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CONTENTS

JANUARY 2024

Every



Drop

Counts

FOOD

TRAVEL

LEARN



HOME

FUN

TECH

SHOWS

SPORT



As with all our magazines, our table of contents allows you to click through to the article directly and because its digital there are no page numbers. All phone numbers, email and websites are linked.



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**SAVE WATER
SAVE THE WORLD**
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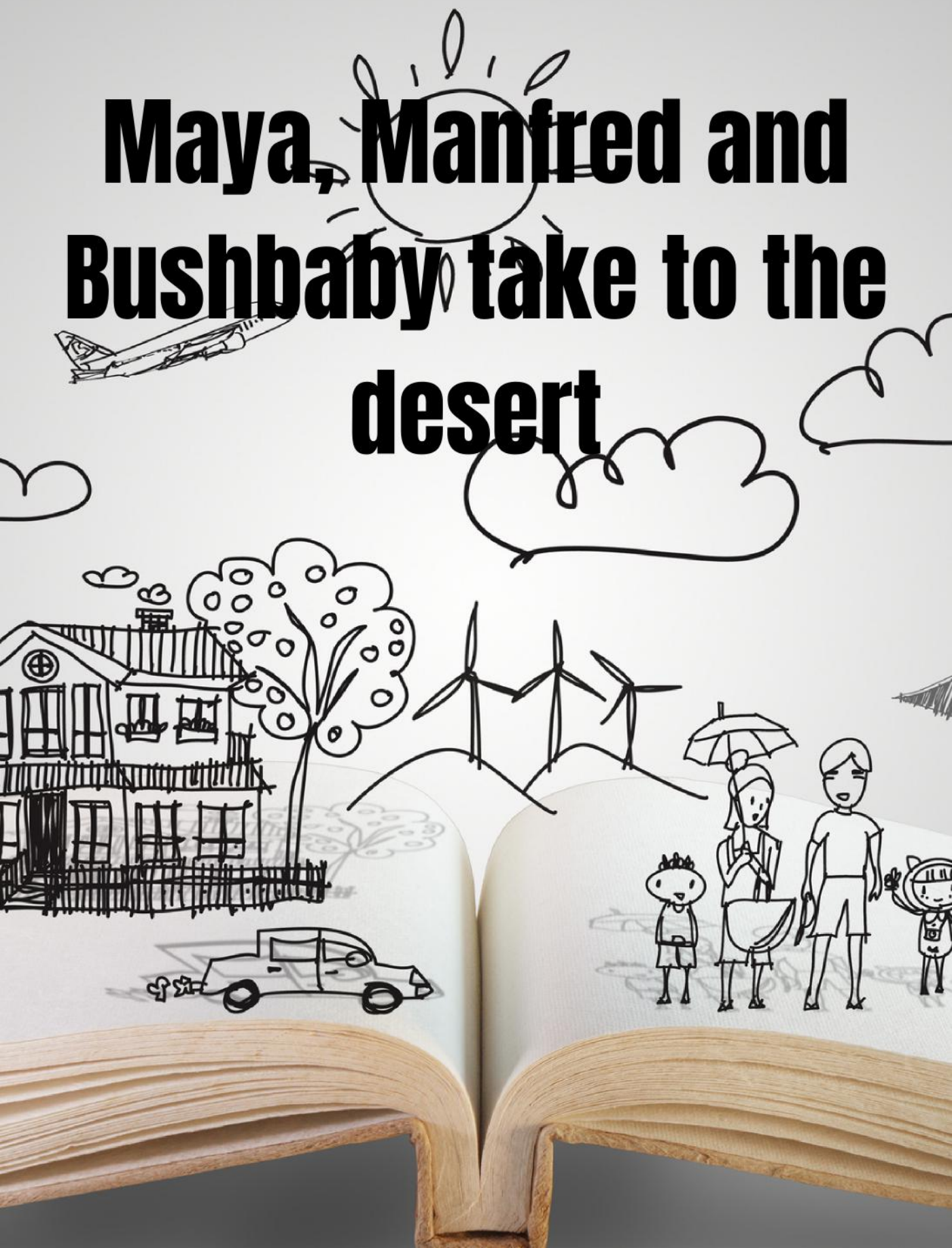
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Feature Story

Maya, Manfred and
Bushbaby take to the
desert





THIS IS THE STORY OF MANFRED AND MAYA (AND THEIR UNIQUE BUSH BABY)

I met Maya and Manfred in front of the evening bonfire at Bonamanzi. I was captivated by Manfreds beautiful photographs and Maya's story of translates wildlife stories into German for children. To introduce them, they retired early, sold their home in Switzerland and built their Bushbaby, designed to take them across Africa.... Over the next few issues of Touch of the wild, we follow their journey as they zigzag across Africa

Happiness means creating and seizing opportunities

We have both been traveling together for 20 years now and have followed the above motto. We have worked for our happiness, both at work and in our free time, and we still do. Until the end of March 2023, we were involved in working life - Maya since her early retirement in 2020 at least temporarily and Manfred with a reduced workload.

We were and are lucky enough to have children and dogs; they have helped determine and enriched our lives. Maya has three adult sons and a great-granddaughter, Manfred always worked with protection dogs that lived in the family.

We have traveled together for many years because our curiosity knows no bounds. What started as an organized short trip to an Egyptian resort has now become our everyday life: being out and about, experiencing new things, enjoying the sun, water, earth and wind as well as the culture, food and drink of other countries, with open eyes and ears go through the world. We prefer being alone and wild nature to cities and crowds and love the wildlife that captivates us.



Our countless short trips around the world and different continents as well as our volunteer work in various areas, with people and animals, have ultimately shown us the direction and our skills and favorite activities complement our desire to travel. At the beginning of 2023 we sold our dream homes in the canton of Zug, and since then we have limited ourselves to a few motorized square meters of interior space and the huge garden that every environment offers us. Letting go of our usual home freed our hands to take the wheel and experience the whole world as home. In Bushbaby or the many tourist accommodations that are available everywhere - even at home. Without any rush and with as much time as we want to spend in one place.

Since February 2023 we have been traveling in Southern Africa with Bushbaby, our dream vehicle built for us, renewing beautiful memories and experiencing and exploring new things. Manfred captures this in photos while I write (diary), translate and make sure that my books get distributed to people for a good cause.

**AS TOLD BY MAYA ON THEIR WEBSITE WWW.BUSHBABY.INFO
(CATCH THE INTERVIEW ON YOUTUBE AND PODCAST ICONS BELOW)**



#1

THE CREATION AND BIRTH OF THE BUSHBABY....



I was born in Japan in 2018, as a Toyota pick-up with a two-seater cabin, model GRJ 79. After a stopover in the Middle East, I was brought to the workshop of the company "Extrem Fahrzeug" in Schwenningen, Germany.



Based on their experiences with rental vehicles with roof tents in southern Africa, Manfred and Maya had already given a lot of thought to what would become of me and communicated this to the experts at Extrem. So they combined their knowledge with the ideas of Manfred and Maya and developed a homely space miracle in which you can live comfortably when the weather demands it and, above all, spend time outdoors easily and comfortably. The first destination should be southern Africa, where in many places you can't buy everything around the corner and therefore need a lot of cooling and storage space. By the way, I was named Bushbaby because these little African animals are small, fast and pretty and can move quickly anywhere - as I am supposed to do in a wide variety of landscapes. And of course because Manfred and Maya love bush babies.





In place of my loading area, a living cabin made of insulated aluminum sandwich was installed, with a roof tent running the entire length over the driver's cabin, a roof window, side windows, a door at the rear and some flaps to make everyday life easier. The cabin width is divided into three parts: kitchen and bench, with the aisle in between. There is a 100 liter water tank, a boiler, an auxiliary heater and lithium batteries that store the solar energy from the three panels so that we can charge and use our devices.

My V6 engine drinks from two tanks that hold 90 and 105 liters of gasoline respectively. I need between 16 to 20 liters per hundred kilometers, of course depending on how I drive and how I drive. Of course, I have four-wheel drive that can be switched on manually, a gear reduction and a differential lock so that I can get through rough terrain. However, my height (2.65m, with roof box approx. 3m) is the biggest obstacle, or at least causes the most fears.

Since everything wasn't technically perfect, the "vehicle upgraders" in Neuheim/Switzerland upgraded and improved it. So today everything works perfectly and a socket allows you to work outside - as we all know, it gets dark very early in southern Africa. On my roof and the former bike rack there are three huge boxes attached to lashing rails in which tents, spare canisters, snorkeling gear and everything that is not used so often is stowed away.

I am particularly proud of my inner life. The cabinets, made of the finest quality wood, have folded doors so that no (or at least very little) dust gets in. A bench hides a huge material box, the batteries and the emergency toilet (portapotti with bag principle). Thanks to an additional open storage space, it not only allows you to sit comfortably but also offers an emergency shelter, just like the floor on which you can make a bed with mats if the roof tent has to remain closed exceptionally for weather or safety reasons. The drawer with two separate refrigerators can be used to freeze or cool according to your needs.

Thanks to cupboards and drawers we can carry a huge amount of household items and clothes, games, books and whatever else we need. A small pull-out table allows you to work or eat inside. Of course, you can also illuminate the living room with numerous lights and there are enough sockets and USB ports.

The bed on a board with a ship's mattress can be lifted up to the tent when the tent is opened, which takes about two minutes and is always the first thing to do in a new place, so that the entire interior offers standing height.

One of the most brilliant things about me are the outside flaps. For example, they make it possible to remove the table and chairs when the tent is unopened, to store workshop equipment for my maintenance or for small breakdowns, and to store the kitchen. This can be accessed both from inside and outside. The two-flame gas stove is attached to the flap on the outside, so that cooking can be done with little effort - connecting the gas hose to the bottle hanging outside.

To improve the comfort and to ensure vital mosquito protection, Manfred and Maya have a mosquito tent with them and a tarp, a fine sheet, can be pulled into a rail on both sides of me so that I can sit under it in the shade.

Manfred and Maya are thrilled to be traveling with me and are very, very proud of me and of the implementation of their ideas!



Part 2 - Their Journey to Africa (Next edition of Touch of the Wild
www.bushbaby.info



www.manfredsuter.com



THE DESERT IS ALIVE

Our journey takes us westwards and the first thing we notice is the vastness and emptiness through which we drive hundreds of kilometers to the Barberspan Bird Sanctuary. We love this place, even though the campsite only consists of a meadow and we are allowed to use a toilet and a bathtub in a house instead of the dilapidated sanitary facilities - we once again prefer our outdoor shower. The salty pan is well filled and we process the experiences of Uganda next to it and go on game drives, where, among other things, we also see herds of the rare white-tailed wildebeest. Above all, we are enjoying being out and about again at our own pace - and eating and drinking less 😊

with Manfred, Maya and Bushbaby



Encounters on the South African side

The 3.8 million hectares (practically the same size as Switzerland!) Kgalagadi (pronounced Kchalachadi), right on the Namibian border, is officially called 'Kgalagadi Transfrontier National Park' and brings together the former 'Gemsbok Parks' of South Africa and Botswana under one cross-border border management together. The South African side is characterized by the two dry riverbeds of Auob and Nossob, along which the main gravel roads lead. This is the greenest place in terms of groundwater and because some water holes were drilled for strategic reasons during the First World War. These formed the basis for the existence of a sizeable animal population, which ultimately led to the founding of the national park in 1932. Even during the rainy season there is great heat and dryness here, which is why many antelopes, small animals such as meerkats and squirrels, birds of prey, snakes and lizards and also big cats live near the water. So it's not a Big Five Park, there are no elephants, rhinos or buffalos and also no zebras. The resident animals are used to tourists' cars and the clicking of cameras and can be found at the waterholes early in the morning and sometimes towards evening. Big cats in particular like to move on the streets, which create desirable, thorn-free paths and places to lie down for them.



