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*According to the 2021 BrandMapp Lifestyle Survey of South African households earning more than R10,000 per month, 67% of respondents wanted Cash-Back and not points.

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For a limited time only, this Festive Season, connect with Airlink to Dar es Salaam, gateway to Zanzibar. Two additional day time flights will operate from 06th December until 17th January on Tuesdays and Thursdays.

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AIRLINK
Freedom of the African Sky

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French Art de Vivre **rochebobois** PARIS

Photos Michel Gibert et Baptiste Le Quiniou, non contractuelles. Éditions Zulma.

Mah Jong. Modular element sofa, designed by Hans Hopfer. Upholstered in fabric by Missoni Home, Constellation collection. Platforms in stained wood, Alezan finish.

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Enjoy home ground advantage as the World Cup underlines the importance of tourism.

Skyways *is kind to the environment*

Travel goals

The FIFA World Cup is all about football, right? Well, sort of. It's also, like the Olympics or any other mega-event, about bringing visitors and business to and telling people about wherever it's being held, which is why hosting duties fall to different nations each time. This year, for instance, billions of people will be learning where Qatar is and that there is no 'u' in the country's name, no matter how badly you want it to be there.

The point is, tourism is one of the major driving forces behind the biggest event happening anywhere in the world this year, and it will be a major consideration in every plan all of us are making for next month's holidays. And it's Airlink's goal (if you will – please excuse every writer worldwide for making bad soccer puns for the next few weeks) to help you travel well, to avoid extra time and penalties, and to enjoy the benefits of a brilliant team helping you to win.

Enjoy your journey!

Bruce Dennill
Editor

PUBLISHER Urs Honegger

EDITOR Bruce Dennill
SENIOR SUB-EDITOR Claire Rencken
SUB-EDITOR Gina Hartoog

OPERATIONS AND PRODUCTION MANAGER Paul Kotze
SENIOR DESIGNER Annie Fraser
DESIGNER Perpetua Chigumira-Wenda

ADVERTISING sales@panorama.co.za +27 11 468 2090
SALES MANAGER Gillian Johnston
MEDIA SALES EXECUTIVES
Arlene Sanford
+27 83 473 5002 arlene@panorama.co.za
Lara Terblanche (Cape Province and KZN)
+27 83 324 6002 lara@skywaysmagazine.co.za
Janine van der Merwe (Namibia)
+264 81 122 4833 Janine@skywaysmagazine.co.za

ENGLAND/WALES/SCOTLAND: Interactive
Airline Partnerships, James Rolls.
13 Brook Business Centre, Cowley Mill Road, Uxbridge UB8 2FX
Tel: +44-1895-258008 Fax: +44-1895-258009
SWITZERLAND/GERMANY: IMM Inflight Media Marketing
Marcel Wernli, Gellertstrasse 18, 4052 Basel
Tel: +41-61-3199090 Fax: +41-61-3199095

SUBSCRIPTIONS subscriptions@panorama.co.za
Tel: 011 468 2090 Fax: 011 468 2091

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COMMENTS AND SUGGESTIONS
skyways@panorama.co.za
We value reader feedback. Please get in touch.

FINANCE accounts@panorama.co.za

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Your complimentary copy to take away!

HEAD OFFICE:
Tel: 011 451 7300 / 010 590 3170
Fax: 011 451 7367
AIRLINK CARGO:
Tel: 010 880 3646
Fax: 0860 914 75

COMMENTS AND SUGGESTIONS:
karinmurray@flyairlink.com

CUSTOMER RELATIONS:
customercare@flyairlink.com

Antananarivo	(Ario Town office) 00261-20 223 5990
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59
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95%
The hunting success rate of dragonflies.

forecast
The future is now

Social media is increasingly driving tourism trends

Billions of users are flocking to social platforms for travel inspiration, basing their choices on the reviews and recommendations of their favourite content creators. Video has proven particularly effective at showcasing travel content, providing users with a snapshot into the sights and sounds of travel destinations around the world. With a number of local creators leading the charge and contributing to the development of the rising #traveltok subculture, TikTok is well positioned to become South Africa's platform of choice for travel and tourism content.

Since its inception in late 2016, TikTok's user-driven content has moulded and defined several global trends. One of these is the emergence of subcultures – or groups of users who produce and share content based on a common interest. #traveltok, the hashtag under which travel content is curated has garnered over three billion in-app views to date – a stark example of the inroads being made by TikTok in the tourism environment.

So what does this mean for travel and tourism-related brands? Travel content on TikTok is all-encompassing – it talks to users who enjoy luxury travel, backpackers, nature enthusiasts, seekers of undiscovered gems and everyone in between. Now, with travel heading into its highest season after two years of lockdown due to the COVID-19 pandemic, brands have the unique opportunity to leverage off the conversation and join the hype around travel content on TikTok.

On #traveltok, users will discover abandoned, ancient villages in rural areas alongside views of sprawling metropolitan landscapes. Closer to home, users can discover hidden gems in places like the Mapungubwe National Park, weekend getaways that are close to the city and groups of buskers on world-renowned beaches like Camps Bay in Cape Town.

Text: **Scott Thwaites** Source: **tiktok.com**

Helping teens understand their emotions

Worldwide one in seven teenagers experience some form of mental distress or trauma. According to the World Health Organization (WHO) depression, anxiety and behavioural disorders are among the leading causes of illness and disability among young people. Suicide is the fourth leading cause of death among 15- to 19-year-olds.

This focus on the emotional intelligence (EQ) of young people, rather than just academic performance, has seen Centennial Schools adopt technology that makes a real difference to the mental health of its students.

Cody Gordon, Co-founder and CEO of the It'sOk app, says his own experience in dealing with his mental health journey led to the creation of the app.

Every morning at the start of the school day, students log on to the app, click on the daily check-in, and describe their range of emotions, both primary and secondary. There is an education section where they can see what their emotions mean and why they are feeling that way. This self-awareness feature ranges from personal to school reasons, self-harming, social media, or family reasons.

There is a range of tools to use – from reaching out to someone at school, having a chat on the platform, breathing exercises, meditation, life skills, gratitude, panic buttons, and an analysis of the data so that the students can understand themselves.

Print. It's alive!

Reasons why print is thriving

Despite the naysayers, print survives – and is a great option for those who want to go green. Here's why.

Research the world over points to a resurgence of paper and print, yet the Paper Manufacturers Association of South Africa (PAMSA) still has to counter the perceptions that print is dead (or dying), or that it's not 'green'.

Print is not dead – it's different. In this age of digital-everything, it still has the power to reach people in a way no other medium can, and has many purposes – some hidden in plain sight and many that we take for granted.

When you have to buy medicine, imagine the inconvenience of having to search online for the dosage instructions. Print empowers us as consumers – by reading the 'fine print' on packaging, we can shop with discernment.

Print unplugs

We live in an always-on, device-driven era. While the world is at our fingertips, we are also at arm's length from anyone and anything that demands our time and attention.

When we don't unplug, our stress and anxiety surge, and as if the news itself weren't bad enough, we also have to deal with an onslaught of fake news – which a study by three MIT scholars found spreads faster on Twitter than true stories do. Print news, however, has authority and integrity.

We also enjoy print. A 2019 survey of 1,070 UK adults found that 64% agreed that reading a printed book is more enjoyable than reading on an e-device.

Besides, early contact with books doesn't only inspire a love of reading – it teaches children to respect and care for them. Turning the pages also creates engagement, which contributes towards auditory, sequencing and memory skills.

Print is green

Digital communication is often greenwashed, touted as saving trees. Except, it doesn't. In South Africa, paper, timber and cellulose products come from sustainably managed plantations. Our country has 850 million trees planted over 676,000ha for the manufacture of pulp and paper products. Plus, trees are harvested and replanted – like any other crop – with only a small portion harvested annually and then replanted in the same year.

Wood, and by extension paper, is a carbon storage mechanism – it locks up the carbon, absorbed as carbon dioxide by the tree. The carbon is only released if the paper decays or is incinerated. Paper is also recyclable, which keeps those carbon atoms locked up for longer!

While mobile phones and digital communication bring convenience and connectivity, they also consume energy. Our multi-megabyte emails, WhatsApps and tweets all have a carbon footprint. We just don't see it.

Finally, print has tenacity. It has survived for centuries and it's not going to die anytime soon.

Text and photography | **Supplied**

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Imagine waking up to the wild roar of lions, the murmuring of the mighty Zambezi and a wild chorus of grunting hippos! A quick, hot shower and a wake-me-up coffee before heading out to watch the rising sun awaken this iconic river into a gold and purple kaleidoscope. Watching the rays of the sun pierce through the morning mist rising from the river is such a beautiful sight to behold. In the distance, I can smell the sizzling aroma of breakfast wafting by. This is another beautiful day on safari and, in more ways than one, Sian Simba River Lodge brings out the magical charm of the Zambezi.

1. The camp

The luxury tented suites combine an authentic bush experience with all the contemporary amenities and are nothing but comfortable. This eco-friendly camp runs on green energy, so you may miss one or two things like hairdryers and aircons, but the epic views from the balcony – some tents face the mighty Zambezi, while others face a vlei – each offer incredible wildlife sightings that more than make up for it. The dining area, bar and lounge are perched on the banks of the Zambezi and the views are as unforgettable as the dining experiences, which include some great vegetarian dishes. The well-stocked bar is as ever-flowing as the Zambezi, so thirst is alien to these parts of the world.

2. The mighty Zambezi

Sunrises and sunsets on the Zambezi are beyond spectacular, as is everything in between. If tiger fishing on the upper Zambezi is on your bucket list, then Sian Simba is the place for it. There's even a seasonal island, perfect for a bush picnic during the low season. So, whether you want to experience the Zambezi from its riverbanks or cruise the photon, an adventure awaits.

3. Epic wildlife encounters

I hear the sound of lions roaring a few hundred metres from my tent and see the unmistakable buffalo tracks through the camp. It is located in the middle of the Zambezi National Park in the heart of KAZA (Kavango-Zambezi Transfrontier Conservation Area), the world's largest conservation area that's nearly twice the size of Belgium, so you can imagine the wildlife that traverses in and around the lodge. Experience an armchair safari from the deck of your tent, and enjoy the game drives and even walking safaris that are on offer. We did a night game drive, which was absolutely spectacular!

4. Incredible people

The camp is a celebration of the best of Zimbabwe's people – warm hospitality, agility, resilience and tenacity. The camp managers have been flying the Zimbabwean flag high for a few decades now, having managed some of the best resorts in East Africa. The head chef has worked on cruise ships and on three continents, and the head guide is an incredibly passionate custodian of the natural world, who has spent most of his life in the bush. Sitting around the campfire, you realise that each and every person at Sian Simba River Lodge has a beautiful story, with one of the special ones being about the guys who started out as contractors when the camp was nothing but bush, and who – like our ever-smiling waiter – had barely been exposed to tourism, and have now evolved into fulfilling new and exciting roles.

5. Victoria Falls

I can't think of many locations in the world where you can combine a safari experience with a Natural World Wonder and UNESCO World Heritage Site. The lodge is located just an hour away from the world-famous Mosi-oa-Tunya in Africa's adventure capital, Victoria Falls – home to the meanest white-water rafting in the world, and bungee jumping, enabling visitors to combine a superb safari experience with so much more.

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4%

The percentage of lost remote controls that turn up in the fridge or freezer.

4.2 million

The number of times per year the average human blinks.

YOUR QUESTIONS ANSWERED

As regulations are updated, knowing what to do and who to ask for help can be tricky: here are some solutions to pressing queries

WHAT IS THE MAXIMUM LIMIT OF PORTABLE ELECTRONIC DEVICES AND SPARE BATTERIES PASSENGERS ARE PERMITTED TO CARRY?

Each passenger can carry a maximum of 15 portable electronic devices and a maximum of 20 non-spillable spare batteries that must be 12V or less and 100Wh or less.

WHAT ARE THE LUGGAGE DIMENSIONS FOR CHECKED-IN LUGGAGE AS WELL AS HAND LUGGAGE?

For cabin luggage: 90cm x 72cm x 45cm (including handle, wheels and pockets) – total dimension 207cm. Or hand luggage: 56cm x 34cm x 23cm – total dimension 115cm.

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TRAVEL

Airlink invests in FlyNamibia

Airlink is acquiring a 40% strategic equity holding in privately-owned Windhoek-based FlyNamibia in an investment which will accelerate Namibia's post-pandemic recovery and drive the expansion of efficient scheduled airline services to, from and within Namibia. The investment is underpinned by a commercial franchise agreement under which FlyNamibia will adopt Airlink's '4Z' International Air Transport Association (IATA) designator for its ticket sales and scheduled flights, while retaining its unique corporate identity, brand and aircraft livery.

The changes will come into effect as soon as practicable, after which all existing bookings for FlyNamibia flights will be amended at no cost or inconvenience to customers. Airlink will also provide additional airline operations, technical and commercial skills training and development support for FlyNamibia.

"This will also support our and Namibia's shared longer-term ambition to establish Windhoek's Hosea Kutako International Airport as the central connecting hub and base. In doing so, we will help to make air travel and transport more efficient and enhance Namibia's competitive position as a destination for trade and tourism," explained Airlink Chief Executive and Managing Director, Rodger Foster.

TRAVEL

Airlink SkyShoppe launching soon!

Airlink Skyshoppe will be available soon. We offer customers the very best in-flight experience, and soon we will be providing a range of superior duty-free products as well.

Airlink Skyshoppe will offer quality products with brand names from around the world, all at great prices. This shopping experience will be available on selected routes. Beat the queues and shop onboard!

TECHNOLOGY

Help at hand

According to a *World Population Review* study, South Africa ranks tenth in global suicide rates, and according to the World Health Organization, men are four times more likely to commit suicide than females. South Africa needs urgent intervention and resources to support everyone to curb stigma and navigate mental health burdens.

Clinical psychologist Allan Sweidan, co-CEO and co-founder of Panda – an app that provides access to affordable mental health and wellness support – says, "Being able to use a smartphone to find mental health support for issues you may be experiencing or set up a one-on-one session with a professional discreetly is a valuable tool that digital innovation enables."

Addressing the realities people face in South Africa, and the tragic consequences culminating in the tragic rate of suicide, requires a multi-faceted approach targeted not just at society's vulnerable, but also at a genuine need to find a better way forward.

Source: **Joinpanda.com**

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TRAVEL

On the recovery trail

The sustained tourism recovery in international arrivals seen over the last few months, when compared to pre-pandemic levels, helped recovery rates at Cape Town International Airport's (CTIA) international terminal to reach their highest levels for some time.

Domestic two-way passengers at CTIA increased from 407,626 in June 2022 to 456,785 in July. Total two-way domestic passengers in 2021 reached 4.2 million. It is encouraging to see that total two-way domestic passengers between January and July of this year already stood at 3.4 million, boding well for the rest of the year.

George Airport has also essentially fully recovered to pre-pandemic levels, reaching a recovery rate of 99%.

The top five highest year-on-year growth rates in July 2022 were recorded for Robben Island (4,914%), Cango Caves (3,866%), Table Mountain National Park: Boulders (285%), Viljoensdrift River Cruise (259%) and Table Mountain Aerial Cableway (227%).

Source: **westerncape.gov.za**

HEALTH

Low flow

New research shows that the Omicron-virus and some of its variants cause significantly lower levels of blood clotting, providing further evidence for the link between the

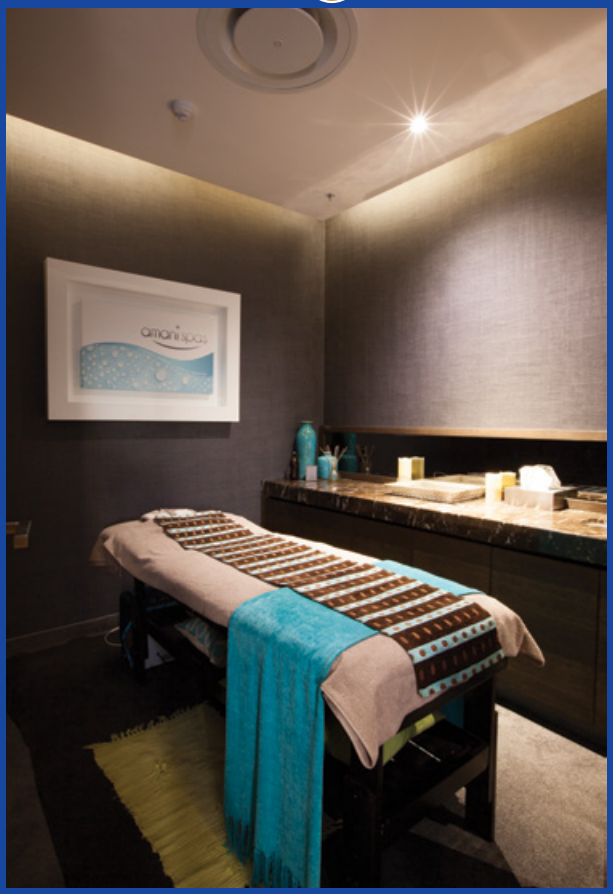
severity of the disease and the prevalence of persistent micro blood clots in individuals with acute and long COVID.

Prof Resia Pretorius, a researcher in the Department of Physiological Sciences at Stellenbosch University (SU), first made this connection late in 2020 when she detected small amyloid-like blood clots in the plasma of individuals suffering from COVID. Amyloids are a type of protein associated with various inflammatory diseases. As part of a long-term collaboration with Prof Douglas Kell from the University of Liverpool, they showed that these micro clots contained pro-inflammatory molecules. The results of both studies were published in the journal *Cardiovascular Diabetology*, in 2020 and 2021.

These insoluble micro-clots inhibit or may temporarily block blood flow to capillaries and hence impair oxygen transfer to tissues. At present, they believe that this oxygen impairment in various parts of the body can account for most of the symptoms of Long COVID, such as constant fatigue, shortness of breath, brain fog, joint and muscle pain.

Source: **Sun.ac.za**

S L O W and AIRLINK



Enjoy more comfort before you fly

Airlink customers booked in Business (C, J, Z and D class) or Full Fare Economy (Y Class) departing from Johannesburg (domestic and international flights), Durban (domestic flights) and Cape Town (domestic flights) can now enjoy a unique experience in SLOW Lounges as they embark on their journeys with Airlink.

Amani is the in-lounge spa treatment service provider, responsible for designing the treatment menu, which is updated from time to time. On offer: 15-20-minute complimentary wellbeing treatments, as well as a variety of wellbeing spa products including but not limited to:

- Iketla – back, neck and shoulder massage
- Neck and shoulder massage
- Scalp massage
- Foot massage
- Hand massage

Eligible guests of the lounge are able to make use of the spa by making a booking at the SLOW reception desk in each of these designated lounges:

- OR Tambo International
- OR Tambo Domestic
- Cape Town International Domestic
- King Shaka International Domestic

Source: **Slow.co.za**

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Living la vida lagoon

In a remote part of Zambia, a luxurious lodge will inspire you to linger longer

South Luangwa, a fiercely wild and vast landlocked part of Zambia is home to generous plains, unspoilt wilderness and prolific wildlife. Bordered by Mozambique, Malawi, Zimbabwe, the Democratic Republic of the Congo, Tanzania, Angola, Namibia and Botswana, this untamed area is a favourite destination among safari aficionados, who return time and time again.

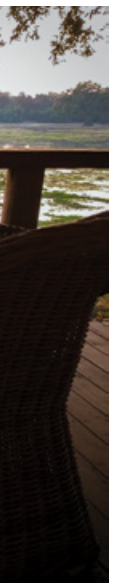
For more information or to book a stay, visit sungani.com. Heléne Ramackers' flights between Cape Town and Lusaka on Airlink were sponsored by The Luxury Safari Company. For more information, go to theluxurysafaricompany.com

A motivational factor for close-knit family Paul, Lynne, Darryl, Michael and Jordan Davy to start a venture here was their inherent love for Africa and wanting to share it with like-minded guests, further cementing their history on the continent. In May 2022, Sungani opened its doors for the first time. Set in the southernmost reaches of the national park with the Luangwa River ebbing and flowing, this is nature in its most unrestrained form.

Tented luxury is the signature of Sungani, but this is no ordinary bivouacked experience. In the guest tents, every single creature comfort imaginable has been thoroughly considered and executed – from plush couches to the most dreamily spacious bedroom and a bathroom with a view of the lagoon. Take heed of the added space in the enveloping mosquito net – no more becoming strangled in the netting when getting out of bed; instead, it's neatly draped on the outside of the wooden bedposts, at least half a metre away from the bed.

Chomping at the bit

A pod of hippos has immersed themselves under greenery known as 'Nile cabbage'. An African Fish Eagle's impressive wingspan flits past, answering the distinctive call of a mate. Sitting on a private deck in a comfortable rattan chair adjacent to a plunge pool, the vistas stretch over the Sungani lagoon with palm trees dotted alongside the banks on the other side. A tiny lizard slithers down a pillar. The hippos are communicating through a series of loud grunts, a sound that could be equated to them laughing. To my right, four hippos are having a sprightly roll-around, water splashing. One is kicking profusely as if he's undergoing swimming lessons. Splish splash grunt grunt. Clearly enjoying their food. The lagoon will eventually be void of this foliage once all the cabbages have been ingested. Chomp chomp chomp…



Enjoy waterfront views from anywhere in the lodge.

Each wildlife encounter features unique new characters.

Life out here is filled with challenges. During April and May, the dry season brings with it an evocative parched earth. Animals survive on water and nutrients found inland. Water abounds when the floods arrive during the rainy season in January and February. "The black cotton soil turns the landscape into a quagmire of unforgiving earth during the rainy months," my guide Brian explains. "Once you're stuck, you're not getting out easily – it's like sticky black mud."

Leopard o'clock

Waking up early definitely has its advantages. There's the cacophony of the pre-dawn chorus and, of course, witnessing the most glorious sunrise over the Sungani lagoon. The melodious sounds of a southern puffback fills the morning air. Game drives before the sun makes an appearance bode well for sightings of nocturnal species ahead of the day heating up and they find respite in a shaded area. Late afternoon drives come with similar advantages.

Born in Livingstone, Brian realised from a young age that he was destined to be a guide. "I got my driving licence in 1997 and started working at the reception in a lodge in Mfuwe," he says. "In 2001, I guided walking safaris in South Luangwa. During the 20 years employed by the same company, I worked seasonally at their lodge in Liuwa Plains between 2013 and 2021, where I did guided boating and kayaking. I have been inspired by nature for as long as I can remember, so much so that as a kid, I was always in conservation clubs. So this was a natural progression for me."

Out on the Muchinga escarpment, the sun has just dipped behind the horizon. Following a sunset drink stop, Brian gleefully announces it's 'leopard o'clock', much to my amusement and delight. Chances of finding a rosetted cat seem slim to nothing as we meander through thick vegetation, mopani woodland and dense undergrowth. With the night drive now in full swing, we encounter an adorable scrub hare in the middle of the road. Brian stops the game drive vehicle and turns off the engine to listen for an alarm call. It's so quiet you can hear a pin drop. "We'll try again tomorrow," he reassures me. With him having found three different leopards prior to my visit, I know I'm in good hands and will soon see my favourite animal, which also happens to be Brian's top wildlife sighting.

The next morning, Brian constantly looks up, his eagle eyes disclosing that there are so many trees here that he'd be in if he was a leopard.

As we turn the corner on our late afternoon game drive, a puku sounds the alarm – a sharp whistling indicates that there is something he is not entirely happy about. We stop. We listen. We look towards where the puku is looking. He whistles again. Spotter John points to the thick undergrowth. "Do you see him?" Brian asks. "No, I don't," I reply in disappointment. We sit in absolute silence. I hear him before I see him – he is digging intently and all I can make out is his silhouette. Brian drives around to the other side to see if we can get a better view of our target. After more digging, the leopard eventually gives up on whatever he has hidden in the soil and settles down in the shade of a tree, closing his beautiful green eyes for a well-deserved catnap.

Text and photography | **Heléne Ramackers**

How to get there

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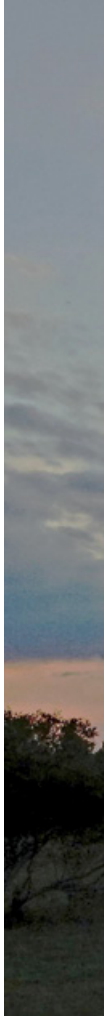
Gait expectations

Two Klaserie camps offer different but complementary experiences



Most game lodges offer morning and evening game drives, but several are now starting to realise that trail walks can offer guests a whole new perspective on time in the bush. Africa On Foot, a lodge in the Klaserie Private Nature Reserve, is specifically designed to meet the needs of guests who want to walk in a Big 5 area.

The accommodation at the camp, although looking basic from the exterior, is anything but once the door is opened. The huge, comfortable bed beckons almost immediately, but I resist the urge to have a nap and wander around the camp instead.

Hidden behind the succulents and the water-wise plants are the main buildings that comprise a dining room, lounge and bar. The lounge area is extremely comfortable and decorated in such a way that you can have a private conversation or you can be a part of a group. This is also the meeting point for those who want to experience Africa on foot, literally, with an early morning walk.

