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THE BAY

PORTFOLIO

COMMUNITY MAGAZINE

Welcome FROM THE EDITOR

WELCOME TO THE VERY FIRST ISSUE OF THE BAY PORTFOLIO

When I chose the name for this magazine, I kept coming back to the meaning of a portfolio: a carefully curated collection of work that deserves to be seen. Something organised, meaningful, and representative of value.

**In the business world, a portfolio
shows what you can do.
In a community, it tells the
story of who we are.**

That is exactly what The Bay Portfolio hopes to become - a place where the incredible work being done by local businesses and residents in Nelson Mandela Bay is collected, celebrated, and readily accessible.

We all know the challenge: local businesses appear all over our feeds, yet seem to disappear the moment we go looking for them. They advertise in Facebook groups, appear briefly in social feeds, and pop up in community pages - only to vanish within days under a mountain of new posts. Remembering who advertised what, or finding something you saw just last week, can feel like trying to find a needle in a haystack.



justvisualart

This magazine offers a different experience. Instead of scrolling endlessly, residents and fellow businesses now have an organised space where local services, shops, creatives, and entrepreneurs can be clearly listed and simple to locate. As our advertiser list grows, especially the business card directory, this will become a trusted source that people turn to whenever they need a reliable contact or recommendation.

It's independent, proudly local, and shaped by the businesses who choose to be part of it. Advertising here means you stand alongside others who invest in our city, who build it, and who believe in the value of supporting local. Whether you're a family-run start-up, a neighbourhood favourite, or a long-established brand, you have a place here.

This first issue is just the beginning. Like any strong portfolio, it will grow and evolve with time - shaped by you, the businesses who contribute, and the readers who keep coming back. My hope is that it becomes a true reflection of the energy, resilience, and entrepreneurial spirit that define Nelson Mandela Bay.

The Bay Portfolio is more than an advertising magazine. It's a story of us.

**It's local. It's practical.
And it's proudly Bay-focused.**

THANK YOU

Thank you for opening these pages and supporting the people who keep our city thriving. Together, we shape the Bay we call home.

Warm regards,

Your editor,

Shelley



Shelley Donaldson

Editor & Designer

info@thebayportfolio.com



Celebrating the city we live in!



THE BAY

PORTFOLIO

COMMUNITY MAGAZINE



Keep an eye out for The Bay Portfolio QR code popping up around the city!

Wherever you spot it - in cafés, shops, or community spaces - simply open your phone's camera, scan the code, and the latest edition will appear right on your screen. It's the quickest, easiest way to stay connected with local stories, businesses, and everything happening across The Bay.





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Leveraging many years of telecom experience to deliver a complete business technology suite. We provide the Voice, Data, Cyber Security, Automation and IT services South African SMEs need to thrive. One partner, zero headaches.

National reach. Local touch.

In today's fast-moving business environment, technology plays a critical role in shaping success. Yet for many organisations, managing IT infrastructure, connectivity, security, and energy solutions can feel overwhelming. This is where Bitspace steps in - offering a combination of national scale and personalised service.

Bitspace has established a strong physical footprint across South Africa. With dedicated technical teams positioned nationwide, the company is uniquely equipped to provide responsive, on-the-ground support wherever it's needed.

Simplifying the complex

Technology is inherently complex - but working with your technology partner shouldn't be.

Many businesses today are frustrated by impersonal service models dominated by call centres, ticketing systems, and delayed responses. Bitspace takes a different approach by reintroducing the human element into IT support. Clients engage with real people who understand their environments, priorities, and long-term goals. This philosophy is rooted in a simple belief: strong relationships drive better outcomes.

Built for scale, designed for you

Bitspace operates at a scale that allows it to manage complex, enterprise-level infrastructure. At the same time, it maintains the agility needed to tailor solutions to each client's unique requirements. There are no generic packages or rigid pricing models. Every solution is carefully designed around the client's operational needs, growth plans, and budget.

End-to-end technology control

One of Bitspace's key differentiators is its ability to manage the entire technology stack. From the physical devices used daily, such as desk phones and office equipment, through to network infrastructure and cloud platforms, every layer is integrated and supported under one roof. Clients benefit from a single point of contact, streamlined support, and systems that are designed to work seamlessly together.

Future-ready solutions

As technology continues to evolve, businesses must stay ahead of emerging trends to remain competitive. Bitspace is committed to delivering forward-thinking solutions that prepare clients for the future.

By incorporating AI-driven security and intelligent automation, the company helps organisations strengthen their defences, optimise operations, and unlock new efficiencies.

Comprehensive service offering

Bitspace provides a full spectrum of technology solutions, enabling businesses to consolidate their needs under one trusted partner.

These services include:

- Enterprise Voice and Data Solutions
- Software and Automation
- Security and Access Control

- Cloud and Managed IT Services
- Energy Solutions
- Office Automation

This holistic approach ensures that every aspect of a client's technology environment is aligned, efficient, and future-ready.

One partner. Total technology solutions.

In a landscape where complexity often slows progress, Bitspace offers clarity, capability, and connection. By combining national reach with a local touch, and technical excellence with human-centred service, the company stands as a reliable partner for businesses looking to grow, adapt, and thrive!



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Thank you to Justin Van Acker for your incredible photographs. Seeing The Bay through your lens reminds us just how much beauty surrounds us every day. Your talent doesn't just capture moments - it captures the soul of our city.





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**CLICKABLE.
CONNECTED.
CONVENIENT.**



At its core, The Bay Portfolio is designed to make life in The Bay simpler. It hopes to bring businesses and community information together in one easy-to-use space.

What makes this magazine truly powerful is that it's digital. That means everything you see here is interactive. Just tap, click, or follow the link - and you're where you need to be.

