the ultimate private bush experience. All stands have been strategically positioned along the banks of the magnificent Sabi River, providing owners with superb river and wildlife views into the Kruger. Elephant, hippo and buffalo are everyday sightings from the deck of your own private lodge.

- Stands from 2200 m² - 5000 m²
- Turnkey building packages available, project managed by the developer
- Express your personal taste and style in a selection of 2, 3 and 4 bedroom homes
- 10% deposit on stand secures
- Terms available

Magic
BREAKAWAYS
PROPERTY DEVELOPMENTS

**MAKE THE AFRICAN BUSH EXPERIENCE
YOUR VERY OWN**

Contact Ewan Dykes: +27 83 755 8944
Email: edykes@magicb.co.za
Website: www.elephantpoint.co.za

LEGACY
HOTELS & RESORTS



THE GRILL ROOM



THE OCEAN TERRACE RESTAURANT



THE OCEAN TERRACE RESTAURANT

@PLAYY

art. His menus showcase simplicity and South African flavours, using only the freshest of ingredients.

Eat Out Magazine says that five hundred is all about different textures, temperatures and flavours that push the boundaries of contemporary modern cuisine. Such as chicken with white truffle disks under the skin, served with lemon and miso, black pudding and grilled lettuce.

A second option is the Qunu all-day restaurant, where Higgs again puts his skills on show. Breakfast is his favourite meal and this clearly shows in the restaurant's exquisitely tempting buffet. For more information, visit www.saxon.co.za.

offers fine dining influenced by Durban's flavoursome Indian heritage. Two tandoori ovens fuel the curry buffet, offering at least 11 curries daily, including Singapore fish curry, lamb vindaloo and its signature traditional Durban lamb curry. All of these are served with homemade lime and vegetable pickle, chutneys, raitas, sambals and fresh naan breads.

Alternatively the Grill Room specialises in steak and seafood, with dishes such as confit of duck served with roasted peaches, or braised oxtail potpie. The wine list is as impressive as the hotel's picturesque surroundings, situated as it is right on the ocean. Visit www.oysterboxhotel.com for more information.

Durban Oyster Box, Umhlanga

The Oyster Box's Ocean Terrace Restaurant

Port Elizabeth Hacklewood Hill Country House

This elegant Victorian manor in the suburb of Walmer boasts a restaurant featuring silver

ABSA VUKA SHOWCASE 1-3 NOVEMBER 2013

SOUND

OLD CUSTOMS BUILDING, EAST LONDON HARBOUR

African roots meets urban fusion in a three day showcase of music, art and cuisine. VUKA has a new African story to tell. With an old tune. A fresh taste. And a bold vision.

Sponsored by **ABSA**

Follow us for programme and ticket updates. www.absavuka.co.za

VUKA

AWAKEN AFRO-OPTIMISM



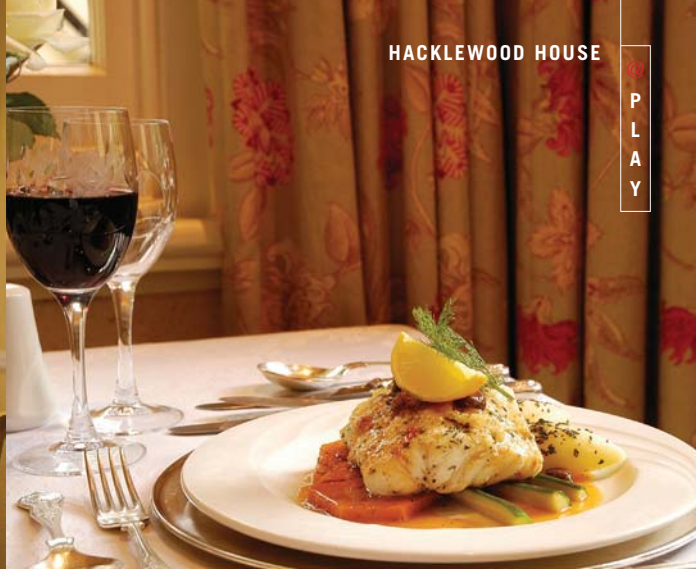
SHARK DIVING NO CAGE SHARK DIVING REQUIRED

Come face to face with sharks • Perfect diving conditions - all year round
Guaranteed shark sightings • Dive qualification and booking essential

Book online at www.aquarium.co.za or email dive@aquarium.co.za

Open daily 09h30 to 18h00 • Dock Road, V&A Waterfront • Tel: +27 (0)21 418 3823


Two Oceans
AQUARIUM
CAPE TOWN SOUTH AFRICA



SIGNAL RESTAURANT

service cordon bleu cuisine in the most elegant of surroundings. The restaurant is beautifully appointed with Victorian period pieces and brass candelabra. It serves full English breakfasts, delectable light lunches and exquisite evening meals, which have won it an American Express Fine Dining Award.

The underground wine cellar is worth exploring. Here you can pick from a broad selection of imported white wine, champagnes and rare vintage reds. For more information, visit www.hacklewood.co.za.

Cape Town Cape Grace Hotel

The V&A Waterfront and Table Mountain make a spectacular backdrop for the Cape Grace and its Signal Restaurant. The restaurant serves creative Cape cuisine devised by executive chef Malika van Reenen, who draws influences from the many nationalities that have shaped the region. Dishes with a distinctively South African flavour include lentil and butternut bobotie, smoked snoek, cumin-crusted ostrich, malay-spiced springbok loin and rooibos crème brûlée. For those who simply cannot choose, a six-course tasting menu is also available. Visit www.capegrace.com for more information.

ABS A VUKA SHOWCASE 1-3 NOVEMBER 2013

TASTE

OLD CUSTOMS BUILDING, EAST LONDON HARBOUR

African roots meets urban fusion in a three day showcase of music, art and cuisine. VUKA has a new African story to tell. With an old tune. A fresh taste. And a bold vision.

Sponsored by ABSA

Follow us for programme and ticket updates. www.absavuka.co.za

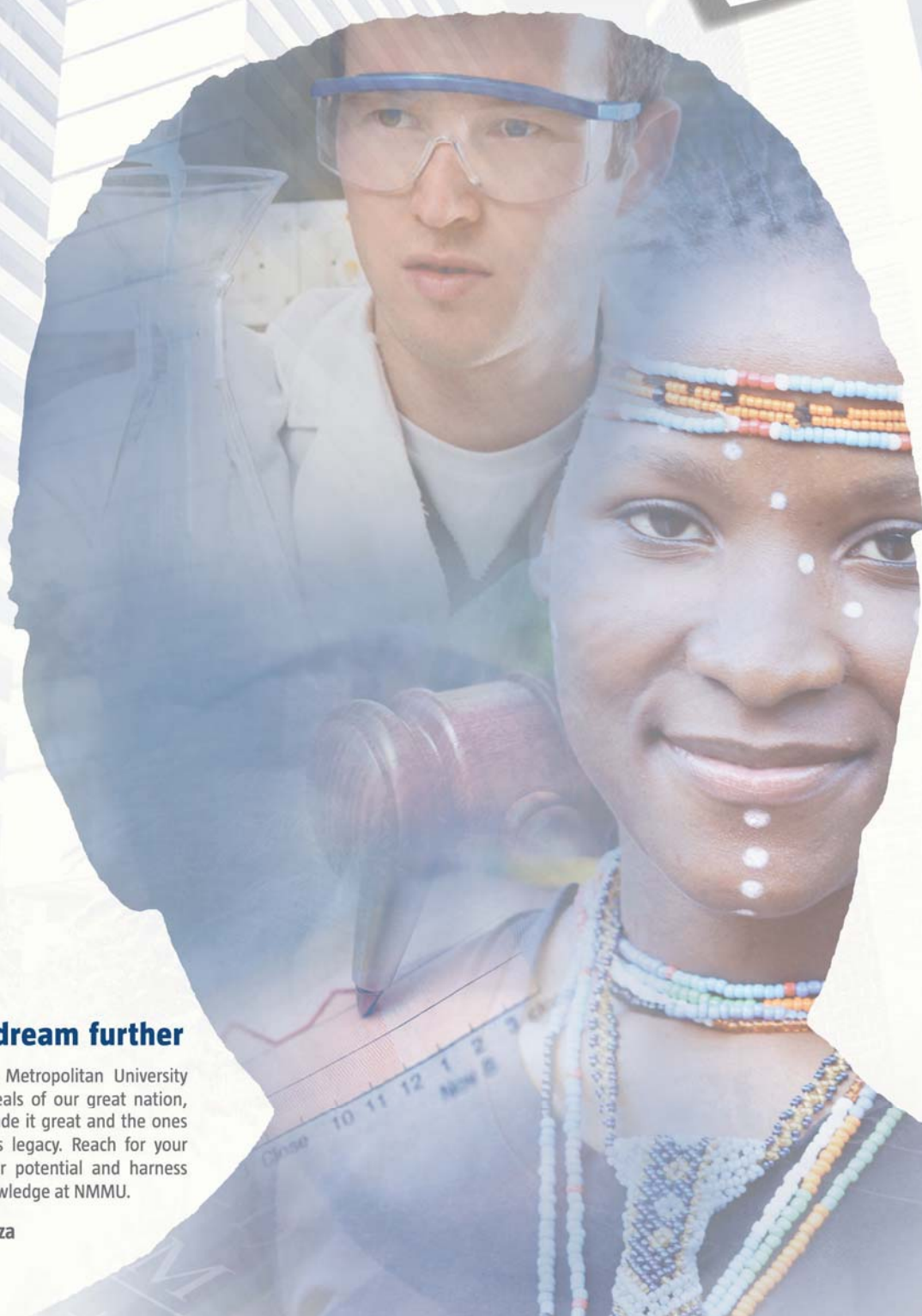
AWAKEN AFRO-OPTIMISM



**Nelson Mandela
Metropolitan
University**

for tomorrow

Port Elizabeth & George



Take the dream further

Nelson Mandela Metropolitan University embraces the ideals of our great nation, the man who made it great and the ones who carry on his legacy. Reach for your dream, fulfil your potential and harness the power of knowledge at NMMU.

www.nmmu.ac.za



REUBEN'S AT THE ONE & ONLY



PLAY

NOBU'S EXECUTIVE CHEF FRED FAUCHEUX AND HEAD SUSHI CHEF KEISUKE KEKE

The One & Only

This hotel boasts not one, but two memorable restaurants: Nobu and Reuben's. Both are considered among the best in Cape Town's highly competitive dining scene.

Michelin-starred chef Nobuyuki Matsuhisa is the man behind the international Nobu chain, with this particular restaurant being his first in Africa. Nobu is a great option for romantic dining or impressing guests, with large, geometrically shaped lights and mirrors, dark

wood and plush booths. Traditional Japanese fare is served alongside twists like sashimi that comes slightly cooked by a drizzle of hot oil.

Reuben's is run by local chef Reuben Riffel. The menu includes treats like French onion soup, warm duck salad, miso-cured salmon and fluffy gnocchi with fried porcini mushrooms, butternut and crisp sage. Look out for the wine wall too, although with thousands of bottles on show, you are hardly likely to miss it. Visit <http://capetown.oneandonlyresorts.com> for more information. ■

ABSA VUKA SHOWCASE 1-3 NOVEMBER 2013

VISION

OLD CUSTOMS BUILDING, EAST LONDON HARBOUR

African roots meets urban fusion in a three day showcase of music, art and cuisine. VUKA has a new African story to tell. With an old tune. A fresh taste. And a bold vision.

Sponsored by **ABSA**

Follow us for programme and ticket updates. www.absavuka.co.za

VUKA

AWAKEN AFRO-OPTIMISM



Bloemfontein – A Capital Place

TEXT & IMAGES © ADAM CRUISE

It took a cycle race for Adam Cruise to realise the many attractions of the country's judicial capital. These attractions may well tempt you to visit the City of Roses too.





■ **It is always the other cities** that hog the limelight. Cape Town is always a favourite, as is Durban, and even Johannesburg gets its share in the glare. Bloemfontein, though, wallows on the shadowy fringes. It often seems to be given a wide berth, but I shouldn't blame the tourists for I was also guilty of this. That is until I was forced to spend a few nights in the judicial capital thanks to the country's premier cycle race held annually in... Cape Town.

Okay, I know that doesn't make sense, but in order to qualify for the big Cape Town race, one has to first compete in one of the half dozen "lesser" races held throughout the country. One such a race is the OFM Cycle race held in Bloemfontein every October.

I decided that, since Bloemfontein was the centre of what ostensibly is the African prairie, it would be a flat and fast race, which would be ideal for boosting those qualifying times. It wasn't. Not only because it is not flat, but because the race – and place – turned out to be so much more than just a qualifier.

Less, so the adage goes, is more. This race has just 4,000 participants, which makes it more

manageable and less congested. One can actually cycle completely alone for stretches. It makes a refreshing change from the temper-flared hordes of that other race I mentioned. Unlike the Mother City, the City of Roses also has an intense South African flavour. The race begins and ends on its main thoroughfare, Nelson Mandela Drive. The compact hub of the city comes complete with a variety of restaurants and hotels ranging from the funky to the old-fashioned, and all within safe walking distance of each other. During the days leading up to the race, men and women with a penchant for pasta inhabited the malls and restaurants, but beneath the lycra veneer, the real Bloemfontein slowly revealed itself.

Here teenagers of all colours and creeds mix freely in malls, while the adults recline in the many restaurants and movie theatres, equally content and uninhibited by the diverse and energetic cultural hodgepodge that characterises this vibrant city. The cuisine, I found, was a tad quirky. They love "combos" in Bloemfontein, especially the "surf and turf" variety, like calamari and monkey gland steak, or prawn and biltong pasta. One restaurant that truly embodied



CAPE TOWN

T: +27 (0)21 556 6502
info@dbzdiesel.com

DURBAN

T: +27 (0)31 564 8091/2
durban@dbzdiesel.com



QUALITY REPLACEMENT PARTS & COMPONENTS
DBZ • BELL • ZF • VICKERS



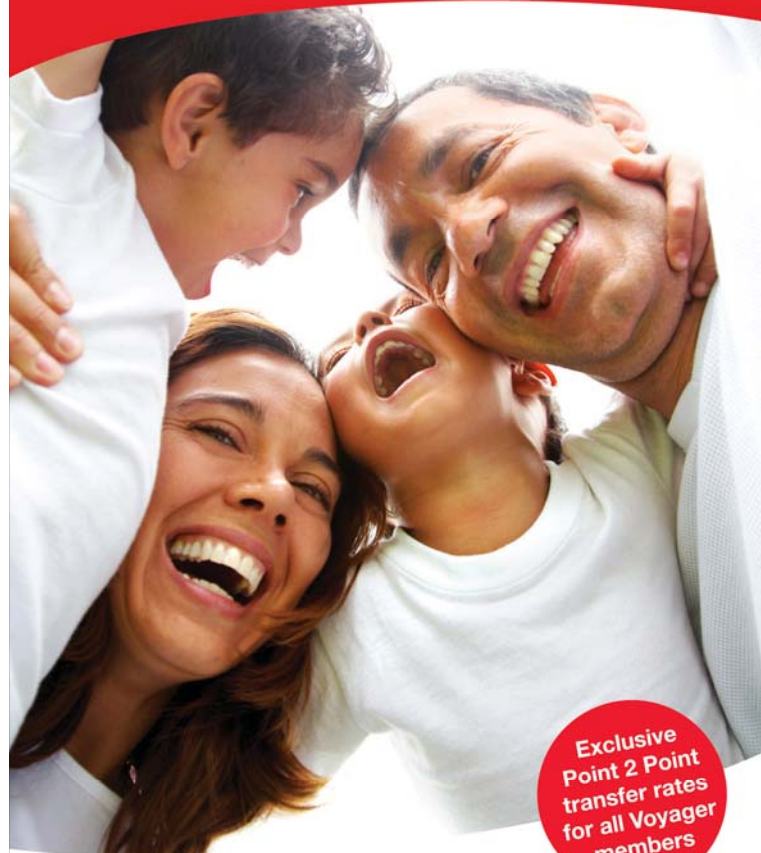
ADT MACHINES AND PARTS IN STOCK

		
Suspension Blocks	Keusel Coupling K30-K40	Brake Pads B, C & D
		
Actuator Booster B40D	Ring Gear Carrier & Ring Gear	Insert Front Input BELL D Series
		
Brake Caliper Rockwell	Pump Hydraulic A10V074	Gear Pump B40D
		
Planetary & Sun Gear Drive	Fixed Sleeve B40D	Spherilastic Bearing B40D
		
Roller Bearing & Pin Planet	Megi Mounting	Shaft Transm & Flange Input ZF

DBZ Diesel Parts back their new parts with a 12 month warranty. Please note all parts and model numbers are for reference purpose only and do not imply in any way that it is the product of the original equipment manufacturer.

www.dbzdiesel.com | www.dbzmachinesales.com

Take a break this holiday season.



Exclusive Point 2 Point transfer rates for all Voyager members

Spend more quality time with your loved ones this holiday season. Avis offers you exclusive rates when you book your car rental through www.flyexpress.aero or redeem your Voyager Miles* for Avis car rental. We Try Harder so that you can give your family a travel experience they'll always remember.

Book on www.flyexpress.aero for best rates.
*Terms and conditions apply.



AVIS

We try harder.



this paradoxical trend was called Kalahari Fish. The drinks, too, are somewhat unusual. South Africans tend to be either wine or beer drinkers. Bloemfontein, though, is the shooter capital of South Africa. Again, it's the combos like Cape Velvet and peach schnapps, Kahlúa and peppermint liqueur, and Butler's Banana, Amarula and Blue Curaçao that are the most popular among patrons, who continually throw the contents of the little glasses into the back of their throats before, during and long after the meal is done. It's the kind of gurgling bane only Macbeth's witches could concoct.

I made the wise choice to avoid any of these before the cycle race which, after a brief pedal through the city centre, winds its way into suburbia. Here the tree-lined streets full of cheering crowds were interspersed with the sizzle of braais and the crack and fizz of cans being opened. These sounds were replaced a little later when we cruised into the quasi-rural zones. The braying of donkeys beside mud-walled huts and the clatter of the tin and wire *karretjies* of the children as they run alongside our bikes really providing a unique cycling experience.

During the last 20 km of the race there was a sting in the tail. The town, far from flat, is nestled among a range of *koppies*. They are not very high, yet they are steep and the race is designed so that,

just as the legs begin to feel the pinch, the course thumps into these sharp series of inclines. I have to admit it took the breath out of me, as if a buffalo had charged into my solar plexus. For the first time in my cycling life, I had to get off my bike and walk. I don't think I would have finished the race if it were not for a burly Free Stater cycling past in a pair of *veldskoene*. Somehow that gave me inspiration. I eventually managed to cross the line to the sound of OFM's mobile radio station playing Survivor's "Eye of the Tiger", and, like Sylvester Stallone, I victory-punched the air with gusto.

The celebrations then began with much fun in the sun. The people of Bloemfontein certainly know how to celebrate. During the same month, the city has its annual Macufe Mangaung African Cultural Festival. The place comes alive to the sounds of musicians, actors and poets right across the South African cultural ambit. There is also a veritable ensemble of international stars. Amongst others, Randy Crawford, Joe Sample and Angie Stone have graced the stage alongside local talent. This is a festival among festivals in a festival crazy country.

When I got home, I was asked if I could describe Bloemfontein in a sentence. I could, and did: "A capital place with an eclectic mix of banjo duellers and marimba thumpers." ■



SA EXPRESS
CONNECTS
JOHANNESBURG
& CAPE TOWN TO
BLOEMFONTEIN
DAILY. SEE FLIGHT
SCHEDULE FOR MORE
INFORMATION.



urbanhotel >>

Experience the **urban** side of Bloemfontein and Kathu




urbanhotels



Tau

GAME LODGE MADIKWE GAME RESERVE

Luxury Accommodation • Five Star Conference Facilities
Eco-Education & Spa Facilities
Community Development

A wild
night out...

Central Reservations for
Convention & Individual bookings:

Tel: +27 (0) 11 314 4350
+27 (0) 11 314 4349

Emergencies: +27 (0) 83 262 2013

Fax: +27 (0) 11 314 1162

E-mail: taugame@mweb.co.za

www.taugamelodge.com



**WALK, RUN, CLIMB,
PLAY - *you can!***



Combination of bio-actives and traditional botanicals that show improvement in joint comfort within 7 days. Solgar No. 7 targets multiple pathways that combat destructive, joint damaging enzymes, preserves natural joint cushioning and, most importantly, increases flexibility, overall mobility and range of motion. UC-II has been clinically shown to outperform Glucosamine & Chondroitin by more than 2.5X, improving joint comfort, range of motion and physical ability. Easy 1 capsule/once a day solution to maintain an active lifestyle.

SOLGAR *Vitamins* | **INNOVATION AND QUALITY** *Since 1947*

Available from Independent Health stores and Healthcare practitioners
For more information email infos@solgar.com | www.solgar.com | Tel 011 462 1652

CAREFULLY MANUFACTURED *in the USA* **BY SOLGAR LABORATORIES**



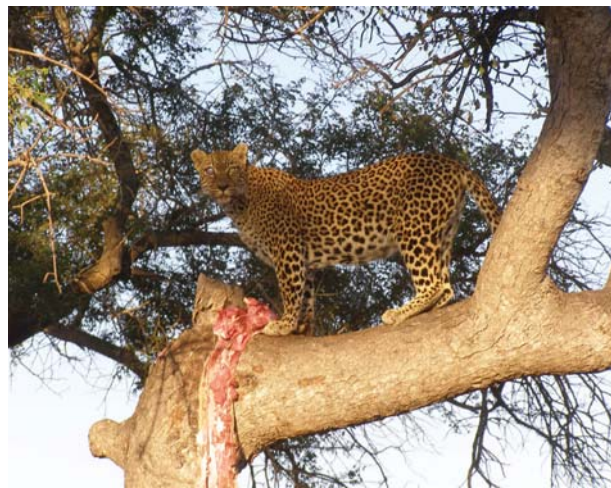


The Thornybush Collection

PROVIDING A FINE GAME VIEWING EXPERIENCE

TEXT & IMAGES © THORNYBUSH

The Thornybush Collection represents nine four- and five-star game lodges in the game rich Thornybush Nature Reserve.



