

WHAT DO WOMEN LOOK FOR IN A CAR?



Writer: Ashref Ismail*

The question *What women want?* will remain an enigma and wise people will tell you that like UFOs and the Bermuda Triangle they are best left in the realm of unsolved mysteries.

Fifty or 60 years ago, the number of women drivers wasn't nearly as significant as it is today. Not only are there far more women drivers and owners, but women have a big say in the decision when a new family car is considered.

Be they moms doing lift club duty, out shopping, visiting the gym, getting to work and back, or running children to various appointments, women make up a huge proportion of drivers on our roads. Increasingly, as they've climbed their way up corporate ladders and assumed a greater role in the workplace, so they've beefed up the numbers of females buying cars.

In Judith E Nichols' book, *Understanding the Increasing Affluence of Women*, she writes that in most United States households women bring in half or more of the income and also control about 80% of household spending, including new car purchases. Refreshingly, manufacturers are beginning to seriously consider the wants and needs of women.

Step back four or five decades, and consider how little thought was put into a female's perspective when it came to designing cars. The cliché about snapping expensive French-manicured fingernails while driving isn't just a cliché: badly positioned windscreen wiper stalks, carelessly placed bonnet openers, tyre-puncture repair kits ... all of which could cause manicure casualties.

Nowadays, manufacturers pay particular attention to details in trim, fabric, colours and compartments, shapes and positioning of controls. Storage is also a big deal to women buyers, whether it's room for groceries, handbags, kids' toys, foldable seats or built-in car booster seats.

At my workplace, a snap survey revealed that many women want attractive design, performance and a strong brand. However, among the emerging, entry-level market the major considerations remain affordability, reliability and resale value. It was also not surprising to learn that many moms put safety, space and comfort among their top priorities.

As for the exterior, women want great designs, but they also don't want to compromise on safety and efficiency. The top three colours remain black, white and silver. Red remains



a favourite colour in small, sporty cars.

A number of 30-something single females mention wanting a car with “soul” and “character”.

“I don’t do boring. I want a car that expresses my personality, my lifestyle and my achievements,” says one senior manager. Many young women love sport-utility vehicles (or guys that drive sport-utility vehicles!) with the Range Rover Sport Supercharged being the most popular aspirational model. Where affordability is a challenge, many opt for soft roaders such as BMW X1s, Freelanders, Hyundai ix35s, Kia Sportages, Toyota Rav 4s and the like.

Mother-of-two Onica Nesane, a special projects coordinator from Pretoria, says looks is a priority in her choice of car, but she also requires top-notch safety features, both active and passive. “Gizmos aren’t a necessity, but satellite navigation, a quality music system and cup holders are non-negotiable. Leather is my preference because it is cooler in summer and easier to clean when the little ones mess on it.”

One website blogger, known just as BlogHer, wrote: “Comfort is important. I like adjustable seats. We aren’t all built the same and it’s nice to be able to tilt and adjust the

seats as needed. I hate that it’s a premium feature in a car. Just because we aren’t independently wealthy doesn’t mean we should have to suffer with uncomfortable seats.”

I didn’t realise it, but according to my better half, headrests are the bane of most women’s lives, because they are not designed for pony-tails or indeed, many of today’s hairstyles.

So, are we any closer to knowing what women want from a vehicle? According to Volvo research, it’s fairly simple: women want a car that has plenty of storage; is easy to park; has good visibility; is easy to get in and out of; can be personalised; and requires minimal maintenance.

But don’t forget the comfort, the easy-to-clean upholstery, the efficient aircon/heating system, the leg-room for teenagers, the good looks and, of course, the soul. None of the respondents indicated that they spoke to their cars or had pet names for them! ☺

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Catch Ashref on DSTv Audio Channel 165 every Friday from 19h00 to 21h00 for your high octane, low calory, turbo-charged motoring fix!