See a highlighted email address?

Click it, and your email app opens instantly.

Spot a highlighted website link?

One tap takes you straight to the business's homepage.

Want to follow a business on social media?

Just click the icon or the company logo and you're there.

Every advert can become a direct gateway - to a booking page, a competition entry, an online store, even a video showcase. Businesses can link to specials, promotions, event registrations, and more, all with one simple action from you.

This magazine won't be something you simply read; it'll be something you USE.

That's the power of a digital community magazine. It doesn't just showcase local businesses - it connects you to them instantly. For readers, it creates convenience. And in marketing, convenience drives response.

So explore, click, interact, visit, book, follow... Enjoy the possibilities - and enjoy The Bay Portfolio.



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Child Abuse Unit

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0861 322 322



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31393

Nelson Mandela Bay is gearing up for a massive weekend of endurance sport, with thousands of competitors descending on the city for four **IRONMAN** events in the city in just under 3 weeks' time.

The fun kicks off on Saturday, April 18, when the **Spec-Savers IRONKIDS South Africa** hits the course. This is always a highlight for many as young athletes hit the red carpet with crowds watching the next generation of triathletes cross the famous finish line.

Sharing the Saturday spotlight are two more events: the **ISUZU Corporate Triathlon Challenge powered by AlgoaFM** and the **ISUZU 5150 Nelson Mandela Bay**. The Corporate Challenge is a great entry point for newcomers while the 5150 steps things up to the full Olympic distance for those chasing a bigger challenge.

Sunday is the main event. The **ISUZU IRONMAN South Africa African Championship** takes centre stage at Hobie Beach, drawing professional athletes from across the globe.

Among them will be local favourite Jamie Riddle, with South African and foreign competitors lining up alongside him. Athletes are flying in from around the globe with many of them chasing those precious age-group qualifying slots for the **IRONMAN World Championship** in Kailua-Kona, Hawaii.

One of the talking points this year is the return of the fan-favourite bike course - the three-loop, 180km route that many competitors have been hoping to see back on the schedule. Riders will head out along the scenic Marine Drive beachfront before weaving through the city and down Seaview Road, before leading back to the finish at Hobie Beach.

According to the 2025 IRONMAN Athletes' Choice Awards, the **ISUZU IRONMAN South Africa African Championship** was voted the #4 Best Run Course globally. The flat, four-loop, 42.2 km course along Nelson Mandela Bay's beachfront is renowned for its spectator support and scenic coastal views.



RACE SCHEDULE

THURSDAY 16 APRIL 2026

14:00 - 18:00	IRONMAN Registration	Boardwalk Expo Centre
14:00 - 18:00	ISUZU 5150 Registration	Boardwalk Expo Centre
14:00 - 18:00	ISUZU CTC, powered by Algoa FM Registration	Boardwalk Expo Centre
14:00 - 18:00	IRONKIDS Registration	Boardwalk Expo Centre
14:00 - 18:00	Expo & Merchandise	Boardwalk Expo Centre
14:00 - 18:00	Bike Workshop	The Boardwalk

FRIDAY 17 APRIL 2026

09:00 - 18:00	IRONMAN Registration	Boardwalk Expo Centre
09:00 - 18:00	ISUZU 5150 Registration	Boardwalk Expo Centre
09:00 - 18:00	ISUZU CTC, powered by Algoa FM Registration	Boardwalk Expo Centre
09:00 - 18:00	IRONKIDS Registration	Boardwalk Expo Centre
09:00 - 18:00	Expo & Merchandise	Boardwalk Expo Centre
09:00 - 18:00	Bike Workshop	The Boardwalk
14:00 - 15:00	PRO Race Briefing	The Boardwalk
18:30	Doors Open for Athlete Welcome Banquet & Race Briefing	The Boardwalk Convention Centre
19:00	Athlete Welcome Banquet & Race Briefing Starts	The Boardwalk Convention Centre

SATURDAY 18 APRIL 2026

07:00	ISUZU 5150 Race Start	Hobie Beach
08:45	ISUZU CTC, powered by Algoa FM Race Start	Hobie Beach
11:30	CTC Awards	Finish Line Public Deck - IRONMAN Village
12:00	5150 Awards	Finish Line Public Deck - IRONMAN Village
09:00 - 12:30	IRONMAN Registration	Boardwalk Expo Centre
09:00 - 14:00	Expo & Merchandise	Boardwalk Expo Centre
09:00 - 12:30	Bike Workshop	The Boardwalk
12:30 - 17:30	Bike & Gear Check-In	Transition - Hobie Beach
12:30 - 17:30	Bike Maintenance	Transition - Hobie Beach
15:00 - 16:30	IRONKIDS Race Start	Boardwalk Expo Centre

SUNDAY 19 APRIL 2026

05:00 - 06:15	IRONMAN Transition Opens & Bike Maintenance	Transition - Hobie Beach
06:45	IRONMAN PRO Men Race Start	Hobie Beach
06:50	IRONMAN PRO Women Race Start	Hobie Beach
06:55	IRONMAN Rolling Age Group Start	Hobie Beach
07:30	First PRO Athlete expected out of the Water	
11:55	First PRO Male expected to start the Run	
12:00 - 22:00	IRONMAN Merchandise For Sale	Tent on the Boardwalk Grass Lawns
14:35	First PRO Male expected to Finish	
18:00 - 24:00	Bike & Gear Check-out	Transition - Hobie Beach
± 24:00	IRONMAN African Championship Ends	

MONDAY 20 APRIL 2026

09:00 - 13:00	IRONMAN Merchandise for Sale	Tent on The Boardwalk Grass Lawns
09:00 - 13:00	IRONMAN Finisher Shirt Swap / Lost & Found	Boardwalk Expo Centre
10:00	IRONMAN World Championship Age Group Slot Allocation	The Boardwalk
18:15	Doors Open for IRONMAN Awards Ceremony	The Boardwalk Convention Centre
19:00	IRONMAN Awards Ceremony Starts & PRO Slot Allocation	The Boardwalk Convention Centre



Download the official
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here to track your athletes



www.
hero.ironman4thekids
.co.za

ROAD CLOSURES



SUNDAY 19 APRIL 2026 ISUZU IRONMAN South Africa African Championship

Marine Drive, Beach Road and Humewood Road are all closed to all traffic from Admiralty Way up to the M4 in South End from 05:00 to Midnight.

