

# SA COMMUTER

INTERNATIONAL

SEPT 2023  
ISSUE NO 2



**KHUMBA**

SUMMER FUN  
WITH MERCH  
ON DEMAND

**SINDY SMITH**

A SOUTH AFRICAN  
WINNING THE  
AUSTRALIAN BURGER  
COMPETITION

**ITEMS YOU  
SHOULDNT  
TRAVEL  
WITHOUT**

**SEARCHING  
FOR  
SUGARMAN**

STEVEN  
"SUGARMAN"  
SEGERMAN  
TELLS HIS  
STORY OF  
RODRIQUEZ

**sapr**  
INTERNATIONAL  
exporting home abroad

**STORE OF  
THE MONTH**

**serengeti**  
trading



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South African born is now Australia's finest burger queen!

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## TRAVEL MATCH

Corporates, media and travel trade visited some of Johannesburg's iconic spots!



As with all our magazines, we don't use page numbers. You can click on the article to go straight there. To come back here just Click on the SA Heart!



# Editor's Note

**FLIPMAGZ DIGITAL BOOKSHELF**

**LOCAL IS LEKKER**

As always we start off by thanking our sponsors, Sapro and Champion Tours without whom our magazine wouldn't get published. Our Radio and TV is sponsored by SAPRO and if you enjoy music from the 50's to the 90's of all genre's that you can sing to, then tune in. This month we reminisce about the 70's when we had only radio and vinyl. We all listened to Rodriguez as he showed us that establishment blues are worldwide. I interviewed Stephen Segerman of Finding Sugarman on the event of the passing of Rodriguez. His story is in our mag this month! Talking of DSTV, we also say goodbye to a wonderful presenter, a gentle giant and beautiful person, Derek Watts. We celebrate our new Miss South Africa find ways to be content. On a lighter note, we show you what is new to travel, store of the month and South African food worldwide.



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*Geniene Preston*

**Editor-in-Chief**





**SINDY SMITH**

Sindy was born in Port Elizabeth, and went to school in Maputo Mozambique, where her parents were working at the time. On returning to South Africa she attended Damelin where she received a diploma in Hotel and Resort Management. She has worked in the food industry for many years, in South Africa, New Zealand and now in Australia.

Her love for cooking came from her dad who had several restaurants in South Africa. Always experimenting in the kitchen, with her children being willing tasters, Sindy-Ann started to enter various competitions to test her skills. She came 4th in both My Kitchen Rules New Zealand and 4th again last year in the World Food Championships Australia. Now she is off to Dallas Texas to represent Australia in the Burger division of the World Food Championships. Good luck Sindy - we are routing for you.



**A SOUTH AFRICAN  
WINNING THE  
AUSTRALIAN BURGER  
COMPETITION**





A juicy venison burger has earned Newport's Sindy Smith a win at the World Food Championships. The event was held on Saturday, July 1, at the Melbourne Convention & Exhibition Centre, where Mrs Smith won the WFC burger division for her special recipes. Mrs Smith competed in two rounds, taking home the win for best burger. "It was a wonderful experience to share with my husband and we were proud to showcase the extraordinary flavours of game meat hamburgers." Mrs Smith is now onto the next stage of the competition where she will travel to the USA. "We look forward to competing in Dallas Texas this November and bringing home the title of World Food Champion." Those who would like to try Mrs Smith's one of a kind burgers, will only have to travel to Docklands Melbourne to VuvuTelo, her new Deli which opened in August.





# Venison Burger



Butter and toast Brioche bun  
Make homemade Monkey gland sauce

## Ingredients

1 large onion, finely chopped  
4 garlic cloves, chopped and crushed  
1 tablespoon fresh ginger, grated  
3-4 tablespoons oil  
½ cup chutney (fruity)  
½ cup tomato puree  
1 tablespoon soy sauce  
2 tablespoons mild prepared mustard  
2 tablespoons Worcestershire sauce  
3 tablespoons ketchup  
5 tablespoons port wine or 5 tablespoons muscadel wine  
½ cup chicken broth (chicken stock or meat stock)  
2 tablespoons red wine  
Salt  
Black pepper

Fry the onions, garlic and ginger in the oil until the onions are translucent.

Add the rest of the ingredients and let cook over fairly high heat for about 7 - 10 minutes, stirring often.

Taste for seasoning: you might want to add 1/2 teaspoon sugar, enough salt, and freshly ground black pepper to taste.)

Venison mince around 100/120g patties  
Shape with thicker edges for even cooking.  
Spray lightly with olive oil and Season with biltong spice, allow to rest for 2 hours.  
Grill for 2 min and the flip, add smoked cheddar.

Steam in pickle juice with lid on and heat turned off for 2 min  
Cook streaky bacon

Stack burger.

Brioche bottom with monkey gland sauce  
Patty  
Bacon  
Micro salad  
Brioche Bun





HOME - STYLE

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**14 October 2023**

17H00 WINNER POOL C  
RUNNER-UP POOL D  
21H00 WINNER POOL B  
RUNNER-UP POOL A

**15 October 2023**

17H00 WINNER POOL D  
RUNNER-UP POOL C  
21H00 WINNER POOL A  
RUNNER-UP POOL B

**Friday 20 October 2023**

21H00 WINNER QUARTER-FINAL 1  
WINNER QUARTER-FINAL 2

**Saturday 21 October 2023**

21H00 WINNER QUARTER-FINAL 3  
WINNER QUARTER-FINAL 4

**Friday 27 October 2023**

21H00 RUNNER-UP SEMI-FINAL 1  
RUNNER-UP SEMI-FINAL 2

**Saturday 28 October 2023 FINALS 21H00**





The South African cultural mix of Dutch, British, Malay, Indian and local has produced distinctive tastes. The cornucopia of food that is produced in the country's wetter coastal regions was also where the mix of cultures was most diverse.

This diversity is now available in Canada. Serengeti Trading and its subsidiary SA Sausages, their family business, has since 1996, allowed expatriates across Canada to continue enjoying the tastes and flavours of sunny South Africa.

S.A. Sausages manufactures high quality meat products, such as Boerewors, Biltong, Droëwors and many more. They also offer imported products that meet our standard of excellence in taste, quality and goodness.

Ria Cozza, Director and founder says "We are proud to be part of the South African community. Visit our store, say hello, and share in our community network. We support our fellow South Africans, sharing our traditions and great tastes, and we hope you will introduce them to Canadians as well.

Serengeti Edmonton in Alberta and Aubergine Foods on Vancouver Island supply around 40-50 stores throughout Canada. There are various sizes of stores and we strive to offer a great service to them all".







## HISTORY

In Canada since 1996, they have been supplying a range of top grade biltong, boerewors, dry sausages and more. Director Pasquale Cozza, who brought his Italian roots and culinary expertise to South Africa as an immigrant, operated a wholesale butchery in South Africa for many years. This experience developed his skills and expertise in making high quality meat products, and in Canada they operate to the standards of excellence he has set.

They found such demand from ex-South Africans in Vancouver that from 1999 we began importing South African products, and are expanding their product line every year.

Their business grew purely by word of mouth, and they found themselves with two stores today, serving Vancouver and the Lower Mainland. They distribute to stores and customers throughout North America.

South African biltong and sausages are part of their culture. They aim to preserve the original taste of these famous traditional foods for the enjoyment of generations to come, here in the north that we now call home.

The team comes from all different places in South Africa and Italy. Together they work as a family to serve and provide our community.

Ria Cozza  
Director

Pasquale Cozza  
Director  
Tel: 604-513-1912

Hermann Kaltwasser:  
Operations Director

Liza Kaltwasser:  
Manager Marketing, Sales  
Tel: 604-513-1912

Biagio Cozza:  
Customer Service  
Tel: 604-513-1912

## The Team



"We all serve together as a team to meet all of your product needs"



As a supplier of South African foods, the community created by the Serengeti team, has given those who are far from home, the opportunity to share their recipes and cooking styles. On the website you will find many ways to use the products that are imported, even if you aren't South African!

## Mieliepap vir die Mikrogolfoond

1 koppie mieliemeel  
1 koppie kookwater  
2 desertlepels margarien  
½ teel. sout  
½ koppie koue water

Meng mieliemeel met koue water. Voeg kookwater by. Kook oop by 80% krag in mikrogolfoond vir 5 minute. Roer elke minuut. Sit margarien by. Moet nie roer nie. Bedek bak en plaas in mikrogolfoond vir 10 minute op 50% krag.

