

Lexus IS250

Cruising in the lap of luxury



Writer: Smoking Rubber

When Japanese manufacturer Toyota decided to take on the Germans in the luxury car market, they launched a new nameplate – Lexus.

Have they got it right? Many skeptics will say not really. The Lexus is not a bad car but it doesn't carry the same bragging rights in bar conversations as a BMW, Mercedes or Audi, for example.

The Japanese, in their quest for zero-defect, have lost the soul of what makes a car when they produced the Lexus. It is just too perfect and shies away from being out there a – tad boring for most motoring enthusiasts.

The Lexus IS250 is a fantastic car, ticking all the right boxes in terms of motoring nirvana but it doesn't really dent German car sales. It offers all the luxuries and technical gadgets at very competitive pricing but sales figures in sunny South Africa don't flatter.

Renowned for its silent interiors, "magic carpet" ride and 5-star safety, the Lexus should be a viable alternative to the big three (BMW, Mercedes and Audi), but it is not.

The IS250 offers superior standard specs, larger interior space, a good clean engine and reliability, synonymous with the mother brand. It comes with one engine derivative only, the 2.5 V6 petrol engine that Lexus dubs the ideal power train to match the L-finesse design of the IS250.

PRICING

Model	Price
IS 250 S	R429 900
IS 250 EX	R467 100
IS 250 F-Sport	R510 500
IS 250 SE	R518 500
IS 250C	R578 500

The engine has Dual Variable Valve Timing with intelligence (VVT-i), which adjusts the engine to suit driving conditions.

The Lexus is available in three specification levels, all of them only available with a six-speed automatic transmission. Some of the interior niceties include automatic climate control, which adjusts airflow to individual passengers to cater for a drop or rise in temperature.

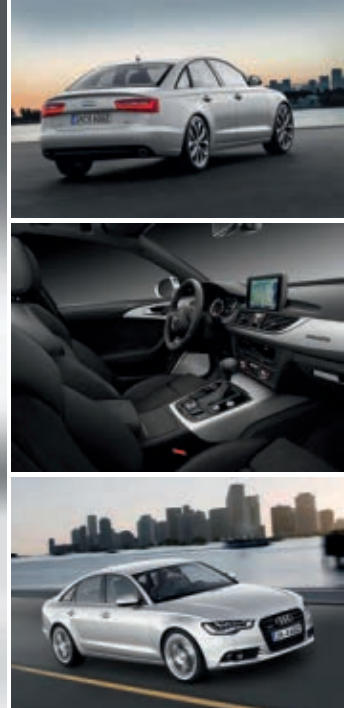
The variable compressor even eliminates pollen and unpleasant odours. The comfort of each passenger is individually catered for with heated and ventilated front seats and an electronically controlled rear sunshade for the backseats.

The 21st century motorist will not feel ancient in a Lexus with gadgets like a DVD navigation system and Bluetooth technology. The DVD navigation system is displayed on a 7-inch liquid crystal display.

The Bluetooth allows the driver to make a call via voice activation, which recognises up to 300 commands. To keep your teenager happy when you're cruising in your Lexus, there is a bang-bang Mark Levinson sound system.

Designed by the world-renowned audiophile manufacturer, the 14-speaker in-dash 6-CD changer system is both WMA and MP3 compatible. The system also bears an AUX audio terminal for external music.

The Lexus is a great option for motoring excellence but lacks the flair to appeal to the broader spectrum.



New A6 makes sense even when you can't

The Audi brand has been one of the few that has shown constant growth over the past decade or so, with the German car-maker taking the other two titans, Mercedes and BMW, head-on.

Motoring scribes never fall short of describing Audi's build quality as class-leading and pointing out that the cars have every possible new technology at one's disposal.

However, brand loyalty, especially on the South African market, has seen Audi play second fiddle to the other two German big boys – Mercedes and BMW.

The recently launched third-generation A6 hopes to woo some of those E-class and 5-series loyalists, but Audi will have a mammoth task doing this against such accomplished giants.

The A6 seems to have suffered the understatement stigma that the rest of the brand has, but this does not stop Audis from being excellent cars to drive.

To attest to its technological add-ons, the new A6 is being described in true car-geek jargon: with references to Bluetooth, active lane assist, night vision assist, adaptive cruise control, Internet connectivity, satellite navigation and so on. With Quattro all-wheel drive for the more powerful derivatives, Audis are reputed for their solid road handling that makes even the most novice driver feel like a F1 superstar.