The walks, seeing that they are conducted in a Big 5 reserve, are under the guidance of qualified guides who know the area and can keep the guests safe and informed while experiencing the bush from a different perspective. The walk is around a dam that's not too far from camp. With no hippos or crocs in sight, it is a great place to take a moment to enjoy the sunrise and prepare for the adventure ahead.

Safety is a top priority and there is a thorough briefing before we set off.

The guide's rifle is checked and loaded, and backpacks and water bottles are filled before moving off. The rifle is there as a last resort, given that the walks are conducted in dangerous game territory.

Silence and single file are watchwords, although if there was explaining to be done, talking is allowed, but in hushed tones.

Walk in single file and keep your eyes and ears open. These walks are not about time or distance covered, but more about having an immersive experience that sparks all the senses.

"Can *you* identify this poop?" Receiving this sort of question is part of what the walks are designed to teach. This includes identifying phenomena that might be missed when on a game viewer and merely driving past a rhino midden.

For more information or to book stays, go to africaonfoot.com and nthanmbo.com.

Beat the heat in the lodge's shaded lounge.

With grazers and browsers, scat can be safely handled, felt and dissected, seeing that they eat and digest only vegetation. You certainly do *not* want to be handling any predator scat as that can contain harmful bacteria.

On my final night, I did get to enjoy a game drive that produced a lion pride with several cubs that decided that playing in the vehicle's headlights – a new game to be enjoyed.

Branching out

The following morning it was time to move a few kilometres down the road to nThambo Tree Camp.

Given the name of the camp, I was surprised to find that my accommodation was not some kind of tree house. However, the interior of the accommodation offers everything that the discerning safari-goer needs or wants in a camp of this quality. And it is partly because of this attention to detail that the camp gets a lot of return international guests.

For most of the day, the vast open plains in front of the lodge allow guests the opportunity to watch a plethora of plains game species, including a jackal or two, and in the evening, with elephants making their appearance under cover of darkness.

The Lowveld sun is warm during the day and guests take the opportunity to occupy the poolside loungers and enjoy the passing animal parade.

I enjoy chatting to guests and, as a result, I have discovered that there is always at least one representative of the medical fraternity and the most unique 'profession' represented here is a family from the USA that runs a funeral home.

Late on an evening drive, we find a pair of lions dozing in the dying sunlight. I am informed that they enjoy sleeping under the house of the owner of the camp, which was relatively close by. Their vocalisation at 2am is enough to cause my accommodation the vibrate, so much so that I wonder if they are under my unit! It turns out that is not the case…

The lounge/bar/reception area is the heart of the camp and offers an uninterrupted view out over the plains and the waterhole, making it the ideal spot for guests to relax and enjoy the game viewing opportunities, offered as 'sofa sightings'.

A fire is lit every night we are in camp, part of the ambience of being in the bush and adding to the overall experience. Fire is not referred to as 'bush TV' for no reason. Watching the flames as they leap and dance is hypnotic and can be very conducive to sleep... especially after a busy day.

Text and photography | **David Batzofin**

How to get there

Airlink connects Hoedspruit with Johannesburg and Cape Town. For schedules, go to page 85.

www.flyairlink.com/flightschedule

Lush is a contemporary lodge, shaped around the environment. In fact, it is a shepherd's tree – sheltered from the wind and warmed by the morning sun, between hill and plain – that marked the position of the main lodge. Its minimalistic décor and natural finishes put the focus on the view, which at once draws you outside. With this in mind, multi-level interior-flowing-to-exterior spaces are designed for outdoor living. Spend time between safari activities reading or playing board games on the couches, sipping coffee in the bar lounge – a favourite spot to rendezvous at any time of day – or stargazing from the deck.

Choose from three bush-facing and two mountain-facing suites – distinguished only by their views. Covered walkways lead to each, interspersed between the trees and with their own private entrances. Wilderness-inspired interiors, innovative use of space and extended fold-back glass doors mean you feel immersed in nature even when in your suite. Their décor gives a nod to the Lupinis' Italian heritage, though much of the furnishing is local, supporting South African artisans. Designed with every comfort in mind, your suite is not simply a base from which to explore the surrounds, but a living space.

In January 2022, an additional deluxe suite was launched. Larger in size, more private and exclusive, guests now have their own personal experience of Africa – best enjoyed from a viewing lounge upstairs, the deck, the heated plunge pool or the bedroom.

This suite offers the following: an emperor-sized bed (convertible to a three-quarter bed set); pause area (including Smeg minibar and Nespresso coffee machine); private lounge; dedicated work/desk area; separate in-room freestanding bath; en-suite shower room with spacious walk-in shower; private dressing and vanity area; separate toilet; outside bath and double open-air shower; range of deluxe body products; large, heated splash pool; large upstairs viewing deck; air conditioning; and personal safe.

Lush guarantees you authentic safari adventures to write home about. Exclusive traversing in Black Rhino Reserve and the Pilanesberg's Wilderness Area offers the opportunity to explore an untouched environment. In addition, access to the public section of the park increases your chances of encountering a large variety of wildlife.

Reservations: **+27 66 479 5639**
reservations@lushprivatelodge.co.za

Enlightening expeditions

Expand your insight with visits to cultural sites in KwaZulu-Natal

For more information about the South Coast Tourism and Investment and Enterprise (SCTIE), go to visitkznsouthcoast.co.za.

How to get there

Airlink connects Durban with Johannesburg, Nelspruit, Harare and Gqeberha. For schedules, go to page 85.

www.flyairlink.com/flightschedule

Ntelezi Msani Heritage Centre in Mthwalume

This incredible arts and heritage facility offers visitors an authentic cultural experience, retelling the history of the Zulu nation through art, dance, seminars and musical performances.

Port Shepstone Cultural Maritime Museum

This seaside town has fantastic beaches, a great golf course, top restaurants and a must-visit museum, showcasing the diverse cultural and historical themes of the people and the area. There is an on-site amphitheatre, exhibition area featuring historical artefacts, gallery space and impressive archive.

KwaXolo Caves Adventures

Art, culture and history combine in the unmissable KwaXolo Caves. Once a series of protective shelters for the San people, the lives of these ancient inhabitants are told in artwork within the caves. Visitors are led by a tourist guide along a steel cable-and-rung via ferrata system to the caves. New upgrades include a high wire bridge, 1km long zipline and walkway bridge.

Riverbend Art & Wine Gallery in Southbroom

Recognising the connection between fine art and good wine, Riverbend features a wonderful collection of fine estate wines in its extensive cellar, with the gallery featuring artworks by top South African artists such as Nils Anderson, Louis Audie, David Mbele, Billy Molokeng, Godfrey Ndaba, Diane Erasmus, Nicola Firth… and many others.

Margate Art Museum

The KZN South Coast is renowned for its artistic talent, which is on full display at the beautiful Margate Art Museum. There are ongoing workshops, talks, guided tours and incredible exhibitions throughout the year.

Munster Motor Museum & Classic Cars

Car enthusiasts are in for a treat at this museum, which features everything from 2- and 4-stroke internal combustion engines to rotary engines. Also on display are a variety of motoring and motor sports' memorabilia and images; plus, there's a library of historical artefacts, and even a nautical section showcasing naval and merchant ship models with illustrated stories of local shipwrecks.

Nightingale shipwreck in Trafalgar

On the subject of shipwrecks, this stretch of coast is the place to visit for those with an interest in tales from the sea. One great example is the 1933 Nightingale Shipwreck, a steam vessel that ran aground on the rocks of Glenmore Beach owing to the heavy fog.

São João shipwreck in Port Edward

That's not the only shipwreck to explore in the area. Dating all the way back to 1552, the São João was returning to Portugal from India when it ran aground near Port Edward during a storm. Legend has it that some of the survivors assimilated with local tribes, the heritage of which is celebrated to this day through festivals, food and commemorative tributes. Visitors to Port Edward can visit the São João Monument, which was erected to commemorate the lost souls of the vessel.

Text | **Supplied** Photography | **Faan**

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Highveld highlights

Residents staying home or travellers visiting for the end-of-year holidays can all find something interesting to do in or near Johannesburg

There's a lot more to Gauteng than skyscrapers and traffic. This holiday season, try these activities for a leisurely day out. As the country's frenetic economic centre, Gauteng is normally the province from which South Africans flee as quickly as possible during holidays. But there are lots of fun staycation ideas, especially outdoor activities, available to those who decide to stay in and around town.

For more stories by Heather Mason, go to 2summers.net.

Here are a few off-the-beaten-path suggestions for Gauteng day trips, most of which can be extended into overnight stays if desired.

Explore a jewel of the diamond rush days

Cullinan is a quaint little town about an hour-and-a-half from Joburg (significantly less from Pretoria) with just enough to see and do in a day, or maybe two days for hardcore history buffs.

Sir Thomas Cullinan discovered diamonds here in 1898 and later founded the Premier Diamond Mine. In 1905, Frederick George Stanley Wells found the 3,100-carat Cullinan Diamond, the largest diamond in the world, in this mine.

Cullinan is best known for its diamond mine tours, including a surface tour and an underground tour. But there is plenty to see in Cullinan beyond the mine. Visit McHardy House, the oldest house in Cullinan, built for mine manager William McHardy in 1903, and check out some of the other historic buildings, including the Herbert Baker-designed St George's Anglican Church.

Enjoy a leisurely lunch at As Greek As It Gets or grab a drink at the pub along the train tracks near the Cullinan Railway Station.

The Sterkfontein Caves are a treasure trove of history and heritage.

Take a journey back to the origin of our species

The Cradle of Humankind, a UNESCO World Heritage site less than an hour northwest of Joburg, is the bucolic home of some of the world's oldest human ancestors.

Day-trippers can visit the Sterkfontein Caves, where archaeologists discovered the famous Mrs Ples and Little Foot fossils, and the nearby Maropeng Visitors Centre, a museum that takes visitors on a journey through the history of the universe.

Besides the caves and museums, the Cradle of Humankind is a lovely area to drive around and enjoy the rolling hills and the tall, swishing highveld grasses. The Maropeng Boutique Hotel, hidden away in the grasslands behind the Visitors' Centre, makes a perfect overnight getaway for those who enjoy this kind of scenery.

See the Big 5 close to home

Just 30 minutes from Pretoria, Dinokeng Game Reserve is the only free-roaming Big 5 reserve in Gauteng. Although Dinokeng is a relatively new reserve and doesn't have the same biodiversity as the Kruger Park or Pilanesberg, it's still a great spot to get away and hopefully spot an elephant or lion or two.

A large portion of the Dinokeng Reserve is open for self-driving day-trippers, but overnight visitors can also book into one of several private lodges, like the homey Chameleon Bush Lodge or the Ou Klip Game Lodge, which offers upscale tented accommodation.

Enjoy a day of twitching on an accidental wetland

Although it's well known to many hardcore birders, the Marievale Bird Sanctuary, about an hour east of Joburg near the town of Nigel, is one of Gauteng's best-kept wildlife-viewing secrets.

Located on a Ramsar wetland site created accidentally by the mining industry in the 1930s, Marievale boasts nearly 300 bird species and a variety of other wetland animals. The park is maintained by Gauteng province and admission is free.

It's best to arrive at Marievale early, as soon as possible after the sun comes up, in a vehicle that can handle muddy roads. Once you've spotted a few African spoonbills and pied kingfishers, plan a leisurely braai breakfast in the picnic area.

Marievale is located on the R42 in Ekurhuleni, about 4km from the town of Nigel. Opening hours are from 5:30am to 7:30pm in summer and 6am to 6pm in winter. Marievale also offers a few simple chalets for overnight accommodation. Contact the Suikerbosrand Nature Reserve at 011 439 6300 for more information.

Go wild and amble on the Koppies

Joburg's city parks are its most underrated attraction. Spend a few hours in the Wilds, a municipal nature reserve between Killarney and Houghton. It's a wonderland of indigenous trees and shrubs and is dotted with colourful art installations. The Wilds' greenhouse is home to a beautiful collection of rare cycads.

Or walk in the Melville Koppies Nature Reserve and go 1,000 years back in time to a rock-strewn primordial landscape that looks much the same as it did in the Iron Age, but with a beautiful city skyline view in the distance.

The open day is a great opportunity to hike through this pristine landscape and check out the well-preserved Iron Age furnace and other archaeological artefacts.

Text | **Heather Mason** Photography | **Shutterstock**

How to get there

Johannesburg is Airlink's biggest hub, connecting customers to more than 45 destinations in southern Africa. For schedules, go to page 85.
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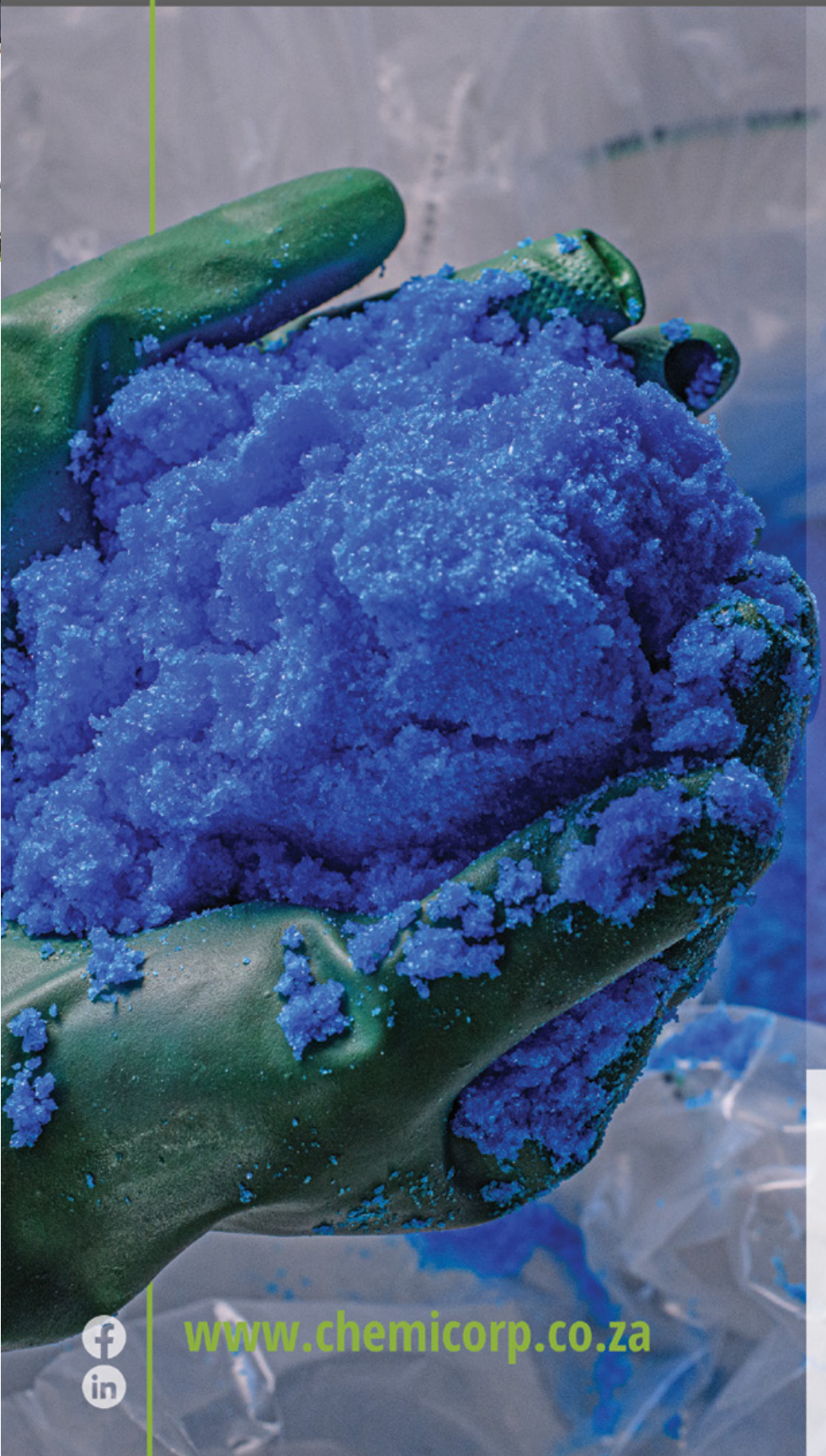

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Bridging the gap

Closing the digital divide is in the interests of both economic and cultural growth

Access to the internet has helped many during the COVID-19 pandemic. Consumers adjusted their shopping habits as businesses quickly transferred operations to a remote setup and accelerated their digital transformation plans. However, due to a lack of internet connectivity and inadequate infrastructure, a substantial portion of the population was unable to smoothly transition to the new connected society, underlining South Africa's digital divide.

Google recently announced its plans to invest R17 billion over five years to support Africa's digital transformation.

According to a GSMA global economy report, approximately 800 million people in Sub-Saharan Africa do not have access to mobile internet. Five hundred and twenty million people can access the mobile internet but aren't able to do so due to factors such as low smartphone penetration and a lack of skills, and 270 million are unable to do so due to a lack of coverage.

The results are considerably starker when it comes to fixed-line internet connectivity. According to research firm Ovum, Sub-Saharan Africa has just 6.6 million fixed-line internet subscriptions.

When it comes to fixing a broken economy and moving toward a more equal and inclusive society, we shouldn't talk about a digital economy without first knowing that it doesn't exist unless it's accessible to everyone.

Education, health care, online shopping, and access to government services are just a few of the things that are unavailable to individuals who are not connected. Additionally, digital skills training will be critical in reducing unemployment, which now stands at 32.6%. The importance of corporate leaders in bridging this divide and reviving a flagging economy cannot be overstated.

There are companies that are doing their part to bridge the divide. Google, for example, recently announced its plans to invest R17 billion over five years to support Africa's digital transformation. The investment will focus on enabling fast, affordable access for more Africans; building helpful products, supporting entrepreneurship and small business, and helping non-profits to improve

21 years
The length of summer on Uranus.

lives across Africa. Announcing this news, CEO of Google and Alphabet, Sundar Pichai said: "We've made huge strides together over the past decade, but there's more work to be done to make the internet accessible, affordable, and useful for every African."

So, what can businesses do to play their part?

Use appropriate products

In an age where digital products are increasingly the norm, organisations are missing out on customers and people are missing out on products and services that could add value to their lives.

One solution for this is to build products that help bridge the divide. "For example, a business could make it possible for people to sign up for tailored products using USSD codes," says Ndagi Job Goshi, General Manager at Liferay Africa.

However, Goshi notes that even in markets with a high mobile penetration as South Africa, the levels of digital literacy may not be high enough for people to fully embrace these products. "Here organisations can blend the digital with the analogue by training entrepreneurs who can help rural citizens access products digitally, even if their own digital-skills sets are lacking," says Goshi."

Another side effect of this is that these entrepreneurs are trusted members of the community, they act as evangelists for technology, inspiring people to take their entrepreneurial journeys.

Multi-tasking required

According to Reagen Kok, CEO at Hoorah Digital, a robust digital economy is central to addressing three things: the divide between those with digital access and skills, youth unemployment, and our future economic growth and prosperity.

Youth unemployment, as one example of our economic malaise, today sits at a staggering 64% for people aged between 15 and 24 years.

"This requires a 'two birds with one stone' approach so that we can empower and upskill these young people, while at the same time creating the digital systems, environment and mindset to make us more efficient as an economy and more competitive on a global scale," says Kok.

Aim to upskill

According to the International Finance Corporation (IFC), some 230 million jobs across the continent will require some level of digital skills by 2030. This means that connectivity on its own won't build the optimal future for our continent. Across the continent, people need the right skills to make the most of that connectivity.

Tshepo Matlou, Head of Marketing and Communications at local travel technology company Jurni, says that partnering with larger companies that already have these technologies and digital services in place is one way to help small businesses, particularly those located in rural areas of the country without access to the digital world.

While this is not a solution for repairing deteriorating infrastructure or ensuring universal access, it is a solution for smaller businesses located in rural places. By partnering with larger businesses, they are able to harness these businesses' current technologies and reach a broader audience. Additionally, businesses can aid by providing upskilling – a critical component of the digital divide.

To help bridge the divide, large businesses can provide entrepreneurs with the tools to build up their online presence. "At Jurni, for example, we host regular community huddles with the small businesses. These huddles focus on key areas businesses need guidance with around technology and digital marketing, and they provide guidance and resources that make a tangible difference in bridging a gap for entrepreneurs," notes Matlou.

Education, health care, online shopping, and access to government services are just a few of the things that are unavailable to individuals who are not connected.

Text | **Supplied** Photography | **G-Stock Studio**

It's four the best

A shortened work week: could it work for South African employers?

The concept of a four-day work week is attracting growing interest in countries around the world, including South Africa. Local employers must understand the model, decide if it will work for them, and know how to implement it effectively.

Kirk Kruger is a Master Reward Specialist with the South African Reward Association (SARA). For more information, go to sara.co.za.

The four-day work week should not be confused with the so-called compressed work week. For the latter, employees receive the same remuneration and work the same hours per week. However, they work more hours during on-days to make up their weekly total hours worked.

In contrast, a four-day work week means employees will work one day less in the week but the same number of hours per day as before. They will still receive their full salary and benefits. In essence, they are being paid for outputs and not for hours worked.

Better balance

Both employers and employees are interested in the model because it promotes a healthier work-life balance, increases motivation and has a positive effect on productivity. On their in-week off-days, workers can take care of personal, family and lifestyle priorities, resulting in a better quality of life, mental and physical well-being, and more energy.

South Africa as a country or economy may not be ready for this on a large scale yet, so interested employers will want to test the waters before committing. Potential adopters are more likely to be niche organisations, such as smaller and medium-sized technology companies. Even then, they should take time to investigate its impact on their operations, possibly running a pilot programme first.

So how does it compare to working from home? Since COVID ushered it in, working from home has gained momentum and is likely here to stay. For now, it will remain the primary focus for employers due to the flexibility and location independence it offers, overshadowing the four-day model. However, as working from home becomes the norm, workers – especially those with scarce skills – may start looking for employers that offer both.

Flexibility incentive

Research shows a higher level of worker engagement, so there is good reason for employers to consider it as part of their employee value proposition. It can help identify in-demand and self-motivated candidates who will deliver results whether they work four days or five. And it will help retain those who appreciate the flexibility it affords them.

It is critical that companies consider the model's impact on operational continuity and customer engagement. This will ensure they don't experience lapses in service delivery during peak hours due to insufficient personnel.

This requires a high level of engagement with employees to develop effective policies, including structured communication, active change management and collaborative corrective measures.

With careful planning, employers can make the four-day work week a new highlight of their total reward strategy, and should consult reward specialists to ensure their leave, overtime, pay and benefits structure aligns with this new way of working.

Text | **Kirk Kruger** Photography | **Andrii Zastrozhnov**

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Comprehending crypto

There are still a number of misunderstandings about cryptocurrencies that are holding potential investors back

Recently, a lot of people have crawled out of the woodwork claiming to know everything there is to know about cryptocurrencies. More specifically, as the prices of the world's biggest coins fell, they were happy to tell you that they always knew that cryptocurrencies would collapse. They'd also happily tell you exactly what they thought was wrong with cryptocurrencies.

Tony Mallam is Managing Director at upnup. For more information, go to upnup.com.

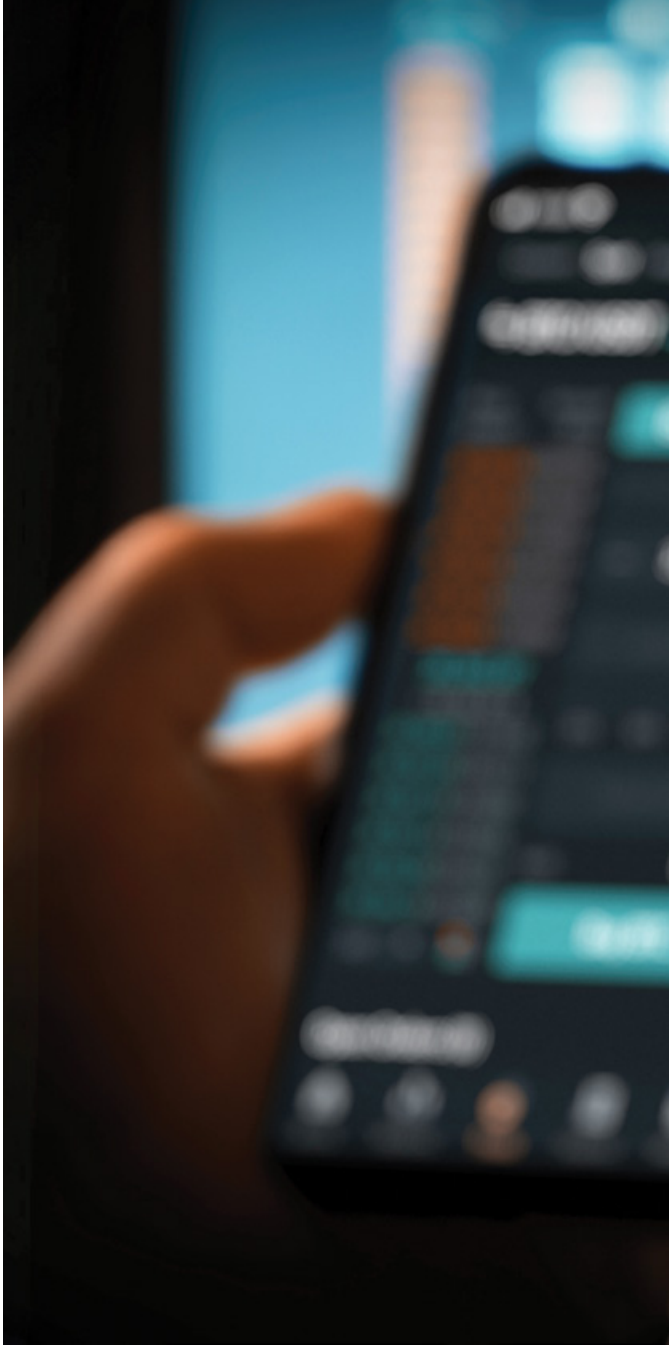
These voices were the crypto-sceptic counterpart of the evangelists who insisted that crypto would replace fiat currency within months or those who rushed to buy Dogecoin because Elon Musk tweeted about it. The thing is, as with most things in life, it's probably best to avoid the voices on the extremes.