## Anna se mieliepap tert

8 koppies gaar stywe mieliepap  
3 medium uie  
500gr. vars sampioene  
½ pakkie gaar ontbytspek gekerf  
4 medium gekapte tamaties  
sout na smaak  
gemaalde swart peper na smaak  
margarine vir braai

Braai uie in margarine tot deurskynend. Voeg sampioene by en braai tot sag. Voeg tamaties, sout en peper and braai tot dikkerige sous. Voeg spek by en roer in mengsel. Skep lae van pap, dan sousmengsel weer pap tot bak vol is. Strooi kaas bo-oor en sit in oond onder rooster tot bruin. Genoeg vir 6 mense

# SO MAAK MENS...



## Pot Roast (Barbara Paterson)

You will need a piece of beef at least 2 lbs. or a bit more to make a decent dish - aitchbone or fresh silverside are the best, topside is alright but inclined to be a bit on the dry side. Where you are the cuts will probably have different names, so you will probably have to play it by ear. Melt a knob of butter and a tablespoonful of oil in a heavy-bottomed pot (medium heat only) and slowly let a chopped onions soften - about 15 minutes - do not let it burn - it will make the pot roast taste bitter.

Remove onion - turn up heat and sear meat on all sides - 2 to 3 minutes at the most, possibly less. Pour a couple of tablespoons of red wine over the meat and turn the meat over and around as you do so. Remove pot from heat. Return onions to pot and add whatever vegetables you want to use - 2 or 3 sliced carrots, sliced celery sticks, a skinned and chopped tomato, a few mushrooms, plus a couple of bay leaves and a few whole peppercorns.

Return pot to hotplate (high heat) and add about half a cup of hot water, bring it all to the boil, then reduce heat to an absolute simmer. Cover the pot tightly and cook for about 2 hours - remove lid after an hour, turn meat over, add a little more hot water if necessary. When meat feels tender it is done. Taste and add salt now if necessary. If there is a lot of liquid you can thicken it - remove meat and everything else, slake a little cornflour in a drop of cold water and add to liquid in pot - stir until it all thickens. Serve with mash or rice or sweetcorn and a green vegetable or some sort of squash if available.

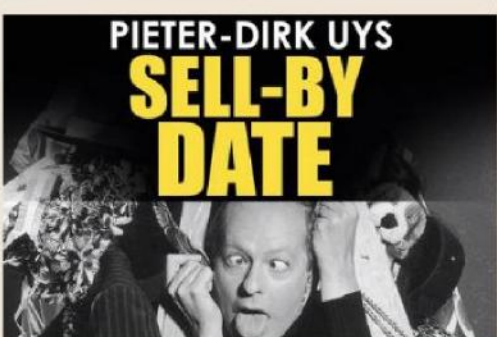
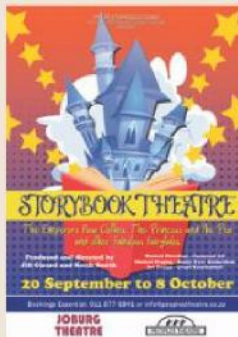
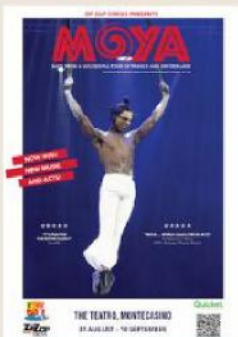
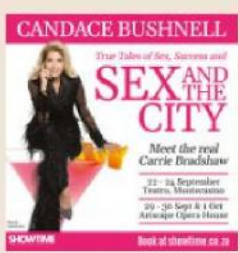
Bon appetit.





# READ, LISTEN, WATCH - SEE PLAY STAY IS A 'FLIPPING GREAT READ...

*Theatre, Movies and more on See Play Stay Magazine. Your entertainment guide to South Africa. Filled with audio and video interviews and trailers. Where to eat, stay and play before and after the show! Whether Movies or Theatre, Events or festivals.*



**For reviews, interviews and trailers visit See Play Stay Magazine**



# A WORD

FROM HUGO VAN  
ROOYEN, GM OF SAPRO

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[www.saprointernational.com](http://www.saprointernational.com)

Hello, I'm Hugo van Rooyen, GM of SAPRO. It's my turn this month to talk about how privileged we are to support and supply South Africans living abroad.

As GM I am often faced with challenges such as the labelling issue for different countries. Each country has its own labelling requirement and it's my responsibility to ensure that we label everything that leaves our warehouse, correctly. Recently we were required to label in Arabic and to ensure the labelling was correct, we called in a translator and with the writing being from left to right, we had to change the way we labelled to adhere to the import rules of Saudi Arabia.

I have been with SAPRO for over 17 years now and loved every moment. The suppliers that we have locally and I have created a close bond when it comes to ensuring that our customers are delighted with the experience they receive from SAPRO. So far, having focussed on the customer service aspect from both suppliers and ourselves, it has paid off and our clients and their buyers, have continued to come back.

Although South Africa has many challenges outside of our control, we continue to strive to ensure that the lack of service delivery within our borders, does not affect those who are expecting their deliveries on time. I hope we will continue to provide a great service to all those abroad.



Click here to watch the latest interviews with Hugo and Victor at the SAPRO warehouse in Johannesburg



*Hugo* 



Listen to some of our previous conversations on the SAPRO podcast Channel by clicking on the podcast logo.





# SA Store of the month



## Do you want to be the store of the month?

Why not send us a few photos of the storefront and the inside of the store and each month we will choose store of the month to be featured here in our international SA Commuter Magazine, sponsored by SAPRO, exporting home abroad! Register with SAPRO on [stores@sacommutter.com](mailto:stores@sacommutter.com) to be listed. You have to be a part of the SAPRO family to be a store of the month....

## Classifieds listing

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To be a part of our stores worldwide database to be downloaded by readers every quarter, register with us on our app - [www.sacommutter.com](http://www.sacommutter.com) - and you too can be a part of the database!





CHAMPIONS

September/October 2023

RUGBY WORLD CUP



FULL MATCH  
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CONCISEMENT

Rugby World Cup Pool B  
preview: Squads, fixtures,  
star players and more

Power Rankings heading  
into the 2023 Rugby  
World Cup



# FAMOUS PRODUCTS FROM SOUTH AFRICA

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.



Bovril is a thick, black, glossy, meat-based extract that is best enjoyed with butter on toast, or, as is traditional, sipped with hot water as a kind of beef tea. It comes in a heavy cauldron-shaped jar with a chunky red lid and a no-nonsense red label.

It's also part of Britain's culinary landscape and has a history that incorporates, improbably, both Napoleon Bonaparte's nephew, Napoleon III, and a pope.



Bovril was created by John Lawson Johnston, a 19th-century Edinburgh-based butcher with an interest in dietetics. His first “fluid of beef” creation was based on a meat glaze. Shortly after emigrating to Canada in 1871, Johnson won a contract to supply food to Napoleon III’s Army—specifically nutritious, preserved meat products.



He tweaked the recipe, and Bovril was born, although it was not renamed Bovril until 1886. “Bo” came from the Latin for Ox (Bos) and “Vril” from a then-popular book that featured superior beings known as the Vrillya.

Bovril hit the sweet spot for Victorian consumers. Amid the temperance and health movements, Bovril was promoted as a constitution-boosting, meaty superfood. From the early days, Bovril was cannily marketed as a food that could make the infirm well, the elderly strong, and the young healthy. In its advertisements, Bovril—commonly represented by an Ox—was endorsed by scientists. One advertisement even claimed that “Bovril fortifies the system against influenza.”



The Bovril Company also associated itself with the military and patriotism by supplying Bovril to troops during the Boer War army. Later, in 1916, the company ran a full-page advertisement in the Daily Express showing a bull proclaiming: “If you can’t go yourself, you might want to send ME—I hear they want more BOVRIL at the Front.”

Bovril even appealed to the famous. Ernest Shackleton ate Bovril during his 1902 Antarctic expedition. Pope Leo XIII was depicted (without his permission) drinking Bovril with the slogan: “Two Infallible Powers: The Pope and Bovril,” and famous Victorian strongman Eugen Sandow claimed Bovril gave him strength. By this time, Johnston had moved to England, and the beef tea business paid off: In 1896, he sold Bovril for £2 million and died in 1900, in Cannes, on a yacht.

Like its fellow dark, salty spreads—Promite and Vegemite—Bovril’s taste is polarizing. This is evidenced by Marmite’s marketing slogan: “You love it or you hate it.” But more than enough people love Bovril: Both beef and meat-free versions of Bovril are available on store shelves.