The A6 also has five modes of suspension settings: efficiency, comfort, dynamic, auto and individual. The latter enables the driver to decide which of the vehicle components covered by the system should respond in which way. This makes the A6 one clever piece of machinery.

The new Audi A6 saloon features not only a wide range of technical innovations, but also the option of something very special: a kind of "sixth sense" as the car-maker puts it – Audi pre-sense.

Driving situations are categorised by the various different systems in the vehicle, and if necessary, triggering preventive protection measures for the occupants or intervening to mitigate the consequences of collisions.

This means that your A6 can predict an accident situation, prepare the car for it or just tell the driver to change his or her style of driving to prevent it.

As usual, the A6 comes with both petrol and diesel efficient engine derivatives mated to only auto gearboxes. Drivers who prefer manual gearboxes can opt for the S-tronic double clutch gearbox that gives you the feeling of driving a stick without the added headache of pressing a clutch paddle in traffic.

As the car giants fight out the space to outdo one another, drivers have the luxury of watching absolutely terrific technology come to life from behind the steering wheel.

PRICING

Model	Price
A6 3.0 TDI 150kW Multitronic	R520 500
A6 3.0 TDI 180kW Quattro S-tronic	R645 000
A6 3.0T FSI 220kW Quattro S-tronic	R655 000



Discovering the gems of the Cape Winelands



Nestled in one of South Africa's most historically colourful provinces, the Cape Winelands District comprises 5 sub-regions, each with its unique offerings that contribute handsomely to the region's touristic whole. From its Gateway historic town of Stellenbosch through the Drakenstein, Langeberg, the Breede Valley and Witzenberg, the Cape Winelands offer an array of experiences, activities and sights to behold; all catering to many tastes in all seasons, all year round. From several centuries ago

when the first settlers arrived from Europe and others followed from the Middle-East and other parts of the world, the region has been enriched through a cultural metissage that continues to manifest itself in culinary marvels touching on and reminiscent of all corners of the world. Combined with the cultural treasure trove that already existed locally, this world mix has made of the Cape Winelands an obligatory “*at least once-in-a-lifetime*” stop for many discerning travelers the world over. Furthermore, the region's viticulture goes back to the early arrival of, amongst others, French Huguenots who came to South Africa after fleeing religious persecution in their own country, bringing their widely celebrated wine-making *savoir faire* to our shores. Over the decades, South African wine has grown a character of its own, introducing locally bred cultivars such as the much sought-after *pinot noir* that came to compete with the best in the wine producing world, both in what is referred to as the old world and in the world. Today, the Cape Winelands boast many award-winning wines and vineyards that can be visited along the Bredekloof Wine Route, Route 62, the Paarl Vintners Wine Route, and the Franschoek Wine Route, each of them with dozens of its own viticultural experiences to behold. Visitors to the Cape Winelands come to the region for many reasons;





the most obvious of these is to try the region's renowned **Food & Wine** experience first-hand. The first visit is often a positive trigger for word-of-mouth recommendations and subsequent visits to the region. Other visits can be packaged thematically for lovers and enthusiasts of **Adventure, Culture & Heritage, Events, Health & Wellness, Adventure and Ecotourism** stays in the region. Increasingly, the Cape Winelands also offer an ideal setting for doing **Business and Events** in a variety of modern facilities with a backdrop of amazing mountains and other natural wonders that *mother-nature* has bestowed on the people of this part of South Africa. Nature lovers and those interested in the conservation of our natural human heritage through responsible management practices and responsible tourism can also experience this first-hand in the Cape Winelands *Biosphere Reserve*, rich with unique geological and topographic features, as well as hundreds of records of human activity dating back to the Early Stone Age.

Most recent South African history was also given a Cape Winelands stamp when former President Nelson Mandela took his first steps to freedom from the erstwhile Victor Verster Prison (now called the Drakenstein Correctional Services) from where he was released in 1990. The whole world, through local and international media contingents, as well as hundreds of thousands of other people interested in the evolving political environment in South Africa, descended on the region to have a first-hand experience and to be able to say "I was also there when it all happened". It all happened in the Cape Winelands' Drakenstein sub-region.