Humerrail Spar / Perrott Avenue are accessible via Forest Hill Drive / Mitchell Street / Lawhill Road and Newcon Street.

Driftsands Drive's city bound lane will be closed 05:00–15:30, and Summerstrand bound lanes will be closed 05:00–midnight.

Humewood flats on Beach Road between La Roche Drive and Ocean Ave will have one directional lane use, anti-clockwise around the block they are on.

Lodge Road and Brookes Hill Road are accessible via the back of the Boardwalk access on Second Avenue.

Second Avenue in Summerstrand is closed from Marine Drive to Skegness Road.

The following beach parking areas are closed to vehicle access:

- Kings Beach • Humewood Beach • Hobie Beach • Pollock Beach • Pipe Beach
- The public may walk along the closed roads to these beaches.**

M4 Settlers Highway Intersection to 3rd Avenue Walmer:

Walmer Blvd / Hough Road from M4 to 3rd Avenue Walmer west bound lanes will be closed to traffic flow from 05:00–17:00. Traffic may flow from 3rd / 2nd / 1st Ave leftwards (east bound) direction the M4 / harbour. The lanes in the opposite direction will be closed.

Controlled crossing points:

- Forrest Hill Drive, South End • 3rd Avenue, Walmer

Hough Road / Buffelsfontein will be closed from 3rd Avenue to 9th Avenue Walmer from 05:00–17:00.

Controlled crossing points:

- 3rd Avenue, Walmer • 6th Avenue, Walmer • 9th Avenue, Walmer

Hough Road / Buffelsfontein will be closed from 10th Avenue to 17th Avenue Walmer from 05:00–17:00.

Controlled crossing points:

- 10th Avenue, Walmer • Swift Avenue / Sasol Garage • 17th Avenue, Walmer

Buffelsfontein will be closed from 17th Avenue Walmer to Old Seaview Road (Mount Pleasant access road) from 05:00–17:00.

Controlled crossing points:

- 17th Avenue • Walter Road • Melsetter Road / High Street • Saddlewood Villas into Hilltop Road

Seaview Road, Deer Park, Kini Bay, Seaview and Beachview & Clarendon Marine:

Milkwood Lane residents may exit left out of their premises into Seaview Road up to 07:15. They must travel in the direction of Link Road. Turn right into Link Road and make use of Old Seaview Road. They will only be able to return to their premises after 16:30.

Deer Park & Bushy Park residents may exit their premises up to 07:15 onto Seaview Road. They must travel in the direction of Seaview Village on Seaview Road towards Colleen Glen or Beachview Drive (M9). They will not be able to drive back to their premises before the roads are reopened at approximately 16:30.

Kini Bay residents have full access and must travel via Seaview Road towards Seaview Village to Colleen Glen / Kragga Kamma Road or Beachview Drive (M9).

Seaview, Beachview & Clarendon Marine residents have full access, but must travel via Seaview Road to Colleen Glen / Kragga Kamma Road or Beachview Drive (M9).

Heron Road & Sardinia Bay Road are part of the IRONMAN Bike Course and will carry athletes between Heron and the Humewood Beachfront on the three-lap course. There will be full road closure on these roads from 05:00–16:45.

Grass Roof is accessible via Link Road / Old Seaview Road. Patrons must park in Link Road and walk across Seaview Road to Grass Roof at the controlled pedestrian crossing.

Sardinia Bay Golf Estate staff & residents may leave the premises up to 07:15. They must travel in the direction of Seaview Road via Heron Road where they can cross Seaview Road into Link and exit in the direction of Kragga Kamma / Lorraine. Residents can return at approximately 16:30 once the last athlete has passed.

Sardinia Bay Road residents may exit left out of their properties into Heron Road until 07:15. They will cross Seaview Road into Link Road and make use of Old Seaview Road in the direction of Kragga Kamma Road. They may only return after 16:30 via Link Road.

NOTE: There will be no vehicle access to and from Sardinia Bay Beach during the event.

Victoria Drive from Glendore Road up to Marine Drive is part of the IRONMAN Bike course and will be closed for the duration of the event, from 05:00–17:00. IRONMAN Athletes will complete three laps of the City & Coastal Route.

Guests, Staff & Residents are advised that on race day vehicles may leave **Schoenmakerskop Village** and the Willows Resorts traveling in the direction of NMU, exiting via the back gate until 08:00.

For The **Willows Resort** guests checking in: There will be a convoy departing from Victoria Drive intersection with Glendore Road in the direction of The Willows at 14:00. This convoy will travel on the left-hand side of the road, while athletes will be cycling on the right. **NOTE:** all vehicles MUST remain behind the traffic officer and must adhere to the strict single vehicle cross over into The Willows Resorts only when indicated to do so by the Traffic Official.

Once all vehicles have entered The Willows Resorts, exiting guests will be guided across the road to the left-hand side only when it is safe to do so. These exiting vehicles must wait until the convoy is complete and will then be led by the Traffic Official along Marine Drive to exit at NMU back gate.