In truth, cryptocurrencies aren't about to disappear and have more utility than their sceptics would have you believe. They're also more accessible and probably have more in common with traditional investment instruments than the most fervent evangelists insist.

Stability is relative

First off, while the fall in the price of Bitcoin and other cryptocurrencies was undoubtedly sharp, it hasn't been anywhere near as prolonged as some believed it would be. It's also worth bearing in mind that June 2022's low price is still higher than the highest price Bitcoin had ever reached prior to early December 2020. By any reasonable measure, that doesn't constitute an asset in freefall.

Another common criticism lobbed at cryptocurrencies is that they're a solution in search of a problem. But that's not true either. While things like buying pizza and houses with cryptocurrencies haven't taken off the way that early evangelists thought they would, they are being used for payments. In fact, between July 2020 and June 2021, Africans received R1.7 trillion worth of cryptocurrency payments.



One type of payment they can be particularly useful for is remittances. Globally, the World Bank expects the value of such payments to reach R10 trillion in 2022. For many people in lower- to middle-income countries and their families in wealthier countries, cryptocurrencies represent a more efficient and low-cost way to send money across borders than more traditional methods.

Same game, different pieces

There is, however, a lesson to be learnt from the recent 'crypto-winter', and that's that traditional investing rules still apply. Just as many investors have rued not getting into Bitcoin when it was valued at tens of dollars rather than tens of thousands, others may have rued investing at its peak, only to watch it fall a few weeks later.

The investors who aren't feeling that way? The ones who stuck to the fundamentals of investing and consistently bought what they could comfortably afford to. And just as passive investors

outperform active investors over the long term, the same looks likely to be true of cryptocurrencies.

This approach also busts another myth about cryptocurrency: namely that you have to keep up to date with the minutiae of various coin prices. If you take a more passive approach, you don't. Do you know which stocks your retirement fund includes? And if you do, how often do you check their stock prices? Unless you're planning to make it a full-time income stream, why should you feel like you have to do that with cryptocurrencies?

That ability to take a passive approach to cryptocurrency investments helps bust another common myth, namely that cryptocurrency investments aren't accessible. While buying Bitcoin may have been challenging in the early days, it's incredibly easy today.

People can invest set amounts every month or even by rounding up the money they spend on everyday things like buying groceries or petrol. This also shows that you don't have to have large cash reserves available to invest in cryptocurrencies, meaning that almost anyone can do so.

Ultimately then, it's clear that there are a lot of misconceptions around cryptocurrencies and investing in them. And whether you're bullish or bearish on cryptocurrencies, it should also be clear that allowing these misconceptions to flourish isn't in anyone's best interests. Instead, by taking a sober approach that acknowledges the full reality of cryptocurrencies and embraces their increasing accessibility, ordinary investors can still come out on top.

Text | **Tony Mallam** Photography | **Creativan**

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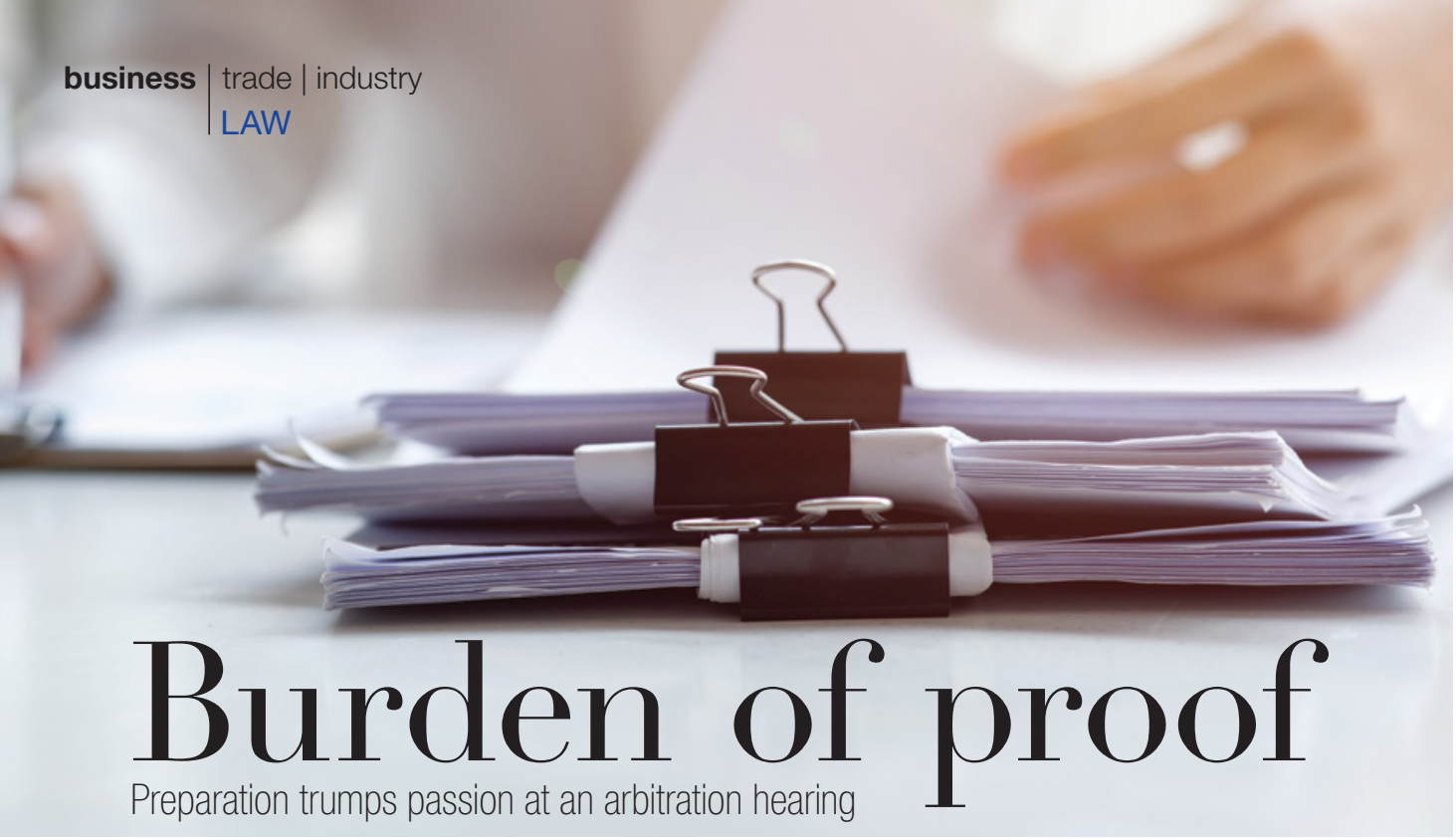

Burden of proof

Preparation trumps passion at an arbitration hearing

Employers and employees frequently lose CCMA cases because they fail to bring proof of their allegations to the arbitration hearing. Parties can argue their cases vehemently, passionately and in great detail but bring little or no support for their arguments. They are then surprised when they lose the case.

Ivan Israelstam is Chief Executive of Labour Law Management Consulting. Contact him on 011 888 7944, 082 852 2973 or at ivan@labourlawadvice.co.za. For more information, go to labourlawadvice.co.za.

What parties do not understand is that:

- Winning a case at arbitration is not primarily about how strongly you argue your case.
- Arbitrators are not allowed to accept the truth of a party's testimony merely because the party says it is true.
- It is not up to the arbitrator to ask for proof or to call witnesses.

All arbitrators are required to follow the rules of procedure and principles of justice during the arbitration hearing. These requirements include the principle that the arbitrator must base his/her findings primarily on the facts presented at the arbitration hearing.

It is not up to the arbitrator to bring the evidence or to show that the evidence brought constitutes proven fact. The arbitrator merely creates the environment in which parties can present their evidence if they have brought it with them. In this sense, the arbitrator acts as a master of ceremonies. That is, he/she manages the following arbitration process:

- Opening statements are made by each party outlining what they intend to prove.
- The parties present their cases via witnesses, documents and other evidence.
- If the employer goes first then, each time the employer's representative is finished questioning one of his/her witnesses, the employee has a right to cross-examine that witness.
- The arbitrator has the right to ask the witness questions for clarity and the employer is allowed to re-examine the witness, but only regarding the issues raised during cross-examination.
- The arbitrator adjourns to assess the evidence and to make the award.
- Once all the employer's witnesses have been heard, the employee presents his/her case according to the above steps.
- Each party presents a closing statement.

Plan well

While the arbitrator is required by law to give every opportunity to present evidence brought along, you are likely to lose the case if you do not take full advantage of this opportunity.

In many cases, a party may lose, not because there is no evidence, but because he/she failed to bring the evidence to the arbitration hearing or because the evidence was not properly presented and converted into proof.

The arbitrator's role is to manage the flow of evidence during the hearing but not to bring the evidence. His/her duty is to collect the evidence brought by the parties and then adjourn the proceedings to evaluate the evidence.

Therefore, if you are an employer or an employee party and you have an arbitration pending, you must immediately:

- Obtain advice from a reputable labour law expert on how to gather all the evidence needed at arbitration.
- Use the expert to make sure that your evidentiary documents, tapes and other evidence are sorted into the right sequence.
- Get assistance as to how to prepare your witnesses in a legal yet effective manner.
- Ensure that your witness evidence dovetails with other evidence.

Text | **Ivan Israelstam** Photography | **David Gyung**

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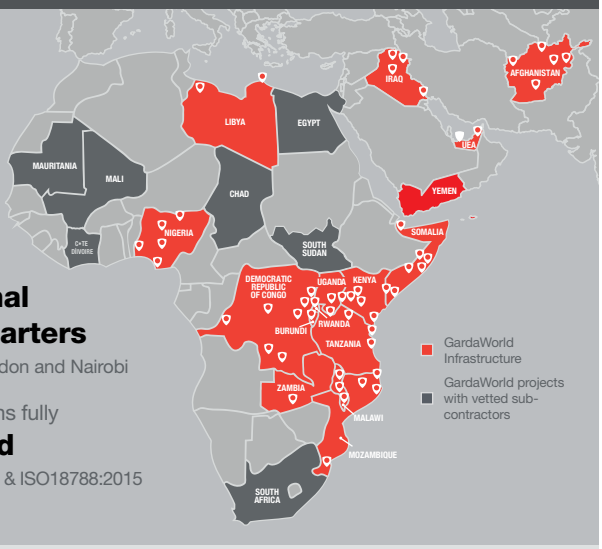

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Brave new worlds

Embracing change and getting creative are crucial in growing your business

Business leaders must strike a fine balance between keeping existing customers happy and reacting to changes in the environment around them. While being forced to change how we've done things in business is never easy, it's always worth it.

Juanita Vorster is a business author and advisor. For more information, go to juanitavorster.com.

When we look at our businesses differently, we must start at the basics. Have a look at the skills, expertise, equipment, and inventory you already have. You might have used it in one way up to now, but that doesn't mean you can't use it in other ways or for different things!

When trying to find new uses for existing resources, answer these two questions: what will people, companies and governments spend money on right now, and how can we use what we already have to make or offer those things?

Enter imagination

Imagining how to use things in a different way takes creativity, and it's hard to be creative when you're under pressure. It's therefore important that you don't go through this innovation journey alone.

Call on people outside of your regular circles. Explain to them in simple terms what your skills or equipment can do and then ask them what they think you could do with it. The lack of details and their lack of experience doing what you do can make for interesting ideas.

Think about how children draw things or how they play imagination games; they don't let reality get in their way, they simply draw what they imagine! At this stage of you thinking differently about things, that's exactly what you're after… just new ideas, whether they make sense or not.

The first rule of this type of brainstorming is to write down all ideas from yourself or others. It is not yet time to decide yes or no or to get into a discussion on why something might not work. Only once all the ideas are on the table, then it is time to filter them through the lens of possibility and current reality.

When you look at each idea, think about whether you can already do it or learn to do it quickly. If you have employees, ask for their feedback on the ideas – they might have skills that you didn't even know about that could turn a seemingly crazy idea into the next best thing.

1,300

The number of inventions patented by Thomas Edison during his lifetime.

Take the gap

If you do stumble upon something that sounds as if it is something people will buy right now, and you have the equipment and skills to bring the idea to life, the next thing you need to do is to make a rough prototype or create a rough process model and test it as soon as possible.

The new product or new way of doing things doesn't need to be perfect at the start. If you sit too long on a new idea by trying to make it perfect, others might launch before you do, and they will have the benefit of capturing the market's attention first.

The new rule of the game is to get it done, get it out, make it better, and then make it awesome by continuing to communicate with your staff and customers throughout the growth process.

Imagining how to use things in a different way takes creativity, and it's hard to be creative when you're under pressure.

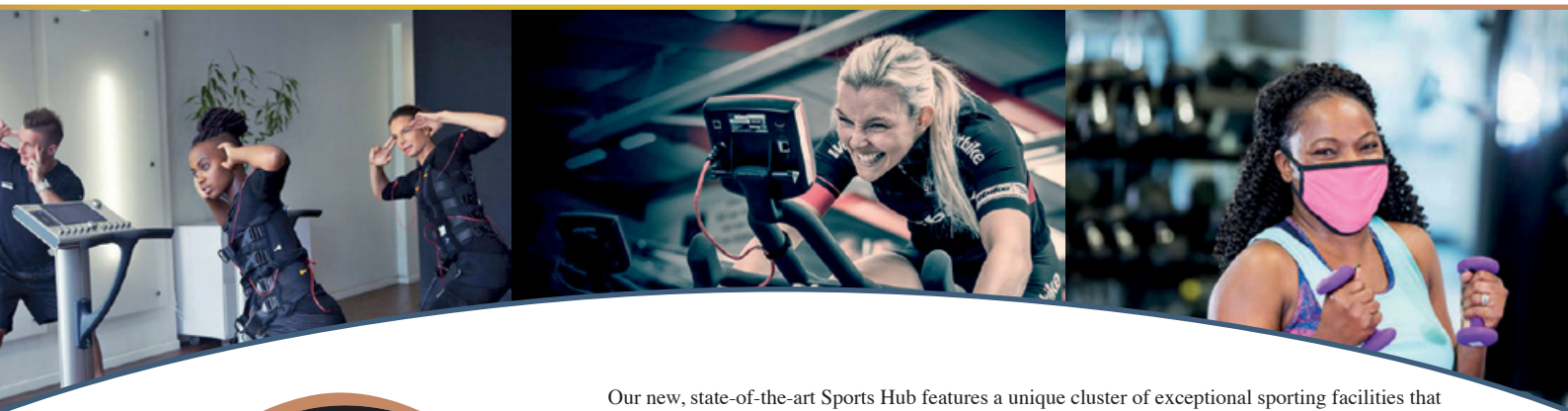
Invest in change

You might need to change tack a few times to find something that really works for you. Give every somewhat feasible idea a good chance and make tweaks as you go along. During the process, you might just discover something unexpected and wonderful.

Most important of all, when you are forced to look at your business, products, or services differently, is to remember that accepting change isn't giving up what you worked so hard for; it's signing up to take the value of the lessons learned into the future.

Success doesn't start with a belief that you can accomplish anything; it starts with permission. Give yourself permission to let go, to start something new, to change, and achieve your fullest potential.

Text | **Juanita Vorster** Photography | **Rawpixel.com, Master1305**



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Now picture *this*!

Maximising the online impact of images and videos can help raise a brand's profile

For many internet users, buying a new product or service starts with an online search query. In fact, 46% of product searches begin on Google. After a query, search engines return the best possible results.

Desirée Gullan is co-founder and Executive Creative Director of G&G Digital. For more information, go to gullanandgullan.com.

For brands to achieve maximum online visibility, they need to optimise their website, and refine and implement an effective search engine optimisation (SEO) strategy for their visual content. In addition, an adequate SEO strategy can ensure that a brand's website is not affected by any of Google's 500 to 600 search algorithm updates each year.

Previously, SEO's key focus was on words, but brands should also focus on optimising visual content on their websites. Internet users are increasingly searching the web using image and video search – as brands are becoming more visual in their storytelling.

Optimise visuals

Use images and videos relevant to your brand. Make sure images load quickly, so as not to frustrate visitors. Label images and videos correctly with appropriate, descriptive keywords for search engine crawlers to recognise them and their context, and return your site in relevant search results. Correct labelling should also include using appropriate alt attributes, title tags and image names – this will help search engines index your elements and will help the visually impaired during their online searches. Try not to use stock images. They're seen as multiple images, and Google won't recognise them in image search rankings.

Short attention span

A Microsoft study indicates that the human attention span is only eight seconds. That does not give brands much time to make an impact on their audiences. High-quality and original visual content can make it easier for the audience to understand what a brand is saying, even if they're not reading the article.

Include site maps

Site maps play an essential role in SEO, as they can make brands' products and services more visible in search query results. A site map is a file that should list all web pages and elements on the website. This file will help search engines recognise content, making it more visible on results.

Add structured data

Search engines support structured data for product images and videos. This is standardised information a brand can add to their code about specific images and videos on a page. For example, a brand can add information about a product price, availability and reviews in the code, making it easier for search engines to serve the specific website page as rich results. Google's rich results include showing search results as knowledge boxes, carousels and images. Make sure your structured data is within the limits of search engine requirements.

Understand performance

Once you've enhanced your images and videos, make sure to track and measure your SEO success. Several monitoring systems are available to measure visual SEO optimisation. These tools give insights into the type of search queries and impressions on your website, allowing for improvements on SEO for visual elements.

Text | **Desirée Gullan** Photography | **Chaay_Tee**

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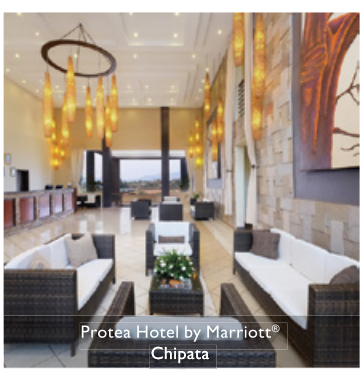
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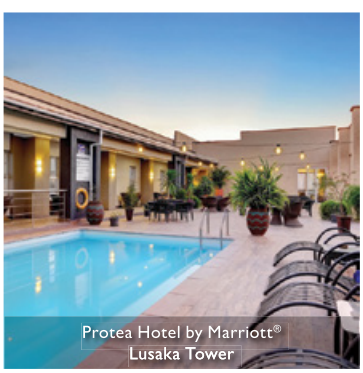
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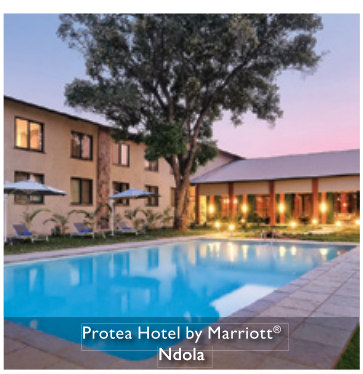
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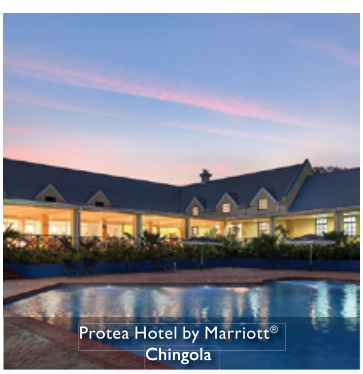
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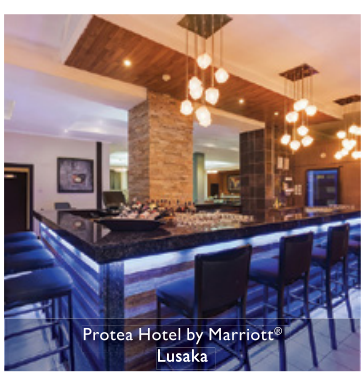
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Get retirement fit

The correct mindset for a comfortable retirement may require some training, but it's worth it

I recently observed the gym regime of my adult son. It was terrifying. As an athlete pursuing higher honours, he can spend three hours in the gym almost every day, and he loves it. My exercise regime barely stretches to 30 minutes at 5am and it's nothing more than an attempt to keep all parts working for as long as possible. He tells me that I could work towards a greater aspiration but to look at him is a little overwhelming. Many people feel this way about accumulating retirement savings.

Robin Gibson is a Director at Harvard House Investment Management. For more information, go to hhgroup.co.za.

My son's gym regime began in his first year of boarding school as a small calisthenic routine and built from there. The results were not obvious at first but have compounded to great effect and his results continue to fuel his desire. The hours in the gym have also benefitted him in the performance arena.

In building retirement capital, one can often look at the pathetic bag of groceries from the local retailer that costs R1,000 and instantly give up. Building retirement capital requires small beginnings and a long-term mindset. The best thing to do is make a start (no matter how inconsequential you think it might be) and do it regularly. In due time it becomes enjoyable and rewarding.

Start early

It's never too early to start. I have investments running for my children who are in their late teens and early twenties, which I constantly tell them are the foundations of their retirement capital. They roll their eyes, but R500 invested for 45 years at inflation plus 6% compound return is the same as R7,400 at age 65. That's almost 15 times more in real buying power!

Invest until it hurts

In our Instagram world, it's all about the show. The new car, the new bike, the new clothes, whatever. These cost money and, unless you have an oil field in your back garden, you are sacrificing somewhere else to have these things. Rather have a boring news feed and feel like you're putting too much away. You can always redirect later if your momentum is ahead of the curve.

Buy growth assets

Youngsters with conservative funds in their portfolios – it doesn't make sense. Even at 50, you have 15 years to retirement and possibly 40-plus years to live. You want growth assets that beat inflation – handsomely. Forget about short-term underperformance: we've always had that. Long term, the winners have always been clear – equity and property have demonstrated this over time. Also, don't forget that nobody is consistently better than everybody else over a long period. Every portfolio will lag at times. So don't let them justify the high cost: it is ultimately the same as being in too conservative an asset class.

Text | **Robin Gibson** Photography | **William Potter**

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Financial planning regarding the succession of investments is rarely carried out, at least in South Africa. As a result, potential heirs are often not sure what to do or where to start to claim and settle a loved one's investments. In many cases, the family is unaware of the existence of an investment portfolio. With succession planning, the transfer of assets (whether property, your bank accounts, cars or investments) is facilitated.

Jaco Prinsloo is a certified financial planner at Alexforbes. For further information, go to alexforbes.com.

Discretionary investments, compulsory investments and policies will determine how the assets and proceeds get distributed.

Discretionary investments

Discretionary investments are any investments made with after-tax money at your own discretion. These include:

- Unit trusts
- Money market accounts
- Fixed deposits
- South African retail bonds
- Share portfolios
- Tax-free savings accounts

These investments form part of your estate and are subject to estate duty and executor's fees. However, although a tax-free savings account forms part of your estate, there are no executor's fees payable. The proceeds from the investments will be distributed as per your will to nominated beneficiaries after your estate has been settled. Because these investments form part of your estate, the investments will be 'frozen' and no transaction or changes can be made to the investments until the proceeds are paid to the estate.

Investment and life policies

Life insurance is a type of insurance contract where you agree to pay premiums to keep your life cover active.

If you pass away, the life insurance company will pay the life cover benefit directly to your nominated beneficiaries, which can be a person or your estate.

You also get investment policies like living annuities and endowment policies where the investment value pays to the nominated beneficiaries on your passing. One benefit of investment and life policies is that it does not form part of your estate, which means no estate duty and the proceeds get paid directly to your nominated beneficiaries, giving them access to cash while they wait for the estate to be wound up. Making it an essential part of anyone's overall financial plan.

