



Writer: Smoking Rubber

Sleek styling and superior presence

Volkswagen's CC is probably one of the most underrated cars on the South African market right now. VW seems to always play second fiddle in the luxury class compared to sister company Audi, yet many of their top-range offerings are better value for money than most cars out there. Launched in the South African market around two years ago, the CC is a rare sight on our roads, yet it is a car that is packed to the hilt with luxuries, styling and sheer beauty.

The CC has a sleek coupé styling to it and an impressive, macho stance on the road. While the sloping curves and in-your-face front end give this car a hard-to-miss presence, sales seem to be stunted by the badge. The CC is, however, a great alternative

for those who want to stand out from the crowd and still have the refinement, luxury, superb build quality and assurance that come with all German Autobahn cruisers.

The CC is offered in three engine derivatives with the range topper being the 3.6 litre, DSG (fancy-speak for an automatic that has manual characteristics) and 4motion (simply put, a four-wheel drive), which sells for around the R470 000 mark. Middle of the range is the 2-litre turbo, which is offered in both automatic and manual transmissions and retails from around R370 000. Too expensive for you? A good choice is the 2.0 litre diesel DSG, which will save you over R110 000 on the 3.6 litre and also boasts remarkably lighter diesel consumption.

VW has thrown in the works when it comes to accessories for the CC. You can personalise your vehicle with niceties like optional electric seats, keyless entry, satellite navigation and a panoramic sunroof to take in the beautiful African sunshine.

While the "big three" German brands – Audi, Mercedes Benz and BMW – are still perceived by many as the vehicle of choice to make a statement, the Volkswagen CC does offer a stylish alternative that still makes for sheer comfortable driving.

PRICING

MODEL	PRICE
2.0 125kW TDI DSG	R363 300
2.0 147kW TSI Manual	R370 950
2.0 147kW TSI Tiptronic	R385 450
3.6 V6 FSI DSG® 4Motion	R469 405

DEPARTMENT OF TRANSPORT

NDEBELE HOSTS WORLD INVESTORS AT THE INTERNATIONAL TRANSPORT INVESTORS' CONFERENCE



Minister of Transport
Mr Sibusiso Ndebele

The Department of Transport hosted a successful International Investors' Conference from 13 to 14 June 2011 at the Cape Town International Convention Centre under the stewardship of Transport Minister Sibusiso Ndebele.

Themed, **Creating winning partnerships through investment in transport infrastructure**, the conference focused on creating investment opportunities in transport infrastructure.

The conference was aimed at attracting local and international investors to major transport infrastructure projects in order to establish local industries, and contribute to economic growth.

Approximately more than 900 delegates from across the globe, representing a cross-section of interests from governments, state-owned entities and regulatory bodies to research bodies, funding and investment institutions and many others, attended the Conference.

The conference focused among others, on:

- identifying and packaging potential projects in the transport sector;

- showcasing different transport projects critical to the delivery of transport infrastructure objectives;
- identifying and attracting investors for identified projects;
- enabling interaction between investors and government on proposed projects, providing an opportunity to demonstrate interest by investors; and
- testing eagerness to invest in transport projects.

Delegates at the conference explored on present and future funding requirements for the improvement of transport infrastructure in the Republic.

In his opening address, Minister Ndebele said "Long-term development planning and effective resource allocation are critical for the realisation of the economic and social goals of our Transport Sector.

"The introduction of 'Life Cycle Design and Costing', combined with effective routine and preventative maintenance will ensure that we optimise transport sector infrastructure in providing cost effective service delivery. We gather at this

conference to explore the various financing innovations which, when implemented, shall address the needs of our country and its economy. Transport and its related services is a catalyst for economic growth as well as direct and indirect job-creation in South Africa. The provision of affordable, safe and reliable transportation of goods and people within our economy are critical to the development of our country."

The Department of Transport is tasked with the responsibility to provide safe, affordable, reliable, efficient, and fully integrated transport systems and infrastructure. The Department will provide transport infrastructure and services that are efficient and affordable to individuals and corporate users, while ensuring the provision of increasing levels of safety and security across all transport modes.

The challenges facing the South African transport system have been documented over the years and can be categorised into three categories namely:

- demand outstripping supply with regards to infrastructure;



- lack of appropriate investment in the transport sector over the past decades, resulting in poorly maintained infrastructure; and
- limited or absence of investment into the various modes.

The country's fiscus is not in a position to fund all the needs of the transport sector. For this reason, Government's ambitions need significant support from the private sector, notably in terms of sustainable investments.

