



Writer: Smoking Rubber

# From ugly duckling to elegant swan

**T**he previous model BMW X3 was scoffed at by the motoring public with its odd detailing and rather plastic interior. Added to its rather average off-road ability, the X3 looked like a product doomed from the word go. But sales figures proved differently. The small Sports Utility Vehicle (SUV) offering from BMW became another benchmark under the manufacturer's belt and more than two million X3s graced the world's roads before the new one was launched.

Now to the new X3 – it is a thing of beauty, the lines are more defined, the interior is top notch and it actually can go off road even though it is not a real bush basher. However, X3 owners are not real off-road freaks and they generally buy the vehicle for its higher ride height and its decent interior space. The vehicle has been tagged a mom's taxi in South Africa, where families opt for

SUVs rather than station wagons. Many motoring journals have dubbed the X3 the best product to come out of the brand in recent times. This BMW comes locally with three engine options currently: a turbocharged 2-litre diesel, a turbocharged 3-litre diesel and a 3-litre turbocharged petrol. All of the engine specifications are mated with an eight-speed automatic gearbox.

It is almost academic to talk about the luxury in a vehicle like the X3 but BMW has moved the goal posts a bit further with technology in this car. To quote marketing material of the X3: "State-of-the-art innovations from BMW ConnectedDrive mean that the driver and passengers are connected to both the outside world and the vehicle's immediate environment."

The X3 offers Internet connectivity via the owner's mobile phone using Bluetooth. This function is also available for rear passengers in those vehicles that have the optional back-seat screens.

Once again, BMW has looked at producing a vehicle that is environment-friendly. With its powerful and efficient engine, as well as the BMW EfficientDynamics comprehensive technology package, the X3 has been propelled to the top of its class.

## PRICING

MODEL	CO <sup>2</sup> TAX	PRICE
X3 20d	2 308.50	R470 000
X3 30d	3 334.50	R590 500
X3 35i	7 182.00	R607 000

# Her Majesty's finest hour

**B**ig sports utility vehicles (SUVs) are not uncommon on South African roads. Gone are the days when people bought a huge German luxury sedan to be wafted around in style – they rather opt for the height advantage and class that goes with 4X4 motoring. The top end of the SUV market is defined by vehicles like the BMW X5, Mercedes M-Class, Audi Q7, Toyota Land Cruiser and the like.

But there is one that has always been the king of the hill, the Range Rover. The Range Rover is to Land Rover a premium brand offering. It is a few hundred thousand rand more expensive than its Land Rover sibling, but you get what you pay for. The interior is crafted in the finest wood and leather that the British can get their hands on, fit for a king or should I say for a queen in this regard. Being a car that starts well over the million mark, you expect more than just cowhide and trees.

The Range Rover comes with an all-V8 line-up, which includes the superb new 4.4-litre diesel engine with a new eight-speed transmission incorporating Drive Select with Paddle Shift as standard. This unit delivers more power and torque, and improved economy. The SUV comes with a patented Terrain Response System,

which has been upgraded with new Hill Start Assist and Gradient Acceleration Control – all of which is motor-ing jargon implying that the Range Rover is one mean off-roader.

In Vogue SE guise, the vehicle comes with perforated semi-aniline leather with heated/cooled front seats, heated rear seats and a rear screen entertainment pack for DVDs and gaming. It also comes with 20-inch Style 11 alloy wheels, as well as adaptive xenon headlamps with directional lighting; all of which make the Range Rover one of the most advanced cars to grace our roads.

Range Rover owners definitely want to stand out from the crowd, so the manufacturer offers unique exterior styling to performance and lifestyle accessories.

## PRICING

MODEL	PRICE
V8 4.4 Diesel	R1 232 995
V8 5.0 S/C Petrol	R1 259 995
V8 4.4 Diesel AB	R 1 393 995
V8 5.0 S/C Petrol AB	R 1 421 995
V8 5.0 Petrol AB Black	R 1 477 995



# Conquer the

Stylist: Rochelle Malherbe  
Photographer: Duane Howard

Purple-striped knitted scarf: **R99.80**,  
**Markhams**

Viyella coat: **R4 500**,  
scarf: **R120**, **Woolworths**

Grey military inspired coat: **R899**,  
**Markhams**

Long check coat: **R4 500**,  
**Viyella House of Monatic**

Purple scarf: **R495**, **Viyella House  
of Monatic**

Red-and-white stripe shirt:  
**C-square, R595: House of  
Monatic**

Blue coat: **R2 250**, **C-square**,  
**House of Monatic**

# cold in sizzling style

1

2

#### Coats above:

1. Green coat: R1 699, Habits
2. Purple coat: R1 695, Slate
3. Camel coat: R1 990, Jo Borkett
4. Red melton coat: R1 999, Habits