Compulsory investments

Compulsory investments are those which are compulsory with some employers. Working for some companies, you might be required to be part of a provident or pension fund as part of your employment contract. Compulsory investments might also offer some tax benefits, but investors have limited access to their money and these investments are governed by Regulation 28 stipulating where and how you can invest. Compulsory investments can be summarised as 'retirement funds' and include:

- Pension fund
- Provident fund
- Retirement annuity fund
- Preservation funds

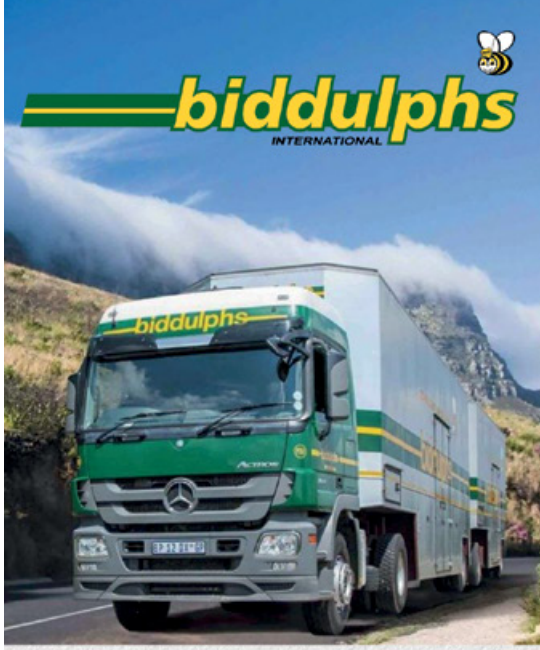
The proceeds from retirement funds are distributed as per Section 37C of the Pension Fund Act.

This means the trustees of the fund will use their discretion to distribute the proceeds of your retirement savings to ensure all dependents and beneficiaries receive equal and fair benefits. Belonging to a retirement fund, you will be required to nominate beneficiaries, but it is important to remember that the beneficiary nomination is seen as a guide to the trustees or a 'wish list', with the ultimate decision on how the benefits get distributed lying with the trustees of the fund.

It is important to keep your will and nominated beneficiaries updated on your policies and retirement funds.

Plan for succession. Talk to your family members about your investments and the administrator of these investments. Create an organised folder with all the documentation of your investments, policies, a copy of your will and personal documents like your ID copy and bank statements. Your family does not need to know the value of the investments, but the knowledge of the investments and where to find all your important documents will make it easier for them to start the claim process. Speak to a certified financial planner for advice on your beneficiary nominations and to formalise your wishes in a document, thus setting up a will.

Text | **Jaco Prinsloo** Photography | **fizkes**



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Don't jump!

Retirement saving can be negatively affected by changing jobs too often

Job hopping – defined as spending less than two years in one position – is a controversial subject. It can be an easy path to a higher salary but can also be a red flag to prospective employers, not to mention your future financial goals if you are cashing in your retirement fund every time you make a move.

Neli Mbara is a Certified Financial Planner at Alexander Forbes. For more information, go to alexanderforbes.co.za

When changing jobs, whether it be once a year or once every decade, one has to make decisions regarding career growth and retirement plans which affect one's long-term financial plans. One of these decisions is 'what to do with my retirement fund?'

For many people, the first thing that comes to mind is using their pension money to pay off their debt. Alexander Forbes Member Watch statistics show that 91% of members do not preserve their retirement savings when changing jobs. As we are living in times where most household income is used to finance debt, most people use job hopping to gain access to their retirement funds and use this money to pay off debt. However, a quick fix and instant gratification comes at a price, which in this case could be a delay in your retirement plan.

Your retirement savings are simply for that, your retirement, to pay you an income once you stop working.

Dipping in

Early access of your retirement fund can result in:

- Not having enough money at retirement – this is simply because most of us are already not saving enough for retirement.
- Never making up for the lost benefit.
- Robbing yourself of the compound interest you could have potentially earned from the investment.
- Creating a bad habit that will delay you from achieving your retirement plan and desired income at retirement.

It's easy to cash in your money from a retirement fund at resignation, but it's much harder to make up for the lost benefit (capital cashed in plus interest). Calculations show that for you to make up the lost benefit, depending on your retirement age and investment time horizon, you will likely need to invest more than double your contributions towards a retirement fund.

Waiting is worth it

Since only 6% of the South African population is reported to have accumulated enough to retire comfortably, without having to sacrifice their standard of living, you will most likely have to invest much more towards your retirement fund to make up for the lost savings.

Therefore, leaving your retirement fund invested and preserved in a preservation fund is the recommended option when changing jobs, as this keeps you committed to your retirement plan.

Changing jobs is a life-changing event, and it is therefore important that you seek advice from a professional financial adviser who will guide you in your retirement planning, ensuring that your retirement needs are taken care of by providing solutions that help you to ensure your financial wellbeing.

Text | **Neli Mbara** Photography | **eamesBot**

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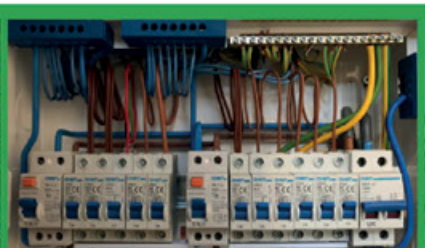

Tools of the new trade

New working conditions require the updating of systems

In today's world, businesses of all sizes are having to shift into the digital realm to remain competitive and prepare for a tech-driven future. With e-commerce transactions estimated to be worth R225 billion by 2025, new online businesses are exploding, and many others are digitising traditional operations to survive.

Warren Bonheim is Managing Director of Zinia. For more information, go to zinia.co.za.

Digitisation across the business happens in all departments from operations, sales, marketing, customer service to inventory, accounting and human resources. There are a number of top technologies every online business must have.

Infrastructure

While working virtually will save money on physical network infrastructure, employees still need high-speed internet connections and good-quality computers to do their work. Whether you subsidise employees for high bandwidth broadband internet or not, you need to ensure that your virtual workforce can operate at their optimum.

A traditional phone system will also not provide services to remote workers and your customers in a seamless and professional way. So, look out for cloud-based phone systems to handle inbound and outbound calls.

Software apps

The emergence of software-as-a-service has become the best thing for virtual businesses, and such cloud-based offerings offer a variety of apps where data is stored on servers located with an external provider – either in a public or private cloud. The cloud acts as a virtual 24-hour office for virtual employees, and reduces your cost of a dedicated IT infrastructure. Do make sure your provider has the available capacity to avoid network outages and that your data is backed up in the event of a failure.

Company processes and standards

When you keep information separately, it cannot be shared across the company, which is inefficient. So, it is important to pay attention to how you centralise your data and digitise your processes. By using technology to streamline processes, set up workflows and automate tasks, you can free up teams to focus on more critical tasks.

While not a technology per se, in the virtual world standardisation and processes are critical when your team is working outside a traditional work environment. These answer the questions such as:

- Where are your files stored?
- How do you communicate internally and externally?
- How do you collaborate and share as a team?
- What are the expected times teams need to be available and respond?

Security

With employees working from home or coffee shops, they need to access data from home internet or Wi-Fi connections, and so security is a critical factor. Offering a VPN for access to private cloud systems would be critical, and multi-factor authentication, URL filtering, and security agents are needed to ensure secure remote computing. Also, ensure that your security policies and awareness training are in place, so that employees are aware, should a suspicious email arrive in their inbox.

Working remotely is more popular than ever.

Work collaboration tools

It is important that you have collaboration tools to enable centralised group communications. There are a variety of tools like Slack (which is free), Huddle and many more. Ensure you have project management tools for planning, scheduling, assigning, tracking and managing tasks centrally, such as Microsoft Project, Basecamp, Monday.com and Asana.

For creating documents, storing files and sharing tools, there are many good tools such as Microsoft Azure, One Drive, Google Drive and Box. For virtual meetings, video calling and video conferencing, there are apps like Microsoft Teams, webEx Meetings, GoToMeeting, Zoom, Skype or Google Hangouts. And for real-time chat – Skype, Facebook Messenger, Google Hangouts, HipChat and others.

The most important consideration it to choose a technology vendor that offers the full collaboration suite, so that there is minimal integration required.

Customer communication and engagement

As an online business, your communications have to be digital – resist the temptation to direct communications offline. You will need to respond and deliver quickly, as this is what customers demand from you. A two-way conversation is expected and there are many tools to help you.

Building a website that is highly service-oriented is a must. This is where your customers will engage, search for products and also make purchases. By using simple tools to automate the interaction, you can provide 24/7 service and increase your sales. Automated chatbots, live chat, social messaging, contact forms and explainer videos all provide a way to engage with customers quickly.

Also, use a Customer Relationship Management (CRM) tool to centrally manage your customer interactions, including sales history, pipelines and uncovering trends in revenue. Use lead-generation tools to grow your customer base and convert a customer from consideration to sales – there are many affordable tools like HubSpot, FreshWorks CRM and Zoho CRM.

The tools above are just some of the essential ones for most online businesses; however, you can also use digital tools for call centre ticketing, human resources, supply chain, accounting and payroll. While it may seem daunting at first, by partnering with an established provider to assist you, your online business will be thriving in no time.

Text | **Warren Bonheim** Photography | **Ground Picture**

1,500
The number of litres of fuel used by a jumbo jet during take-off.

Reading the right act

Balancing levels of financial literacy between the genders is critical for business success

The world over, financial illiteracy is usually synonymous with poverty. In developing countries, studies have shown a direct correlation between a lack of financial understanding and a poor education, lower income levels and periods of sustained financial stress.

Claire Klassen is a Consumer Financial Education Specialist at Momentum Metropolitan. For more information, go to momentum metropolitan.co.za.

Yet, what is interesting – particularly given that in most aspects of economic emancipation women have historically drawn the short straw – is that South Africa is one of the few developing countries that show similar levels of financial literacy between men and women.

Without looking at the data, you might have assumed that when it comes to basic financial literacy, women once again lag behind men; just as we do when it comes to pay parity or C-suite representation. Yet, while overall financial literacy levels remain low in SA, the playing field between men and women has evened out.

As reported in the Southern African Labour and Development Research Unit (SALDRU) *2019 National Income Dynamics Study* (*NIDS*): "In most countries, female, less educated and low-income respondents display lower levels of financial literacy. We find similar results in South Africa, except for gender. South African men and women display the same level of financial literacy. Even within households, we find no statistically significant difference between men and women."

The Financial Sector Conduct Authority's (FSCA) *Financial Literacy 2020* study highlights this apparent juxtaposition, noting that in a patriarchal society such as South Africa, responsibility for day-to-day money management decisions has traditionally been considered the domain of the household head – usually the male. However, it states that: "Interestingly, more females (37%) than males (34%) were solely responsible for day-to-day money management," admitting that this might suggest a form of financial emancipation over time as "financial decisions were typically made more by the employed and the educated".

Education among women has increased. Data from the Council on Higher Education (CHE) shows that there were significantly more female students studying in South Africa's universities in 2019 than there were males, with more female graduates. And with greater access to information and other resources, more and more women are taking ownership of their empowerment.

Women have always known a great deal about managing finances, especially when they are faced with being the sole or primary caregiver in a household – a growing phenomenon in SA.

Yet, if this is the case, why are we still trundling behind men in those areas directly related to our financial wherewithal? The FSCA report lists a series of concerning findings. Educated women are less likely to find work, indicating a clear gender bias to unemployment. Men are more likely to have short-term insurance than women – a disparity that seems to have doubled over a five-year period. More women than men struggle to service their credit commitments. Women are more likely to be negatively affected by contemporary economic conditions – something that was illustrated in the starkest of terms during the pandemic. Finally, a statistically significant disparity exists between the percentage of women (23%) who closely monitor the social grants market and men who do (17%) – indicating a more pressing need.

So what needs to happen to see the financial health and success of women shift?

Inclusion for strength

In South Africa, women have only been recognised as equal citizens for a little over two decades, but they have power, strength and individuality that should be acknowledged and nurtured.

Businesses need to actively support the advancement of women – through their internal and public policies, as well as through Corporate Social Investment (CSI) programmes. CSI should not be viewed as a tick-box exercise, but rather a powerful tool with the ability to transform society.

The FSCA is mandated to drive financial inclusion, while the Financial Sector Charter exists to promote access to financial services, supported by financial education. However, these initiatives are aimed at SA society at large, and not solely concerned with female advancement.

One study into the financial inclusion and women's empowerment in South Africa, which looked specifically at female entrepreneurs in Gauteng, clearly articulated the need for government to create and implement strategic policies and programmes specifically aimed at women as a priority, with a clear monitoring and evaluation framework in place, to analyse the success of all financial inclusion programmes.

Getting heads right

Finally, let's not discount the critical role of our own mindset. Recent research conducted by Momentum found that, "Women, particularly those who double as

6 months
The length of time it takes to make a Rolls-Royce.

10%
The percentage of the world's salt that is used to de-ice American roads.

parents or caregivers, can falsely believe that saving for retirement or other goals is selfish when loved ones need the money today."

Interestingly, while the research was conducted among a more affluent sample, with the majority of respondents spread among middle and junior management positions, participants still gave themselves a 'low' ranking when it came to their financial success, defined by their money management skills, financial literacy and financial capability.

The respondents listed certain self-limiting barriers standing in the way of them owning their success: they felt that there was a certain 'maleness' to shouting about their achievements; they didn't prioritise themselves; they experienced a lack of confidence; and there was a feeling of shame attached to finding success when other women still battled.

Yet, as noted by Samke Mhlongo, founder of The Next Chapter Wealth Partners: to enjoy success, we first need to heal ourselves. This starts with changing our own beliefs around what we deserve – and what we are capable of. And we all play a role in driving this change.

Text | **Claire Klassen** Photography | **Branislav Nenin**

The professional playing field is beginning to level out for men and women.

4
The number of weeks it can take a sloth to digest food.

70%
The percentage of birthmarks that fade away over time.

Fluid mechanics

Gender classification in the workplace requires increasing attention

Gender classification has evolved beyond traditional concepts of male and female employees. The implications for organisations, if they discriminate against any employee based on their gender can be significant.

Nicol Myburgh is Head: HCM Business Unit at CRS Technologies. For more information, go to crs.co.za.

Transgender has emerged as an umbrella term to describe people whose gender expression or gender identity differs from their biological sex or their gender assigned at birth.

Thanks to the South African Constitution, fundamental human rights are universal and apply to all persons, regardless of their gender identity. All persons are born as equal human beings and with inherent dignity. Like all human beings, transgender persons have the right not to be discriminated against or harassed and abused.

New policies

No one can harass anyone based on their gender or sexual orientation. Additionally, South Africa's progressive laws allow transgender people to legally change their sex description and gender marker in the birth register. Any person whose sexual characteristics are a result of natural development that results in gender reassignment, or have been altered by medical treatment, or who is intersexed, may apply to the Director-General of Home Affairs to change their sex description on the birth register.

Unfortunately, transgender people are still targeted in hate and gender-based crimes. Often these are not acknowledged or condemned by political leaders and authorities. What has been positive is that many employers have responded to awareness of transgender workers by developing new policies aimed at accommodations, in part because of complaints and lawsuits claiming discrimination.

Seeking sensitivity balance

Some believe that gender is fluid and comprises a range of different identities. Consequently, someone can identify as a combination of different genders within this range, which means they can change their gender identity at any time.

It's difficult for any organisation to keep up with this level of gender fluidity. There is little restriction in place to prevent either racial or gender identity from becoming fluid in the future and nothing to stop white males from identifying as African females, but can they apply for roles that are exclusively dedicated to African females?

In practice, employees must be given the freedom to express preferences when it comes to gender identity. But they cannot do so to the extent where it becomes offensively explicit or infringes on other employees' rights. It comes down to respecting the preferences of colleagues to create a harmonious working environment.

South African organisations could follow in the footsteps of American and European companies that have installed gender-neutral bathrooms, but even this could present an issue for some employees who may question the validity of a person's gender identity. Some employees may not be ethical about their gender fluidity claims and use these to achieve an ulterior motive.

Some of these issues can be addressed by conducting gender sensitivity and emotional intelligence training, and organisations could invest in providing 'safe spaces' for employees to communicate their concerns.

Small things like including an 'other' option on forms that ask for gender classification and using preferred gender-neutral pronouns when asked make a massive difference. There's no quick fix. It takes concerted effort and is an ongoing process.

Text | **Nicol Myburgh** Photography | **Hyejin Kang**

Titans name their contracted players for 2022/2023

The Momentum Multiply Titans are looking to build on the success of the 2021/2022 campaign. After a season that comprised the four-day title and two finals, the Sky Blues have finalised their contracted player list, with an eye on the future.

"Last season was very encouraging for us as a squad, but there were a lot of lessons learnt in the process," coach Mandla Mashimbyi explained.

"The players are getting some well-earned rest, but the work doesn't stop. We have secured the services of some promising young talents, while also retaining our core of experienced players," he added.

The likes of Simon Harmer, Heinrich Klaasen, Aaron Phangiso and Dean Elgar will continue to share their experience with the next generation.

One of the young talents Mashimbyi is referring to is Musa Twala, a product of St Albans, who also represented Northerns at Under-19 level.

Donovan Ferreira has also been rewarded with a contract, after showing his worth whenever he has received an opportunity.

"It's great that he is coming into this environment. He will learn a lot, and the team will also feed off his energy. That has always been the Titans way," Mashimbyi said.

The Titans have also signed strength and conditioning coach Laden Gamiet. The union said a fond farewell to Grant Mokoena, Gihahn Cloete and conditioning coach Dieter Swanepoel.

"They can all be proud of what they gave to the union. We wish them the best in future, and hope they keep contributing strongly to South African cricket," Mashimbyi reflected.

Titans contracted squad 2022/23 season: Dayyaan Galiem, Jiveshen Pillay, Aaron Phangiso, Simon Harmer, Junior Dala, Sibonelo Makhanya, Neil Brand, Dewald Brevis, Okuhle Cele, Musa Twala, Donovan Ferreira, Heinrich Klaasen, Aya Gqamane, Corbin Bosch, Theunis de Bruyn and Lizaad Williams.

High-performance contract: Smangaliso Nhlebela.

Nationally contracted players: Aiden Markram, Dean Elgar, Lungi Ngidi, Tabraiz Shamsi and Quinton De Kock.

Support staff: Mandla Mashimbyi (head coach), Geoffrey Toyana (assistant coach), Sizwe Hadebe (physiotherapist), Matthew Reuben (performance analyst), Richard Das Neves (batting consultant), Laden Gamiet (strength and conditioning coach), Karen Smithies (team administrator) and Paseka Molebale (logistics assistant).

Text and photography | **Supplied**

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90%
The approximate percentage of shark attack victims who are male.

Reaching new heights

Popular family car given an edge in model upgrade

The Ford Everest Sport's exterior shouts 'bad boy', enforced by the black 'Everest' badge on the bonnet, the black mesh grille and the unique 3D Ford bonnet badge. Ford eliminated the chrome finishing found on the XLT model by coating the mirror caps, door handles, roof rails and the rear and front bumper valences in black. Adding the 'Sport' decals on the bottom of the rear door and the tailgate shows that this is a different beast hiding under the bonnet.

For more information, go to ford.co.za.

Climbing inside, you start noticing the individual touches that make the Sport different from the normal Everest. The leather-trimmed cabin is different from the XLT's due to the blue contrast stitching for the steering wheel, facia, seats and the embossed Sport logo on the front seat's backrest. Additional to this is the large eight-inch touchscreen that features Ford Sync3 infotainment software that includes Bluetooth connectivity and satellite navigation, as well as Apple Car Play and Android Auto function.

I used the Android auto function to connect my phone (through plugging it into one of the two USB ports up front) and had access to all my phone functions. Connecting my music and searching for my favourite songs on the road was a breeze.

Both the driver and passenger have excellent visibility and the driver's seat has a choice of eight electronically adjustable seat functions.

Size and smarts

The seven-seater reacts quickly and with the larger 20-inch alloy wheels, handling is superb whether you're on or off-road. The turbocharged 2.0ℓ engine delivers 132kw and 4200Nm, using a 10-speed automatic gearbox.

Ford claims fuel consumption of 7.6ℓ/100km, but a more realistic figure is around 8.2ℓ going to as much as 10.1ℓ/100km if you're engaging 4x4 for long periods.

This is a seven-seater, but the last two seats will only be suitable for smaller children as the leg space becomes limited. Using it as a seven-seater only gives you cargo space of around 249ℓ, but if you fold these two rear seats (third row) down you can increase the cargo space to 876ℓ.

Driving this vehicle was an awesome experience and I was able to test it in town, on the open highway and even off-road. I was impressed with its handling and smooth gear selection, and using cruise control on the highway made driving a sheer pleasure. Using the dual-zone electronic automatic temperature control was a bonus, enabling both driver and passenger to adjust their own levels of heat or cool air. This ensured I stayed cool, while my wife opted for a bit more heat.

One of the other things that I liked about the Sport was that at night, when you approached the vehicle and pressed to unlock, both the outside and interior

1962

The year in which the US state of Maryland declared jousting its official sport.

lights switched on, including a LED light underneath the side mirrors that projected to the ground so that you could clearly see where you are stepping before climbing into the vehicle.

All in the details

Offroad, despite being fitted with 20-inch highway tyres, the Sport easily managed most of the obstacles thrown at it. Part of the reason is the fact that the Sport boosts 225mm ground clearance, and 800mm wading depth. If you combine this with its permanent four-wheel drive setup and terrain management system, you have a vehicle that can confidently tackle not only tar roads but also back roads and 4x4 trails. I would, however, advise that you change the 20-inch highway tyres to all terrain off-road tyres for better traction in difficult and wet conditions.

Using the terrain management system, it was easy to operate the centre console dial and select between the various modes that includes snow, mud, grass, and rocks. Hill descent control is also included, as well as the 4WD selector and rear differential locker buttons on the 4WD models.

The Everest Sport comes in a range of six metallic body colours – Diffused Silver, Frozen White, Agate Black, Moondust Silver, Sea Grey and Copper Red – which accentuates the black detailing.

Pricing on the Sport line ranges from R675,600 (4x2) to R718,000 (4x4), and the standard items include LED headlights with daytime running lights, cruise control, front and rear parking sensors with rear camera.

Extras include:

- 20-inch alloy wheels
- Ebony roof rails
- Leather seats with capital blue stitching
- Unique Everest 3D bonnet badge
- Black mesh grille
- Cruise control with adaptive speed limiter
- ISOFIX child seat anchorage points
- Thatchcam anti-theft alarm
- Electro chromatic rear view mirror
- Headlamps – LED
- Fog Lamps – rear
- FORD Sync3 – Including radio/MP3. Eight-inch touchscreen, 10 speakers, two USB ports
- Dual electronic air temperature control (DEATC)

The list goes on with ESP traction control, Trailer Sway Control, Hill Launch Assist and Rollover Mitigation and Hill Descent Control. Lastly, you also get seven airbags as part of the packages.

Note, however, that you can opt out on most of the luxuries and go for the basic 2.2 TDCi XLS (with two-wheel drive and six-speed automatic) for R563,600.

This is a vehicle that is comfortable to travel in but also has loads of extras that make you safer on the road.

Text | **Daniel Vorster** Photography | **Daniel Vorster and Shutterstock**

psst,

psst,

PSST…!

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Contact – Gill Johnston
gill@panorama.co.za

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The future's bright...

As a remedy for all the bad news out there, we prescribe a small dose of feel-good science. Each issue, we'll give you a rundown of the latest breakthroughs that aim to solve humanity's biggest problems. From pigskin eye implants to faster transatlantic flights, here you'll find many reasons to feel hopeful for our future...

Robots for stroke patients
To help stroke patients, research is being carried out to find out if brain activity can control a robot to move a limb. Healthy participants and stroke patients were hooked up to a brain-robot interface. They then thought about moving their hand, and the robot moved it for them. Synchronised electrical activity between the hand and brain increased, suggesting improved motor performance.

Pigskin eye implants
Human tissue is traditionally required for corneal transplants, but it's in short supply. Researchers have looked to pigs to solve this problem, with implants engineered out of protein from pigskin. A sample of 20 people with cornea damage have had their vision improved by receiving these implants.

YEARS TO GO

25

Reverse skin cells
Scientists have reversed the ageing of skin cells, so they appear 30 years younger. In the lab, the scientists used genetic programming to rewind the clock on the cells, but the process was stopped before they reverted to stem cells. The researchers aren't just looking to create the next beauty treatment, they hope that their technique could be used to rejuvenate ageing organs.

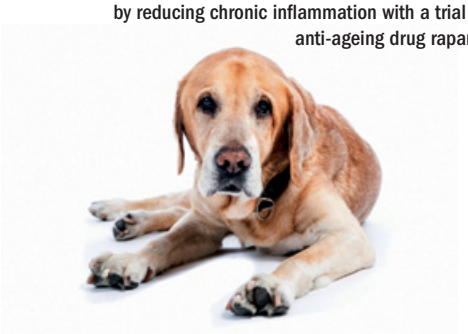
20

Sperm whale saviours
To help save the remaining 200 sperm whales in the eastern Mediterranean, a team of Greece-based researchers have developed a detection system that can pinpoint a whale to an accuracy of a body length or two. Called SAvEWhales, this should help prevent ships from running into whales.