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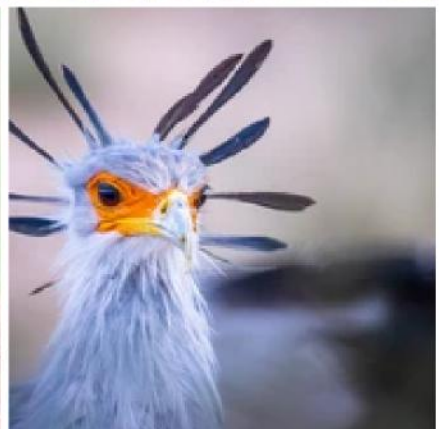
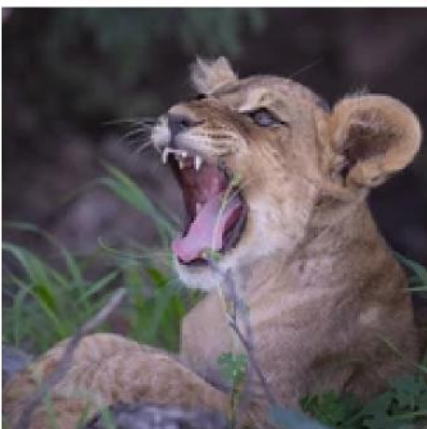
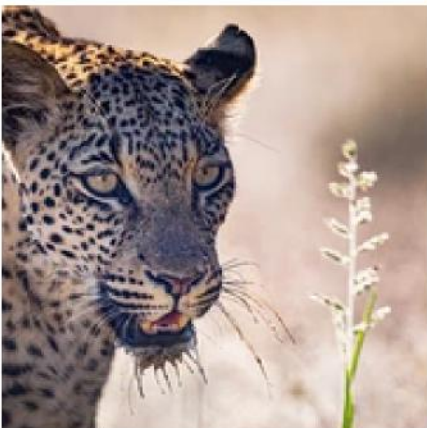
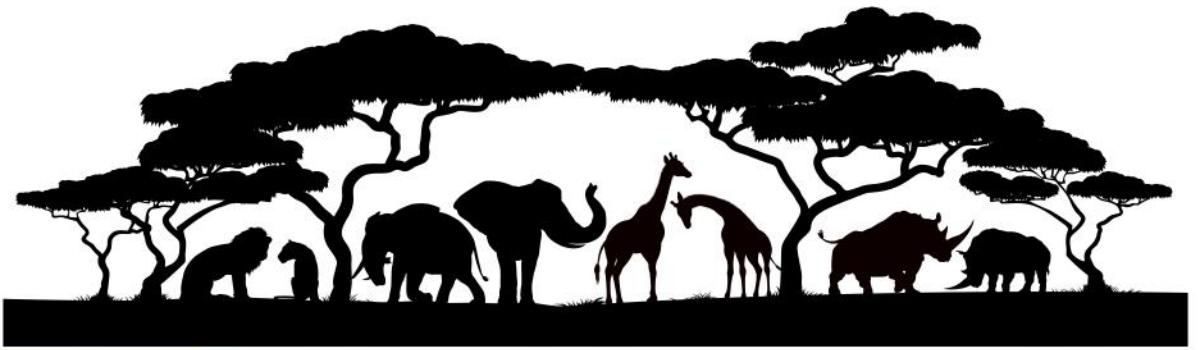
Heat and warmth of heart

The thermometer often climbs above forty degrees, so people and animals move around early in the morning (at the moment you can leave the camp from sunrise at 6 a.m. to sunset at 7:30 p.m.), but during the day they seek shade under trees and enjoy the almost constant wind. It's nice that the temperatures usually drop to a bearable level at night; we rarely even find it cool. Since the road network and the number of camps are very limited, you soon meet and know each other, standing together at the sightings and exchanging ideas. So we meet exciting people everywhere and hear their stories, such as René and Etelvina from Friborg with their Alpine elevator mobile, Michi and Nadine, the Swiss who spend part of their vacation here, Ruan and Lissandra, bird nuts and farm managers from Komatipoort near the Kruger Park, Michele and Norbert, from Cologne, who, like us, has sold everything and has been traveling in her own car for almost two years, but now has to go back because Michele has to go back to work. We also get exciting information from Claudia and Martin, who take photos for National Geographic and spend months in the park, as well as from Heinz and Nadja, the people of Zurich, who took a three-month break and just wanted to say hello quickly and then spend a few hours with us at the table sit because we all enjoy chatting and being together. From all these encounters we take away much more than tips for great campsites...



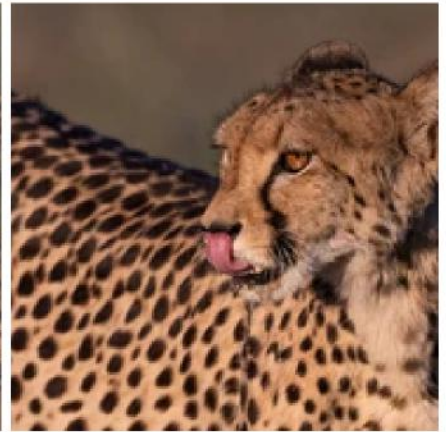
A landscape that touches the heart

The landscape here is characterized by the two river valleys and the dunes in between. In addition to the animals - we discover at least one big cat every day! - it is simply the beauty of the green spaces, the red, yellow, gray and beige sand and the wind-swaying silvery grass interspersed with dark green trees that we like so much. Even if we don't see any animals, it's always exciting, varied and there's something to see. The hours before sunrise and after sunset are particularly impressive here, because the play of colors is simply breathtaking, especially when small, white clouds hang in the sky or thunder and rain clouds pile up.



Botswana side: Simple, wild and harsh

There is a campsite in both countries at the south gate of the park. In South Africa 'Twee Rivieren' with great infrastructure, wonderful coffee milkshakes and a very busy campsite, on the Botswana side 'Two Rivers' with four sites, a broken sanitary facility and a lot of peace and quiet. We enjoy both resorts at different times, preferring the peace and darkness of Two Rivers for sleeping. After a few nights in the fenced-in, busy camps of South Africa (Mata-Mata and Nossob), we complete the border formalities for Bushbaby and ourselves at the Twee Rivieren headquarters and take the rough sand and corrugated iron road to the east. Luckily it's a few degrees cooler and our main tank, which went on strike at times and caused us quite a bit of concern, is working perfectly again - tomorrow anyway, so we can now say we have a morning and an afternoon tank.



On the crossing over dunes and through depressions, which shakes and sways, rocks and sways despite minimal tire pressure, into the Mabuasehube region of the park, on the Botswana side, we spend a night in Matopi, around a hundred kilometers away from any civilization on either side.

In the Mabuasehube area, the area is flat and characterized by salt pans, large, round, slightly lower-lying areas with saline soil that the rain temporarily fills with water. The camps are simple, meaning there is nothing at all, an outhouse or a basic shower and tap and often an open wooden roof for shade. Despite the high prices, the places in Botswana are run down and of course not fenced in. This means that animals, especially cats, can run through the middle of the camp, and we often hear about them lying down to sleep under the shade houses or even under vehicles - something we have experienced ourselves on previous trips. The pride of over ten lions, which we can observe up close at the first campsite, does not inspire fear in us, but it does inspire great respect, which can't hurt.



· Manfred's photos: www.manfredsuter.com

· Our daily diary (if internet available): Polarstep/My Bushbaby app



Thunderstorms and rain

While the mood for both of us is pretty good and peaceful, apart from a few small thunderstorms, cauliflower clouds often build up into high but very local thunderstorm towers in the evening. On many evenings, when we lie down early in our roof tent with the panoramic windows, we can watch the Milky Way and lightning in the distance. Manfred always wishes for a thunderstorm so that he can photograph lightning again and this wish comes true in Lefika, where we stand on the edge of the pan. The wind shakes Bushbaby and it ducks its head, so we close the roof for safety reasons, but the lightning is not so dramatic that Manfred cannot climb onto the lion-proof roof and go hunting for lightning from there. The next evening it will be even more gigantic, because the place offers 360 degree visibility and we are surrounded by thunderstorm cells, so that the lightning hunter is in seventh heaven.



Time to live what you dreamed of

Although for many the landscape seems desolate and one can probably get enough of it, it is exactly this landscape and this quiet, contemplative life that we have always imagined over the last few years. Not just driving, but also sitting and enjoying, not always looking for the animals, but also experiencing them visiting us in the camp, simply taking in the silence, beauty and seclusion without having to go to the next place. We still feel like our days are flying by. We can't get enough of the Kgalagadi and the only limit is the fuel tank. We carry three canisters of gasoline in the roof box, but the deep sandy roads and the slow driving with frequent gear changes - third gear is rarely used - cause our fuel supplies to dwindle quickly and the distances back to the civilized world are long and must be taken into account. The water and food supplies would last for some time, as we have converted one of our two refrigerators into a freezer and even meat for a longer period of time.



Bye bye Kgalagadi

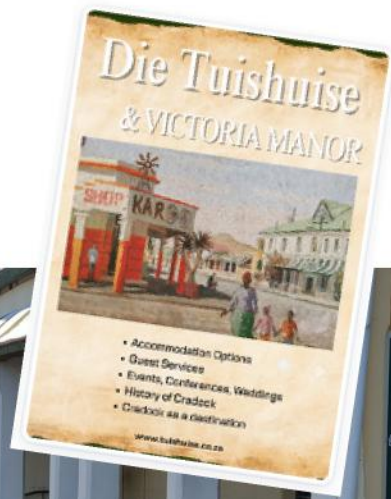
After our last booked night we drive south to Tshabong in Botswana to fill our tanks. At the gate we hope to be able to book a few more nights in the Mpayathutlwa pan, which we liked best because there is water and a lot of animals there. The officer waves us off, another provider is responsible there and we have to contact them. This is difficult without a network, so we will postpone it until later when we have internet at the campsite in Tshabong. Before that, there were around 100 km waiting for us, which we would drive back. However, this route is worse than any other, deep sand, old asphalt and clay roads alternate and our poor bush baby has to endure a lot once again. When increasing the tire pressure, we have problems with the compressor hose, so we no longer dare to release air. Finally, we can fill up in Tshabong, fill up with air, get Pula (the Botswana currency, the same word as rain) and spend two nights here, during which we can also plan further - although it is practically impossible to escape the heat, because it seems to have the entire larger region under control for the time being.