Some of the key transport sector projects highlighted by the Minister in his opening address related to:

- The completion of the ultramodern, state-of-the-art Gautrain rapid rail network, Link 1 between Sandton and OR Tambo International Airport which was opened in June 2010 and Link 2 from Johannesburg to Pretoria to be opened by June/July 2011. This ushers in a new era in public transportation matching world standards for rapid rail transport.
- Travelling at 160 km per hour, taking 38 minutes between Johannesburg and Pretoria, will set a benchmark for such developments in South Africa in the future.
- The Gauteng Freeway Improvement Project, valued at R22 billion, is an initiative that aims to encourage people to use public transport, in an effort to alleviate traffic congestion on Gauteng's freeways. SANRAL, together with its Partners, the Provincial Government of Gauteng, and the Metro authorities in Tshwane, Johannesburg and Ekurhuleni developed a project to upgrade or construct approximately 500 km of road around the three Metros.
- The successful implementation of the Rea Vaya Bus Rapid Transit System, transporting some 30 000 people per day, has been awarded the "Encouragement Award" by the

KEY STRATEGIC AREAS FOR INVESTMENT

STRATEGIC TRANSPORTATION PROJECTS	TENDERING AUTHORITY	STATUS FEASIBILITY STUDY	ESTIMATE CAPITAL COST (ZAR BILLIONS)
New Commuter Coaches	PRASA	June 2011	86
Shosholoza Meyl New Coaches / Locomotives	PRASA	June 2011	11
N1 / N2 Winelands	SANRAL	Complete	8-10
R72 / N2 Toll Road	SANRAL	Complete	5.35
R200 Ring Road	SANRAL	Complete	4.16
N2 Wild Coast Project	SANRAL	Complete	8-10
Sanral's Domestic Medium Term Note	SANRAL	Not Applicable	55 by 2016
Wild Coast Meander	Eastern Cape Dept R&T	Complete	1.35
Mahatma Airport Development Project	Dot and Eastern Cape R&T	Work in progress	0.5
West Rand Logistics Hub	Blue IQ	May 2011	3.19
Cape Town Rail Link	PRASA	Complete	3.5

The conference has established a platform for investors to come into the transport space in South Africa; it has raised the investment profile of the region and of the whole continent.

- International Association of Public Transport (UIPT) in Dubai in May 2011.
- The taxi industry in Johannesburg became a 66% shareholder of the Rea Vaya Bus Rapid Transit System Company, marking one of the most significant Broad Based Black Economic Empowerment [BBBEE]

transactions South Africa has seen in the transport sector.

A number of key strategic areas for investment including rail, roads, public transport and maritime were identified, as indicated in the table above.



Department of Transport
Branch: Communications
Private Bag X193, Pretoria, 0001
Tel: 012 309 3000

www.transport.gov.za



transport

Department:
Transport
REPUBLIC OF SOUTH AFRICA

Cape Town-born Enoryt Appollis is taking the KwaZulu-Natal culinary scene by storm. Growing up on the Cape Flats immersed in a culture of festive food. After getting his break as a chef at the renowned dinner cirque spectacular Madame Zingara, he soon became known for his unique blends in the kitchen. Today, Enoryt is the head chef at the new Caledon Manor Hotel in Ballito, outside Durban. He shares his favourite recipes with *Public Sector Manager*.

Lime- and chilli-marinated prawns on an onion and coriander risotto in a seafood bisque

Seafood bisque

Ingredients:

1 kg prawns, deveined
20 ml cooking oil
1 tsp pepper corns
A few bay leaves
30 g tomato paste
One carrot (peeled and roughly chopped)
½ white onion (peeled and roughly chopped)
100 ml water
50 to 100 ml fresh cream

Peel off the prawn shells and place the shells on an oven tray. Roast in a preheated 180 degree oven until golden orange in colour. Once ready, remove the shells from the oven and set aside.

Place the oil, peppercorns, bay leaves, tomato paste, carrots and onion in a separate medium-sized pot. Gently fry all these ingredients on the stove over a low heat for about 15 minutes. Add the prawn shells and cover with water. Increase the heat and bring to a low boil

until the carrots are soft. Strain the shells out and return the mixture to heat. Whisk in 50 to 100 ml of cream.

Onion and coriander risotto

Ingredients:

20 ml cooking oil
20 to 30 g butter
Two crushed garlic cloves
½ red onion chopped
150 g risotto rice
125 ml white wine
1 ltr vegetable stock or water
50 g grated parmesan
Two tbs of chopped coriander

Place the 20 ml cooking oil and the butter in a pot. Once the butter has melted and been heated with the oil, add the red onion and garlic. Stir and cook till slightly soft and then add the risotto. Keep stirring the risotto with a wooden spoon until all the grains are nicely coated in the butter. Slowly add the white wine, and then the stock or water. Cook until al dente. Season to taste and remove from the heat to cool. Stir in the grated parmesan and chopped coriander.