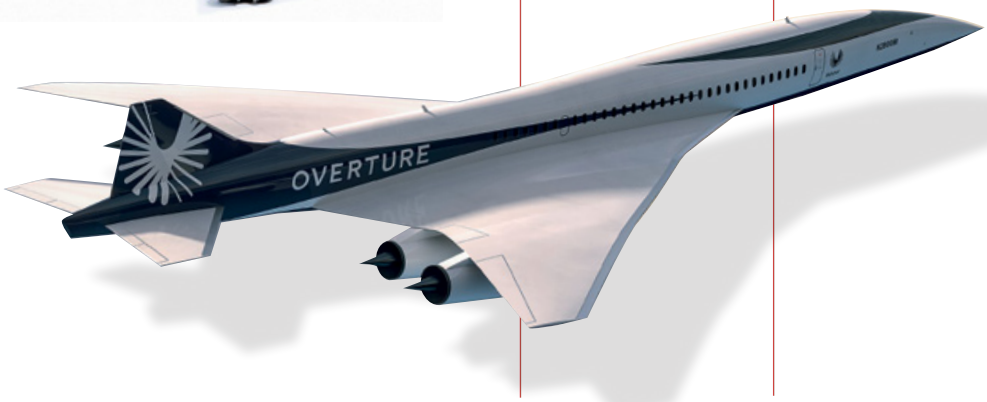
Hope for people with PTSD
Antiviral medicine used to treat hepatitis C (a virus that affects the liver) could improve symptoms of PTSD (post-traumatic stress disorder) in soldiers. A selection of US military veterans with hepatitis C have already been tested with promising results. Comparative tests, on veterans without the virus, are next.

GETTY IMAGES X6,OVERTURE, ESA, BENJAMIN WILEY/DUKE UNIVERSITY, THOR BALKHED

Extending dogs' lives
We may want to live forever, but what about our pets? The Dog Aging Project expects to increase the lives of our canine companions by three years, by reducing chronic inflammation with a trial of the anti-ageing drug rapamycin.

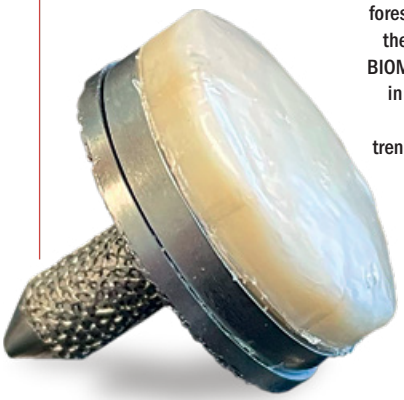


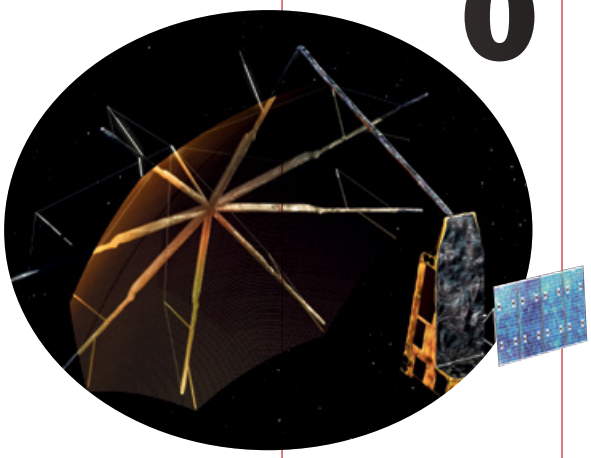
Quicker transatlantic flights
Flight times between London and Miami could be cut in half to just under five hours, as American Airlines has announced the purchase of 20 Boom Supersonic Overture aircraft. Dubbed the 'son of Concorde', these planes will reach Mach 1.7 (2,099km/h), the speed of sound. The first commercial flight is due in 2029.



10

Hydrogel that outperforms cartilage
Because cartilage tends to wear out, joint pain is a common ailment in the ageing population. To solve this, US researchers have developed a hydrogel, made of stretchable cellulose fibres, which is even more durable than the real thing. The hydrogel would be put onto new knee implants.

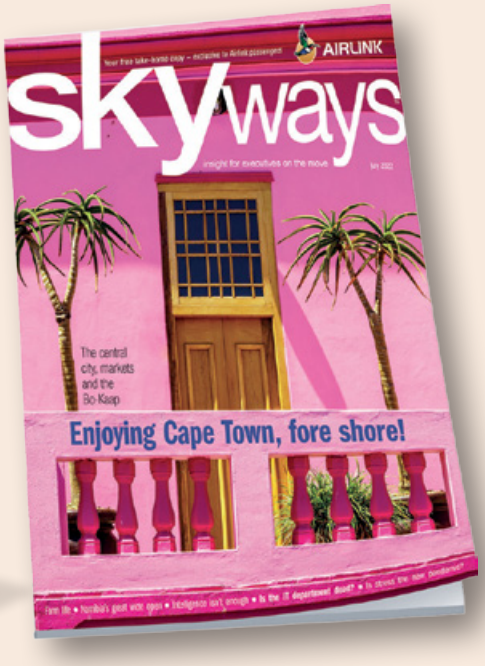




Space launch to study our planet's forests
A reflector-antenna, resembling a huge umbrella, is heading into space to analyse Earth's forests, as a key component on the European Space Agency's BIOMASS mission. After launch in 2023, the BIOMASS Earth Explorer satellite will study trends of tree growth in forests over five years.

0

Black tea reduces mortality
Can you add a few years on to your life by drinking black tea? The answer is yes, according to the US National Institutes of Health, which says the risk of mortality may be reduced by drinking two or more cups per day!



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Prescription undergrowth

Medicinal plants traditionally used to improve health are enjoying a resurgence in popularity

One of the main reasons for seeking herbal therapy or other alternatives to conventional medicine is the belief that it will promote healthier living. Herbal medicines are often viewed as a balanced and moderate approach to healing. With the many side-effects of modern medicines and growing antibiotic resistance, people see herbal medicine as a safe way to stay healthy and to treat and prevent illness.

Dr Caren Hauptfleisch is Chairperson of the SA Association of Registered Phytotherapists. For more information go to phytotherapists.co.za

The introduction of modern healthcare has led to the disappearance and displacement of many indigenous health practices. However, scientists worldwide are now looking to plants and herbs to formulate new phytotherapeutic agents (plant-based treatments) to prevent and treat disease.

South Africa, and in particular the Western Cape's floristic region, is home to a wide variety of indigenous medicinal plants that have been used safely and effectively since time immemorial. Science and clinical use are confirming their medicinal value.

These herbs include rooibos, honeybush, buchu, *Aloe ferox* and devil's claw, among others. Marketers are clamouring to include them in their products as the demand for herbal medicine and natural health products grow.

Rooibos (*Aspalathus linearis*)

Rooibos is a herb of great significance. It's rich in antioxidants, also referred to as polyphenols, which are compounds that allow plants to resist infections and insect infestations. Rooibos is a good daily supplement to improve overall health in combination with a healthy lifestyle. Drinking it regularly may help to:

- Enhance immunity.
- Reduce the incidence of cancer due to its cytoprotective effect.
- Regulate blood glucose.
- Protect the heart from degenerative damage.
- Slow the ageing process, since it is able to reduce oxidative stress, and in turn reduce free radical damage.
- Prevent certain skin cancers.
- When used topically, its anti-inflammatory properties can soothe skin irritations, such as eczema and dermatitis.

Devil's claw (*Harpagophytum procumbens*)

Medicinal herbs should only be used if they are sustainably grown. Human use and trade in a plant should never threaten its existence in the wild.

Herbs like devil's claw, that have been used in the treatment of pain associated with arthritic diseases, liver and kidney problems, fever and malaria, were nearly made extinct by its export to the overseas market, which led to the commercial farming of the herb.

Devil's claw is also used in an ointment to treat various skin problems such as sores and boils.

Natural pharmacy

Herbs found in the Cape and various parts of Africa that are commonly used for the prevention and/or treatment of common winter ailments, include:

- Wilde-als/umhlonyane (*Artemisia afra*) prevents and treats various respiratory infections.
- Kankerbossie/cancer bush (*Lessertia frutescens*) helps the body to ward off infections and ill health, when used regularly. It also eases symptoms related to colds and flu.
- Wild olive (*Olea europaea* subsp. *africana*) prevents infections, including viral infections of the respiratory system.
- *Pelargonium sidoides* and other pelargoniums, and *Tulbaghia violacea* (wildeknoffel) treats the common cold and associated symptoms of wet cough and soothes inflamed respiratory tissues, including a sore throat.
- Sage (*Salvia* species) targets viral respiratory infections and eases a sore throat.
- Helichrysum species helps treat coughs.
- Mint (*Mentha longifolia*) eases pulmonary infections, headaches, fever and colds, when used in combination with other herbs like *Artemisia afra*, *Salvia* species and *Olea europaea*.
- Sand olive (*Dodonaea viscosa* var. *angustifolia*) is traditionally used for the treatment of colds and associated sore throat, influenza and measles.

The above herbs are generally used as herbal infusions or can be steamed. Some of them can also be purchased as herbal pills or tinctures.

Choose wisely

It's important to use the right plant for the associated ailment and in the correct dosage. If in doubt, it's best to ask a professional before trying it at home. When herbal medicine is used correctly and in conjunction with a healthy lifestyle, it is an effective and safe approach to healthcare. People and animals have relied on herbal medicine for centuries. Like our food, our bodies are designed to respond to such medicines. Many of our modern medicines were first isolated from plants, including aspirin from *Salix alba* (white willow bark); antimitotic chemotherapy drugs from the alkaloids of *Catharanthus roseus*; and quinine from the *Cinchona officinalis* tree.

The adage: 'the whole is greater than the sum of its parts' sums up the approach in herbal medicine. We rely on whole plant extracts to work within the body safely and efficaciously to both prevent and treat illness. An example is the antimicrobial action of *Artemisia afra*. The herb interferes with the cellular replication of the pathogen (such as bacteria) by breaking down its cell walls and enhancing the body's innate immune response to keep the pathogens in check and restore or maintain good health. Herbal medicines contain a mixture of different phytochemicals that act in combination with body cells, tissues and chemicals to enhance health. It can either work quickly or at a steadier pace over time, depending on what is being treated. Treatment should be started at the first sign of disease to achieve the best results or preventatively as part of your daily health regimen.

Text | **Caren Hauptfleisch** Photography | **Hyserb, Lertwit Sasipreyajun**

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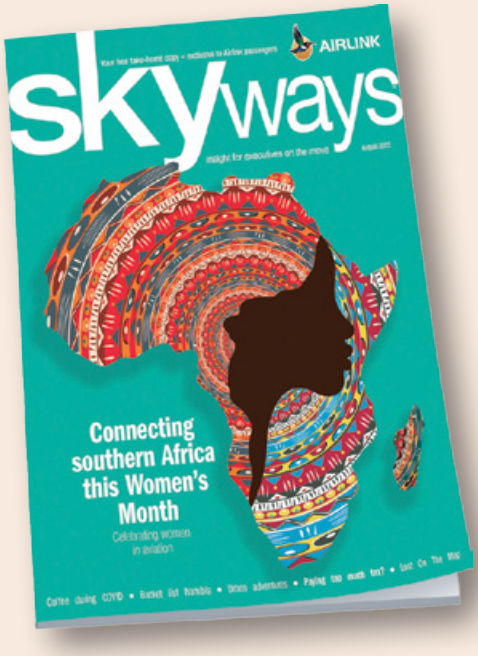

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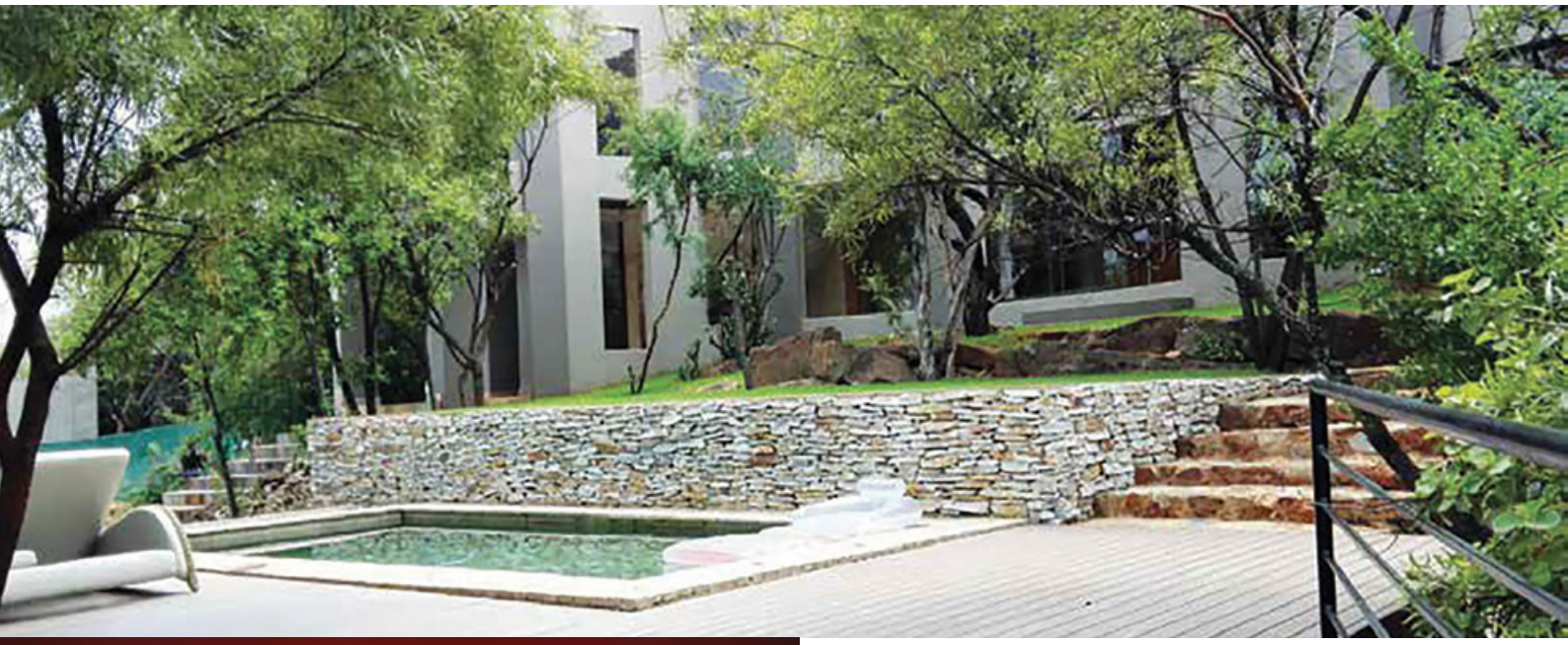

The Mighty Tigris is able to ensure streamlined projects through the availability of a number of services, such as in-house architectural services, an engineering service and building and garden planning. The turnkey service offering allows the home owner to take comfort in knowing that the company has everything covered.

GETTING THE BASICS RIGHT

The biggest challenge in the contracting industry is the miscommunication between the client and the contractor regarding the basic business principles that apply to any form of contractual agreement. Below are a few questions you should be asking when taking on a new build or renovation.

1 Am I choosing the right company?

Does the company you chose suit your building or ren ov ation requirements? Does it deliver the style you are looking for? Does it offer a turnkey building package that includes architectural drawings, council approval and hand-over, or does it specialise in only one area?

2 How much will it cost?

One of the most important factors is to ensure that the project cost was made clear before any work commences, and that what was quoted is delivered. The biggest challenges and disagreements come to light when there are hidden costs or changes to the original cost of the project.

3 Do I have to worry about site safety?

While working on the project, does the company offer public liability on the site's facilities, including the health and safety of the workers on site, as well as site visitors?

4 Who will handle quality control?

Are there staff members on site available to answer the questions and address the needs of the client? Is there a designated staff member who ensures that the project meets the standards of the current building regulations?

5 Will this project keep to the agreed time frames?

It is important to stay within the time frames of the project, and also acknowledge the different building seasons and downtimes.

6 Who will hold the builders accountable?

It is important to take stock and ensure that what was quoted for is delivered, and that all certificates from the relevant parties can be provided when needed.

The Mighty Tigris will be offering a series of features tackling all of your building and renovation matters, so look out for next month's edition. For questions regarding this feature, email info@tigris.co.za.

Jaco van Deventer is an expert in the field of construction, and turnkey building projects. As general manager of The Mighty Tigris, Jaco is passionate about delivering high-end services to his clients and ensuring that the vision for each project is fulfilled.

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Prime time

Thabiso Christopher explores trauma and love in new film

Director, screenwriter and producer Thabiso Christopher's new film *Prime* is about the past traumas and buried prejudice of a proud young man, Marius, threatening to push away his loving and devoted partner, Thembi, when his racist father dies.

Follow Thabiso Christopher on Instagram: @tc.christopher.

Was there a single moment when you first realised you wanted to make films or series – a specific movie or show in a particular context? What was it that caught your attention?

Thabiso Christopher Film has and always will be my home. Even the best series are the best because they are made with the language and risk-taking of cinema, exploring a longer conversation with the series format. I also remember the moments I spent as a child watching films and series that awoke the storytelling need in me, which I translated into prose writing. But as a director, there were two fundamental moments where I realised that I needed to tell stories in the medium of film, and then where I realised that the calling would be directing and screenwriting.

The first was when I saw *Shame* by Steve McQueen. It was an overwhelming experience because I had been going through a family crisis, and I felt that I had no voice, no worth as a storyteller and no right to express myself. Then the film played out and I was stunned by the sheer rawness of McQueen's voice and the brutality and intimacy of Michael Fassbender's performance. I remember realising that cinema could be a complete expression for me because it would express my *fascination* for story, the frame, classical music, and performance all in one medium.

It finally clicked for me that there are movies and there is cinema. And both define *film*, which I love. What cemented that love was watching *Incendies* by Denis Villeneuve. If *Shame* had been an awakening, Incendies was the affirmation that cinema and my family are the two bedrocks of my life.

Do you prefer doing as few takes as possible or as many as are necessary? Both choices have their pros and cons…

I do as many takes as is needed to work the scene, making sure that both the actors and I have exhausted the scene and left everything on the figurative table by the time we've wrapped. It comes from an intimate understanding of what a scene is and recognising that scenes can be dramatic, mechanical or breaks. Depending on the nature of the scene, I usually have a sweet spot of three to four takes, but sometimes more for technical reasons. This works for me because I work the scene and blocking extensively on the day before anyone else gets to set.

I do have one self-imposed limitation that is an absolute for my style of filmmaking, something I learned from studying Guillermo del Toro – the shot must be from the point of view of a person. If I don't do this, my films become inaccessible, because I delve so deeply into the human condition for my storytelling.

While everyone is looking to you for guidance, how aware are you of needing to limit what you say or do in order to let the combination of everything in the frame be as effective as possible?

What I say and do as a director is held as gospel by the crew and the cast. This is what directing is ultimately about – being extremely responsible and highly ethical yet intuitive and creative within the boundaries. Your team's safety, dreams and aspirations are dependent on you. You have to be intensely focused and self-driven as a director, with a dash of humour to help alleviate stress on set. To make a film is not a solo effort, as films are made by people, not the individual. But directing is a lonely

Thabiso Christopher on set.

journey because only you know your film. You have to be technically competent as well as highly dynamic with your creativity so you can be clear with your words and actions. Thus, you must eat, sleep, dream, and live film, balancing it with a deep love for your loved ones.

Please unpack *Prime*? How did you get involved and what is most satisfying about it?

Prime is an original film I wrote a few years ago, initially with the plan to shoot it as a no-budget film. I was coming off the back of the pandemic, where I had no film work for two years straight. This only added to my growing frustration and anxiety as a director-screenwriter, as I was fully committed to film and had no work in other fields. So, while I was putting together several film screenplays and limited series concepts, I wondered what I would have become if I hadn't had the love and support of my family. They were the ones who graciously kept me going while there was no work, especially after I failed again and again to navigate the South African film and television industry, which is geared towards outputting telenovelas and commercials.

What kind of man would I be if I didn't have my father's love and guidance to steer me? He was and remains the most influential figure in my life, setting the benchmark for the kind of man I must be. But what if there was a character out there whose situation was the opposite of mine? And especially with trauma after trauma, would they be able to recognise and embrace love if they no longer knew how to? That's how the central dramatic argument (theme) came about for *Prime*. South Africa is a beautiful yet violent country. So much unresolved trauma is both freshly inflicted and systemic thanks to machinations of apartheid, which still brutally play out today despite the blinkered denials of many. But I didn't want to make a documentary. I wanted to explore my favourite form of storytelling, the allegory, through the genre of magic realism, which has many expressions from Latin America that I deeply admire. Magic realism is not easily categorised in the South African filmmaking context, because our film and television industry only understands the well-defined and well-worn genres, such as family drama and action.

But our audiences are far smarter than this and have a great appetite for diverse storytelling. I believe that this is why African, Asian and Latin American storytelling is consumed so widely by Black South Africans, who are highly diverse themselves, both in culture and thought.

Text | **Bruce Dennill** Photography | **Sameegh Salasa**

Purple patch
Originally imported from South America, jacaranda trees are now inextricably linked to the way two South African cities, Johannesburg and Pretoria (the latter is even known as the Jacaranda City), look. Beyond the attractiveness of their beautiful blossoms in spring and summer (generally purple, though there is also a variant with white flowers), the trees play an important role in mitigating the effect of carbon emissions. First planted locally in the 1880s, the trees can live for more than 200 years, so although their illegal alien status prohibits propagation locally, we'll be able to enjoy their splendour for another couple of generations at least.

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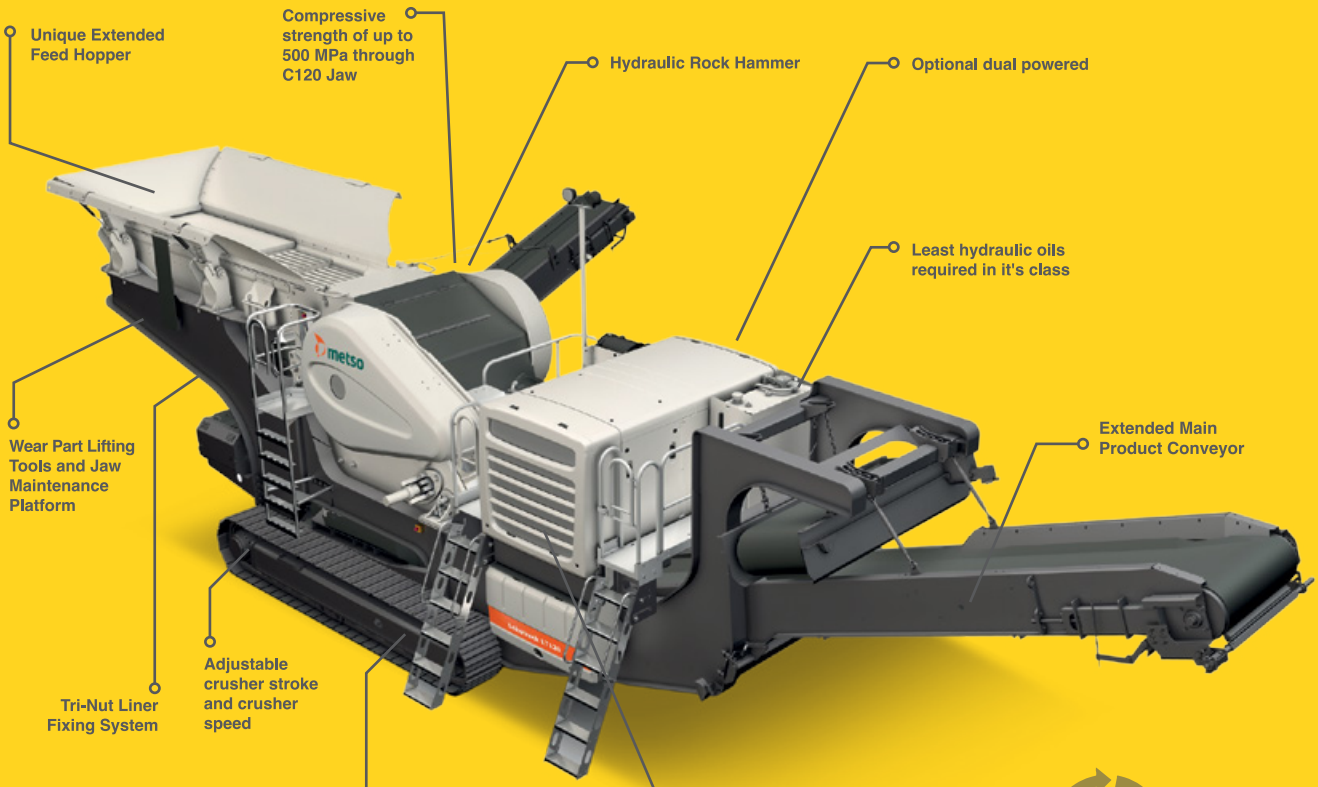

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A little planning can make a golf getaway an exciting possibility again

During the lockdown, many avid golfers were forced to put their golfing getaway plans on the back burner. But now golfers can safely dust off their irons and get back into the swing of things, by plotting their next annual fairway holiday.

Shaun Lamont is Managing Director of First Group Hotels and Resorts. For more information, go to firstgroup-sa.co.za.