O'hara, pink shoe: R952, Errol Arendz

3

4

Black ankle boots: R999, Trenergy at Woolworths

Brown boots: R595, Foschini

Black shoes with the turquoise interior: R1 100, Errol Arendz

The blue and pinkish style wedge shoe (called Stephania): R1 290, Errol Arendz

**Stockists:**  
Habits 021 671 7330  
Jo Borkett 021 418 0096; 011 883 7240  
Slate 021 421 2254  
House of Monatic 021 442 9400  
Errol Arendz 021 461 1385  
Woolworths 086 0022 002  
Markhams 021 938 1911

# Flavour in every bite

## Starter: Sundried tomato and basil tart

### Ingredients:

- 200 g puff pastry
- 100 g sundried tomato
- 50 ml olive oil
- 1 onion
- 2 cloves garlic
- 1 sprig of thyme
- 5 basil leaves
- Parmesan shavings

### Side salad:

- 200 g rocket
- 1 red onion
- 1 cucumber

### Preparation:

Roll puff pastry to 1 cm thickness, cut out 10 cm round disc shapes and bake at 160° for 15 minutes or until light golden in colour.

Slice the garlic and add to the sundried tomato, drizzle with the olive oil and thyme and slow roast in an oven for 10 minutes.

Slice the onion and cook in a little butter for five minutes until soft.

Once the pastry discs are ready, add the cooked onion and sundried tomato. Add the basil leaves and Parmesan shavings and heat until the cheese melts.

### Salad:

Slice the red onion thinly and cut the cucumber into julienne strips. Mix into rocket and add a light dressing of choice.



Writer: Samona Murugan

Executive head chef Guy Gorrie, at the renowned Hotel Izulu in Ballito, is fast becoming one of South Africa's master chefs.

At just 26, Guy is known for his organic menu and has mastered the art of fusing classic French cuisine with home-grown local produce, creating a palette filled with flavour in every bite. After completing his culinary training in the United Kingdom and America, he brought the essence of fine dining to the KwaZulu-Natal north coast. His simple philosophy, "Be passionate about food", transcends through his dishes, reassuring his guests that eating should be a fun experience. Guy shares a step-by-step guide on some of his signature dishes.



## Main dish: Norwegian salmon

### Ingredients:

4 baby potatoes  
 A small bunch of spinach  
 180 g portion of Norwegian salmon  
 A few sticks of asparagus

### Chardonnay cream:

1 carrot  
 1 onion  
 1 celery stick  
 1 leek  
 1 sprig of thyme  
 500 ml white wine  
 1 litre cream

### Preparation:

Boil and peel the baby potatoes until soft. Clean and wash the spinach and fry in a hot pan skin-side down to get a crispy skin. Pan-fry the baby potatoes and the spinach in a little butter until the spinach is wilted. Blanch asparagus in butter.

### Chardonnay cream preparation:

Mix all dry ingredients in a pan on low heat. Add wine and cook until the wine is reduced but do not dry the pan out. Add the cream and mix until creamy thick.

## Dessert: Chocolate soufflé and brandy custard

### Soufflé ingredients:

80 g dark chocolate  
 2 egg whites  
 1 egg yolk

Melt the chocolate. Whisk egg yolk until fluffy and fold into melted chocolate. Whisk the egg whites and fold into the chocolate and yolk mixture. Coat a ramekin with butter and a little castor sugar and pour the mixture in. Bake in a water bath for 20 min at 160°.

### Brandy custard ingredients:

12 yolks  
 1 litre cream  
 1 litre milk  
 1 vanilla pod  
 350 g castor sugar  
 50 ml brandy

### Preparation:

Whisk yolks and sugar until fluffy. Heat the milk, cream and vanilla pod. Mix yolk mixture into warm milk mixture. Thicken on low heat and add the brandy when cooled.

### Recommended wine to accompany the meal:

Newton Johnson 2010 Sauvignon Blanc

\* *Blanche or blanching is a cooking technique. It means to place the asparagus in boiling water, and then pan-fry it.*

\* *A water bath means the dessert ramekin must be placed inside another larger pan, which is filled with water up to the level of the ramekin (being very careful not to let the water into the ramekin) and then baked in an oven.*



# Teeing off to a good start



**M**ore golfers, men and women, are taking up the game. This is because over the years golf has become more than just a sport. It's become a stress reliever of sorts and that all important icebreaker for businesspeople and senior professionals.