Lime- and chilli-marinated prawns

Ingredients:

One small chilli
A tbs of chopped coriander
A sprig of thyme
One lemon/lime zest
50 ml of olive oil

Remove the seeds from the chilli and finely chop it. In a bowl, add the chilli, coriander, thyme, zest and olive oil. Place the prawns in the mixture and allow to marinade for 15 to 20 minutes. Heat a medium-sized pan with a small amount of cooking oil and fry the prawns for two to four minutes per side.

To serve, place a helping of the risotto on a plate, add the prawns and drizzle the seafood bisque over the prawns.

Tantalise your taste buds



Slow-baked lamb shanks in red wine, rosemary and tomato, served with a creamy soft garlic polenta and glazed root vegetables

Ingredients:

Two 500 g lamb shanks (hind quarters preferably)
 Two cans of tomato puree
 50 g tomato paste
 Two sprigs of rosemary
 250 ml red wine
 Flour for dusting shanks
 Two carrots, roughly chopped, peeled and washed
 One large onion, peeled, washed and roughly chopped
 1 tsp cloves
 Three to five whole garlic cloves

Slow-baked lamb shanks

Dust the lamb shanks in flour and lightly fry in a pan with shallow oil until they brown on all sides. Remove from the pan and place them in a deep oven-proof dish. Add the tomato puree and paste, carrots, onions, rosemary, garlic cloves and wine and cover with foil. Place the dish in a preheated 180 degree oven for two to 2½ hours. Once cooked, remove the shanks from the liquid. Strain the vegetables from the liquid into a saucepan and add seasoning.

Glazed root vegetables

One carrot
 One sweet potato
 One red onion
 One beetroot
 Rosemary and thyme

Peel the carrots, sweet potato, red onion and beetroot and cut into wedges. Place on a tray and lightly rub with cooking oil. Add a few sprigs of thyme and rosemary and cover with foil in a pre-heated 180 degree oven for 10 to 12 minutes. Remove the foil and roast for a further 15 minutes.

Garlic polenta

150 ml cream
 350 ml water
 Two cloves of garlic

135 g of polenta
 30 g to 50 g butter

In a pot, add the cream and water. Grate the garlic into the mixture. Once the mixture starts to heat, stir in the polenta. Stir constantly until it begins to thicken. Reduce the heat and allow to cook until the polenta is soft. Allow to cool and then stir in the butter and season as required.

To serve, place a generous helping of polenta on a plate, and add the lamb shanks and the vegetables around.

Bitter chocolate tart with fresh berries, brandy caramelised orange and vanilla ice cream

Chocolate tart

Ingredients:

Two to three packets of dark chocolate biscuits
 120 g of butter
 Water
 Three leaves gelatine
 500 g dark chocolate
 150 ml cream
 A tub of vanilla ice cream

In a food processor, crush the biscuits and butter to form dough. Spread the dough out in a cake tin and place it in the fridge to set. Place the gelatine sheets in a glass of water to soften. Melt the cream and dark chocolate together in a mixing bowl over a pot of boiling water. Ensure that the bowl does not touch the water. Once the gelatine is soft, mix it into the chocolate mixture. Pour into the biscuit base and allow to set.

Caramelised oranges

Ingredients:

Two oranges cut into segments
 100 g sugar
 50 ml brandy
 Mixed fresh berries

In a saucepan, add the sugar and brandy. Melt over low heat and then increase the heat to thicken the sugar mixture. Once thickened, add the orange segments and simmer for about 10 minutes. Set aside to cool and serve with the tart and a generous serving of ice-cream.



Surviving Comrades

Of the 19 592 runners who registered for this year's Comrades Marathon on 29 May, 12 977 started the race and only 11 374 finished.

Among them was KwaZulu-Natal MEC for Health, Dr Sibongiseni Dhlomo; Thomas Thale, Deputy Director: Electronic Information Resources at Government Communications (GCIS); and Momelezi Kula, Executive Manager: Outreach, Education and Communication (OEC) at the Office of the Public Protector.

Runners set off on the epic journey from Durban to Pietermaritzburg.

There was no traffic, only the pounding sound of the runners' feet hitting the tarmac.

Thomas Thale came in at position 2 490, with a time of 9 hours and 14 minutes. After running a gruelling 86 kilometres, he crossed the Comrades finish line at 14:45, bloodied and bruised.

With the sun weighing down on Thale, he kept going until he hit Polly Shorts. At 80 km into the race, it looked insurmountable.

"Then, with only 6 km to go, I had a new surge of life and resumed running. I persevered and ran until I got to the Cricket Oval in Pietermaritzburg, where the race ended with a sense of achievement.

"I survived to tell this story and I have the medal to prove it."