With budgets tighter than ever, consider these four tips to make your golf trip more affordable.

Avoid peak days

Most golf courses have certain days of the week that are less busy than others, and they offer reduced rates specifically to entice players on these quieter days. Doing your research to check which courses offer these discounts will result in some significant savings – if you're flexible on dates. Also look for later tee-off times, which will not only be less busy, but also offer a later start to your morning if you went big the night before.

Book out of season at a golf resort

Golf rounds are sometimes discounted if you are a guest of the resort you are playing at. For example, a three-day golf getaway special offer might include 54 holes of championship golfing, whether you're a scratch or a hack, at different affiliated courses. And there may be spa and other options as part of the deal too. Book far ahead and exclude long weekends and school holidays.

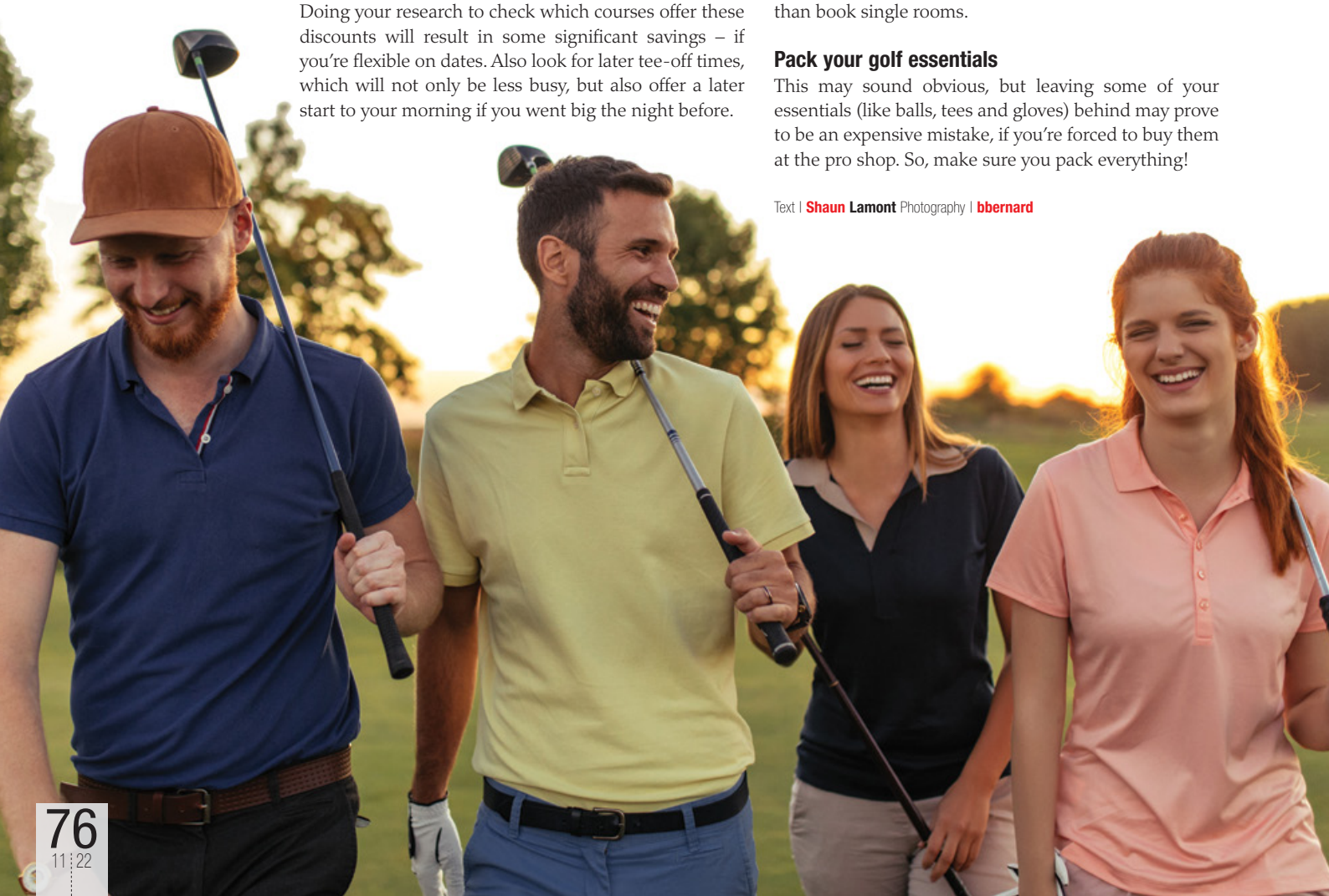
Travel in packs

It's the more the merrier – a happier pocket and a more festive 19th hole – in this case. The larger your group of golfers, the better your bargaining power to negotiate better rates for accommodation and green fees. Sharing rooms will also save you a whack, so couple up rather than book single rooms.

Pack your golf essentials

This may sound obvious, but leaving some of your essentials (like balls, tees and gloves) behind may prove to be an expensive mistake, if you're forced to buy them at the pro shop. So, make sure you pack everything!

Text | **Shaun Lamont** Photography | **bbernard**



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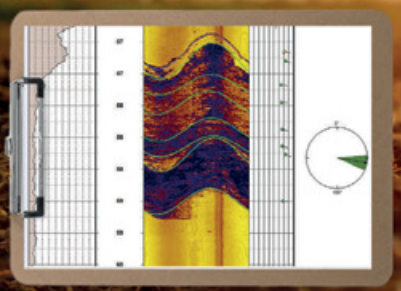

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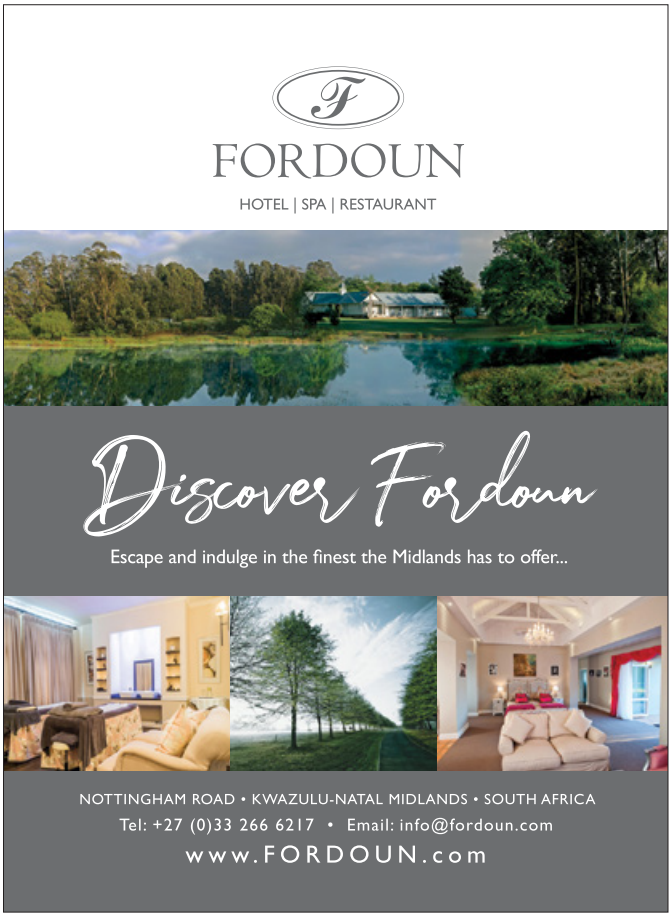
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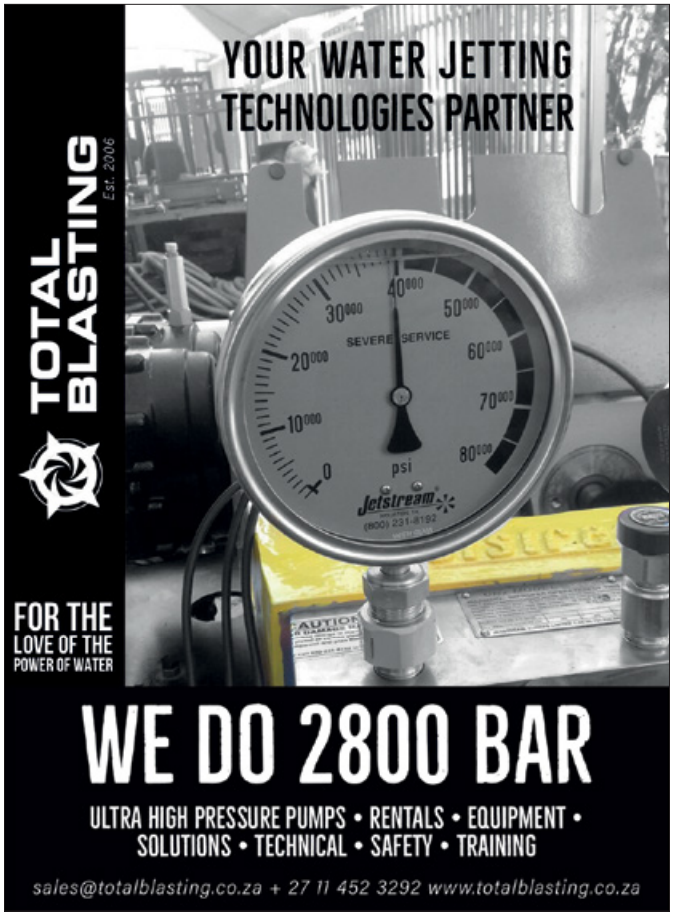
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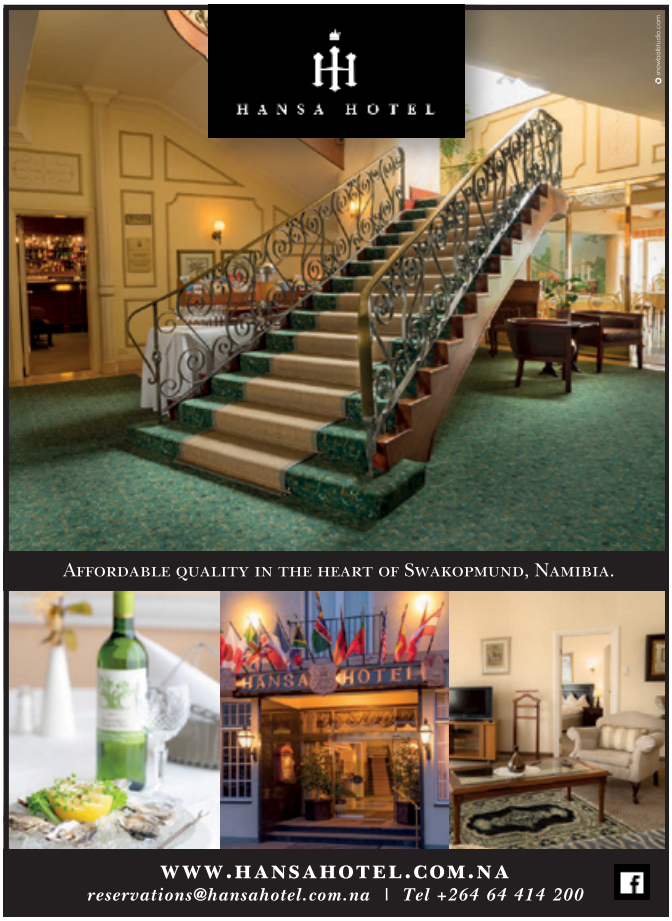
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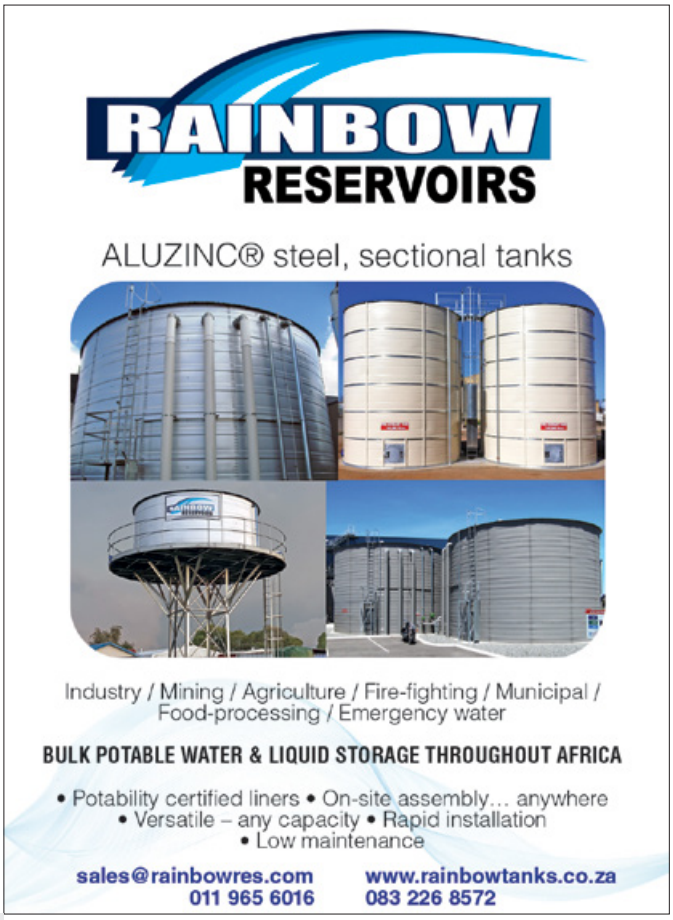
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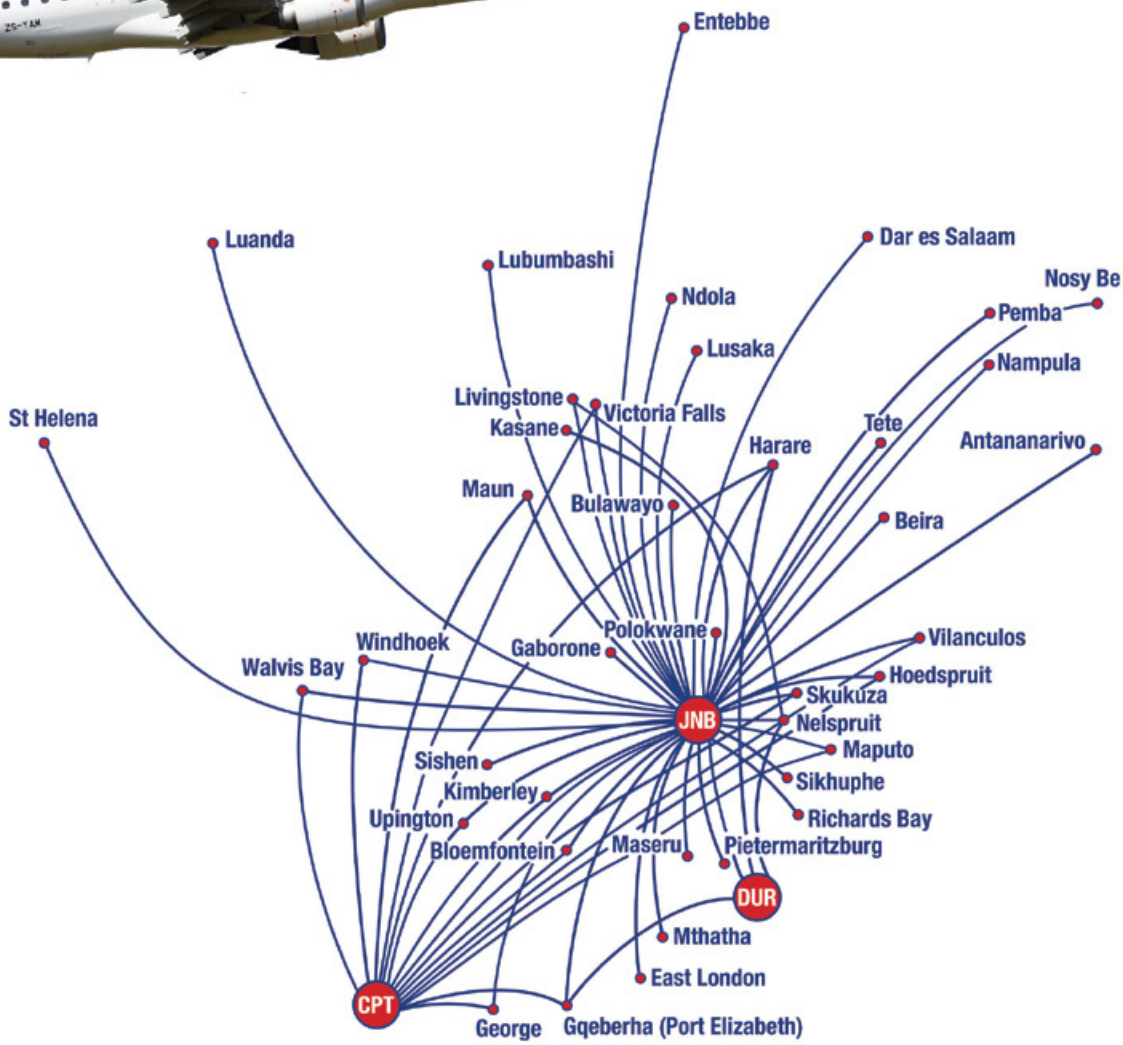

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92 Economy Class | 2-by-2 seat config.

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FLIGHTS – Domestic

FLIGHT	ROUTE			DEPARTURE	ARRIVAL	FREQUENCY							AIRCRAFT	SEATS
Cape Town - Bloemfontein - Cape Town														
4Z600	Cape Town	-	Bloemfontein	06:00	07:35	1	2	3	4	5			Embraer 140	44
4Z604	Cape Town	-	Bloemfontein	10:35	12:10	1	2	3	4	5	6	7	Embraer 135	37
4Z606	Cape Town	-	Bloemfontein	16:40	18:15	1	2	3	4	5		7	E-Jet 190	98
4Z601	Bloemfontein	-	Cape Town	08:10	09:55	1	2	3	4	5			Embraer 140	44
4Z605	Bloemfontein	-	Cape Town	12:40	14:25	1	2	3	4	5	6	7	Embraer 135	37
4Z607	Bloemfontein	-	Cape Town	18:40	20:25	1	2	3	4	5		7	E-Jet 190	98
Cape Town - George - Cape Town														
4Z621	Cape Town	-	George	07:15	08:10	1	2	3	4	5			Embraer 140	44
4Z623	Cape Town	-	George	09:00	09:55						6		Embraer 135	37
4Z627	Cape Town	-	George	10:55	11:50							7	Embraer 135	37
4Z633	Cape Town	-	George	12:05	13:05						6		Embraer 140	44
4Z637	Cape Town	-	George	15:15	16:10	1	2	3	4	5		7	Embraer 135	37
4Z635	Cape Town	-	George	17:20	18:15			3	4	5		7	Embraer 140	44
4Z622	George	-	Cape Town	08:35	09:35	1	2	3	4	5			Embraer 140	98
4Z624	George	-	Cape Town	10:20	11:20						6		Embraer 135	37
4Z628	George	-	Cape Town	12:15	13:15							7	Embraer 135	37
4Z634	George	-	Cape Town	13:30	14:30						6		Embraer 140	42
4Z638	George	-	Cape Town	16:35	17:35	1	2	3	4	5		7	Embraer 135	37
4Z636	George	-	Cape Town	18:50	19:50			3	4	5		7	Embraer 140	42
Cape Town - Gqeberha (Port Elizabeth) - Cape Town														
4Z671	Cape Town	-	Gqeberha	06:35	07:45	1	2	3	4	5	6	7	E-Jet 190	98
4Z675	Cape Town	-	Gqeberha	17:25	18:35	1	2	3	4	5		7	E-Jet 190	98
4Z672	Gqeberha	-	Cape Town	08:15	09:40	1	2	3	4	5	6	7	E-Jet 190	98
4Z676	Gqeberha	-	Cape Town	19:10	20:24	1	2	3	4	5		7	E-Jet 190	98
Cape Town - Hoedspruit - Cape Town														
4Z657	Cape Town	-	Hoedspruit	10:50	13:20	1	2	3	4	5	6	7	E-Jet 190	98
4Z658	Hoedspruit	-	Cape Town	13:50	16:35	1	2	3	4	5	6	7	E-Jet 190	98
Cape Town - Kimberley - Cape Town														
4Z611	Cape Town	-	Kimberley	06:30	08:00	1	2	3	4	5			Embraer 135	37
4Z613	Cape Town	-	Kimberley	08:00	09:30						6		Embraer 140	44
4Z617	Cape Town	-	Kimberley	15:25	16:55	1	2	3	4	5		7	Embraer 135	37
4Z612	Kimberley	-	Cape Town	08:25	10:00	1	2	3	4	5			Embraer 135	37
4Z614	Kimberley	-	Cape Town	09:55	11:30						6		Embraer 140	44
4Z618	Kimberley	-	Cape Town	17:20	18:55	1	2	3	4	5		7	Embraer 135	37
Cape Town - Mbombela (Nelspruit) - Cape Town														
4Z663	Cape Town	-	Mbombela	10:25	12:50	1	2	3	4	5	6	7	E-Jet 190	98
4Z664	Mbombela	-	Cape Town	13:25	16:10	1	2	3	4	5	6	7	E-Jet 190	98
Cape Town - Skukuza - Cape Town														
4Z651	Cape Town	-	Skukuza	10:35	13:05	1	2	3	4	5	6	7	Embraer 135	37
4Z652	Skukuza	-	Cape Town	11:40	14:25	1	2	3	4	5	6	7	Embraer 135	33
Cape Town - Upington - Cape Town														
4Z645	Cape Town	-	Upington	06:45	08:05	1	2	3	4	5			Embraer 135	37
4Z646	Upington	-	Cape Town	08:30	09:50	1	2	3	4	5			Embraer 135	37
Durban - Gqeberha (Port Elizabeth) - Durban														
4Z520	Durban	-	Gqeberha	06:15	07:50	1	2	3	4	5			Embraer 135	37
4Z528	Durban	-	Gqeberha	16:10	17:45	1	2	3	4	5		7	Embraer 135	37
4Z521	Gqeberha	-	Durban	08:15	09:40	1	2	3	4	5			Embraer 135	37
4Z529	Gqeberha	-	Durban	18:25	19:50	1	2	3	4	5		7	Embraer 135	37
Durban - Mbombela (Nelspruit) - Durban														
4Z505	Durban	-	Mbombela	10:30	11:40	1		3		5			Embraer 135	37
4Z506	Mbombela	-	Durban	14:00	15:10	1		3		5			Embraer 135	37
Johannesburg - Bloemfontein - Johannesburg														
4Z701	Johannesburg	-	Bloemfontein	06:20	07:20	1	2	3	4	5			Embraer 140	44
4Z707	Johannesburg	-	Bloemfontein	08:30	09:30							7	Embraer 140	44
4Z703	Johannesburg	-	Bloemfontein	09:25	10:25	1	2	3	4	5	6		Embraer 140	44
4Z709	Johannesburg	-	Bloemfontein	14:00	15:00						6		Embraer 140	44
4Z705	Johannesburg	-	Bloemfontein	17:05	18:05	1	2	3	4	5		7	E-Jet 190	98
4Z702	Bloemfontein	-	Johannesburg	07:50	08:50	1	2	3	4	5			Embraer 140	44
4Z708	Bloemfontein	-	Johannesburg	10:00	11:00							7	Embraer 140	44
4Z704	Bloemfontein	-	Johannesburg	11:05	12:20	1	2	3	4	5	6		Embraer 140	44
4Z710	Bloemfontein	-	Johannesburg	15:25	16:25						6		Embraer 140	44
4Z706	Bloemfontein	-	Johannesburg	18:35	19:35	1	2	3	4	5		7	E-Jet 190	98
Johannesburg - Cape Town - Johannesburg														
4Z893	Johannesburg	-	Cape Town	06:20	08:30	1	2	3	4	5			E-Jet 190	98
4Z905	Johannesburg	-	Cape Town	10:25	12:35	1	2	3	4	5	6		E-Jet 190	98
4Z903	Johannesburg	-	Cape Town	12:10	14:20	1	2	3	4	5	6	7	E-Jet 190	98
4Z901	Johannesburg	-	Cape Town	14:55	17:05	1	2	3	4	5	6	7	E-Jet 190	98
4Z909	Johannesburg	-	Cape Town	18:10	20:20	1	2	3	4	5		7	E-Jet 190	98
4Z923	Johannesburg	-	Cape Town	18:35	20:45	1		3	4	5		7	E-Jet 190	98
4Z892	Cape Town	-	Johannesburg	06:50	08:55	1	2	3	4	5			E-Jet 190	98
4Z902	Cape Town	-	Johannesburg	09:15	11:20	1	2	3	4	5	6	7	E-Jet 190	98
4Z896	Cape Town	-	Johannesburg	14:00	16:05	1	2	3	4	5	6		E-Jet 190	98
4Z920	Cape Town	-	Johannesburg	15:15	17:20	1	2	3	4	5	6	7	E-Jet 190	98
4Z898	Cape Town	-	Johannesburg	17:55	20:00	1	2	3	4	5		7	E-Jet 190	98
4Z910	Cape Town	-	Johannesburg	18:35	20:40	1		3	4	5		7	E-Jet 190	98

