



# KRUGER2CANYON

## NEWS

January 2025

The Farm House, R527, Zandspruit, Hoedspruit, Limpopo email: editor@kruger2canyon.co.za

## The Maruleng Tourism Association – Destination Hoedspruit!



Mark Bishop

**Hoedspruit is finally taking tourism seriously: a new association is uniting businesses and the community.**

A new era for tourism has dawned in Hoedspruit! In October 2024, a spark ignited a firestorm of enthusiasm. New residents dared to ask a simple question: "Why don't we have a Tourism Association?" That question quickly turned into action. Within three months, a committee was formed, meetings were held, and by November, a public meeting was buzzing with energy. Expecting 50 attendees, the organizers were thrilled to welcome near 100! It was evident, the time was right for a strong, unified voice for Hoedspruit tourism.

The Maruleng Tourism Association was born, named to honour local authorities. The vision was clear: organized tourism was essential for Hoedspruit's success. A non-profit company was formed, a bank account opened, and a membership drive launched. The response

was overwhelming. Nearly 30 businesses signed up, with 20 already having paid their subs. The association's reach extended beyond Hoedspruit, attracting members from Timbavati and Klaserie, who see Hoedspruit as their business hub.

This momentum hasn't slowed down. Even in its infancy, the Maruleng Tourism Association has garnered recognition from provincial government departments, the Limpopo Tourism Entity (LEDET), and most significantly, membership in the Limpopo Provincial Tourism Association. This provincial affiliation gives the Maruleng Tourism Association so much more credibility and a powerful, unified voice.

The impact is undeniable. Communities are listening. Recent strikes along the Panorama Route has a serious effect on tourism in Hoedspruit, with access to Blyde Dam and Manyeleti shuttered. But the Association, with its unified voice, spoke out. The message resonated – communities are fed up with the disruptions that hurt everyone.

The damage from these disruptions needs

repair, but the Maruleng Tourism Association is up to the challenge. They're working to lure back tourists and tour buses that have strayed from their itineraries. Tourism is the lifeblood of Hoedspruit's economy, alongside agriculture, and the Association is determined to protect it for all.

### The big news

The biggest news? Hoedspruit is on the map for the G20! This prestigious international forum is selecting locations for preparatory conferences, and two out of three possible conferences in Limpopo have set their sights on Hoedspruit. The Association is actively engaged with government entities to secure these events, showcasing Hoedspruit's potential as a destination.

Past attempts at a tourism association faltered, but this time is different. This groundswell of support is a testament to the Maruleng Tourism Association's leadership, and a cohesive plan. An interim board is currently in place, and with growing membership, elec-

tions will soon be held. The team is currently led by Acting Chairman Tom Vorster, supported by a team handling events, marketing, operations, community outreach, public relations, and tourism expertise. Public meetings are ongoing, demonstrating the community's unwavering support.

A physical tourism office is a future goal, but for now, the focus is virtual. Travel shows and industry events are on the horizon for next year. The Maruleng Tourism Association's mission is clear: promote Hoedspruit as an irresistible destination. It won't happen overnight, but with a united front, the Association will propel Hoedspruit towards a brighter tourism future.

Get connected! Visit the newly launched website [marulengtourism.co.za](http://marulengtourism.co.za) and follow their social media pages. Membership fees are reasonable, ranging from R1000 to R5000 annually. Hoedspruit is taking the tourism world by storm, and you don't want to miss the ride!

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# From the Editors desk

**Happy New Year to everyone as you flip through our first publication of the year.**

The New Year saw various occurrences happening, some that were welcome, others not so.

**Not so good news**

Sadly, I continually get correspondence from residents and visitors about the signs in town. They are very reviling on occasions saying that we “look like a real back end ‘dorp’, and such an ugly town in such a beautiful place”. Wow! We should take cognisance of this and get to grips with it – we are, at the end of the day, the safari hub of South Africa with thousands of tourists coming through our town!

We still have the trucks violating road rules. What I have seen are trucks now coming through town – I am assuming they are averting the badly conditioned R530. We definitely don’t want that! This needs to be monitored closely. We are now also experiencing traffic jams! Who would have thought? We still have water and sewage concerns – when is this going to be sorted out?

**Nourish fire**

Tragically there was a fire at the Nourish’s Makrepeni Eco Village on the 19th January. In a statement they said: “Nourish regrets to inform the public about a fire that broke out yesterday (Sunday, 19 January) in the office and thrift shop building at the Makrepeni Eco Village. The fire was first noticed by youth from the community who was enjoying the Wi-Fi spot. Thanks to their vigilance and the swift response from our team, the fire was contained, preventing it from spreading further.

We are relieved to report that there were no injuries or loss of life, and we are deeply grateful for this outcome. While the office could not be saved, we remain focused on the safety and well-being of our staff, community members, and volunteers.

At this stage, the cause of the fire remains unclear, and investigations will be conducted over the coming days. We urge everyone to avoid speculation and misinformation as we work to establish the facts.

The Makrepeni Eco Village will remain open, with all projects and programs continuing as usual. For safety reasons, the office and thrift shop area will be cordoned off until investigations are complete, and a clean-up is undertaken.

We extend our heartfelt gratitude to the members of the Makrepeni community

who assisted in extinguishing the fire. Their quick actions and collaboration were instrumental in preventing further damage, and we are deeply appreciative of their support.

We appreciate the understanding and patience of everyone as we navigate this challenging time. Updates will be shared as more information becomes available.”

**The good news**

The BIG pluses for a new 2025, is that the hospital is now up and running! How fantastic and congratulations to everyone involved – this is a massive step up in our health security and wellbeing. We also have the establishment of the Maruleng Tourist Association! Let’s hold thumbs that this endures, and make sure that we all support this association for everyone’s advantage. A new hotel, Khiwane Boutique Hotel, a fine addition to the town’s accommodation offerings has opened. And I understand that it was a bumper holiday season for our tourism sector. Over the holidays at least we have had some good rain that changed the landscape quite dramatically.

Let’s look forward to a great 2025 for everyone – onwards and upwards!

**For donations to Nourish please go to the Nourish website [www.nourishcovillage.com](http://www.nourishcovillage.com) for access to the donation portal. To donate in person the offices are in the African Summer Spa building at Raptors Junction. Alternatively for any further enquiries contact Mr Pride Muguti (COO) on 083 772 8773, or email on [pride@nourishcovillage.com](mailto:pride@nourishcovillage.com).**

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The fire at Nourish that broke out in the office and thrift shop at the Makrepeni Eco Village

Image supplied

## Trivia questions ANSWERS ON PAGE 10

- 1 What is the smallest country in the world by land area?
- 2 Which chemical element has the atomic number 74 and what is its symbol?
- 3 Who was the first woman to win a Nobel Prize?
- 4 In what year did the Chernobyl nuclear disaster occur?
- 5 What is the longest-running Broadway musical of all time?
- 6 Which bird is known for its ability to mimic human speech?
- 7 Who was the first emperor of China?
- 8 Which ocean is the deepest on Earth?
- 9 What is the name of the largest desert in the world?
- 10 Which ancient civilization built the Machu Picchu complex?
- 11 What was the first artificial Earth satellite?
- 12 What is the official language of the most populous country in the world, China?
- 13 Which two countries share the longest international border?
- 14 In what year did the Berlin Wall fall?
- 15 Who wrote the novel “The Brothers Karamazov”?
- 16 Which is the only country to have a flag that is not rectangular or square?
- 17 What is the term for a fear of long words?
- 18 What is the name of the largest moon of Saturn?
- 19 Which artist is famous for the “Starry Night” painting?
- 20 In which city would you find the historical landmark, the Colosseum?