Getting started with the game is not as difficult as some might think. With the right advice on equipment and a few lessons, you can fast-track your game and get out onto the golf course sooner, without the fear of becoming a good "driving-range golfer".

*Writer: Elsabe Hefer*

## The right fit

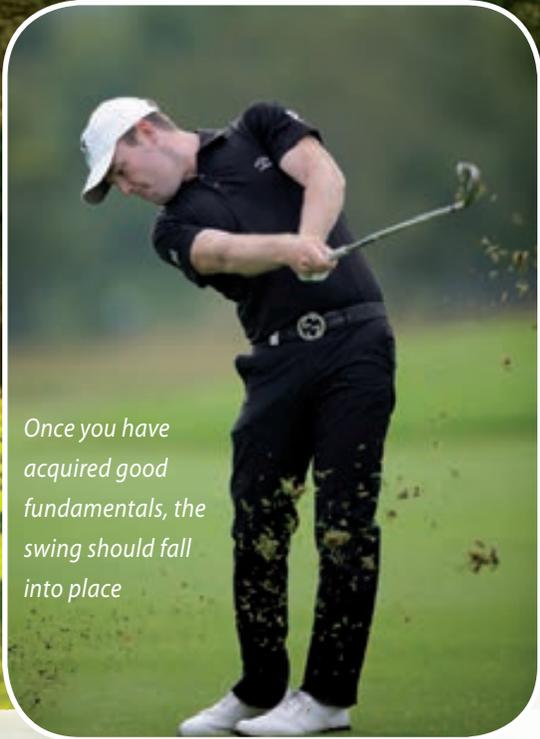
When going out to buy new equipment, it is an absolute must to consult an expert. This applies even if you know relatively little about the game as a beginner. A new set of clubs should be fitted in the same way as a suit or dress: tailor-made to fit your body shape. For instance, the club fitter will look at the size of your hands to recommend the correct size grip, and then the speed at which you swing the club to recommend the correct shaft. The make of the clubs you choose is a personal preference – but the basic idea of being fitted properly is that the equipment you use help, and not hamper your performance on the golf course.

## Getting started

One or two lessons with your local Professional Golfers' Association (PGA) professional are a must to get started in the correct manner from the outset. If you start by learning the correct fundamentals, there will be less to correct initially. Your closest PGA professional can be found on the website [www.pgasa.com](http://www.pgasa.com). Once you have identified a coach, he/she will work on a few of the basics, which will speed up your improvement and consistency if learned from the outset.

## Alignment, grip and posture

Lining up to the target properly is especially tricky, because in golf, one's eyes are aligned to the side of the target



Once you have acquired good fundamentals, the swing should fall into place

half or three knuckles visible from the front. The line that forms between your thumb and forefinger should point anywhere between your chin and right shoulder. Your right-hand palm then faces the left-hand palm, with the club primarily in the fingers of the right hand. The line that forms between the thumb and forefinger of your right hand should also point somewhere between your right shoulder and chin **(see 2)**.

### Correct posture

The posture should be athletic, with your feet shoulder-length apart. Your back should be bent at about a 30-degree angle, and your arms should hang comfortably away from your shoulders. Your weight should feel like it is in the middle or slightly more to the cushions of your feet.

**(See 3)** note that in the same posture, not all

golfers will look alike as we all have different body shapes. A good posture might also feel awkward at first but becomes easier as one goes along. A good look around a golf course will see most golfers in this position, so don't feel too self-conscious – try to get used to it.

Once you have acquired these good fundamentals, the swing should fall into place quite easily as the hard work is already done.

Good luck out there!

***Elsabe Hefer heads the Dale Hayes Golf Academy at Zwartkop Country Club and is a nominated Top 10 Teacher in South Africa.***



and not directly behind the target. Alignment can best be explained by using a railway track as an example. The club head and ball are lined up at the target, on the right-hand side of the railway track. **(See 1)** your feet, knees, hips, elbows and shoulders are lined up parallel to this on the left-hand side of the track. Therefore, the ball is always going to be lined up at the target and your body parallel and left of the target.