While MEC Dhlomo crossed the finish line 30 minutes after the cut-off time, it was his first attempt in an uphill run. Dhlomo entered the race as part of his and government's commitment to promote healthy lifestyles and physical activity.

"Before the race, there was anxiety and fear of the unknown. Lots of people told me that I needed to prepare psychologically because it is a very tough race," says Dhlomo.

"Crossing the finishing line was full of excitement and very emotional. My family, the KZN Health Head of Department and Comrades officials were all there to welcome me," says a proud Dhlomo.

KwaZulu-Natal MEC for Health, Dr Sibongiseni Dhlomo during this year's up-run Comrades Marathon (front)



Executive Manager for Outreach, Education and Communications at the Office of the Public Protector, Momelezi Kula (red and white vest)





Comrades Marathon runner Thomas Thale, Deputy Director at GCIS' Electronic Information Resources (front)

His message to all South Africans is: "The circumstances around you can never stop you from achieving your dreams. Therefore, I urge all South Africans to focus on their dreams and forget the circumstances, don't let them (your circumstances) hold you back or dampen your vision."

For Kula, being a part of the 11 734 runners who finished the race was a milestone.

Kula has run seven Comrades races and completed six. He came in at position 8 270 and while he did not manage to finish the race under 11 hours, he remains proud of his achievement.

"I started the race well," he says. "When I was at 30 kms, I met a friend of mine, Nelson Mahlangu. I was surprised to catch up with him because his best time is 8 hours, 30 minutes for the Comrades and mine is 10 hours 22 minutes. He had an injury and he was in real pain. I admire his resolve because he started the race with the injury," says Kula.

"Races like the Comrades," says Kula, "really test your will and resolve."

"Time was running out for our targeted sub-11 hours, and Nelson kept on pushing us. I finally let him go at the top of Polly Shorts, the last hill 8 kms to the finish, as I realised that I was not going to make the sub-11-hour medal and told him to go for it. Unfortunately, we both missed it.

"When you cross the finish line it is only then that you know why you ran, to get that indescribable feeling. When you enter the stadium to the thundering cheers of supporters, you realise that you have come to the end of the journey, you have made it on time, you get an adrenaline rush that puts you on a high but the funny part is that it's all in your head because the body is finished," he adds.

"I will be running again next year," says Kula. "My target is to at least finish 10 Comrades Marathon races. I have completed six, so I have four races to go," he smiles.

Upcoming sport-related events

The 123rd International Olympic Committee (IOC) Session in Durban

The City of Durban in KwaZulu-Natal will host the first IOC Session ever to be hosted on African soil in July.

The historic 123rd IOC Session will be held in Durban from 4 to 9 July at the Inkosi Albert Luthuli International Convention Centre. The highlight will be the announcement of the host city for the 2018 Winter Olympics.

Reigning IOC President, Dr Jacques Rogge, will be joined by a luminary of heads of state, royalty, ministers and former ministers, international sports administrators as well as sports stars.

The 2011 World Netball Championships

South Africa's national netball team, popularly known as "Amantombazane", will be flying the country's flag high during the 2011 World Netball Championships in Singapore in East Asia.

The World Netball Championships, also known as the World Cup of Netball, takes place between 3 and 10 July. South Africa has been grouped in Pool C and will be competing with the likes of Jamaica, the host nation Singapore and neighbours Botswana.

Amantombazane's opening game is on Monday, 4 July, against their Caribbean counterparts, the "Sunshine Girls" of Jamaica.

Sports and Events Tourism Exchange Conference and Exhibition

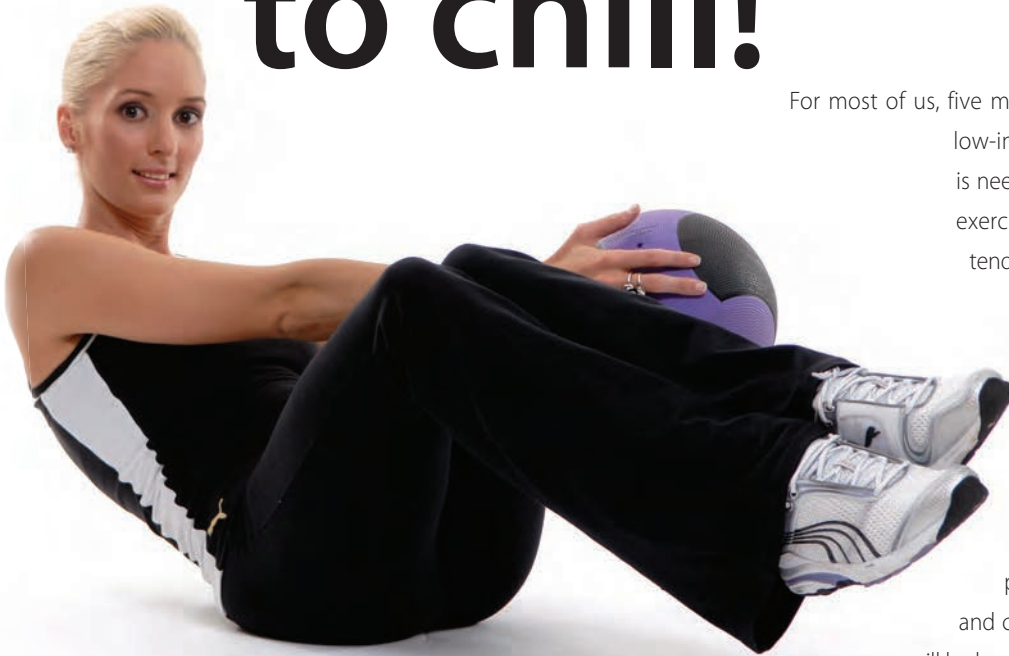
Sport and Recreation South Africa, together with the Department of Tourism, will host a two-day Sports and Events Tourism Exchange Conference and Exhibition later this month.