■ **The Thornybush Nature Reserve** borders the Timbavati/Kruger National Park and is easily accessible from Eastgate Airport in Hoedspruit. Twice daily scheduled flights from Johannesburg to Hoedspruit, as well as direct flights from Cape Town three times a week by SA Express, make these lodges an easily accessible choice for a Big Five game experience.

The Group now boasts two 20-suite five-star lodges and one popular four-suite five-star lodge within the reserve. Added to this are four unique four-suite lodges (all four-star), a relaxing 16-bed bush lodge, as well as a comfortable self-catering option with eight beds.

These lodges, all within 30 minutes of each other within the reserve, provide nearly 140 beds

combined, making the reserve ideal as a wedding venue, corporate getaway or as a venue for a milestone celebration. The Group hosted no less than six weddings in May this year, from small intimate occasions of just 20 guests to larger celebrations of 160 guests.

With the current upgrading of the Group's private airstrip, private charter flights are now a convenient and time-saving option, and take just 55 minutes from Johannesburg's Lanseria International Airport. There are also daily scheduled charters on Federal Air from OR Tambo International Airport.

For further enquiries, call your favourite travel agent, contact The Collection on +27 11 253 6500 or visit thethornybushcollection.co.za. ■

Between Mountains and Sea

EXPLORING GEORGE

TEXT: KERI HARVEY

IMAGES © GEORGE TOURISM & D DAVIS

With the lofty Outeniqua Mountains as a backdrop and the Indian Ocean at its feet, George, in the middle of the Garden Route between Cape Town and Port Elizabeth, has ideal access to both these worlds. George, the sixth oldest town in South Africa, started out life as a woodcutters' outpost, as it was surrounded by natural forest. Now this scenic town, conveniently situated just off the N2, has enticing and natural attractions for the whole family to enjoy.

Train Spotting

The Outeniqua Power Van offers a unique rail experience in a single car. The Van can accommodate around 20 people and the route showcases the magnificent Outeniqua Mountains from a novel vantage point. En route you will see forest and *fynbos*, four mountain passes, waterfalls and breathtaking panoramas. It runs Monday to Saturday. Call +27 82 490 5627 to book.

Afterwards pop into the Outeniqua Transport Museum for a fascinating display on the history of Transnet. Step back into an era of steam train travel and visit the Outeniqua Model train layout, the largest of its kind in the Southern Hemisphere. The museum is open Monday to Saturday, as well as on public holidays.

Sip Your Tipple

Just 5 km from town, beer enthusiasts can learn about the brewing process and sample the good stuff at Misty Meadows micro brewery. You can even try your hand at the craft of creating country ale. Visit www.mistymeadows.co.za for more information.

Virtually surrounded by a nature reserve, Herold Wines offers much more than just fine wine tasting and cellar visits. You can also have lunch in the cellar, or order a picnic basket and explore the magnificent surroundings. Walk the labyrinth, cycle the mountain tracks, follow the *fynbos* paths, swim in the river pools or bird watch. The estate is open from Monday to Saturday. Contact +27 72 833 8228 for more information.





Take Your Pick

At Redberry Farm you can pick your own strawberries, and then relax in the tea garden while the kids ride a mini train, and go on bumper boats and pony rides. Then, to get lost and found, walk the hedge maze which is the biggest of its kind in the Southern Hemisphere. The farm is open Monday to Saturday. For more information, visit www.redberryfarm.co.za.

Stretch Your Legs

George is a golfing Mecca in South Africa, with the renowned Fancourt, Oubaai, Kingswood and Le Grand to play on. Designed by Gary Player, Ernie Els and Greg Norman, among others, these are just a few of the many great courses to play in the area. If you are a keen golfer, be sure to visit the Southern Africa Golf Hall of Fame and Museum at the Hyatt Regency Oubaai Golf Resort in Herold's Bay.

Other ways to soak up the great outdoors in George are on horse trails through the forest, on quad bikes or mountain bikes, and by paragliding or kayaking.

Drive Round the Bend

Nestled as it is against the Outeniqua Mountains, the area around George has an array of historical and scenic mountain passes. The Montagu Pass was declared a National Monument in 1972, while the Seven Passes Road was built by Thomas Bain

in 1867 and is a true mountain drive. Its gravel road crosses seven rivers which boast Edwardian bridges. Also on this route is the Big Tree, believed to be 800 years old and standing over 30 m tall.

Savour Sun and Surf

Beautiful beaches are plentiful around George. The renowned surfing spot of Victoria Bay is just 10 km from town, and is also a safe swimming beach. You may even see whales here in season and dolphins are plentiful year round. To fish, surf and swim in a safe tidal pool, head to Herold's Bay, which is just a short drive from George. Wilderness beach is 15 km from town and offers long walks, as well as opportunities for swimming and fishing. It is also a popular beach for dolphin spotting, and whales are often seen here between June and October.

Touch Wilderness

The magnificent Wilderness National Park stretches from the Touws River mouth to the Swartvlei estuary, and is packed with bird life. This is a great place to hike and swim, or to sign up for something a little more adrenaline fuelled, like kloofing, abseiling or canoeing. Visit www.sanparks.org or www.eden.co.za for more information. For those who love unspoiled nature, dramatic beauty, mountains and sea, George has it all – and then some.

For more information, contact *George Tourism* on +27 44 801 929 or visit www.georgetourism.org.za. ■

Previous Page: Taking a stroll in Leentjiesklip in Wilderness

This Page Top Left: The Outeniqua Power Van offers passengers not only a fun ride but also magnificent views

This Page Top Right: Fishing is a popular pastime in George

This Page Bottom: The Wilderness National Park not only offers the opportunity to get back to nature and spot a myriad of bird and wildlife, but also boasts a host of adventure activities, including canoeing (right), abseiling and kloofing.



SA EXPRESS CONNECTS JOHANNESBURG TO GEORGE DAILY. SEE FLIGHT SCHEDULE FOR MORE INFORMATION.



George, the city with the heartbeat of a town and the charm of the countryside. George is widely regarded as the hub of the Southern Cape and Little Karoo. A good road network and the George airport link the Southern Cape and Little Karoo hinterland to the major centres of South Africa.

15 kilometres east of George on the N2 between the Kaaimans River and the Goukamma Nature Reserve, you will discover Wilderness with its stretches of seemingly endless beach; in the distance hints of inland lakes, rare in South Africa; to the left wooded hills tumbling down to the village and further inland faraway glimpses of the Outeniqua Mountains.



Adventure Activities

- Wilderness National Park
- Abseiling
- Horseback trails
- Paragliding
- Paintball
- Quad Adventures
- Canoeing

Outdoor attractions

- Garden Route Botanical Gardens
- Misty Meadows - Beer & Whiskey Tours
- Herold Wines
- Map of Africa
- Hiking trails
- Outeniqua Power Van

Kids Playgrounds

- Redberry Farm
- Valcor Dairy Farm
- Timberlake Village
- Skate Lab
- Caroline's Chocolate Haven

Beaches

- Wilderness
- Touw River Mouth
- Leentjies Klip
- Kleinkrantz
- Herold's Bay
- Victoria Bay
- Gwaing River Mouth

GEORGE TOURISM OFFICE

Tel: 044 801 9295

Fax: 044 873 5228

email: gmtourism@george.org.za

Address: 124 York Street, George, 6529

WILDERNESS TOURISM OFFICE

Tel/Fax: 044 877 0045

email: wilderness@george.org.za

Address: 198 George Road, Wilderness,

6560



www.georgetourism.org.za

SUITS, BOOTS AND THE CORNER OFFICE

HOW TO DRESS FOR SUCCESS

TEXT: LISA WITEPSKI
IMAGES © ISTOCKPHOTO.COM

No doubt you have noticed them: those individuals who stride into a room and within seconds have commanded the attention of everyone inside. Perhaps it's their presence, maybe it's their charisma. Then again, maybe it's their clothes.

■ **Henry David Thoreau** once noted: "It is an interesting question, how far men would maintain their relative rank if they were divested of their clothes." Such is the power of clothes. There is very little difference between the scarlet coats of the British soldiers during the days of the Empire and the shoulder pads worn by female up-and-comers during the eighties. Both were facing war, and both were dressed to intimidate the enemy. Fortunately, power dressing today has become a far more simple matter.

With organisations generally assuming a more casual approach, the days of trussing ourselves into restrictive outfits are over. On the other hand, there is still no statement more eloquent than a well cut suit. Think of it as a distillation of years of learning, practical experience and leadership qualities into warp and weft, and you will see why it is impossible to ignore the power dresser.

But what, exactly, is hanging in the power wardrobe? Whether you are a man or a woman, the answer is easy: Nothing says "smart" like

a suit. For men, key fabrics include cotton and wool (even in summer). Linen, although sophisticated, tends to wrinkle too easily, and the executive who can look composed while creased has yet to be appointed.

Tweed is a no-no, especially for women, says *Huffington Post* writer Charlotte Safavi, because it's too "chunky". Her recommendation is a tailored shift dress with a matching jacket in a dark colour (no bold patterns). Designers like Yves Saint Laurent, Calvin Klein and Giorgio Armani get the look just right. For a seasonal take on this evergreen classic, local designer Jo Borkett suggests a tuxedo jacket. Watch the fit of your clothes: A shirt that shows a little too much cleavage or is just a touch too tight will instantly undo your image, as will a skirt or pair of trousers that are too short. The most flattering skirts end just above the knee, while trousers should be hemmed below the ankle.

What about colour? Navy and black have long been considered office staples and, with the season's love affair with black and white,



it would appear that monochrome themes are here to stay. However, many executives bemoan the fact that their personal fashion flair is all but stifled in the corporate environment. Colour might be the area where you can get a little playful.

Although a crisp white shirt will always be the last word in elegance, men in creative industries can brighten their basics with a burst of, say, citrus or acid hues. Keep the detail small: Opt for a bright scarf, tie or pocket square; choose quirky socks; or wear a suit jacket with a bright lining. If your industry is a traditional one, there is no escaping it: Conservative colours are best. Red or crimson add a dramatic contrast to grey and hint at authority, and you can still add your personal stamp with accessories like cufflinks.

Women have a little more leeway when it comes to colour. Safavi warns against shades like fuchsia, orange and turquoise, as she believes that red is the ultimate power shade. However, Borkett maintains that colour is big news this season, and you might enjoy playing with jewel tones (think golden yellow, emerald and absinthe), as well as muted sorbet shades.

Metallics are another big trend for summer, and tie in neatly with the corporate fondness for grey tones, from concrete to gunmetal. But remember that, for both men and women, less is more when it comes to colour. Go bold when it comes to accessories like a statement handbag or shoes (heels are always far smarter than flats), but keep your general look clean and simple. A silky white or ivory button-down shirt (one that fits comfortably under a jacket) works well in most situations.

For men and women alike, it is the details that make all the difference. No matter how beautiful the cut of your suit or how fine the fabric, your look will unravel if your socks do not match or if your hemline is coming undone. Check that everything matches: belt to shoes, socks to pants, and make sure that your shoes are polished.

For women, jewellery can add the final touch. But remember that the boardroom is not the place to show off your rocks: The discreet flash of diamond studs is very chic, as is a twist of pearls or a signature brooch. The same cannot be said, however, of a stack of clinking bangles and chandelier earrings that swish every time you nod your head. ■





The Journey
 may Be Long
 BUT the future
 RENTER seats
 ARE free

Enquire with our friendly
 reservation agents
 Subject to availability

YOUR Way
 to A GREAT
 Day

TEMPEST
 CAR HIRE

WE ARE
IMPERIAL™

011 552 3900
www.tempestcarhire.co.za
 A Level 2 BBBEE rated company



Namibia's Jazz Festival of Note

TEXT: JULIA LAMBERTI

IMAGES © WINDHOEK JAZZ FESTIVAL & ISTOCKPHOTO.COM

The second annual Windhoek Jazz Festival gets into full swing this October, featuring a dazzling musical line-up. We explore what Namibian jazz lovers can expect from this year's exciting event.



Jazzing It Up in the Capital

Officially established last year, the Windhoek Jazz Festival was conceived as a true celebration of jazz music from the southern tip of Africa. Last year's event saw crowds flock to Windhoek's Hage Geingob Stadium to enjoy music from local acts like The Pulpit, Pulse, Chillin in the Park, Major 7s, Adora, Lize Ehlers, Ugly Creatures and Shishani, as well as South African superstars Lira and Selaelo Selota.

Scheduled to take place in the same stadium on 26th October, this year's festival will again showcase an array of local and international acts. Key sponsors and supporters of the event include Windhoek Lager, Old Mutual, Jameson Whiskey, Air Namibia and the National Arts Council of Namibia. Thanks to blue-chip corporate backing and a throng of tremendous talents, this year's festival promises even more spectacular musical surprises.

Talents From the Southern Tip

Festival organisers have worked hard to ensure that musicians from across Southern Africa enthral jazz lovers with their artistry. Musicians scheduled to perform at the 2013 festival include well-known local jazz acts like Fu Jazz All Stars, Erna Chimu, Big Ben, Elemotho, MOJ's, Ama Khoe, and Mahetage. Two South African stars will also appear on the performance bill. In fact, the legendary Hugh Masekela and Zahara are two of the most eagerly anticipated performers at this year's event.

Masekela is an internationally recognised superstar, known for his skill as a trumpeter, flügelhorn player, composer and singer. He is representative of the distinctive sound which makes African jazz so evocative. Zahara, on the other hand, reflects the fresh wave of young African talent currently garnering global attention. Since the release of her debut album in 2011, Zahara (whose real name is Bulelwa Mkutukana) has firmly established herself as a star in South Africa and beyond.

An emotive singer, songwriter and poet, she is destined to dazzle her Namibian fans this October.



P R E M I E R[®]
HOTELS & RESORTS

We know that all businesses require up to date technology, excellent and adaptable conference facilities, flawless organisation and service, luxurious accommodation and convenient locations.

Premier Hotels & Resorts meet these needs and reward you with Royalty Rands on your entire spend with our Premier Royalty Club.



Now in Cape Town, Knysna, Pinetown, Port Edward, East London, Pretoria, Johannesburg, Midrand.

Central Res: 086 111 5555,
info@premierhotels.co.za,
www.premierhotels.co.za



A Flourishing Festival

Speaking at the launch of the Windhoek Jazz Festival, the city's Deputy Mayor, Muesee Kazapua, said that last year's event saw an audience of over 3,000 people, and that this year's festival is expected to be even bigger and better. The festival will also coincide with the Adventure World Travel Summit's "welcoming event," which will be hosted in Windhoek for about 700 adventurers from around the world. All of the summit's delegates will receive free entry to the festival, ensuring a larger and more diverse audience for this year's musical gathering.

Out and About in Windhoek

Although small, Namibia's capital city offers visitors some delightful sights and experiences. For example, the Namibia Craft Centre offers an eclectic range of local arts, crafts and souvenirs, and is well worth a visit for those searching for

something special to take home. The open-air Post Street Mall is another shopping option and offers colourful sidewalk displays of curios, crafts, beadwork and carvings. Alternatively, tourists can enjoy a guided tour of the township of Katutura for a fascinating look into township life and the area's complex history.

Beer lovers will enjoy a visit to Joe's Beerhouse, which offers rustic décor, hearty local fare, live music and ice cold Windhoek Lager on tap. Brew aficionados can also relish a 90 minute tour of Windhoek's only commercial microbrewery, the Camelthorn Brewing Company. In contrast, appreciators of architecture should make their way to the Lutheran Christ Church, known as Christuskirche, to experience this great example of German colonial architecture. Built around 1912, Tintenpalast (or the Palace of Ink) is another building worth exploring, due to its attractive exterior and gorgeous formal gardens.

Art and curio fans will delight in the small National Gallery which features

Experience **Greece** on the West Coast



Located only 1 1/2 hours drive from Cape Town on the shores of the Langebaan Lagoon in the magical West Coast, **Club Mykonos** is a **destination** that offers everything you need for your well deserved break away. Rediscover the simple pleasures in your very own piece of **Greece**.



Club Mykonos offers the following facilities:

- Conference Centre
- Casino
- Restaurants
- Bars
- Mini Golf
- Quad Biking
- Archery
- Paintball
- Yacht Cruises
- Speed Boat cruises
- Supermarket
- Children's VIP Club
- Guest Information Office
- Astro Turf Soccer/ Cricket Pitch
- 24 Hour Security
- Boat Yard
- Marina
- Tennis Courts
- Indoor Pool
- Squash Courts
- Beauty Salon
- Fishing Charters
- Games Room
- Card Wash
- Saunas
- Gym



☎ 022 707 7000

🖱 info@clubmykonos.co.za

www.clubmykonos.co.za




Tranquility in the heart of the city



Travelodge, a modern and contemporary Hotel, stands proudly against the Gaborone Skyline.

It is a stone throw away from the new CBD, 10 minutes' drive from the airport.

 Rooms designed for comfort and convenience, with LCD tv and multi-channel DSTV bouquet.

 Wireless hotspot throughout the hotel makes sure that you conduct your business uninterrupted

 Scrumptious meals designed to satisfy the taste buds. Menu comprises of traditional and multi-cuisine buffet and a-la-carte dishes.

GPS
CO-ORDINATES 24°37'46.76"S
25°54'07.06"E

Plot 28295, Block 3, Gaborone, Botswana

Tel:(+267) 310 5000 | Fax:(+267) 392 4082

reservations@travelodge.co.bw

www.travelodge.co.bw



artwork from 20th century German-Namibian artists, contemporary lithographs and excellent works by local and other African artists (some of which are for sale). The Bushman Art Gallery is also a good option for those who love souvenirs and curios. This quirky little shop houses an interesting collection of carvings and antiques, as well as a fascinating display of cult objects and domestic utensils from local Himba tribes.

History buffs should spend time at the charming museums and galleries sprinkled across the city. The Alte Feste Museum was originally built as a fort in 1890 and is the oldest existing building in Windhoek. It now serves as the National Museum's historical display centre and houses numerous military, political and historical displays. Additionally, the National Museum of Namibia-Owela Display Centre offers visitors exhibits on everything from archaeology and natural history to ethnology. It also features an enthralling San exhibition.

Tickets for the Windhoek Jazz Festival are available from Computicket or at the Hage Geingob Stadium gates for N\$200 and N\$250 respectively. Visit www.windhoekjazzfestival.com.na for more information. ■

First Page: Windhoek's iconic Christuskirche is just one of the many attractions visitors can see in between enjoying all of the jazz on offer at the Windhoek Jazz Festival

Previous Page: A wide selection of both local and international Jazz artists will be performing at the festival

This Page: Windhoek is an attractive city which boasts friendly people, interesting architecture and great shopping



**SA EXPRESS
CONNECTS
JOHANNESBURG TO
WINDHOEK. SEE
FLIGHT SCHEDULE FOR
MORE INFORMATION.**

City Pets

Your pet supermarket



www.citypets.co.za

Trading Hours:

Mon-Fri - 08:30am - 6pm

Sat - 8am - 6pm

Sunday & Public Holidays - 8am - 5pm

Franchise Opportunities available now for Gauteng

Call 011 824 2386 or email franchise@citypets.co.za



OAKFIELDS

Tel: 011 425 2577 | oakfields@citypets.co.za
Shop 55B Oakfields Shopping Centre, Cnr Oak & Hanekam Streets, Northmead, Benoni



LAMBTON

Tel: 011 824 3293 | lambton@citypets.co.za
Cnr Webber & Third Ave, Lambton, Germiston



ELSPARK

Cnr Kingfisher & Heidelberg Road, Elspark, Germiston

OPENING SOON

Business opportunities for Veterinary Surgeons available with City Pets

SOUVLA Braai

ENJOY SOCIALIZING WHILE YOU BRAAI !!

Souvla Braai Standard Package:

- Braai Base 3mm Thick.
- Removable Legs
- 3 x Large Skewers for Souvla
- 11 x Kebab/souvlaki Skewers
- 1 x Flat Grill for T Bone, Chops...etc
- 1 x Rotating Grill for Fish, Boerewors, Skipadjies, Sausages,...etc
- 1 x Rechargeable 12V "Heavy Duty" Battery motor (12hr operation)

*Excludes carry bag.

R1999*



TO ORDER CALL: 011 827 8608 OR PLACE
ORDER ON OUR WEBSITE WWW.SOUVLABRAAI.CO.ZA

*Terms and Conditions apply. We strive to ensure all printed information is correct, but will not be liable for any print errors that may occur. Price subject to change. (E&OE)



Experience the world of ...

CONQUEROR

OFF-ROAD Campers

The Original Off-Road Camper



ENTER NOW AND WIN!