NOTE: The IRONMAN Athletes always have the right of way.

Pine Lodge and Cape Recife Nature Reserve is accessible from NMU South Campus back gate on Marine Drive, via University Way and Protea Road. Take note of a soft shoulder lane, running parallel to Marine Drive (no heavy vehicles). This detour is in place on Sunday from 05:00–midnight.

Adhere to the instructions of convoy marshals and traffic officers. From 17:30 Marine Drive will be open between Pine Lodge and Schoenmakerskop and beyond. Motorists can access Summerstrand via the NMU South Campus up to midnight when all roads are opened.

SATURDAY 18 APRIL 2026

ISUZU Corporate Triathlon Challenge powered by AlgoaFM and ISUZU 5150 Nelson Mandela Bay

Road closures are in place from 05:00 – 12:00.

Marine Drive / Beach Road / Humewood Road lanes in the direction of the Harbour are open to traffic from Second Avenue up to La Roche Drive and beyond.

Beach Road / Marine Drive lanes in the direction of Summerstrand are closed between La Roche Drive and Second Avenue.

Marine Drive is fully closed from Second Avenue to Noordhoek camp site.

Noordhoek / Willows access via Walmer / Victoria Drive.

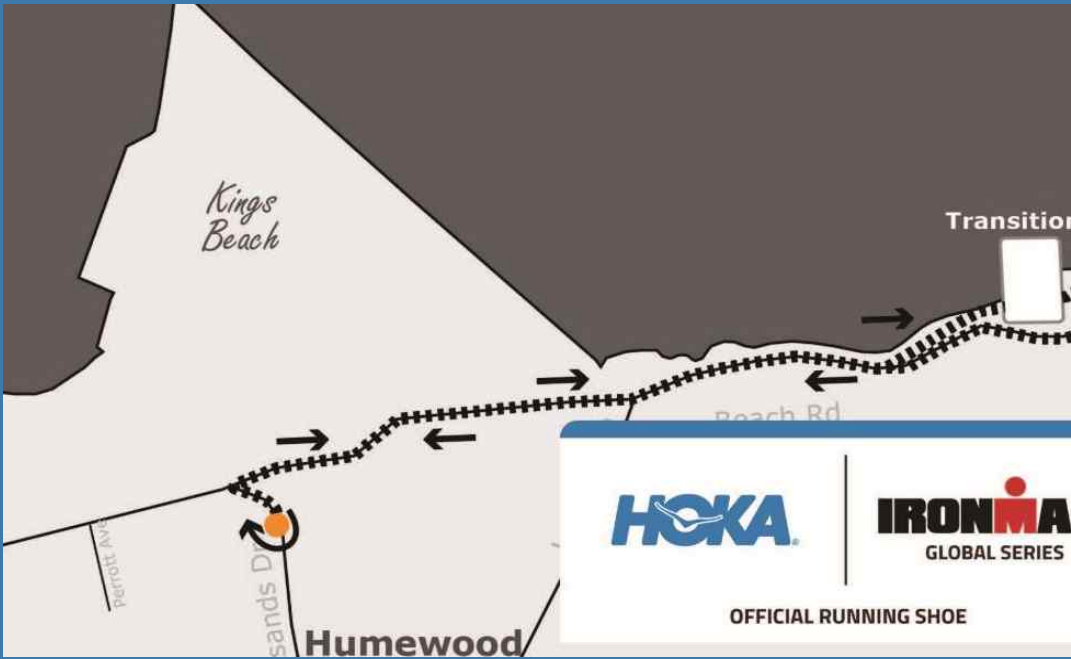
Pine Lodge and Cape Recife Nature Reserve is accessible from NMU South Campus back gate on Marine Drive, via University Way and Protea Road. Take note of a controlled soft road shoulder lane, parallel to Marine Drive.

NOTE: The promenade between Hobie Beach and Kings Beach will serve as the CTC/5150 run course.

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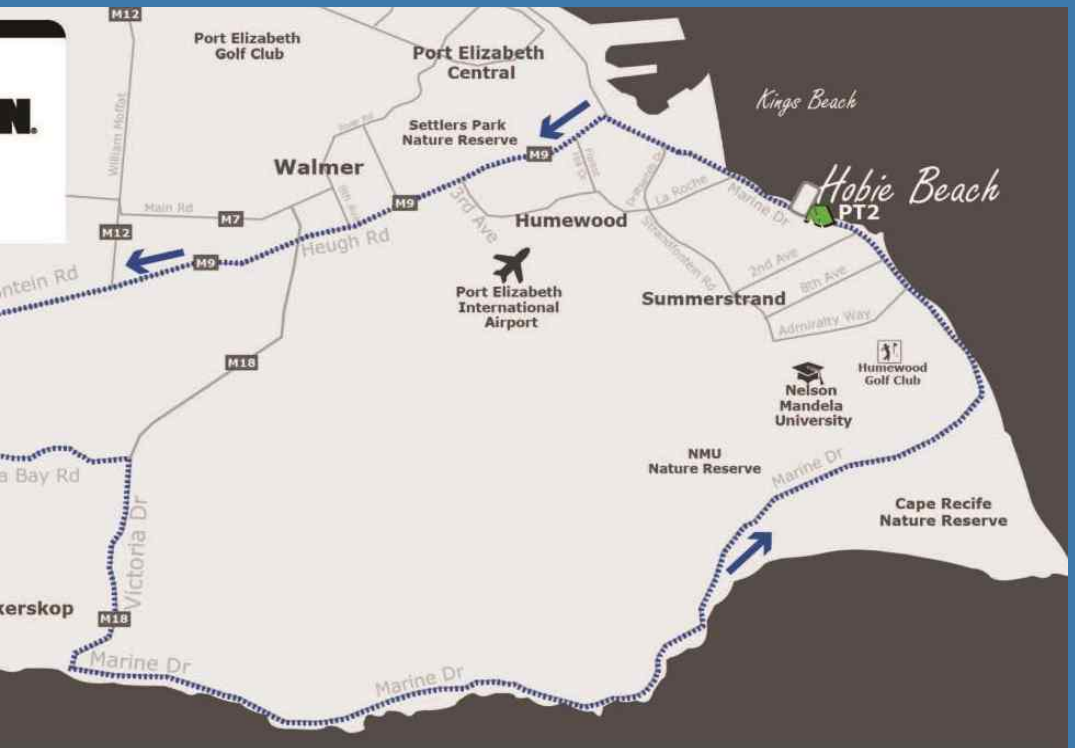