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MISS SOUTH AFRICA 2023

Natasha Joubert

**Natasha Joubert: five facts about the new Miss SA**

Here is everything you need to know about South Africa's new pageant queen

BY THANGO NTWASA

### 1. SECOND TIME THE CHARM

This is not the first time the beauty has entered the pageant having lucked out of the crown in 2020 to Shudufadzo Musida. She landed in the top 3. With her other title holders representing the country in separate pageants, she was jetted off to represent the country the following year at Miss Universe 2021.

### 2. A GLOBAL QUEEN

This is not the first time she has represented the country internationally. In 2016, she won the Miss Globe South Africa 2016 and strutted her stuff in Albania for the Miss Globe 2016 pageant where she placed in the top 5.

### 3. FASHION DESIGNER

The BCom Marketing graduate founded her own fashion brand in 2016. Called Natalia Jefferys, it specialises in couture for special occasions like matric dances and weddings.

There's an empowering story behind the origins of this business, which Joubert runs with her mom, Ninette.



# Inspired by



When Joubert was a young teen, her father lost his job and the family could no longer afford the pricey evening gowns she needed to compete in modelling competitions. Determined to find a way to allow her daughter to continue to do what she loved, Ninette decided to have a bash at making these glam outfits herself, with Joubert dreaming up the designs.

Previous reporting by  
Toni Jaye Singer.

#### 4. SHE INSPIRED A BOOK CHARACTER

Joubert told the Sunday Times that one of her “very creative” friends wrote a book when they were teenagers. She based the characters on real people, changing their names, but keeping their initials the same. In its pages Joubert was dubbed Natalia Jefferys.

The beauty queen loved the moniker so much that she adopted it as the name of her fashion label.



#### 5. BEAUTY ON THE GO

The beauty queen says people are often surprised to find out she was a tomboy when she was younger. “I was the only girl in my karate class and would much rather play outside with boys.”

Today, she “thrives in a natural environment” and, according to the Miss SA website, enjoys hiking and camping, loves sport and plays action hockey.







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**"HELL'S HATCHECK GIRL,"  
SHE CALLED HERSELF,  
SIGNING HER NAME WITH A  
CALLIGRAPHIC FLOURISH,  
THE J DIPPING AND CURLING  
LIKE A HOOK, ALONGSIDE THE  
IMPRINT OF HER RED-  
LIPSTICKED KISS.**

**JUST JANI, RIP.**

The book, a compendium of her columns in the Sunday Times, is called *Face Value*, a knowing dig at the masks she wore as a scribe of the lives of the rich and famous.

She seemed over qualified for the role, as an artist, a teacher, a classical pianist, a deep thinker, but she embraced it with a sense of ironic detachment, as if she was standing outside of herself, observing the creature she had created.

Everything about her, at face value, was artifice: the make-up, the clothes, the hats she wore, the breathy voice that channelled Garbo and Dietrich and Bette Davis, even her name, which was truncated to better fit the headline above her column: JUST JANI.

She wrote with artifice too, in whispery italics, in wide-eyed UPPERCASE, in rat-a-tat bursts of exclamation marks.

She had what every writer in the popular media strives for and desires: a voice, a personality, a style, and above all, a presence. She fell in love with some of her subjects, in loathing with others, but in the end she outshone them all.

The page was her stage and she was the star, a blaze of bright white light that soared across the heavens and trailed into glitter and night, leaving an imprint of lipstick, the memory of her words, and the name that made her famous.



**Gus Silber**





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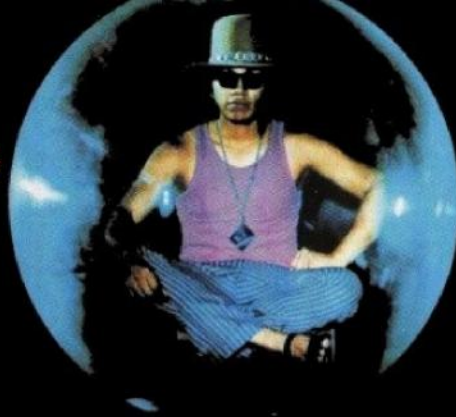


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*— 10 July 1942 to 8 August 2023*

Jesus Sixto Diaz-Rodriguez (July 10, 1942 – August 8, 2023), better known as Rodriguez or Sixth Prince, was an American musician from Detroit, Michigan. His name was pronounced as "Seez-too". Though his career was initially met with little fanfare in the United States, he found success in South Africa, Australia (touring the country twice in his earlier career), and New Zealand. Unbeknownst to him for decades, his music was extremely successful and influential in South Africa, where he is believed to have sold more records than Elvis Presley as well as other countries in southern Africa. Information about him was scarce, and it was incorrectly rumoured there that he had died by suicide shortly after releasing his second album. In the 1990s, determined South African fans managed to find and contact Rodriguez, which led to an unexpected revival of his musical career. This was told in the 2012 Academy Award-winning documentary film *Searching for Sugar Man* and helped give Rodriguez a measure of fame in his home country. In May 2013, Rodriguez received an honorary Doctor of Humane Letters degree from his alma mater, Wayne State University, in Detroit.

Rodriguez quit his music career and in 1976 he purchased a derelict Detroit house in a government auction for \$50 (US\$257 in 2022 dollars[8]) in which he still lived as of 2013. He worked in demolition and production line work, always earning a low income. He remained politically active and motivated to improve the lives of the city's working-class inhabitants and had run unsuccessfully several times for public office: for the Detroit City Council in 1989, for Mayor of Detroit in 1981 and 1993 and for the Michigan House of Representatives in 2000.

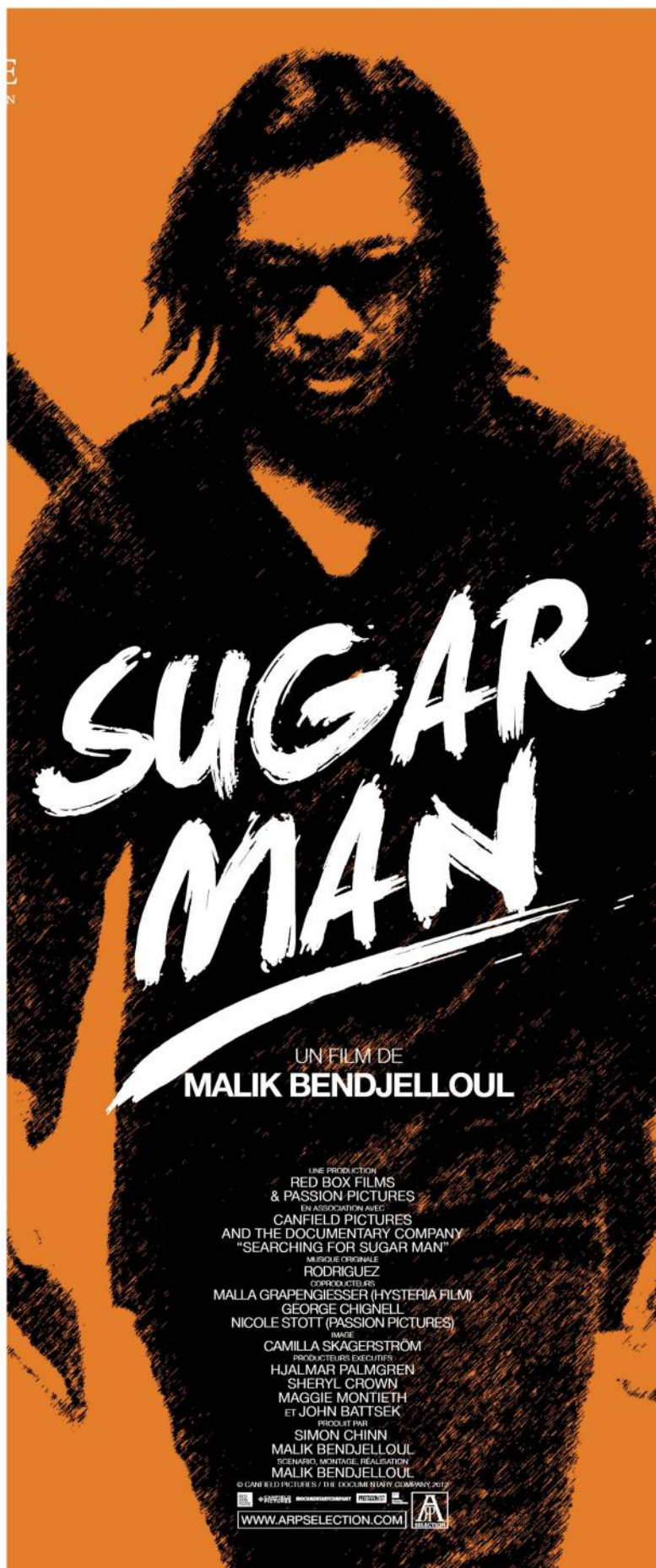
## **NOTE FROM THE EDITOR**

I met Rodriguez in the early 90's when I was asked to accompany him to a concert in London from South Africa. I was working for a tour company in SA at the time. We flew together and shared a fear of flying. But what I do remember was that he was really cool and not at all like I expected a celebrity to be. We sat in Economy Class and there was not a hint of dissatisfaction. In London the concert wasn't well attended but we enjoyed it none the less. I grew up with his records in the early 70's!



