



Writer: Smoking Rubber

BMW's boy racer screeches into town

The long-awaited M version of the popular BMW 1 Series has finally made it to our shores. The 1 Series has not been without a performance version though, with the 135i sedan version doing the job of robot racer until the BMW 1 Series M Coupé arrived. Sharing the same twin-turbo inline, six-cylinder engine as the 135i, the M has had its power tweaked to a mouth-watering 250 kilowatts.

BMW claims a sub-five seconds 0 – 100 km/h sprint and a restricted 250 km/h top speed. These figures certainly make the new M the car to beat. This pocket rocket is the two-door version of the 1 Series and has had its body work beefed up to give it the aggressive “don’t-mess-with-me look” associated with the M badge.

With 19-inch tyres ensuring your M stays planted on the road and massive four-pipe exhausts, the aesthetics of the car ensure it is not mistaken for your run-about 1 Series. As usual, BMW has played around with the suspension with a wider track, clever diff, and latest ESP and ABS, making the car not only a straight-line racer but a track special as well. As expected from a BMW, the car feels hooked onto the road and the driver never ever feels disconnected from the steering wheel.



The steering has been sharpened and BMW 1 Series M Coupé drivers will find tight bends an absolute breeze. Staying with the boy racer theme, the BMW 1 Series M Coupé comes with a six-speed manual transmission only, which is a new gearbox with a very short M gearshift lever.

Throw in safety and luxury with all of this, and there can be no doubt that the latest Beemer offering will have mass appeal across a wide spectrum. For many M-fans the BMW 1 Series M Coupé will evoke memories of the iconic M3 from the 1980s.

It is also not all about power and speed, though; with Bavaria ensuring the new car does its bit for the environment by offering even more efficient engines. With average fuel consumption in the EU test cycle recorded at 9,6 litres/100 km and CO₂ emissions of 224 g/km, you won't find the green police flashing their blue lights at this eco-friendly flyer.

Plus it has geek appeal, thanks to the MMI technology; the latest Apple iPhone and iPod Touch can be controlled through the iDrive menu. BlackBerry owners are not left out of the loop either – they can have their e-mails displayed on the vehicle monitor via Bluetooth. ☺

Expect to pay around R600 000 for the BMW 1 Series M Coupé.



Chev keeps it in the family with MPV Orlando

The following description sums up the new offering from American car-maker, Chevrolet: "The Chevrolet Orlando is a boldly designed family vehicle that is as versatile on the inside as it is striking on the outside. One moment, it's transporting seven people in comfort, the next, the seats are down and it's full of furniture. With its multiple seating combinations, the Orlando is a supremely adaptable vehicle."

To truly appreciate the growth of this motoring sector, take a step back: the only vehicle one could really call a family transporter about 20 years ago during the pre-apartheid years with all its sanctions, was the Volkswagen (VW) "Kombi" (for those of us who are old enough to remember, it's inevitable to recall the VW advert with Afrikaans singer David Kramer chasing a Kombi up Tierkloof Pass on his bicycle!).

Post-1994 saw a flood of new and different models of vehicles into our country. One area that really took off with the economic growth of the country was the so called MPV or "mom's taxi" sector.

Defined by cars like the Renault Espace, VW Caravelle, Chrysler Voyager, Hyundai i100 and the Mazda 5, to name a few, these vehicles have the space and versatility to make family motoring a breeze. The newly launched Chevrolet Orlando has added to

the growing MPV market in South Africa.

Versatility is the keyword in this sector. The Orlando comes with the traditional bold Chev look – the distinctive front-end keeping up with the brand's "out-there" theme. With a spacious interior and seven seats, versatility is on tap, whether you need to fill your multi-seater with friends, luggage, dogs or golf bags.



Once you have settled on your seating or storage solutions, you can settle into the cockpit where a dashing dashboard and a car-like road feel will have you believe you are driving a conventional sedan.

Safety is tantamount in a sector that talks about family motoring. The Orlando uses the latest in airbag technology and incorporates six airbags: dual front airbags, seat-mounted thorax/pelvis airbags and roof rail curtain airbags to protect the necks and heads of passengers should side impact occur. The dual ISOFIX system is standard on all Orlando models – for use with ISOFIX child seats.