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# Baobab is a superfood with growing global demand – that’s bad news for the sacred African tree



Image: CanvaPro

Dr Patrick Maundu  
Ethnobotanist, National Museums of Kenya

**Baobab trees grow in arid and semi-arid parts of Africa and have deep cultural and ecological significance. Some of these trees are thousands of years old. Global demand for baobab products has surged in recent years, driven by the fruit’s nutritional and health benefits.**

However, this growing demand has become a double-edged sword, raising concerns about the sustainability of these ancient trees. Patrick Maundu, who is part of a research project to document the heritage of the baobab tree in Kenya, explains what can be done to protect the tree for future generations.

## Where are baobabs found?

The tree is native to at least 37 countries in Africa and two in the Arabian Peninsula. The African baobab (*Adansonia digitata*) is the most widespread of the eight known baobab species. It endures in some of the harshest conditions, from salty water-bathed ocean shores to vast dry savannahs and forests. Of the rest of the baobabs, six are native to Madagascar, and one to northern and western Australia.

Baobabs are unique trees. They are among the world’s longest-living trees, with some being over 2,000 years old. They can survive prolonged droughts thanks to their ability to store water in their huge trunks, which can attain a diameter of 10 metres or more. The trunk has amazing regenerative ability, easily growing back after damage by humans in search of fibre or from wildlife like elephants trying to quench their thirst.

Unlike most trees, which are adorned with lush leaves, the baobab often stands bare for the greater part of the year. Its thick, leafless branches stretch out like skeletal arms, creating a weird and almost mystical appearance.

The tree has a slow growth rate. It starts to

flower and produce fruits from about 20 years of age. In many cases, however, especially in arid regions, trees give their first fruit much later, with some known to start at 60 years.

## What is the baobab’s significance?

In African cultures, every part of the baobab is valuable.

The leaves are consumed as a nutritious vegetable. The fruit pulp, with its tangy taste, adds flavour to foods and beverages. Baobab pulp is rich in antioxidants, vitamins (like C and B complex), fibre and minerals (such as calcium, iron and magnesium).

The seeds are a source of oil in the cosmetic industry. The inner bark is harvested for its fibre, which is woven into ropes and baskets. Hollows in the trunk provide shelter for honeybees. The fruit shell is made into utensils and other household items. The baobab’s bark and root extracts are widely used in traditional medicine.

Because of its value, the baobab has attracted folklore and myths. Many African communities consider the tree sacred, often associating it with spirits. As a result, various ceremonies and rituals are conducted under it.

Ecologically, the baobab holds an important position in the landscape, supporting a wide range of wildlife, including fungi, insects, birds, reptiles, bats and monkeys. Its large trunk serves as a water reservoir. The elaborate root system stabilises the soil, preventing erosion. Fallen leaves enrich the soil with nutrients.

Additionally, the baobab acts as a carbon sink. This means it absorbs carbon dioxide from the atmosphere and packs it away, helping mitigate climate change.

## Why is global demand for baobabs spiking?

The baobab’s reputation as a superfood is spreading. This has mainly been fuelled by the

recognition of baobab pulp as a food ingredient by the European Union and the US Food and Drug Administration in 2008 and 2009, respectively. This opened the way for its use as an ingredient in drinks, foods, natural remedies and cosmetics.

Zimbabwe has become a trailblazer in this industry, aggressively targeting the lucrative European market.

## Why is the tree under threat?

The baobab is under threat on several fronts. Its slow growth rate, huge size, long life and economic value expose the tree to many risks. Although some Madagascan baobab species are listed as either critically endangered or endangered, the African baobab is not. Yet, there is evidence that specific unique populations may be declining in parts of Africa, calling for more conscious conservation measures to be taken.

Climate change is already reshaping the ecosystems baobabs rely on. These ancient giants need a specific range of soil and air humidity. They also depend on specific pollinators, like bats and bush babies, for reproduction. However, rising temperatures and shifting rainfall patterns are disrupting these balances, affecting the overall health of the tree and reproductive capacity.

Changing community belief systems and local values are having an effect, too. The baobab’s sacred status is waning as modernity spreads. In some communities, the tree is now seen as a relic of the past. Further, the baobab’s expansive canopy and roots compete for space and nutrients with food crops amid shrinking agricultural space. This has intensified the tendency of communities to cut the tree.

The surge in commercial interest is a double-edged sword. The high demand for baobab pulp raises serious concerns about interference with natural regeneration, loss of genetic

diversity and the health of baobab populations. Baobab is still harvested using crude methods – such as hitting the fruits from the ground or climbing on pegs inserted into the stem – that harm the tree.

This commercial interest has brought a new threat: biopiracy. This was witnessed in Kenya in 2022 when entire baobab trees were controversially uprooted and exported to Georgia in eastern Europe. Eight trees were exported but later died, signalling the lack of prior research about their viability in their new home.

This incident highlighted the lack of appropriate policies and regulatory frameworks to protect these important trees from exploitation and underscored the urgent need for specific policies on safeguarding the baobab.

## What should be done?

Safeguarding the baobab requires more than isolated efforts.

It demands a blend of cultural and community protection, and conservation and management actions at the community level. It also requires strategic policy and regulatory frameworks, and collaboration on the national and global stages.

These policies should also support livelihood programmes for communities by supporting value chains and providing market linkages for baobab products. Promoting sustainable harvesting techniques, like leaving enough fruit for regeneration, will protect the trees and surrounding environments. Integrating indigenous knowledge with tools like genetic research will enhance these efforts.

**James Kioko, who is part of the research team working with Dr Maundu on documenting the heritage of the baobab in Kenya, is a co-author of this article.**

*Previously published in The Conversation*

# A thrilling first for South Africa – Graskop Gorge Lift Co’s Cliff Walkway



*Travel Correspondent*

Following the immense success of their Africa-first viewing lift, Graskop Gorge Lift Co has now launched the Cliff Walk, a groundbreaking adventure that offers a unique and accessible way to experience a stunning landscape.

As a first-of-its-kind in South Africa, the Cliff Walk combines safety and innovation to cater to a wide audience. With its breathtaking views and immersive experience, this is a must-do for adventure enthusiasts and tourists alike, and cements Mpumalanga’s reputation as a premier tourist destination.

Construction of the walk started in April 2024 and was completed in September 2024.

**Global innovation**

The Graskop Cliff Walk has three elements to it – a walkway along the cliff face, two suspension bridges and a zipline. “It offers a close-up experience of nature – allowing participants to get into places that would

otherwise be inaccessible,” says James Sheard, one of the Graskop Gorge Lift Co’s directors.

“Our focus was on creating unique access through the use of cliff-face walkways and other minimalist structures to environments normally limited to those with special training and fitness,” says fellow director Campbell Scott.

“The Graskop Gorge Lift Co is unique in that it offers so many activities in one gorge. Where else can you do a cliff walk, dare yourself to do an extreme 70-metre cable swing or double zipline across the gorge, cross a 51 metre suspension bridge, ride a viewing lift into the forest below and enjoy an interpretive forest trail – all in one breathtaking gorge?” asks Sheard.

**What participants can expect on the Cliff Walk**

Cliff Walk adventurers are connected to a safety line via a harness and begin a slow descent on a short narrow path, before reaching a set of stairs that lead to a walk-

way about half a metre wide and set above the treetops of the forest below. From there, a series of walkways, stairs and two suspension bridges first follow the contour of the cliff face before crossing to the other side of the gorge.