Dressed to the nines



Eskey cream suite

R3 500

Striped formal shirt

R850

Ninalillou navy shoes

R1 500



Romano Botta capri suit

R4 500

Romano Botta blouse

R650

Ninalillou shoes

R1 500



T-Vente classic suite

R 7 500

Nino Picoli tie

R 300

T-Vente classic shirt

R 1 050

Cufflinks

R 450



Jag Club suede shoes

R 2 800

Marros belt

R 1 900

Jacket

R 3 800

Shirt

R 1 050

White Sea jeans

R 750

Photographers: Sipiwe Mhlambi and Siyabulela Duda
Clothing: Versione Gente, Maponya Mall – 011 938 1426



When Chef Duncan Damian De Gouveia completed school, he wanted to become a radio DJ. After trying his luck at that, he realised his talents lay elsewhere – in cooking.

With a nudge from his family, he began full-time training at the Royal Hotel in Durban for three years. Duncan is now the Head Chef at Riverstone Lodge, Muldersdrift, part of the Signature Life Hotels group. He says the secret to any great dish is using fresh products and staying away from processed foods. His love lies in Mediterranean food and he describes his dishes and flavours as intense. "My favourite ingredient is garlic, if I could put it in chocolate mousse, I would."



Oxtail with red wine, red kidney beans and rosemary

Ingredients

- 1 kg oxtail
- 1 onion cut into quarters
- 3 cloves of garlic, crushed
- 4 sprigs of rosemary
- ½ cup chopped leeks
- ½ cup chopped celery
- 2 bay leaves
- 2 cups of red wine
- seasoned flour
- 1 lt beef stock
- 1 can of red kidney beans (drained)
- 1 cup of baby corn
- 1 cup of mushrooms
- 1 cup of cut carrots

Method

Roll the oxtail in the seasoned flour until coated. Place it in an oven-proof dish and put it in a pre-heated oven at 200°C for half an hour or until golden brown.

In a large pot, fry the onions, garlic, celery, leeks, rosemary and bay leaves in olive oil until golden brown. Add the red wine and deglaze the pot. Let some of the alcohol cook out for approximately five minutes. Add the oxtail once golden brown and stir gently to coat the oxtail in the wine mixture. Add the beef stock, cover with a lid and simmer for approximately two hours or until the oxtail is tender. Add the remainder of the ingredients and cook for a further 10 minutes. Add seasoning to taste.



Intense Flavour

Writer: Samona Murugan

Creamy dukkah spice chicken livers

Ingredients

- 2 cups of cream
- 1 tbsp dukkah spice (available at any good grocery store)
- 1 tbsp olive oil
- 2 cloves of garlic, finely chopped
- 200 g chicken livers
- ½ cup chopped onions
- Seasoning: salt and pepper

Method

Add the olive oil in a heated pan and add the onions. Cook until soft and translucent. Add the garlic and dukkah spice and cook for approximately two minutes. Add the chicken livers and fry until golden brown. Add the cream and simmer until the livers are cooked through. Add seasoning to taste.

Pumpkin and beer bread

Ingredients

500 g plain flour
1 cup of roasted pumpkin
½ bottle beer
pinch of salt



Combine all ingredients in a bowl and mix until a firm dough has formed. If the dough is too wet, add more flour and if too dry, add more beer. Cover with cling wrap and let it rest for half an hour. Bake at 180°C until golden brown.



Caramelised onion pap

Ingredients

1 onion sliced
125 g butter
1 clove of garlic chopped
½ cup brown sugar
2 cups of mielie meal
4 cups of water

Method

In a medium pot, add the butter and fry the onion and garlic

until golden brown. Add the sugar and stir until caramelised. Add the mielie meal and stir so that all is coated. Add the water and bring to the boil while continuously stirring. The pap will begin to cook and thicken.