ISUZU IRONMAN Nelson Mandela Bay





Sunday 19 April 2026 - Bike and Run Course





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WORLD DAY FOR HEALTH & SAFETY AT WORK

by Shelley Donaldson

World Health and Safety Day on 28 April 2026 serves as an important reminder that safe workplaces don't happen by chance - they are created through awareness, preparation, and regular training. At Bay Fire Safety Solutions, this commitment to safety is led by Keith Donaldson, a retired firefighter and EMT whose decades of frontline experience include serving with the Royal Air Force, the British Ministry of Defence, and the United States Air Force. His international background has shaped a deep understanding of risk, emergency response, and safety culture.

Keith now shares his real-world knowledge through accredited training courses in Basic Fire, First Aid, and SHE Representative programmes. His hands-on background means he has seen, managed, and prevented emergency situations first-hand, giving his learners insight that simply can't be found in a manual. This depth of experience transforms each course into a powerful, practical learning opportunity that prepares individuals to respond with confidence when it matters most.

He also offers emergency fire drills and evacuation planning for businesses, schools, hospitals, and other facilities, ensuring everyone knows exactly what to do in a crisis. Keith develops a programme that fits each business's unique environment along with specific training needs.

Beyond his expertise, Keith brings a genuine passion for educating people about everyday risks, both obvious and hidden, and ensuring workplaces become safer environments.

His goal is simple: empower people with the skills they need to protect themselves, their colleagues, and their businesses. He believes strongly that safety culture begins with knowledge, and that informed employees are the foundation of any responsible organisation.

Every organisation has a duty of care to its employees. Providing proper training is not only a legal requirement, it's a mark of responsible leadership.

Staff who are well-trained in fire safety, first aid, and workplace hazards are better equipped to prevent incidents and act swiftly in an emergency, reducing the likelihood of injuries, damage, or downtime.





And the benefits extend far beyond the workplace. These essential lifesaving skills become valuable tools at home too, helping individuals create safer environments for their families and respond effectively in unexpected situations.

This World Health and Safety Day, invest in training that truly makes a difference. With Keith and Bay Fire Safety Solutions, you're not just ticking a compliance box - you're building a safer future for your team, your business, and your community.



Keith Donaldson
Managing Director



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As a wife, mother of two and an avid cyclist, I am proud to add the title of a real estate agent to my list of accomplishments. For more than two decades, I have co-directed a business with my late husband, during which we engaged in property buying and renovation for resale. It was during this time that my passion for real estate ignited.

The process of acquiring a house, envisioning its potential and witnessing my ideas materialize into reality has been incredibly fulfilling for me. Being a creative thinker allows me to see opportunities to craft beautiful spaces that truly feel like a home. Living in my own home for 35 years has given me a profound sense of happiness and serenity every time I drive through its gates. It has become my sanctuary, an album of cherished memories and the place I hold dearest in my heart.

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Mandy Akom - Property Specialist
082 551 9048
mandy.akom@homeandhectare.com

This deep connection to my own home is why I am enthusiastic about assisting other families in finding their own sanctuaries and spaces where they can create lifelong memories. Furthermore, I take pleasure in helping clients part with their homes, ensuring that I find buyers who will cherish the property just as much as they did.

I invite clients to entrust me with marketing their properties, promising to do everything in my capacity to sell their homes and discover a perfect fit for their next chapter in life. A home is a place that sees many families come and go, each leaving their mark of energy, life and love, contributing to its unique story. I hold dear two favorite quotes that inspire me: "I can, I will End of story." - Anonymous "A winner is a dreamer who never gives up." - Anonymous. And I firmly believe that in every aspect of life, including real estate, kindness can make a world of difference.