Thereafter, the walkway continues for a few metres to a bench. Participants can sit in a place normally reserved for birds and take in the spectacular views, before descending a few more steps to a zipline that takes participants back across the gorge to a mid-level viewing deck under a rocky overhang. After enjoying the spectacular rock formations and lush vegetation of this secret world, participants can take the lift to the forest walkway below or travel back to the upper level.

Participants must be over 1.2 metres tall and weigh under 120 kg.

**Ongoing investment and innovation**

It was the same desire to give people access to the natural beauty of Graskop Gorge’s Afromontane forest that drove the

**The Cliff Walk (left) and the view from above (above right) Images supplied**

initial development of the tourist centre, which opened in December 2017. It boasted a viewing lift that allows people to access the forest with a 600-metre circular walkway in the forest that allows the lush habitat to be explored without negatively impacting the environment, a restaurant, retail outlets and a community craft centre.

Since then, the Big Swing that operated on the other side of the gorge was acquired and revamped; a suspension bridge, a second restaurant, more viewing decks, a double zipline with a launch tower, and an outdoor kiddie play area were built. Earlier this year, a solar installation valued at R2.7 million was completed.

The Cliff Walk represents another R1.2 million investment in the province’s tourism sector, taking the total investment by the Graskop Gorge Lift Co to nearly R60 million.

In September 2024, the centre celebrated its one-millionth visitor.

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SOLE MANDATE

**BLYDE WILDLIFE ESTATE** R 5 500 000  
Bedrooms 5 | Bathrooms 4 | Floor size: 450 m<sup>2</sup>

Well-maintained property with panoramic mountain views from patio, pool and boma area. Main house with 3 bedrooms and a guest unit with 2 bedrooms. Paved driveway and entrance, double garage, double carport, storage facility, laundry room, staff room and enclosed courtyard.  
**Jason Jones - 083 267 4794** Ref: 2343311



SOLE MANDATE

**HOEDSPRUIT WILDLIFE ESTATE** R 6 850 000  
Beds 4 | Baths 3 | Double garage

Well-maintained 3-bedroom home with a private 1-bedroom cottage. Main home has a large open-plan living area that combines a lounge, dining area, and kitchen with private scullery and pantry. Property is sold semi-furnished and includes 5kVa inverter, batteries and solar panels.  
**Rob Severin - 083 469 3820** Ref: 2346525



SOLE MANDATE

**BLYDE WILDLIFE ESTATE** R 4 950 000  
Bedrooms 4 | Bathrooms 3 | Floor size: 310 m<sup>2</sup>

This expansive property comprises main house and separate cottage. The main house features an open plan living area with lounge, kitchen and loft area. The covered patio has beautiful mountain views. A well-established garden, a large pool and built-in braai are also found in the outdoor area.  
**Michelle Severin - 083 469 3821** Ref: 2238263



SOLE MANDATE

**NDLOVUMZI NATURE RESERVE** R 4 000 000  
Beds 4 | Baths 3 | Floor size: 125 m<sup>2</sup>

This 21 hectare Olifants river property offers stunning views, a beautiful garden, and riverine tree surroundings. The property includes a 2-bedroom main house and a separate 2-bedroom cottage, as well as an expansive entertainment area with braai, pizza oven, dining area and pool.  
**Jason Jones - 083 267 4794** Ref: 2330912



SOLE MANDATE

**CANYON GAME RESERVE** R 3 250 000  
Bedrooms 4 | Bathrooms 4 | Floor size: 290 m<sup>2</sup>

The main house comprises 2 bedrooms, 2 bathrooms, open plan lounge, dining area and kitchen. A covered patio and decked area is found off the living area with a pizza oven and pool. The self-contained cottage comprises lounge, dining area, kitchenette and two en-suite bedrooms.  
**Michelle Severin - 083 469 3821** Ref: 2345896



SOLE MANDATE

**NDLOVUMZI NATURE RESERVE** R 4 458 000  
Beds 4 | Baths 4 | Floor size: 176 m<sup>2</sup>

This tranquil home is situated overlooking the Olifants river and is surrounded by large riverine trees and rocky outcrops. The open plan living, dining and newly fitted kitchen are all under high vaulted ceilings that make this home light and bright, adding to the appeal.  
**Jason Jones - 083 267 4794** Ref: 2152063



SOLE MANDATE

**WILD FIG APARTMENTS, HOEDSPRUIT** R 750 000  
Beds 1 | Baths 1 | Floor: 65 m<sup>2</sup>

This ground floor apartment is well positioned within the complex and has an open plan living area with lounge and kitchen. Ground floor units have the benefit of applying to have a pet. One small dog or cat is allowed with permission from the board of trustees. Communal pool and braai facilities.  
**Michelle Severin - 083 469 3821** Ref: 2325962



SOLE MANDATE

**GRIETJIE, GREATER KRUGER, BIG 5 P.O.A**  
Beds 9 | Baths 7 | Floor: 800 m<sup>2</sup> | Land: 21 ha

**COMMERCIAL OPPORTUNITY WITH 16 BED RIGHTS** - Upgraded and ready for new owner to start trading. Main house with 3 bedrooms. Guest accommodation consists of 5 en-suite rooms, of which 2 are set up as family rooms. Extras include solar system, bar area, look-out deck, pool.  
**Rob Severin - 083 469 3820** Ref: 2344985



**ORCHARD HILLS** from R 2 500 000 excl  
New Development Beds 2 | Baths 2

These off-plan houses feature a contemporary, luxury farmhouse style and is also full title ownership. The homes comprise of an open-plan lounge, dining area, and kitchen with a separate scullery/laundry. The lounge area opens to a beautiful, covered terrace with a built-in braai.  
**Calin Leppan - 082 824 9482** Ref: 2269562



SOLE MANDATE

**HOEDSPRUIT** R 4 000 000  
Beds 3 | Baths 3 | Floor: 194 m<sup>2</sup> | Land: 33 ha

**FREE STANDING FARM** - The property features a main house with open plan kitchen, leading to a lounge and large patio with views onto a water hole and Drakensberg mountains. Another building consists of an inverter and battery room with a large generator, 2 staff bedrooms and kitchen.  
**Rob Severin - 083 469 3820** Ref: 2335158



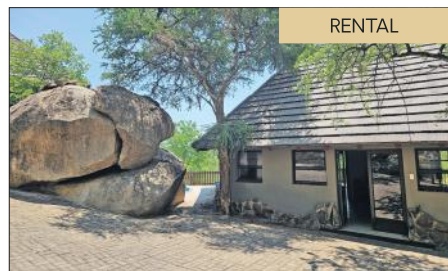
**HOEDSPRUIT WILDLIFE ESTATE** R 5 950 000  
Beds 3 | Baths 2 | Floor: 185 m<sup>2</sup>

This home is a blend of modern convenience and natural serenity, designed with everyday ease in mind. The open-plan design creates a seamless flow between the lounge, dining space, and kitchen. Sliding doors from the living areas open onto a covered patio with boma and pool.  
**Calin Leppan - 082 824 9482** Ref: 2343899



**MODITLO WILDLIFE ESTATE** R 6 250 000  
Bedrooms 5 | Bathrooms 5.5 | Floor size: 335 m<sup>2</sup>

The main house has 3 bedrooms, all en-suite, with an open-plan lounge, dining room and kitchen, study, guest loo and a large covered patio and sparkling pool. The separate guest cottage consists of 2 bedrooms and 2 bathrooms with a living area and kitchenette. Property is sold furnished.  
**Michelle Herb - 071 652 9140** Ref: 2221747