At His Best went platinum in South Africa, which at one stage was the major disc-press source of his music to the rest of the world. Rodriguez was compared to contemporaries such as Bob Dylan and Cat Stevens. Many of his songs carry anti-establishment themes, and therefore boosted anti-apartheid protest culture in South Africa where his work influenced the music scene at the time and was also a considerable influence on a generation drafted, mostly unwillingly, to the then whites-only South African military. Reportedly, anti-apartheid activist Steve Biko was also a Rodriguez fan.

Rodriguez was also successful in Australia and performed two concert tours across the country in 1979 and 1981. In 1991, both of his albums were released on CD in South Africa for the first time, which helped preserve his fame. However, few details of his life were known to his fans and it was rumored that he had killed himself during a concert in the 1970s. Despite his success abroad, Rodriguez's fame in South Africa had remained unknown to him until 1997 when his eldest daughter, Eva, came across a website dedicated to him. After contacting the website and learning of his fame in the country, Rodriguez went on his first South African tour, playing six concerts before thousands of fans. A documentary, *Dead Men Don't Tour: Rodriguez in South Africa 1998*, was screened on SABC TV in 2001. He also performed in Sweden before returning to South Africa in 2001 and 2005.





# WEEKEND

## STONE HILL BREAKFAST

*Our breakfast starts at 08h30 until 11h00  
at the Lapa or via collection / delivery*

### THE BREAKFAST CONSISTS OF:

- Fruit juices
- Cereals
- Fruit salad / Fruit
- Yogurts
- Cheeseboard (Brie, Blue, Camembert etc.)
- Cold Meats
- Flapjacks / Croissants / Muffins
- Farm baked bread
- Sausages
- Chicken Livers
- Bacon
- Eggs
- Tomatoes
- Mushrooms
- Hash browns
- Beans
- Kiddies Hot chocolate

WATER BOWL FOR DOGS!

*The cost per person for resident guests is R175 and children under 12 years are half price.*



### SMALLER BREAKFASTS PLATE - R90

*2 eggs, bacon, tomato and toast*



Includes a plunge pot coffee, decaf or tea

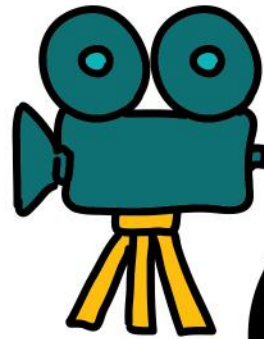
*For orders contact Caroline  
from Stone Hill on 082 447 6893*





To celebrate his life, SA Commuter will be playing a day of Rodriguez including the interview below on our radio and TV channels 29 /30 Sept as he played the Independent Armchair in Cape Town 2005 on 29 Sept!

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Stephen Segerman with Rodriguez

CLICK ON THE CAMERA TO VIEW INTERVIEW WITH STEPHEN SEGERMAN (SUGARMAN) SEPT 2023 OR THE MICROPHONE TO LISTEN TO THE PODCAST



**RODRIGUEZ COLD FACT**



Side One

**SUGAR MAN**

Sugar man, don't you hurry  
 Get a load of these words  
 For a blue coin with 1 you bring back  
 For a blue coin with 1 you bring back  
 For a blue coin with 1 you bring back  
 For a blue coin with 1 you bring back

**ONLY GOOD FOR CONVERSATION**

My pocket don't drive me fast  
 My pocket don't drive me fast  
 My pocket don't drive me fast  
 My pocket don't drive me fast

**CRUICKY YOUR MIND**

That's a human or a grayer  
 That's a human or a grayer  
 That's a human or a grayer  
 That's a human or a grayer

**THIS IS NOT A SONG, IT'S AN**

**OUTBURST OF THE ESTABLISHMENT BLUES**  
 The major hides the crime rate, count  
 The major hides the crime rate, count  
 The major hides the crime rate, count

**FORGET IT**

Don't be naive  
 Don't be naive  
 Don't be naive  
 Don't be naive

Side Two

**INFER CITY BLUES**

I wonder how many times you've had  
 I wonder how many times you've had  
 I wonder how many times you've had  
 I wonder how many times you've had

**JANE S. RIDDY**

How you all there thinking feeling  
 How you all there thinking feeling  
 How you all there thinking feeling  
 How you all there thinking feeling

**LIKE JAMES**

And you're for wealth by the  
 And you're for wealth by the  
 And you're for wealth by the  
 And you're for wealth by the

**OMGOMGA (A MURDER BYMEE)**

Come on me and see  
 Come on me and see  
 Come on me and see  
 Come on me and see

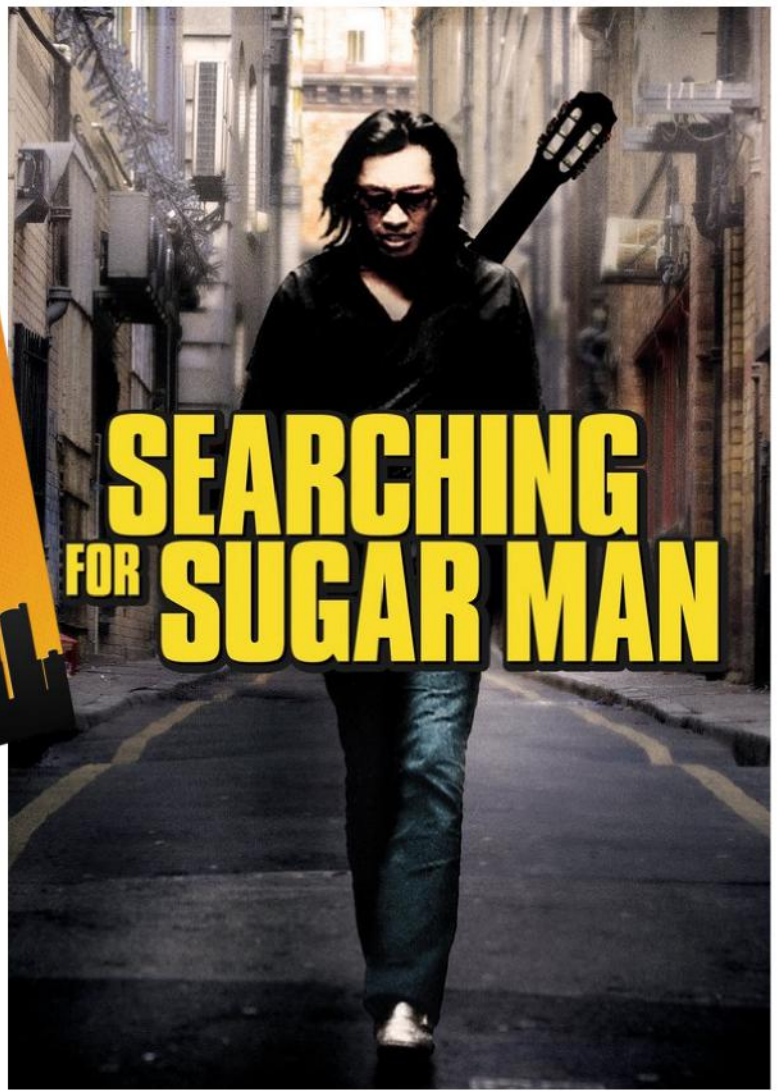
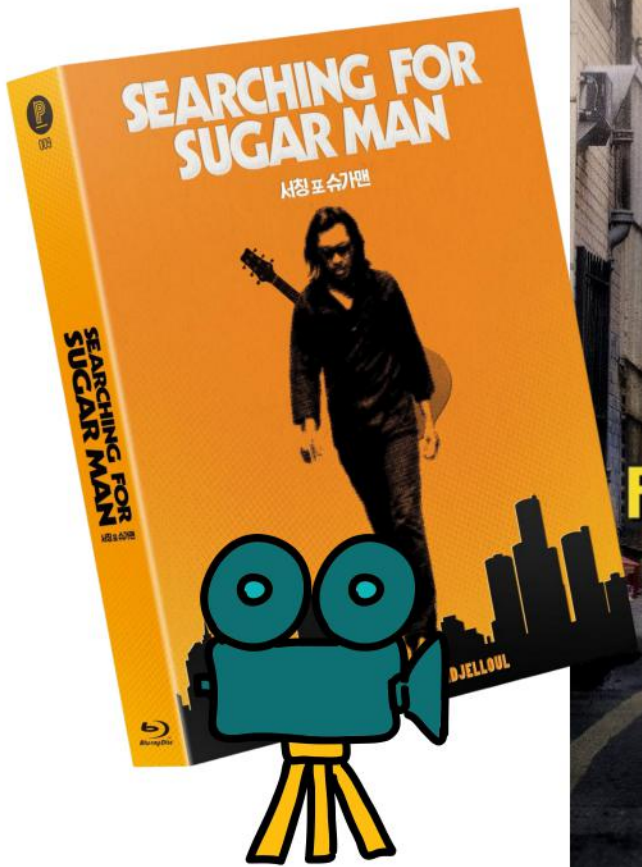
**RICH POLICE ROAD**