TRAVEL

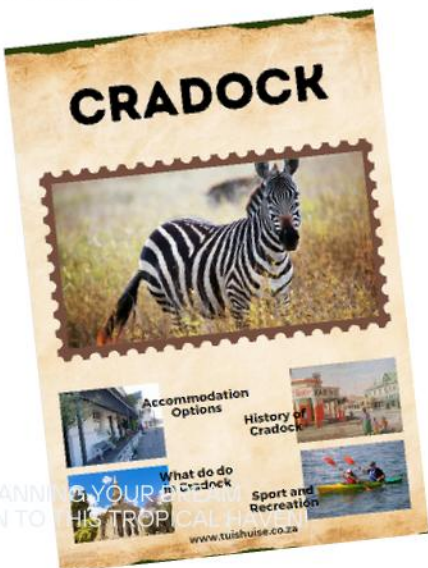


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It was time to catch up on cruising! Having cruised on the Mediterranean and done several trips with MSC on the South African coast line, it was time to do another one as the Splendida was returning to Europe to make way for a newly refurbished MSC Musica - the MSC Musica had visited our shores before and always had great reviews.

We were a group travelling together and to make it easier on us all, we booked our flights from the different parts of South Africa to arrive roughly the same time and then to meet at the Mugg and Bean for breakfast. I must say totally impressed with that idea and the service and food was superb. I am not one to enjoy the “food chain” options but in this case, King Shaka Durban, with their had limited choices., this was a good one.

We were met by the Cruises transfer company, Cruising South Africa, with ice cold water and a clear blue sky. The coaches were well kept and so far our excitement was tangible as we were about to leave our troubles behind for a few days. No internet, no wifi and preferably no issues at home or at the office.

I expected chaos at the port terminal as loading maybe 3000-4000 people of all ages, shapes and sizes would be challenging but luckily MSC had arranged all their “hands on deck” as it were and no shortage of assistance or people willing to assist.

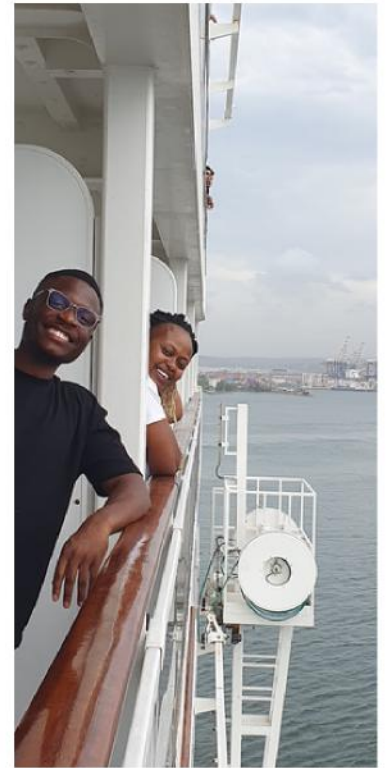
We booked balcony cabins because after all, unlike Europe, we can't get off every day in a different dock, so we upgraded to balcony cabins to enjoy the view whilst being a bit private too.

There is always that bubble of excitement when I get to go on a holiday whether short or long and the sight the ship was just breathtaking. To think I was going to spend a few days floating around the Indian Ocean with newly found friends and generally enjoying the services of the Splendida for which there have been some mixed reviews.

I couldn't believe there were still people bringing food on board and fighting with security as to why they couldn't bring it along. One elderly couple eventually decided that the security guard was asking for the food because he was hungry and needed to feed his family. No amount of protesting on his side, could convince this couple that its just about rules and regulations and not because he or his family needed to be fed. I watched that for a while as it was hugely entertaining but then had to move as the queue was moving. Assistance for disabled passengers was available as was for large groups. The queue moved relatively quickly although I must say, there could be some refreshments or advice to bring refreshments because the wait to board could be as long as 2 to 3 hours while you move from baggage, to customs to checkin and get your cruise card.

We finally made it on board and into our beautiful cabins.

Hint: Before boarding a cruise, always check the packages, the upgrades and what facilities are on board. Scour the menus and opening times of the speciality restaurants. We booked the Fantastica package and booked our packages for drinks and excursions before hand. Great discounts for planning! Visit this link for a layout and information on the Splendida. It was really useful for us.



[CLICK HERE](#) 



My balcony, although small, was an absolute delight. Watching the port disappear as we left for our 3 day journey to there and back (as my father would say, to see how far it is) I saw the helicopter come to fetch the pilot once we cleared the narrow port. And before you knew it, we were on our way!



To book the right cabin

CLICK HERE 

After the departure from the terminal, we showered and got ready for a fun evening. The group met at the Butchers Cut, one of the speciality restaurants on board. Hard to choose what would be good but eventually settled on a glass of Zandfliet Shiraz (I have a thing about ordering wine or drinks whose names I can't pronounce and SA Wines are always a win!) I ordered bone marrow starters, lamb chops and mac and cheese as a side finished off with strawberry cheesecake. Loved the bonemarrow and lamb chops which although quite fatty was juicy and palatable. Cheese cake a bit disappointing and mac and cheese not as expected. Plan was to visit the Theatre after dinner but we were enjoying the company so much and with everyone off their mobile phones, it was awesome to have uninterrupted conversation! The rest of the group disappeared off to the various night club offerings and I decided my cabin needed me....

Bed was welcome and had a fun time finding a channel besides safety (it's a new thing. No longer do we cluster on deck elbowing your way to stand to attention listening to a safety briefing by a crew member holding a megaphone and trying to find the right size life jacket... no its all changed. You have to clear the decks, head to your cabin, watch a video, then call a number on the cabin phone and rush to another floor to have your card acknowledged. You are now trained for an emergency).



**To find the right speciality
restaurant package for your cruise**

CLICK HERE 

The morning started early with the sun streaming through the glass doors. I thought a breakfast on my teeny tiny balcony was a must. Told to order no earlier than 7:30am I picked up the phone and ordered a continental basket with coffee. It arrived 20 minutes later. Piping hot basket of muffin and croissants together with corn flakes, yogurt and coffee. Coffee a bit sludgy but that's something I expect when you try to serve 4500 people so no surprises there. But the rest was delightful. Dived into my mini bar but resisted the urge to drink so early! Just grabbed a mango juice and added it to the orange juice. The mini bar was in our package so it's a real spoil for me. Normally it's taped and sealed and nailed closed as the cost is more than the mortgage on our previous house !

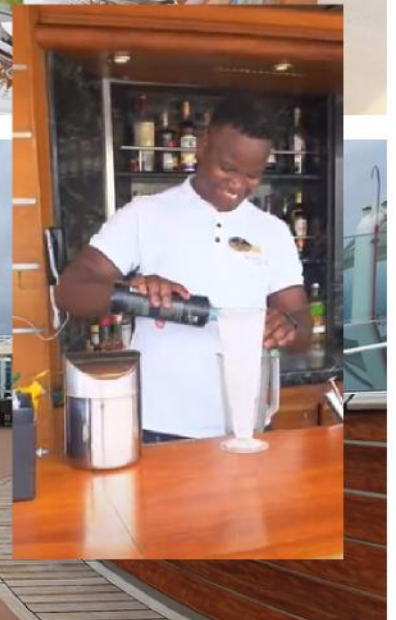
Dressed, showered and off to do an inspection on the ship. Booked my pedicure for tomorrow as we have a spa package included and I swapped mine. Beautiful spa and with a thermal hour included. I might do that if it starts to rain!



Formula 1 simulator, Kids Lego room, super tube for everyone and a 4D cinema. I had booked the theatre for the evening at 9pm and Bingo to follow. Sadly casino was out of reach as my card would probably refuse ... but I could always gamble in Rands back in SA as this was in Dollars. Lunch was interesting at one of the seated restaurants - Reggio.

Cruise ships the world over, hire people from all countries and all backgrounds. It does mean though, that sometimes being understood can take a bit of patience. Mostly their roles determine how much English is required and I was delighted to see how many countries in Africa were represented. From Kenya to South Africa. Just wonderful to see.. Not the most amazing fish and chips I've ever had, but quite palatable. The glass of red wine was just right and a South African KWV Merlot. This time I had a wonderful South African waitress whose smile lit up the toom and I think the ship. She is will definitely feature in our magazine.

In the afternoon I was invited to visit the exclusive Yacht Club area of the ship. Snacks served with cocktails and pina coladas. 2 Jacuzzi's and a warm pool with loungers and the best view on the Ship. While the crowds huddled around the buffets and the pool where myself and Keith (the current husband) normally hang out, we were at the top of the ship. I think my next booking is at the Yacht Club.



Time came to change and get ready for dinner in the Japanese restaurant where the sushi was fresh and we had food with names we couldn't pronounce. But overall a delightful meal. We then decided to explore the night life on the ship. And in the Aft bar was a private event with rugby players and Nadine singing as well as one guy whose name escaped me. But the sokkie dancing was fun to watch and it ended up being a late night.



The final day on the ship I woke up to a stormy sea. But it was beautiful to have breakfast on my balcony before heading off to Interview the Cruise Director and the Events Co Ordinator about the ship and the workings that make it an amazing place to be. It was good to have other journalists in the room as we all were able to ask questions and have differing points of view.

then made my way to lunch at the yacht club upstairs to sample the offering for Yacht Club Passengers . A quick lunch and the lamb curry (Rogan Josh) was fabulous, never mind the starters of Parmalat ham and mozzarella balls. The afternoon flew as I spent 2 hours having my nails done and a pedicure I could come back for. My therapist, Judith Luvuno Kiti, was from Kenya and we laughed our way through many African tales.

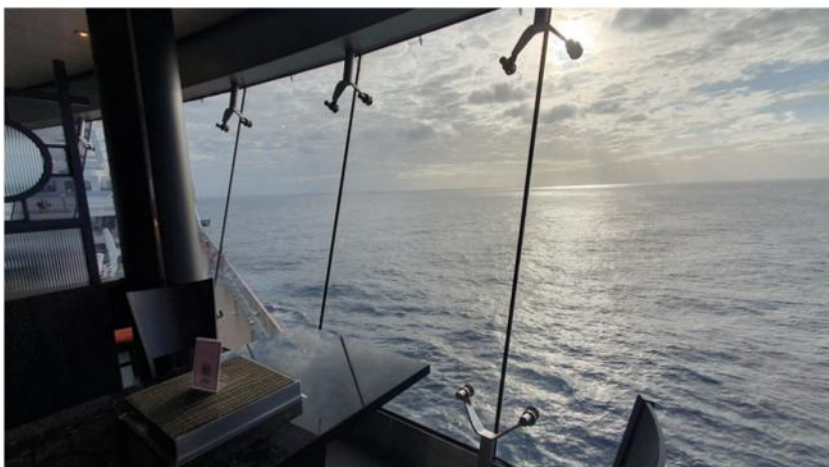


I found the perfect spot for me...the Ferrari formula 1 experience and 4D theatre. Flipping loved those two. Could have been my best experience on the boat. Driving that car in 3D mode I would have beaten Verstappen anytime!