The two negatives that the Orlando suffers against its rivals are that it is not available in automatic transmission and offers only a sluggish 1.8 litre petrol engine. Ⓜ

The Orlando will set you back R254 400 for the LS while the higher LT model costs R295 000.

With summer around the corner, it's time to swop your heavy boots for some **lighter footwear.**



R250, Woolworths



R499, Trenery



R695, Lacoste, Spitz



R695, Carvela, Spitz



R5 900, Louis Vuitton



R250, Woolworths

Footloose

Bright spark

This spring is all about clashing colours. Add a splash to your look with one of these **fun handbags**



R750 each, Habits

R350, Lulu Belle

R1 590, Jo Borkett

R30 500, Louis Vuitton

R2 895, GABS Elzbieta Rosenwerth

R1 199, Habits

Stylist: Rochelle Howard
Photographer: Duane Howard

Making freshness the premier ingredient

Keeping it healthy, fresh and simple is Chef Hano Conradie's secret to success in the kitchen. Conradie is the executive chef at the Premier Hotel in Pretoria and believes food should promote a healthy lifestyle. After graduating from the Capital Hotel School in Pretoria, he travelled to Scotland to tackle an education learnership in food. "The secret to great cooking", he says, "is keeping it fresh, so visit your market instead of using frozen or pre-packaged ingredients." He shares one of his signature menus with us.

Writer: Samona Murugan

Photographer: Sipiwe Mhlambi, SM Photography

Watermelon, rocket and Danish feta salad

Ingredients

50 g Danish feta
50 g rocket leaves
50 g watermelon
10 ml extra virgin olive oil
10 ml balsamic reduction (or a Shiraz-infused Balsamic reduction)

Method

Wash the rocket leaves with cold water. Drain all the excess water and arrange the leaves on a plate. Cut the feta and watermelon into triangular, easy-to-bite pieces. Arrange neatly on top of the rocket leaves and drizzle with olive oil and balsamic reduction. Serve immediately, while still cold and fresh. 🍴



Grilled kingklip with chilli and mango salsa

Ingredients

180 g fresh kingklip
Fish spice
20 g mango salsa
20 g red and green chillies
1 red onion
10 g Chinese noodles
½ cup boiled Basmati rice
A few lemon slices

Method

Take the kingklip and place it in a bowl of lemon juice for a few minutes. Remove from the lemon juice and cover lightly with flour and fish spice. Gently grill the kingklip in a pan with hot oil until golden brown.

For the salsa: Chop the mango, chilli and red onion finely and add some salt and pepper to slightly season. Add 5 ml extra virgin olive oil to the mix. Slice the kingklip into three even pieces and place neatly on a plate. Layer each slice of the kingklip with the salsa. Deep-fry the Chinese noodles in oil to give it a crunchy texture. Place the Basmati rice onto the plate and add lemon slices to flavour the fish. Garnish with the Chinese noodles. 🍴



Homemade vanilla ice cream with caramelised strawberries and pineapple

Ingredients

900 g Philadelphia cream cheese
6 eggs
1 cup castor sugar
2 vanilla pods
1 packet strawberries
1 pineapple
100 g brown sugar
2 teaspoons natural honey

Method

Separate the eggs. Mix the egg yellow with the castor sugar until smooth. Fold in the cream cheese. Beat the egg whites until stiff and foamy. Fold in the whites with the egg yellow mixture. Cut the vanilla pods in half and scrape out the pips. Add to the mixture. Take a bread pan and grease with a little oil to avoid the mixture from sticking to the pan. Line the pan with cling wrap, pour mixture into the pan and leave overnight in the freezer.

For the fruit: Cut the strawberries in half and slice the pineapple in similar sizes. In a pan, gently add the brown sugar and fruit, let it caramelize and add the honey. Take the ice cream out of the freezer and slice in two equal size slices. Place the ice cream slices in the middle of the plate and add the fruits directly from the pan, while still hot. Garnish with mint leaves and serve immediately. 🍴





Good skin from

Your skin is the largest most sensitive organ of the body. It works hard to look after your internal organs, protect you from germs and keep your body at the right temperature. It's time you return the favour and do your best to protect it. Because your skin is so exposed, and because it fulfils all these important functions, it requires extra care at all times.