The meet is a  
 The meet is a  
 The meet is a  
 The meet is a

STEREO  
 SXBS 7000

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## TRAILER OF FINDING SUGARMAN NOW AVAILABLE ON NETFLIX

Searching for Sugar Man won the BAFTA Award for Best Documentary on February 10, 2013. On January 13, 2013, Searching for Sugar Man was nominated for and, on February 24, 2013, won the Academy Award for Best Documentary Feature at the 85th Academy Awards. Rodriguez declined to attend the award ceremony as he did not want to overshadow the filmmakers' achievement. Upon accepting his award, Chinn remarked on such generosity, "That just about says everything about that man and his story that you want to know." Malik Bendjelloul also said on stage, "Thanks to one of the greatest singers ever, Rodriguez."

In 2015, Craig Bartholomew Strydom and Stephen "Sugar" Segerman published a book entitled Sugar Man: The Life, Death and Resurrection of Sixto Rodriguez. A review in Business Day called the book "probably one of the most unusual rock 'n roll stories out there". Rodriguez toured the United States and Canada as recently as 2018. He headlined a tour in August 2018, ending with a hometown show at Detroit's Garden Theater. Rodriguez and the process of his rediscovery was the subject of a 2022 episode of Outlook on the BBC World Service. Rodriguez died on August 8, 2023, at the age of 81. His cause of death was not publicly announced.







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Dust off your superhero outfits, because Comic Con Africa, South Africa's ultimate pop culture and gaming festival, is set to return to the Johannesburg Expo Centre (Nasrec), 22 to 25 September 2023. The event is set to captivate fans once again, bringing together enthusiasts from across the country and beyond for a celebration of all things geeky, from comics and gaming to movies and television. This is the first time that South Africa will experience two Comic Cons in one year. Following the smashing success of Comic Con Cape Town, which exceeded every expectation held by the organisers, next up, fans are now gearing up and excited to see what Comic Con Africa will bring.



**BLACK BRICK**

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Arrive at 22 Fredman Drive at 1pm on 28th March in time to check in and say hi to all in the group at the Artisans diner for hands and feet massages by Ease Mobile Spa before we head off to arrive at Indaba Hotel for a site inspection, pre dinner drinks and an early dinner at 6 at the Chief's Boma. We head off back to the hotel at 8.

At 830pm we gather in the theatre for a ghostly experience with Mark from The Mystery Ghost Tours of South Africa. Coffee and bed time!

*Overnight at the Black Brick Sandton*

09h00 Breakfast in the morning overlooking Sandton followed by site inspection, amazing race and presentation in the workroom. Winners of the Quiz sees great prizes from our hosts.

12 Noon departure

*Extra Fun*

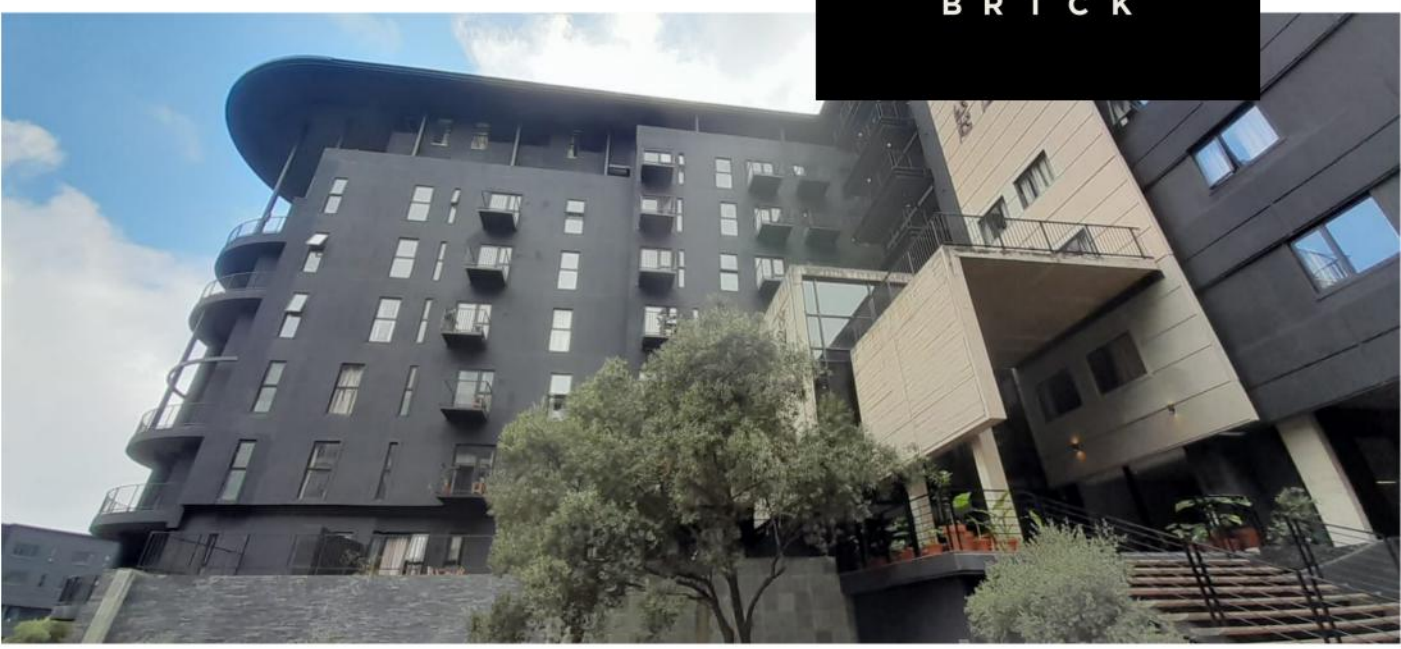
While enjoying breakfast, we will learn about water diving with Mark.

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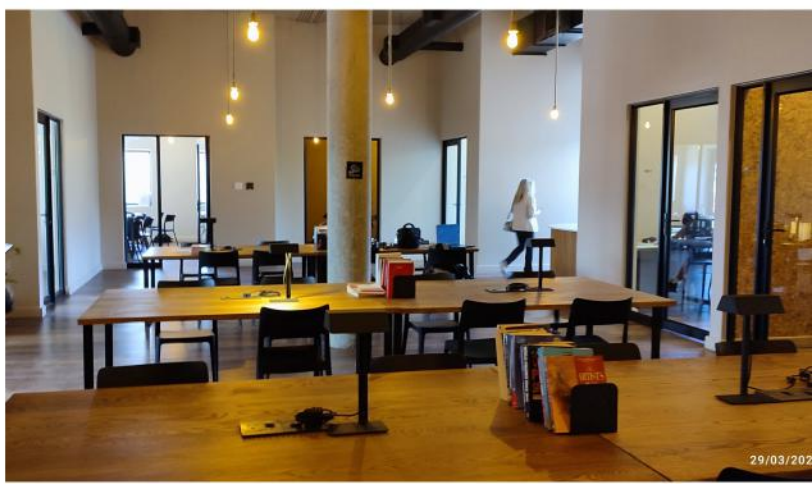
# BLACK BRICK IS THE NEW WORD IN LUXURY



It was a cool April morning when a group of us from Travel Match met at the newly completed Black Brick hotel in Sandton. Two of the new hotels in Fredman drive, a vision of Moritz Wellensiek and his investment partners, to refurbish buildings into apart hotels and long term leasing for investors. The Black Brick Club having been established in 2022 and thriving, now with the hotel with a vision to enable entrepreneurs. With a library on the ground floor which has cubicles for one on one meetings or private calls on zoom, together with a large room where one needs to just have company in order to complete work tasks. The Artistry restaurant on the top floor with a New York style balcony and swimming pool, is the ideal place for a look out point while enjoying breakfast or dinner.