Malva pudding

Ingredients

1 cup sugar
1 egg
1 tbsp apricot jam
1 cup flour
1 tbsp bicarbonate of soda
a generous pinch of salt
1 tbsp of butter
1 tbsp of vinegar
1 cup milk

Sauce

1 cup of cream
125 g of butter
1 cup of sugar
½ a cup of hot water

Method

Beat the egg and sugar well in a mixer. Add the jam. Sift the flour, bicarbonate of soda and salt. Melt the butter and add the vinegar. Add the liquids and flour into the egg mixture and beat well. Bake in a covered dish at 180°C for 45 minutes to an hour. Melt the ingredients for the sauce together and pour over the pudding as it comes out of the oven. 🍷



Mammograms on the move

Writer: Samona Murugan

Women lead busy and demanding lives, often putting others' needs ahead of their own.

Under these conditions, women often find it difficult to pay the necessary attention to personal health challenges, including breast cancer, which is the most widespread cancer among women. According to research, this cancer affects approximately one million women worldwide.

Fast becoming one of South Africa's best-loved community initiatives, PinkDrive is a non-profit breast cancer organisation powering a mobile mammography and educational unit around the country with the message that "Early Detection of Breast Cancer Saves Lives".

According to the Cancer Association of South Africa (Cansa), one in 29 women in South Africa will be diagnosed with cancer. The good news is that if detected early there is

an excellent chance of recovery. This is why every woman needs to examine her breasts and underarms regularly every month to check for any changes.

October is Breast Cancer Awareness Month, and PinkDrive has kicked into high gear with their community projects, outreach examination programmes, high coffees and luncheons to spread cancer awareness, prevention and education.

PinkDrive currently runs two mobile breast-check units. The educational unit travels to semi-urban areas around South Africa with the aim of giving various disadvantaged communities access to mammography education and potential screenings, while the mobile screening unit operates through local clinics, community health centres and hospitals.

The educational breast-check unit operates in

Gauteng and visits 87 clinics on a rotational basis. The mammography unit is now based in the Western Cape, and provides 25 women with a free mammogram daily. These women are guided PinkDrive's way via community health centres and referred by PinkDrive for further investigations, if required post the mammograms.

Cansa and PinkDrive encourage all women to invest in their health by learning how to detect breast cancer early.

For more information, visit www.pinkdrive.co.za, call 011 608 4144 or e-mail info@pinkdrive.co.za

Breast cancer facts

Warning signs

- A change in the shape or size of the breast
- Dimpling, puckering (orange peel)
- A lump or thickening in the breast or under the arm
- Nipple retraction
- Unexpected, abnormal nipple discharge
- A change in the colour or feel of the skin of the breast or around the nipple
- Swelling, redness or a feeling of "heat" in the breast.

Risk factors

- Family history: a woman's risk of breast cancer is higher if her mother, sister, or daughter had breast cancer
- Age – majority occur after age 50
- First period before age 12
- Tobacco use
- Obesity – and possibly high-fat diet
- Exposure to pesticides or other chemicals is currently being examined as a possible risk factor, including women who received diethylstilboestrol
- Physical inactivity
- Alcohol (greater risk if two to five drinks consumed per day)
- Long-term, post-menopausal use of combined oestrogen and progesterone hormone replacement therapy
- Not having children, or having the first child after age 30 and not breast-feeding.

How cancer is diagnosed

- Clinical examination by a medical doctor
- Ultrasound – in women under 30

- Mammogram
- Fine needle biopsy
- Surgical biopsy (frozen section).

Breast awareness

- Do breast self-examinations (BSE) once a month (seven to 10 days after menses – on the same day each month)
- Abnormalities are easier to detect once one is familiar with the normal – more than 80% of lumps are found by the person doing BSE
- Consult a doctor as soon as possible if abnormalities are observed – most lumps are benign, for example, fibroadenomas
- Yearly mammograms after age 40.

Breast facts and myths

- Anti-perspirants cause breast cancer – **FALSE**
- Keeping change in your bra will cause breast cancer – **FALSE**
- A severe bump on the breast will cause cancer – **FALSE**
- Excessive alcohol intake has a connection with breast cancer – **TRUE**
- You are at higher risk if your mother or sister had breast cancer – **TRUE**
- Being overweight increases your risk of breast cancer – **TRUE**
- Mammograms can cause cancer – **FALSE** SM



Mellow in Moz

Mozambique's coastline is a haven of white beaches, rustling palms and many resorts and lodges. The newest of these is Massinga Beach.