The Cape Winelands, a place where there are ***a thousand things to do, then some wine...***



Choose IT. We

A good fragrance is an instant confidence booster. We've found some of the most amazing fragrances for men

Slip into
by Avon
50ml
R330

Thierry Mugler
Alien Sunessence
60ml
R695

Queen
by Queen Latifah
50ml
R495

Mirror Mirror
50ml
R199.95

Pretty Hot
Elizabeth Arden

Pretty Hot
by Elizabeth Arden
50ml
R395

ar IT. Work IT.

and women that will not only ensure that you smell good but will also give you your own unique smell.

Ralph Lauren
Big Pony Collection
40ml
R395

Thierry Mugler
Amen Pure Havane
100ml
R860

Custom
by Dunhill
50ml
R650

Eau Savage
50ml
R625

D&G La Force
100ml
R660



THE FOOD-SOURCING POINT THAT FIRES UP JOHANNESBURG ECONOMY

Johannesburg, known colloquially as Joburg or Jozi, is the economic capital of South Africa and Africa's most powerful economy. As the continent's economic hub, it's the place where business starts, and with food the main source of sustaining life, Joburg Market is what keeps Johannesburg going.

The Joburg Market can be described as South Africa's eminent stock exchange for fresh produce. The widest variety of fruit and vegetables ever imaginable, is delivered daily at the Market direct from farms guaranteeing optimum freshness of produce on offer at any given time, creating the largest and most active one-stop-shop that attracts buyers from across SADC and beyond, comprising of retailers, wholesalers, exporters, processors, informal traders and those buying for household consumption.

The award-winning Joburg Market is the largest of its type in Africa. Over 1 000 000 ton of fresh produce is traded annually at the Market, making it the largest in the world by volume. It is not only the largest market globally but also plays a pivotal role as a price barometer for fruit and vegetables in South Africa. It also contributes to stabilising supply and demand, as well as ensuring price transparency.

Buying at Joburg Market is a breeze with sales fully computerised. What's more, you'll be buying quality produce where most established household retailers shop. Whether you want fruit or vegetables, you'll find best priced quality and infinite variety at Joburg Market because of the sheer number of producers and buyers that it attracts.

Always conscious of providing the best products to customers, the Market has introduced a "Quality Mark" to ensure that buyers can buy with peace of mind knowing that the produce has gone through rigorous testing and is safe for consumption.

This remarkable market is located in City Deep, only 5 km south of Johannesburg's central business district and 26 km from OR Tambo International Airport.

The Market is open to all people from Monday to Saturday and on certain public holidays. Trading starts very early in the morning from 5 am to 11 am.



Address: PO Box 86007, Heidelberg Road, City Deep, Johannesburg, 2049

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e-mail: info@joburgmarket.co.za

Web Address: www.joburgmarket.co.za





Jozi Beet

At the Joburg Market, you'll find more than just fresh beetroot. You'll find the freshest fruit and vegetables and the best quality at the lowest prices. And because we're the largest fresh produce market in the world, you can change to healthy eating habits daily without breaking the bank. Get the best and much more right here in Jozi.

TAKE A FRESH LOOK AT THE MARKET

www.joburgmarket.co.za



a world class African city





Hearty and **decadent**

Writer: Samona Murugan

Dessert specialist Juanita van der Merwe is making waves in Pretoria. After starting up the kitchen as Head Chef at More Restaurant in Centurion, she opened her own catering company called Off the Menu. Juanita completed her studies at the Institute of Culinary Arts in Stellenbosch before venturing off to study the art of food abroad. As the only woman in her male-dominated class, she soon realised that despite women dominating kitchens at home, professionally it was still seen as a male domain. With a thirst to prove that women too can stand their ground in the professional culinary world, Juanita soon became infamous for her decadent desserts. She shares one of her delicious menus for a hearty winter supper.

Roast tomato, red pepper and ginger soup with olive bread

Soup (Serves 4)

8 large tomatoes
1 medium onion
1 large red pepper
10 g ginger powder
10 g brown sugar
salt and black pepper
10 ml olive oil
100 to 200 ml fresh cream

Preheat the oven to 200°C. Roughly chop the tomato, onion and peppers and place in a roasting dish. Sprinkle with olive oil and the rest of the seasoning. Roast for about 90 minutes or until all the vegetables are soft.

Purée veggies in a blender or with a hand blender. Add the fresh cream to get the consistency that you prefer.