**Story by Geniene Preston  
Photos by Michael Sorenson**

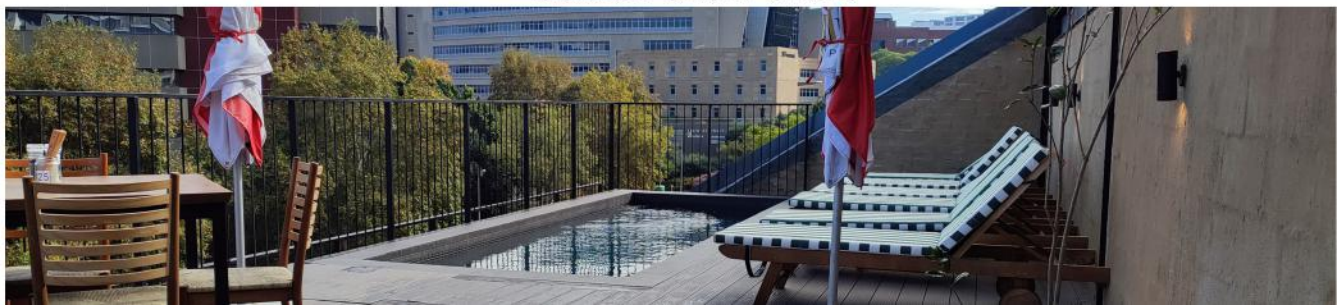




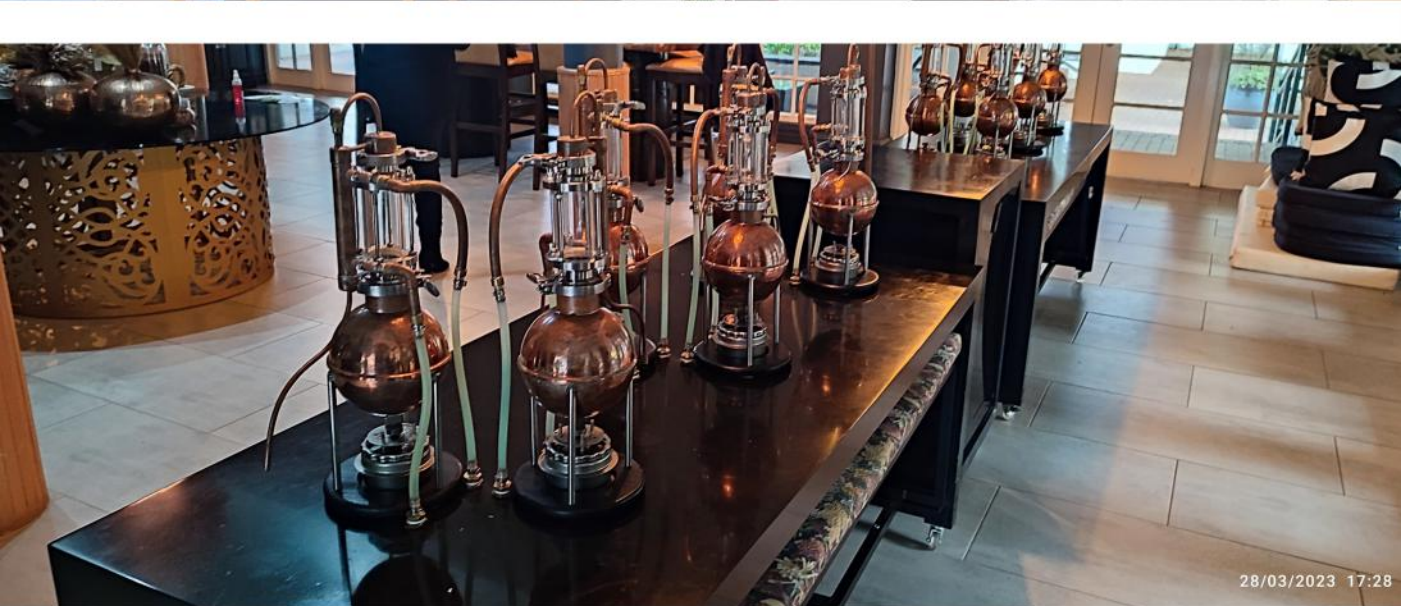
The hotel has one, two and three bedroom units, giving way to open plan kitchens and beautifully designed bathrooms, with a workspace all in one unit. The theatre downstairs is an ideal place to hold auditions or complete presentations to clients. An all in one hotel which suits not only your pocket but certainly your style. Prenisha, the GM, took us on a tour of both properties. The black passages and overall facade of the buildings, belie what lies beneath those walls. Beautifully furnished and understated luxury was definitely the order of the day and with the added rooms such as the movie room with large floor rugs and couches that looked like over inflated bean bags, you could almost smell the popcorn. There is even a balcony for meditation where no cell phones are allowed.



As a group we then were treated to a foot, hand or neck massage by Ease Mobile Spa with Rea Mafisa and her team of wonderful therapists. It was a great way to enjoy lunch together and get to know each other better. Everyone chose a different spa treatment and Rea told us her story of being retrenched and wondering what to do next when she came up with the great idea of starting her own mobile spa. She gathered a few friends together, trained them and today is busier than ever.









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Together with the GM of Black Brick, Prenisha and Robert the sales manager, and Ria from Ease Mobility the team left for the well known Indaba Hotel north of Fourways. A sprawling hotel with many conference rooms, restaurants, bars and its beautifully maintained gardens were a joy to behold. We discovered some of the newly refurbished rooms and found the reception area leading into the restaurant had been completely revamped and now had a welcome open area looking more like we were in Hollywood! Airy and well designed, this space is now perfect for hotel guests and conference or wedding guests to congregate and see each other when enjoying meal times. Coupled with easy and convenient access to all main highways, OR Tambo International Airport and a mere 15km from Lanseria International Airport, the hotel features an impressive selection of some 24 multi purpose conference venues that can accommodate up to 2000 delegates in total, with banqueting facilities for up to 800 people.

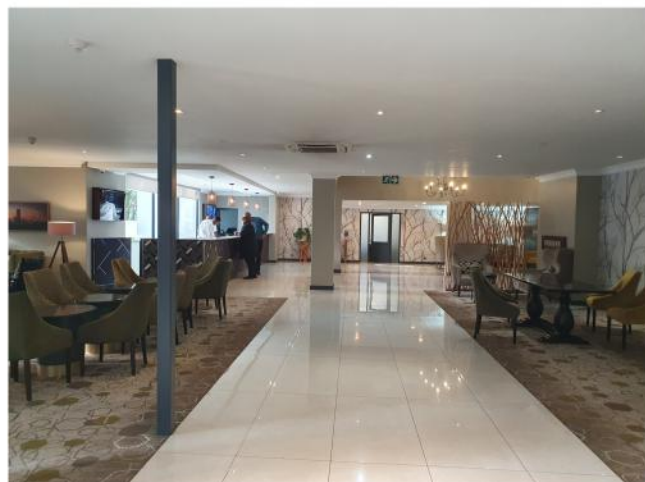




There is a Gin Bar with opportunities to learn about different types of gin and even to make your own as an activity for a birthday or simply a get together whilst on conference. We thought it could be a great way to celebrate a wedding before the event so that no one has to drive home afterwards. The hotel also plays host to Mowana Spa which offers a wide range of spa treatments and packages to suit all budgets and all size groups. The relaxing atmosphere ensures that when you leave, you are a different person and full of the joys of life!

From the spa to the Chief's Boma. What a delightful way to spend an evening. With live music provided by a local band, your meal that can last all night, is a joyous occasion. The canvas walls are designed for different seasons. Warm summer evenings, they are lifted so that guests can enjoy the beautiful gardens and birds that come to visit and in the winter its warm enough to say indoors and just work your way through the enormous buffet. The starters are a range of cold salads and hot soups, moving through to different meal offerings such as roasts and curries. Sides are everything from potatoes and mixed vegetables through to rice, pasta and the great South African staple, pap. The desserts were worth at least two visits. One was not enough and the Malva pudding and custard has always been a favourite of mine.