Simply SMS the word
"CAMP" to (37190)
 SMS charged @ R1.50
 Competition closes
 31st December 2013



Stand a chance to **WIN** an **Adventurous Camping Family Experience**

Prize Includes: 7 night stay at **MBIZI** for a family of 4 people

CONQUEROR "Commander" will be provided for the duration of your stay

(Terms & Conditions will apply)



kykNET Buite-ekspo 20-22 Sept 2013
Conqueror / Mbizi Weekend 25-27 Oct 2013



**TO VIEW OUR UNIQUE RANGE OF CONQUERORS OR TO BOOK A FUN HOLIDAY AT MBIZI
PLEASE VISIT OUR WEBSITES, OR YOU CAN FIND US ON FACEBOOK**

www.conqueror.co.za / www.mbizi.co.za

facebook

MBIZI CARAVAN LODGE: 8km Outside Bella Bella, Tel. 014 001 7007, Cell. 071 609 9799, bookings2@mbizi.co.za

CONQUEROR HEAD OFFICE / SALES: Heidelberg Tel. 016 349-6533, Sales 072 326 0915, 082 465 1369, 082 925 4218
AFTER SALES & SERVICE: 084 206 4452

BRANCHES: East Rand 084 491 5898
West Rand 083 229 4276

Midrand 083 321 4421
Witbank 013 692 8466

Zambezi 082 415 2255
Limpopo 071 771 0347

CONQUEROR DEALERS:

Cape Town - Safari Centre Cape Town 021 595-3910, PE - Safari Centre PE 041 367-2265, Kwazulu-Natal - LA Sport Zulu 035 789-5918,
Bloemfontein - Moto Inn 051 430-5951, Nelspruit - 4x4 Mega World 013 752-7173, Bethlehem - LA Sport Bethlehem 058 303-2120,
Vryburg - 4x4 Mega World 053 927-0395, Welkom - Offroad Outdoor 4x4 057 355-3304, Namibia - LA Sport Windhoek 0026 46 130 3709

Financing Available

ABSA **WesBank** **Standard Bank**

Coffeebean Web Designs 2013

HAPPY SNAPPY SAFE

SAFE TRAVELS WITH YOUR CELLPHONE

TEXT: DR PIETER STREICHER, MD OF BULKSMS.COM
 IMAGES © ISTOCKPHOTO.COM

Did you know that there are 4.2 billion cellphone cameras in the world with which some 380 billion photos a year are taken? So on your next trip, why not put your cellphone's camera to good use, not only by snapping family photos, but to keep you and your family safe?





Before You Go

- **Snap Your Travel Documents**

Take a photo of your travel documents, ID book and passport before you leave. That way if you lose them or you need your details in a hurry you always have a record at hand. If you have a smart phone, use an app like Dropbox or Evernote to back these up so you can access them from any computer. Alternatively, MMS the photos to a friend or family member for safekeeping.

- **Remember Your Luggage**

While you are packing, take a few snaps of what you are taking with you, in case anything goes astray on your trip. Also, if you are travelling as a family or in a big group, take a quick photo of the entire group's bags to prevent confusion at the luggage carousel and so that you don't forget anything.

At the Airport

- **Find Your Way to Your Car**

Once you have parked, take a photo of your

parking bay number or another landmark. On your return – especially if it is late and you are tired – this will help you walk straight to your car and make a speedy departure.

When You Get There

- **Profile Your Hotel**

On arrival, take a photo of your hotel, guesthouse or BnB, as well as its address and telephone number. That way, if you get lost in a new city, you will always have these contact details with you to find your way back.

Anytime

- **Fight Crime**

At any time – not just when you are on holiday – you can use your cellphone camera to quite literally fight crime. A geo-tagged, date-stamped photo is highly compelling evidence of a crime of any size. You can report the crime to a police station, or send it anonymously to Crimeline on 32211. ■



GRAZIA

GRAZIA

FINE FOOD & WINE

FINE FOOD & WINE

Great Mediterranean cooking is something to be savoured, treasured and remembered. For no other cuisine can match the exotic, yet subtle flavours that make up the favourite dishes of the region. Fortunately East London is blessed with Grazia fine food & wine, a perfect venue with a superb view over the Indian Ocean just as you might expect from a world-class restaurant with a reputation for serving the finest authentic dishes, accompanied by a wide selection of wines.

Tel: 043 722 2009 · 043 722 2010

www.graziafinefood.co.za





WORTH REPEATING

SABI SABI PRIVATE GAME RESERVE

Text & Images: © Sabi Sabi Private Game Reserve

It is hard to believe that Sabi Sabi Private Game Reserve is just an easy hour's flight from Johannesburg to a completely different world: quiet, undisturbed and unhurried.

■ **Our visit to Sabi Sabi** came with the choice of four lodges: Bush Lodge, Little Bush Camp, Selati Camp and Earth Lodge. All five-star, they each come complete with a unique look and character, while sharing the same unrivalled luxury and warm African hospitality that saw Sabi Sabi named world's number one safari

lodge by *Condé Nast Traveller* last year.

The reserve is situated in the Sabi Sand Game Reserve, a recognised biodiversity hotspot within the greater Kruger National Park. It is blessed with an astonishing variety of habitat and wildlife, and is home to the Big Five, as well as cheetah and wild dog.



Each morning and evening, we set out on thrilling safaris in an open Land Rover, led by an exceptional ranger and tracker. Their bush knowledge was matched by wonderful hospitality that included well timed stops for early morning coffee and romantic sundowners. Out in the open, we experienced Africa's ever changing landscapes and rhythms: from the clear light of dawn and the pastel haze of late afternoon, to fiery sunsets and the sudden onset of evening.

Established over 30 years ago, Sabi Sabi is a pioneer and innovator, evolving over time to create the four magnificent lodges in the styles and atmospheres of Yesterday, Today and Tomorrow.

A tribute to the pioneers of the grand steam train era of the late 1800s, the historically themed Selati Camp is the Sabi Sabi of Yesterday. Eight beautiful suites, including the Ivory Presidential Suite, are filled with antiques, vintage décor and railway memorabilia, offering intimacy and romance with a dash of nostalgic opulence. The recently revamped main lodge overlooks the Msuthlu River and the seemingly

endless, unfenced bush.

The Today experience is found at Bush Lodge, which has recently been rebuilt and revamped, its traditional safari style made new and exciting with a vibrant and eclectic mix of furnishings and décor lovingly collected from all corners of the African continent. The lodge has a well-earned reputation for warmth, service excellence and personalised attention.

A special treatment at the Amani Spa added a touch of indulgence to our stay, while fellow guests entrusted their children to the children's facility, the Elefun Centre, while they braved a nature walk through the reserve.

Little Bush Camp continues the Today experience of consummate African hospitality. The lodge is intimate, with just six suites, making it an ideal retreat for small groups seeking an idyllic hideaway.

Earth Lodge, the Sabi Sabi of Tomorrow, is a celebration of ecological responsibility, which belies its five-star rating and standing as one of the world's top destinations. Sculpted into a slope of the earth, the lodge merges so well into the surrounding bushveld that it is virtually invisible. Earth Lodge has been transformed to reflect Africa's mineral wealth in tones of platinum, bronze, silver, gold and copper.

Designed to instil a sense of peace, the new look lodge is the ultimate luxury escape. Each of the 13 suites, including the famous Amber Presidential Suite, is individually decorated and gloriously luxurious. Earth Lodge continuously meets and exceeds the highest international standards of architectural design, innovative décor and superb facilities.

Each lodge shares a love of fine dining, with executive chefs preparing fresh, mouth-watering meals and snacks throughout the day, while offering the best wines and beverages sourced locally and from across the world.

Consummate luxury, close wildlife encounters, world class service and excellent cuisine make for the experience of a lifetime at Sabi Sabi.

Visit www.sabisabi.com for more information. ■

Own Equipment Manufacturer (OEM)

- Domestic wastewater treatment technologies and systems
- Drinking water purification technologies
- Bio-mass management and sludge dewatering equipment
- Mine and industrial water treatment technologies

Focused Business Areas

- Build, Own, Operate, Train, Transfer, Maintain
- Equipment manufacture and refurbish
- Accredited laboratory services
- Evaluations and Assessments
- Training

"Clean water for future generations"

by: • Partnering with nature • Creating an awareness • Sustaining a legacy

Tel: +27 (0) 11 752 1191 Fax: +27 (0) 11 752 3218 info@tecroveer.co.za www.tecroveer.co.za

SKROSS
ADAPT TO THE WORLD

The Freedom To Charge

The SKROSS World Adapter Pro+USB powers all your electrical & USB devices with ease the world over, whether you are in Paris, Beijing, New York or Johannesburg.



wintecolutions
DISTRIBUTING INNOVATIONS

Approved importers and distributors
T: +27 (0) 11 467 2360
E: info@wintecolutions.co.za
W: www.wintecolutions.co.za

Sage VIP Payroll & HR

Pay as you ~~go~~ ^{roll}
PAYROLL
Subscription based payroll



Contact us today for a customised
Pay As You Roll solution.

0861 55 44 33
sales@vip payroll.co.za
www.vip payroll.co.za

Sea Side



RESERVATIONS: • P.O. Box 2765 • Swakopmund, Namibia
• Tel: +264 (0)64 415900 • Fax: +264 (0)64 415999
• Email: info@seasidehotelandspa.com • Website: www.seasidehotelnamibia.com



Accommodation

36 Rooms with Sea View

Facilities

*Restaurant
Spa with Jacuzzi,
Sauna and Steam Room
Cigar Bar
Conference Room
Free wireless Internet
Room Service until 21h00
Credit Cards accepted*

Spa

*Make use of the inhouse spa
facilities, indulge yourself in
relaxing treatments such as
body massages, facials,
Mani's and Pedi's.*



DAY VISITORS ARE WELCOME.

Beachfront Luxury Accommodation

Entre les montagnes et la mer

EXPLORER GEORGE

TEXTE : KERI HARVEY

PHOTOGRAPHIE © OFFICE DU TOURISME DE GEORGE

Avec les imposantes montagnes d'Outeniqua comme toile de fond et l'océan Indien à ses pieds, la ville de George, qui se trouve au milieu de la Route des Jardins entre Le Cap et Port Elizabeth, est idéalement située pour un accès facile à ces deux mondes. George est la sixième ville la plus ancienne d'Afrique du Sud et du fait qu'elle était entourée de forêts naturelles, elle fut conçue à l'origine comme avant-poste de bûcherons. De nos jours cette ville touristique qui se trouve commodément située près de l'autoroute N2 a de nombreux attraits naturels pour le plaisir de toute la famille.



Train Spotting

L'Outeniqua Power Van (train-bus) vous offre une expérience unique dans un train qui comporte un seul wagon. Le Van ne peut transporter qu'une vingtaine de personnes et son parcours permet d'admirer les grandioses montagnes Outeniqua d'un point de vue novateur. Sur le chemin vous verrez des forêts et du *fynbos*, quatre cols de montagne, des chutes d'eau et des panoramas à vous couper le souffle. Le Van fonctionne du lundi au samedi. Pour les réservations téléphonez au +27 82 490 5627.

Ensuite allez faire un tour dans le Musée des Transports d'Outeniqua où vous découvrirez une exposition fascinante sur l'histoire de Transnet. Basculez dans l'époque des voyages en trains à vapeur et allez voir le circuit ferroviaire miniature d'Outeniqua qui se trouve être le plus grand de son genre dans l'hémisphère sud. Le musée est ouvert du lundi au samedi et les jours fériés.

Sirotez votre boisson préférée

À juste 5 km de la ville, les amoureux de la bière peuvent prendre une leçon de brassage et peuvent déguster quelques bonnes bières à la micro-brasserie Misty Meadows. Vous pouvez même vous lancer dans l'art de brasser et créer votre propre bière blonde. Pour plus d'informations visitez www.mistymeadows.co.za.

Presque entièrement entouré par une réserve naturelle, le domaine viticole Herold (Herold Wines) offre bien plus que des dégustations et des visites de la cave. On peut aussi déjeuner dans la cave ou se faire préparer un panier pic-nic et partir explorer les environs grandioses. On peut marcher dans le labyrinthe, pédaler sur les chemins de montagne, suivre les chemins *fynbos*, nager dans des piscines naturelles et observer les oiseaux. Le domaine viticole est ouvert du lundi au samedi. Pour plus d'informations téléphonez au +27 72 833 8228.

Faites votre choix

À la ferme Redberry on peut ramasser ses propres fraises et puis se relaxer dans le jardin en prenant un verre pendant que les enfants font un tour de mini train, de bateaux tamponneurs et des tours en poney. Après ça, pour se perdre et se retrouver, on peut faire un tour dans le labyrinthe en haies qui se trouve être le plus grand de son genre de l'hémisphère sud. La ferme est ouverte du lundi au samedi. Pour plus d'informations visitez www.redberryfarm.co.za.

Dégourdissez-vous les jambes

George est la Mecque du golf en Afrique du Sud. On peut jouer au golf sur les terrains renommés de Fancourt, Oubaaï, Kingswood et Le Grand. Ces terrains de golf, qui ont été conçus par des professionnels du golf tels que Gary Player, Ernie Els et Greg Norman, ne sont que quelques-uns des splendides cours de golf auxquels vous pouvez accéder dans les alentours de George. Si vous êtes un avertisseur de golf, il faut aller visiter le Temple de la renommée et Musée de golf d'Afrique australe qui se trouve au Club de golf Hyatt Regency Oubaaï de Herold's Bay.

On peut aussi s'immerger dans les grands espaces aux alentours de George en faisant des promenades à cheval en forêt, du quad bike ou du VTT ou en faisant du parapente ou du kayak.

À en perdre la boussole

Nichés au pied de la chaîne de montagnes Outeniqua, George et ses environs disposent de toute une série de cols de montagne historiques et panoramiques. Le col de Montagu fut déclaré monument national en 1972 et la Route des Sept Cols (Seven Passes Road) fut construite par Thomas Bain en 1867 et peut être qualifiée de vraie route de montagne. Cette route en gravier traverse sept rivières dotées de ponts édouardiens. On peut



PREMIER[®]
HOTELS & RESORTS

The **Premier Royalty Club** has been designed to reward and benefit our valued Members.

Earn 50 Credits just for signing up to the Royalty Club Programme.

Every time you stay with us you will earn a minimum of 10% of your total expenditure back in Premier Credits, which will entitle you to Free Nights with us and more. Take advantage of our exclusive offers which can earn you even more.

You'll be turning Credits into Rewards in no time at all!

Log on to www.staycredits.co.za

PREMIER
Royalty Club

Now in Cape Town, Knysna,
Pinetown, Port Edward,
East London, Pretoria,
Johannesburg, Midrand.

Central Res: 086 111 5555,
info@premierhotels.co.za,
www.premierhotels.co.za

aussi y voir le Big Tree (Grand arbre) qui aurait 800 ans et qui mesure plus de 30 m de haut.

baleines s'y trouvent souvent de juin à octobre.

Savourez le soleil et le surf

Il y a de nombreuses plages magnifiques dans les alentours de George. Victoria Bay, qui est renommée pour ses plages de surf, est à juste 10 km de la ville et se trouve aussi être un endroit sûr pour la baignade. En saison, vous aurez aussi peut-être la chance d'y voir des baleines, et on peut y voir de nombreux dauphins toute l'année. Si vous avez envie de pêcher, de surfer ou de nager dans une crique d'eau de mer sûre, rendez vous à Herold's Bay qui n'est qu'à un court trajet de George en voiture. La plage de Wilderness se trouve à 15 km de la ville et offre la possibilité de faire de longues promenades, de se baigner et de pêcher. C'est aussi une plage populaire pour ce qui est d'apercevoir des dauphins et les

Touchez la nature sauvage

Le magnifique parc national de Wilderness s'étend de l'embouchure de la rivière Touws à l'estuaire de Swartvlei et regorge d'une multitude d'oiseaux. C'est un endroit formidable pour faire de la randonnée et de la nage, ou pour se lancer dans des sports à vous donner des poussées d'adrénaline comme le canyoning, le rappel et le canoë-kayak. Pour plus d'informations visitez www.sanparks.org ou www.eden.co.za.

Pour ceux qui aiment la nature sauvage, la beauté spectaculaire des paysages, les montagnes et la mer, George a tout ce qu'il vous faut – et plus.

Pour plus d'informations, contactez l'Office du tourisme de George au +27 44 801 929 ou visitez www.georgetourism.org.za. ■

■ EXCURSIONS D'UNE JOURNÉE FACILES À FAIRE DEPUIS GEORGE

Wilderness : 15 km à l'est : plages sans fin et activités d'aventure.

Mossel Bay : 50 km à l'ouest : on peut y plonger en cage parmi les requins, pratiquer des activités sportives d'aventure et visiter des musées.

Knysna : 60 km à l'est : on y mange des huîtres, on peut faire des croisières dans l'estuaire et voir des hippocampes menacés d'extinction.

Oudtshoorn : 60 km au nord : on peut y visiter les Grottes du Cango (Cango Caves) et des fermes spécialisées dans l'élevage des autruches.



- Same Day Service
- Next Day Service
- International Service
- Freight Service

Sprint Couriers offers FAST, RELIABLE and AFFORDABLE delivery services internationally and throughout Botswana.

Tel: (+267) 390 3300
www.sprintcouriers.co.bw



At this brand new hotel you can experience luxury and sophistication at its best. With Vonja's Restaurant and Coffee shop located on site you can enjoy fine food and excellent service in beautiful surroundings.

Ecolux hosts 8 modern luxury double rooms, all with king size beds, double showers, big screen TVs and air-conditioning, and a romantic honeymoon suite that has a private garden, Jacuzzi and private dining area and all the luxuries one can expect.

On the doorstep of the Kruger National Park and at the border of Mozambique is where you will find this upmarket hotel.

Superb for holidays to the biggest National Park in the World as the entrance to the most Eastern part of the Park (Crocodile Bridge Gate) is only 8km from their front door, or for travellers passing through to Swaziland or Mozambique or just a business trip in the region. You will find that Ecolux Boutique Hotel can cater to all your needs.

Ecolux Boutique Hotel caters for...

Weddings | Private Functions | Private Dining | Tea parties | Conference facilities | Spa treatments | Luxury Accommodation | And much more.

www.ecoluxboutique.com | info@ecoluxboutique.com | 8 Gilfillan Street, Komatipoort | +27(0)13-793-8333 | +27(0)79-496-1826

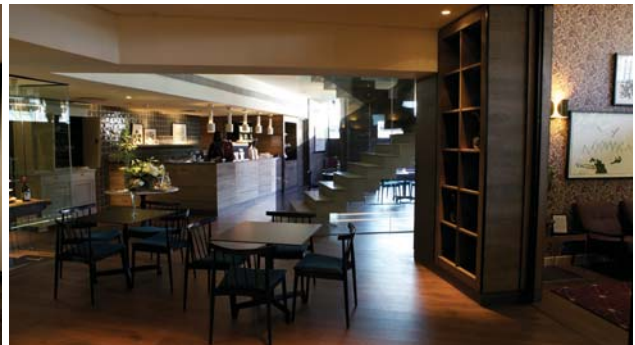


TAKING BUSINESS SLOW

SLOW IN THE CITY

Text & Images © SLOW in the City

SLOW in the City provides the perfect escape from the frantic pace of modern business in an environment where a new generation of business people can thrive.



■ **In the 21st century**, business people no longer need to be office based. Technology allows us to work from just about anywhere, but few places outside the office allow people to work effectively. SLOW in the City is designed to address this need, and functions as a modern oasis that offers individuals the opportunity to conduct business from a comfortable and chic, yet professional “out-of-office” working environment.

The SLOW in the City experience comes replete with a range of formal and informal spaces – from lounges to meeting and function rooms – where guests can connect, concentrate and create in their very own space. Whether you need a private room to make a presentation in, a cocoon to confer in, space to spread out, or a corner to catch up or nourish your body and self, SLOW in the City has it all on hand.

At SLOW in the City it is all about creating individualised experiences. Two of the signature features of SLOW in the City are its “light” and “dark” rooms. In the dark room, guests can take some quiet time in a space that completely blocks out noise and distractions, while the light room is an inspirational environment where fresh ideas can take shape and creativity flourishes.

The entire SLOW in the City experience is designed around business functionality, service excellence and ease of use. Located on the corner of Rivonia and West Street in Sandton (opposite the Sandton Gautrain Station), SLOW in the City is fast becoming the address for doing business in the heart of the city, giving you time back on your terms.

For more information, visit www.slowinthecity.co.za or call +27 84 777 7569. ■

The
One & Only
ALICE ART GALLERY
SINCE 1990

Art, in the eye of the beholder



Ann Boonzaaier

Ann Boonzaaier is from the Free State. Dedicated in her love for art and passion for the less fortunate, she fills her life with the education of children.



In her earlier works she used more traditional technique's to bring her subject matter (mainly flowers) to life, but as the years went by, the terminal illness of her son reflected in her work and showed a deeper need to involve the emotions of the viewer. She did that by using colour and design in extraordinary ways.

After the tragedy in 2001, she dug even deeper into her emotions, forcing the art lover to reach into the depths of their souls. Her current work reflects that of hope and re-birth. She is a dedicated artist who reflects herself and put it onto canvas; therefore making the art lover part of her emotion. You will find her work in various homes and institutions local and overseas.

WWW.ALICEART.CO.ZA

ALICE 083 377 1470

54 Dryf Avenue, Ruimsig
info@aliceart.co.za

SMS 083 331 8466



PSST ... one for the ladies

Put the "X-factor" back in your relationship **Better sex naturally...**

For more info SMS MOR & your name to 33102
(Standard SMS rates apply)

www.allnight.co.za

Available at all leading pharmacies countrywide | Trade Enquiries: Natural Products - 043 722 0252

Rewarding Business Success

THE 2013 AFRICA SMME AWARDS

Text & Images © Africagrowth Institute

The 2013 Africa Small, Medium and Micro Enterprise (SMME) Awards, an initiative of the Africagrowth Institute, took place last month in Johannesburg. The red carpet affair was well attended by the award-winning SMMEs, various stakeholders, as well as delegates from all over Africa.