RENTAL

**LEOPARD ROCK NATURE RESERVE** R 14 000 pm  
Bedrooms 2 | Bathrooms 2

**Furnished, not pet friendly** - This large 2 bedroom cottage is beautifully situated at the top of a koppie. Sliding doors from both bedrooms lead out onto the patio with magnificent views. There is a small sitting area/dining room/kitchenette in the cottage. Tenants have access to use the pool.  
**Michelle Herb - 071 652 9140** Ref: 2345704



RENTAL

**RAPTORS VIEW WILDLIFE ESTATE** R 27 000 pm  
Bedrooms 3 | Bathrooms 2

**Available 1 Feb - 31 May 2025, not pet friendly, furnished** - The spacious lounge is open to the modern, well-equipped kitchen and leads out to the pool deck where the magnificent view of the mountain can be enjoyed. Situated in Phase 1 with easy access to town and Southern Cross Schools.  
**Michelle Herb - 071 652 9140** Ref: 2256351

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# Innovative ways to slash your electricity bill as power costs soar

Neesa Moodley

**With soaring electricity costs the current hot topic, there has never been a better time to look at ways to reduce your electricity bill.**

Roger Hislop, an energy management systems executive at CBI: Energy, says one of the first things you can do is start taking a closer look at your utility bill. Hislop says if you take a closer look at “time of use” tariffs, and notified maximum demand penalties, simple behaviour changes can take 20% to 30% off your electricity bill.

You can also install a managed smart meter behind your utility meter to check that you are being billed correctly. You’ll also be able to see day by day what your consumption trend is to identify runaway usage before you get a month-end bill shock.

“A managed smart meter on key distribution boards or large loads can help you understand where your consumption is happening, and when,” he says.

### Here’s what you can do

Change usage habits by scheduling your loads. Many are aware of the electricity savings when you keep the geyser on for just two hours a day rather than all day. However, you can also maximise other electricity use. For example, load the dishwasher during the day and just do one load overnight.

Review your home design so that it is more energy efficient. Changes can include lighting – switching to load shedding rechargeable light bulbs that charge when the power is on and stay on when load shedding occurs. You can get a pack of five 9W screw-on LED rechargeable light bulbs at Takealot for R247. Interestingly, these bulbs have seen a price drop in the past 18 months and would have cost you R320 in January last year.

Review the seals on your windows and doors to ensure that your home is efficiently keeping heat in – particularly in the winter months.

### The City of Cape Town recommends the following top 10 ways to save electricity

Maintain your geyser temperature at 60°C.



Image supplied

You could get your plumber to turn the temperature down for you or you could do it yourself. First, switch off the electricity circuit at the mains. Then, undo the cover over the electrical element of the geyser and turn down the thermostat using a screwdriver.

Turn off your geyser when you go on holiday or if you are going to be away for the weekend.

Insulate your geyser. A geyser blanket is particularly recommended if you have an older geyser. Also insulate the water pipes leading from the geyser for the first three metres.

Install a solar water heater. This can typically save you about two-thirds of your water heating costs, and should be installed with a timer for the best saving.

Use less hot water. This is as easy as it

sounds – have a shower instead of filling the bath, only fill the kettle with as much water as you need, use cold water to wash your laundry and wash a load of dishes rather than one dish at a time.

Turn off your appliances at the plug. Appliances such as televisions and DVD players, which remain on “standby” when not in use, draw about 20% or more of normal electricity use.

If you have a pool with a cleaning system pump, reduce its operating hours to the minimum, such as six hours a day. Clean the pool filters regularly, use a pool cover in summer and turn off the pump at times during winter.

Only use your heaters or heating system to warm up rooms that are occupied. Fan or oil heaters with thermostats are the most energy-efficient types of heaters and

should be switched off if the room is unoccupied. A really simple solution is to dress in warmer clothes (layers if necessary) and use blankets to keep warm.

Install an energy-efficient shower head. To test your shower head, hold a bucket under the shower head for 12 seconds. Measure the amount of water in the bucket with a measuring jug. If you have collected more than two litres of water, your showerhead is inefficient.

Install Compact Fluorescent Lamps, which use 75% less power than incandescent bulbs, and also last longer. Switch off lights in rooms that are unoccupied.

*This article was previously published by the Daily Maverick – Business Maverick – Personal Finance*



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# A Retreat for the Curious and Cultured – Khiwane Boutique Hotel



The brand new Khiwane Boutique Hotel, with the spectacular Drakensburg mountains backdrop Images:Emma Gatland

## Travel Correspondent

**Khiwane Boutique Hotel draws its name from the fig tree, a revered symbol across Africa representing wisdom, healing, shelter, and protection. Just like this mighty tree, Khiwane offers a vibrant sanctuary where guests can connect with nature, colleagues, and friends. The hotel beautifully blends this essence, creating a space that feels both timeless and modern, with a perfect fusion of African artistry and contemporary style.**

Located in Hoedspruit's most exciting area – the Zandspruit Boulevard, off the R527, just a kilometre or so from the town centre – Khiwane Boutique Hotel presents a fresh take on luxury accommodation.

It embodies simplicity, spaciousness, and a relaxed elegance. The hotel offers ten generous suites, five on the ground floor with patios, and five on the first floor with French balconies. Along with the two-bedroom penthouse, each room is thoughtfully designed for style and comfort. All suites feature extra-length king-sized beds (with the option for an additional single bed), high-quality linens, air-conditioning, and complimentary Wi-Fi. Guests will also find hairdryers, organic bathroom amenities, minibars, coffee/tea-making facilities, and a laptop-sized electronic safe in every room. All rooms come with private parking, and the rates (per room) are very reasonable, with breakfast included.

Echoing the hotel's chic vibe is Harvest House, the off-site restaurant, where guests can enjoy open-air breakfasts with stunning views or candlelit dinners under the stars. Located adjacent to the hotel with exclusive access for guests, the restaurant's menu features dishes made with the freshest lo-

cal ingredients. The farm-to-fork philosophy ensures that every meal is a delicious tribute to the hardworking Hoedspruit farmers who provide the produce. From vibrant salads to hearty main courses, each dish is carefully crafted to deliver a memorable dining experience.

And the experiences don't end there. Just a short walk from the hotel, guests will find the Karuna Spa, a variety of restaurants, boutiques, art galleries, and padel courts. Being in Hoedspruit, the hotel also offers unforgettable safari experiences, allowing you to get up close with Africa's Big Five and other iconic wildlife on morning, evening, or all-day game drives, in nearby private reserves and the renowned Kruger National Park. For those who crave adventure, there are plenty of options to choose from – hot air balloon rides, helicopter flips over the bush, scenic hikes along the Blyde River Canyon, river cruises, and a Panorama Route day tour. If you're visiting during the first Saturday of the month, you can also explore the lively Hoedspruit Farmers Market.

For business travellers, the hotel provides a comfortable 12-seater boardroom and high-speed Wi-Fi, making it an ideal choice for corporate events or meetings. And with its close proximity to the town, access to local businesses is easy and convenient.

After a day of exploring, whether it's a thrilling safari, an afternoon of sightseeing, or a successful business meeting, unwind by taking a refreshing dip in the hotel's beautiful swimming pool, complete with a terrace and loungers.

A highly recommended stay at Khiwane Boutique Hotel awaits you.