After the site visit, and a glass of wine or two from our generous hosts, the group relaxed and got to know each other with some fun and laughter from Linda who showed us how to groove to the wonderful music.





Soon it was time to leave and we took our departure to head back to Black Brick in Sandton for an onstage performance by one of South Africa's greats, Mark Rose Christie. With his wonderful repertoire and deep resonating voice, he took us through a ghost story that left us looking around to see if the ghost was close by! The key bending was also a mind blowing experience as we didn't expect it to work. Mark is the perfect host for murder dinners and his ghost tours around South Africa are well known. He is knowledgeable and entertaining. Michael, his partner in crime as it were, is always on hand to photograph and video for visitors to have something to take home and remember. We have great fun on those tours as I have a number of ghost hunting apps on my phone and always sharing it with fellow tour members as we watch the ghouls float by!

In the morning we gathered at the Artistry restaurant for breakfast, a gorgeous morning with a beautiful view of Sandton and time to see if the water divining offered by Mark and Michael as part of the Mystery Ghost Productions actually worked. It did for some and not for others which lead to a great discussion on how one perceives what you cannot see! Breakfast was a range of different styles of egg, bacon and breads and a great menu for the type of accommodation offered by Black Brick.

Thank you to Black Brick, Ease Mobility Spa, Indaba Hotel and Mystery Ghost Productions for a wonderful educational arranged by Travel Match. If you are a conference organiser, marketing manager, travel agent or writer and would like to join us on these excursions, please sign up on the link below.







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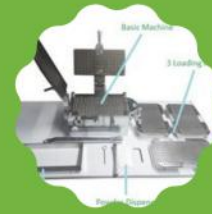


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# KHUMBA





The background of the image is the interior of a bus. It features rows of blue upholstered seats with orange handrails. The ceiling has recessed lighting, and the overall color scheme is blue and orange. The text is overlaid on this background.

*Travel*

**ITEMS YOU  
SHOULDN'T  
LEAVE  
HOME  
WITHOUT**



**A smart Tile tracker you can attach to your luggage, wallet, and keys so you can keep track of them through an app on your smartphone. Seriously though, this thing is ingenious – if your checked bag ever goes missing (\*knocks on wood\*), just check your phone and it'll tell you exactly where it is. Crisis averted forever.**

The starter pack comes with two Mates, one Slim, and one Sticker. The Tile can also make a beeping sound until you find your items.

Promising review: "A must-have. I have these on everything, including my wallet, car, luggage and dog. After being separated from my bag in another country and tracking it down, I swear by these things. Highly recommend." –Izzy Castro

On Takealot for around R650



**A teeny tiny wireless portable charger so you can doom scroll, text, and listen to SZA's new album to your ~heart's content~ without having to worry about your phone dying before your flight has even taken off, which IMO is the definition of hellish traveling.**

Promising review: "iPhone users rejoice. This was the only portable charger I could find on the market that did not require a lightening adapter to charge an Apple product! I bought this for my fiancé since he spends long days on movie sets. This has been a life saver. It charges fast and you get more than one charge out of it. This would be great for travel, long work days, bad service areas (eats up battery faster), or older phones whose battery isn't that great (this worked on his iPhone 7 and my iPhone XR). It may require you to remove your phone case, but that's an easy accommodation. Highly recommend!" – Kelly Schuetz

On Takealot for around R300



**An international travel adapter because the only thing worse than a dead phone is a dead phone whose charger isn't compatible with any of the outlets in the country you're visiting. 😊 This lifesaving compact adapter has a universal input so you can charge four of your devices at once, wherever you are, and breathe a sweet sigh of relief.**

Promising review: "LOVE this adapter! I travel from time to time internationally and have always used just the 'standard' adapters found in airports. Could not pass up the opportunity to purchase this one after reading the reviews. Exceeded my expectations of what it was capable of. Used on a recent trip to Germany and it handled everything needed – laptop, cell phone (USB ports are so very welcome), alarm clock, dryer, etc. Did not miss a beat on the power provided. And, it is also attractive looking ;- ) Thank you for making such a great, dependable product!" –Monkey

Around R1400 from Takealot



**A set of Sea Bands that are clinically proven (!) to help reduce nausea related to motion sickness, morning sickness, migraines, or cramps that you are DEFINITELY gonna want on your next trip. These all-natural bbs target an acupressure point on your wrists, so they start working ASAP to spare you from the \*profound\* discomfort that is feeling like you have to vomit when you still have seven more hours of a road trip to get through.**

To use, put them on \*both\* wrists.

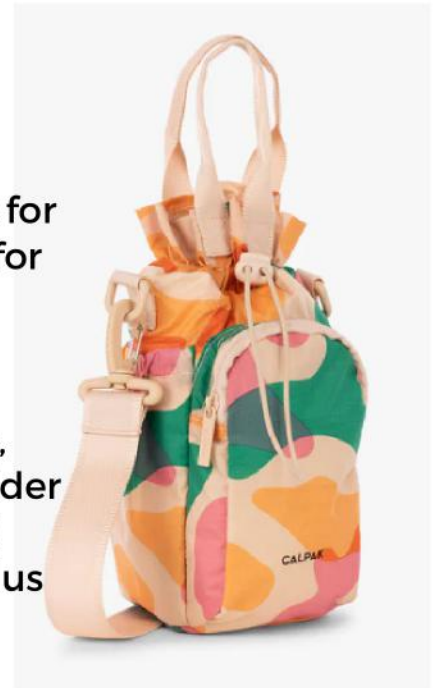
Promising review: "I was skeptical about these but I was quickly all about them when I put them on. I get really motion sick when flying but this really helped even allowing me to read a book on a 4 hour flight.



**A unique water-resistant nylon water bottle holder so you can keep your wallet, phone, passport, chargers, hand sanitizer, \*and\* water bottle easily on hand while you're trekking through security and to your gate without having to tear through your (frankly, frighteningly messy) purse or your stuffed-to-the-brim carry-on. It has an insulated interior that fits bottles up to 40 ounces, a detachable shoulder strap, and four roomy exterior pockets (!) for storing all of your essentials.**

Promising review : I recently bought this from Calpak and it's my new favorite possession. I either carry my Nalgene or my Yeti everywhere (if I'm not drinking water, you can bet I'm guzzling coffee), which is unwieldy in my tote bag, to say the least. I end up carrying the bottles by hand, which, besides being tiring, makes me prone to losing said bottle. Enter the CalPak holder, which has low-key upgraded my life. I don't even carry a tote anymore – I can pack my lipsticks, scrunchies, wallet, keys, phone, earbuds, and sunglasses in the outside pockets with my coffee, water, or tea snug inside.

The strap is adjustable so you can wear it crossbody or over your shoulder. This is an investment, but one that has been well worth it for me. I recently brought it to the airport with me for a flight I was taking, and it's made me love this little thing even more. I am easily frazzled in airports and am constantly anxiously digging around in my carry-on for my ID, charger, wallet, and what have you. The Calpak water bottle holder *\*shined\**, keeping everything I needed close and neatly organized in their own compartments, plus my drink close. I will never travel without this again – mark my words.



**A chic leather passport case with a protective sleeve for your vaccine card and holders for your other IDs and cards, so all your MVP documents will stay neat, safe, and ready to go – because holding up the security line while you dig through your bag for your documents is no good for anyone.**



Passport holders in all different colors that open with a slot for your passport and vaccine card. Henney's Boutique is a California-based small biz that specializes in passport holders. Get it from Henney's Boutique on Etsy for \$8+ (available in five colors and in a combo pack with a luggage-tag).



**A practical yet stylish personalized acrylic luggage tag so you can actually tell your black suitcase apart from all the other black luggage at baggage claim. Plus, if you ever (\*knocks on wood\*) do lose your bag, the airline will know exactly how and where to contact you.**

Promising review: "Love this luggage tag. I bought my son and his wife two as a wedding gift with luggage and just purchased two for me and my husband. I ordered the bright orange so I could easily spot my luggage, and it turned out great!" –Maggie



**A crossbody phone holder for keeping your hands free and your phone easily accessible and securely attached to your body, so it can't be plucked from your bag by a pickpocket.**

**Model on a bike with their phone strapped across their body in a crossbody case**

Promising review : I have one of these and it's one of my favorite purchases, period. I love always having my phone on me without having to carry it by hand (and because my clothes often don't have pockets included). It's a dream for traveling too because it allows me to never misplace my phone, since it's always on me, literally. An amazing travel and TBH life hack.

