



Joy is dynamic in the new BMW 5 series

Motoring aficionados regard the BMW 5 series as the benchmark in the medium luxury saloon category and the new model had to live up to this. The previous 5 series model was initially bombed by the press for its somewhat awkward styling, penned by the famous Chris Bangle, so the BMW design team chose to go a bit on the conservative side with their latest offering.

At first glance, one can easily spot the traditional hallmarks of a BMW – with the prominent kidney-shaped grill, beautifully sculptured dual round headlights and sloping roof that gives the car both an athletic, but luxury look. The lines on the new 5 look much more in keeping with big brother, the 7 series, but seem to suit this car more.

BMW South Africa currently offers the 5 with three diesel and four petrol powertrains. The diesels are made up of the four-cylinder turbo-charged two-litre model, which is badged the 520d and the more powerful 530d, which

offers a six-cylinder turbo-charged three-litre motor and finally the three-litre twin turbo six-cylinder 535d.

The petrol models start with a 2,5 litre six-cylinder (523i), then the three-litre six-cylinder (528i), three-litre turbo-charger six-cylinder (535i) and the big boy 550i, which has a 4,4-litre eight-cylinder twin turbo engine. The 550i will be the go-fast version of the line-up until BMW introduces the monstrous M5 in 2012. All the 5 series come with an eight-speed automatic transmission and one can opt for the F1 style paddle shifts on the steering as well.



In keeping with the luxury that this brand offers, the BMW 5 has all the bells and whistles a 21st-century motorist needs. The interior is typical BMW, very businesslike with all the necessary aids within hand's reach. It goes without saying that a vehicle that starts off close to the half-a-million rand mark should have it all – and the 5 does! Aircon, electric windows, leather seats, central locking and six airbags come standard with the Beemer. But if you want to individualise your 5, BMW has a catalogue full of optional extras that you can throw into the basket. Worth mentioning is the heads-up display, which projects important driver information onto your windscreen, preventing the driver from moving his or her eyes off the road to check the speed or to get directions on the optional navigation system.

The new 5 also offers many innovations, in keeping with the green theme of saving the environment. BMW has introduced a brake energy regeneration system that uses energy generated from the braking system in other parts of the vehicle. It also has a STOP/GO facility that switches off the engine when the car is at a traffic light or stop street and automatically starts up when you accelerate. This action is seamless and the driver will not have to do anything to implement this.

It's no wonder BMW describes this medium-size limousine as the "epitome of aesthetic perfection, cutting-edge efficiency and exhilarating performance."

The BMW 5 series does indeed redefine the idea of the business sedan. It's certainly one of the finest offerings from the Bavarian company and other car manufacturers will certainly be kept on their toes.

The BMW 5 series comes with a five-year/100 000 kms motorplan that takes care of servicing and repair costs for either five years or 100 000 kms, whichever comes first. Recommended retail prices are inclusive of 14% VAT but exclusive of CO₂ emission tax.

Pricing:

520d from R485 000
 523i from R479 000
 528i from R568 500
 530d from R630 000
 535i from R646 000
 535d from R734 000
 550i from R835 000

Technical specifications, pricing and pictures sourced from www.bmw.co.za



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Commandments for business



TRAVEL



By Dumisani Shezi

Public sector managers whose responsibilities are closely tied to their ministers or principals often live out of their suitcases. It is worse when their bosses are doing work in Cape Town for months on end or have those punishing international trips.

And so, knowing how to pack becomes important. But believe you me, I have come across some senior public managers at airports carrying suitcases – half the stuff of which they will not need! They know how to comply with the PFMA but are clueless when it comes to packing lighter and smarter. It is a great source of satisfaction that, I, totally naïve about the PFMA, can give them an authoritative lecture on this subject.

Here we go:

Commandment 1: Pack everything you need in one bag

Before going too far, let me say upfront that I am almost an evangelist when it comes to single-bag travel for business. And my commandments are based on the simple premise that a bit of forethought can alleviate the stress of packing and navigating airport crowds with unwieldy luggage.