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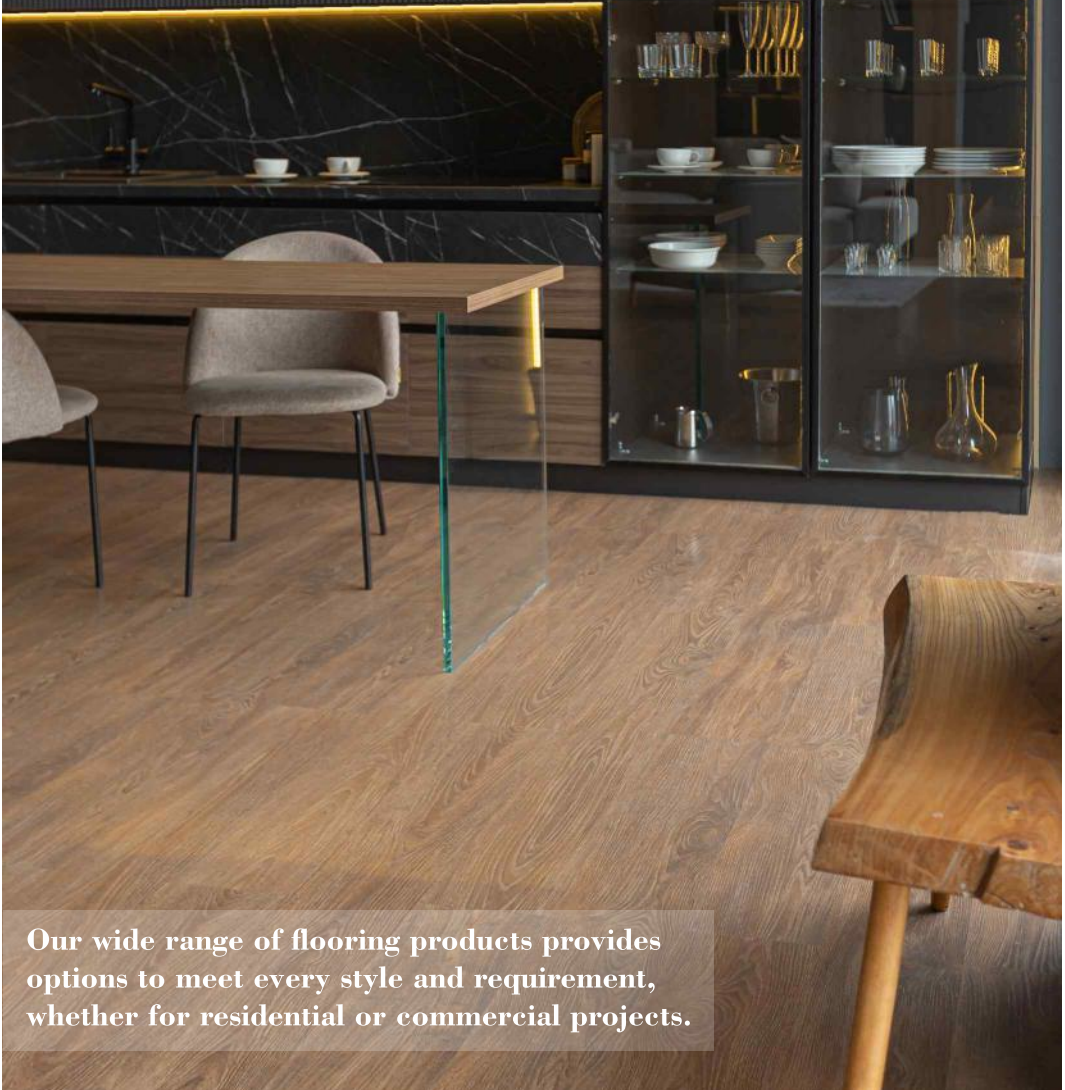
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Join SANCCOB in giving 46 African Penguin chicks a second chance

Following the heavy rains in late February, 46 vulnerable African Penguin chicks were rescued and brought to SANCCOB Gqeberha. Our dedicated team is now providing 24/7 care - from specialised feeding and warmth to ongoing health checks and close monitoring.

It costs SANCCOB R10 000 to raise just one chick to the point where it can safely return to the wild.

If you would like to contribute to their recovery, please use the banking details or click the link provided. When donating, select "Gqeberha African Penguin Rescue Mission" from the dropdown menu and use the reference 46 Chicks PE for EFT payments to ensure your contribution is correctly allocated.

2026 Donor Board opportunity

This year, our African Penguins will proudly symbolise the incredible donors who support SANCCOB.

Make a donation of R5,000 or more and have your name, company name, or trust featured on the 2026 Donor Board. For more information or to discuss your donor board options, please contact Jessica at jessicavd@sanccob.co.za.



CLICK HERE TO DONATE

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Bank: **FNB**

Account number: **59237135859**

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CONTACT US TO DISCUSS THE OPTIONS OF ADOPTING A PENGUIN



April 2026 Tide Table - Port Elizabeth

Spring Tide
18th April 04:03
Lowest Tide
17th April 21:50

Moon Phases

Thursday 2nd
Full Moon



Friday 10th
3rd Quarter



Friday 17th
New Moon



Friday 24th
1st Quarter



	DATE	1 ST TIDE	2 ND TIDE	3 RD TIDE	4 TH TIDE	SUNRISE	SUNSET
01	WEDNESDAY	03:26 H	09:33 L	15:39 H	21:41 L	06:29	18:12
02	THURSDAY	03:53 H	10:00 L	16:05 H	22:07 L	06:30	18:11
03	FRIDAY	04:18 H	10:25 L	16:30 H	22:32 L	06:31	18:09
04	SATURDAY	04:44 H	10:50 L	16:55 H	22:57 L	06:31	18:08
05	SUNDAY	05:08 H	11:15 L	17:19 H	23:21 L	06:32	18:07
06	MONDAY	05:32 H	11:39 L	17:44 H	23:46 L	06:33	18:06
07	TUESDAY	05:57 H	12:04 L	18:10 H	00:12 L	06:34	18:04
08	WEDNESDAY	06:22 H	12:31 L	18:40 H	00:43 L	06:34	18:03
09	THURSDAY	06:53 H	13:06 L	19:25 H	01:34 L	06:35	18:02
10	FRIDAY	07:47 H	14:24 L	21:44 H	02:00 L	06:36	18:00
11	SATURDAY	04:55 L	11:20 H	17:44 L	00:26 H	06:37	17:59
12	SUNDAY	06:49 L	12:52 H	18:54 L	01:16 H	06:37	17:58
13	MONDAY	07:30 L	13:33 H	19:34 L	01:51 H	06:38	17:57
14	TUESDAY	08:03 L	14:07 H	20:08 L	02:00 H	06:39	17:55
15	WEDNESDAY	02:24 H	08:35 L	14:40 H	20:42 L	06:40	17:54
16	THURSDAY	02:56 H	09:06 L	15:12 H	21:15 L	06:40	17:53
17	FRIDAY	03:30 H	09:39 L	15:46 H	21:50 L	06:41	17:52
18	SATURDAY	04:03 H	10:12 L	16:21 H	22:25 L	06:42	17:50
19	SUNDAY	04:38 H	10:47 L	16:56 H	23:01 L	06:43	17:49
20	MONDAY	05:13 H	11:24 L	17:34 H	23:39 L	06:43	17:48
21	TUESDAY	05:51 H	12:03 L	18:16 H	00:22 L	06:44	17:47
22	WEDNESDAY	06:33 H	12:47 L	19:06 H	01:15 L	06:45	17:46
23	THURSDAY	07:27 H	13:48 L	20:21 H	02:00 L	06:46	17:45
24	FRIDAY	02:44 L	09:02 H	15:36 L	22:32 H	06:47	17:44
25	SATURDAY	05:11 L	11:26 H	17:42 L	00:16 H	06:47	17:42
26	SUNDAY	06:39 L	12:48 H	18:51 L	01:12 H	06:48	17:41
27	MONDAY	07:28 L	13:34 H	19:35 L	01:51 H	06:49	17:40
28	TUESDAY	08: 04 L	14:10 H	20:10 L	02:00 H	06:50	17:39
29	WEDNESDAY	02:24 H	08:35 L	14:41 H	20:41 L	06:50	17:38
30	THURSDAY	02:53 H	09:04 L	15:10 H	21:10 L	06:51	17:37