The event to promote sports tourism will be held from the 27 to 29 July at the Cape Town International Convention Centre. Several international speakers are expected to participate in the proceedings.

Among the topics to be discussed are the legacy of the 2010 FIFA World Cup™ and how to sustain sports tourism.

Writer: Lisa Raleigh*

Winter - no time to chill!



If you have been committed to an active and healthy lifestyle last summer (now a distant memory), you may be concerned about the effects of winter on your efforts.

Don't worry – there are plenty of ways to keep focused and motivated during the colder season.

If you train outside in the mornings or evenings, consider moving your training time to avoid training in the dark. If your hours are flexible, move your training to mid-morning or afternoon. If this is not possible, consider substituting your daily lunch break for a workout instead.

If your time is not negotiable during office hours and the mornings or evenings are your only time to train – take it indoors! Sign up with a gym for the winter months or consider exploring an indoor sport. Dancing, tae bo and indoor swimming are all great options that won't leave you freezing outdoors.

If you're on a budget, train at home. A bed for tricep dips, a skipping rope and stairs for cardio and space for lunges and push-ups are more than enough.

Tips for winter training

Don't forget to stretch. Warming up properly before exercising and stretching afterwards is important at any time, but it takes on extra significance when the weather is cold. Cold, tight muscles can't perform well and are susceptible to injury.

For most of us, five minutes of gentle stretching after a low-intensity warm-up is usually all that is needed, but in cold weather your pre-exercise stretching may need to be extended to between five and 10 minutes, or longer if you have tight or problematic muscles. Another great tip is to stretch in the shower!

Keep it close to home. Lack of time is one of the most common reasons for missing a workout, so make it easy for yourself. Choose a place to exercise that is comfortable and close to where you live or work and you will be less likely to give in to the winter blues.

Keep winter weight off

Warm up with herbal teas. In winter, our want for iced drinks and fresh fruit naturally decreases, and we are more inclined towards a warm drink and a hearty meal. Steer clear of increasing your intake of coffee and normal tea as you will most likely increase your milk and sugar intake as well. Herbal teas are a healthy solution to craving a warm drink, so be sure to stock up on a variety. Chai tea with extra cinnamon and a little milk is a great night-time drink to replace a full-fat hot chocolate!

Keep your fluid levels up. Drinking water regularly is just as important during winter as it is in summer. Cold weather stimulates urine production, and with every breath you will see water droplets being exhaled from your body.

Enjoy winter soups and stews. These need not be packed with unhealthy calories, so try tomato-based sauces and curries, but be sure to skip the cream or fatty meats. Include beans, lentils and barley in your meals for filling and healthy proteins and carbohydrates. These can be cooked in bulk and frozen in small portions to ward off takeaway temptations on a lazy day.

When all else fails, and you feel uninspired to train or resist a warm pudding – visualise! Having a goal will go a long way towards maintaining your willpower.

Stay in shape



Warm up – Run up and down a ledge

To warm up, find yourself a step or ledge and run up and down off it (see pic 1). This can be done up a few steps in your house or garden, otherwise up and down just one step. Use your arms to move with you so that they loosen up. You can do this in sets of 30 seconds with 30 seconds rest or five minutes solid until you are warm. Repeat this for 30 seconds to one minute between every exercise.



Sliding back lunges

Start with your legs together and your arms in front of you (see pic 2). Place one foot on a paper plate or frisbee. Using this leg, slide back keeping your back straight, shoulders square, abdominals tight and knees at 90 degree angles (see pic 3). Return back to the start position by dragging your back leg in as hard as you can! Make sure you keep the paper plate or frisbee in contact with the floor. Perform 15 repetitions and then change legs. Do three sets on each leg.