On the last day I woke to the port being back outside my windows. Due to the timing and getting the shuttle back to the airport, I chose to have breakfast at the buffet. Nice to have bacon and eggs and pancakes and steaming hot coffee. The choices were endless. The group met up in the lounge as we chose to check out the night before to make the exit process a bit simpler.

Yup it was time to disembark and go home. But that's okay I decided I would be back. It was my 5th cruise and won't be my last. Having travelled the Princess Ruby in the Med to the MSC Symphony in South Africa in 1996, its still one of my favourite holidays. Cruises are great for singles, couples or groups of all ages. I've spent a fair amount of time on my own this trip and loved it. Spent time with the group too when I needed or wanted to. And Keith and I have always loved travelling on cruises as a couple.





Cruising could save your relationship

Life has a habit of catching up with us. And in terms of our daily lives, we rush to get kids to school, feed pets and family alike, work done and dusted before collapsing into bed. Weekends are filled with visiting, shopping, and much more. Cruising is a great way to take time out as Wifi and internet are both exceptionally expensive as they utilize satellite tours. So except for using your phone to take photos, put it away and enjoy the time away. Take time out to dance the night away, have breakfast in bed, read, talk, book time on the Solarium Sundeck as you don't have to watch the kids





Khulani Kumalo, Event Co-Ordinator and Kevin Crawford, Cruise Director share life on board for both the crew and the passengers aboard the MSC Splendida

Its great for retired couples

Retired does not mean dead. Funny how people think that when you retire, its time to just sit and wait for the sunset. Well on a cruise you can walk around the deck, enjoy the Solarium, watch the 4D cinema as many times as you like, drive like a mad man in the Ferrari experience and while away the hours making friends and drinking cocktails. Use the time off the ship to book into game lodges and other places in and around the ports whether Cape Town or Durban. It's a great excuse to chill.

Singles, groups and other reasons to cruise

What a lovely way to spend a weekend with a group where you can either do things on your own or with a group of friends or family.








Returning South Africans from the UK can book with their families and friends due to there being different prices and affordability. Getting to see everyone at the same time before heading off on a family holiday, makes life so much easier. The kids and their cousins can play together while the adults catch up on how things are going on both sides of the pond. Treating the local family to a night at a speciality restaurant or a lunch is affordable with the current Dollar to Rand rate.

Bridal parties where the girls and guys can party all night long and recover from hangovers late into the morning, is a great way to slide from being single into being married and responsible. School friends, work friends and even small conferences where partners have something to do while their partners are working. Business facilities are available throughout the ship.

Do's and Don'ts



DO'S

-  Book Early and if you can afford it, book a balcony cabin, great for child time
-  Pay for on board packages before hand
-  Book as a group its much more fun and use speciality restaurants for breakfast, it costs the same as a Wimpy Breakfast
-  If you taking kids take family so there is always someone keeping an eye on the little ones
-  Stick to your boarding time that is given to you. Saves hours of waiting in a queue
-  Tell those at home you are travelling, internet and airtime is very expensive. Its Satellite
-  Put limits on your cards and your childrens and anyone travelling with you. You could face an unexpected bill at the end. Do check your bill often at the accounting stands all over the ship

DONT'S

-  Don't let your bill get out of hand. Buy packages up front. It controls your spending
-  Don't forget the sunscreen
-  Don't lose sight of your child.
-  Don't book just for the excursions. sometimes the weather doesn't play nice
-  Don't hog sun beds, its not fair to your fellow travellers
-  Don't wait until the end of the cruise to explore the ship. Do it on arrival! Then you won't miss anything
-  Don't forget your passport, you are leaving the country!
-  Don't leave a disabled friend or family behind. The ship is designed for universal access
-  Don't spend your days at the buffet. Enjoy the cruise and eat normally.
-  Lastly don't worry about feeling sea sick. Those ships are so huge you don't even know they are sailing.

freebird club

FREEBIRD CLUB IS A SOCIAL TRAVEL & HOMESTAY CLUB FOR THE OVER 50S. IT ENABLES AND EMPOWERS ITS MEMBERS TO TRAVEL, CONNECT, MEET, AND STAY WITH EACH OTHER, AS PART OF A TRUSTED OVER 50S COMMUNITY.

Through Freebird's platform, members planning a trip can connect with like-minded locals in desired destinations for

Travel tips & recommendations

Meet-ups to do local things together

Accommodation via homestays. Freebird offers an accessible new mode of travelling for older adults (especially if solo), a fun way to meet and enjoy social & cultural interaction at home and away, and a means to unlock value in their homes and earn income in later life.

Freebird is a unique mix of travel-based social network, companionship site and homesharing platform, customised exclusively for mature adults.



**Next issue we cover
more about this great
travel club!**

WWW.FREEBIRDCLUB.COM

FREE BIRD CLUB

Remember the days when travel was simple and safe. Here at the Freebird Club we have reconnected those days! For the retired traveller.....



How it works....

It all starts by becoming a member. To join, you must complete your profile, describing yourself and your interests, and pay a modest membership fee. Once your registration is approved by one of our team, you can start to connect with like-minded members, whether you're interested in travelling yourself, or helping other travellers to get the most from your own local area.

www.freebirdclub.com

Home Stays

Homestays are where Freebird members open their homes to host fellow members for a nightly rate. Becoming a Freebird host means you can rent spare rooms on our site to friendly like-minded travellers in the over 50s demographic. You can earn money on the side and share authentic social & cultural experiences - Freebird style!



We have a dedicated Facebook Group as an extension to your membership where Freebird members share, engage and exchange further.



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THEATRE

s t a g e



WHAT'S ON ENTERTAINMENT



**MAMMA MIA * ALAN COMMITTIE
ANDRE THE HYPNOTIST**

MAMMA MIA!



MAMMA MIA! IT'S THE HOTTEST TICKET IN TOWN THE NEW LOOK GUARANTEED FEEL-GOOD MUSICAL

The new look production of MAMMA MIA! now on at Cape Town's Artscape Theatre Centre until Sunday, 07 April 2024, recently opened to rave reviews and standing ovations at every performance. The show moves to Montecasino's Teatro, Johannesburg opening on Friday, 12 April and running until end May 2024. Tickets are selling fast. Book now at www.showtime.co.za and www.ticketmaster.co.za



Featuring a full South African cast, crew and band headed by the Award-winning South African creative team MAMMA MIA! combines the finest talent this country has to offer both on and off stage. Critics are raving. “The extended standing ovation was a testament to the audience’s sheer delight” says Cape Town This Month while Janine Smith posted on Facebook, “You don't have to be an ABBA fan to be enthralled by this world-class show.” Robyn Cohen of Cape Robyn best sums up the accolades and salutations with her online review: “This production of MAMMA MIA! South Africa is a winner.”

Produced by leading SA promoter Showtime Management, this major international “guaranteed feel-good musical” features the timeless ABBA songs composed by Benny Andersson and Björn Ulvaeus, including Knowing me, Knowing You; Dancing Queen; I have a Dream; Voulez Vous and many more.

Written by Catherine Johnson, MAMMA MIA! is the enchanting tale of family and friendship that unfolds on a Greek island paradise. “Lay All Your Love on Me!” On the evening of her wedding, daughter and bride-to-be Sophie invites three men from her mother’s past back to the island they visited 20 years ago in the hope of discovering which one is her father. “Does Your Mother Know?” MAMMA MIA! is a story of love laughter and friendship – it’s a wedding, it’s a party. Come celebrate with the ultimate guaranteed feel-good musical. “I Do, I Do, I Do!”

MAMMA MIA! is timeless. The production has been seen by more than 65 million people in 50 countries around the globe since 1999. The loveable characters; the popular songs and the laughable quips are the same but, with a fresh new look by our proudly South African creative team. MAMMA MIA! is a great family outing, a guaranteed feel-good show. “Thank you for the music.”

MAMMA MIA! is musical entertainment for the whole family with a broad appeal to audiences of all ages. Book now www.showtime.co.za or Ticketmaster.co.za Ticketmaster is the ONLY official exclusive ticketing agent and tickets should not be purchased from any other supplier/outlets. #mammamiaSA

AJABU

COCKTAIL & SPIRITS FESTIVAL
CONNECT | COLLABORATE | CREATE

Welcome to AJABU Cocktail and Spirits Festival. Mark Talbot Holmes and Colin Asare Appiah would like to invite you to Celebrate at The Ajabu Cocktail Festival, in Joburg on Tuesday and Wednesday March 12th and 13th and in Cape Town on Friday and Saturday March 15th and 16th.

Over these days, 12 of the world's most respected bartenders from several of the world's best bars will be doing pop-ups. They include Naren Young from Sweet Liberty in Miami, Hero from Nairobi, Princess and Kapri from Allegory in Washington (as featured on Drink Masters) and bartenders from Trailer Happiness in London, Front Back in Ghana, No 19 in Accra and Herbs and Rye in Las Vegas. Monica Berg, Ian Burrell and Charlotte Voisey will be special guests at the events as well.

The Ajabu Festival is all about Connecting, Collaborating and Creating, and the best of the global bars will be collaborating with the best of the local bars to create amazing cocktails that celebrate the incredible diversity of talent and ingredients in South Africa.

The Bars In JHB

- Smoking Kills
- Sin and Tax
- A Streetcar named Desire
- Bench Warmers
- Saigon Suzi
- Saint

Joburg Tickets



The Bars In CPT

- Cause and Effect V&A
- The Drinkery
- Talking to Strangers
- The House of Machines
- Tjing Tjing
- Fable

Cape Town Tickets



GET YOUR TICKETS

Joburg Tickets

Cape Town Tickets

JOHANNESBURG

CAPE TOWN

10–13 March 2024
*18–20 November 2024

14–17 March 2024
*20–23 November 2024

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GLOUCESTER
PRODUCTIONS
PRESENTS

ALAN
COMMITTIE
IN

PETER SHAFFER'S
AMADEUS

DIRECTED BY
**GEOFFREY
HYLAND**

8 MARCH - 7 APRIL

PIETER TOERIEN'S
MONTECASINO THEATRE

PRESENTED BY ARRANGEMENT WITH CONCORD THEATRICALS LTD. ON BEHALF OF SAMUEL FRENCH LTD

web tickets

Amadeus runs at Pieter Toerien's Montecasino Theatre from Friday, 8th March to Sunday, 7th April.

Performances are Wednesdays – Fridays at 19h30, Saturdays at 15h00 & 19h30 and Sundays at 15h00. Ticket prices range from R180 – R300 and bookings are via Webtickets, selected Pick 'n Pay Outlets or by calling the theatre box office on 011 511 1988.

Discounts for Students and Senior Citizens apply.