1



2

■ **Entries for this prestigious** awards competition were received in large numbers from all over the African continent, making it extremely difficult for the judges to select the five finalists in each of the six categories, as well as the overall winner.

Elegant Line Chemicals from South Africa not only won the Industrial Award, but was also crowned “Africa SMME of the Year”. The company is a level 1 contributor to BBBEE and is run by qualified African female professionals who are striving to make a difference in the chemical sector.

Elegant Line Chemicals manufactures and distributes a variety of chemical products within the SADC region. These include domestic and industrial commodity chemicals, lubricants, personal care products and water treatment solutions. The company also provides in-service training to students during which valuable skills are transferred.

As the company directors affirm, excellent service and quality products are the cornerstone of

their success. This deserving achievement serves as recognition for the company’s policy of offering quality and affordable services in the region.

“Judging by the number and quality of the entries we received from all over the continent, we certainly seem to have captured the imagination and real spirit of Africa’s emerging entrepreneurs,” said Professor Nicholas Biekpe, President of the Institute. “This sector needs all the encouragement and support it can get, and having an annual award ceremony marks the start of a new level of inter-enterprise competition among the SMMEs in the continent.”

Businesses that enter the awards are expected to be well established, in good financial shape and enjoy a reputation for quality, integrity and service. Furthermore, they should operate in a socially responsible manner, support community development efforts, and create a sustainable work environment in which their employees can learn and grow.



3 4



5



6



7

■ THE 2013 AFRICA SMME AWARD WINNERS

Best New Business Award sponsored by MEGA	Most Innovative Award sponsored by NAFCOC	Industrial Award sponsored by Xstrata SA
1. Sweet Temptations Toffees, South Africa	1. Genediagnostics, South Africa	1. Elegant Line Chemicals, South Africa
2. Lesedi Consulting Engineers, South Africa	2. Bikes 'n Wines, South Africa	2. Poster Graphics Co, Mauritius
3. Annette Oelofse Mohair Products, South Africa	3. Coppercraft Africa, South Africa	3. The Golden Goose Catering & Cake Decorating, South Africa
Service Sector Award sponsored by MTN Business	Trade Sector Award sponsored by Technology Innovation Agency	Young Enterprise Award sponsored by NYDA
1. The Cycad Lodge & Chalets, South Africa	1. De Fynne Nursery, South Africa	1. Kgabu Projects and Construction, South Africa
2. Pal Passenger Bus Services, South Africa	2. Ngwenya Glass, Swaziland	2. Citi Hopper, South Africa
3. Ntlantsana Accountants and Auditors, South Africa	3. Suzie Beauty, Kenya	3. Just PCs, South Africa

1. Deputy Minister Elizabeth Thabethe of the Department of Trade & Industry (left), Nelly Shezi of Elegant Line Chemicals (middle), Riana Grobler of Old Mutual Corporate (right)
2. Moses Matshiana of Kgabu Projects & Construction (left) and Dr. May Mkhize, Former wife of Premier of KZN (right)
3. Advocate BM Mkhize of MEGA (left) and Anita Labuschagne of Sweet Temptations Toffees (right)
4. Jacky Goliath of De Fynne Nursery (left), Kgomotso Matjula of TIA (middle), Elton Jaftha of De Fynne Nursery (right)
5. Corné Botha of MTN Business (left) and Mohamed Ameer of Cycad Lodge & Chalets (right)
6. Mr Lawrence Mavundla of NAFCOC (left) and Prof. Monique Zaahl of Genediagnostics (right)
7. Prof. Nicholas Biekpe of Africagrowth Institute (left) and Representative of Elegant Line Chemicals (right)



AQUILA
PRIVATE GAME RESERVE
SAFARI



BIG 5 SAFARI UNDER 2 HOURS FROM CAPE TOWN

Winter Special

Overnight safari



Now R1250 pp
Normal price R2095 pp

Overnight Package Includes:

4 star accommodation, 3 meals, 2 game drives.

Not applicable on existing bookings. Valid for visits between September–October 2013.

Terms and conditions apply.

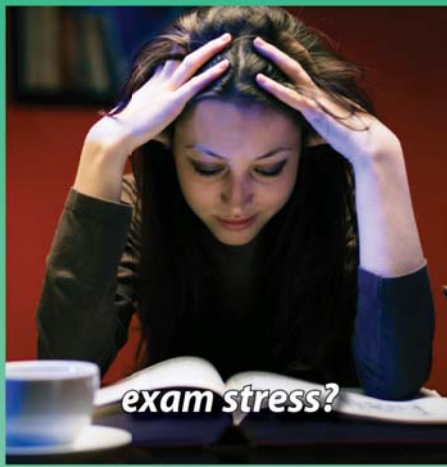
0861 RESERVE | mobile: + 27 (0) 83 301 9222 | www.aquilasafari.com
7373783 | res@aquilasafari.com

 www.facebook.com/Aquilasafari

 www.twitter.com/Aquilasafaris



failing memory?



exam stress?



poor concentration?



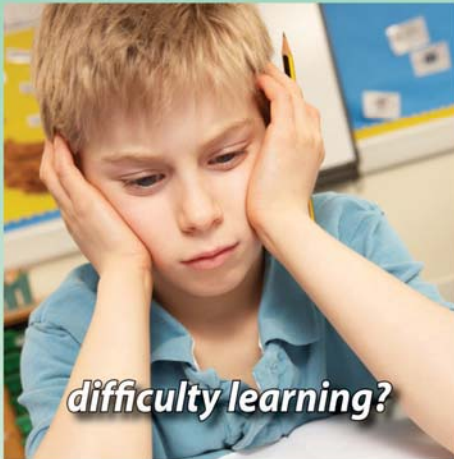
information overload?



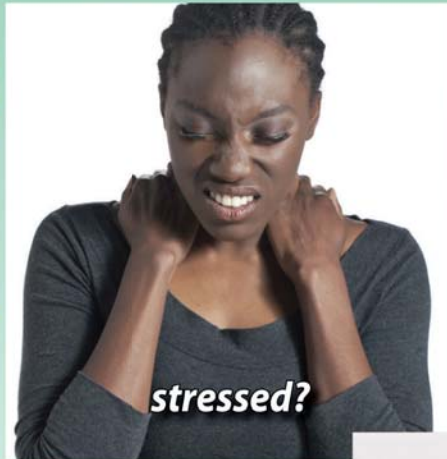
demanding career?



unable to focus?



difficulty learning?



stressed?



cognitive decline?

KeenMind® (CDRI 08)

Specifically clinically proven to enhance^{1,2,3}

- ✓ Memory retention and recall
- ✓ Concentration and focus
- ✓ Mental clarity

For more information, talk to your healthcare professional or go to www.flordis.co.za
Available without prescription at leading pharmacies and health shops.



Always read the label. Use only as directed. If symptoms persist, see your healthcare professional.
Flordis South Africa (Pty) Ltd | Tel 044 874 2927 | www.flordis.co.za



KeenMind capsules contain Bacopa monnieri extract CDRI 08, 160 mg per capsule (equivalent to 4g whole plant, dried)
References 1. Stough et al, Psychopharmacology (Berl.), 2001, 156(4): 481-484. | 2. Roodenrys et al, Neuropsychopharmacology, 2002, 27 (2): 279-281 | 3. Stough et al, Phytotherapy Res. 2008 DOI: 10.1002/ptr.2537

The Proven Power of Nature



Birdies and Business

SEALING DEALS ON THE GOLF COURSE

TEXT: MICHAEL VLISMAS
IMAGE © ISTOCKPHOTO.COM

Doing business on the golf course can be tricky, but with a couple of tips from a pro, you could soon be hitting a hole in one when it comes to closing that big deal.



Spring Promo

**PAY 2
STAY 3**

BOOKING CODE

PRH413

T&C's apply
Valid from 1st September - 30th November



PREMIER[®]
HOTELS & RESORTS

Pay for two nights & receive
one free night in any of the
participating hotels

Premier Hotel Cape Manor
Premier Hotel Knysna
Premier Hotel Edwardian
Premier Hotel ELICC
Premier Hotel Regent
Premier Hotel King David
Mpongo Private Game Reserve

Book online & use the
booking code: PRH413



Now in Cape Town, Knysna,
Pinetown, Port Edward,
East London, Pretoria,
Johannesburg, Midrand.

Central Res: 086 111 5555,
info@premierhotels.co.za,
www.premierhotels.co.za

■ **He's "over-coached"**. He swings his driver like "a dead mackerel". He hasn't won a Major in years. But Tiger Woods has earned \$8,637 per hole on the PGA Tour this season. Now that's a business model you want to buy into.

Golf has always been a big business sport, from the private jets of the top professionals to the sales deal clinched on the 18th green on a Wednesday afternoon. But there is an art to doing business on the golf course, and if you have managed to get your potential client to join you on the fairways, here is how not to blow it.

Think very carefully about what you are going to wear. Rickie Fowler may look great in his all-orange kit, but it has "caution" written all over it in your case. Do not give the impression that you mugged a rainbow on your way to the course. Opt for classy and stylish, and if you want to splash out, then do it with your golf shoes. But leave the dazzling colours to the junior section of the golf club and the Swedes.

Also, hands off the alcohol on the golf course. Unless your client is a strip club owner or your best mate, consuming alcohol while trying to clinch a business deal has all the makings of a Government tender process. Besides, have you ever tried to say "quantitative shareholders' securitization" when you are three beers up and 40 million brain cells down?

Another important factor to keep in mind is to lay off the coaching. Your client is with you to discuss business, not to improve his chipping skills. So unless your name is Hank Haney or Sean Foley, don't coach.

This is also a good time to mention that your own game is not that important on the day. Again, you are not there to win the Masters. So a fist pump and a sprint across the green after holing a 30-foot putt for birdie is perhaps not the wisest course of action.

Having said this, play your game and don't dare tank it. The only people in this world you let win are two-year-olds. Your client will lose all respect for you if he or she even sniffs that you are throwing the game.

And make sure the demon golfer in you does not come out. Nothing shouts "cancel contract" louder than the guy in the bunker swearing like a Russian bomber pilot after a Friday night vodka party.

But you are not expected to be Mary Poppins either. Passion is, after all, an important ingredient in both golf and business. So when the snap hook comes – and believe me, it will come – then anything that would not make your grandmother blush is perfectly acceptable.

Also, do your homework on your partner. It's going to be a pretty quiet 18 holes if you open up on the 1st hole with "how's your wife?", only to learn that the week before she ran away with a French pastry chef who loved her ganache.

And never, ever be overly keen. You both know you are there to talk business... eventually. If you only clinch the deal over peanuts at the 19th hole, then so be it. But do not have the contract ready to sign on the first tee.

If you are not a regular golfer, then make sure you understand the lingo of the game. For example, if your partner asks you whether it's a shotgun start and you respond with, "No dummy. We're playing golf, not going hunting", then maybe darts is more your game.

But generally the secret is to enjoy your day on the golf course like any other. After all, Zen and the art of business on the golf course is a lot like breathing, in that it works best when you don't even know you are doing it. ■

■ **MICHAEL VLISMAS** is the editor of *Golflinks*, South Africa's first designed-for-digital monthly golf magazine which is distributed to 150,000 golfers. *Golflinks* is compatible with most mobile devices and can be downloaded free of charge from iTunes or Google Play. To subscribe visit www.golflinks.co.za.





LEARN TO SHOOT REAL FIREARMS!

GUN FUN

.co.za

INDOOR SHOOTING EXPERIENCE
CAPE TOWN



ALL FIREARMS ARE LICENSED BY THE SOUTH AFRICAN POLICE. THE GUNS 4 AFRICA SHOOTING RANGE IS LICENSED BY NRCS AS WELL AS SASSETA AND IS A PROUD MEMBER OF CAPE TOWN TOURISM.

SAVE THE RHINO



GLOCK PISTOL
(18 SHOTS)

AK47 RIFLE
(20 SHOTS)

MOST POPULAR

CORPORATE EXPERIENCE



AK47 RIFLE
(10 SHOTS)

9MM PISTOL
(18 SHOTS)

PUMP-ACTION SHOTGUN
(6 SHOTS)

THE 007 PACKAGE

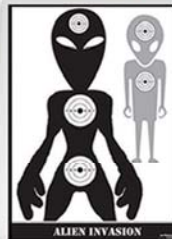


.223 ASSAULT RIFLE
(20 SHOTS)

WALTHER PPK
(14 SHOTS)

PUMP-ACTION SHOTGUN
(6 SHOTS)

KIDS SAVE THE WORLD



.22 COLT M4
(20 SHOTS)

.22 PISTOL WITH LASER
(20 SHOTS)



S.W.A.T. PACKAGE



.223 ASSAULT RIFLE
(20 SHOTS)

12 GAUGE SHOTGUN
(6 SHOTS)

NIGHT VISION
(OPTIONAL)

SILENCED PISTOL
(20 SHOTS)

FEMME FATALE



GLOCK 9MM PISTOL
(18 SHOTS)

.38 SPECIAL
(6 SHOTS)

.22LR ASSAULT RIFLE
(50 SHOTS)

Please Note: Firearm safety is of the utmost importance and strictly enforced

Have your vehicle fuel gauge in your pocket

Is the fuel price hike affecting your business?

The latest fuel price increase has affected everyone from consumer level, right up to the business owner involved in the transport of commodities.

The need to curb theft in order to reduce losses has always been a priority, but now more than ever the total control of diesel use is paramount to controlling your expenses.

Digit vehicle tracking incorporating DFuel allows you to monitor how much diesel is in your vehicles, live, 24 hours a day. This is not a report that arrives in the post a week after the event, this is a LIVE system that can tell you the status of your entire fleet right now.

Of course with the included comprehensive reporting software, reports can be generated of all the refuelling events, how many litres are added, where and when vs. the km travelled, giving you fuel consumption figures at the click of a button. These measured figures can be compared to the financially submitted reports, to ensure that the fuel you are paying for actually goes into the tank and not into jerry cans.

Contact an agent now for a full demonstration:

55% FULL

last updated 30 seconds ago

98% FULL

last updated 20 seconds ago



**Receive SMS
live monitoring
24 hrs a day**



011 316 3264
info@digicell.co.za

Digit Vehicle tracking
www.digicell.co.za



DELSIENA

KEEP YOUR SHIRT ON.

AVAILABLE AT **VIA CONDOTTI**
· 011 883 3078 · LOWER LEVEL · SHOP L21 ·

SHOP AND DINE WITH US AT MICHELANGELO TOWERS MALL,
OFF NELSON MANDELA SQUARE
SOUTH AFRICA'S FINEST LIFESTYLE CENTRE. AMPLE PARKING
ENTRANCE OPPOSITE SANDTON CONVENTION CENTRE

www.towersmall.co.za · Tel: +27 11 245 4000



MICHELANGELO
TOWERS MALL



MICHELANGELO TOWERS MALL

Breathing Life into Dreams

CONSTANCE BELLE MARE PLAGE & CONSTANCE LE PRINCE MAURICE

TEXT & IMAGES © CONSTANCE HOTELS & RESORTS

Touted as one of the Indian Ocean's most popular tourism destinations, Mauritius has become sought after for its locality, moderate climate and warm hospitality. Constance Hotels & Resorts has earned its reputation as hotelier extraordinaire, with two resorts rated as being among the very best on the island.





Constance Belle Mare Plage

Situated on the eastern coast of the island, Constance Belle Mare Plage is 45 km from the airport and 35 km from the capital, Port Louis. Set along a pristine 2 km stretch of white sand, this deluxe resort is surrounded by almost 15 hectares of verdant tropical gardens. Two 18-hole championship golf courses stretch for another 140 hectares. The beach is protected by an offshore coral reef, making this an ideal spot for swimming, water sports and snorkelling.

The resort boasts exceptional accommodation, including Prestige Rooms, Suites and Villas. The crème de la crème of accommodation – the Presidential Villa – is located directly on the beach, and has three bedrooms, a separate living room with TV/DVD and CD player, as well as a private pool and garden.

Diners are spoiled for choice thanks to seven restaurants that offer everything from à la carte haute cuisine, Mediterranean fare and traditional Indian Ocean dishes, to theme evenings such as sumptuous lobster dinners or barbecues, lunch buffets, light meals and afternoon tea. The resort's five bars serve as meeting points where refreshments, cocktails or sundowners can be enjoyed in a unique setting every day.

Le Spa de Constance houses a fully equipped gym in its Fitness Centre. A wide range of activities and facilities are on offer. These include sauna, a plunge pool, a steam bath, two whirlpool baths, aerobics, yoga, Tai Chi, meditation and Aqua Gym classes. For those seeking a little pampering, Le Spa de Constance has a spa menu offering a host of customised therapies and products, as well as Shiseido Qi beauty and body treatments.

Outdoor recreation on offer includes tennis, table tennis, boules (French lawn bowling), 9-hole mini-golf, or a round of golf on one of the two 18-hole championship golf courses, home to the MCB Tour Championship golf event, part of the European Senior Tour Championship calendar, which is held annually in December.

The boathouse offers a wide range of water sports activities, including waterskiing, windsurfing, wakeboarding, kayaking, and an array of boating activities. Snorkelling trips (equipment included) are a must, as the coral reefs support a wealth of exquisite marine life. At extra cost, guests can sign up for beginners and advanced scuba diving courses, tennis lessons and lessons in waterskiing, windsurfing, sailing, kite surfing and golf. Deep-sea fishing, parasailing and bike rental are also on offer.

Samsonite

BY YOUR SIDE

Curv is a registered trademark of Proton Operating Company, LLC. © 2013 Samsonite



COSMOLITE WITH CURV[®] TECHNOLOGY
THE STRONGEST & LIGHTEST SAMSONITE EVER



Constance Le Prince Maurice

The ultimate romantic hideaway, Constance Le Prince Maurice is located just a 15 minute drive away from Constance Belle Mare Plage, and is a lavish five-star hotel set within 60 hectares of lush vegetation. Protected from the winds, this peninsula is a peaceful location, offering a sense of exclusivity and a unique experience where spicy aromas blend with the perfume of the warm azure ocean.

As a Leading Hotel of the World, accommodation and facilities are first class in every respect. The resort's accommodation options include suites (eight of which are on stilts above a natural fish reserve) and villas, as well as the "jewel in the crown", the Princely Villa.

Constance Le Prince Maurice's offers a delicious range of Mauritian and international cuisine. Enjoy laidback, barefoot dining at Beach Deck, or sample the very freshest of seafood prepared in Oriental style at the Asian Restaurant in the Laguna Bar. For elegant Mauritian cuisine, spend some time at L'Archipel, or seek out the ultimate romantic dinner at the stunning floating restaurant, Le Barchois.

Constance Le Prince Maurice has associated itself with internationally acclaimed brand

Sisley, offering guests a luxuriant, customised spa experience which combines cutting edge wellness innovation with luxury and sensuality.

The resort also has a number of watersports on offer, including waterskiing, snorkelling, deep-sea fishing, diving (with PADI instruction), and more. On land, the more active may cycle, work out in the fitness centre, indulge in the art of yoga, enjoy a round of golf, or simply lie at the poolside (the music piped through the underwater speakers is enchanting!). For wine enthusiasts, a private tasting can be arranged in the magnificent wine cellar, which houses a veritable collection of wines from around the world.

Constance Kids' Club promises hours of fun-filled activities for children under the age of 12 at both Constance Belle Mare Plage and Constance Le Prince Maurice.

Regardless of which resort you choose, you are guaranteed of the quintessential resort experience in the hands of hoteliers who believe in breathing life into dreams.

For reservations, contact the Central Reservation Office in Mauritius on +230 402 2777. For more information, visit <http://bellemareplagehotel.constancehotels.com> and <http://princemaurice.constancehotels.com>. ■

Genpower

"Committed to service excellence"

Portable Rotary Screw compressor for spraying of Polyurea at ABSA building.



33/88/110kVA Sound attenuated generators with Auto switching as a complete solution for Max Stibbe Waldorf school.

Nico de Kock, a farmer of Agri Wes in Zambia says he bought his first generator from Genpower in 1999 and hasn't looked back since.

"It was a Perkins 45 kVA and we use it as a standby generator. Sometimes it runs continuously for 12 hours. It has given us no problems and it is very reliable."

Nico farms in the Mkushi area in the northern part of Zambia, close to the border of the Democratic Republic of the Congo.

In this part of Africa it can sometimes take days for something to get collected and repaired when it breaks down. Here reliability is of utmost importance.

In Zambia agriculture is also a volatile market, which is made more unpredictable by the unstable electricity supply and expensive diesel prices. A back-up generator in this region is not a luxury, but a necessity for farmers and people working in the Zambian agriculture industry.

Recently Nico bought a 300KVA Volvo Generator for his irrigation plant.