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FLIGHTS – Domestic

FLIGHT	ROUTE			DEPARTURE	ARRIVAL	FREQUENCY							AIRCRAFT	SEATS
Johannesburg - Durban - Johannesburg														
4Z551	Johannesburg	-	Durban	06:00	07:05	1	2	3	4	5	6		E-Jet 170	74
4Z553	Johannesburg	-	Durban	09:35	10:40	1	2	3	4	5	6	7	E-Jet 190	98
4Z569	Johannesburg	-	Durban	17:35	18:45	1	2	3	4	5		7	E-Jet 190	98
4Z552	Durban	-	Johannesburg	07:40	08:50	1	2	3	4	5	6		E-Jet 170	74
4Z554	Durban	-	Johannesburg	11:15	12:25	1	2	3	4	5	6	7	E-Jet 190	98
4Z570	Durban	-	Johannesburg	19:15	20:25	1	2	3	4	5		7	E-Jet 190	98
Johannesburg - East London - Johannesburg														
4Z913	Johannesburg	-	East London	06:20	07:50	1	2	3	4	5	6		Embraer 140	44
4Z915	Johannesburg	-	East London	10:30	12:00	1	2	3	4	5	6	7	Embraer 140	44
4Z917	Johannesburg	-	East London	16:10	17:40	1	2	3	4	5		7	Embraer 140	44
4Z914	East London	-	Johannesburg	08:20	09:55	1	2	3	4	5	6		Embraer 140	44
4Z916	East London	-	Johannesburg	12:35	14:10	1	2	3	4	5	6	7	Embraer 140	44
4Z918	East London	-	Johannesburg	18:10	19:45	1	2	3	4	5		7	Embraer 140	44
Johannesburg - George - Johannesburg														
4Z691	Johannesburg	-	George	06:15	08:15	1	2	3					E-Jet 170	74
4Z693	Johannesburg	-	George	11:15	13:15	1	2	3	4	5	6	7	E-Jet 170	74
4Z697	Johannesburg	-	George	16:15	18:15				4	5		7	E-Jet 170	74
4Z692	George	-	Johannesburg	08:45	10:30	1	2	3					E-Jet 170	74
4Z694	George	-	Johannesburg	13:45	15:30	1	2	3	4	5	6	7	E-Jet 170	74
4Z698	George	-	Johannesburg	18:45	20:30				4	5		7	E-Jet 170	74
Johannesburg - Gqeberha (Port Elizabeth) - Johannesburg														
4Z793	Johannesburg	-	Gqeberha	06:00	07:45	1	2	3	4	5	6		E-Jet 190	98
4Z797	Johannesburg	-	Gqeberha	10:10	11:55	1	2	3	4	5	6	7	BOEING 737-300	142
4Z795	Johannesburg	-	Gqeberha	17:15	19:00	1	2	3	4	5		7	E-Jet 190	98
4Z799	Johannesburg	-	Gqeberha	18:15	20:00	1	2	3	4	5		7	BOEING 737-300	142
4Z792	Gqeberha	-	Johannesburg	06:30	08:15	1	2	3	4	5	6		BOEING 737-300	142
4Z794	Gqeberha	-	Johannesburg	08:15	10:00	1	2	3	4	5	6		E-Jet 190	98
4Z798	Gqeberha	-	Johannesburg	12:35	14:20	1	2	3	4	5	6	7	BOEING 737-300	142
4Z796	Gqeberha	-	Johannesburg	19:35	21:20	1	2	3	4	5		7	E-Jet 190	98
Johannesburg - Hoedspruit- Johannesburg														
4Z871	Johannesburg	-	Hoedspruit	10:30	11:25	1	2	3	4	5	6	7	E-Jet 190	98
4Z873	Johannesburg	-	Hoedspruit	12:50	13:45	1	2	3	4	5	6	7	Embraer 140	44
4Z872	Hoedspruit	-	Johannesburg	12:00	13:05	1	2	3	4	5	6	7	E-Jet 190	98
4Z874	Hoedspruit	-	Johannesburg	14:20	15:25	1	2	3	4	5	6	7	Embraer 140	44
Johannesburg - Kimberley - Johannesburg														
4Z721	Johannesburg	-	Kimberley	07:00	08:05	1	2	3	4	5	6		Embraer 140	44
4Z723	Johannesburg	-	Kimberley	09:10	10:15	1	2	3	4	5	6	7	Embraer 135	37
4Z727	Johannesburg	-	Kimberley	16:15	17:20	1	2	3	4	5		7	E-Jet 170	74
4Z722	Kimberley	-	Johannesburg	08:30	09:35	1	2	3	4	5	6		Embraer 140	44
4Z724	Kimberley	-	Johannesburg	10:45	11:50	1	2	3	4	5	6	7	Embraer 135	37
4Z728	Kimberley	-	Johannesburg	17:45	18:50	1	2	3	4	5		7	E-Jet 170	74
Johannesburg - Mbombela (Nelspruit) - Johannesburg														
4Z823	Johannesburg	-	Mbombela	07:00	07:55	1	2	3	4	5			Embraer 140	44
4Z827	Johannesburg	-	Mbombela	09:20	10:15	1		3		5		7	Embraer 135	37
4Z829	Johannesburg	-	Mbombela	10:05	11:00	1	2	3	4	5	6	7	Embraer 140	44
4Z841	Johannesburg	-	Mbombela	11:05	12:00	1	2	3	4	5	6	7	Embraer 135	37
4Z845	Johannesburg	-	Mbombela	15:55	16:50	1	2	3	4	5	6	7	Embraer 135	37
4Z847	Johannesburg	-	Mbombela	17:15	18:10	1		3	4	5			Embraer 140	44
4Z837	Johannesburg	-	Mbombela	18:10	19:05	1	2	3	4	5		7	Embraer 140	44
4Z838	Mbombela	-	Johannesburg	06:55	07:50	1	2	3	4	5			Embraer 140	44
4Z824	Mbombela	-	Johannesburg	08:20	09:15	1	2	3	4	5			Embraer 140	44
4Z836	Mbombela	-	Johannesburg	08:30	09:25						6		Embraer 140	44
4Z842	Mbombela	-	Johannesburg	12:45	13:40	1	2	3	4	5	6	7	Embraer 135	37
4Z822	Mbombela	-	Johannesburg	16:15	17:10	1	2	3	4	5	6	7	Embraer 140	44
4Z846	Mbombela	-	Johannesburg	17:15	18:10	1	2	3	4	5	6	7	Embraer 135	37
4Z848	Mbombela	-	Johannesburg	18:30	19:25	1		3	4	5			Embraer 140	44
Johannesburg - Mthatha- Johannesburg														
4Z751	Johannesburg	-	Mthatha	06:15	07:35	1	2	3	4	5	6		Embraer 135	37
4Z757	Johannesburg	-	Mthatha	12:15	13:35	1	2	3	4	5	6	7	Embraer 135	37
4Z759	Johannesburg	-	Mthatha	15:10	16:30				4	5			Embraer 135	37
4Z755	Johannesburg	-	Mthatha	16:00	17:20	1	2	3	4	5		7	Embraer 135	37
4Z752	Mthatha	-	Johannesburg	08:00	09:20	1	2	3	4	5	6		Embraer 135	37
4Z758	Mthatha	-	Johannesburg	14:00	15:20	1	2	3	4	5	6	7	Embraer 135	37
4Z760	Mthatha	-	Johannesburg	17:00	18:20				4	5			Embraer 135	37
4Z756	Mthatha	-	Johannesburg	17:45	19:05	1	2	3	4	5		7	Embraer 135	37
Johannesburg - Pietermaritzburg- Johannesburg														
4Z733	Johannesburg	-	Pietermaritzburg	06:50	07:55	1	2	3	4	5	6		E-Jet 190	98
4Z735	Johannesburg	-	Pietermaritzburg	12:35	13:40	1	2	3	4	5	6	7	Embraer 135	37
4Z743	Johannesburg	-	Pietermaritzburg	16:35	17:40	1	2	3	4	5		7	E-Jet 190	98
4Z739	Johannesburg	-	Pietermaritzburg	18:30	19:30	1	2	3	4	5		7	Embraer 135	37
4Z730	Pietermaritzburg	-	Johannesburg	06:45	07:45	1	2	3	4	5			Embraer 135	37
4Z732	Pietermaritzburg	-	Johannesburg	07:00	08:05						6		Embraer 135	37
4Z734	Pietermaritzburg	-	Johannesburg	08:30	09:35	1	2	3	4	5	6		E-Jet 190	98
4Z736	Pietermaritzburg	-	Johannesburg	14:05	15:10	1	2	3	4	5	6	7	Embraer 135	37
4Z744	Pietermaritzburg	-	Johannesburg	18:10	19:15	1	2	3	4	5		7	E-Jet 190	98

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FLIGHTS – Domestic

FLIGHT	ROUTE			DEPARTURE	ARRIVAL	FREQUENCY							AIRCRAFT	SEATS
Johannesburg - Richards Bay - Johannesburg														
4Z881	Johannesburg	-	Richards Bay	06:15	07:45	1	2	3	4				Jetstream 41	29
4Z889	Johannesburg	-	Richards Bay	08:15	09:45						6		Jetstream 41	29
4Z883	Johannesburg	-	Richards Bay	11:00	12:30	1	2	3	4	5		7	Jetstream 41	29
4Z885	Johannesburg	-	Richards Bay	15:30	17:00	1	2	3	4	5		7	Jetstream 41	29
4Z882	Richards Bay	-	Johannesburg	08:15	09:50	1	2	3	4				Jetstream 41	29
4Z890	Richards Bay	-	Johannesburg	10:15	11:50						6		Jetstream 41	29
4Z884	Richards Bay	-	Johannesburg	12:55	14:30	1	2	3	4	5		7	Jetstream 41	29
4Z886	Richards Bay	-	Johannesburg	17:30	19:05	1	2	3	4	5		7	Jetstream 41	29
Johannesburg - Polokwane - Johannesburg														
4Z801	Johannesburg	-	Polokwane	06:35	07:30	1	2	3	4	5			Embraer 135	37
4Z813	Johannesburg	-	Polokwane	12:50	13:45						6		Embraer 135	37
4Z815	Johannesburg	-	Polokwane	16:15	17:10	1	2	3	4	5		7	Embraer 135	37
4Z802	Polokwane	-	Johannesburg	07:55	08:50	1	2	3	4	5			Embraer 135	37
4Z814	Polokwane	-	Johannesburg	14:10	15:05						6		Embraer 135	37
4Z816	Polokwane	-	Johannesburg	17:40	18:35	1	2	3	4	5		7	Embraer 135	37
Johannesburg - Sishen - Johannesburg														
4Z773	Johannesburg	-	Sishen	05:45	07:00	1	2	3	4	5			Embraer 135	37
4Z771	Johannesburg	-	Sishen	06:30	07:45	1	2	3	4	5			Embraer 135	37
4Z779	Johannesburg	-	Sishen	15:25	16:40	1	2	3		5			Embraer 135	37
4Z777	Johannesburg	-	Sishen	16:00	17:15	1		3	4	5			Embraer 135	37
4Z774	Sishen	-	Johannesburg	07:25	08:40	1	2	3	4	5			Embraer 135	37
4Z772	Sishen	-	Johannesburg	08:15	09:30	1	2	3		5			Embraer 135	37
4Z780	Sishen	-	Johannesburg	17:15	18:30	1	2	3		5			Embraer 135	37
4Z778	Sishen	-	Johannesburg	17:45	19:00	1		3	4	5			Embraer 135	37
Johannesburg - Skukuza- Johannesburg														
4Z861	Johannesburg	-	Skukuza	10:05	11:05	1	2	3	4	5	6	7	Embraer 135	37
4Z865	Johannesburg	-	Skukuza	13:05	14:05	1	2	3	4	5	6	7	Embraer 135	37
4Z862	Skukuza	-	Johannesburg	13:35	14:40	1	2	3	4	5	6	7	Embraer 135	37
4Z866	Skukuza	-	Johannesburg	14:35	15:40	1	2	3	4	5	6	7	Embraer 135	37
Johannesburg - Upington- Johannesburg														
4Z761	Johannesburg	-	Upington	07:10	08:40	1	2	3	4		6		Embraer 135	37
4Z763	Johannesburg	-	Upington	11:00	12:30	1		3	4	5	6	7	Embraer 135	37
4Z769	Johannesburg	-	Upington	15:45	17:15	1	2	3	4	5		7	Embraer 135	37
4Z762	Upington	-	Johannesburg	09:05	10:30	1	2	3	4		6		Embraer 135	37
4Z764	Upington	-	Johannesburg	13:00	14:25	1		3	4	5	6	7	Embraer 135	37
4Z770	Upington	-	Johannesburg	17:40	19:05	1	2	3	4	5		7	Embraer 135	37

FLIGHTS – Regional

FLIGHT	ROUTE			DEPARTURE	ARRIVAL	FREQUENCY							AIRCRAFT	SEATS
Cape Town - Harare - Cape Town														
4Z382	Cape Town	-	Harare	10:30	13:40	1	2	3	4	5	6	7	E-Jet 190	98
4Z383	Harare	-	Cape Town	14:30	17:50	1	2	3	4	5	6	7	E-Jet 190	98
Cape Town - Maputo - Cape Townn														
4Z489	Cape Town	-	Maputo	17:10	19:40			3		5		7	Embraer 140	44
4Z490	Maputo	-	Cape Town	06:10	09:00	1			4		6		Embraer 140	44
Cape Town - Maun - Cape Town														
4Z314	Cape Town	-	Maun	10:35	13:10	1	2	3	4	5	6	7	Embraer 140	40
4Z315	Maun	-	Cape Town	13:40	16:20	1	2	3	4	5	6	7	Embraer 140	40
Cape Town - Victoria Falls - Cape Town														
4Z390	Cape Town	-	Victoria Falls	09:45	12:40	1	2	3	4	5		7	Embraer 140	44
4Z391	Victoria Falls	-	Cape Town	13:15	16:20	1	2	3	4	5		7	Embraer 140	37
Cape Town - Walvisbay - Cape Town														
4Z346	Cape Town	-	Walvisbay	12:05	14:20						6		Embraer 135	37
4Z348	Cape Town	-	Walvisbay	14:00	16:15	1	2	3	4	5		7	Embraer 135	37
4Z347	Walvisbay	-	Cape Town	14:55	17:05						6		Embraer 135	37
4Z349	Walvisbay	-	Cape Town	16:50	19:00	1	2	3	4	5		7	Embraer 135	37
Cape Town - Windhoek - Cape Town														
4Z320	Cape Town	-	Windhoek	06:20	08:35	1	2	3	4	5			Embraer 135	37
4Z326	Cape Town	-	Windhoek	10:40	12:55	1	2	3	4	5	6	7	E-Jet 190	98
4Z328	Cape Town	-	Windhoek	17:10	19:25				4	5		7	Embraer 140	43
4Z329	Windhoek	-	Cape Town	07:00	09:10	1				5	6		Embraer 140	44
4Z321	Windhoek	-	Cape Town	09:25	11:35	1	2	3	4	5			Embraer 135	37
4Z327	Windhoek	-	Cape Town	13:40	15:50	1	2	3	4	5	6	7	E-Jet 190	98

Flight Schedule Guide subject to change – latest updates available at https://www.flyairlink.com/flightschedule.

FLIGHTS – Regional

FLIGHT	ROUTE			DEPARTURE	ARRIVAL	FREQUENCY							AIRCRAFT	SEATS
Durban - Harare - Durban														
4Z410	Durban	-	Harare	10:30	12:40		2		4		6	7	Embraer 135	37
4Z411	Harare	-	Durban	13:20	15:35		2		4		6	7	Embraer 135	37
Johannesburg - Beira - Johannesburg														
4Z214	Johannesburg	-	Beira	11:05	12:45	1	2		4		6	7	Embraer 135	37
4Z215	Beira	-	Johannesburg	13:10	15:10	1	2		4		6	7	Embraer 135	37
Johannesburg - Bulawayo - Johannesburg														
4Z110	Johannesburg	-	Bulawayo	10:30	11:45	1	2	3	4	5	6	7	E-Jet 190	98
4Z114	Johannesburg	-	Bulawayo	14:25	15:40	1	2	3	4	5		7	Embraer 135	37
4Z111	Bulawayo	-	Johannesburg	12:35	14:05	1	2	3	4	5	6	7	E-Jet 190	98
4Z115	Bulawayo	-	Johannesburg	16:15	17:45	1	2	3	4	5		7	Embraer 135	37
Johannesburg - Dar es Salaam - Johannesburg														
4Z036	Johannesburg	-	Dar es Salaam	22:00	02:25	1		3	4	5		7	E-Jet 190	98
4Z037	Dar es Salaam	-	Johannesburg	03:25	06:10	1	2		4	5	6		E-Jet 190	98
Johannesburg - Entebbe - Johannesburg														
4Z190	Johannesburg	-	Entebbe	10:50	16:05	1		3		5		7	E-Jet 190	98
4Z191	Entebbe	-	Johannesburg	17:05	20:35	1		3		5		7	E-Jet 190	98
Johannesburg - Gaborone - Johannesburg														
4Z172	Johannesburg	-	Gaborone	06:20	07:15	1	2	3	4	5			E-Jet 190	98
4Z174	Johannesburg	-	Gaborone	09:15	10:10	1	2	3	4	5			Embraer 135	37
4Z170	Johannesburg	-	Gaborone	09:20	10:15						6		Embraer 135	37
4Z176	Johannesburg	-	Gaborone	11:00	11:55						6	7	Embraer 140	44
4Z180	Johannesburg	-	Gaborone	15:25	16:20	1	2	3	4	5	6	7	Embraer 135	37
4Z178	Johannesburg	-	Gaborone	17:00	17:55	1	2	3	4	5		7	E-Jet 190	98
4Z173	Gaborone	-	Johannesburg	07:45	08:40	1	2	3	4	5			E-Jet 190	98
4Z175	Gaborone	-	Johannesburg	10:35	11:30	1	2	3	4	5			Embraer 135	37
4Z171	Gaborone	-	Johannesburg	10:40	11:35						6		Embraer 135	37
4Z177	Gaborone	-	Johannesburg	12:25	13:20						6	7	Embraer 140	44
4Z181	Gaborone	-	Johannesburg	16:50	17:45	1	2	3	4	5	6	7	Embraer 135	37
4Z179	Gaborone	-	Johannesburg	18:25	19:20	1	2	3	4	5		7	E-Jet 190	98
Johannesburg - Harare - Johannesburg														
4Z100	Johannesburg	-	Harare	06:20	08:00	1	2	3	4	5	6		E-Jet 190	98
4Z104	Johannesburg	-	Harare	10:55	12:35	1	2	3	4	5	6	7	E-Jet 190	98
4Z102	Johannesburg	-	Harare	16:10	17:50	1	2	3	4	5		7	E-Jet 190	98
4Z108	Johannesburg	-	Harare	18:45	20:25	1	2	3	4	5		7	Embraer 135	37
4Z109	Harare	-	Johannesburg	07:00	08:55	1	2	3	4	5	6		Embraer 135	37
4Z101	Harare	-	Johannesburg	08:40	10:35	1	2	3	4	5		6	E-Jet 190	98
4Z105	Harare	-	Johannesburg	13:25	15:20	1	2	3	4	5	6	7	E-Jet 190	98
4Z103	Harare	-	Johannesburg	18:30	20:25	1	2	3	4	5		7	E-Jet 190	98
Johannesburg - Kasane - Johannesburg														
4Z306	Johannesburg	-	Kasane	11:50	13:35	1	2	3	4	5	6	7	Embraer 140	44
4Z307	Kasane	-	Johannesburg	14:05	15:45	1	2	3	4	5	6	7	Embraer 140	44
Johannesburg - Livingstone - Johannesburg														
4Z482	Johannesburg	-	Livingstone	11:00	12:50	1	2	3	4	5	6	7	E-Jet 190	98
4Z483	Livingstone	-	Johannesburg	13:25	15:20	1	2	3	4	5	6	7	E-Jet 190	98
Johannesburg - Luanda- Johannesburg														
4Z44	Johannesburg	-	Luanda	13:30	16:15		2		4	5		7	E-Jet 170	74
4Z45	Luanda	-	Johannesburg	17:10	21:45		2		4	5		7	E-Jet 170	74
Johannesburg - Lubumbashi - Johannesburg														
4Z021	Johannesburg	-	Lubumbashi	10:25	13:00	1	2	3	4	5	6	7	E-Jet 190	98
4Z022	Lubumbashi	-	Johannesburg	13:45	16:35	1	2	3	4	5	6	7	E-Jet 190	98
Johannesburg - Lusaka - Johannesburg														
4Z160	Johannesburg	-	Lusaka	06:15	08:15	1	2	3	4	5	6		Embraer 140	44
4Z162	Johannesburg	-	Lusaka	11:30	13:30	1	2	3	4	5	6	7	E-Jet 190	98
4Z164	Johannesburg	-	Lusaka	16:35	18:35	1	2	3	4	5		7	Embraer 140	44
4Z161	Lusaka	-	Johannesburg	08:50	11:05	1	2	3	4	5	6		Embraer 140	44
4Z163	Lusaka	-	Johannesburg	14:15	16:30	1	2	3	4	5	6	7	E-Jet 190	98
4Z165	Lusaka	-	Johannesburg	19:05	21:20	1	2	3	4	5		7	Embraer 140	44
Johannesburg - Maputo - Johannesburg														
4Z270	Johannesburg	-	Maputo	06:10	07:10	1	2	3	4	5			E-Jet 170	74
4Z272	Johannesburg	-	Maputo	13:45	14:40	1	2	3	4	5	6	7	E-Jet 190	98
4Z274	Johannesburg	-	Maputo	17:05	18:05	1	2	3	4	5		7	E-Jet 170	74
4Z271	Maputo	-	Johannesburg	07:40	08:50	1	2	3	4	5			E-Jet 170	74
4Z273	Maputo	-	Johannesburg	15:35	16:50	1	2	3	4	5	6	7	E-Jet 190	98
4Z275	Maputo	-	Johannesburg	18:40	19:55	1	2	3	4	5		7	E-Jet 170	74
Johannesburg - Maseru - Johannesburg														
4Z050	Johannesburg	-	Maseru	06:40	07:40	1	2	3	4	5			Embraer 135	37
4Z052	Johannesburg	-	Maseru	09:35	10:35						6	7	Embraer 135	37
4Z062	Johannesburg	-	Maseru	15:00	16:00	1	2	3	4	5	6	7	Embraer 135	37
4Z051	Maseru	-	Johannesburg	08:10	09:15	1	2	3	4	5			Embraer 135	37
4Z053	Maseru	-	Johannesburg	11:00	12:05						6	7	Embraer 135	37
4Z063	Maseru	-	Johannesburg	16:25	17:30	1	2	3	4	5	6	7	Embraer 135	37
Johannesburg - Maun - Johannesburg														
4Z300	Johannesburg	-	Maun	12:05	13:45	1	2	3	4	5	6	7	E-Jet 190	98
4Z301	Maun	-	Johannesburg	14:30	16:10	1	2	3	4	5	6	7	E-Jet 190	98

FLIGHTS – Regional

FLIGHT	ROUTE			DEPARTURE	ARRIVAL	FREQUENCY	AIRCRAFT	SEATS
Johannesburg - Nampula - Johannesburg								
4Z230	Johannesburg	-	Nampula	10:30	13:00	2 4	Embraer 135	37
4Z231	Nampula	-	Johannesburg	13:35	16:30	2 4	Embraer 135	37
Johannesburg - Ndola - Johannesburg								
4Z150	Johannesburg	-	Ndola	10:20	12:40	1 2 3 4 5 6 7	Embraer 140	44
4Z151	Ndola	-	Johannesburg	13:10	15:45	1 2 3 4 5 6 7	Embraer 140	44
Johannesburg - Pemba - Johannesburg								
4Z204	Johannesburg	-	Pemba	11:30	14:20	1 2 3 4 5	Embraer 135	36
4Z205	Pemba	-	Johannesburg	14:50	18:10	1 2 3 4 5	Embraer 135	33
Johannesburg - St Helena - Johannesburg								
4Z131	Johannesburg	-	St Helena	09:00	13:25	6	E-Jet 190	98
4Z132	St Helena	-	Johannesburg	14:30	21:15	6	E-Jet 190	98
Johannesburg - Sikhuphe - Johannesburg								
4Z080	Johannesburg	-	Sikhuphe	06:50	07:40	1 2 3 4 5 6	Embraer 135	37
4Z082	Johannesburg	-	Sikhuphe	10:10	11:00	6 7	Embraer 135	37
4Z084	Johannesburg	-	Sikhuphe	13:15	14:05	1 2 3 4 5 6 7	Embraer 135	37
4Z086	Johannesburg	-	Sikhuphe	16:20	17:10	1 2 3 4 5 7	Embraer 135	37
4Z081	Sikhuphe	-	Johannesburg	08:10	09:15	1 2 3 4 5 6	Embraer 135	37
4Z083	Sikhuphe	-	Johannesburg	11:30	12:35	6 7	Embraer 135	37
4Z085	Sikhuphe	-	Johannesburg	14:35	15:40	1 2 3 4 5 6 7	Embraer 135	37
4Z087	Sikhuphe	-	Johannesburg	17:40	18:45	1 2 3 4 5 7	Embraer 135	37
Johannesburg - Tete - Johannesburg								
4Z220	Johannesburg	-	Tete	10:35	12:35	1 3 4 5	Embraer 140	44
4Z221	Tete	-	Johannesburg	13:20	15:40	1 3 4 5	Embraer 140	44
Johannesburg - Victoria Falls - Johannesburg								
4Z494	Johannesburg	-	Victoria Falls	11:35	13:20	1 2 3 4 5 6 7	E-Jet 190	98
4Z495	Victoria Falls	-	Johannesburg	14:00	15:40	1 2 3 4 5 6 7	E-Jet 190	98
Johannesburg - Vilanculos - Johannesburg								
4Z260	Johannesburg	-	Vilanculos	11:35	13:05	1 2 3 4 5 6 7	Embraer 140	44
4Z261	Vilanculos	-	Johannesburg	13:45	15:30	1 2 3 4 5 6 7	Embraer 140	44
Johannesburg - Walvis bay - Johannesburg								
4Z141	Johannesburg	-	Walvis bay	10:20	12:45	1 2 3 4 5 6 7	E-Jet 190	98
4Z142	Walvis bay	-	Johannesburg	13:30	15:40	1 2 3 4 5 6 7	E-Jet 190	98
Johannesburg - Windhoek - Johannesburg								
4Z120	Johannesburg	-	Windhoek	06:30	08:40	1 2 3 4 5 6	E-Jet 190	98
4Z124	Johannesburg	-	Windhoek	10:40	12:55	1 2 3 4 5 6 7	E-Jet 190	98
4Z126	Johannesburg	-	Windhoek	15:15	17:30	1 2 3 4 5 7	E-Jet 190	98
4Z128	Johannesburg	-	Windhoek	17:35	19:35	1 2 3 4 5 7	E-Jet 190	98
4Z129	Windhoek	-	Johannesburg	07:10	09:50	1 2 3 4 5 6	E-Jet 190	98
4Z121	Windhoek	-	Johannesburg	09:15	11:15	1 2 3 4 5 6	E-Jet 190	98
4Z125	Windhoek	-	Johannesburg	13:35	15:35	1 2 3 4 5 6 7	E-Jet 190	98
4Z127	Windhoek	-	Johannesburg	18:10	20:10	1 2 3 4 5 7	E-Jet 190	98
Mbombela (Nelspruit) - Livingstone - Mbombela (Nelspruit)								
4Z470	Mbombela	-	Livingstone	11:35	13:30	1 2 3 4 5 6 7	Embraer 140	44
4Z471	Livingstone	-	Mbombela	14:00	15:40	1 2 3 4 5 6 7	Embraer 140	44
Mbombela (Nelspruit) - Vilanculos - Johannesburg								
4Z258	Mbombela	-	Vilanculos	11:50	13:00	1 3 5 7	Embraer 135	37
4Z263	Vilanculos	-	Johannesburg	13:30	15:15	1 3 5 7	Embraer 135	37

Applicable fare rules apply. 20kg checked baggage, soft bag only. 7kg hand baggage, soft bag only. Free luggage storage facilities available at Skukuza Airport and Nelspruit KMIA. These exclusive services are restricted to applicable lodges and their guests.