Group Bookings and group discounts can be arranged with Geraldine by contacting her at geraldine@montetheatre.co.za or by calling

011 511 1988. The duration of the show is 2 hours plus an interval, and has a recommended Age Restriction of PG12.

Gloucester Productions is thrilled to present a 2024 staging of Peter Schaffer's gripping classic play Amadeus, starring Alan Committie as Salieri.

This powerful, thrilling story about passion, jealousy and vengeance debuts in Johannesburg at Pieter Toerien's Montecasino Theatre from 8th March – 7th April, before transferring to Cape Town at Theatre on the Bay from 12th April – 18th May.

This Tony award-winning play was first staged in 1979 and has had numerous productions presented all over the world since then, including a staging at the Alhambra Theatre in Joburg in 1981. An Oscar award winning movie followed in 1984.

All the elements are present for an unforgettable theatrical experience: suspense, comedy, rousing music and intriguing characters.

In the court of the Austrian Emperor Joseph II, Antonio Salieri is the established composer. Enter the greatest musical symphonist of all time: Wolfgang Amadeus Mozart.

Salieri has given himself to God so that he might realize his sole ambition; to be a great melodist. Mozart, however, is a foul-mouthed, obnoxious oaf who has that which is beyond Salieri's envious grasp: Genius.

This is Salieri's passionate telling of his act of vengeance in response to Mozart.

Peter Schaffer has given us a riveting, intriguing study of the roots of envy and the haphazard nature of genius.

Amadeus is brimming with gloriously evocative text and soaring snatches of Mozart's music and promises to be a vivid theatrical occasion that's not to be missed.

Award winning director Geoffrey Hyland takes the helm of Amadeus.

His production team includes Illka Louw (costume designer); Tineill Tredoux (costume co-Ordinator); Oliver Hauser (lighting); Nadine Minnaar (scenic elements) and Gideon Lombard (sound design).



**RETURNS WITH A ROCK SYMPHONY!
5-14 APRIL JOBURG THEATRE**



Calling lovers of rock music, fans of Queen and Freddie Mercury and anyone wanting to experience the greatest hits and rock anthems of the legendary band, Queen. Following on from its local and international sold-out concerts in 2023 and early 2024 engagements abroad, the Queen: It's a Kinda Magic tribute show returns to Joburg Theatre - but this time performing for the first time ever with a Rock Symphony Orchestra - in the iconic Mandela Theatre from 5 April to 14 April 2024. Celebrate the new year with a rockin' night out. Tickets on sale at www.joburgtheatre.com

Immerse yourself in the spectacle, grandeur, and energy of the world's greatest rock band accompanied by the multi-talented Rock Symphony Orchestra to make this a special concert experience. Big sound, large screens, crazy lighting, and outlandish costumes... it's a real rock sensory experience! Queen: It's a Kinda Magic is thrilled to be bringing sparkling new costuming and some previously never performed Queen tracks to the stage on this tour, allowing die-hard fans to rock the night away. Relive all your favourite tracks and hits from Queen whilst being treated to some of the rarer tracks, reimagined with care, and performed live on stage.

Showtime Australia proudly introduces the South African musicians Warren Vernon-Driscoll performing lead vocals, guitar and piano live on stage in Freddie's original key; Rusty Red takes on the famous guitar riffs of Brian May with Australians Ben Harper on drums and Zac Coombs on bass guitar.

The Rock Symphony Orchestra is excited to announce star Italian conductor Roberto Molinelli - who has collaborated with such artists as Andrea Bocelli, Sarah Brightman, the Russian Philharmonic and South Africa's own Belinda Davids - performing for the first time ever in South Africa.

Get ready for a night of non-stop rock anthems including We Will Rock You, We Are the Champions, Radio Ga Ga, I Want to Break Free, Somebody to Love, Don't Stop Me Now, Another One Bites the Dust, A Kind of Magic, Bohemian Rhapsody and so many more. "There's no shortage of legendary Queen songs in this tribute show and the strong vocals and powerful stage performance of Warren Vernon-Driscoll and highly talented musicians makes for an enjoyable Queen experience," says Xoliswa Nduneni-Ngema, Chief Executive Officer at Joburg City Theatres. "Joburg Theatre is delighted to offer patrons the unique and exciting combination of rock musicians playing the songs of Queen together with a symphony orchestra in not-to-be-missed performances."

Audiences raved: "It was the most wonderful show and so much fun!" "The Queen evening was explosively great!" After standing ovations in Cape Town and touring Durban over the 2023 festive season, Queen: It's a Kinda Magic returns to South Africa for seven performances only in April 2024 at Joburg Theatre.

Fifty years later, Queen remains as popular as ever, with hit songs like "Bohemian Rhapsody," "We Will Rock You," "We Are the Champions," "Crazy Little Thing Called Love" and "Another One Bites the Dust" still getting airplay across the world. Take a trip down memory lane, indulge your senses, and celebrate the timeless music of Queen! Their songs will live forever, no matter who's playing them. Stomp, stomp, clap! Book now at www.joburgtheatre.com. It's a kinda magic!

SHOW INFORMATION

JOHANNESBURG: Jo'burg Theatre

Friday, 05 April to Sunday, 14 April 2024

10:31

HOW NOW BROWN COW

IN ASSOCIATION WITH

THE MARKET THEATRE

PRESENTS

EXPULSED



A new South African play by
Rosalind Butler



Directed by **Craig Freidmond**



With **Charmaine Weir-Smith,**
Antony Coleman and
introducing **Nicolas Hattingh**



The Market Theatre | 7 - 31 March



Rosalind Butler's new South African play EXPELLED heads to Joburg

**The Market Theatre
7 - 31 March 2024**

Following on from their multi-award winning, highly acclaimed production of *The Beauty Queen of Leenane*, *How Now Brown Cow* is excited to bring a local, topical, powerful, new work to the South African stage.

Expelled is a play about social media's power to connect and its power to destroy. Can a few minutes of bad judgment ruin a life?

Rehearsals are well underway ahead of its South African Premiere in Cape Town at The Baxter Theatre on Wednesday 7 February, running for a limited season until 2 March 2024.

It then transfers to Johannesburg where it'll be on stage at The Mannie Manim Theatre at The Market Theatre from 7th - 31st March 2024.

Expelled is a family drama which focuses on the largely ungoverned world of social media. Alex, a Matric pupil at an elite school, gets caught up in a viral scandal and is suspended. Once shared, lives alter in seconds, what's seen cannot be unseen. The ramifications for his family are profound.

Written by Rosalind Butler, *Expelled* was created out of *How Now Brown Cow*'s script development program, The Writers' Collective during lockdown in 2021.

Directed by Craig Freimond, the cast features Charmaine Weir-Smith and Antony Coleman alongside Nicolas Hattingh. Featuring Graham Hopkins and Amelia Smith, who make up the full cast.

Designs for the production are by Kieran McGregor and Daniel Rutland Manners.

This production is a must see for all high school learners who make use of social media, and for their parents wading through the minefield! - Significant school learner discounts will be on offer via Anthony Ezeoke on AnthonyE@markettheatre or 083 246 4950 at R160 per ticket. For school groups of 10 or more, tickets will be at R100 per learner.

PEOPLES PRODUCTIONS
BY ARRANGEMENT WITH DALRO (PTY) LTD
IN COLLABORATION WITH JOBURG THEATRE
PRESENTS

Disney

MY SON PINOCCHIO JR



MUSIC & LYRICS
STEPHEN SCHWARTZ

BOOK BY
DAVID STERN

"WHEN YOU WISH UPON A STAR"
and "I'VE GOT NO STRINGS"

MUSIC BY LEIGH HARLINE, LYRICS BY NED WASHINGTON
FROM THE WALT DISNEY MOTION PICTURE PINOCCHIO

Produced and directed by
Jill Girard and Keith Smith

Musical Direction by Coenraad Rall
Musical Staging by Sandy Richardson Dyer
Set design by Grant Knottenbelt

12 March - 21 April

Bookings Essential: 011 877 6841 or info@peoples theatre.co.za

**JOBURG
THEATRE**



Produced and Directed by Jill Girard and Keith Smith
Set Design by Grant Knottenbelt
Costumes by Luciano Zuppa
Choreography by Sandy Richardson Dyer
Musical Direction by Coenraad Rall

DISNEY'S MY SON PINOCCHIO

12 MARCH – 21 APRIL 2024

“
Get on over to the Peoples Theatre for the stage adaptation of DISNEY'S MY SON PINOCCHIO JR, on stage from 12 March to 21 April 2024.

You don't need to wish upon a star for the team at the Peoples Theatre to deliver on top tier family entertainment – they are well known for bringing fun and laughter to audiences with their quality children's theatre productions and this is no different for their first instalment of 2024.

This classic Disney story is told from the perspective of toy maker Geppetto, who must journey beyond the toy shop to discover the meaning of family.

My Son Pinocchio Jr features the beloved classic songs 'When You Wish Upon a Star' and 'I've Got No Strings', alongside a host of songs by Oscar- and Grammy award-winner and master melodist Stephen Schwartz, tackling timely issues about what it means to be “the perfect child” – and what it means to be “a real father.”

Pinocchio is one of the finest classic tales of all time. This story is filled with a mixture of magic, suspense, fun and excitement. Pinocchio, the little wooden puppet who after a series of adventures is magically brought to life by The Blue Fairy, must show that he is BRAVE, HONEST and UNSELFISH before he can become a real boy.

My Son Pinocchio Jr is a perfect, dynamic, and magical mix of a heart-warming fairy tale and action-packed adventure. Audiences will love following Pinocchio's journey from an awkward wooden puppet to being turned into a real live boy by The Blue Fairy.

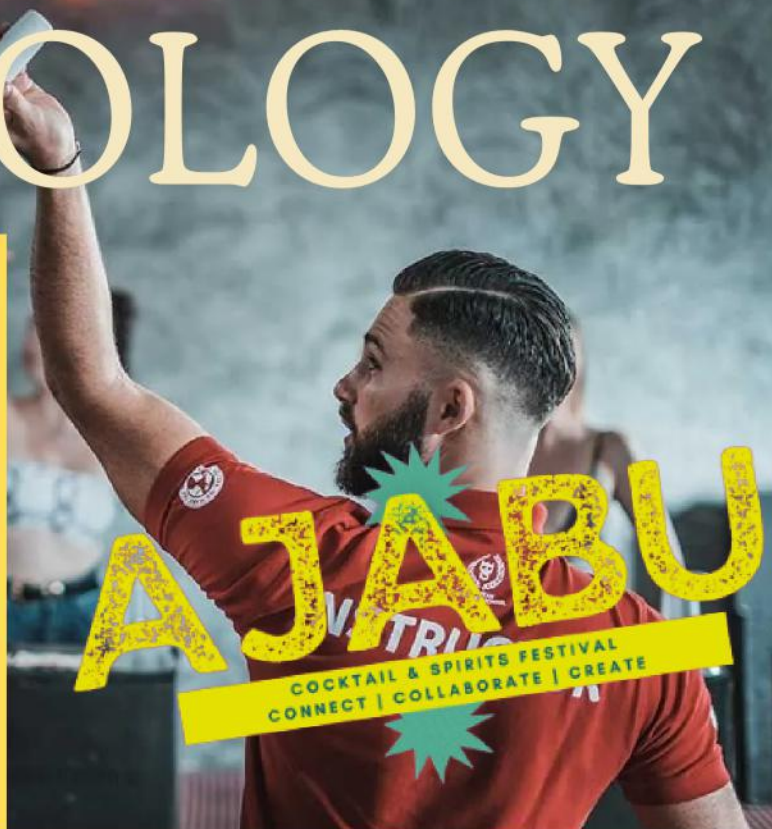


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Classic Martini

A chilled gin martini served up in a graceful cocktail glass is one of the most elegant and sophisticated drinks around. The classic martini recipe is fairly simple—just gin, vermouth, and an olive or lemon peel (and possibly some orange bitters). The key is to stir the drink with lots of ice until it is very cold (forget what James Bond said about shaking it), then pour it into a chilled martini glass or coupe to keep everything as cool as possible.