We specialise in:

**Generators up to 2 MVA | Builders Plant | Compressors | Pressure Washers | Engines |
Water Pumps | Fire Fighters | Welders | Lawn Mowers**

GENPOWER GIVES YOU THE EDGE

GENPOWER PRETORIA WEST

129 Charlotte Maxeke street
Pretoria West
Local Tel: 0861 101 103
International Tel: +27 12 327 3329
email: sales@genpower.co.za

GENPOWER SILVERLAKES

Silverwell Shopping Centre
Graeme Rd, Shere
Local Tel: 0861 101 104
International Tel: +27 12 809 2342
email: silverlakes@genpower.co.za



#MADEFORYOU

Tired of German techno?
Try some Swedish metal

The New Volvo S60



VOLVOCARS.CO.ZA
VOLVOMADEFORYOU.CO.ZA

BOOK YOUR TEST DRIVE TODAY

SAFETY FIRST

THE VOLVO 60S RANGE

TEXT: BERNARD K HELLBERG
IMAGES © QUICKPIC

The recent launch of the new Volvo 60s range – consisting of the new Volvo S60 sedan, the V60 sportswagon and the XC60 – emphasises the company's desire to retain (and expand) a foothold in the medium-size premium market segment.



■ **Scandinavian design** is traditionally exemplified by beautiful, elegant shapes and sleek, uncluttered surfaces, and this can be seen in every aspect of the new Volvo 60s range.

Inside, the attention to detail, use of authentic materials (such as wood and leather) and the easy-to-use controls contribute to an in-command driving experience. Supportive and incredibly comfortable seats have been a Volvo trademark for decades. The buyer of a new Volvo S60, V60 or XC60 can now specify a new sport seat that retains this traditional comfort, while adding to the sporty feel of a true driver's car.

New integrated tailpipes, which can be specified with certain engine variants, are the physical and visual link to the range's technically advanced engines. But they are not just about beautiful design: the designers have had to cope with the fact that at operating temperature, the tailpipes have to remain perfectly in place, despite the exhaust system expanding in length by up to 25 mm. This is another example of true Scandinavian engineering.

The new Volvo S60, V60 and XC60 offer an extended wheel choice with a variety of designs that increase the personalisation possibilities for customers. Sizes range from 18" to stunningly beautiful 19" wheels. The new Volvo XC60 is also available with 20" wheels, while keeping the same tyre profile height and ride comfort as with 19" wheels.

The new Volvo V60's silhouette is a visual reminder that this is no ordinary estate, but rather a wagon with a coupé-like appearance. The new Volvo V60 delivers a dynamic driving experience, with the same pin-sharp handling as its sister

sedan, the Volvo S60.

The refined Volvo XC60 has a commanding driving position supported by generous ground clearance and a class-leading chassis, and is designed to feel every bit as nimble and agile as a standard road car. Corner Traction Control now comes as standard in the new XC60. This torque vectoring system helps the driver avoid understeer by applying just the right amount of brake force to the inner wheels while powering the outer wheels when accelerating out of a corner. Add to this Volvo's advanced new features and technology, and you have an aggressive competitor ready to take the premium SUV market by storm.

Volvo's determination to remain on top in terms of safety is reflected in their new Pedestrian and Cyclist Detection programme with full auto brake, which is equipped with an advanced sensor system that scans the area ahead. This technology detects if a pedestrian steps out into the road in front of the car. If the driver does not respond in time, the car can warn the driver and automatically activate the brakes. Driver Alert Control is designed to detect and warn tired drivers. The system can also cover other situations where the driver is distracted. TripInfo is another great feature that can read out Wikipedia information about interesting points en route via the audio system.

The launch drive revealed a car that sticks to the traditional Volvo qualities of safety, confidence inspiring handling, superb comfort and pride of ownership. The new Volvo S60, V60 and XC60 will soon be available in Volvo's top-of-the-range R-Design derivative and should arrive in South Africa around November this year. ■





Available in two and four seater

Tru-Trak II Suspension

357cc Fuel Injection



Sometimes you have to be above par

Yamaha Personal Transportation Vehicles make the perfect addition to your family. The Fuel Injected gas model provides choke-less starts, reduced emissions and exceptional gas mileage while the electric

version gives you an 30 Km/ph performance (with optional speed kit) thus making them the ideal vehicle for transporting guests, hauling the family or running the occasional errand.

Add "BLING" from a number of Genuine Yamaha Accessories and equip your Personal Transportation Vehicle for just the way you use it.



YAMAHA

Fat Cats and Corporate Climbers

SOUTH AFRICA'S SUPER RICH

TEXT: SHELLY VAN ZYL
 IMAGES © ISTOCKPHOTO.COM

New research into South Africa's super rich reveals they are not just wealthy, they are far wealthier than previously assumed. According to the TopEnd 2013 Survey into the country's most affluent individuals, almost 10% of these "economic astronauts" have a household income of R500,000 or more a month, while 36% earn in excess of R200,000 a month.





Leisure and
corporate rentals
in and around
Cape Town



FZP Apartment Rentals
+27 (0) 21 426 1634
www.fzp.co.za
info@fzp.co.za



Your home away
from home...

No time wasted with
our real-time availability
calendars, and reservations
booking engine with
instant confirmation.

Try it LIVE...
www.fzp.co.za

facebook.com/fzpartments



■ **Their level of income** has allowed them to accumulate substantial assets. The average value of their fixed property is R6.2 million, 42% own more than one residential property (3% own six or more), and their average share portfolio is worth R2.6 million.

TopEnd 2013, the second survey into South Africa's economic upper echelon from RamsayMedia Research Solutions (RMRS), tapped into 1.6 million top earning households (those with a monthly household income of at least R30,000). Of these, the researchers identified the 5% at the very tip of the wealth pyramid, some 80,000 individuals with a monthly household income in excess of R100,000 – enough to fill the stands and the field at Loftus Versfeld stadium. And there were some surprising results.

Among these, the total TopEnd group shows a leaning towards entrepreneurial activity, but when it comes to the über-rich, a remarkable 73% are employed by a company, with only 20% ticking the self-employed box. This means that most of South Africa's millionaires did not get rich on their own, but are corporate climbers.

Understandably, financial wisdom is key to this segment of the market. 40% have some kind of sideline income in addition to their corporate jobs, with 59% earning monthly income from their investments.

“As time passes, we can expect to see a few things happen to this segment, notably

a slow and steady shift in the 76:11 ratio of white to black millionaires. But it's important to remember that this will represent an expansion of the segment, rather than one group diminishing – once you're in orbit, you really have to mess up spectacularly to come back down to earth,” explains RMRS partner, Alan Todd. “In that respect, the fact that 70% of millionaires feel they are much better off now than they were five years ago speaks volumes for the onward and upward march of South Africa's most affluent consumers.”

The research results are contained in *The Millionaire's Report*, the first of five reports to be released by RMRS. Others will focus on TopEnd housewives (the people who actually spend most of the household income); TopEnd black South Africans (those with a personal monthly income of more than R25,000 a month); TopEnd entrepreneurs (self-employed risk-takers); and TopEnd technology and online activities.

The TopEnd 2013 Survey was conducted in partnership with Caxton, Edcon, DSTV, Pick n Pay, Nando's, YFM, Toyota, Lexus and Sanlam. Their combined customer base allowed RMRS to reach a record number of respondents. This makes TopEnd 2013 the biggest, most in-depth survey ever conducted into the habits, attitudes and behaviour of South Africa's most affluent consumers: the top 11% of economically active South Africans who account for almost 50% of the spending – a very powerful and exceptionally elusive group to reach. ■

DO YOU KNOW THAT ONE LITRE OF USED OIL CAN CONTAMINATE ONE MILLION LITRES OF WATER

Used lubricating oil is hazardous.

It contains harmful compounds. Irresponsible disposal of used oil pollutes our rivers, wetlands and the environment.

Use ROSE approved collectors and recyclers to dispose of your used oil.
For more information call the ROSE Foundation on 021 448 7492,
e-mail usedoil@iafrica.com or visit www.rosefoundation.org.za



RECYCLING OIL SAVES THE ENVIRONMENT

Funded by:



Be Relaxed...
Be Revived...
Be at Mangwanani...
The Original African Day Spa

Spa of the
Year!

Sit back Relax...

Mangwanani will pamper and spoil you, melting all your stresses and worries away.

Indulgent Therapies that will revive & rejuvenate you from head to toe ensure complete bliss of body, mind & soul! Making it an Experience to be Treasured!

African Revitalisation Day Spa

The package is fully inclusive of :

Welcome drinks on arrival, A light breakfast with a selection of tea's, coffee and fresh fruit juices

Seven indulgent treatments:

- UBUSO** - Revitalising Facial Spa with Pressure Point Massage
 - TLHAPISO** - Spa Body Treatment - Choice of Body Wash, Exfoliation or Body Brushing
 - IZIMANGA** - Traditional Full Body Massage with Hot Stones
 - MOLALA** - African Head, Neck & Shoulders Massage
 - NEO MAOTO** - Traditional African Royal Foot Massage (from toes to knees)
 - NEO MATSOGO** - Traditional African Royal Hand Massage (from fingers to elbows)
- JACUZZI & ROCK POOL**

A sumptuous lunch alongside mouth watering deserts.
Limited complimentary bar and refreshing beverages
Amarula and chocolate to round off your spa experience.

Valued at over R2000,00 R1450,00 pp

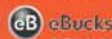


Branches Nationally

0860 55 00 55
www.mangwanani.co.za


Mangwanani
THE ORIGINAL AFRICAN DAY SPA

Some of our payment & booking options



PREMIUM PERFORMANCE AND POWER

MERCEDES-BENZ A 45 AMG

TEXT: BERNARD HELLBERG
IMAGES © MERCEDES-BENZ SOUTH AFRICA

Here it is folks, the car that has rewritten the history books and placed the legendary inventor of the automobile at the top of the performance pile.





■ **As a model range**, the Mercedes-Benz A-Class has never exactly inspired awe. Although the little Stuttgartian created the premium mini MPV-segment and was quite popular with families, it also had some teething problems in the form of the now infamous Elk Test.

The German manufacturer has also faced increasingly stiff competition in the premium hatch segment, where BMW and Audi have had great successes with their 1-Series and A3 respectively. Simply put, Mercedes-Benz had nothing in its arsenal to take on its rivals in this part of the market. So it re-engineered the A-Class concept in an effort to establish a leading position here. Then they took the concept one step further.

Let's be honest, the A 45 AMG is all about one thing. With a maximum power output of 265 kW and up to 450 Nm of torque, the AMG 2.0 litre four-cylinder turbo engine is the most powerful series production four-cylinder engine in the world. There is no need for more proof that Mercedes-AMG means business with this car.

Before the A 45, the smallest Merc toyed with by the guys from Affalterbach was the Mercedes SLK. But this is a completely different AMG product and a completely different hot hatch.

While, overall, the A 45 sees more of a subtle enhancement from the standard A-Class, the A 45 AMG has much more impressive tech than the standard series. Besides its truly remarkable 2.0 litre power plant – assembled following AMG's "one man, one engine" philosophy – it also gets Merc's part-time 4-Matic all-wheel-drive.

Forgetting for a moment that the car's asking price is a rather substantial R599,500 including VAT, let's consider what you are getting for your money.

The sensational power density of 133 kW outstrips even the most powerful super sports cars. At the same time, the engine delivers

notable claimed fuel consumption figures of 6.9 l/100 km in combined mode – thanks to the Blue DIRECT technology employed.

Delivering power to the road is a seven-speed, dual-clutch automatic transmission through the 4Matic four-wheel drive system. It is normally front-wheel drive, apportioning power – up to a maximum of 50 % – to the rear wheels only once traction is lost upfront.

While at the business end of the AMG it retains the A-class' MacPherson strut suspension, it is also fitted with stiffer steering knuckles and a host of other tweaks. At the rear, the multi-link suspension is more heavily adapted, including being attached to the body for better stiffness. Surprisingly, the AMG suspension setup felt less harsh under test conditions than that of the previously tested A 250. I have no explanation for it, but it was a welcome observation nonetheless.

The A 45 AMG is truly, impressively powerful and feels the part when inside. In true AMG tradition, the standard interior trim options – which are already quite exciting – make way for bespoke seats, red contrast stitching and red accented air vents and safety belts. While too much carbon fibre-esque trim feels overwhelming at times, what matters in this car is the great seating comfort and drive position, as well as the on-point feel of the multi-function steering wheel.

Mercedes-Benz has unleashed on the world the mighty king of premium performance hatchbacks. Between incredible traction, formidable torque and unrelenting power delivery, the AMG is nothing short of a marvel, and has as much performance as you could ever sanely use on the road. With a staggering 0 to 100 km/h sprint time of just 4.6 seconds and an electronically limited 250 km/h top speed, you absolutely get what you pay for in the A 45 AMG. What you get for free is the unrivalled thrill of 46 years of spirited AMG performance. ■

New Camelot Health & Beauty Spa
and
Bai Sheng Chinese Restaurant
NOW OPEN



TAKE A *New Look* AT BOTSWANA'S PREMIER BUSINESS AND ENTERTAINMENT ADDRESS

Whether you fly, or drive the scenic 3½ hours from Johannesburg to the Tlokweng border post, The Grand Palm Hotel Casino and Convention Resort and the nearby 4-star Peermont Mondior hotel are your first choice for business and entertainment in Botswana. Just a few minutes from the city centre of Gaborone and the Sir Seretse Khama International Airport, The Grand Palm Resort, offers superior accommodation in the 5-star Peermont Walmont hotel and 3-star Metcourt Inn, lively entertainment, extensive dining choices and world-class conference facilities at the Gaborone International Convention Centre (GICC), all set in beautiful gardens where indigenous birds and tame wildlife roam free.



One of the finest facilities of its kind in southern Africa, the award-winning GICC is a multifaceted convention centre which hosts from 8 to 1800 delegates in a variety of elegant venues while the resort offers high speed wi-fi coverage and a free airport shuttle service.

The all-suite Peermont Mondior hotel, situated in the heart of Gaborone, is a favourite with discerning business travellers for its exceptional standards and renowned Botswana hospitality.

THE GRAND PALM
More style. Better play.

A PEERMONT RESORT

Like us  |  Follow us

Peermont Central Reservations: Tel: 0860 777 900 (SA only) or Tel: +267 363 7777 (Direct) | Book online at www.grandpalm.bw

Suggested retail price

R98 000

Incl. VAT



XT660Z

FOLLOW YOUR IMAGINATION

Prepare for adventure with the XT660Z Ténéré – a rugged, functional and stylish dual-purpose bike. It will take you anywhere you desire – from Europe's streets and highways through to the dust and rocks of deepest Africa.

At the heart of this tough cross-country explorer is a liquid-cooled, 4-valve, 4-stroke SOHC single-cylinder engine that produces plenty of power across a wide rpm range, allowing you to master just about any riding situation.

While its 23-litre fuel tank delivers a good range. The comfortable dual seat, wind-beating rally-raid style nose cowl and high screen take the strain on longer journeys.

Proudly

Bidvest



YAMAHA

FOR RETAILER DETAILS NEAR YOU CONTACT WORLD OF YAMAHA: 011 259 7600 OR 0860 YAMAHA – WWW.YAMAHA.CO.ZA



MANAGING YOUR MILLENNIALS

THE NEW GENERATION WORKFORCE

TEXT: JESSICA HUBBARD/FINWEEK
IMAGES © ISTOCKPHOTO.COM

In workplaces around the world, there is a definite changing of the guard taking place. With Baby Boomers fast approaching retirement, they are increasingly being replaced by young, tech-savvy professionals.

■ **Many of these digitally** driven upstarts are Millennials (or Generation Y), the generation born somewhere between 1980 and the early 2000s. As many managers and business leaders have discovered, Millennials require a vastly different workplace environment and aren't shy about demanding anything from practical essentials, such as luminous headphones, to the pursuit of lofty goals, like saving the planet through recycling those headphones. Attracting this high-minded generation – and retaining them – is becoming increasingly important to companies of all sizes, and across all sectors.

Naturally, the first step to attracting Millennials is gaining an understanding of who they are, and what drives them.

“They view the world differently and have redefined the meaning of success, both personally and professionally,” says Adelle Wapnick, CEO of advertising group Lowe & Partners SA. “Increasingly, however, I’ve realised that this generation has unique competencies and perspectives, and that we have to look for ways to harness their strengths. It just takes some focus and extra effort, but it’s worth it.”

According to Wapnick, loyalty to one employer is a foreign concept to Millennials, who expect to have between two and six employers in their lifetime. “Many of them compromised when the economic downturn happened and they took roles just to get into the job market, so as a result many are actively seeking a different role, and don’t expect to stay where they are for the long term,” she adds.

Kevin Liebenberg, MD of employee engagement agency Actuate, says that a defining characteristic is their tendency to question everything. “They are not happy simply to follow orders and will question requests until they are comfortable in their understanding of the whys and whats behind



the request,” he explains. “This can often appear at face value to be rebellious, but it is merely a need to see how the request fits into the bigger picture. They will not happily just do something because a boss has told them to.”

Another key characteristic of the Millennial is their strong sense of what is right or ethical – which translates into a tendency to become a vigorous corporate watchdog.

“Millennials have a significantly broader sense of moral and ethical accountability to the world, and will question decisions where they see things that jar with this sense of the ‘moral high ground,’” says Liebenberg.

“Their employer’s value system is also important to them,” adds Wapnick, “and their expectations of this needs to be met in order to



retain them.”

So beyond installing Google-esque chill areas in the workplace and littering desks with lime green headphones, how can companies ensure that they attract this new breed of iPad-toting professionals?

“Firstly allow, and in fact encourage some flexibility around how to reach outcomes, hours in the office and even in the scope of the actual role itself,” says Liebenberg. “This will improve your chances of engaging these employees.”

Secondly, ensure that there is sufficient opportunity for the Millennials to be involved in projects or events that are based on the greater good, such as CSI initiatives and volunteer programmes.

Wapnick also highlights the importance of career development, and providing clear-cut pathways to success. “Career progression is important for them, and doesn’t happen quickly enough (they’re not interested in ‘paying dues’), so help them understand the organisation and how to climb the ladder.”

Indeed, as Liebenberg points out, patience is

not a Millennial virtue when it comes to rising through the ranks. “There is a noticeable gap between actual ability and perceived ability. From a positive perspective, this can be seen as an innate confidence (probably from growing up as the ‘trophy’ generation with influential elders and parents who have constantly told them how awesome they are), and from a less charitable view, can seem like an inappropriate sense of entitlement,” he explains. “Practically, this plays out with junior workers with a year’s experience asking when they will be promoted to a ‘senior’ position and being somewhat shocked with the fact that it will take at least five or ten years of exceptional performance for that to transpire.”

While it may seem tedious and time consuming to have to cater to the whims of a generally impatient, high minded and success hungry generation, companies that get it right will enjoy the benefits of a fresh thinking and fiercely driven workforce.

Copy courtesy of ‘Finweek’. Call 0860 103 911 to subscribe. ■

■ MARKETING TO MILLENNIALS

“Millennials are unique and fundamentally different than previous generations, especially when it comes to their views about brands and advertising,” says Wapnick. So here are a few key elements to keep in mind:

- **Millennials don’t trust advertising.** They never click on a sponsored story and not only do they not necessarily trust traditional advertising, they don’t even see traditional advertising anymore.
- **Millennials go to their peers for information.** Friends are the most credible source of product information, and they are more likely to engage with a friend’s social media post over a brand’s post.
- **Millennials love their phones.** So make sure you have a strong mobile strategy.
- **Millennials are nostalgic.** With all the hype around digital technology, social and new media, they still love old things (bikes, typewriters, old cameras).

HAMBA NATHI

travel with 



FLIGHTS | CRUISES | CAR RENTALS | TOURS | SHUTTLE SERVICE | PRIVATE CHARTERS | INCENTIVE TRAVEL | VISA | TRAVEL INSURANCE | ACCOMODATION | CONFERENCES | FOREIGN EXCHANGE | EVENTS

Bloemfontein

Tel: +27 (0) 51 447 4552
 Fax: +27 (0) 51 447 4587
 Afterhours Number:
 +27 (0) 79 873 2240
 info@hambanathi.co.za

President Hotel
 1 Union Avenue
 Naval Hill
 Bloemfontein

Johannesburg

Tel: +27 (0) 11 655 7383
 Fax: +27 (0) 11 655 7011
 Afterhours Number:
 +27 (0) 79 873 2240
 persi@hambanathi.co.za

43 Birchwood Court
 Montrose Street
 Vorna Valley
 Midrand

Kimberley

Tel: +27 (0) 53 831 3982
 Fax: +27 (0) 53 831 3980
 Afterhours Number:
 +27 (0) 79 8732240
 reservations@hambanathi.co.za

Information Centre
 121 Bultfontein Road
 Kimberley



FRANSCHHOEK

COUNTRY HOUSE & VILLAS



Positioned in the most romantic valley on earth, Franschhoek Country House & Villas is an exclusive boutique hotel reminiscent of a village in Provence yet with an elegant Cape sensibility. Set in gardens of lemon trees, lavender and vines – with fynbos draping the nearby mountains – the original, charming country maison includes 14 standard and luxury rooms as well as the award-winning Monneaux Restaurant while the 12 Villa suites are havens of privacy & understated opulence. Swimming pools, a candle-lit cellar, a treatment room and sun-down verandas are all a traveller needs as you live la vie extraordinaire.



For current special offers, including a complimentary night, complimentary dinner or spa packages visit our website at www.fch.co.za

Tel: +27 (0)21 876 3386
email: info@fch.co.za



The Comeback Kid

NISSAN SENTRA

TEXT: BERNARD K HELLBERG
IMAGE © QUICKPIC

Following an absence of 13 years, Nissan has re-introduced the Sentra nameplate into the South African market. This, the 13th generation of the Japanese manufacturer's popular model, has reached our shores in the guise of two separate models: an automatic version (CVT) at R253,600, and a five-speed manual at an affordable R230,900.