Barbell squats

Standing up straight with the barbell on your shoulders (place a towel around the bar for comfort), keep your knees soft and feet shoulder-width apart (see pic 4). Tilt your pelvis forward and bend the knees into a squat position (see pic 5). Look forward and avoid the knees going over your toes. Then, recover back into your start position and squeeze your butt. Repeat this 20 times and for three sets.



Hamstring curls

Start with your feet flat on the swiss ball and your buttocks up off the ground (see pic 6). Use your arms to balance yourself. Now lift your pelvis off the floor, pushing your feet down into the ball. Lift up until your shoulders, hips and heels are in a straight line, squeezing the buttocks as hard as possible. Keep your buttocks and abdominals tight the entire time to prevent yourself from arching your back. Slowly lower back down without your hips touching the ground. Repeat this 20 times and for three sets.



Double crunch

Lying down, start with your hands gently supporting your head (see pic 7). Allow your legs to move away from you so that you are in a straight line and then recover back to the starting position. Keep your head off the ground. Make sure your lower back stays firmly on the ground (see pic 8). If you feel it lifting, then do this exercise with bent legs. Repeat for three sets of 15 repetitions.



Side to sides

Start by sitting down with the pressure on one butt cheek. Hold a weighted medicine ball in both hands. Lean back and lift your legs until you find a comfortable position to balance. Now move the ball from side to side, making sure that it is always on the opposite side that your knees are pointing (see pic 9). You should feel this in your waist. Continue for 20 repetitions, alternating sides and performing three sets.



Calf stretch

Hold for 15 seconds on each leg and repeat twice on each leg (see pic 10).



Stretch the quadriceps

Hold for 15 seconds on each leg and repeat (see pic 11).



Stretch the hamstrings

Hold for 15 seconds and repeat (see pic 12).



Stretch the inner thighs

Hold for 15 seconds and repeat (see pic 13).

**Lisa Raleigh is a TV personality, author, lifestyle and wellness expert. For more information go to www.lisaraleigh.co.za.*



The perfect **getaway**

Paradise is found – on the hills of the lush and beautiful KwaZulu-Natal, away from the busy city life. **Nambiti Hills Private Game Lodge** offers breathtaking views and intimate moments with nature.

The five-star lodge offers intimate and luxurious accommodation in the midst of the spectacular African beauty of the Nambiti Game Reserve. A mere 3,5 hours from Johannesburg and 2,5 hours from Durban, the lodge is a haven of sophistication surrounded by wild terrain. It's the perfect getaway for anyone seeking both privacy and romance, or simply time to reflect while searching for the Big Five or taking in the exquisite vistas from the quiet comfort of the lodge deck.

Nambiti Hills offers a unique combination of wide open spaces and discreet intimate places. Its lofty glass-enclosed dining and lounge areas provide panoramic views of rolling hills and savannah by day, and thousands of stars in the clear sky by night. A wide veranda with its neighbouring bar spills out onto a waterfall that splashes into a rock pool where guests can float on cushions while sipping cocktails. On cold winter nights, four indoor wood fires and two outdoor boma fires offer warmth and intimacy.

Discreet enclaves lead off the bedroom suites where one can enjoy private meals and uninterrupted contemplation.

There are eight luxury suites and one honeymoon suite at Nambiti Hills Private Game Lodge, each suite with a private viewing deck and an interior featuring a contemporary eclectic mix of local African design. The honeymoon suite is spacious and grand, suspended from the hillside and offering the most spectacular views.

The lodge boasts the services of two highly skilled chefs who will lead guests on a culinary journey. Guests can enjoy dining in the main lodge or having breakfast on the deck while the evening can bring anything from a boma dinner to a private meal at the waterfall. The boma dinner offers a truly unique South African experience in a traditional encircled area with a ceiling of endless sky and iridescent stars.

Morning and afternoon game drives are led by the lodge's expert guides and animal trackers. There is nothing like the thrill of driving through the rugged and pristine terrain of the Nambiti Game Reserve in search of the Big Five. Nambiti, which is home to 263 different species of birds, is a birder's paradise.

Nambiti Hills



Nambiti Game Reserve is in close proximity to the famous battlefields of the Anglo-Boer South African War and various other historic sites. It is also not far from the Drakensberg; a spectacular range of mountains with dramatic waterfalls, rivers, streams and caves that feature ancient San paintings on their rock faces. If guests are interested in history, hiking and African culture, they will gain a great deal from a specially arranged personal tour of the area. Or they may decide that there is no richer pursuit than rest, and they will certainly get the best of that at Nambiti Hills.