**Check-in is from 15:00 to 21:00, and check-out is at 10:00. For reservations, please contact [reservations@khiwane.com](mailto:reservations@khiwane.com) or call**



One of the elegant and beautifully appointed suites (above) and the relaxing pool terrace area (below) Images:Emma Gatland



# Spotted rock snake - *Alopecion guttatum*



The Spotted rock snake with its beautiful markings (above) and the head of a Spotted rock snake (above right)

Images: Johan Marais

Luke Kemp  
African Snakebite Institute

**The spotted rock snake is a widespread species, occurring from southern Namibia along the western escarpment into the Cape and karoo. It extends east along the Cape Fold Mountains and into the Drakensberg Mountains, spreading into the Mpumalanga Drakensberg and up into the Soutpansberg and Waterberg of Limpopo.**

This is a rock-living species of snake. It has a flattened head and profile which

allows it to easily slip into the cracks of rocks on mountains, koppies and cliff faces. It is largely active at night, when it may emerge from the cracks to lay on rocks and ambush geckos or other lizards. They may be locally common and abundant, but because they live in remote areas of mountains, they are very seldom seen by the general public.

In the Kruger2Canyon area we largely see them around mountainous areas like Nelspruit/Mbombela, Grasskop, Blyde Canyon and on some of the rocky regions around Selati.

Previously this species was included in the genus *Lamprophis* (which included the house snakes). It has recently been shown to be genetically different and was moved to a new genus *Alopecion*. There is still some confusion around this proposed move, as genetic material from the type locality (first place it was described from) was not used. Additionally, some genetics suggests there may be two separate species, with one occurring in the west and the other in the east. This work is still underway, and we look forward to the future published work.

These snakes are non-venomous and docile, even if handled. They are constrictors, grabbing geckos and lizards and wrapping around them before swallowing them. Females will produce around six eggs in early summer. The young measure around 15 cm when they hatch.

These beautiful seldom-seen snakes are secretive, but may be common in the right habitats.

**Check out the website on [www.africansnakebiteinstitute.com](http://www.africansnakebiteinstitute.com) – and get your FREE App on the link <http://bit.ly/snakebiteapp>**

## Scorpion awareness

Tim Baynham  
Wildlife Safety Solutions

**We are well into the summer months, and we have been fortunate to experience good rains of late. The bush is looking great, lush, green and alive with a myriad of life. Much to the trepidation of the many, the wet and warm weather brings with it an increase in scorpion activity.**

South Africa is home to around 108 species of scorpions. All scorpions are venomous but fortunately for us the vast majority are not dangerous to people or pets. As a rule of thumb scorpions with thick fat tails and small pincers are more venomous than those with thin tails and large pincers.

Hoedspruit is home to a common and highly venomous species the Transvaal thick-tail scorpion (*Parabuthus transvaalicus*), a species easily recognizable by its large size, dark colouration, thick robust tail and small pincers. Their venom is a potent neurotoxin which affects the central nervous systems.

A sting is characterized by immediate local burning pain, which spreads and is often very severe. Systemic symptoms may develop within four hours of the sting. 'Pins and needles', hypersensitivity of the skin, difficulty swallowing, difficulty speaking, hyper salivation, increased heart rate, high blood pressure, fever, restlessness, involuntary muscle movements, and respiratory distress are all common systemic symptoms.

Fatality have been recorded, children and the elderly are at greater risk. A sting from this species should be regarded as a medical emergency and professional medical assistance sought without delay. The South African Vaccine Producers (SAVP) manufactures an antivenom for the treatment of

serious cases.

The immediate response and ultimately the severity and outcome of an envenomation event, is determined and influenced by a number of factors. But the most important initial consideration is to determine which species was responsible for the sting. If at all possible take a photo of the offending scorpion for identification purposes. Although the majority of scorpion stings will require little or no medical intervention, if you do not know what species has stung you it is always advisable to seek medical attention.

### Sting prevention

For the most part scorpion stings are avoidable by paying attention to your surroundings and taking care as to where you place your hands and feet. By taking some basic precautionary measures it is possible to greatly reduce your risk of being stung. Here are some precautions:

1. Scorpions are nocturnal so take particular care at night. Always use a torch when walking around at night and wear closed shoes.
2. Remember to shake out any items of clothing, towels, bags or any other kind of materials that may have been left lying on the ground.
3. Shake out shoes before putting them on, particularly if they have been left outside for any length of time.
4. Always be conscious of where you are placing your hands. Whether it is grabbing a piece of wood off the wood pile for your Friday afternoon braai, or moving those storage boxes in the garage, wearing gloves when performing these kinds of tasks will offer an additional layer of protection.

5. Keep doors and screen doors closed particularly at night to prevent scorpions from entering your home. There are often gaps under doors and it is beneficial to fit aluminum door seals (draft stoppers) with the rubber strip to prevent scorpions and snakes from entering under the door.

6. We live in an area where many homes and lodges have outdoor entertainment areas. It is advisable to always thoroughly check patio furniture before use.