Promising reviews: "Love the colors I chose!!! Quality is great!! Taking it on vacation, cannot wait to use the lanyard with the case!!!" –Amy Koester

"Fun, bright and it will simplify your life and give you your arms back. Beautiful colors to choose from and received lots of compliments." –Rosey





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# **10 Secrets To Being More Content (So Nobody Can Take Your Joy Away) Feeling more content and joyful really is possible.**

**BY SUSAN HEITLER**

Well-being is a positive state of mind. It emanates from self-acceptance, acceptance of others, activities that you enjoy, and a sense of commitment to your goals.

Your sense of well-being indicates that when negative feelings come up or you face bumps in the road of life, you know what to do to feel better soon. Well-being is enhanced by feeling that you know who you are and with whom you belong. Does positive well-being sound appealing to you?

Here are ten tips on how to be more content so nobody can take your joy away.

## **1. Specialize in generating and sharing positive energy.**

Gratitude generates joy. How often do you count your blessings and have awareness of the good that has entered your life lately? Seeing what is good in your circumstances enhances feelings of well-being. How often do you express appreciation, agreement, and affection to others? How often do you smile at others, meet gazes, or pat someone on the shoulder?

Sharing positive connections and feelings increases others' sense of well-being, which in turn will cause you to feel more pleasure.

Interestingly, prayer offers an ancient remedy to the tendency to forget to focus on the blessings in your life. Most prayer centers on appreciation and expressing gratitude to a higher power, which is probably why church or other religious observances engender warm and positive "spiritual" feelings.

Folks who think appreciative thoughts when they first wake up in the morning or just before going to sleep at night reap similar benefits. So, skip the criticism, complaints, blame, and snippy comments. The negative energy that you generate from these kinds of comments doubles, while your positivity declines. That's because people remember negative moments more readily and intensely than positive ones.



## 2. Decide to be a problem-solver.

When problems arise, do you find yourself feeling mad, sad, or scared, and then getting stuck in irritation, depression, or anxiety? As soon as you hit a bump in life — a dilemma, an annoyance, a tough decision, a conflict, or an issue — go straight to problem-solving mode and ask yourself what you can do to fix the difficulty. In most cases, as soon as you figure out a plan of action, your negative feelings will flow away, replaced by satisfying feelings of well-being. Look for what you can add to a solution instead of telling others what they could or should do, unless they ask for suggestions from you.

Why grumble and regret, suffer from anxious feelings, get annoyed, or sink into discouragement when you can feel better by just looking for solutions?

## 3. Harness yourself to a project.

I once visited a Sufi guru in Pakistan. One of the favorite sayings of this very wise man was: "Cars run best uphill." I found his way of expressing this principle amusing. At the same time, I realized that many religions express this wisdom and that it highlights an important reality: people feel best when they have a project, a mission, or an objective to which they can harness their energies.



Christians emphasize finding a "calling." Jewish wisdom describes an overall self-enriching goal of making the world a better place. Hikers talk about leaving the trail better than you found it. Athletes enjoy working toward the goal of getting better and better at their sport. Business people seek to earn money.

Neurobiologists identify that pursuing a goal — a goal of any type — stimulates the production of dopamine which is, as writer Loretta Breuning says, a "happy chemical." So, harness your energies to work projects, earn money, to raise a family, or create beauty. Whatever it may be, attaching yourself to a project, or multiple projects, is life-enriching.



#### **4. Learn from mistakes.**

People were not designed to be perfect. To the contrary, we all make mistakes. No need to sit around beating yourself up after you've made a mistake. Instead, regard your errors — large or small — as opportunities for growth. See others' mistakes as learning opportunities, as well. After each mistake that you or others have made, say to yourself, "Mistakes are for learning."

Punishing yourself just adds to your misery. Don't spend too much time or thought on regret, shame, blame, guilt, criticism of yourself, or of others. Instead, look back and learn. Then focus on the road ahead— the road of self-acceptance, growth, and well-being.

#### **5. See yourself and others in the best possible light.**

Eliminate negative labels. End name-calling toward others and toward yourself. Anytime you feel tempted still to use a negative word to describe someone, reframe the phenomenon you observed in an empathic or at least neutral way. For instance, are you thinking that your child is bossy? Label it as "budding leadership".

Do you think your friend is stupid? Label it "uninformed" or "slow to pick up on new ideas". Avoid negative terms for yourself, as well. Change the self-berating thought "I was an idiot" to "I was confused." Or, instead of "This is a stupid thought," tell yourself, "This is a surprising thought."

At the same time, accurate observation can be helpful. So instead of saying to yourself or others, "My boss is a nasty snot," which makes you feel superior but does little to enable you to work effectively with him, aim for non-judgmental descriptions, try, "My boss often gets impatient, especially when his expectations have been unrealistic. Keeping up my good humor in that atmosphere is challenging."

Equally important, as you see yourself having a habit that does not serve you well, ask yourself, "If I look at that habit in the best possible light, what is it trying to accomplish?" Once your intention has become clear to you, ask a second key question, "And what might be a better, less problematic, and more effective way to accomplish that intention?" Ah, now you are staying on the pathway of well-being.





## **6. Agree, augment, and add instead of disagreeing.**

When someone expresses an opinion with which you disagree, skip the "But..." Also, skip the rebuttals like, "That's not true!" Those responses turn a friendly discussion into an adversarial argument. "I'm right and you're wrong" assumptions also invite fights. Instead, listen closely to find at least one aspect of what you are hearing that you can agree with. Verbalize your agreement with that specific bit of information.

For example, instead of "I hate babies. They are ugly and burdensome," say, "Yes, I agree that they are often funny-looking, especially when they are newborns." Then, after you have agreed to something specific that you heard, begin with the words, "And at the same time..." to add your alternative viewpoint. Using the example above, you can add, "And at the same time, I love holding babies. They are so soft and warm."

With agree and add, you stay on the road to a win-win situation. You can be right and the other can be right, as well. Feeling right and enabling others to feel right raises your sense of well-being.

## **7. If it's in the past, it's for the good.**

Once something has already happened, you can decide the impact it will have on your life and on your feelings. You can harbor resentment if it was something that hurt you. You can sink into disappointment and grieve for too long, or you can decide, "If it's in the past, my job is to make it turn out for the good."



## **8. Cherish your circle of loved ones and friends.**

Make time for your friends and family members. Do fun activities with them. Verbalize your positive feelings toward them. You will feel your loving feelings and you will receive positives in return. Expressions of appreciation and affection breed appreciation and affection in return, creating more well-being for everyone.

## **9. Treat your anger as a stop sign.**

Expressing anger creates further anger, both within you and within the person you're addressing. So, any time that you begin to feel angry, regard anger as a stop sign. What do you do at a stop sign? Would you pick up the stop sign and clobber people with it? No. At a stop sign, you pause to look about, figure out what's going on, and decide how to proceed.

As you stop in response to feeling angry, you may need to change the topic first in order to give yourself time to calm down. It may also help to take several slow deep breaths to refresh and calm your energies. Consciously release the tension building in your muscles.

If changing the subject for a bit and taking a few calming breaths does not suffice to cool you, remove yourself from the triggering situation. Then distract yourself for a bit – maybe read a magazine, play with children, or finish a work project – to be sure you are not bringing the provocative situation with you. Return when you feel calm enough to talk cooperatively about the problem. If neither of you can calm down enough to dialogue in problem-solving mode, leave again. Early and frequent exits prevent needless anger from spoiling your relationships. Speaking and acting in anger is seldom constructive.





# Be Happy®

At the same time, your angry feelings – mild irritation, growing frustration, as well as feeling outright mad – are valid and indicate that there is something you want that you are not getting, or something you are getting that you do not want.

Your anger is an important clue that there is a problematic situation that you need to pay attention to. Then put the anger aside and calm down. When you are quieter, you'll be more capable of figuring out how to handle the situation cooperatively, cleverly and effectively.

## **10. Enjoy life's pleasures and let the laughter flow.**

Indulge in life's free sources of joy. Let yourself play and be playful. Sing a song or put music on your favorite electronic device. Go outside and enjoy the natural greenery and the sunshine. Connect with friends and family. Do something new, go somewhere new, or meet someone new, as new things tend to generate positive feelings.



Move around and exercise, even if all you do is run in place. Look for beauty. Make something. Give something to someone— anyone. Do an act of kindness. Express appreciation. All of these actions are natural emotional enhancers. The more that you let yourself enjoy, laugh, give to others, and appreciate your blessings, the happier and more filled with well-being your life will become. Happiness is a choice. Enjoy!