Here are a few tips for a good, healthy skin:

Stay hydrated

The benefit of keeping hydrated is that fluids hydrate your skin and help flush out toxins. Drink at least six cups of fluid every day – anything from water to black, green and white teas, which are beneficial for their flavonoid content.

Writer: Ongezwa Manyathi

Keep your skin healthy:

- Wash your face twice a day.
- If you wear glasses or sunglasses, make sure you clean them frequently to keep oil from clogging the pores around your eyes and nose.
- Protect your skin from the sun. Wear sunscreen with a sun protection factor (SPF) of at least 15, even if it's cloudy or you don't plan on spending a lot of time outdoors.

Quick Tip

Men and women should follow a daily basic skincare routine to keep skin problems away. This entails cleansing, toning and moisturising your skin. If you do not take proper care of your skin, you could risk developing cracks, acne, blemishes and pigmentation marks. Visit a beauty or skincare clinic to understand your facial skin type and get advice on how to best care for your skin. Knowing your skin

within



type will help you give your skin the care and attention that it needs to look its best. You can keep your skin healthy by applying good body lotion, doing regular exercise, following a healthy balanced diet, living a stress-free life and getting enough sleep.

You are what you eat

The following foods are sure to give you a healthy radiant skin:

- Organic vegetables are high in Vitamin A. These include carrots, sweet potatoes, broccoli and spinach. These are more beneficial when eaten raw or lightly steamed.
- Nuts such as almonds, walnuts and Brazil nuts help promote good skin. They are a good source of Vitamin E.
- Sunflower seeds.
- Small amounts of whole-grain foods.
- Fresh organic fruit.
- Organic, grass-fed beef, bison and poultry.
- Fish contains oils that will help nourish your skin.
- Flax seeds and flax-seed oils contain omega-three fatty acids, which promote a healthy skin.

- Extra-virgin olive oil and macadamia nut oil should be used for cooking.

What to avoid

You can do without these:

- fried foods
- greasy snack foods
- all "white" foods, including white bread, pasta and baked goods
- all high-sugar junk foods and soft drinks
- alcohol (except for small amounts of red wine occasionally). ^{PSI}

Our HERITAGE



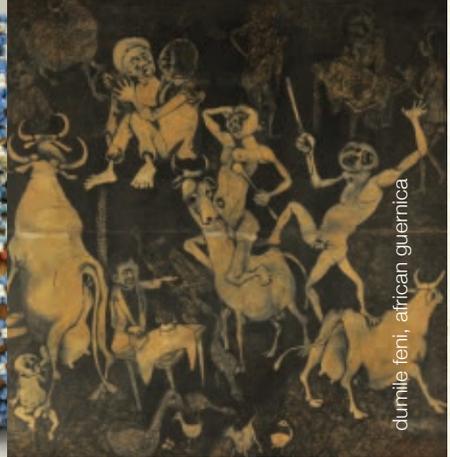
george pemba, beaded women dancing

"Aesthetic experience and the need to reflect creatively his environment and living conditions is a universal characteristic of man. No Society or Community of people is known where this aesthetic need does not exist."

Quote from Images Of Man
- E De Jager



beaded calabashes, estelle hamilton weish collection



dumile feni, african guernica



gerard sekoto, the senegal woman



george pemba, xhewu

DEFINES OUR IDENTITY

"we are because it was!"

BY THE SOUTH AFRICAN RESOURCES AGENCY

THE exciting ability to use the environment, natural and artificial materials to reconstruct and express our experiences makes us human. Artwork voices our wordless deeper feelings and makes them accessible. Jewellery as adornment may enhance, endear or frame our looks. Some objects have been layered with abstract or telling social and cultural meaning and consequently have a broader heritage value or significance to South African society. Diverse places besides museums house heritage objects, ranging from homes, churches, schools, sports halls, farms and factories to State Institutions etc. Heritage objects are not only meaningful when we interrogate the reasons and methods used to make them, their uses, their reception by people and communities, they may also have religious, spiritual, healing and aesthetic significance for the makers as well. The reality is that some objects are made simply as a means to make money and put food on the table. Not to lose sight of our valued objects South Africa mandated the South African Heritage Resources Agency (SAHRA) to monitor the movement of these objects (whether in public or private ownership) when they are loaned or exported out of our country by issuing permits. This entails putting into place proper loan agreements between South Africa and the foreign lender.