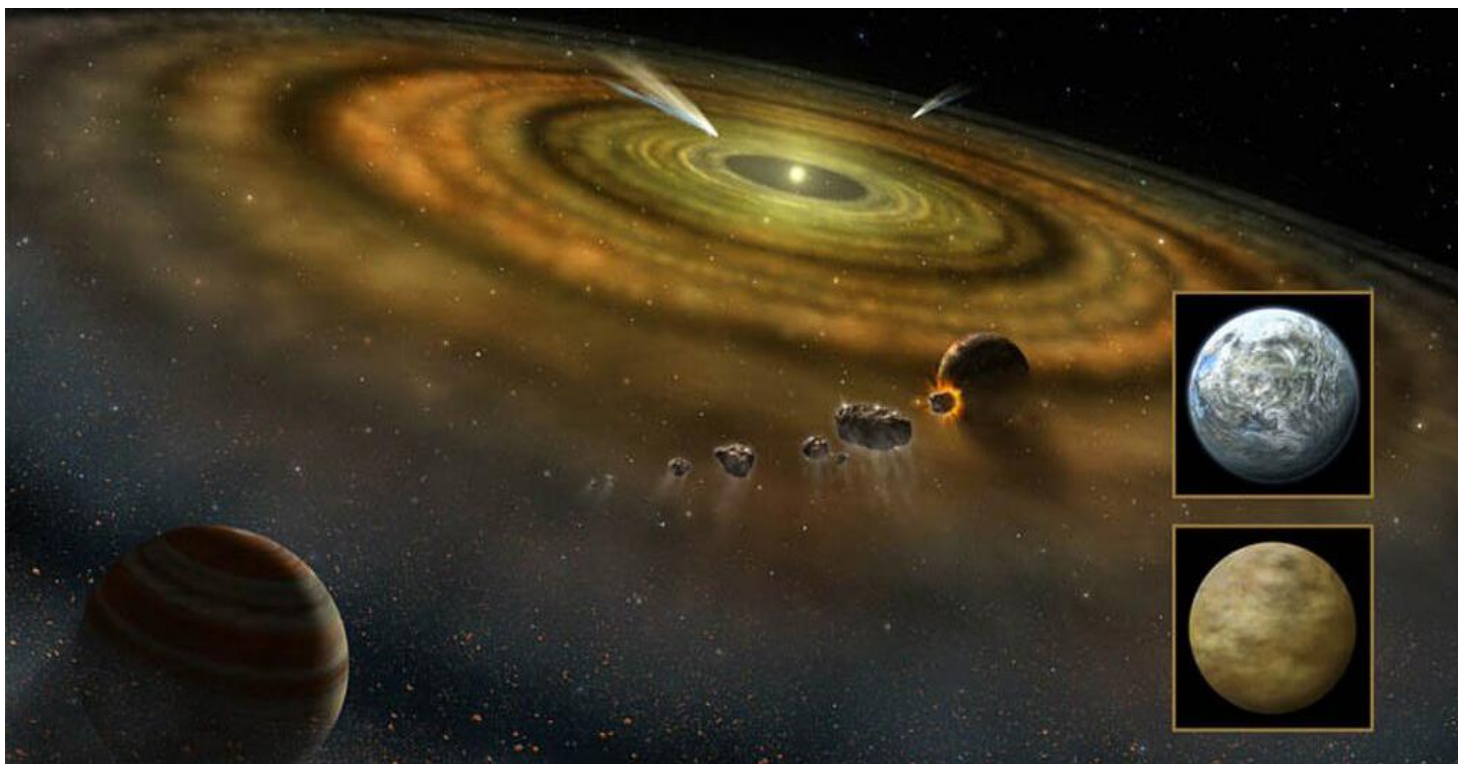
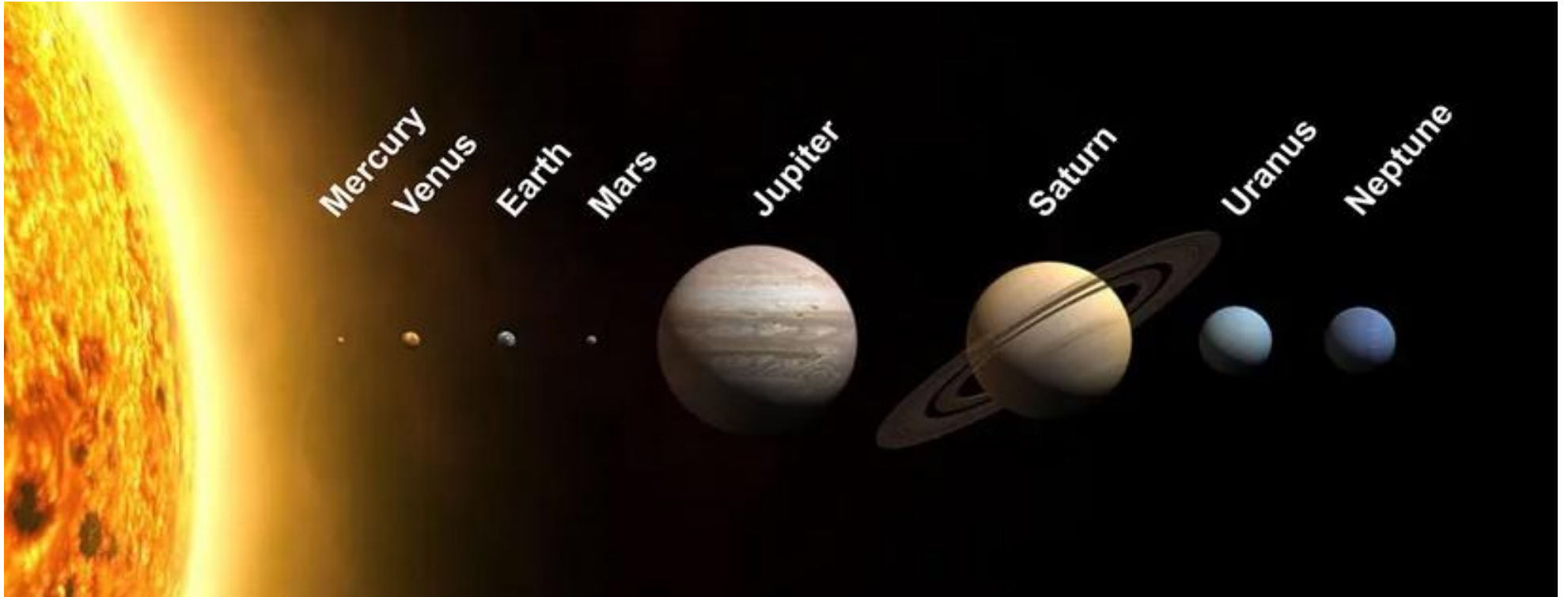
**For more information on scorpions, snakes, spiders and other venomous animals, awareness training and talks, as well as a professional 24hrs problem snake rescue service, contact the author at Wildlife Safety Solutions: 073 934 6156; [info@wildlifesafetysolutions.co.za](mailto:info@wildlifesafetysolutions.co.za); [www.wildlifesafetysolutions.co.za](http://www.wildlifesafetysolutions.co.za), FB Wildlife Safety Solutions, Instagram [wildlife\\_safety\\_solutions](https://www.instagram.com/wildlife_safety_solutions)**

The Transvaal thicktail Image supplied





# The 8 Body Problem



Ben Coley  
Celestial Events SA

Over the past few weeks, the internet has been awash with articles on a planetary parade on the 25th January whereby Venus, Mars, Jupiter, Saturn, Uranus and Neptune will all be visible in the sky after dark. However, many of you may have noticed that we have been able to view this phenomenon for the past ten days or so, and will continue to enjoy this cosmic configuration for another couple of weeks.

Planetary alignments are not rare. In fact, the planets are always in a line across the sky. It may seem strange to some that these other worlds would form in such an ordered way, but once the mechanisms of the formation of our, and other, solar systems are understood, it makes perfect sense.

Planets are children of their parent star. We, and our planetary neighbours, all share the same DNA as the Sun. When a star is young, it spins rapidly. Centrifugal forces cause excess material to be cast from its equator, sculpting a great ring around it – imagine Saturn, but on a stellar scale. From this disc, multiple small bodies accrete, rocks bumping into rocks and merging to create larger objects. Eventually, when they have acquired sufficient mass, gravity works its magic, crushing them from all sides to mould a sphere.

Over millennia, these infant planets engage in a 'demolition derby'. These gravitational interactions and collisions

have ultimately left us with the eight worlds that now make up our celestial neighbourhood. Since they all formed from the same thin disc, their plane is remarkably similar, meaning that they all follow a very similar path across the sky from our perspective. Just like the Sun (and Moon) they can be found along the ecliptic, the imaginary line that passes through the zodiacal constellations. Currently, from west to east, Saturn resides in Aquarius, Venus and Neptune in Pisces, Uranus and Jupiter are in Aries, and Mars is ensconced within Gemini.

The order of the planets in our solar system is rather neat. The four rocky planets are closest to the Sun, separated from the gas and ice giants beyond, by the asteroid belt. Further still, we find the Kuiper Belt and Oort Cloud: discs of millions of small icy bodies, including Pluto and other dwarf planets.

For a long time, it was assumed that this arrangement was normal, with the planets being formed in situ. But recent technological advances have showed us that we are, in fact, not the norm. As Hubble, James Webb, TESS and other telescopes scour the galaxy, we have discovered countless variations, far from the ordered system we know so well. The detection of multiple massive gas giants orbiting closer to their parent star than Mercury is our Sun, has proven particularly confusing. They cannot have been formed there – it is too hot for gas to condense onto a rocky core, and there would not have been a sufficient amount of material to produce

such a large body in such a small orbit. Why then is our solar system such an enigma? Some other forces must be at play.

Computer models now suggest that gas giants are indeed formed in the outer regions of the solar nebula, where they have access to more gaseous material, but typically migrate towards the centre due to interactions with other objects. Jupiter's march towards the Sun however was stunted by its neighbour Saturn. At some point in history, the orbital dynamics of these two gaseous behemoths counteracted their inward migration, and they ultimately returned to the position we know so well.