Olive bread

340 g flour
½ teaspoon salt
5 g yeast
5 g dried thyme
200 ml warm water
45 ml olive oil
10 olives, stoned and roughly chopped
6 sundried tomatoes, roughly chopped

Preheat oven to 190°C. Mix the flour, salt, yeast and thyme. Add the water and 30 ml olive oil and mix to a smooth dough. Leave the dough in a warm place for about 15 minutes to settle. Flatten the dough by hand and sprinkle the olives and sun-dried tomatoes on it. Fold over and knead thoroughly until it is well distributed throughout the dough. Shape the dough and leave to rise for another 15 minutes. Brush with the remaining olive oil and bake for 35 to 40 minutes.



Spanish chicken hot pot

(Serves 4)

- 1 medium onion, finely chopped
- 1 large garlic clove, finely chopped
- 4 large chicken breasts, cut in strips
- 4 country sausages, sliced in chunks
- 10 g paprika
- 3 medium potatoes, sliced in small chunks
- 1 litre chicken stock
- 1 large yellow pepper, chopped
- 50 g olives
- salt and black pepper
- 100 ml fresh cream
- 10 g Maizena

Sauté the onion and add the chicken breasts and sausages. Add the garlic and paprika and fry until golden brown. Add the potatoes and stock and leave to cook over a low heat until potatoes are cooked. Add the yellow pepper and olives. Add the fresh cream and cook for a further 10 minutes. Mix the Maizena with 5ml water and add to the chicken. Leave to boil for five minutes until the sauce thickens. Season with salt and black pepper. Serve with rice.

Wine: Serve with Boekenhoutskloof Wolftrap

Brown sugar vanilla syrup cake with balsamic strawberries

Brown sugar vanilla cake

- 180 g butter
- 1½ cups brown sugar
- 3 eggs
- 3 egg yolks
- 2¼ cup self-raising flour
- ¾ cup milk

Preheat the oven to 180°C. Cream butter and sugar until light and fluffy. Add the eggs and egg yolks slowly while whisking. Sift in the flour and add the milk. Fold all the ingredients together. Bake for 35 to 45 minutes.

Syrup

- 1 cup sugar
 - 1 cup water
 - 1 vanilla pod
- Slice open the vanilla pod. Add all the ingredients together and boil to a syrup. Leave to cool.

Balsamic strawberries

- 250 g strawberries
- 10 ml balsamic vinegar
- 2 tablespoons castor sugar

Slice the strawberries in half and sprinkle with the sugar and vinegar. Cover and leave for about an hour. Drain the vinegar. Drizzle the syrup over the cake and top with the strawberries.

Bon appétit!



Ditsong Museums of South Africa

DITSONG: Museums of South Africa joins the international museums fraternity in celebrating International Museums Day (18 May 2011) – whose theme is *Museums and Memory* – by publishing its iconic objects reflecting memories of the past at its museums.

All museum objects have stories to tell and memories to reflect on. As centres for cultural orientation, it is these stories that make the objects at museums meaningful.

To read these stories one must understand their language. Museum curators have learnt this language and are able to translate it and interpret the stories of the objects for the public. DITSONG is channelling all its energy to establish its eight museums as centres for social harmony and cultural orientation, for young and old. We are certain that as the custodians of some of the nations' most treasured properties, we have

a significant role to play in the social conscience of South Africans and the world. There are a number of challenges, such as security, recruitment of museum professionals, etc which we are addressing with the assistance of government through the Department of Arts and Culture. The public is however encouraged to visit our museums and experience some of the best-kept, preserved secrets of our past.

These museums are places for recreation, education and research. They are the best cost-effective places for families to visit, especially during bad economic times such as now. We are looking forward to welcoming more visitors to our museums to see and embrace our iconic objects and memories behind them.

Mr Makgolo Makgolo CEO – DITSONG: Museums of South Africa



DITSONG: NATIONAL MUSEUM OF CULTURAL HISTORY

A pair of leather sandals made by Mohandas "Mahatma" Gandhi for his political adversary, General Jan Smuts. They symbolise the mutual respect the two leaders had for each other. They were given to Smuts before Gandhi returned to India in 1914 after 20 years in South Africa. It was here that he opposed materialism and began his campaign of non-violence resistance. The sandals were acquired when the Smuts family donated the contents of Smuts' bedroom of his house at Doornkloof (Irene) to the Museum in the 1950s. There are more other iconic objects with memories to see at the museum.

