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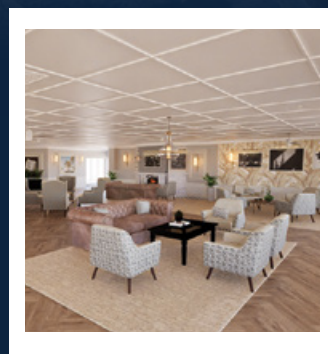
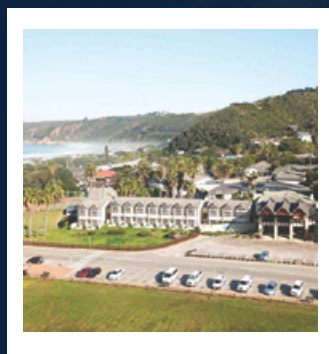
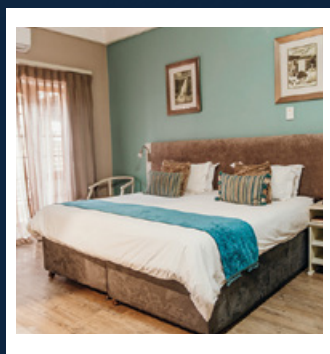
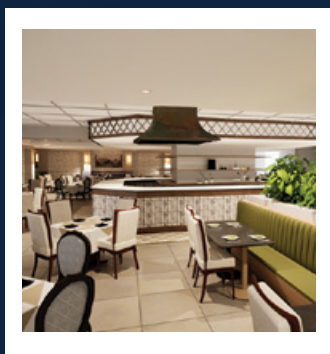
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WORLD'S
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BEST
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by S. Pellegrino & Arqua Pansa

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SALSIFY AT THE ROUNDHOUSE

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The waters around Nosy Be offer world-class diving.



Skyways is kind to the environment

Get involved in something fishy

Out here (read: the real world, where what's being reported on in the news unavoidably lands up in front of you), there is all sorts of noise. Powerful men and women blustering about their needs and profit margins and how their hubris makes sense, and court cases that sound important but never seem to end or impact the everyday lives of actual citizens.

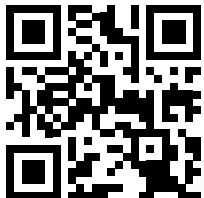
Happily, there's often an 'over there' option – sometimes metaphorical (in a closed office with a cup of good coffee and a favourite playlist) and sometimes real (as in underwater, where TVs don't work and nagging can't be heard).

In the latter category, Nosy Be and particularly Nosy Sakatia (see **page 30**) are A-list locations for submerging yourself in serenity. If you *want* company while you're down there, high-profile guests include whale sharks and green turtles – both big, bulky species, capable of obliterating you should they be in a hurry while you're hovering in the way. They're also both incredibly gentle, quiet and entirely uninterested in bothering you – unless you make an effort to annoy them.

There's a lesson in all of that. A *couple* of lessons. All of which can be considered at leisure as you float in the great wide quiet of the Indian Ocean, watching the real stars of the show do sterling work.

Have a great flight!

Bruce Dennill
Editor



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Digital ezine available from skywaysmagazine.co.za

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ISSN 1025-2657



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Printed by **novus print**, a division of Novus Holdings



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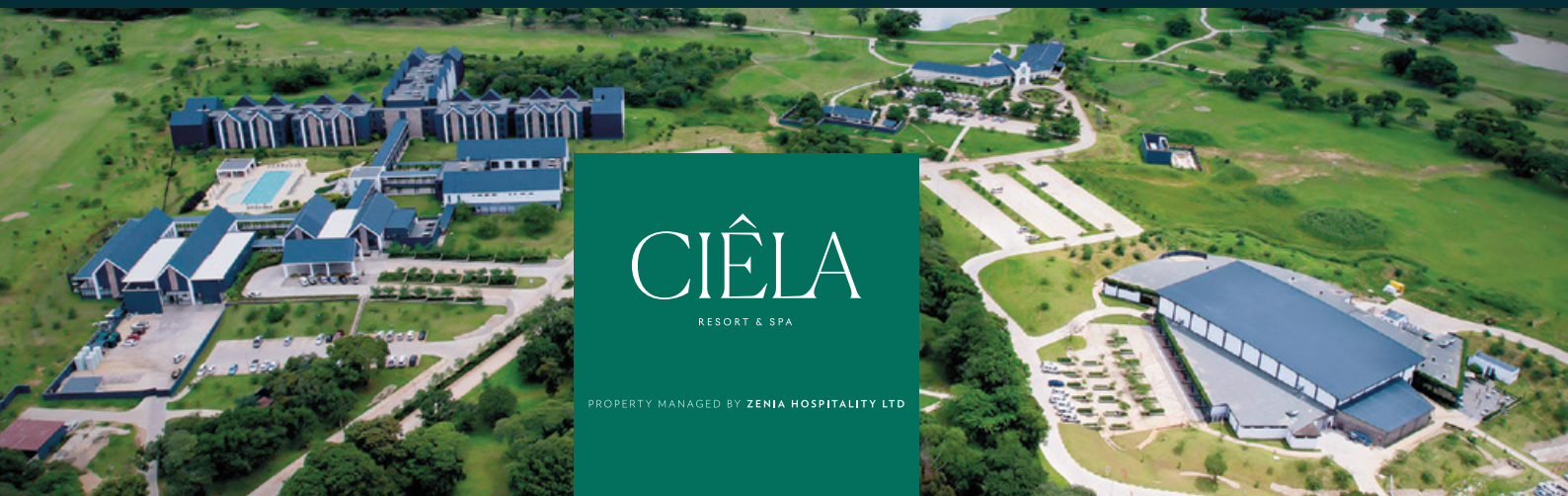
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Airlink takes flight with South Africa's future aviators