Also, you don't want to have your time wasted at the baggage claim as the empty carousel spins and spins without your bags in sight. And those carousels have a tendency of swallowing up the luggage of SMS (senior public sector managers, for the uninitiated) though I hear the Airports Company is pretty jacked up nowadays.

The primary tenant of a practical travel-light policy is a packing list. Without it, you inevitably find yourself doing a lot of last-minute add-ons. Mrs Shezi, a senior manager at a state-owned entity often falls victim to this one. In spite of my repeated lectures to her, she has yet to pass this one! As for me, I have a contract with my packing list and it will never sue me for damages. I always stick to the contract.

Commandment 2: Make sure you have a back-up charger(s)

Sometimes, one charger just won't cut it. If having power for your gadgets is essential, carry both a plug-in charger and one that operates solely on batteries. This is especially true when travelling overseas. Mrs Shezi once travelled to Nigeria on business and her plug-in charger for her laptop was useless as the plug sockets in Nigeria are different from South Africa's. She had to use a notebook (not the sophisticated one!) when all people in the boardroom were using their electronic notebooks. What made it worse is that all present at the meeting were from "undeveloped" Africa and here was this high-flyer from the most developed country in Africa using old technology (pen and paper).

Commandment 3: Invest in a wrinkle-release spray

Yours truly has an aversion to ironing (and to paying hotels loads of money for what Mrs Shezi does for me free of charge!), so those wrinkle-release sprays are my best travel companion. For best results, spray your clothes and let them hang the night before. Be sure to check the care instructions on your garments before use. These sprays work best for casual clothes but if you have a big meeting or need a crisp suit, you may still need to get out the hotel steamer or pay the hotel for pressing. I am told government actually pays for dry cleaning and pressing when a civil servant is staying at a hotel. Treasury can save some bit of money if it were to encourage travelling civil servants to invest in a wrinkle-release spray. Though it may sound pedantic, don't just invest in the spray, pack it in!

Commandment 4: Have back-up travel documents

It seems like a pain in the neck, but if you make copies of all of your important travel documents once (licence, passport, identity document, etc.) you can permanently store a set in a pocket of your carry-on. Having copies available will save you a world of pain if you lose your identification, particularly when overseas. Leave a set at home, as well. Mrs Shezi once travelled to Kimberley for business and left her driver's licence at home in Johannesburg. The car rental company would not release the car to her. She has since taken my advice.

Commandment 5: Always carry a USB memory stick

Never leave home without a memory stick. Not only is it great for storing back-up copies of that important presentation, but you can use it to get copies made easily at your hotel's business centre. If your laptop were to decide to act up on you in front of colleagues just before you are to make a presentation, the memory stick will come in handy as you can just slot it into any other laptop available in the room.



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Happy healthy holiday season

By Ongezwa Manyathi



The festive season is upon us; a time to be with family and friends, and a time to unwind and recharge. It's also the time of the year when we overindulge and forget to follow a healthy eating plan. It's possible to lead a healthy lifestyle – even during the holiday season. Here are a few tips:

Go green: Salads are nutritious and can add flavour to any meal.

Reduce fat intake: Fish is not a popular festive dish but it is the best meat for a low fat content. Pork and skinless chicken contain less fat than beef and lamb.

No need to go big: Take a little bit of everything and focus on salads rather than meat. Using a smaller plate will help you not to overindulge.

Drink responsibly: Eat before drinking alcohol and always have a glass of water in between alcoholic drinks.

Travel safely

- Plan your route.
- Buckle up.
- Do not drink and drive.
- Practise caution and keep to the speed limit.
- Keep your driver's licence with you at all times.



Protect yourself from the sun

While you are out and about this holiday season, remember to protect yourself from the sun by:

- applying sunscreen (SPF of at least 15) to all exposed skin
- wearing protective clothing (e.g. a wide-brimmed hat to cover your face and neck from the sun's rays)
- wearing sunglasses.

Remember:

- Keep active by taking regular walks.
- Limit your salt intake.
- Drink lots of water.