WINTER SPECIAL

Valid from 1 April 2011 until 31 August 2011:

Luxury suite rate:	R1 795 per person per night sharing.
Honeymoon suite rate:	R2 495 per person per night sharing.

The rate includes luxury five-star accommodation, all meals and snacks, morning and afternoon game drives and game drive drinks (all other drinks are excluded from the rate).

For enquiries or bookings, please contact:
reservations@nambitihills.com.

Get smart and enter a new dimension

Writer: Ongezwa Manyathi

When the contributing inventors of the television (TV) worked on photoelectric devices that converted light into an electrical signal, they had no idea their idea would develop into a world phenomenon decades later.

New technology developed in the 1920s allowed pictures to be sent over telephone lines. The equivalent of this is the modern video phone. For the first time, people were able to not only hear others who were far away, but were also able to see the person making the telephone call. This seeing at a distance was called television, or "far-seeing".

Fast-forward to 2011, and one finds many confused consumers bombarded with new technology every other day. See,

shopping for a TV these days is not just about finding the biggest box with bold quality colour; it's about answering serious questions like: is it HD (high definition)? Is it flat screen – and what else can I do on my television set than watching broadcast content?

Enter LG's Full HD Cinema 3-dimensional (3D) and smart TV, a flat screen

HDTV that promises a television viewing experience like no other. With its digital widescreen, this new range offers bigger and cinema-style viewing and surround sound in the comfort of your own home. The picture is almost twice as bright as that of conventional 3D TV and promises everything from HD sound, to high-quality images and enhanced programming. If you are a sports or movie fanatic, you will enjoy the bold rich colour and much sharper images.

LG has done away with the heavy uncomfortable glasses to get a 3D effect on your viewing and an angle that is wide enough to allow bigger audiences. The new technology allows you to enjoy consistently clear and bright 3D pictures in any position.



Weighing a mere 16 grams – almost half the weight of conventional 3D glasses, the new eyewear eliminates flicker from the glasses, which means you can enjoy your viewing for much longer without feeling dizzy.

The Cinema 3D TV is also an advanced Smart TV.

When you're done watching your favourite team play or your favourite movie, you can use the set to browse the Web, update your status and keep in touch with family and friends on different social networks.

You can do this with ease because the set comes with a Magic Motion remote control that acts as a mouse cursor when browsing the Web. It's as simple as pointing the remote to your TV set. With simple movements and gestures, you can drag, flick and select your preferences, without the hassle of using multiple buttons and arrow keys.

So there you have it; it's not just cell-phones that are getting smarter, the TV set is getting smarter too. Now that you have all the information, you'll probably look at your current TV a little differently. If you're itching for a change, then you'll need to know that the Cinema 3D TV can cost anything from R12 999 to R39 999, depending on what you go for.

Procedures to be followed when importing plants and plant products into South Africa



Before importing into South Africa, an importer should:

1. Find out the phytosanitary import conditions that apply to the commodity to be imported by consulting the Agricultural Pests Act, 1983 (Act No. 36 of 1983) or the National Plant Protection Organisation of South Africa (NPPOZA) within the Department of Agriculture, Forestry and Fisheries (DAFF).
2. Apply for an import permit from the DAFF if the commodity to be imported is not exempted from an import permit in terms of the Act referred to above. If the commodity to be imported is exempted from an import permit, ensure compliance with phytosanitary measures for such exemption.
3. When applying for an import permit, submit the completed application form together with proof of payment. The tariff information with regard to the issuance of import permits and the application form are available on the departmental website (www.daff.gov.za »Divisions »Plant health» Importing into South Africa).
4. Forward a copy of the import permit to the exporter or supplier in the exporting country to ensure that the consignment to be exported meets the phytosanitary import requirements of South Africa.
5. Ensure that the exporter or supplier presents the commodity to be imported to the National Plant Protection Organisation (NPPO) of the exporting country for phytosanitary inspection and certification where necessary in terms of the permit and/or exemption requirements.
6. Inform the exporter or supplier to send the original phytosanitary certificate with the consignment to South Africa (if a phytosanitary certificate is required).

Procedures to be followed when imported commodities arrive at the port of entry in South Africa:

1. South African Revenue Services (SARS) will detain the commodities for inspection.
2. DAFF inspector/s from NPPOZA will inspect the consignment together with the accompanying documents.
3. The following may happen following inspection of the imported commodities.
 - (a) If the consignment meets the import requirements, it will be released by the DAFF inspector/s.
 - (b) If the consignment does not meet the import requirements, risk management measures will be recommended whereafter a consignment may either be treated and released, sent back to the country of origin or destroyed. Once the consignment has been released by the DAFF inspector/s, the importer or his/ her agent must take the import documents to SARS for final release.