Jupiter's slow trek brought with it rocky material from the outer solar system and cleared out the gas close to the Sun, allowing the rocky planets to form from the remaining heavier material. Its presence there for a time, also allowed it to steal much of the rocky material that would have otherwise been available to Mars, which explains its small size in comparison to Earth and Venus. As all the early rocky material interacted with Jupiter, it was flung on chaotic paths across the solar system. This caused the 'late heavy bombardment' which pelted the rocky planets with the comets and asteroids that brought water to Earth. Much of the other material was thrown to the outer reaches of the solar system, forming the Kuiper Belt and Oort Cloud (where comets now originate).

It is amazing to consider how events that happened billions of years ago

The Solar system showing the alignment of the planets - Wikipedia (top), Jupiter - NASA & ESA (above right), the solar nebula - Wikiwand (above left).

have shaped our history. Not only did the gas giants allow the formation of our home, it aided in the processes that delivered our water, and ultimately allowed life to exist. Even today, we owe our continued existence to Jupiter. It acts like a sentry, standing watch over the Earth, its immense gravity acting like a cosmic shield affecting the orbit of countless asteroids and comets that may otherwise crash into Earth. The relationship is so specific to our survival, that if Jupiter was a mere 10% closer to the Sun, Venus would benefit from this protective action, and if it was 10% further away, Mars would be the fortunate recipient.

Ecosystems are built on symbiotic relationships, and our home is no different, albeit on a vast scale. We are but one planet, but we exist, like everything in nature, in perfect harmony with the members of our cosmic ecosystem.

So, by all means, enjoy the spectacle of the planetary parade over the coming days, but I also encourage you to see the bigger picture, and appreciate the intricate processes that have shaped our environment over our 4.5 billion year history.

See Celestial Events SA advert for contact details

# Changing Course: Options for Dealing with Unexpected Matric Results

Following the release of the 2024 Matric results, countless students are in a position where they can – or are forced to – reconsider their plans for 2025. For those who did better than expected, new doors will have opened. For others, their initial study plans may need to be reviewed due to their marks not fulfilling the requirements of their chosen qualification. Regardless of an individual's position, it's important to know how to move forward, an education expert says.

"In the wake of receiving their results, it is important for all Matrics from the Class of 2024 to pause and consider the way forward. Even if your results don't impact your initial plans, it is still advisable to make sure you know you are on the right path," says Peter Kriel, General Manager at The Independent Institute of Education, SA's leading private higher education provider.

### Scenario 1: You did better than expected

Kriel says the first thing to do if you did better than expected is to enjoy the moment and celebrate your success.

"Take pride in your achievement and recognise the hard work and dedication you put in. In preparation for future successes, it is also important to reflect on your methods: Think about what strategies worked for you. Did you follow a study schedule? Did you use specific study techniques? Understanding what contributed to your success

can help you in future endeavours," he says.

Then consider your options and plan your next steps. If you have a better-than-expected endorsement on the National Senior Certificate, you may want to reconsider your initial plans.

"If you applied to a higher education institution to study in 2025, contact them immediately and find out if there is space available in a programme that you would rather follow but did not previously qualify for.

"Alternatively, explore other options to check for available space. In South Africa, public universities and private higher education providers must all register as higher education providers and the qualifications they offer are all subject to a unitary form of accreditation. This means that there may be a world of options now open to you, which you may not even have been aware of."

### Scenario 2: You did not do as well as expected

Kriel says it is very important to stay positive and not panic. Performing below par is a temporary hurdle, not the end of the road.

"It's natural to feel disappointed but remember that one set of results does not define your future. Reflect on what happened and understand where things went wrong. Was it a lack of preparation, anxiety, or difficulty with certain topics? Identifying the problem is the first step to improvement

going forward," he says.

If your poorer performance didn't impact your National Senior Certificate endorsement you are probably also set to go. Your reflection on what went wrong is now more important than ever to ensure that you don't make the same mistakes going forward.

However, if you applied to study and you now no longer qualify to follow this route, you have to act quickly to plan how you will get to where you planned to be in the first place.

"Remember, all doors are not closed – you may just need to follow a different route. One really good option is to enrol for a Higher Certificate at a reputable registered and accredited higher education institution. The advantage of doing this is that once you have successfully completed the Higher Certificate, you will be able to continue with degree studies in your chosen discipline."

It is important to keep in mind that both successes and failures are part of the learning process, Kriel says.

"Use them as opportunities to build resilient adaptability and develop a growth mindset by believing in your ability to grow and improve. A growth mindset can turn challenges into opportunities for learning and development.

"Your final school exam results are an important milestone, but they are just one part of your academic journey. Whether

you did better or worse than expected, there are always steps you can take to continue growing and improving. Celebrate your achievements, learn from your experiences, and stay focused on your future goals. Remember, with determination and the right mindset, you can overcome any challenge and achieve your dreams."

*The Independent Institute of Education (The IIE) is a division of the JSE-listed ADvTECH Group, Africa's largest private education provider. The IIE is the largest, most accredited registered private higher education institute in South Africa and is accredited by The British Accreditation Council (BAC), the independent quality assurance authority that accredits private institutions in the United Kingdom (UK).*



Peter Kriel - General Manager at The Independent Institute of Education

# Lady Godiva and your February 2025 horoscopes

February brings a blend of introspection and action. With the Sun in Aquarius pushing for innovation and connection, it's a time to break free from outdated patterns. But with Venus and Mars aligning, relationships - both romantic and platonic - offer moments of deep connection and transformation.

### Aquarius (January 20 - February 18)

It's your month to shine, Aquarius! The Sun highlights your sign, bringing clarity to your career and long-term aspirations. Stay true to your unique vision, and you'll see the fruits of your labour.

### Pisces (February 19 - March 20)

This month invites you to explore new horizons, whether through travel, learning, or deepening spiritual practices. Trust your instincts and embrace the opportunities that expand your worldview.

### Aries (March 21 - April 19)

You're feeling energized to dive into new projects this month. Trust your instincts, but don't rush ahead without considering the impact on those around you. Balance ambition with patience.

### Taurus (April 20 - May 20)

February challenges you to embrace change and take a broader perspective. Personal growth is on the horizon, but you'll need to let go of old habits. Keep your heart open to new experiences.

### Gemini (May 21 - June 20)

This month calls for focus and structure, especially

in professional matters. It's time to commit to your goals, even if it means sacrificing some spontaneity. Long-term rewards await if you stay grounded.

### Cancer (June 21 - July 22)

Your creative energy is flowing, making it a great time to explore new hobbies or projects. In relationships, you'll need to find balance between personal needs and supporting others' desires.

### Leo (July 23 - August 22)

Your home and family life are centre stage this month. It's a time for deepening bonds and perhaps reevaluating your living situation. Embrace vulnerability and be open to family dynamics evolving.

### Virgo (August 23 - September 22)

February offers you a chance to clear the air in communications - be honest, but also diplomatic. You may find that new learning or travel opportunities bring a refreshing perspective.

### Libra (September 23 - October 22)

Finances come into focus this month, and it's a good time to review your spending and saving habits. Emotional balance will be key as you work toward securing long-term goals.

### Scorpio (October 23 - November 21)

You are in a period of personal transformation. Trust your intuition, especially when it comes to relationships. This month, focus on what truly nourishes your soul and let go of toxic influences.



### Sagittarius (November 22 - December 21)

Rest and retreat are your themes this month. Take time to recharge and reflect, especially when it comes to your health and well-being. Quiet introspection will lead to big breakthroughs.

### Capricorn (December 22 - January 19)

Social connections take precedence in February. Whether it's networking or rekindling old friendships, you'll find that collaboration and team efforts bring positive results. Embrace community.