### The right grip

The grip is nearly always difficult to learn as it feels uncomfortable and unnatural if the club is held properly from the outset. What is important to realise is that your palms must face each other when you grip the club, and that your hands must then be allowed to move freely at the target without too much change of angle. Different hand shapes, forearm shapes and general body shapes make it difficult for everyone to hold the club in the same way. Despite this, a correct grip would have the back of the left hand facing the target, with either two and a



# Body, mind and spirit

**W**ith everything that goes on in life, one deserves to take a break and let the mind switch off for a while. Spas are places where people go to be pampered or recharged or just because they can! Either way, if you've never visited a spa, you may want to think

about taking time off from your demanding life to restore the body, stimulate the mind and invigorate the spirit.

We're fortunate to live in a country that boasts amazing spas in almost almost every province. Here are some spas to visit the next time you travel.



### **Amani Spa, Thornybush Game Lodge, Limpopo**

Amani Spa at Thornybush Game Lodge is an intimate spa experience that embraces its natural surroundings. Its holistic signature body rituals include the "Amani Spirit" – a bush bath, magnetic hydrotherapy and a copper body alignment therapy where marula oil is massaged all over the body using a specialised copper plate to stimulate circulation and energy flow.

### **Summerfields Rose Spa, Hazyview, Mpumalanga**

The next time you visit Mpumalanga, combine your trip with a relaxing, revitalising visit to the Summerfields Rose Spa. Set near the river deck, the open-air spa pavilions present indulgent and healing treatments surrounded by forested trees and the picturesque Sabie River.

### **African Stone Day Spa, Bloemfontein, Free State**

Indulge your senses at the tranquil African Stone Day Spa situated just 12 km from Bloemfontein. While you enjoy breathtaking views of the Free State, the trained team will give you luxury treatment and take the tension right out of your system.

### **Woodall Country House and Spa, Addo, Eastern Cape**

Tucked away among peaceful citrus orchards, close to the Addo Elephant Park and only 45 minutes from Port Elizabeth, Woodall Country House and Spa offers an extensive range of relaxation therapies, including aromatherapy; hot stone, African head and Swedish massages; body polishes and wraps; skincare; hand and foot treatments; and hydrotherapy.

### **Fordoun Spa, Natal Midlands, KwaZulu-Natal**

Visit the Fordoun Spa and you will be treated by a team of experts that include skilled masseurs, Reiki and bio-energy specialists, a traditional African healer and highly trained beauty therapists.

### **Mangwanani Private African Day Spa, Zevenwacht, Stellenbosch, Western Cape**

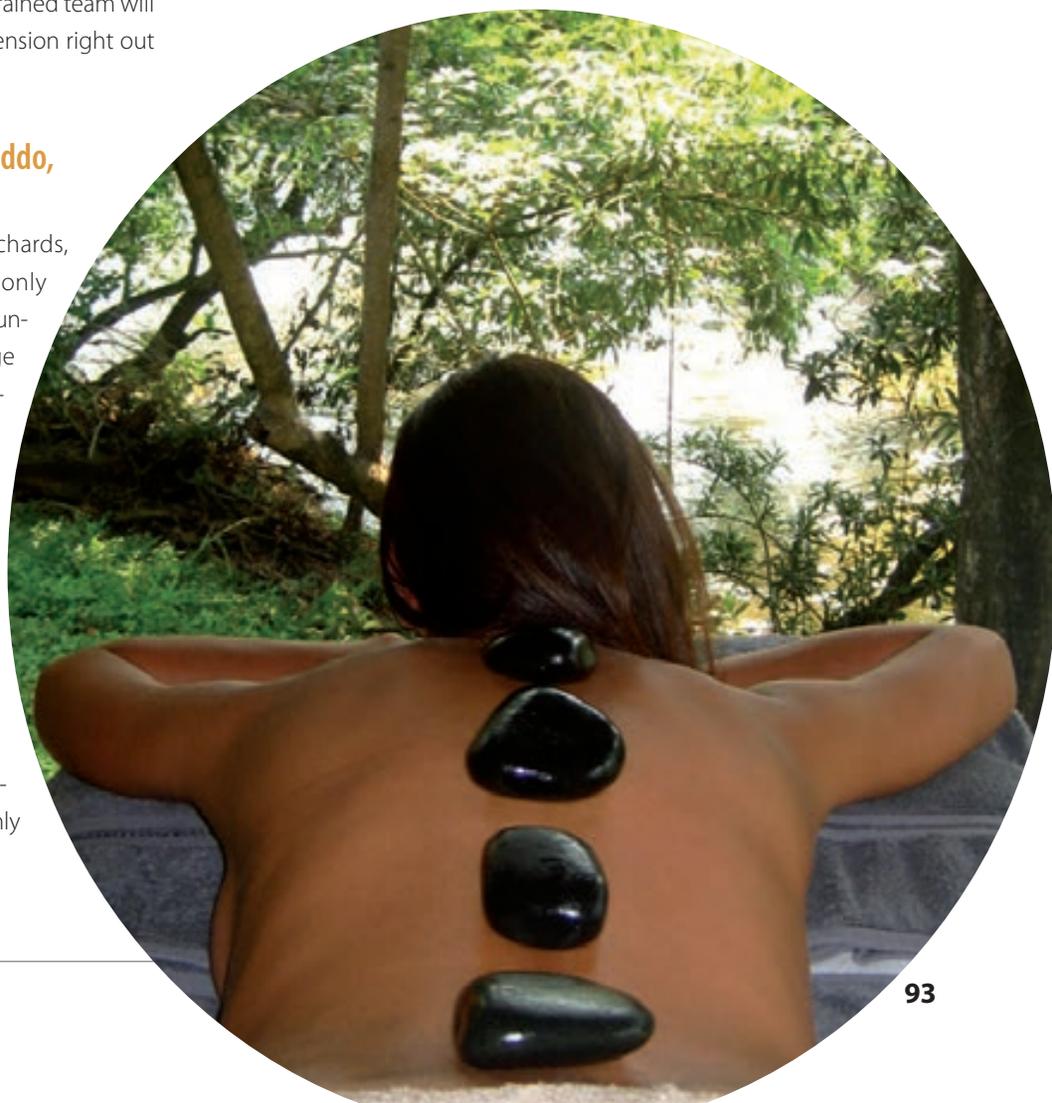
Mangwanani Zevenwacht is situated on the Stellenbosch wine route in one of the country's idyllic locales. Zevenwacht offers a panoramic view of Cape Town and surrounding areas as far as the eye can see.