■ **It is a moot point** if the CVT automatic is really worth the additional cost. The CVT's performance was fairly decent, but occasionally it did take a while for the car to get going, especially when in fuel saver mode. This is where the sports button comes into play, changing the car's entire personality and extracting much more performance from the willing engine.

With its reliable 1.6 litre four-cylinder producing a quite reasonable 85 kW (thanks to two injectors and four valves per cylinder), the Sentra is claimed to burn 6.6 litres of fuel every 100 km (manual), while the automatic is said to be even lighter on fuel at 6.2 litres/100 km.

As in the case of the Almera, the somewhat larger Sentra has been designed as a comfortable tourer with excellent legroom, an enormous boot, and build quality that is sure to enhance Nissan's reputation.

The space saver spare wheel is a minor irritation, but the Sentra should do well in the C-segment of the

market, where the Hyundai Elantra and Toyota's new Auris are active. And let's not forget Kia's excellent Cerato range which also bats on this pitch.

The Sentra features six airbags, alloy rims, fully adjustable steering (with steering-mounted controls), an "economy" indicator, and clear and readable instrumentation. The trip computer also displays distance remaining in the fuel tank, average and current fuel consumption, external temperature, and the "gear" that the CVT autobox finds itself in.

The new Nissan Sentra, which boasts a three-year/100,000 km warranty, three-year/90,000 km service plan and 15,000 km service intervals, is good value for money, although the CVT automatic could be a tad more affordable.

Nevertheless, I predict that the Sentra should soon be on our roads in numbers thanks to the fact that South African motorists have become very discerning when it comes to value for money. ■





THIS IS HOW WE ARE GOING TO FEED A GROWING POPULATION

PROBLEM

RAPID POPULATION GROWTH

7 BILLION (2012) → 8 BILLION (2025)

(238 babies born every minute)

Source: <http://www.worldometers.info/world-population/>

THREAT TO FOOD PRODUCTION

- Climate change
- Limited and shrinking resources
- Pests

GM CROPS

Plant varieties that deliver:

- More yield
- More efficient use of resources
- Insect tolerance
- Herbicide tolerance
- More biodiversity
- Increased yield

Better seeds are helping farmers **grow more while using less**

WHAT'S IN IT FOR YOU?

***GM crop benefits:**

- Increased food security
- Increased sustainability
- Decreased emissions
- Decreased use of pesticides

ENOUGH HEALTHY FOOD**

15 years of production on more than 1 billion hectares worldwide
NO ADVERSE EFFECTS DOCUMENTED

* According to Brookes and Barfoot, 2013, from 1996 to 2011 biotech crops contributed to food security and sustainability by increasing crop production valued at US\$ 98.2 billion. It also provided a better environment by reducing pesticide use by 473 million kg of active ingredient. In 2011 alone CO₂ emissions were reduced by 23.1 billion kg, equivalent to taking 10.2 million cars off the road.

** Regulatory agencies worldwide, such as the Food and Agriculture Organization, World Health Organization, the European Commission, the French Academy of Medicine, the American Medical Association, and the American Society of Toxicology have agreed that GM foods are safe for human health.
<http://www.sho.int/foodsafety/publications/biotech/20questions/en/>
http://ec.europa.eu/research/biosociety/pdf/a_decade_of_eu-funded_gmo_research.pdf



About Monsanto Company

Monsanto Company is a leading global provider of technology-based solutions and agricultural products that improve farm productivity and food quality. Monsanto remains focused on enabling both smallholder and large-scale farmers to produce more from their land while conserving more of our world's natural resources such as water and energy.

Clients are welcome to contact our client services on 011 790-8201 or customercare.sa@monsanto.com

To learn more about our business and our commitments, please visit: www.monsanto.com. Follow our business on Twitter® at www.twitter.com/MonsantoCo, on Facebook® at www.facebook.com/MonsantoCo, or subscribe to our News Release RSS Feed.

Monsanto is a registered trademark of Monsanto Technology LLC, Monsanto South Africa (Pty) Ltd, PO Box 69933, Bryanston, 2021.

Genetically Modified Food: Safe or Not?

TEXT & IMAGES © MONSANTO

Many people are under the impression that biotechnology is a new, untested science. However, plant biotechnology products are now entering their 18th year of significant commercial use in South Africa. This milestone also marks some 40 years of research and development in agricultural biotechnology.

■ **All biotech crops that have currently** been approved for commercialisation worldwide have been thoroughly assessed by scientific and regulatory authorities for food, feed and environmental safety according to internationally agreed guidelines and principles. They have been found to be as wholesome, nutritious and safe as conventional crops and foods. Biotech crops are among the most extensively tested, characterised and regulated food and fibre products ever developed.

In South Africa, the Department of Agriculture, Forestry and Fisheries has implemented a regulatory system that analyses and monitors all potential impacts of GM technology. All applications are



evaluated in terms of the GMO Act, Act No 15 of 1997. This specifies that all genetically modified (GM) crop plants to be used as foods or as food products are required by the South African GMO legislation to undergo thorough and rigorous food and feed safety assessment before they can be approved for commercial release.

Before any company is allowed to commercially sell any GM product in South Africa, they have to submit an application to the Registrar of the GMO Act in which they have to answer multiple questions pertaining to efficacy and safety issues, as well as environmental effects. Multi-year data and results from lab and field trials have to be submitted. Only products that are deemed safe for human health and the environment are approved for release.

Biodiversity

A large number of scientific studies have been carried out, both for commercial approvals and in the context of independent research, to determine whether biotech crops, in particular insect resistant or herbicide tolerant varieties, pose a risk to non-target organisms and agricultural biodiversity under real use conditions.

This work has shown that commercially available insect resistant crops do not threaten non-target and beneficial organisms, including Monarchs and other butterfly species.

According to Brookes and Barfoot (2013), from 1996 to 2011 biotech crops contributed to food security and sustainability by increasing crop production valued at \$98.2 billion, and provided a better environment by saving 473 million kg of active ingredient pesticides. In 2011 alone, CO₂ emissions were reduced by 23.1 billion kg, which is equivalent to taking 10.2 million cars off

the road. In the same period, 328 million tons of additional food, feed and fibre were produced by biotech crops. Had it not been for biotech crops, an additional 108.7 million hectares of conventional crops would have been required to produce the same tonnage.

Scale Neutral

Biotechnology brings significant financial, social and environmental benefits to growers in the developing world, and can make an essential contribution to resolving certain of the food and agriculture issues faced in these regions.

Today, 90% of farmers planting biotech crops are resource poor, small-holder farmers in the developing world. Annual increases in adoption rates in developing countries have averaged 30% in recent years, outpacing industrialised country farmers by a margin of 2 to 1. These farmers choose to plant biotech crops because of the significant economic, environmental and social benefits they bring. With biotech cotton, for example, yield increases of 30-60% compared to the non-biotech varieties have been observed in developing countries, allowing an estimated one million subsistence farmers to move to generate cash and increase their disposable income by an average of 50%.

It is estimated that the economic gain from biotech crops for South Africa for the period 1998 to 2011 was \$922 million, and \$98 million for 2011 alone (Brookes and Barfoot, 2013).

The next decade is expected to yield a new generation of products that will offer additional benefits to farmers, consumers and the environment.

For more information, visit www.monsanto.com. ■



It's all about you.

With every staff member committed to putting your needs first, with us, the journey becomes the destination.

 SA Express is a proud member of the SAA Voyager programme.

Visit www.flyexpress.aero for domestic flights to Bloemfontein, Port Elizabeth, East London, Kimberley, Hoedspruit, George, Johannesburg, Richards Bay, Cape Town, Durban, and regional flights to Lubumbashi, Gaborone, Windhoek, Walvis Bay and Maputo.

www.flyexpress.aero



sa express

we fly for you

MobiRock

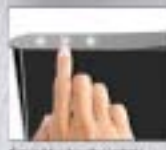
Wireless Bluetooth® Speaker with NFC and Wireless Qi Charging

Truly embrace a wireless lifestyle with MobiRock, a Bluetooth® speaker that's equipped with a Qi charging cradle that allows you to charge your phone without cords. Simply fit your Qi-enabled Smartphone in the cradle to power your phone and enjoy our patent-pending jAura® sound at the same time.

Contact Information for Cortech:
sales@cortechsa.co.za
tel: (+27-11) 463 8530
fax: (+27-11) 463 8558
Retail Price: R2 999
Available at Musica, Nu World Menlyn and the Digital Experience.



2.1mp USB charging port



Capacitive touch control



Wireless induction charging pad and retractable cable

We can't predict who you will meet on the rest of your trip...

But we can guarantee you a shuttle and a friendly driver who will get you where you need to be on time, every time!

coaches. shuttles. transfers.

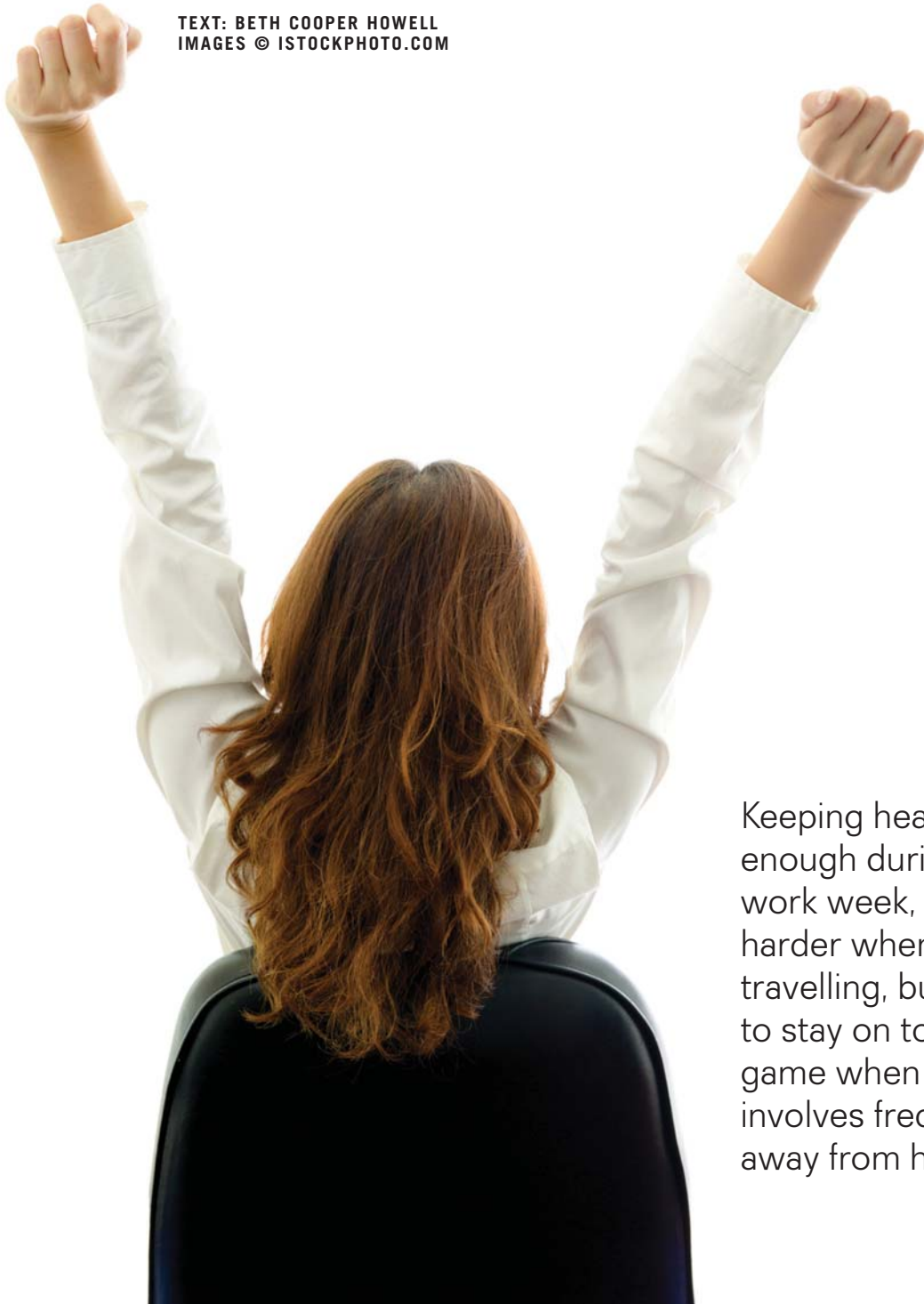
0861 397 488
www.ezshuttle.co.za



NEW www.ezshuttle.mobi - Book from your cell phone!

Healthy Tips for the Business Traveller

TEXT: BETH COOPER HOWELL
IMAGES © ISTOCKPHOTO.COM



Keeping healthy is hard enough during a normal work week, and even harder when you are travelling, but it is vital to stay on top of your game when your career involves frequent trips away from home.

■ **As the world's population** grows, so does the teeming business activity associated with it. And chances are you are one of those people catching flights, staying in hotels, attending conferences and indulging in the lavish meals that accompany these. The downside is that by the time you get back home, you will probably have sat around for hours and picked up a few extra kilograms. If you have a standard exercise regime at home, it could suffer during your travels and set you back. If you don't, well, things could just get worse.

Essential Exercise

The obvious benefit of exercise is that it will keep your mind alert and focused. It therefore boosts not only your health, but your business acumen as well. While gyms and jogging in or around hotel complexes can be useful, they are time-consuming activities for business travellers. You need something you can do in the privacy of your hotel room.

A recent study in the *Journal of Physiology* suggests that you can get all the exercise you need in just 20 minutes.

Here's how:

- Switch off the air conditioner and open a door or window.
- Calculate a rough estimate of your maximum heart rate by subtracting your age from 220.
- Run intensely on the spot, skip or do aerobics for one minute to bring your heart to 90% of your maximum heart rate.
- Relax for a minute and then repeat this process ten times, or until 20 minutes have passed.

Naturally, age, current health and medication are factors to consider, so chat to

your doctor before trying this compact – but vigorous – exercise programme. And don't rule out swimming. Some complexes have heated indoor pools and during summer you will get the added benefit of vitamin D when swimming outside.

Keep the Blood Flowing in Flight

Sitting for long periods during flights can produce poor circulation, lethargy, sore joints and swelling. Here are tips to help alleviate these issues:

- Squeeze a tennis ball – or a pair of socks – with your hands until tired.
- Raise your legs using your calf muscles until tired.
- Plant your heels on the floor and raise your toes as high as possible for a few seconds. Relax and repeat until tired.
- With legs crossed, rotate the suspended foot as wide as possible until tired.
- Bend your head gently toward one shoulder and then to the other for ten repetitions.

Minding the Menus

Most of us struggle to keep our weight stable at home, so imagine how difficult it can be when away on business.

A good rule of thumb is to stick to fish, flesh or fowl (grilled, not fried) and to



avoid foods containing the letters "pa", like pasta and pastries. Add roasted or steamed vegetables to the "yes" list, go easy on the sauces, and you have laid a good foundation for sensible eating.

Desserts can be tricky, and if fresh fruit (without cream) is not available, then limit your intake by requesting smaller portions. Keep in mind that if you look at the menu long before the meal (on your smartphone or via hotel service) you can plan ahead to avoid having to make selections at the dinner table.

Wine, Whisky and Water

Regular heavy drinking while away on business has two distinct disadvantages: It can affect concentration the next day and adds unwanted calories.

A bottle of wine will set you back around 650 calories. At the other end of the spectrum, a tot of whisky is around 50 calories. But both in excess are not recommended, as alcohol compromises your will power and will make you eat more – particularly the handy calorie-laden snacks at the bar. Half a bottle of wine, four tots of whisky, or about four beers is a good social intake if you must drink.

Keeping hydrated is always recommended, but when flying it is essential, because the pressurised cabin atmosphere can increase your risk of dehydration. Drink as much water as possible and choose bottled water to avoid bacteria from the aeroplane's water source. It is highly unlikely it will be contaminated, but it is always better to be safe than sick. ■

■ HANDY HEALTH AND FITNESS APPS

- **My Fitness Pal:** This leading fitness app for iPhone, Android, BlackBerry and Windows allows you to track food intake and exercise activity. Set goals, log calorie intake and physical activity, and share weight loss with friends/family for added motivation. www.myfitnesspal.com
- **RunKeeper:** This personal training app measures your heart rate, calorie count and distance (using GPS). It can be used for a variety of activities, including running. It also allows music regulation and picture-taking during exercise. Available for iPhone and from Google Play. www.runkeeper.com
- **MapMyFitness:** Use your phone's GPS to track every aspect of your activity, including duration, pace, speed and calories burned. Available for iPhone, Android and BlackBerry. www.mapmyfitness.com
- **AlcoDroid:** This app serves as an alcohol consumption tracker, drinks diary and blood alcohol content circulator for iPhone and Android. It can also track the cost of your drinks. <https://play.google.com/store/apps/>

STRATEGIC PARTNERS



Born and bred right here - Bell is Africa's very own global equipment supplier. With Bell you get machines built tough for our harsh environment and support from Africa's most comprehensive network of people dedicated to your success. Best of all, while you are creating infrastructure and jobs, so are we.

Choose Bell as your equipment partner and enjoy the pride of knowing you're not just boosting your business but helping make Africa a better place too.

Tel: +27 (0) 11 928 9700
E-mail: sales@bell.co.za
www.bellequipment.com

Advert 14300513

BELL
Strong Reliable Machines
Strong Reliable Support

GADGETS

■ Tough, Tougher, Titan

Titan is the Android smartphone you can take anywhere. The Titan, which boasts an IP-67 rating, can survive under water for up to 30 minutes at a depth of up to 1 m, while in dry and dusty conditions it will resist any intrusion that may harm its operation. It is also compliant with US military standard, MIL-STD-810 g, which assesses the viability of a product across a broad range of environmental conditions. The Titan features a 3.5" touch screen with hardened glass, which means no more cracks when you accidentally drop your phone - bonus! For more information, visit www.ruggedphones.co.za.



■ Skinny Minnie

With its thin, feather-light design, the Logitech Ultrathin Touch Mouse easily slips into any computer sleeve or pocket. Its silky smooth touch surface is created by an invisible coating that helps you simplify Windows 8 navigation, or take full advantage of the Multi-Touch navigation in OS X. Using Bluetooth with Logitech Easy-Switch Technology, the Logitech Ultrathin Touch Mouse can connect wirelessly to your laptop, desktop and tablet at the same time, and you can easily switch between them with the flip of a switch. The mouse is rechargeable through USB and just one minute of charge time gives you enough power to keep working for another hour. Visit www.logitech.com for more information.



■ Packs a Punch

The new Leica X Vario is the world's only compact camera of its kind to combine a large APS-C format sensor with a zoom lens. As a result, it offers the best possible quality and versatility of photography in just one unique compact camera. The size and quality of the sensor already offers extremely low image noise, high dynamic range, and accurate colour differentiation. Combined with the high performance Leica Elmar 28 -70 mm f/3.5 - 6.4 ASPH (35 mm equivalent) lens, it ensures images of unsurpassed brilliance. This compact camera also offers a full HD video recording option. All of the camera's functions and controls are clearly laid out, and settings can be changed in an instant to meet the needs of any photographic situation. Leica products are distributed locally by Tudortech and is available nationwide. For more information visit www.tudortech.co.za.





GROUND ENGAGING TOOLS

FOR MORE DETAILS CONTACT US ON 010 593 4370



● GRADER BLADES



● RIPPERS



● END BITS



● CUTTING EDGES

ITR GET PRODUCTS

ITR's ground engaging tools are the result of extensive research and design to provide excellent performance. The careful selection of the right steels, properly heat treated to ensure the best overall performance and balance between hardness and durability. ITR's GET products benefit from the latest technological improvements, manufactured with state-of-the-art production processes to the highest quality standards



PRODUCT COVERAGE

ITR's GET products are developed to respond to market needs and trends. Products include tips and adapters, fork teeth, end-bit, single and double bevel profiles, cutting edges, ripper and wear plates. ITR's GET line also includes special and patented products for HD applications.