Sometimes people jokingly refer to SAHRA as a difficult lady who jealously guards South Africa's resources. SAHRA is mandated by the National Heritage Resources Act of 1999, 'to promote good management of the national estate, and to enable and encourage communities to nurture and conserve their legacy so that it may be bequeathed to future generations'. There are two classifications of Heritage objects: types of heritage objects and Specifically Declared Heritage

Objects. Any person may nominate an object or collection of objects as a Specifically Declared Heritage Object/Collection which SAHRA will assess based on particular criteria.

Some of our collections that arouse our sense of being, pain and struggle are housed at Fort Hare University because of the significant role Fort Hare played in the emancipation of South Africa. It was the first institution to offer tertiary education to Black students in Africa and has since its inception in 1916 actively sought to inspire and express the aspirations and ideals of black South Africans. Fort Hare's male and female graduates have left a unique and indelible mark on the pages of South Africa's history at home and abroad; leaving no contestation or doubt among South Africans on why Fort Hare is the custodian of choice and podium for parading some of our jewels which are inextricably bound with the struggle history of Fort Hare, a struggle of South Africa.

One of the specifically declared collections that Fort Hare curates is the Estelle Hamilton-Welsh Collection. It is made up of objects collected between 1880 and 1940 of beadwork, costumes, grass work and many other small items of Xhosa, Mfengu, Thembu, Mpondo, Zulu and Ndebele origin. Then there is the F.S. Malan Collection, which dates from the mid-1930s - a wide range of Southern African cultural objects which include beadwork, cloth, animal skin bags, etc., reflecting a wide spectrum of Southern African cultures. These were collected in Mpumalanga, the Northern, the North West and the Free State provinces.

The evocative and inspiring Contemporary South African Art Collection is a feast for lovers of fine art. It spans a wide range of fine art disciplines such as etchings, woodcuts, wood-blocks,

linocuts, serigraphs, drawings, paintings and sculptures of more than 150 artists. It is the works of internationally renowned giants such as Gerard Sekoto, George Pemba, Dumile Feni, Sydney Khumalo, John Muafangejo, Lucas Sithole, Ephraim Ngatane, John Mohl, Cyprian Shilakoe, Ezrom Legae and Louis Maqhubela and others.

The conversations that take place between the visitors who view these collections and the collections are difficult to decode because they are private. Some members of the public use them as points of reference with respect to issues of interest in the cultural practices of communities and black artists whose works were ignored under Apartheid. Students ranging from tertiary level of different disciplines study these in diverse ways. The research relevance of these collections as a resource for the Arts and Culture learning area which is part of the school curricula is big.

The collections are under the curatorship of the University which solicits the knowledge and expertise of people who understand the objects to assist in the interpretation of the variety of collections. The Contemporary Art Collection benefits from the insights of curators with the relevant professional curatorial knowledge and skills including the Fort Hare based Liberation Movement Archives. In addition, SAHRA has over the years worked closely with the University of Fort Hare and where possible, provided resources to ensure that the collection is conserved according to best practice.

INFO:

Available on our website www.sahra.org.za
Telephone: 021 462 4502
Or
Contact the Heritage Objects Officer





Top-notch bush experience

Writer: Samona Murugan

Photographs: Courtesy: Zebula Lodge

Zebula Golf Estate and Spa is the only accredited five-star golf estate, nature reserve, bush lodge and health spa in southern Africa. Situated in Limpopo, the estate sits on 1 600 hectares of malaria-free pristine bushveld.

Equipped with all the amenities of a golf resort, spa, lodge and nature reserve, Zebula is perfect for a family holiday or a business trip. From close encounters with big cats to the world-class health spa and game reserve, there is something for everyone.

The lodge boasts 20 bush chalets, 16 lodge rooms as well as six private homes with four bedrooms and en-suite bathrooms that provide luxury and elegance.

Also on the estate are 49 privately owned homes that are available for rental. The homes are unique and diverse to meet your needs. Whether you are on honeymoon, a

romantic getaway, a business trip, a team-building session, a conference or a large family getaway, there is a home to suit your needs.