### **Mount Grace Country House, Magaliesburg, Gauteng**

Spoil yourself and/or your loved one at the Mount Grace Country House and Spa. Go deep in the mountains of Magaliesburg and experience nothing but luxury, and complete peace of mind.

### **Tswalu Kalahari Spa, near Kuruman, Northern Cape**

Tswalu Kalahari Spa is designed to enhance the natural beauty of the Kalahari and take advantage of the superb climate. The outdoor treatment area is within an indigenous spa garden where guests may find the occasional antelope grazing alongside them and be lulled into a deep state of relaxation by the sound of birdsong.





## Experience the romance of train travel

**T**ravelling on a train is an experience like no other. There's something romantic – almost mystical – about travelling at a snail's pace across the country while enjoying breathtaking southern African scenery. Rovos Rail – known as the most luxurious train in the world – offers nothing but style and comfort to the traveller. The train operates two rebuilt classic trains – half of which date back to the 1920s – with a maximum capacity of 72 passengers. Once on the train, passengers can enjoy spacious and lavish accommodation and elegance in the dining, lounge and observation cars.

### **A journey through the heart of South Africa**

The nine-day Golf Safari is designed to entertain even the most discerning player. Originally planned as a scenic tourist route, the journey also offers a variety of entertainment for non-playing guests. This special journey commences in Pretoria and travels east towards the spectacular Drakensberg escarpment en route to Nelspruit. Golf courses on the route include the magnificent Leopard Creek, Royal Swazi Golf Club, Durban Beachwood Country Club, Champagne Sports Resort

and Lost City Golf Course. Non-golfers have the opportunity to go on game drives in the Kruger National Park, visit the Ngwenya Glass Factory in Swaziland, revel in fine cuisine in five-star luxury and enjoy a private guided tour of the battlefields, to name but a few.

The exclusive golf safaris depart on scheduled dates in October and December 2011, each with limited availability.

**Pullman Suite – R36 500 pp sharing | Deluxe Suite – R54 200 pp sharing | Royal Suite – R71 000 pp sharing**

### Extravagant safari travel

Rovos Rail has designed a panoramic 3 400-kilometre nine-day South African holiday route from Pretoria eastwards to Malelane, south to Swaziland and Durban, west to Bloemfontein, then southwards again through Port Elizabeth, Oudtshoorn and George to Cape Town. The tour starts with an early morning game drive through the Kruger National Park, before heading southwards to Swaziland for an afternoon game drive in Mkhaya Reserve. Next stop is KwaZulu-Natal for an early morning game drive in the Hluhluwe Game Reserve, followed by an evening in Durban. The train steadily ascends the scenic escarpment

through Pietermaritzburg and The Valley of a Thousand Hills en route to Ladysmith and Bethlehem. This route takes the train past Lesotho and the highest mountains in the Drakensberg range at 3 482 metres. The journey continues through the night into Bloemfontein, with a morning tour of the city before heading southwards overnight to Port Elizabeth for a morning visit to the Addo Elephant Park. In the morning, the train moves to Oudtshoorn for a visit to an ostrich farm followed by a rail descent down the Montagu Pass into George. After a morning visit to Knysna, the train sets off from George travelling the scenic Garden Route through to Mossel Bay and Riversdale. The next morning, after a visit to the KVV Brandy Distillery in Worcester, the journey ends in Cape Town.