QUALITY

Rigorous quality control standards are carried out at the production facilities and manufacturing plants to guarantee the highest level of quality. ITR GET products are developed by a skilled and experienced team of engineers and designers, committed to innovation and developing superior product performance with standard and heavy duty applications



ITR Africa now stock the UNIK GET range

NEW ITR UNIK LINE DESIGN IS STUDIED FOR EVERY APPLICATION WHERE HIGH PENETRATION AND IMPACT ARE REQUESTED

- Excellent digging performance with innovative and modern self-sharpening design which improves the productivity of the machine
- Innovative and reinforced pocket structure
- Increased side pin protection
- Special impact resistance



ITR UNIK ROCK CHISEL TIPS



ITR UNIK ABRASION PENETRATION TIPS



PLEASE VISIT OUR WEB PAGE FOR MORE INFORMATION : www.itrafrica.com - www.usco.it

Manufacturer's names, numbers & descriptions are used for reference purposes only & it is not implied that any part listed is the product of the manufacturers

JOHANNESBURG

TEL: +(27)(11) 614 0070/2/3/4
FAX +(27)(11) 614 0081
E-MAIL : sales@itrafrica.com

CAPE TOWN

TEL: +(27)(21) 905 7340
FAX +(27)(21) 905 7366
E-MAIL : capetown@itrafrica.com

WINDHOEK

TEL: +(264)(61) 257 023
FAX +(264)(61) 400 929
E-MAIL : namibia@itrafrica.com

PORT ELIZABETH

TEL: +(27)(41) 451 2222
FAX +(27)(41) 451 2226
E-MAIL : portelizabeth@itrafrica.com

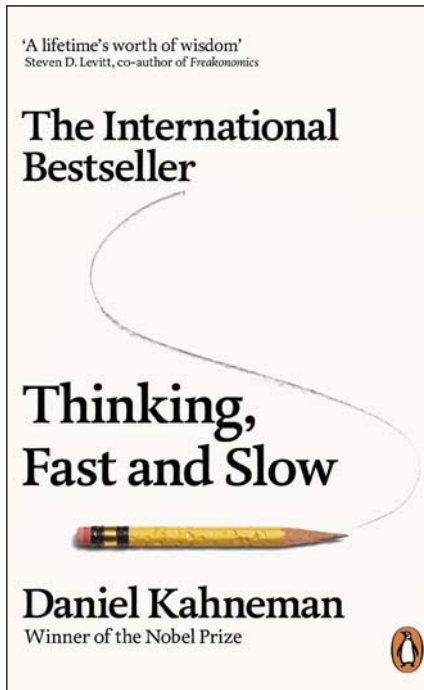
EAST LONDON

TEL: +(27)(43) 748 3541
FAX +(27)(43) 748 3528
E-MAIL : eastlondon@itrafrica.com

HARARE (Distributor)

TEL: +(263)(44) 471 80/2
FAX +(263)(44) 461 37
E-MAIL : brendan@machinery-exchange.net

BOOKS

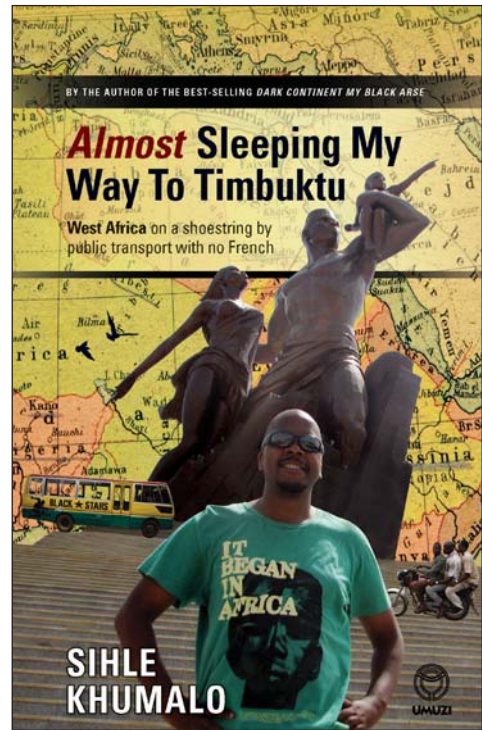


■ ■ **Thinking, Fast and Slow**
BY DANIEL KAHNEMAN

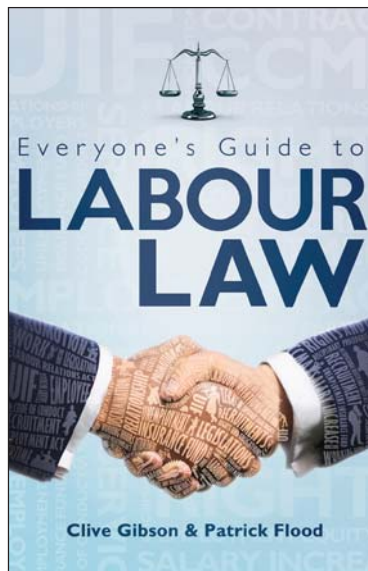
Thinking Fast and Slow offers a whole new look at the way our minds work, and how we make decisions. Why is there more chance that we will believe something if it is in a bold type face? Why are judges more likely to deny parole before lunch? Why do we assume an attractive person will be more competent? The answer lies in the two ways we make choices: fast, intuitive thinking, and slow, rational thinking. This book reveals how our minds are tripped up by error and prejudice (even when we think we are being logical), and gives practical techniques for slower, smarter thinking. It will enable you to make better decisions at work, at home, and in everything you do.

■ ■ **Almost Sleeping My Way to Timbuktu**
BY SIHLE KHUMALO

Travelling in West Africa by public transport, Sihle Khumalo turned a wish list into an itinerary. The plans for his trip were lean on practical detail, but grand in concept: Visit five countries (Sénégal, Mali, Burkina Faso, Benin and Togo) and five UNESCO World Heritage Sites on the way. Had he pondered the implications of not speaking French in a part of the world where it is the lingua franca, or what the public transport might be like in this part of the world, he might have set off less bright eyed and bushy tailed. But Sihle is not one to be deterred by setbacks and dead ends. His flexibility, irrepressible optimism and robust sense of humour, coupled with an unexpected sensitivity towards his host countries, see him reach all his goals – or almost.



■ ■ **Everyone's Guide to Labour Law**
BY CLIVE GIBSON & PATRICK FLOOD



South African labour legislation is a potential minefield, but help is now at hand with *Everyone's Guide to Labour Law*, which aims to assist both employers and employees in respect of their rights, duties and obligations in most labour related matters. It deals simply with the relevant legislation and the most common pitfalls, as well as the processes and procedures that must be followed. This comprehensive and informative book makes complex Acts accessible and easy to understand, while practical examples provide further clarity.



***Book Early
& Save up to
40%**

INCREDIBLE DESTINATIONS TO DISCOVER. REMARKABLE DEALS TO ENJOY

MSC Cruises offers South Africans the best holiday value. Cruise the Southern African Coasts and islands from just R500 per person per day. Secure your booking with a deposit, and MSC will guarantee no currency surcharge prior to departure!

	<p>CAPE TOWN › PORT ELIZABETH › DURBAN</p> <p>From CAPE TOWN MSC OPERA 11 Nov '13 › 15 Nov '13 4 Nts</p>	<p>From R 1979 (Cat 4)</p>		<p>DURBAN › NO WHERE</p> <p>From DURBAN MSC OPERA 15 Nov '13 › 17 Nov '13 2 Nts</p>	<p>From R 2959 (Cat 8)</p>
	<p>DURBAN › PORTUGUESE ISLAND</p> <p>From DURBAN MSC OPERA 22 Nov '13 › 25 Nov '13 3 Nts</p>	<p>From R 4825 (Cat 4)</p>		<p>DURBAN › MOZAMBIQUE › PORTUGUESE ISLAND</p> <p>From DURBAN MSC OPERA 25 Nov '13 › 29 Nov '13 4 Nts</p>	<p>From R 4959 (Cat 8)</p>
	<p>DURBAN › MAURITIUS</p> <p>From DURBAN MSC OPERA 20 Dec '13 › 30 Dec '13 10 Nts</p>	<p>From R 15599 (Cat 4)</p>		<p>DURBAN › MOZAMBIQUE › MADAGASCAR</p> <p>From DURBAN MSC SINFONIA 21 Dec '13 › 28 Dec '13 7 Nts</p>	<p>From R 12599 (Cat 9)</p>

KIDS CRUISE FREE

Children under 18 travelling in the same cabin as their parents, travel free and only pay for the applicable Port, Baggage and Service charges. This offer is subject to the availability of 4 berth cabins.

Contact your nearest ASATA Agent or
087 075 0879

www.msccruises.co.za



The Mediterranean way of life



All rates are per person based on 2 people sharing a cabin, subject to availability, 40% early booking on selected departures and to the MSC Cruises dynamic pricing policy. Kids cruise free subject to: a max of 2 kids u18 sharing a 4 berth cabin with 2 adults, mandatory charges still apply. Above prices exclude mandatory port, baggage, insurance and service charges. *Early booking savings already included in the price. Single supplement applies. T&Cs apply. E&OE.



Durban - Harare

Durban and Harare just got a whole lot closer.

We've brought Durban and Harare closer together. We've cut out all the stops between you and your business trip, vacation or home visit by offering you the only direct route 3 times a week. That's what we mean when we say: "We fly for you".

 SA Express is a proud member of the SAA Voyager programme.

Visit www.flyexpress.aero for domestic flights to Bloemfontein, Port Elizabeth, East London, Kimberley, Hoedspruit, George, Johannesburg, Richards Bay, Cape Town, Durban, and regional flights to Lubumbashi, Gaborone, Windhoek, Walvis Bay, Maputo, Lusaka and Harare.

www.flyexpress.aero

 SA Express Airways

 FlySaExpress



sa express

we fly for you



Airline information

SA Express fleet

Canadair Regional Jet 200 BER

Manufacturer: **Bombardier**
Maximum cruising speed:
474 knots/545mph/879kmph
Engines: **Two General Electric CF34-3B1**
Range: **1,662miles/3,080km**
Maximum altitude: **41,000ft/12,496m**
Seating capacity: **50**

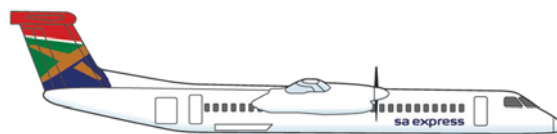
Crew: **Two pilots, two cabin crew**
Wing span: **69ft 7in/21.21m**
Overall length: **87ft 10in/26.77m**
Overall height: **20ft 5in/6.22m**
Maximum take-off weight: **51,000lb/23,134kg**
Minimum runway length: **6,295ft/1,919m**



De Havilland Dash 8 Series Q400 Turboprop

Manufacturer: **Bombardier**
Maximum cruising speed:
360knots/414mph/667kmph
Engines: **Two Pratt & Whitney Canada PW150A**
Range: **1,565 miles/2,519km**
Maximum altitude: **25,000ft/7,620m**
Seating capacity: **74**
Crew: **Two pilots, two cabin crew**

Wing span: **93ft 3in/28.42m**
Overall length: **107ft 9in/32.83m**
Overall height: **27ft 5in/8.34m**
Maximum take-off weight: **64,500lb/29,257kg**
Minimum runway length: **4,580ft/1,396m**



Canadair Regional Jet 700

Manufacturer: **Bombardier**
Maximum cruising speed:
473 knots/544mph/875kmph
Engines: **Two General Electric CF34-8C5B**
Range: **1,477m/2,794km**
Maximum altitude: **41,000ft/12,496m**
Seating capacity: **70**

Crew: **Crew: Two pilots, two cabin crew**
Wing span: **76ft 3in/23.2m**
Overall length: **106ft 8in/32.51m**
Overall height: **24ft 10in/7.57m**
Maximum take-off weight: **72,750lb/32,999kg**
Minimum runway length: **4,580ft/1,396m**



SA Express' aircraft are made by Bombardier Aerospace

We fly for you

About us SA Express is a fast-growing airline business operating primary and secondary hubs between domestic and regional destinations within Southern Africa.

Our objective of improving intra-Africa travel is in line with South Africa's mandate to increase aviation's contribution towards sustainable economic growth and job creation.

The flexibility and reliability presented by the airline's FACT principle (Frequency, Availability, Competitive rate and Timing of flights) affords both consumers and service providers a unique and convenient service.

The FACT principle is important to us as it enhances the country's prospect as a preferred air travel destination and major trade and tourism capital.

Our vision is supported by the airline's aspirations and strategy. Also underpinning this vision is our set of core values and unique selling propositions that drive profitability.

Vision To be a sustainable world-class regional airline with an extensive footprint in Africa.

Purpose A sustainable, integrated regional airline connecting secondary and main airports.

SPECIAL SERVICES

Special meals Passengers with special dietary requirements are provided for through the following special meals: kosher, halal, Muslim, Hindu, low-fat and vegetarian meals. Orders for special meals should be placed at the time of making flight reservations. The airline requires a minimum of 48 hours' notice prior to departure in order to assist with confirmation of requests.

Passengers requiring special attention Requirements for unaccompanied minors (passengers under the age of 12 years) or passengers requiring wheelchairs should be stated at the time of making the reservation. Owing to the size of the cabins on our aircraft types, the airline is not in a position to carry stretcher passengers or incubators.

Cabin baggage SA Express will accept one piece of cabin baggage not exceeding a total dimension of 115cm and 7kg in weight. For safety reasons, cabin baggage must fit into approved stowage spaces: either the overhead luggage bin or under the seat. Owing to limited storage space

in the aircraft cabin, cabin baggage may be placed in the Skycheck at the aircraft for hold stowage.

Skycheck This is the airline's special hand-luggage facility that assists with in-flight comfort, speedy boarding and disembarking. When boarding one of our flights, simply place any hand luggage that will not be required during the flight on to the Skycheck cart at the boarding steps of the aircraft. Your hand luggage will be waiting for you as you disembark from the aircraft at your destination.

Baggage liability Valuable items such as cameras and accessories, computers – including laptops and notebooks – mobile telephones, perfumes, aftershaves, colognes, legal and company documents and legal tender – including cash, credit cards and cheques – bullion, leather jackets, all types of jewellery and any other items with a value in excess of R400 must be removed from either checked-in or Skycheck baggage as the airline is not liable for loss or damage to these items. Verified baggage claims are settled on the basis adopted by IATA (International Airlines Transport Association): payment of US\$20 per 1kg of checked-in luggage, to a maximum of 20kg (\$400).

CORE VALUES

Safety first We never compromise on safety, no matter what.

Customers Our customers are our most important investors.

Partners We partner with people across all operations.

Speed & Quality We deliver with speed without compromising on quality.

Improvement We strive for continuous improvement.

Simplify We keep it simple.

We Fly For You SA Express Airways prides itself on aiming to offer incomparable service standards. In addition to building on our motto to express excellence and consistently striving to provide the best service, we know that "you" is the most important word in our airline. SA Express proudly launched its new brand on 2 December 2009 at OR Tambo International Airport. The new brand is set to ensure that it's distinctive and positioned to build awareness and affinity in the domestic and regional markets.

The new proposition "We Fly for You" is set to position SA Express as a premier intra-regional African brand. The main objective of the re-brand is to ensure that SA Express is distinctive yet still aligned to the country's mainline carrier. SA Express's unique positioning as an airline that provides a bespoke, personalised travel experience was the rationale behind the proposition "We Fly for You". The new brand mark is in line with the symbol and colours of the national flag, encouraging national pride. The new brand will be applied to all brand touch-points throughout the operation as well as the staff uniform.

Awards SA Express has won the AFRAA Regional Airline of the Year Award at the end of 2009, and the Allied and Aviation Business Corporate Award. Our airline was also the recipient of the Annual Airline Reliability Award from Bombardier at the end of 2007. Other previous awards include the International Star Quality Award, which indicates our commitment to service excellence, while our prominence as one of the top 500 best managed companies is proof of our success as a business.

Onboard service The airline's onboard service is unique and offers passengers a variety of meals or snacks. The airline pioneered its unique meal-box concept, and meal choices are frequently updated and designed using balanced food criteria: appearance, taste and nutritional value. Passengers can also enjoy a wine and malt service on specified flights as well as refreshments on all flights. Our customers can expect a safe, comfortable, quality air-travel experience, with the added benefits of frequency, reliability, on-time departures and unmatched value for money.



Safety information

Health regulations Health regulations at certain airports require that the aircraft cabin be sprayed. The spray is harmless, but if you think it might affect you, please cover your nose and mouth with a handkerchief.

Remain seated As a safety precaution, passengers are requested to remain seated with seatbelts fastened after the aircraft has landed, until the seatbelt sign has been switched off by the captain.

Portable electronic equipment The use of personal electronic devices (PED's) will apply to all domestic and regional flights on the CRJ700/200

and DH8 Q400. Passengers will be permitted to use PED's such as cell phones, e-readers and electronic tablets in flight-mode.

Cellular telephones Cellular telephones may be used on the ground while passenger doors are open. Cellular telephones, smartphones or any device with flight mode must be switched off as soon as the cabin doors are closed and when the senior cabin-crew member makes an announcement on the public-address system.

Laptop computers Laptops with CD ROM and DVD drive, handheld calculators, electric shavers and portable personal

listening devices may not be used on the ground during taxi but may be used during the flight when the seatbelt signs are switched off and with permission from the captain. Should circumstances dictate otherwise, a public-address announcement cancelling this concession will be made by a crew member.

Prohibited equipment Portable printers, laser pointers, video equipment, CB/AM/FM/FHF/satellite receivers, two-way radios, compact disc and mini-disc players, scanners, remote-controlled toys and power converters are prohibited for use at any time.

Safety pamphlet Read the safety pamphlet in the seat pocket in front of you and take note of your nearest emergency exit.

Smoking In accordance with international trends, smoking is not permitted on board any SA Express flights.

Seat belts Please fasten your seat belt whenever the seat belt signs are illuminated. For your own safety we suggest that you keep it fastened throughout the flight.

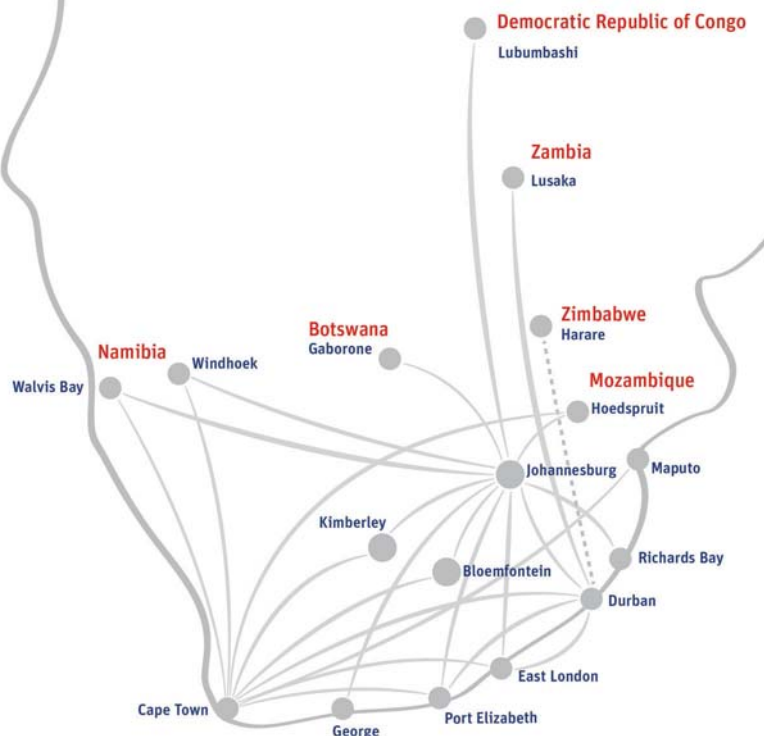
Important When in doubt, please consult our cabin crew.