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📍 SANCCOB • CAPE RECIFE NATURE RESERVE, SUMMERSTRAND

🕒 **Registration:**
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📁 **Entry Fees**
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Mother's Day

Sunday 10th May

Have you got something special planned for all the amazing ladies next month?

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The Bay Portfolio is featuring Mother's Day specials in our May issue, and we're looking for businesses across The Bay to showcase their offerings.

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Image credit: Cape Epic

Matt Beers and Tristan Nortjie of Team Toyota Specialized Imbuko made South African cycling history this year by becoming the first South African team to win the Absa Cape Epic.

Supporting them behind the scenes was Jamie Loots, owner of Crafted Cycles in Port Elizabeth and their long-time team mechanic. Jamie has worked with the team for years, ensuring their bikes, and their confidence, were race-ready for every challenge.

This year, he once again stood by their side as the team pushed through some of the toughest terrain the Epic has ever delivered. And when Beers and Nortjie powered across the finish line to claim their groundbreaking victory, Jamie was right there to celebrate, sharing in a moment that will live forever in South African cycling history.

Their win is more than a race result - it's a testament to dedication, teamwork, and the passion that fuels our local cycling community.

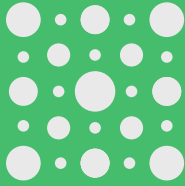
Jamie is back in his workshop so make sure you book your service and get your bike running like a pro!



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in

BEYOND COMPLIANCE, TOWARDS CONSCIOUS WORKPLACES

by Liska Muller

Each year, World Day for Safety and Health at Work asks us to pause and remember two things: the millions of people affected by workplace injuries and illness, and the responsibility organisations carry to create environments where people can work safely, sustainably, and with dignity.

Traditionally, safety has been framed in physical terms: protective equipment, procedures, and incident prevention. These remain critical. But the modern workplace has evolved, and so too must our understanding of risk.

Today, one of the most significant threats to workplace health is not always visible. It shows up as chronic stress, burnout, disengagement, poor decision-making, and relational breakdown within teams. It lives in unresolved tension, unclear expectations, and leadership that is technically competent but emotionally underdeveloped. These are not “soft” issues. They are systemic risks that directly impact safety, productivity, and long-term organisational performance.



A psychologically unsafe workplace is, ultimately, an unsafe workplace. This is where the conversation must shift from compliance to consciousness.

Organisations that take safety seriously are beginning to recognise three critical levers:

1. Psychological safety as a foundation

When individuals feel safe to speak up, admit mistakes, and challenge decisions, risk is surfaced early, before it becomes costly or catastrophic. Silence, on the other hand, is one of the greatest hidden dangers in any system.

2. Leadership maturity and emotional intelligence

Leaders set the emotional tone of an organisation. Their ability to regulate pressure, navigate conflict, and hold complexity directly shapes team behaviour. Under pressure, leaders who lack self-awareness often create environments of fear, reactivity, or avoidance, and these are the conditions where mistakes multiply.

3. Coaching as a strategic intervention

Coaching is no longer a luxury reserved for top executives. It is a practical, scalable tool for developing judgement, accountability, and resilience across all levels of an organisation. Through structured reflection and strategic thinking, coaching helps individuals move from reactive behaviour to intentional action, improving both performance and safety outcomes.

There is also a commercial reality that cannot be ignored: Organisations that

invest in the psychological and relational health of their people outperform those that don't. Fewer incidents. Better decision-making. Higher engagement. More sustainable productivity.

Safety and performance are not competing priorities, they are deeply interconnected.

On this World Day for Safety and Health at Work, the invitation is simple but demanding: Look beyond the checklist. Ask not only "Are we compliant?" but "Are we conscious?"



"The future of safe, productive workplaces will not be built on policies alone - but on people who are equipped, supported, and developed to think clearly, act responsibly, and work well together under pressure."