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DITSONG: NATIONAL MUSEUM OF NATURAL HISTORY

Mrs Ples is the famous fossil hominid curated by the Ditsong: National Museum of Natural History (formerly Transvaal Museum) classified as *Australopithecus africanus*, discovered by Robert Broom and John Robinson in 1947 at the Sterkfontein Cave at the Cradle of Humankind World Heritage site. *Mrs Ples* is a distant ancestor of humankind and is about 2.1 million years old. *Mrs Ples* and other prominent fossils are housed in the Broom Room at the Museum. To visit the Broom Room you need to make an appointment with the curator of Palaeontology for a fee of R30 per person.

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DITSONG: WILLEM PRINSLOO AGRICULTURAL MUSEUM

The Willem Prinsloo Agricultural Museum near Rayton, Pretoria, is in possession of a 1913 J&H McLaren steam tractor from Leeds, England. It is still in a good working condition.

It was donated to the Museum in 1978 and was restored by the SA Transport Services. Nowadays this old steam giant is maintained and driven during festivals at the Museum – an impressive experience!

The next festival is the Mampoyer Festival on 4 June 2011.

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DITSONG: TSWAING METEORITE CRATER

Tswaing means "Place of Salt" in Setswana.

About 220 000 years ago a blazing meteorite entered earth's atmosphere and slammed onto the earth's crust incinerating everything within a 10 km radius. The impact formed a huge crater, 1.13 km in diameter and 200 m deep.

Tswaing is one of the best preserved terrestrial meteorite impact craters anywhere in the world and one of a few with its own saline crater lake.

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DITSONG: KRUGER MUSEUM

This house museum was the residence of Paul Kruger when he was the President of the Zuid Afrikaanse Republic (1899 – 1902). During the Anglo-Boer War a strong sympathy developed towards the Boers in Russia. The tangible tribute to Russian support for the Boers is the Bratina (fraternity cup). The artwork comprises two parts: the oval-shaped base and the Bratina proper. The base is made of the finest satin wood with fine carvings. Above the base is a typical South African landscape, chiselled out in reddish porphyry and silver figurines. There are other interesting iconic objects to see.

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DITSONG: NATIONAL MUSEUM OF MILITARY HISTORY

A very popular exhibit at the museum is the repainted Douglas C47 Dakota aircraft, which was brought to the Museum from Emperor's Palace on Sunday, 5 April 2009.

During the Second World War, the "Dak" was used by the Royal Air Force to fly supplies over the "hump" between India and China.'

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DITSONG: SAMMY MARKS MUSEUM

This Victorian mansion named Zwartkoppies Hall was built in 1885 by Jewish businessman and entrepreneur, Samuel Marks (1844-1920).

The mahogany billiard table has a slate top covered with green baize and the original billiard balls were made of ivory. The ceiling was painted by an Italian artist. Hydro-electricity was installed in 1896.

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DITSONG: PIONEER MUSEUM

Built between 1848 and 1853, the Pioneer dwelling is the principal feature on this historic site. It is one of the oldest and best preserved dwellings erected by a European settler in the old Transvaal.

The house is furnished according to the lifestyle of a Pioneer settler of the 19th century.

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All are welcome to visit these interesting institutions.



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A public entity under the Department of Arts and Culture

www.ditsong.org.za



Take care of yourself

Writer: Ongezwa Manyathi

As women we all want to be in good health. Yet, most women only go to see a health professional when they feel that something is wrong. Perhaps it's time to change that and start visiting health professionals more often. A healthy woman means a healthy world.

All women need a pap smear

You've probably heard this many times before, but a pap smear really is quick and painless. It is done to detect early cell changes in the neck of the womb, which may later progress to cancer. Cancer does not develop suddenly in the cells. There is a gradual change from normal, through various levels of abnormality, through pre-cancer and eventually to cancer. This whole process can take many years.

Who can get cervical cancer?

Women who are sexually active can get cervical cancer.

When to go for a pap smear

A total of three free pap smears will be taken in a woman's lifetime. The tests are available to all women from the age of 30, taken at intervals of 10 years. Pap smears are taken from all pregnant women, 30 years and older, and are followed up with a repeat test.

Did you know?

In South Africa, every woman is entitled to three free pap smears through the public health system – at ages 30, 40 and 50. These are available at your nearest clinic or health centre. This screening regime is predicted to reduce cases of cervical cancer by 67%.