For your comfort and security, please comply with the above safety regulations at all times while on board

Route map

SA Express:

Johannesburg	Kimberley
Bloemfontein	Lubumbashi
Cape Town	Lusaka
Durban	Maputo
East London	Port Elizabeth
Gaborone	Richards Bay
George	Walvis Bay
Hoedspruit	Windhoek



FLIGHT SCHEDULE

JOHANNESBURG - BLOEMFONTEIN

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1001	06:00	07:00	DH4	x	x	x	x	x		
SA 1003	08:00	09:05	DH4	x	x	x	x	x	x	x
SA 1005	11:20	12:25	DH4	x	x	x	x	x		
SA 1011	13:50	14:55	DH4	x	x	x	x	x	x	x
SA 1013	14:55	16:00	DH4	x	x	x	x	x		
SA 1017	16:35	17:40	DH4	x	x	x	x	x		
SA 1021	17:55	19:00	DH4					x		
SA 1023	18:30	19:35	DH4	x	x	x	x			x

BLOEMFONTEIN - JOHANNESBURG

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1024	06:20	07:25	DH4	x	x	x	x	x		
SA 1002	07:20	08:25	DH4	x	x	x	x	x		
SA 1004	09:35	10:40	DH4	x	x	x	x	x	x	x
SA 1006	12:55	14:00	DH4	x	x	x	x	x	x	x
SA 1012	15:25	16:30	DH4	x	x	x	x	x	x	x
SA 1014	16:30	17:35	DH4	x	x	x	x	x	x	x
SA 1018	18:15	19:20	DH4	x	x	x	x	x		
SA 1022	19:40	20:40	DH4					x		

JOHANNESBURG - EAST LONDON

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1403	07:00	08:30	CR7						x	
SA 1403	07:30	09:15	DH4	x	x	x	x	x		x
SA 1405	09:10	10:40	CR2						x	
SA 1407	13:20	14:40	CR2							
SA 1409	18:05	19:35	CR7	x	x	x	x	x		x

EAST LONDON - JOHANNESBURG

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1404	09:15	10:45	CR7						x	
SA 1404	09:50	11:30	DH4	x	x	x	x	x		x
SA 1406	11:10	12:40	CR2						x	
SA 1408	15:30	17:00	CR2							
SA 1410	20:25	21:55	CR7	x	x	x	x	x		x

JOHANNESBURG - GEORGE

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1501	06:50	08:40	CR7	x	x	x	x	x		
SA 1503	08:55	10:45	CR7						x	x
SA 1505	11:10	13:25	DH4	x	x	x	x	x	x	x
SA 1509	15:25	17:15	CR7	x	x	x	x	x		x

GEORGE - JOHANNESBURG

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1502	09:10	10:50	CR7	x	x	x	x	x		
SA 1504	11:25	13:05	CR7						x	x
SA 1506	13:45	15:45	DH4	x	x	x	x	x	x	x
SA 1510	17:50	19:30	CR7	x	x	x	x	x		x

JOHANNESBURG - HOEDSPRUIT

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1225	10:15	11:20	DH4	x	x	x	x	x		
SA 1227	12:15	13:15	DH4	x	x	x	x	x	x	x

HOEDSPRUIT - JOHANNESBURG

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1226	12:00	13:00	DH4	x	x	x	x	x	x	x
SA 1228	13:50	14:55	DH4	x	x	x	x	x	x	x

JOHANNESBURG - DURBAN

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1285	12:20	13:30	CR2					x		
SA 1287	14:35	15:45	CR2							x

DURBAN - JOHANNESBURG

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1286	16:45	17:55	CR2							x
SA 1286	17:15	18:25	CR2					x		

JOHANNESBURG - KIMBERLEY

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1101	05:45	07:00	DH4	x	x	x	x	x		
SA 1103	09:20	10:35	DH4	x	x	x	x	x	x	
SA 1105	13:10	14:25	DH4						x	
SA 1105	13:45	15:00	DH4							x
SA 1107	14:25	15:40	DH4	x	x	x	x	x		
SA 1113	17:10	18:25	DH4	x	x	x	x	x		x

KIMBERLEY - JOHANNESBURG

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1102	07:50	09:05	DH4	x	x	x	x	x		
SA 1104	10:45	12:00	DH4						x	
SA 1104	11:10	12:25	DH4	x	x	x	x	x		
SA 1106	14:55	16:10	DH4						x	
SA 1106	15:30	16:45	DH4							x
SA 1108	16:10	17:25	DH4	x	x	x	x	x		
SA 1114	18:55	20:10	DH4	x	x	x	x	x		x

JOHANNESBURG - PORT ELIZABETH

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1453	07:10	08:45	CR7	x	x	x	x	x		
SA 1457	17:50	19:25	CR7	x	x	x	x	x		x

PORT ELIZABETH - JOHANNESBURG

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1454	09:20	10:55	CR7	x	x	x	x	x		
SA 1458	20:00	21:35	CR7	x	x	x	x	x		x

JOHANNESBURG - RICHARDS BAY

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1201	06:10	07:25	DH4	x	x	x	x	x		
SA 1203	08:30	09:45	DH4						x	
SA 1207	13:15	14:30	DH4	x	x	x	x	x		x
SA 1213	16:45	18:00	DH4	x	x	x	x	x		x

RICHARDS BAY - JOHANNESBURG

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1202	07:55	09:10	DH4	x	x		x	x		
SA 1202	08:05	09:20	DH4			x				
SA 1204	10:30	11:45	DH4						x	
SA 1208	15:05	16:20	DH4	x	x	x	x	x	x	x
SA 1214	18:40	20:00	DH4	x	x	x	x	x		x

JOHANNESBURG - CAPE TOWN

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1585	13:15	15:30	CR2					x		
SA 1587	14:20	16:35	CR2							x

CAPE TOWN - JOHANNESBURG

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1586	18:20	20:30	CR2					x		
SA 1588	18:45	21:00	CR2							x

JOHANNESBURG - WALVIS BAY

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1701	11:55	14:10	CR7	x	x	x	x	x	x	x

WALVIS BAY - JOHANNESBURG

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1702	14:45	16:55	CR7	x	x	x	x	x	x	x

SA EXPRESS

RESERVES THE RIGHT TO CHANGE, SUSPEND OR AMEND THIS PUBLISHED SCHEDULE WITHOUT PRIOR NOTIFICATION
EVERY EFFORT WILL BE MADE TO OPERATE AS PER THE PLANNED SCHEDULE



sa express

we fly for you

FLIGHT SCHEDULE

JOHANNESBURG - WINDHOEK

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
EFFECTIVE 1 SEPTEMBER NAMIBIAN TIME REVERTS TO										
SA 1731	06:10	08:15	CR2		×		×			
SA 1733	06:10	08:15	CR2	×		×		×		

WINDHOEK - JOHANNESBURG

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
EFFECTIVE 1 SEPTEMBER NAMIBIAN TIME REVERTS TO										
SA 1732	19:15	21:10	CR2		×		×			
SA 1734	09:15	11:15	CR2	×		×		×		

JOHANNESBURG - GABORONE

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1761	06:10	07:05	DH4	×	×		×	×		
SA 1763	07:55	08:50	DH4						×	×
SA 1765	09:55	10:50	DH4	×	×	×	×	×		
SA 1767	11:55	12:45	CR2	×	×	×	×	×	×	×
SA 1775	15:05	15:55	CR2	×	×	×	×	×	×	×
SA 1779	18:10	19:10	DH4	×	×	×	×	×		
SA 1781	18:10	19:10	DH4							×

GABORONE - JOHANNESBURG

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1762	07:45	08:40	DH4	×	×	×	×	×		
SA 1764	09:25	10:20	DH4						×	×
SA 1766	11:25	12:20	DH4	×	×	×	×	×		
SA 1768	13:15	14:05	CR2	×	×	×	×	×	×	×
SA 1776	16:20	17:10	CR2	×	×	×	×	×	×	×
SA 1780	19:40	20:40	DH4	×	×	×	×	×		
SA 1782	19:40	20:40	DH4							×

JOHANNESBURG - LUBUMBASHI

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1797	09:05	11:25	DH4	×		×	×	×		×

LUBUMBASHI - JOHANNESBURG

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1798	12:15	14:45	DH4	×		×	×	×		×

CAPE TOWN - BLOEMFONTEIN

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1081	06:00	07:45	DH4	×	×	×	×	×		
SA 1083	08:00	09:30	CR2						×	
SA 1087	13:15	15:00	DH4						×	×
SA 1089	14:20	16:05	DH4				×	×		
SA 1091	17:15	18:45	DH4	×	×	×	×	×		×

BLOEMFONTEIN - CAPE TOWN

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1082	08:15	10:15	DH4	×	×	×	×	×		
SA 1084	10:30	12:15	DH4						×	
SA 1088	15:40	17:40	DH4						×	×
SA 1090	16:35	18:35	DH4				×	×		
SA 1092	19:40	21:40	DH4	×	×	×	×	×		×

CAPE TOWN - EAST LONDON

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1361	06:00	07:55	DH4	×	×	×	×	×		
SA 1363	08:00	09:40	CR2						×	
SA 1363	08:00	09:55	DH4						×	×
SA 1371	13:30	15:10	CR2						×	
SA 1371	13:30	15:25	DH4	×	×	×	×	×	×	×
SA 1375	17:20	19:00	CR2	×	×	×	×	×		×

EAST LONDON - CAPE TOWN

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1362	08:25	10:25	DH4	×	×	×	×	×		
SA 1364	10:25	12:25	DH4							×
SA 1364	10:45	12:25	CR2						×	
SA 1372	16:20	18:00	CR2						×	
SA 1372	16:00	18:00	DH4	×	×	×	×	×	×	×
SA 1376	20:05	21:45	CR2	×	×	×	×	×		×

CAPE TOWN - HOEDSPRUIT

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1241	09:30	12:10	CR2		×		×			×

HOEDSPRUIT - CAPE TOWN

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1242	12:45	15:20	CR2		×		×			×

CAPE TOWN - KIMBERLEY

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1151	05:50	07:25	CR2	×		×		×		
SA 1157	12:50	14:30	CR2							×

KIMBERLEY - CAPE TOWN

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1152	08:10	09:50	CR2	×		×		×		
SA 1158	15:10	16:50	CR2							×

CAPE TOWN - PORT ELIZABETH

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1801	06:00	07:30	DH4	×	×	×	×	×		
SA 1805	09:00	10:30	DH4						×	×
SA 1807	10:10	11:40	DH4	×	×	×	×	×		
SA 1809	10:45	12:15	DH4						×	×
SA 1813	13:00	14:30	DH4	×	×	×	×	×		×
SA 1813	13:45	14:55	DH4						×	
SA 1819	15:00	16:30	DH4						×	×
SA 1821	16:00	17:10	CR2				×	×		
SA 1821	16:00	17:30	DH4	×	×	×				
SA 1823	18:30	20:00	DH4	×	×	×	×	×		×

PORT ELIZABETH - CAPE TOWN

FLT NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA 1802	08:00	09:40	DH4	×	×	×	×	×		
SA 1806	11:00	12:40	DH4						×	×
SA 1808	12:10	13:50	DH4	×	×	×	×	×		
SA 1810	12:45	14:25	DH4						×	×
SA 1814	15:00	16:40	DH4	×	×	×	×	×		×
SA 1814	15:25	16:45	CR2						×	
SA 1820	17:00	18:40	DH4						×	×
SA 1822	18:00	19:20	CR2				×	×		
SA 1822	18:00	19:40	DH4	×	×	×				
SA 1824	20:30	22:10	DH4	×	×	×	×	×		×



SA EXPRESS

RESERVES THE RIGHT TO CHANGE, SUSPEND OR AMEND THIS PUBLISHED SCHEDULE WITHOUT PRIOR NOTIFICATION
EVERY EFFORT WILL BE MADE TO OPERATE AS PER THE PLANNED SCHEDULE

FLIGHT SCHEDULE

CAPE TOWN - WALVIS BAY

FLT	NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA	1721	08:00	10:00	CR2							×
SA	1721	11:15	13:15	CR2	×	×	×	×	×		

WALVIS BAY - CAPE TOWN

FLT	NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA	1722	10:30	12:30	CR2							×
SA	1722	14:00	16:00	CR2	×	×	×	×	×		

CAPE TOWN - WINDHOEK

FLT	NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA	1751	16:30	18:35	CR2				×		×	

WINDHOEK - CAPE TOWN

FLT	NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA	1752	08:40	10:45	CR2				×		×	

CAPE TOWN - MAPUTO

FLT	NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA	1785	07:45	10:10	CR2				×		×	

MAPUTO - CAPE TOWN

FLT	NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA	1786	10:40	13:15	CR2				×		×	

DURBAN - EAST LONDON

FLT	NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA	1301	06:00	07:05	CR2	×	×	×	×	×		
SA	1303	08:30	09:35	CR2						×	×
SA	1305	12:00	13:05	CR2	×	×	×	×	×	×	×
SA	1309	16:50	17:55	CR2	×	×	×	×	×	×	×

EAST LONDON - DURBAN

FLT	NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA	1302	07:35	08:35	CR2	×	×	×	×	×		
SA	1304	10:05	11:05	CR2						×	×
SA	1306	13:35	14:35	CR2	×	×	×	×	×	×	×
SA	1310	18:25	19:25	CR2	×	×	×	×	×	×	×

DURBAN - PORT ELIZABETH

FLT	NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA	1330	06:00	07:20	CR2	×	×	×	×	×		
SA	1334	09:15	10:35	CR2						×	×
SA	1336	11:55	13:15	CR2	×	×	×	×	×		
SA	1340	13:35	14:55	CR2	×	×	×	×	×	×	×
SA	1348	17:40	19:00	CR2	×	×	×	×	×		

PORT ELIZABETH - DURBAN

FLT	NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA	1331	07:50	09:05	CR2	×	×	×	×	×		
SA	1335	11:05	12:20	CR2						×	×
SA	1337	13:40	14:55	CR2	×	×	×	×	×		
SA	1341	15:35	16:50	CR2	×	×	×	×	×	×	×
SA	1349	19:55	21:10	CR2	×	×	×	×	×		

DURBAN - CAPE TOWN

FLT	NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA	1850	06:10	08:25	CR2	×	×	×	×	×		
SA	1852	08:00	10:15	CR2						×	×
SA	1854	13:40	15:55	CR2							×
SA	1858	15:35	17:50	CR2	×	×	×	×	×		
SA	1854	16:30	18:45	CR2							×
SA	1860	18:15	20:30	CR2	×	×	×	×	×		

CAPE TOWN - DURBAN

FLT	NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA	1851	09:05	11:05	CR2	×	×	×	×	×		
SA	1853	10:45	12:45	CR2						×	×
SA	1861	15:45	17:50	CR2	×	×	×	×	×		
SA	1855	16:30	18:30	CR2						×	×
SA	1859	18:15	20:15	CR2	×	×	×	×	×		
SA	1855	19:15	21:15	CR2							×

DURBAN - LUSAKA

FLT	NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA	1601	07:00	09:50	CR2					×		
SA	1601	09:20	12:10	CR2							×
SA	1601	10:10	13:00	CR2		×		×			

LUSAKA - DURBAN

FLT	NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA	1602	10:40	13:30	CR2					×		
SA	1602	13:00	15:50	CR2							×
SA	1602	13:40	16:30	CR2		×		×			

DURBAN - HARARE

FLT	NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA	1611	10:20	12:45	CR2	×			×			
SA	1611	14:00	16:25	CR2					×		
SA	1613	14:00	16:25	CR2							×

HARARE - DURBAN

FLT	NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA	1612	13:25	15:50	CR2	×			×			
SA	1612	17:00	19:25	CR2					×		
SA	1614	17:00	19:25	CR2							×

DURBAN - MAPUTO

FLT	NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA	1631	10:00	11:15	CR2	×			×			

MAPUTO - DURBAN

FLT	NO	DEP	ARR	A/C	M	T	W	T	F	S	S
SA	1632	11:45	13:00	CR2	×			×			

SA EXPRESS

RESERVES THE RIGHT TO CHANGE, SUSPEND OR AMEND THIS PUBLISHED SCHEDULE WITHOUT PRIOR NOTIFICATION
EVERY EFFORT WILL BE MADE TO OPERATE AS PER THE PLANNED SCHEDULE



sa express

we fly for you

PASSENGER LETTERS

Good morning

I would like to compliment your team that took care of our luggage wrapping at OR Tambo Airport recently. We were really surprised when we went to check in and were told that it was mandatory to wrap our bags and it was free to do so. The gentlemen who were in charge of the luggage wrapping were so happy to take care of everything, and they did it with a smile and seemed to love what they were doing. What a pleasure!

Thank you once again.

Regards
Usha and Professor Goolab

Congratulations to Usha and Professor Goolab who wrote our winning letter this month. They have won a Samsonite B-Lite Fresh Foto medium shoulder bag valued at R1,000.

Dear Sir/Madam

The special meals on all flights always tend to be brought out first, and it was no different on Friday morning as we left Port Elizabeth for Johannesburg.

"Ag shame, you have the chippies," said the genuinely concerned air hostess as I opened my Asian vegetarian snack box. I assured her that as I had already had something to eat in the airport lounge, it was really not a problem, but she looked worried and offered me some of the items from the normal vegetarian meal box.

The passenger in front of me called her over to compliment the airline, as everything was so organised and she felt so comfortable and happy on board. The hostess spent a few minutes chatting to her, and then also assured another concerned passenger that her sky track luggage would be awaiting her on the tarmac upon landing.

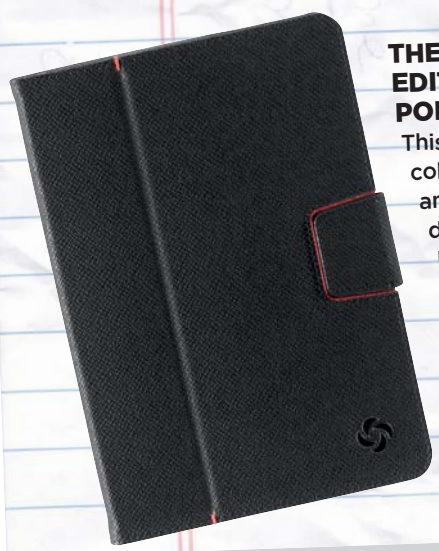
I watched the two hostesses as they worked so well together during the flight, in between reading a copy of the informative in-flight magazine *Indwe*.

Well done SA Express on your highly professional levels of service. This is just one more reason why I love flying with you.

Dev Govindjee

DO YOU HAVE SOMETHING TO SAY?

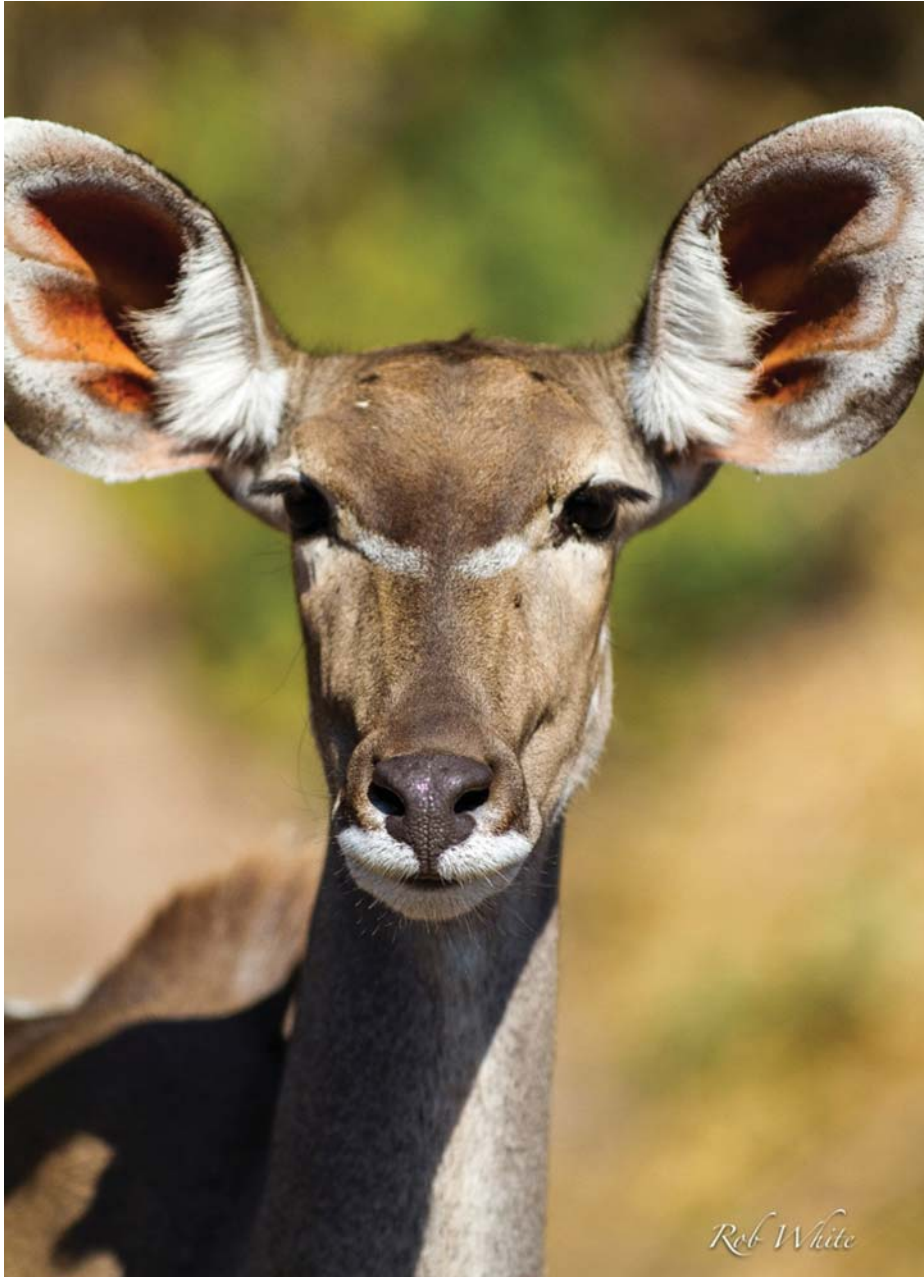
Let us know what is on your mind by sending an email to customercare@flyexpress.aero. Letters may be edited, shortened or translated from their original language.



THE WRITER OF THE WINNING LETTER IN THE NOVEMBER EDITION OF INDWE WILL RECEIVE A SAMSONITE PRO PORTFOLIO IPAD MINI COVER VALUED AT R1,295.

This new collection of mobile phone cases joins Samsonite's exciting mobile collection assortment. Mobile Pro Leather designs, with its rich looking and structured leather in combination with an elegant enamelled logo detail in gunmetal finish, combine masculine style with a sporty touch. Useful features include a magnetic flap to keep the cover closed, multiple viewing possibilities, and an auto On/Off function. Dedicated to business professionals, this collection is completed with matching cases for the latest iPad and tablet models. The Samsonite Mobile Pro Leather range is available from luggage stores countrywide. To locate a stockist, visit www.samsonite.com, or call +27 31 266 0620.

Africa's talent revealed



■ This month we feature **Rob White's** photo of female Kudu, which he took in Mashatu, Botswana with a handheld Canon 7D and Canon 300 mm f2.8 lens.

If you think you have what it takes, send your photos (1MB each), details of where they were taken and your contact details to nicky@tcbgroup.co.za with the word 'Indwe photo' in the subject box.

We can't wait to show them off!

Sara doesn't book with
Corporate Traveller...



Peter does.

Transfer your business travel account to
Corporate Traveller and never be left stranded.



R5000

Scan this QR code for a R5000 voucher to use towards your first booking when you become a client with Corporate Traveller.

With Corporate Traveller you will get:

- The services of a dedicated Account Manager
- Free 24/7 after hours assistance
- Access to the lowest corporate rates
- Flexible payment options

As there are no fixed contracts you've got nothing to lose. Contact us today to discover the full range of benefits when you bring an expert on board.

**CORPORATE
TRAVELLER™**

Bring an expert on board



0877 40 50 81

corporatetraveller.co.za

Corporate Traveller is a proud division of Flight Centre South Africa (Pty) Ltd.

This offer is exclusive to companies who: a) are not currently clients of Corporate Traveller; b) agree to transfer their entire business travel account to Corporate Traveller; c) have a minimum of R300 000 annual business spend. Trading must commence between 1 November 2013 and 31 January 2014.

THE BROWNS PROTEA COLLECTION

As its name suggests, this collection is inspired by South Africa's national flower, the unique and beautiful Giant or King Protea (Protea Cynaroides).



BROWNS
THE DIAMOND STORE
SOUTH AFRICA