Located some 89 km up the coast from Inhambane Airport, this lodge overlooks a breath-taking stretch of endless beaches. The seductive views and the drone of the pounding waves make Massinga Beach Lodge the ideal spot for honeymooners, romantic getaways, discerning divers, fishermen and family vacations.

The lodge boasts 16 ocean-front rooms with a 180-degree sea view. Each room includes a private splash pool, deck and sun loungers. To ensure maximum comfort and relaxation, guests are treated to a mini bar, laptop safe, mosquito net, an en-suite rain shower and a free-standing bath tub opening out onto a private deck.

If travelling with family, the spacious ocean view suites are ideal.

This secluded escape with its breathtaking views of the untamed beach stretching as far as the eye can see is complemented by scrumptious cuisine. Fresh coconut cocktails and local seafood are prepared and served with flair and a friendly Mozambican twist.

Since being on holiday entails doing as little possible or as much as your heart desires, the lodge obliges. You can enjoy body massages and relaxation therapy in the privacy of the bedroom deck, take a leisurely stroll to your private picnic spot along the long white, unspoiled beach or watch whales cavorting in the distance from the comfort of the elevated decks while being served your favourite cocktail.

For those a little more energetic, ramble through the sprawling picturesque palm groves, enjoy the thrill of fishing or diving nearby or get involved in the local community school initiative. Diving is offered off numerous reefs featuring soft and hard corals, including Sylvia Shoal, New Year's and Tokyo D that are frequented by rays, sharks, turtles and game fish. Fish lovers can also do deepsea fishing on a Benguerra 530, where a skipper and crew are provided.

The lodge offers a wide range of family activities such as board games, table tennis, darts, pool, beach games and walks, DSTV and a wide DVD selection. Adventurous families can enjoy quad biking off-site through the 100-ha estate, day tours to the historic city of Inhambane, surfing, kayaking, snorkelling and swimming in the warm Indian Ocean.



Writer: Samona Murugan

Also on offer are stargazing trips as well as guided dolphin- and whale-watching safari trips, where you can see whales, whale shark, dolphins and manta rays, depending on the season.

Getting there:

Self-drive: Seven to eight hours' driving time from Maputo. Tar road suitable for sedan on EN1 north to Massinga. Last 14 kms 4x4 only; secure parking available.

Flights: For more information on flights, visit: www.lam.co.mz
For more information and reservations, call +258 847 895 4444 or e-mail: ian@massingabeach.co.za.

What you will need:

Passport

South African citizens do not need an entry visa to visit Mozambique.

You need a passport valid for at least six months after you intend leaving Mozambique. Visitors can be asked to provide proof of outgoing travel documents or sufficient funds to provide for their needs during their stay. The law requires you to



carry identification at all times and you may be asked by the police to produce your documents. Rather than carry original documents, make a copy of your passport and other important documents and have them certified, and store your original documents safely.

Travelling by vehicle

If you are driving to Mozambique, note the following:

- A privately owned vehicle or trailer/boat trailer, from within the Southern African Development Community travelling into Mozambique must be accompanied with the relevant registration book or documents. You will be required to produce these upon entry at the border.
- If the driver is not the registered owner, then a letter from the owner, authorising the use of the vehicle is required.
- If you are driving a hired vehicle, then the rental company must provide a letter of authorisation to the driver to use the vehicle in Mozambique.
- Vehicles with a foreign registration must pay third party insurance and road tax. This is R160 per vehicle.
- It is strongly advised to insure your vehicle comprehensively and make sure that cross-border travel is covered by your policy.
- Two emergency triangles per vehicle are required by law, as is the wearing of seatbelts.