Calcium is good for you

For years you've been told that calcium is good for maintaining healthy bones and teeth, but did you know that calcium is especially important to the health of women? Calcium is the most abundant mineral in the human body, with over 99% of the amount present being found in the bones and teeth. It is important to get sufficient calcium intake to avoid developing osteoporosis when calcium leaching is not balanced by dietary ingestion. But calcium is not only important for the skeleton, it also has a role to play in nerve function, blood clotting, muscle health and other areas.



After the age of 35, both men and women start losing calcium. During menopause, however, the rate of loss increases rapidly for women. It is therefore vital that calcium levels are sufficient during this period if women are to avoid major skeletal problems. The building of strong bones through regular calcium intake should be a priority for women from childhood onward.

The recommended daily requirement of calcium for adults up to 50 is 1 000 mg, while older adults should ingest 1 200 mg. You can get calcium from:

- dairy products
- green vegetables
- soy products
- sardines
- salmon.

Promoting a healthy lifestyle

The Department of Health launched the Healthy Lifestyles Programme to encourage all South Africans to participate in the five elements of the Healthy Lifestyle Campaign. These include good nutrition, regular exercise, not smoking and abusing alcohol and drugs and promoting safe sex. The programme tackles the dangers of obesity, an unhealthy diet and physical inactivity as risk factors, by promoting health and well-being among individuals and communities.

Save your breasts and your life

Mammograms have a reputation for being painful and because of this, women are often anxious about having one done. The mammogram is a relatively simple procedure that is regarded as the best radiographic method available today to detect breast cancer. It is ideal and indispensable for women older than 40 years, for whom the risk of breast cancer is increased.

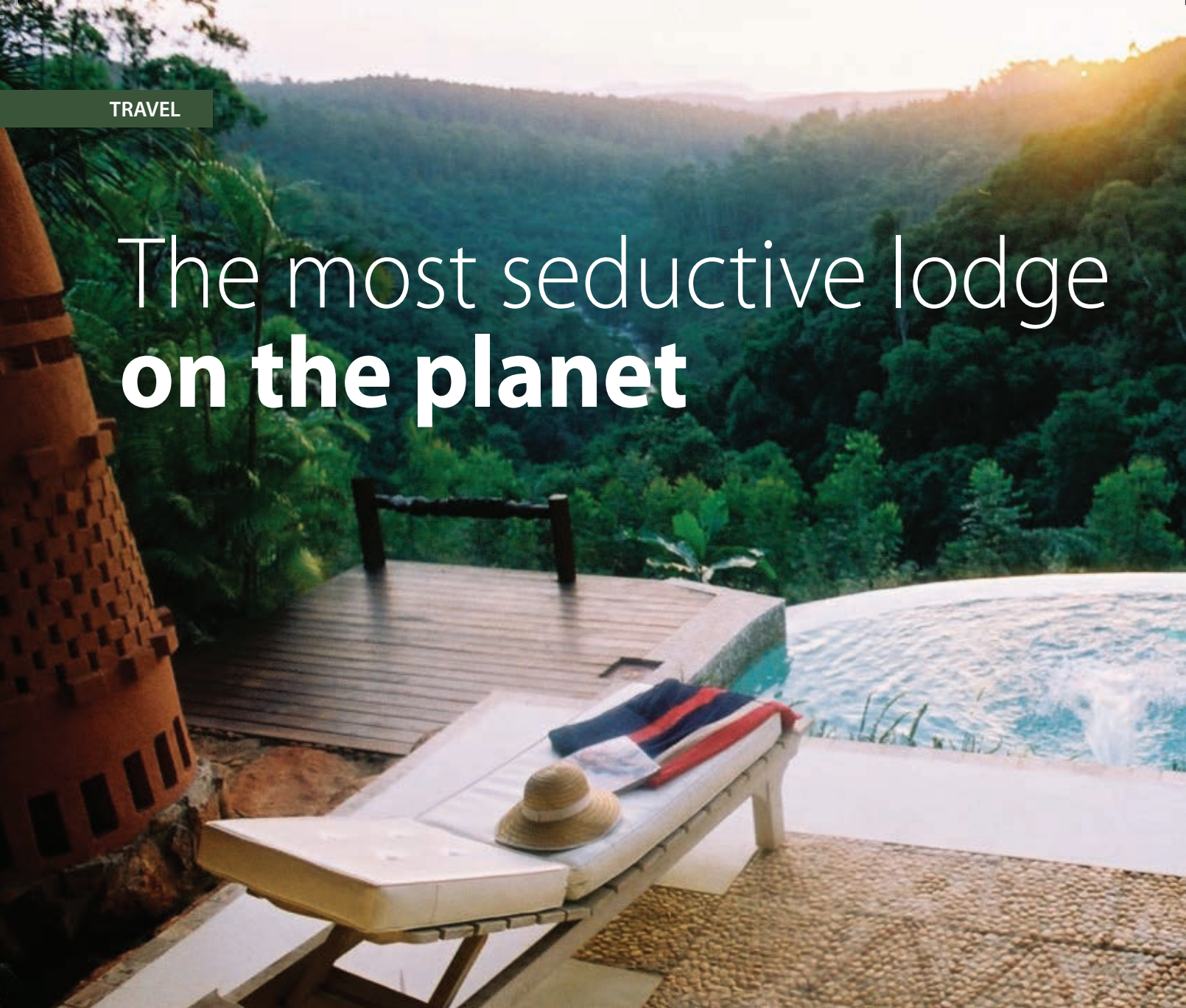
90% – The number of cancer cases that are curable if detected early and promptly treated.