This dry martini is made with five parts gin to one part dry vermouth, which gives the drink a lovely aromatic quality. If you prefer the cocktail even drier, you can lower the proportion of vermouth to $\frac{1}{4}$ ounce—but don't leave it out altogether or your drink won't be a martini at all (just a glass of cold gin with an olive). That said, there's no wrong way to enjoy this drink. Over the years people have come up with a long list of martini cocktail variations that are all delicious: You can use equal parts gin and vermouth for a Fifty-Fifty, use a combination of dry and sweet vermouths for a "perfect martini," add some olive juice to the mix for a dirty martini, or swap the olive for a cocktail onion to make a Gibson.

Ingredients

Makes 1 drink

Cracked ice

2½ ounces London dry gin, (Beefeater)

½ ounce dry vermouth, (Noilly Prat)

Green olive or lemon twist for garnish

Preparation

In mixing glass or cocktail shaker filled with ice, combine gin and vermouth. Stir well, about 30 seconds, then strain into martini glass. Garnish with olive or lemon twist and serve.

Editor's note: This recipe was originally published in February 2007. Head this way for more classic cocktail recipes and check out our hub for cocktail tips and recipes here→



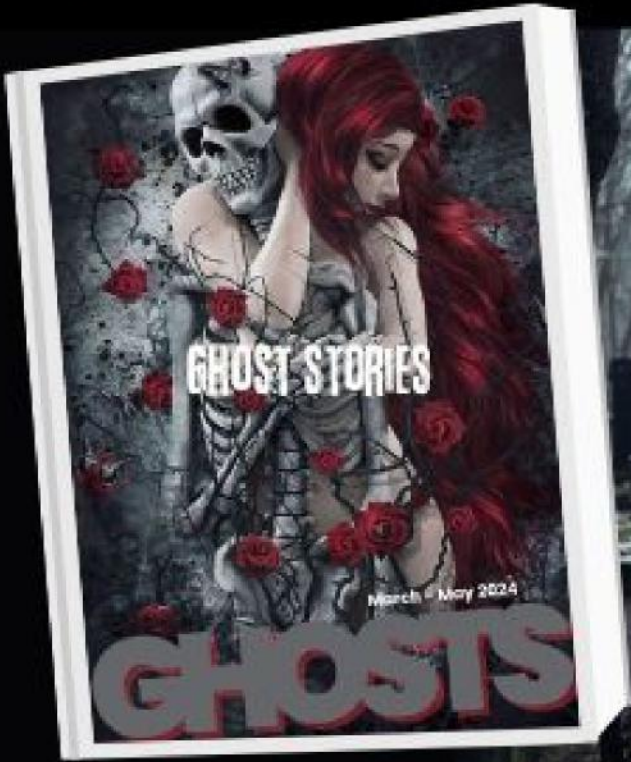
HEIDELBERG DINNER - 23 MARCH

PRETORIA - 30TH MARCH

SA's
Mystery

GHOST

Tours in 8 Cities



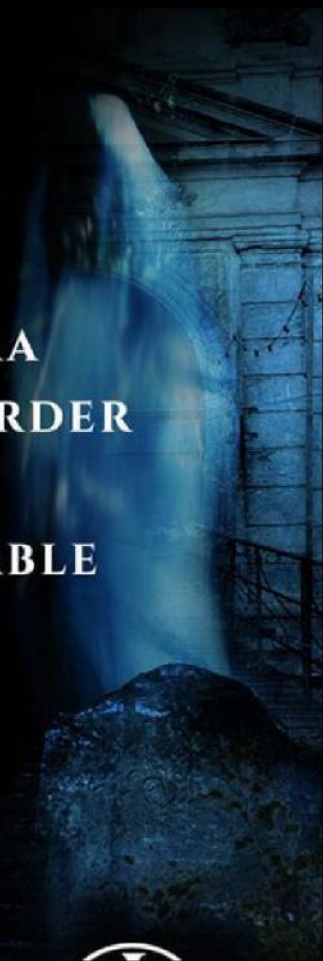
GHOST APPS



GRAVEYARD AT MIDNIGHT

- ✦ 2 FLASHLIGHTS
- ✦ A MAP OF THE AREA
- ✦ TONS OF BATTERIES
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- ✦ NIGHT VISION CAMERA
- ✦ EXTRA DIGITAL RECORDER
- ✦ PLENTY OF WATER
- ✦ CELL PHONE & PORTABLE CHARGER
- ✦ BASIC MEDICAL KIT
- ✦ BUG SPRAY
- ✦ BACK PACK &
- ✦ EQUIPMENT BELT

*THINGS TO HAVE
ON A
GHOST HUNT



Different Psychic Abilities



TELEPATHY

Telepathy is the ability to pass on information, ideas, impressions, feelings, moods, and thoughts between living beings without the involvement of known sensory organs.



PRECOGNITION

Precognition is the prediction of future events that are already anticipated or are subsequently experienced, whereby the prediction can relate to a few seconds or many years.



MEDIUMSHIP

The term medium or channel refers to a person who can establish a connection to the spiritual world and is thus able to convey messages between people and supernatural beings such as angels, spirits, or the deceased.



TELEKINESIS

Telekinesis is the movement of objects through the power of human consciousness, without the aid of the hands or other instruments that touch the object.



APPORTATION

This type of psychic ability is defined as the appearance or disappearance of an object without the physical touch



CLAIRVOYANCE

Clairvoyance, or clear seeing, is the ability to use paranormal senses to see images and visions. Clairvoyants use their gift to obtain information whether it is about an object, a person, future events, past events, or even a location.



CLAIRAUDIENCE

Clairaudience, or clear hearing, is the ability to hear things psychically without the use of your physical ears. People who have this ability receive information from spiritual beings in the form of messages and sounds.



CLAIRSENTIENCE

Clairsentience means clear feeling or clear sensing. A person with this gift feels the soul of a person and puts himself into their emotions, feelings, and perceptions and interprets them.



SIGNS OF A HAUNTED HOUSE

sudden changes in mood
change in temperature
heaviness in the air
noises from unknown source
strange smells
feeling of being watched
odd dreams of people or places you
dont know

9 SIGNS
A DECEASED LOVED ONE
CONTACTS YOU

Sign 1:  Appears in Dreams

Sign 2:  Black Feathers

Sign 3:  Electronic devices Reboot (without prompt)

Sign 4:  You can smell them!

Sign 5:  Clocks keep stopping

Sign 6:  Catching the same Song

Sign 7:  Butterflies & Dragonflies

Sign 8:  Light Bulbs & Candles Flickering

Sign 9:  Sudden Change of Temperature

Have you noticed these 9 Signs?



Lay Bye
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JAN 2024

I AM HOME

H2ONERO
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ONCE OFF DONATION

Make an EFT donation to support Happy Yappers with the much-needed funds to help dogs in need. Please email us a proof of any donations so that we can add you to our tax register for your annual tax certificate: info@happyyappers.org.za

VETERINARY BILL

Should anyone wish to contribute specifically to our veterinary bill, please use the words VETERINARY BILL as your reference.

SPONSOR A DOG

Make a difference in the life of a dog by sponsoring them for just R350 per month. Your sponsorship will provide shelter, food, and primary health care for the dog you choose for a full month. And even if the dog gets adopted, your support will continue to feed and care for the next dog in the kennel. In recognition of your generosity, we'll put your name on a plaque outside the kennel of your chosen dog. Please email us a proof of your donation at info@happyyappers.org.za, so we can ensure your name is displayed on the kennel and include you in our tax register for your annual tax certificate.

Reference: Your Name + Dog's Name

SPONSOR A STERILISATION

Did you know that one female and one male dog and their offspring can produce over 12,000 puppies in just 5 years? Overpopulation is a serious problem that leads to the suffering and euthanasia of countless dogs. That's why we offer Sterilisation Services as part of our Outreach Programme. You can help us prevent unwanted litters and save lives by sponsoring a sterilisation for only R550. Your support will cover the cost of the procedure, as well as medication and aftercare. Together, we can make a real difference in the lives of dogs and their communities. Please donate today and sponsor a Steril!

Please
donate!
Thank you!





Everyone who is thinking of getting dogs should read this because you need to understand this reality:

****I am a 21st century dog.****

-I'm a Malinois.

Overskilled among dogs, I excel in all disciplines and I'm always ready to work: I NEED to work.

But nowadays I get asked to chill on the couch all day everyday.

-I am an Akita Inu.

My ancestors were selected for fighting bears.

Today I get asked to be tolerant and I get scolded for my reactivity when another approaches me.

-I am a Beagle.

When I chase my prey, I raise my voice so the hunters could follow.

Today they put an electric collar on me to shut up, and you make me come back to you - no running - with a snap of your fingers.

-I am a Yorkshire Terrier.

I was a terrifying rat hunter in English mines.

Today they think I can't use my legs and they always hold me in their arms.





-I'm a Labrador Retriever.

My vision of happiness is a dive into a pond to bring back the duck he shot to my master.

Today you forget I'm a walking, running, swimming dog; as a result I'm fat, made to stay indoors, and to babysit.

-I am a Jack Russell.

I can take on a fox, a mean badger, and a rat bigger than me in his den.

Today I get scolded for my character and high energy, and forced to turn into a quiet living room dog.

-I am a Siberian Husky.

Experienced the great, wide open spaces of Northern Europe, where I could drag sleds for long distances at impressive speeds.

Today I only have the walls of the house or small garden as a horizon, and the holes I dig in the ground just to release energy and frustration, trying to stay sane.

-I am a border collie

I was made to work hours a day in partnership with my master, and I am an unmistakable artist of working with the herd.

Today they are mad at me because, for lack of sheep, I try to check bikes, cars, children in the house and everything in motion.

I am ...

I am a 21st century dog.

I'm pretty, I'm alert, I'm obedient, I stay in a bag...but I'm also an individual who, from centuries of training, needs to express my instincts, and I am not suited for the sedentary life you'd want me to lead.