The African Collage Journey departs on scheduled dates in May and November 2011, each with limited availability.

**Pullman Suite – R39 600 pp sharing | Deluxe Suite – R59 400 pp sharing | Royal Suite – R79 200 pp sharing**  
*Various other trips are on offer.*

**For more information, contact [querida@rovos.co.za](mailto:querida@rovos.co.za) or [alicia@rovos.co.za](mailto:alicia@rovos.co.za).**



# The year of the tablet

Tablet PCs are by no means new, with their history stretching as far back as 1888 and the term being made popular as a concept by Microsoft in 2001. However, only recently have these devices become relevant in the mainstream consumer space with the release of Apple Inc.'s iPad, shortly followed by Samsung's Galaxy Tab.

**T**he iPad has a 9.7" screen against the Galaxy Tab's 7" display. This is not a cut-and-dry case of "bigger is better", but rather a case of what you plan on doing with the device.

The iPad may be bigger, but it's also almost twice as heavy as the Galaxy Tab, which makes holding it in one hand for extended periods (for reading, for example) difficult.

One would think that the larger screen would drastically impact on the battery life, but many reports have shown that the iPad's battery outshines that of the Galaxy Tab. This is not to say that the Galaxy Tab's battery life is poor – it should still last somewhere in the region of 10 hours of regular use.

The Galaxy Tab comes equipped with both a front and rear camera (for video chat and photos/video recording), while the iPad has neither. Convenience may drive you towards a tablet with cameras, as you don't necessarily want to fish your phone out of your pocket or handbag with one hand while juggling a sizeable tablet in the other.

The Galaxy Tab's storage capabilities can be upgraded by means of a micro-SD card (up to 32GB), which could technically give it the same capacity as that of the biggest-capacity iPad (64GB). However, the card can be swapped with another at any point, thus offering even more storage.



**Galaxy Tab**

Writer: Gerrit Vermeulen

Applications, or "apps", are quite possibly the heart and soul of consumer-driven smart-devices and should certainly be a big concern to a potential buyer. The iPad boasts 65 000 apps specifically designed to take advantage of its larger screen, in addition to iPhone apps that can still be used. The Galaxy Tab, on the other hand, can similarly use all of the apps on Google's Marketplace, though the jury is out on how many of them are specifically designed for it.

Price-wise the two are comparable, with the Galaxy Tab hovering at the R6 000 mark from retailers like Kalahari, while the iPad ranges from R3 899 for the most basic model to R6 999 for the most advanced one.



**iPad**

Picture: Apple.com

Thoko Modise who heads up the Communication Service Agency at Government Communications (GCSIS) has her money on the iPad. "My iPad keeps me connected, it's handy, light to carry around and I can read my papers, browse social networks and watch videos. There's nothing I can't do on my iPad."

Meanwhile, Samsung Galaxy user, Neo Momodu, Chief Director: Media Engagement, also at GCSIS feels she made the best decision yet. "What I value most is that I no longer have to carry the heavy laptop bag, which has resulted in many lucrative visits to my physiotherapist. The

Samsung website describes and confirms the dimensions of the Samsung Galaxy Tab as (W x H x D) 4.74 x 7.48 x 0.47 inches. This to me translates to D=Dynamic; W=Woman; (with) H=Heightened Technology, i.e. dynamic woman with heightened technology. As a government communicator I can follow conversations on Facebook, Twitter, etc. – sites that have proven to be communication platforms that government should explore to communicate key messages to diverse and targeted audiences."

In the end, it's down to the user and what he/she plans on doing with his/her new tablet. We recommend that a potential buyer goes out and plays with both to see which suits their needs. Buyers may also want to wait for the Motorola Xoom, Samsung Galaxy Tab 10.1 or HTC Flyer as well as the Blackberry Playbook before deciding on a tablet.

*A version of this article first appeared on MyBroadband.co.za*