## Trivia answers

- |    |   |    |  |
|----|---|----|--|
| 1  | Vatican City                            | 12 | Mandarin   |
| 2  | Tungsten, W                             | 13 | Canada and the United States   |
| 3  | Marie Curie                             | 14 | 1989   |
| 4  | 1986                                    | 15 | Fyodor Dostoevsky  |
| 5  | The Phantom of the Opera                | 16 | Nepal  |
| 6  | The common hill myna, Gracula religiosa | 17 | Hippopotomonstrosesquipedalio phobia, also known as sesquipedalophobia |
| 7  | Qin Shi Huang                           | 18 | Titan  |
| 8  | Pacific Ocean (Mariana Trench)          | 19 | Vincent van Gogh   |
| 9  | Antarctic Polar desert (cold desert)    | 20 | Rome, Italy  |
| 10 | Inca civilization                       |    |  |
| 11 | Sputnik 1, 1957                         |    |  |

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 082 683 2835  
 072 310 0032  
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 Hospital Nelspruit Mediclinic 013 795 5000  
 Hospital Tintswalo 015 383 9400  
 Hospital Sekororo Gvt-The Oaks 015 305 8536  
 Hospital Tzaneen Mediclinic 015 793 2409  
 Maruleng Municipality 072 170 0864  
 Medical Rescue 084 770 1743  
 Med Centre Emergency No 015 793 2585  
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 SAPS Station Commander 101 111  
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# The Role of AI in Enhancing Human Longevity



AI perspective 'correspondent'

As the global population ages, the quest for longer, healthier lives has become a defining challenge of the 21<sup>st</sup> century. While advancements in medicine, nutrition, and lifestyle have already increased life expectancy, one of the most promising frontiers for extending human longevity lies in the application of artificial intelligence (AI). From personalized healthcare to the optimization of aging processes, AI is set to revolutionize how we approach aging and longevity.

### Personalized Medicine: Tailoring Treatment to the Individual

One of the most powerful ways AI can impact human longevity is through personalized medicine. Traditional healthcare often relies on a one-size-fits-all approach, where treatments and medications are prescribed based on general categories rather than individual characteristics. AI, however, can analyze vast amounts of data, such as genetic information, medical history, lifestyle factors, and even environmental influences, to craft highly personalized treatment plans.

By using machine learning algorithms, AI

can predict a person's susceptibility to specific diseases and recommend pre-emptive interventions. For instance, AI systems can analyze genetic markers to predict an individual's risk of conditions like cancer, Alzheimer's disease, or cardiovascular illness. Armed with this information, doctors can prescribe targeted therapies, lifestyle changes, and preventive measures that could significantly reduce the risk of age-related diseases and improve overall health outcomes.

### AI-Driven Drug Discovery: Accelerating Age-Related Treatments

Another promising development is the use of AI in drug discovery. The process of developing new medications is time-consuming and expensive, often taking years or even decades. AI algorithms can expedite this process by simulating the effects of potential drugs on human cells and tissues, identifying compounds that may be effective in treating age-related diseases more quickly than traditional methods.

Researchers are already exploring AI's potential in discovering drugs that could slow down or even reverse the aging process itself. For example, AI has been used to identify molecules that target the mechanisms

of cellular aging, such as telomere shortening and mitochondrial dysfunction. If successful, these therapies could prolong lifespan by maintaining the function of cells and organs for longer periods, thus promoting healthier aging.

### Robotic Assistance and Elder Care

AI-powered robotics are also making significant strides in the realm of elder care. As people live longer, maintaining independence and quality of life in old age becomes more challenging. Robotic systems equipped with AI can assist the elderly in performing daily tasks, from medication management to mobility assistance. AI-driven robots can also provide companionship, reducing feelings of isolation and depression, which are common in older adults.

Moreover, AI systems are capable of monitoring the health of elderly individuals in real-time. Wearable devices powered by AI can track vital signs, detect early signs of disease, and alert caregivers to potential health concerns before they become critical. This proactive approach to healthcare can prevent hospitalizations and improve the overall quality of life for seniors.

### Optimizing Lifestyle and Wellness

AI is also helping individuals optimize their lifestyle choices, which is critical to longevity. Fitness apps, diet trackers, and sleep monitors that use AI can provide personalized recommendations for exercise routines, meal plans, and sleep patterns based on an individual's unique data. By leveraging AI to create customized wellness strategies, people can make smarter decisions about their health that contribute to a longer, more fulfilling life.

### Conclusion: A Future of Extended Vitality

While there are still many challenges to overcome, AI's potential to positively impact human longevity is undeniable. By harnessing the power of artificial intelligence in personalized healthcare, drug discovery, elder care, and lifestyle optimization, we are moving closer to a future where living a long, healthy life becomes not just a possibility, but a reality for many. As AI continues to evolve, its contributions to human longevity could help ensure that we not only live longer but also age with vitality, independence, and improved quality of life.

Credit: ChatGPT 4o mini - chatgpt.com

## My 5 sent

Oupa Bobbili

**Wat jy nie verander nie kies jy, en jy word geken aan wie jy kies om te wees.**

Teen die tyd dat julle hierdie lees is Januarie 2025 reeds verby. Vertel my gou, hoe werk jou Nuwejaar voornemens uit sover?

Gimnasiums is vol, nuwe tekkies op die teerpad. Sport winkels verkoop meer sport klerne en toerusting as wat Pick 'n Pay brood verkoop. Almal in rep en roer om maer te word en geld te spaar. Sommiges se voornemens is bietjie anders.

Januarie is psigologies die langste maand in die jaar. Na Februarie vang tyd weer

spoed en voor jy jou oë uitvee is dit amper weer Desember. Jy is nog net so dik soos wat Januarie lank is en jy bid vir bonus want jy het niks gespaar nie. Tekkies gaar stof op en die "gym" klerne word net gedra as daar huis skoon gemaak word. Waar het alles dan skeef geloop?

Lees weer die eerste reël en sommeer weer. Jy kan nie verander as jy nie kies om die verandering te wees nie. En basta met die wêreld se opinie vir eers. Wat wil jy hê? Is jou eerste vraag, en hoekom wil jy die hê? moet jou tweede vraag wees. Daardie twee vrae sal jou motivering en dissipline wees.

Jou driepoot vir verandering moet self mo-

tivering, dissipline en integriteit wees. Soms sal die driepoot bietjie wankel, maar dan moet jy hom weer balanseer met daardie twee vrae. En lees gou mooi, as jy dit doen om ander mense te probeer beïndruk dan doen jy dit vir die verkeerde redes. Alles moet eers by jousef begin.

Ons verloor maklik fokus, en geduld is niemand se sterk punt meer in vandag se gejaagde lewe nie. Ons verwag kits resultate soos die sosiale media se advertensies, en dit gebeur nooit. Spaar daai rande, maar moenie skroom om 'n rand te spandeer saam met 'n geliefde nie. Herinneringe se waardes is baie meer werd as al die geld in die wêreld.

Spandeer tyd met jousef, en leer jousef ken. Maak jou eie beker eers vol, voor jy ander se bекers probeer vul. Wees vol moed, sterk in jou geloof, hê waagmoed, groei, oefen, lag, wees lief, wees lig, wees geduldig en wees positief. Moet nooit 'n dag verby wens nie, koester elke oomblik al is dit hoe moeilik. Tyd wag vir niemand nie, en die lewe skuld jou niks nie.

Geniet die pragtige nuwe jaar en maak die beste van alles. Leer 'n nuwe talent aan, lees meer, oefen meer, sit die selfoon neer en kuier meer. Skinder minder en bou meer mense op.

Net jy kan die verandering maak. Groete

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