Zebula also offers a wide range of attractions, including an aviary, snake and reptile park, the Crocodile Gorge, Meerkat Manor, a main and kiddies pool, a rock jacuzzi, squash and tennis courts, game drives, game walks, quad - bike safaris, horseback safaris, excellent fishing, clay target shooting, archery, paintball, volleyball and gym facilities; not to mention a legendary 18-hole golf course.

For nature lovers who are keen on an adrenaline rush, Zebula offers a unique cheetah run, during which you have a front-seat view to nature. The resident cheetahs, Taran and Luka, race every Friday and Saturday evening up to 100 km/h a mere 10 metres from guests.

Another one-of-a-kind attraction is the Elephant Interaction

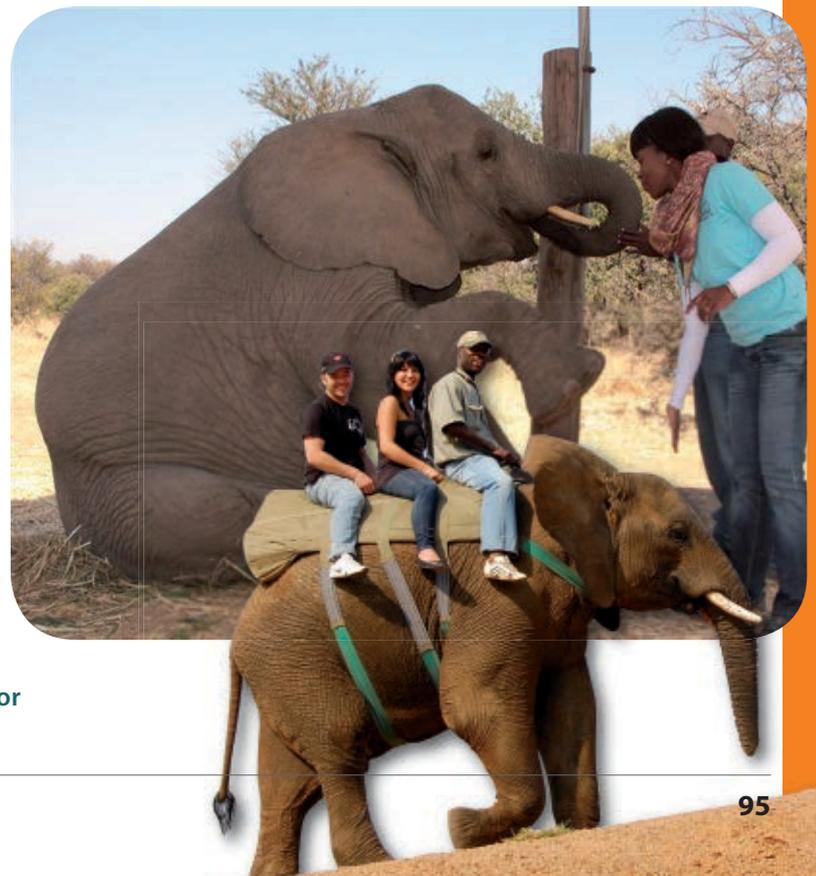


Safari during which you can experience these intelligent mammals up close and personal. The lodge also offers elephant-back wedding packages where newlyweds can literally ride off into the sunset in style. Whether it's on an elephant safari or swimming with elephants, you will be left with a unique memory.

Voted the "Best New Golf Course" in 2004, the estate's course has matured wonderfully over the past few years and is now better than ever. Why not test your drive on a true "African" golf course – with zebra, kudu or wildebeest meandering not too far away?



An escape to the Zebula Health Spa is the perfect complement to the estate. The spa offers private and double massage rooms with en-suite jacuzzis. There are seven treatment rooms on a raised deck for open-air luxurious treatments and a tranquil bird garden, which house an outdoor jacuzzi; an indoor heated pool; and a spacious steam room. Ten fully trained therapists are available daily to ensure that your desired treatment is a memorable one. The spa offers a wide range of specialised treatments to leave you relaxed and rejuvenated. Let Zebula take you on a magical African journey. 🐘



Call the hotel directly on 014 734 7700 or
e-mail: reservations@zebula.co.za.