Foreign exchange

The local currency is known as the Mozambican Metical (MZN). The current exchange rate is R1,10 and is equivalent to MZN 4,00.

There is no restriction on how much money can be brought into the country. If you bring in more than the equivalent of US\$5 000, you must fill in a declaration form at the customs desk at the entry border. Money can be exchanged for meticals at banks and Bureau de Change branches. It is advisable to change your money before entering Mozambique.

Foreign currency can be used to settle transactions. In fact, some vendors prefer this sort of transaction, but this is more applicable in the southern parts of Mozambique.

Foreign currency will only be processed on production of a valid air ticket, passport and proof of residential address.

Health requirements

Inoculations against disease like hepatitis, tetanus and yellow fever are not required to enter Mozambique. It is, however, recommended that you consult your doctor before your trip and it would be wise to take precautions against diseases such as hepatitis, malaria (very important), tetanus and yellow fever. If, on your return home, you do not feel well, notify your doctor that you have been to Mozambique with possible exposure to these diseases. ☹



Signal and comfort at a good price

Eating out, a hotel, your seat on the Gautrain, these may be some of the last places where you want to be thinking about how quickly you could get online, but the demands of work (and sometimes socialising) are such that you probably need to be able to whip out connectivity at the drop of a dongle.

To the rescue comes TP Link's TL MR3420 3G/3.75G Wireless N Router, allowing users to share 3G/3.75 mobile broadband almost anywhere anytime.

This little device also comes with a pleasant twist – an Ethernet port that can connect to your DSL modem, giving you a back-up connection to the Internet in the event of a failure – not to mention that it comes in at under R600.

Set-up

Set-up is quite easy. Simply connect the router to power and a PC and follow the quick set-up through the browser-based control centre.

During the set-up, you can choose to either use only 3G or WAN, or to prefer one and use the other as backup. It's easy to set up any of those options and equally simple to change later if you add, remove or change a connection method.

It should be noted that WiFi is on by default in the set-up options, but without any security. Users should therefore remember to not just click "Next" without reading through the options carefully.

Also, remember to change the router's default password after the set-up as it's not part of the process.

On a whim, I decided to try setting up the router over WiFi as the router defaults its Wireless to be open. It went just about as smoothly as the set-up via PC. Although it's not officially supported, it is entirely possible to do the set-up from your mobile device.

The browser-based control centre is clear and intuitive: Things are usually where you expect them to be and if they aren't, there are one or two other places you'd need to check before you find it.



Writer: Gerrit Vermeulen*

Overall, it's a simple and effective layout that makes set-up and administration much easier.

USB dongle support

The MR3420 supports many 3G dongles and should work fine with most of those on offer, though buyers should make sure (<http://www.tp-link.com/common/subject/3g-router/compatible/list/>) as there could be one that is not supported.

In daily use with around six to seven connections (four wired, two or three wireless), the MR3420 performed admirably and kept things running smoothly.

Conclusion

The MR3420 is priced at a competitive R569 (including VAT), though this of course excludes an ADSL or 3G modem.

As wireless routers go, though, this is one to drop into your laptop bag.

A version of this article first appeared on mybroadband.co.za ®



"My Dress, My Size"



My dress, my size...
Perfect for my apple shape
Perfect for my height
Very perfect for my style

The same is for my life
For all that I have
All I possess
All that I experienced
All that makes me smile
And all that makes me cry

I am all that I am, because of my own journey
My own triumphs and tribulations
My own laughs and cries
My own have(s) and have not(s)
My own winning and loss
My own confidence and doubts

All this make me my own perfect self
The end product of who I have become should
not deceive you
The smooth mahogany face should not tempt
you to any rosy conclusion
The persona I portray make me my own perfect
self

I have my own battles
My own low moments
My own shortcomings
I even have my own insecurities

When you wish you were me?
Remember, I am my own self with issues

Ms Ouma Tema

Selfless, passionate and dynamic woman alive

blog: www.plusfab.blogspot.com