Spending eight hours a day alone in the house or in the garden - with no work and no one to play or run with, seeing you for a short time in the evening when you get home, and only getting a small toilet walk will make me deeply unhappy.

I'll express it by barking all day, turning your yard into a minefield, doing my needs indoors, being unmanageable the rare times I'll find myself outside, and sometimes spending my days sunk, sad, lonely, and depressed, on my pillow.

You may think that I should be happy to be able to enjoy all this comfort while you go to work, but actually I'll be exhausted and frustrated, because this is absolutely NOT what I'm meant to do, or what I need to be doing.

If you love me, if you've always dreamed of me, if my beautiful blue eyes or my athletic look make you want me, but you can't give me a real dog's life, a life that's really worth living according to my breed, and if you can't offer me the job that my genes are asking, DO NOT buy or adopt me!

If you like the way I look but aren't willing to accept my temperament, gifts, and traits derived from long genetic selection, and you think you can change them with only your good will, then DO NOT BUY OR ADOPT ME.

I'm a dog from the 21st century, yes, but deep inside me, the one who fought, the one who hunted, the one who pulled sleds, the one who guided and protected a herd still lives within.

So think *very* carefully before you choose your dog. And think about getting two, rather than one, so I won't be so very lonely waiting for you all day. Eight or ten hours is just a workday to you, but it's an eternity for me to be alone.



Every



Drop

Counts

World Water Day, held on 22 March every year since 1993, is an annual United Nations Observance focusing on the importance of freshwater. World Water Day celebrates water and raises awareness of the 2.2 billion people living without access to safe water. It is about taking action to tackle the global water crisis.

A core focus of World Water Day is to support the achievement of Sustainable Development Goal 6: water and sanitation for all by 2030.

Every year, UN-Water – the UN’s coordination mechanism on water and sanitation – sets the theme for World Water Day. In 2023, the focus was on Accelerating Change. In 2024, the theme will be Leveraging Water for Peace. Previous themes can be found here:

World Water Day, 22 March

World Water Day is about taking action to tackle the global water crisis. Leading up to 22 March, UN-Water runs a public campaign and people all over the world hold events.

The United Nations World Water Development Report is launched on World Water Day itself, focusing on the same theme. The theme of World Water Day 2024 is **‘Water for Peace’**.



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of crisis.**



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Conservation Dogs
Dogs 4 Wildlife offer highly trained and fully supported Conservation dogs alongside advanced ranger training to reserves, conservancies and National Parks in need across Southern Africa and the world.



With a long term committed view to assisting in the protection and continuation of endangered species, Dogs 4 Wildlife are a highly experienced team of knowledgeable, dedicated animal lovers with a commitment to wildlife conservation. With 13 operational dogs across 4 Southern African countries, our K9's help achieve up to a 75% reduction in poaching numbers.



With over 20 years combined experience, breeding, training and deploying multi purpose operational dogs to numerous applications around the world, with extensive and advanced handler programmes, our training and instruction is second to none.



Dogs 4 Wildlife Kal

Dogs 4 Wildlife Kal has now been gifted to the IFPCP who work in partnership with Project Rhino in the KwaZulu Natal region of South Africa. The IFPCP have a dire task, but are committed and dedicated to conserving wildlife. They cover over 32 Conservancies, Reserves and Parks across KwaZulu Natal, many of which are classified as 'high risk' to their imminent threat of poaching.

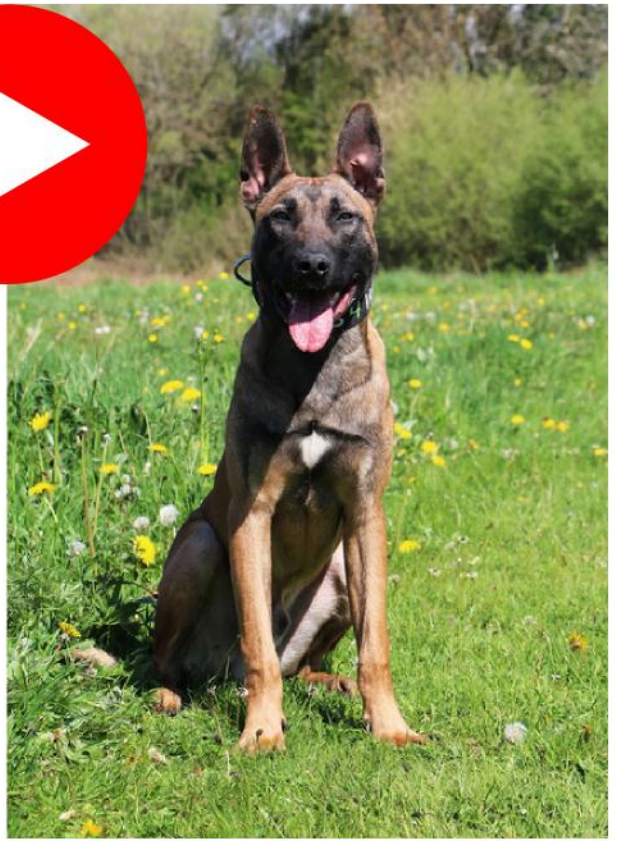
These areas include such reserves as; Hluhluwe Imfolozi Park, Thanda Game Reserve (both are Big 5 areas and over 100,000 hectares between them) and the Zululand Rhino Reserve which includes an rhino orphanage. These areas are vast and the IFPCP are already stretched to provide enough protection for the wildlife contained within each reserve. That is why the inclusion of another dog, Dogs 4 Wildlife Kal is vital to provide additional on the ground capability to further conserve and protect endangered species.



Dogs 4 Wildlife Have So Far Supported The Following Reserves And Conservancies With Our Elite Dogs And Specialised Ranger Training;

The Imire Rhino and Wildlife Conservancy, Zimbabwe
The Save Valley Conservancy, Zimbabwe
Mkomazi National Park, Tanzania
Chuilexi Conservancy, Niassa, Mozambique
Renosterpan Reserve, Limpopo, South Africa
Ditholo Game Reserve, Limpopo, South Africa
IFPCP & Project Rhino, KwaZulu Natal, South Africa
Bonamanzi Game Reserve, KwaZulu Natal, South Africa
Mankwe Wildlife Reserve, Rustenburg, South Africa
Gabon Parcs, ANPN K9 Unit, Libreville, Gabon
Akagera National Park, Rwanda

**Jackie Law &
Lucy Saxton
Quinn**



Project Dan 'Dan'

There is an amazing story behind Dogs 4 Wildlife 'Dan'. Around a year ago Dogs 4 Wildlife was contacted by a wonderful women named Caroline Bridle. Caroline saw a social media post on our important work and felt compelled to reach out to us. In 2013, Caroline's son Daniel Bridle, was diagnosed with terminal cancer, just a year later in 2014 Daniel lost his battle and sadly passed away.

Being a huge animal lover, Caroline could not think of a better way to honour her sons memory than having a specialised dog, trained to protect endangered wildlife. When she told us of Daniel's inspiring story, naming one of our dogs in memory of her son was a fitting tribute to the dedication of Caroline and her family in Daniel's memory and future legacy.

So far Caroline's commitment to this project has been awe-inspiring, thanks to her fundraising endeavours Dogs 4 Wildlife 'Dan' is fully sponsored and we feel it only a fitting tribute to find a very special conservancy to place Dan to help protect and conserve endangered wildlife, The Bonamanzi Game Reserve in South Africa.

In loving memory of 'Daniel Bridle'



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13TH JUN



20TH JUN

SPRINGBOK FOODS



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- 1/2 tsp vanilla extract
- 250g mascarpone
- Cocoa , for dusting

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Strawberry Shortbread Cheesecake Bites

Crust

- 2 cups Eet Sum Mor (crumbed)
- 2 TBS granulated sugar
- 4 TBS salted butter (melted)

Cheesecake

- 450g cream cheese (softened)
- ¼ cup granulated sugar
- 1 large egg
- 1 tsp vanilla extract

Strawberry Filling

- 1 can All Gold Strawberry Jam
- 1 ½ TBS cornstarch

Oat Crumble

- 1 cup old fashioned oats
- 1 cup light brown sugar (packed)
- ¼ tsp salt
- ½ tsp ground cinnamon
- 6 TBS unsalted butter



ABOUT MARMITE

First marketed in the United Kingdom in 1902, Marmite is one of the world's most popular savoury spreads. The distinctive savoury taste of Marmite (there's nothing else like it!) makes it a popular spread for everyone, from toddlers to grandparents.

Marmite is a yeast extract spread. It's made from concentrated yeast extract, manufactured from spent brewer's yeast. Marmite is both Kosher and Halaal and is also 100% vegetarian.

The product name may have been derived from a famous French soup, petite marmite. A "marmite" (pronounced "mar-MEET") is a French stock pot or cooking pot – like the one pictured on the front of the jar and shaped somewhat like the jar itself.



SA PRODUCT OF THE MONTH



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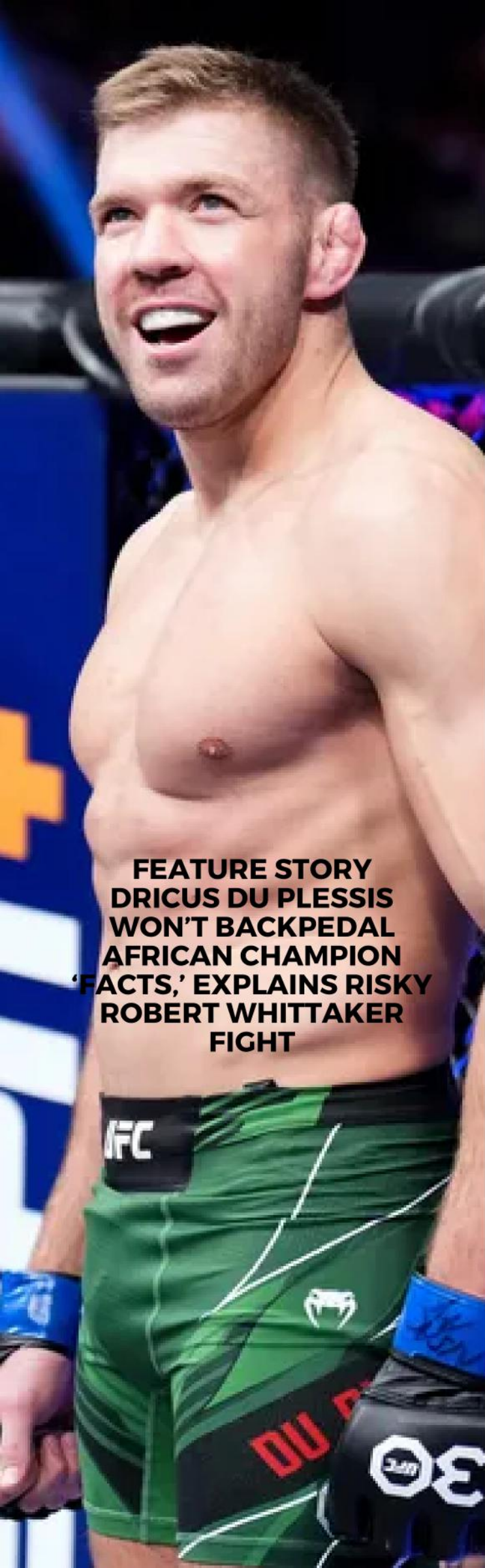




COMPLIMENTS

SPORT


CHAMPION
TOURS
CHAMPION TOURS



**FEATURE STORY
DRICUS DU PLESSIS
WON'T BACKPEDAL
AFRICAN CHAMPION
'FACTS,' EXPLAINS RISKY
ROBERT WHITTAKER
FIGHT**

Dricus Du Plessis knows the difficulty of the challenges ahead of him.