Postal address: National Plant Protection Organisation of South Africa (NPPOZA) * Department of Agriculture, Forestry and Fisheries * Directorate: Plant Health * Import Permit Office * Private Bag X14 * Gezina * 0031

Contact numbers: Tel +27 12 319 6102/ 6396/ 6130/ 6383 * Fax +27 12 319 6370 * E-mail JeremiahMA@daff.gov.za or AnitaSN@daff.gov.za or ShashikaM@daff.gov.za or BenJK@daff.gov.za

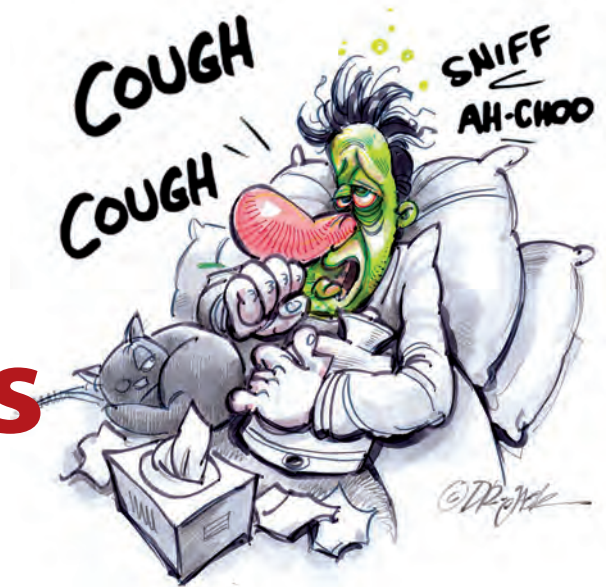
Physical address: 542 or 543 Harvest House * 30 Hamilton Street * Arcadia * Pretoria



agriculture,
forestry & fisheries

Department:
Agriculture, Forestry and Fisheries
REPUBLIC OF SOUTH AFRICA

Sniff out the bugs



Winter: silly stockings, scarves, cold feet in bed, cheese-based dinners, umbrellas, dog waistcoats, chapped lips, pies, sheepskin slippers so woolly they look like they're made from Dolly Parton, chocolate, rice pudding, gluhwein, annoying people who teach you how to make gluhwein, geese, Mad Men, Milo.

Also winter: man-flu.

During summer, my husband is a nice man. His nostrils are clean, he whistles when he takes out the garbage, he coughs only to alert me to an approaching family member and when he sneezes, it sounds small and sweet, like a baby bird. He fixes door knobs, rakes up leaves and cooks dinners of puthu and pasta sauce. He calls it puthunesca.

But as soon as June hits, I run for cover – literally and figuratively. His sneezes are so violent they could blow Kathy Bates across town. His fevers are so theatrical he makes *The English Patient* look like a tourist video for a desert holiday. Propped up by 14 pillows and the cat, he whimpers through his sick days and wears the same boxers for two weeks. At some stage, he will clutch my arm and wail: "I saw Liz Taylor. And Kurt Cobain. I think I'm being called. But I'm so young ... so young."

At this dramatic juncture, I usually point out that he's only young in an emotional way and is rubbish at method acting. Then I tell him I'm going out for pizza. This generally stops his ascension. It might seem cruel, but it's a suitable approach.

See, when I am sick – once every five years – I'm still able to rise from my pit and fling together a meal comprised of the five basic food groups. I do the washing and feed

the dogs. I queue in banks and wrangle with car guards. I blow my nose discreetly.

And when I'm in my bed, quietly surveying my life flashing before me, B will check on me once every three days. He might bring me half a cup of tea or throw me a slice of toast. And if my fever is over 42° and I've started hallucinating that I'm a Greek fashion designer called Maud or a rat being pursued by spies, he pats my head and asks if I've seen his running shorts.

Recent research has confirmed that man-flu really exists. Apparently, the hairier sex don't handle stress as well as the fairer sex and are more prone to come down with flu if they're under pressure. Women, on the other hand, are more inclined to soldier on when suffering from a cold. The

researchers suggest that men take up pursuits to reduce their stress levels – perhaps macramé or yoga. I have seen B in the lotus position. He looked like Jack Black trying to cut his toenails.

However, for all the bad acting and the trail of tissues, there are some advantages to man-flu. I get to watch movies starring Julia Roberts and Polish films about laundry workers. I eat broccoli for dinner and lie in the bath reading the back of shampoo bottles without having to watch B flossing his teeth. I relish the full canister of coffee and revel in the bathroom floor being devoid of punctured underpants.

And when he's better, I cash in my points. I remind him of the aspirin I brought him, the menthol massages I gave him and the cooing noises I made. Then I hand him the washing and the pegs, and silently tell myself that an indebted – and whistling – husband is not to be sneezed at.

* Sourced from: *Sawubona*, June 2011