LISKA Muller
PSYCHOLOGY & COACHING



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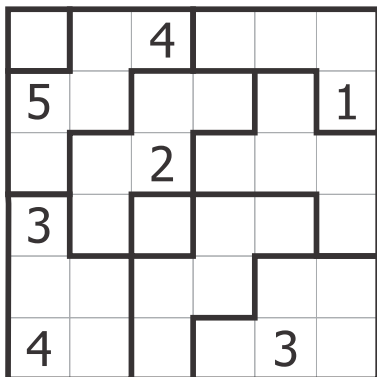


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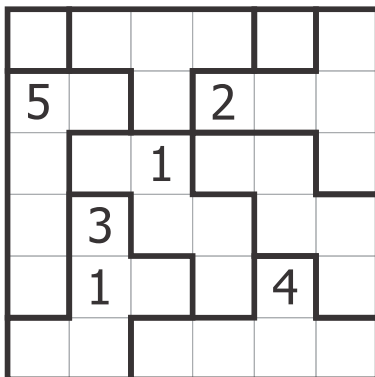
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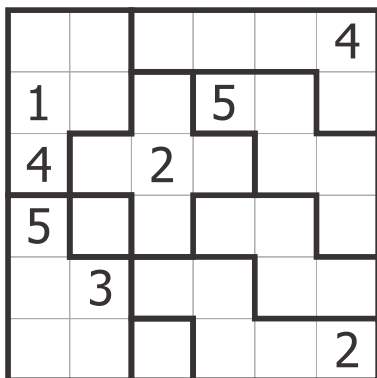
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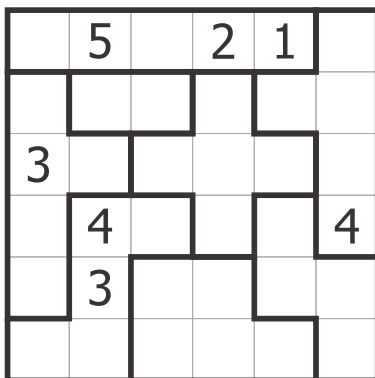
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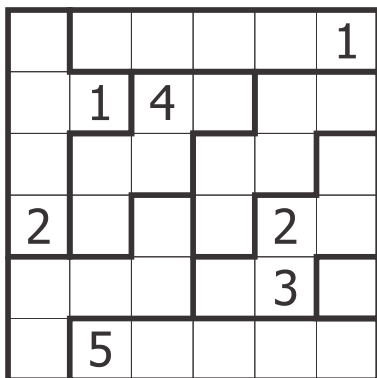
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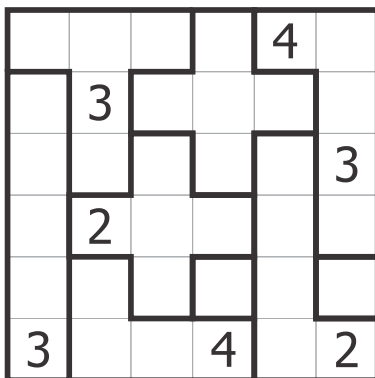
Suguru #4



Suguru #5



Suguru #6



Fill each block within the bold grid with a unique digit, counting up from 1. So a 2-square block contains the numbers 1 and 2 and a 5-square block contains the numbers 1 to 5. Adjacent (touching cells may never contain the same number, including diagonally adjacent cells)



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BUSINESS CARD DIRECTORY

If your business serves the Bay, The Bay Portfolio is where your business belongs

Do you own a small business in The Bay? We'd love to include you! For an introductory rate of just **R175 per card**, you can promote your services in our Business Card Directory and connect with local residents and businesses who are already searching for what you offer.

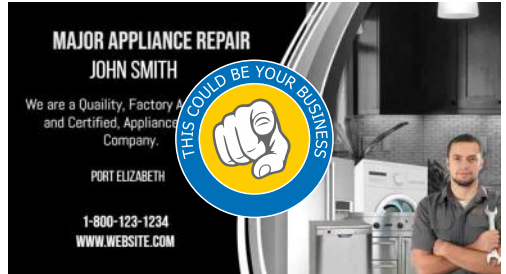
From plumbers, handymen and mechanics to beauty therapists, hairdressers, bakers, dressmakers, photographers - and every service provider in between - we're here to help you get seen.

As the directory grows, we'll begin organising cards into clear categories, making it even easier for readers to find you quickly and effortlessly.

Category



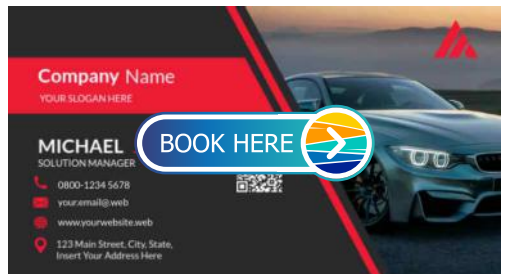
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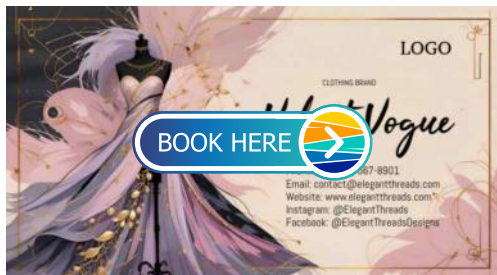
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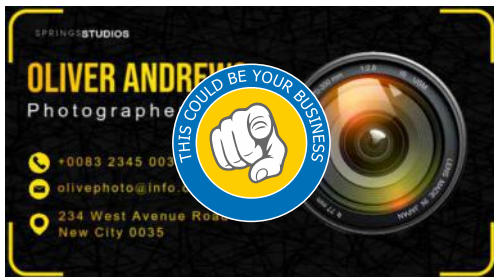
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COMMUNITY MAGAZINE

April 2026
Issue No. 1



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Deadline for bookings - 23rd APRIL 2026

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