Re-Kindle, your love for Reading

E-books and e-readers are becoming more and more prevalent. Though there is a lot of competition in the e-reader market, the Amazon Kindle is still one of the best ones available.

Writer: Gerrit Vermeulen

First, there's the e-ink screen, which not only reads like a normal book and places much less strain on your eyes than a computer monitor or tablet PC screen, but is also a joy to read outside in the sun. Tablets have a way to go before their screens are remotely as comfortable to read on as e-ink screens.

Next is the fact that it weighs about 250 g while being able to store up to 3 500 books. This means that you can, quite literally, take your library with you wherever you go and read for hours on end without your arms getting tired.

Another benefit of an e-reader is the battery life, and the Amazon Kindle offers battery life up to two months depending on usage and with wireless connectivity off. Turning wireless connectivity on will diminish your battery life, but even then you can go weeks without charging it.

What's more is that the Kindle isn't limited to only reading books supplied via the Amazon store. Books in several formats can be loaded onto a Kindle – a notable exception is that of the EPUB format. EPUB books can, however, be converted to something that a Kindle can read via programs like Calibre.

A feature that may not appeal to all, but is certainly useful, is being able to highlight sections and/or add your own annotations. These notes, along with your location in every book, can then be synchronised via Amazon's Whispersync, which brings me to my next point ...

Availability

The Amazon store boasts a selection of over 950 000 books, but these aren't

limited to only being read on your Kindle.

Applications for your PC, Mac, iPhone, iPad, Android-powered smartphone or tablet, and BlackBerry ensure that you can read your e-books on almost any platform. More recently, Amazon introduced Cloud Reader: a web application for reading your books through your web browser.

This means that you can read your books on many different devices, across various platforms, and your position is automatically bookmarked and synchronised across all of them.

Price

You'd think that it would cost a small fortune, but it doesn't. The Kindle ranges from \$139 to \$379, depending on which model you choose. This means that the cheapest model will cost you in the region of R1 100 (excluding shipping and handling).

Books are also generally quite affordable and it's not uncommon to find best-sellers for around \$10, making them cheaper than most paperback novels.

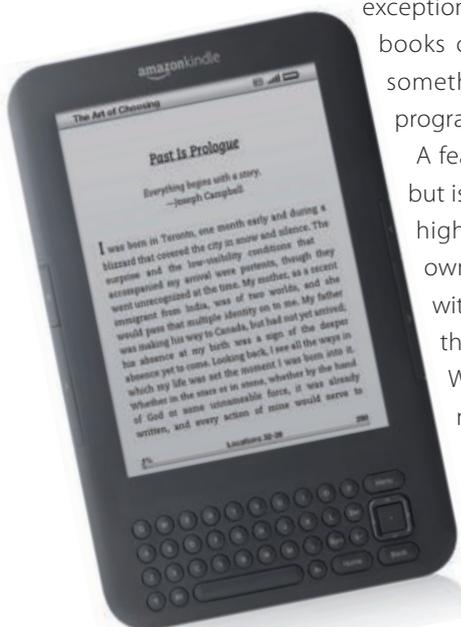
Anything else?

The Kindle also has an "experimental" web browser, which you can use to view web pages and read articles on the web.

However, a third-party service called SendToReader allows you to send web pages from your PC to your Kindle. These are then properly formatted to look and read like a normal book, turning your Kindle into your news reader as well as your book reader.

Should I get one?

If you love reading, but hate having to carry bulky tomes around, I'd recommend getting an e-reader, and the Amazon Kindle should be one of your top considerations. ☺



"Anything
else but not
your soul"

Anything else but not your soul
When hurt comes as it will always do
Let it hurt anything else but not your soul
When betrayal experienced
Let it betray but not your soul
When love fade as it will sometimes
Let it fade but not your soul

Life is full of its ups and downs
Lefts and rights
Let all rotate but not your soul

Let you not surrender your soul
Let you not be broken to the last bone
Let you not be discouraged
It is your precious soul that will keep you going

For this soul is all you have
For this soul is the real deal
Just don't lose it

Conquer deliver and win.

Ms Ouma Tema

Selfless, passionate and dynamic woman alive