Tips on getting a mammogram:

- Use a facility that either specialises in mammography or does many mammograms a day.
- Wear a skirt or pants so that you'll only need to remove your blouse for the exam.
- Schedule your mammogram when your breasts are not tender or swollen to help reduce discomfort and to assure a good picture. Try to avoid the week just before your period.
- If you are satisfied that the facility is of high quality, continue to go there on a regular basis so that your mammograms can be compared from year to year.



The most seductive lodge on the planet



Writer: Louise van Niekerk

From the moment you cross Timamoon's bridge over the Sabie River in Mpumalanga and travel high up into the hills, you realise that a very special experience awaits you. This heavenly hideout is unlike anything you have ever seen ...

In the hills of the Sabie River Valley lies the romantic and secluded Timamoon Lodge. Timamoon has its own unique style influenced by Morocco, Zanzibar and the Sahara, featuring earthy colours, exotic sculptures and strikingly unusual pieces of art.

Each individually styled thatched lodge has been created to offer an intimate and sensuous experience. Private pools, luxurious four-poster Indian beds, outdoor showers, candle-lit bubble baths, the fragrance of incense, evocative North African music and crackling log fires will soothe your senses.

Spend a quiet day on the deck of your pool with panoramic views for your eyes only. Order a picnic basket specially prepared for you by the chef, wander along the river to the small

waterfalls and engross yourself in spotting rare trees, exotic birds, buck and other small creatures. Then be pampered with an aromatherapy massage or a yoga session in the privacy of your own lodge.

Dine at night by soft candlelight in the Bali-style restaurant built on stilts alongside a small pond overlooking a tropical garden. Savour exotic food such as avocado tempura, honey-glazed quail and baked passion fruit cream with coconut sorbet prepared by top-class South African chefs and end the evening with coffee and brandy in The Temple. By day, the restaurant's bamboo blinds are rolled up, the sun streams in and breakfast is enjoyed overlooking the luscious tropical garden and distant hills.



If you can tear yourself away from this heavenly hideout, there is horse riding in the forest, hot-air ballooning over the lovely Sabie River Valley, river rafting with snacks and drinks served en route, aerial cabling and guided trails leading through scenic bush areas surrounding the lodge. You can also spend an exciting afternoon abseiling a rock outcrop or testing your quad bike skills.

Timamoon is situated close to some of Mpumalanga's most picturesque and popular sightseeing attractions. Drive to God's Window, Pilgrim's Rest or the Blyde River Canyon with its breathtaking views or spend the day in the nearby Kruger National Park for game viewing in one of the world's most famous wildlife reserves.

With total privacy and the enchantment of each of the six lodges, it is not surprising that Timamoon is fast becoming popular with couples from all over the world who are looking for a private, romantic and exotic destination.

Rates start from R2 100 per person (including breakfast and supper).



**For more information, contact Timamoon on:
Tel: +27 (0) 13 767 1740, e-mail: info@timamoonlodge.co.za or visit:
www.timamoonlodge.co.za.**

Gadgets with apps of note

Whether you're on the move, on a flight for an important business meeting, in a meeting, or at an event of sorts, the office never really leaves you. Luckily, there are a number of applications that can help you stay productive and meet your targets, wherever you are.

Writer: Gerrit Vermeulen



Take notes everywhere

You're in a meeting, at a lunch, in a conference, or just halfway between where you were and where you need to be and you need to take a note of something. This is where Evernote and Springpad come in.