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Whilst every effort has been made to ensure accuracy of content of the published timetable, both operational and strategic issues cause timetable changes. Due to the forward lead time required for publication, these often cannot be duly reflected. Should this occur, Airlink and its agents are not responsible for any errors, omissions, losses or detriments arising from the publication.

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AIRLINK

Notes

sudoku

Try the addictive game of sudoku. The aim is to fill each block with a number from 1 to 9. Each number must not appear more than once in each row, column and square.

If you can't finish this puzzle during your flight, please take this free copy of *Skyways* with you. The cabin attendant will make sure that the next passengers get their own magazine, with a clean sudoku for them to puzzle over!

easy

		8	6				7	
	6		4	7	8	3		2
3		7	1	2			9	8
				4		1		6
			9		2			
8		6		1				
9	3			8	6	7		4
6		1	3	5	4		8	
	8				1	5		

medium

			2	1			5	6
					9		7	
				5	4	8	9	
	4				8			9
		2				6		
3			7				2	
	1	6	9	8				
	3		4					
7	8			3	6			

battleship

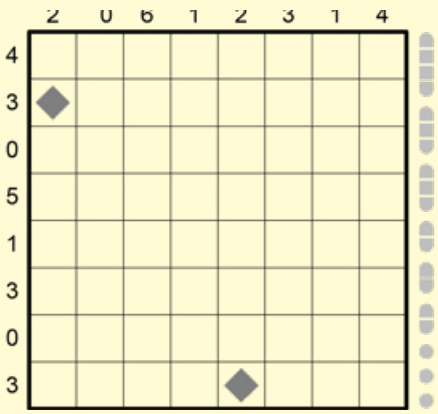
Battleships is a solitaire version of the classic strategy game in which you must locate and sink a hidden fleet.

The numbers indicate the number of squares in each row/column that contain a ship or ship segment. Clues may indicate water, specific ships, or parts of ships.

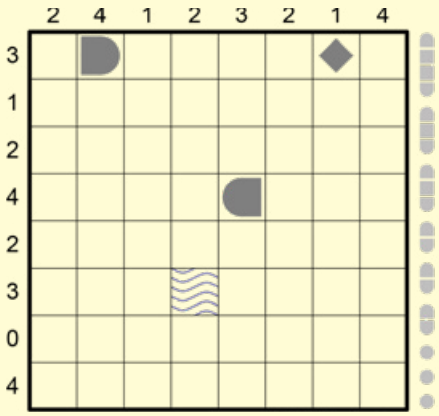
Circles indicate submarines (one-square ships). Semicircles indicate ends of larger ships. Large squares indicate ship middles. Diamonds are unspecified ship pieces. The complete list of ships is shown on the right side of the puzzle. No ship may touch another ship, even diagonally.

Puzzles supplied by Krazydad, www.krazydad.com

Easy



Medium



Solutions on pg 97.

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- Prize valued over R 300 000

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NLC 00017/34

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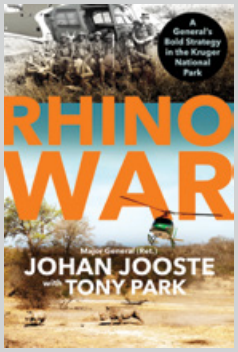
8,000
The number of different varieties of grapes.

30cm
The length that seaweed can grow in a day.

Media

This issue: Conservation, Cosa Nostra, larceny and leviathans



Rhino War by Johan Jooste with Tony Park

This is a different but illuminating take on the ceaseless onslaught of poachers on the rhino population of the Kruger National Park and the measures being taken against them.

Johan Jooste, in 2012, is a general, retired from the South African Defence Force and engaged in the private security industry. He is approached by the Head of the National Parks Board to undertake the most demanding job in his career. Having been involved in the counter-insurgency warfare of the apartheid era, he is recognised as a highly capable tactician and an outstanding commander.

The offer of appointment is politically fraught, because he will be seen by some as a white reactionary. Others will regard him as an outsider to the complex world of wildlife conservation – an intruder who will now outrank the experienced professionals in the field. But the Minister believes in him and backs him.

This is an account of the ensuing years: militarising the conservation efforts; fighting those entering the reserve from Mozambique; the middlemen who drive the market; and the local South African population fighting for survival.

There are well-intentioned academic critics, who decry the militarisation, spinning theoretical webs. And there are outlaws within the Parks Board, playing a double game. There are gripping episodes of attack and counter-attack. There are speaking engagements and debates at board level. There are overtures to major donors, who provide massive funding for systems and helicopters.

There is no self-aggrandisement in the writing. It is a well-written account of the personal challenges, the developing of new and impressive strategies, the weariness of fighting off opposition, the sorrow of failures and the joy of real success.

The Offer (16LV))

This Showmax drama tells the story – the layered, creative, thrilling and, frankly, utterly bonkers story – of the making of the 1972 film *The Godfather*, with first-time producer Al Ruddy (an excellent Miles Teller) learning as he goes, under all kinds of extraordinary pressures. The Mafia gets involved, as does Frank Sinatra (neither of those parties wants the project completed). The studio behind the film – Paramount – is beset by financial problems that might see it close down if the film doesn't succeed. And the clash of egos is apocalyptic. A *must* for film buffs, and simply great for everyone else.

The Thief, His Wife and The Canoe (PG13)

A small story that played out (it's based on a real incident) on an ever-widening stage, BritBox's *The Thief, His Wife and The Canoe* follows the tale of a would-be property entrepreneur who devises a scheme to defraud his insurers in order to avoid bankruptcy. As John Darwin, Eddie Marsan is charming and nasty, and stupid and proud, and as his wife Anne, Monica Dolan convincingly evokes the confusing, troubled loyalty that keeps a wife in touch with her husband, even if he genuinely seems to have lost the plot. Funny and sad all at once.

The Sea Beast (PG)

Netflix film *The Sea Beast* is a combination of elegant simplicity and themes that speak across history and culture. It's a swashbuckling adventure tale in the same literary region as *Treasure Island* and *Moby Dick*, and is beautifully animated, with many sequences or parts of scenes looking photographically real. But it also looks at brainwashing and propaganda – fake news is not new – and how that can affect the behaviour of entire societies. Superb family entertainment, with no compromise needed to pander to the tastes of either younger or older audiences.

Fast Feasts: Quick, Easy Recipes With A Middle Eastern Twist by John Gregory-Smith

Many people are attracted to the idea of trying more exotic dishes, but they're put off by the thought of all the work it must take to learn another country's cuisine. John Gregory-Smith debunks that notion with a stash of recipes that are easy enough to make after work, but offer a welcome respite from your usual repertoire. If you're a sucker for Middle Eastern flavours, you'll be intrigued by his use of spices to turn dishes into vacations on a plate, making it all seem easy. Put on your 'to make' list: coconut harissa meatballs and Afghan chicken curry, as well as lemon curd cheesecake.

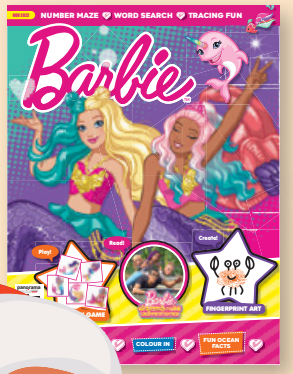
Dear Santa

Please can we have presents every month in 2023?
And please can it be something that entertains our brains?

My wish list:

For Mom and Grandad, the smartest people I know.

For Dad, so that he can choose the right dog for us and teach us how to train our cat.



For Lily, more than just a doll, she needs to start counting and reading.

And please can I have a

to keep me top of my class.

Love you!

James

P.S. All you need to do to subscribe to a year's worth of presents, is go to **coolmags.com** or **subscriptions@panorama.co.za,** or **scan**

10-20%
Estimate of the human population that can wiggle their ears and raise one eyebrow.

4
The number of noses a slug has.

Deconstructed potato and egg curry

Pavé-ing the way for a tasty meal

Method: For the potato pavé

1. Preheat the oven to 180°C.
2. Pour the heavy cream into a large bowl and add one teaspoon of salt and ½ teaspoon of pepper.
3. Wash and peel the potatoes, then place a mandolin slicer above the bowl of cream and slice the potatoes lengthwise into very thin slices.
4. Brush the insides of a rectangular pan or loaf tin with half the softened butter, then brush the baking paper with the rest and sprinkle with salt and pepper. Start layering. Trim the potato slices so that they form an even layer on the base of the pan. Drop a few tiny cubes of butter and sprinkle salt and pepper over the base layer. Continue with the next layer by laying more potato slices in a direction that would best fill the pan. Continue layering, adding butter, salt and pepper after each two layers.
5. Once completed, fold over the sides of the baking paper to cover the top and cover tightly with aluminium foil. Place into the oven and bake for one hour and 45 minutes or until tender when pierced with a skewer. Remove from the oven and allow to cool for 15 minutes.
6. Cut a piece of thick cardboard slightly smaller than the size of the pan. Wrap the cardboard in aluminium foil (for hygienic purposes) and place it on top of the pavé. Place some heavy jars/cans or other weights on top of the cardboard to apply pressure, making sure the weight is evenly distributed.
7. Once cooled to room temperature, place it in the refrigerator for at least six hours, preferably overnight.
8. To serve, run a palette knife around the two longer sides of the pavé to release it from the pan, or invert onto a cutting surface. Trim all sides and cut into 12 equal pieces and let it sit at room temperature for 30 minutes.
9. Heat canola oil in a large frying pan over medium-high heat. Add the potatoes cut-side-down, add the thyme and the garlic, and cook, basting with the liquid in the pan, until browned on the first side, then turn carefully and brown the opposite side. Serve with a poached egg and curry sauce.

Method: For the curry

1. Heat the oil and fry the onions with the whole spices.
2. Add the garlic and chillies and sauté for a further minute before adding the tomatoes, tomato paste, sugar and roasted spices.
3. Cook for two minutes and season to taste. Strain and add blocks of butter in a saucepan and mix well.
4. Serve with the potato pavé and a poached egg.

Ingredients

For the potato pavé:
- 1kg russet potatoes
- 1 cup of heavy cream
- 4 tbsp unsalted butter
- Salt and pepper

For frying:
- 2 sprigs of thyme
- 2 garlic cloves (crushed with skin on)

For the curry:
- 1 red onion, diced small
- 1 cinnamon stick
- 2 tsp fennel seeds
- 2 tbsp curry leaves
- 2 tbsp roasted Cape Malay curry powder
- 1 tbsp roasted hot masala
- 2 tsp ground cardamom (or 2 whole)
- 2 bird's eye chillies, chopped
- 2 tbsp crushed garlic
- 1 can chopped tomatoes
- 50g tomato paste
- 2 tsp sugar
- 500mℓ stock/water
- Salt and pepper
- Oil for frying

Text and photography | **Supplied**

For more information, go to capsicumcooking.com.

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2.5 million
The number of sweat pores in the human body.

226 years
The age to which the oldest ever koi fish lived.

Did you know?

Test your general knowledge with this month's quiz

1. Which sailor and explorer was killed by Hawaiian natives in 1779 after attempting to kidnap a tribal chief?
2. Which European capital city is home to the Schönbrunn and Belvedere imperial palaces?
3. How many serving American presidents have been assassinated while in office?
4. At which Olympic Games did the Jamaican bobsled team, depicted in the film *Cool Runnings*, famously compete?
5. By what name was the city of Volgograd in Russia known from 1925-1961 (before that, it was known as Tsaritsyn)?
6. Which American won gold medals in the 100m, 200m, long jump and the 4x100m relay at the 1936 Summer Olympics?
7. Government buildings in which capital city were infamously burned to the ground by the British army during the War of 1812?
8. In the *Looney Tunes* cartoons, Taz was which kind of marsupial animal – native to an island state of Australia?
9. Which post-impressionist painter spent much of his later life in Tahiti and other islands of French Polynesia, producing many of his paintings before his death in 1903?
10. Lhasa is the capital of which former nation and current autonomous region of southwestern China?
11. According to the Recording Industry Association of America, which rock band's *Greatest Hits* is the highest-selling album of all time, with over 38 million copies sold?

Clue to question 1.

14
The number of US Presidents elected during Queen Elizabeth II's reign.

56%
The percentage of typing done by the average person's left hand.

Clue to question 15.

12. Tom Hanks won his second Best Actor Oscar in 1994 for *Forrest Gump* – for which film had he won his first Academy Award the year before?
13. Which major South American country derives its name from the Latin word for silver?
14. Which Siberian lake contains around 22-23% of all of the Earth's fresh surface water, more than all the American great lakes combined?
15. In 2018, which country replaced Trinidad and Tobago as the least populated to play at a FIFA World Cup?
16. In 2004, which film directed by Peter Jackson matched *Ben Hur*'s record of 11 Academy Awards?
17. In 1972, who became the first American president to ever visit the communist People's Republic of China?
18. After escaping Elba in 1814, to which island in the South Atlantic was Napoleon exiled following his defeat at Waterloo?
19. For the 2002 film *The Pianist*, which man became the youngest ever Best Actor winner, at 29?
20. In the film series, what is the real first name of the swashbuckling archaeologist and adventurer known as 'Indiana' Jones?
21. China – the fourth largest country in the world – spans how many separate time zones?
22. Which world-famous individual is historically protected by a group known as the Swiss Guard?
23. In 2015, Wayne Rooney surpassed which player's record of 49 international goals for England?
24. Which singer has released hit albums named *19, 21,* and *25*, after the age at which she began writing the music for each?
25. The River Spree runs through which major European capital city?

Text | **Courtesy of www.businessballs.com**

Answers

1. James Cook
2. Vienna
3. Four
4. Calgary, 1988
5. Stalingrad
6. Jesse Owens
7. Washington, DC
8. Tasmanian devil
9. Paul Gauguin
10. Tibet
11. The Eagles
12. *Philadelphia*
13. Argentina
14. Lake Baikal
15. Iceland
16. *Lord of the Rings: The Return of the King*
17. Richard Nixon
18. St Helena
19. Adrien Brody
20. Henry
21. One
22. The pope
23. Sir Bobby Charlton
24. Adele
25. Berlin

Get the answer

Solutions to sudoku and battleship.
Puzzles on page 90.

Sudoku

Easy

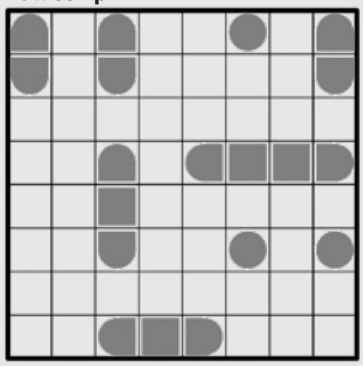
2	5	8	6	3	9	4	7	1
1	6	9	4	7	8	3	5	2
3	4	7	1	2	5	6	9	8
5	9	3	8	4	7	1	2	6
7	1	4	9	6	2	8	3	5
8	2	6	5	1	3	9	4	7
9	3	5	2	8	6	7	1	4
6	7	1	3	5	4	2	8	9
4	8	2	7	9	1	5	6	3

Medium

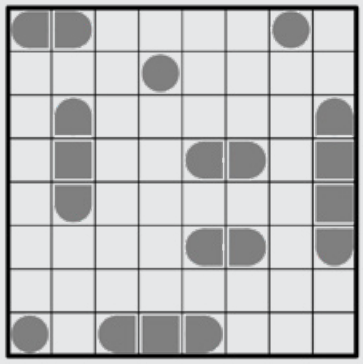
8	9	3	2	1	7	4	5	6
4	5	1	8	6	9	2	7	3
6	2	7	3	5	4	8	9	1
1	4	5	6	2	8	7	3	9
9	7	2	1	4	3	6	8	5
3	6	8	7	9	5	1	2	4
5	1	6	9	8	2	3	4	7
2	3	9	4	7	1	5	6	8
7	8	4	5	3	6	9	1	2

Battleship

Easy



Medium



Have a ball!

All you don't really need to know about a global tournament South Africa isn't a part of

It's World Cup time again and, in an area of reportage where non-stories already prop up around 90% of 'coverage', it may be useful to have a primer to help you navigate through what is not happening and has no bearing on the outcome of the tournament.

"And there's an official song called* Hayya Hayya, *continuing the theme of the song from our South African World Cup in 2010,* Waka Waka, *which also repeated a random sound in* its *title…"

First off, neither Lionel Messi nor Cristiano Ronaldo has ever won the World Cup, and that despite at least one of them being the best player ever.

Except that neither of them may be the best player ever, because someone, somewhere has another opinion and a blog, so they are only two very good players who can't really match up to the likes of Pelé, Maradona, Johan Cruyff or Michel Platini.

And some of *those* guys have gone into football administration at the very highest level and then been accused of all sorts of financial skulduggery, but let's not think about that now. Not during an international competition that generates billions of dollars, awarded to a country with human rights issues, that is interrupting the seasons of most of the sport's biggest leagues because it had to be moved later in the year (out of summer) to avoid players and fans dying of heatstroke…

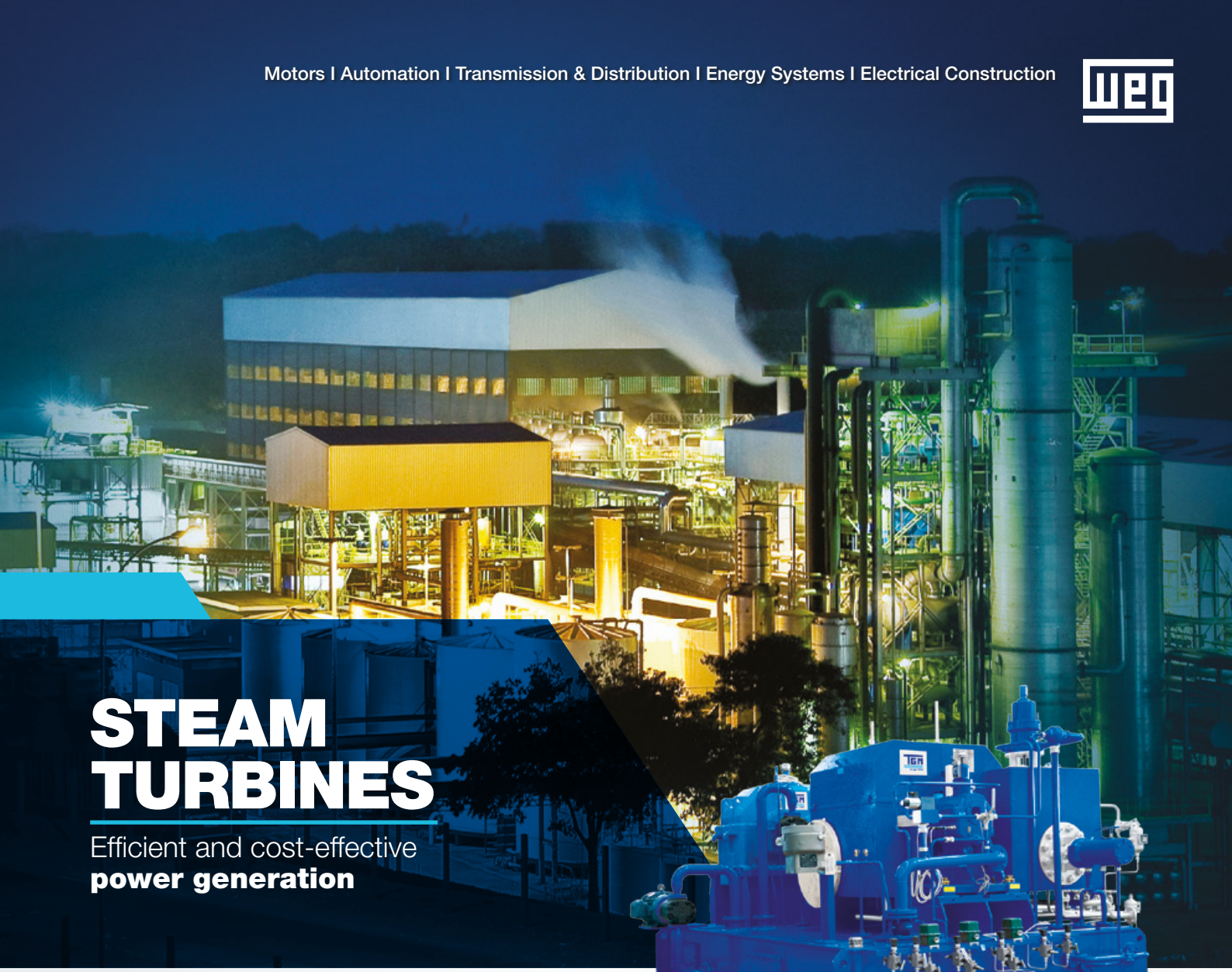
It's still unlikely to be cold, but at least you can slake your thirst with a cool brew – if you have between R170 and R255 for a single beer, and if they have enough stock at the stadium, as that's the only place you can drink alcohol given that Qatar is a dry country.

Also note that, though such tournaments are designed to showcase the very best players a sport has to offer, some famous faces and their accompanying ball-kicking feet will not be there. This may be because they have played for Manchester United for the last 10 years and, frankly, nobody's CV can survive that. Or it may be that being a defender in front of a phenomenal club goalkeeper makes you look decidedly better than when strikers are skipping past you to have a shot at the only guy taller than six feet in your entire island nation. Or you might be the brightest attacking player of your generation, but Norway didn't qualify for the tournament.

There is an official mascot called La'eeb but, also officially, no one really cares? And there's an official song called *Hayya Hayya*, continuing the theme of the song from our South African World Cup in 2010, *Waka Waka*, which also repeated a random sound in *its* title, thus ensuring it was easy to remember the words after five R255 beers, when your team is 6-0 down to Lionel Messi all on his own, and you're starting to believe that the heat-induced visions of Pelé fairies wearing La'eeb costumes flying around your head are all real.

Text | **Bruce Dennill** Photography | **ViDI Studio**

Motors I Automation I Transmission & Distribution I Energy Systems I Electrical Construction



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