Currently ranked at No. 6 in the official UFC middleweight rankings, South Africa's "Stillknocks" has been perfect in his last seven fights, winning all but one by finish (four KO/TKOs, two submissions) and his last five under the UFC banner. UFC 285 saw Du Plessis (19-2) capture his latest and greatest victory yet over perennial Top 10 contender Derek Brunson in the closing seconds of round two. If the win wasn't enough to inch the former KSW welterweight champion toward UFC gold, his pre-fight comments and the aftermath certainly helped.

At UFC 285 media day, Du Plessis spoke on his title aspirations before describing himself and UFC bantamweight Cameron Saaiman as African fighters and that he'll take a belt back to the continent. The comments didn't sit well with Nigerian-born former and current champions Kamaru Usman and Israel Adesanya, the latter of which has since expressed his great desire to punish Du Plessis in the octagon as a result.

Hearing Adesanya's response was a surprise to Du Plessis and he thought any backlash overall was ridiculous. Du Plessis felt the reigning two-time champion may have not even watched the video to hear everything as it was said. Ultimately, the Hatfield, Pretoria native isn't bothered to have angered "The Last Stylebender."

"I never said it wasn't my intention," Du Plessis told Submission Radio. "It wasn't my intention because that's not what I said. It was never my intention, there was no intention involved. It was look at the facts what I said. I've never said the words 'more African' in my life. I didn't say they were not African. I stated facts. I am the only one in title contention ever born in Africa, live in Africa, reside in Africa, and train there every single day. That was my statement.

"Some people say I'm backpedaling, I never backpedaled. I'm sticking with that because that is the facts. I don't care how it came across, I care about what the fact is and what I said and that's what I said.



UFC middleweight champ Dricus du Plessis spoke to reporters after his title win over Sean Strickland at UFC 296, how the fight played out, feeling the audience shift loyalties during the fight, Dana White's scoring of the title bout, why he wants to fight Israel Adesanya next, and more.

“It seems to have struck a nerve with Israel Adesanya,” he continued. “It seems like he likes to be whatever fits him best considering nationalities. He’s referred to himself as a Kiwi, he’s referred to himself as Chinese, he’s referred to himself as a Nigerian. At the end of the day, he’s born in Africa, he is African but he does not reside here and that is the fact. That is what makes me and him different. We are both born in Africa, but at the end of the day, my success is coming out of and from Africa. I live here, I wake up, I train, I fly from Africa to Las Vegas to go fight and I come back and that is the facts.”

Despite newly-formed tensions and the makings of a rivalry, Du Plessis insists that it’s one-sided and nothing negative from his end. The two may never end up being friends and Du Plessis is fine with that. In the cage is what matters to “Stillknocks” and no matter how he’s treated by the champion, he’ll recognize the talent of Adesanya.

“I don’t know Israel personally at all,” Du Plessis said. “As a fighter, I’ve always had mad respect for Israel Adesanya. I think he’s an incredible, incredible fighter. In terms of that and legacy of being a really, really good fighter and being possibly one of the greatest middleweights to ever do it, unfortunately, his competition is the great Anderson Silva. But he’s on his way there and I can never take that away. I can never take away the fact that he’s incredibly brilliant.”





“Like I said, he was born in Africa, he represents Africa 100 percent. But he does not reside in Africa. He hasn’t resided in Africa for a very, very long time. That is the only statement that I made. In terms of being a fighter, he’s absolutely incredible and anybody who says otherwise is ridiculous.”

A lot of questions followed Adesanya’s redemptive title capturing against Alex Pereira last month. Finishing “Poatan” with a wild second-round knockout, Adesanya tied their MMA series at one win apiece, providing the possibility for an instant trilogy. Instead, Pereira now prepares to make his light heavyweight MMA debut while Du Plessis can secure the next shot at Adesanya with a UFC 290 win over former champion Robert Whittaker on July 8.

The 29-year-old finisher in Du Plessis was expecting to be title bound immediately after his and Adesanya’s recent results. For a moment, he even heard rumblings that negotiations were headed in that direction for July. If he had to guess, Du Plessis believes the promotion promised Whittaker a fight as well, leaving no other option.

Du Plessis could have always declined the unnecessarily risky challenge that is Whittaker. However, these are the kinds of opportunities he wants to get through whether it’s before or after he obtains a UFC title.

“A lot of people are saying it’s not the smart move to fight Whittaker and 100 percent, I agree with that,” Du Plessis told Submission Radio. “I agree it’s not the smart move, but I’m not here to be smart. Otherwise, I would’ve stayed in school and finished my studies, went to go work at a bank, wear a suit to work every day, and do some corporate life. That’s not the life I chose. I chose to be a warrior, I chose to be an entertainer, and at the end of the day, I’m a fighter. That’s what I do. I fight.”

“I don’t want to get that title shot based on some hype created by, I don’t even know what, some guy who has the title who’s behaving like a little child and overreacting and now the fight is happening because of that. I want to deserve my title shot. I don’t want to be handed a title shot. I’m going to deserve my belt, and that’s why I wanted that Whittaker fight.”

In the middleweight division, Whittaker has become somewhat of a championship fight without a title on the line. “The Reaper’s” only two losses in his 14-fight run at 185 pounds came against Adesanya and a win over Du Plessis will lead him to his desired trilogy.

Regardless of having to wait and get through the toughest challenge possible before a title fight, Du Plessis is ecstatic to potentially add a legacy-boosting win to his resume. As has been the story of his 21-fight career, Du Plessis expects to find the finish against his Australian counterpart.

“Every single person in the middleweight division, if you can find a way to get to that belt without fighting Robert Whittaker then that’s a plus,” Du Plessis said. “I think if you look at Marvin Vettori, he fought Whittaker after he fought for the belt. If you look at Paulo Costa, they made sure he didn’t fight Whittaker. If you look at most of the guys that fought ‘Izzy,’ at the end of the day, you have to realize that Pereira didn’t have to fight Whittaker so out of the Top 5, nobody fought Whittaker, really, out of that Top 5. Nobody has fought Whittaker before they had to fight for the belt because they know Whittaker is just going to run through everybody like he has. There’s never gonna be another contender. He’s just going to beat everybody before they get a chance to fight for the title.

“If you look at that stat, the UFC knows Whittaker is the champion in the universe where Adesanya wasn’t there.”



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History of Women's Sport



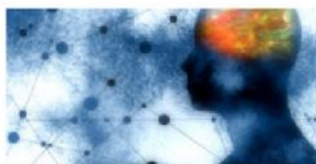
The origin of organized women's sport can be traced back to the 6th century B.C. Although the ancient Olympic games were initially organized in honor of the 12 Olympian Gods of Greece, 5 of which were women (Hera, Athena, Artemis, Demeter and Aphrodite), in the middle of the 6th century BC, the Greek government banned all women from any sort of participation in the competition. The ancient Greek women formed their own competition - 'The Heraean Games' which took place every year and involved only one event - the stadion - which was a running competition similar to the men's event but 1/6 shorter. There are many key dates and many inspirational women who set standards and opened doors for many others along the way. We have listed just some of these to give an idea of how far women's sport has come since the 19th century.



Genes in Sport



Self Confidence and Performance



Are you asking the right questions to assess the well being of your athletes?



The Relative Age Effect

1842 - Ann Glanville formed a crew of four female rowers who took part in local regattas often beating the men

1866 - Vassar College in New York fielded the first 2 women's amateur baseball teams

1884 - English woman Maud Watson won the first ladies singles title at Wimbledon and a few years later Ellen Hansell won the first women's tennis US open

1896 - The first women's collegiate basketball championship was played

1900 - 22 women (2.2 per cent) out of a total of 997 athletes competed in the Olympics for the first time over five sports (tennis, sailing, croquet, equestrian and golf)

1905 - The Camogie Association was founded in Dublin to organize and promote the women's sport of camogie in Ireland and across the world

1921 - The Women's Olympiad started the 1st women's international event and was seen as an important step for women's sport

1922 - The Women's World Games, held in Paris in 1922 included the first regular track and field competitions for women

1969 - The English Women's Football Association was formed

1972 - Title IX passed in the US stating that 'No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any educational program or activity receiving Federal financial assistance'

1976 - Nadia Comăneci, won 3 Olympic gold medals at the 1976 Summer Olympics and was the first gymnast to be awarded a perfect score of 10 in an Olympic gymnastic event





Mary Decker and Zola Budd

1980 - Mary Decker was the first woman to run a mile under 4.5 minutes

1981 - The first women were co-opted to the International Olympics committee

1982 - The NCCA began sponsoring women's basketball

1985 - The United States national soccer team was formed

1991 - A historic decision by the International Olympic Committee stipulated that any new sport seeking to be included had to include women's events

1991 - FIFA (the Fédération Internationale de Football Association) began the Women's World Cup

1996 - The Women's National Basketball Association (WNBA) league was founded as the women's counterpart to the NBA

1999 - Carolina Morace became the first female coach of a men's professional soccer team in Italy

2005 - The organizers of the New York City Marathon announced they would be rewarding the female champion \$130,000, that is \$30,000 more than its male winner received. This may be the first time a sporting event ever paid more to a female than a male in the same competition

2012 - The London Olympics were the first games in which women competed in all sports on the program

2014 – Amélie Mauresmo, from France, became the first woman to coach a top male tennis player – Andy Murray

2014 – Michele A. Roberts was elected as the new Executive Director of the National Basketball Players Association, thus making her the first woman to be elected to the highest position of a major sport's players association within the United States

2015 – Tickets for the Women's Singles final of the 2015 US Open sell out faster than the Men's final, a first in tournament history

2016 – At the Olympic games in Rio, in 2016 a new record was set with participation of women at 45%: 5,176 out of 11,444 athletes

2019 – 33% of International Olympic Committee members are women

2019 – Serena Williams is the only woman in the Forbes list of top 100 highest paid athletes

Challenges to gender inequality

Female participation in sport began a dramatic increase in the last quarter of the 20th century and the current rate of change is one of the major trends in the sport industry. But women who play sports today can still face many obstacles.

Speaking at the Women in Sport Summit in Melbourne last year, Kate Jenkins, the sex discrimination commissioner for the Australian Human Rights Commission, outlined a number of key challenges to gender equality in sport over the coming years.

These include:-





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