Both Evernote and Springpad allow you to take notes – be it text, audio, pictures, checklists or tasks. Notes are automatically uploaded and you can view or edit them on your computer, tablet or phone. This means that you won't forget great ideas you had while out of the office or lose your notes because they somehow landed in a garbage can.

Springpad has native apps for Android, iPhone and iPad, and there's a simple web-based interface for desktop and laptop computers. Evernote provides native applications for Windows and Mac as well as for various mobile platforms.

Both offer free accounts and Evernote provides a subscription-based premium version.

Learn more about Springpad at: www.springpadit.com

Learn more about Evernote at: www.evernote.com



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Read it Later allows you to save a page from your computer or mobile device so that you can read it when you do have time. What's more, it downloads that page so that you can read it even if you don't have an Internet connection.

Learn more about Read it Later at: www.readitlaterlist.com



Tablets, tablets everywhere!

Software is one thing, but maybe you're in the market for some new ultra-portable hardware. Tablets seem to be popping up everywhere and they fit the bill quite nicely.

The iPad 2 is an obvious contender (and many would say the leader of the pack) with excellent hardware backed by over 100 000 apps designed specifically for it.

Competitors have not been sitting idly by. Acer has launched its Iconia Tab (A500), Samsung has released the Galaxy Tab 10.1 and ASUS is punting their Transformer (TF101) with its optional keyboard dock that extends the battery life and turns it into a good approximation of a netbook.

The HTC Flyer is also available and comes with a specially designed (and fairly well-integrated) pen, for those who want excellent note-taking capabilities.

Other, more affordable Android tablets are also launching, like the Huawei Ideos S7 Slim.

Of course, there aren't only Android and iOS tablets. RIM, the company behind BlackBerry, has released the BlackBerry Playbook.

Toby Shapshak, Editor of Stuff magazine says: "The BlackBerry Playbook is billed as the first professional tablet. It is smaller and lighter than the iPad at 10 mm thick and 400 g, with a capacitive touch screen, 1GHz of dual-core processing muscle and 1GB RAM. It is designed to be your BlackBerry's "big brother."

The Playbook will retail from approximately R6 999 to R7 999.

Managing Modern Relationships



Writer: Lindee Kunene

The modern, complex working life shrinks the time we ought to have to ourselves and our loved ones. Modern technological gadgets such as cellular phones, laptops and 3Gs put us in a perpetual working mode such that our social lives are diminished.

One big victim in all this is our love relationships. Our hectic lives simply do not allow us to have ample time with our romantic partners. I want to argue that perhaps it is time we outsource the management and administration of our love affairs.

I have experienced a number of relationships that come and go – the hopeful quest to find Mr Right does indeed keep one going.

What then dawned on me was, perhaps, that managing one's relationship requires the skills of a senior administrative officer. I want to argue that the combination of work and relationship demands on modern couples put so much stress on a relationship that hiring a professional senior administrative officer could be the remedy.

If indeed administration is the universal process of organising people and resources efficiently, what then stops one from engaging the services of a senior administrative officer in his/her relationship in order to have an organised couple with a flourishing relationship?

The senior administrator's main Key Performance Area (KPA) should be planning. This will assist the couple to navigate where they need to be and get things done together, without losing track of time. The second KPA is organising. This involves identifying and grouping responsibilities to be performed. An example would be identifying a gift your partner

would enjoy on his/her birthday.

The last area of performance should be coordinating and this is the critical KPA because if the senior administrator is not able to coordinate any of the activities detailed above, then there is no use for him/her.

The purpose of a senior administrator is to deliver services in an efficient and effective manner to enable the couple to achieve common goals. The couple must have authority and responsibility to control and supervise the progress of the relationship and not the senior administrator. After all, this is the couple's relationship and not that of the administrator.

One is certainly aware that there is a downside to engaging the skills of a senior administrator (finally sanity prevails). The downside is very simple and many of you have worked it out. The likelihood of the senior administrator's intervention is that he/she may end up performing other areas of work which have not been delegated to him/her, which may create further problems.

Thus, it is also advisable to always maintain an arm's length relationship (literally) with the senior administrator. But it all boils down to what the couple's common goals and objectives are.

I argue that these skills ought to be engaged at some point or another in the case of a mature relationship. This will enable the couple time to focus on the emotional, physical, mental and spiritual side of the relationship, which is often lacking.

To read the complete text of this article, go to: www.kunjalo.co.za