The ICAO Next Generation of Aviation Professionals (NGAP) Global Summit was **recently hosted** by the South African Civil Aviation Authority

Airlink participated in the ICAO Next Generation of Aviation Professionals (NGAP) Global Summit, represented by the Human Resources, Corporate Services and Cargo Department. The summit brought together 1,000 aviation professionals and enthusiastic learners from local schools in Durban. This summit was designed to address the industry's skills shortage and to expose learners to aviation.

The aviation industry is currently experiencing a shortage of qualified pilots, a challenge expected to intensify as air travel demand continues to grow globally. For Africa, this shortage presents both

risk and opportunity.

One of the standout discussions at the Summit was 'Enabling Talent Mobility', a dynamic session featuring Lungile Langa, Group HR Executive at Airports Company South Africa; Jesset Madunge, Aerospace and Ground Inspector; and Prosper Zo'o Minto'o, Director General at ASECNA.

The panel explored the urgent need for aviation professionals to access opportunities across borders and disciplines. Madunge highlighted a major barrier: the lack of harmonised regulations between African countries, which continues



From the runway to the classroom

Airlink Embraer 135 lands at Rhodesfield

On 19 August 2025, there was a buzz of excitement at the Rhodesfield Engineering School of Specialisation. Learners, teachers, government officials and aviation professionals gathered for the official handover of the Embraer 135 passenger regional jet from Airlink to the school.

Standing alongside Premier Panyaza Lesufi and Education MEC Matome Chiloane, Airlink Executives Dr Namhla Tshetu and Samuel Mampshika emphasised the airline's commitment to investing in education and building a pipeline of skilled talent for South Africa's aviation industry.

The Embraer 135 may have retired from passenger service, but its new role is just as important. Instead of carrying passengers, it will now carry knowledge. Airlink has gone the extra mile by also assigning two qualified aircraft technicians to the school. These experts will guide learners through

the inner workings of the jet, from hydraulics and avionics to flight control, engine maintenance and landing gear.

When people think of aviation, they often think of pilots. But as Dr Tshetu reminded everyone at the handover, the industry needs far more than just people in the cockpit. South Africa has fewer than 6,000 licensed aircraft maintenance engineers, not nearly enough for a country with ambitions to grow its aviation sector.

Premier Lesufi spoke with pride about how far the school has come. "When the idea of an aviation school first came about, we asked ourselves how we could possibly have a school right next to one of the busiest airports on the continent, and yet the learners would know nothing about the aviation industry," he said. "Today, this aircraft ensures that will never be the case."

to restrict cross-border mobility and career growth. Langa emphasised that the only way forward is through continental collaboration. Her call to action included the establishment of regional training institution hubs, the design of effective retention incentives and the creation of ethical mobility agreements that support fair and sustainable workforce movement across Africa.

By participating in the summit, Airlink reinforced its commitment to creating

pathways for young professionals. Additionally, Airlink's Human Resource Department team showcased the airline's Pilot Cadet Programme as a proactive response to the pilot shortage. The programme identifies talented individuals with aptitude and passion for aviation and provides them with training and mentorship.

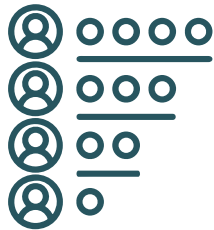
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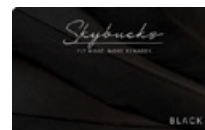
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BLUE tier



18+ sectors
RED tier



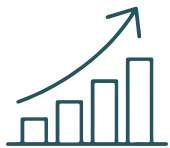
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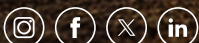
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1957

The year Dr Seuss created both
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56%

The percentage of the average person's
typing completed by their left hand.



TRAVEL

Cape of good has hashtags

Cape Town is officially a social media sensation. The city just landed a spot on a list of the world's Top 10 most TikTok-famous travel destinations, securing 10th place with over 2.3 million TikTok videos tagged

#CapeTown and more than 15 million Instagram hashtags to match.

The Bo-Kaap is a fan favourite on TikTok, thanks to its kaleidoscope of candy-coloured homes and cobbled streets. The Table Mountain cable car is made for dramatic pans and that classic arms-wide tourist shot once you're at

the top. Clifton Beach at sunset has the lighting and the location. Zeitz MOCAA's concrete curves, geometric lines and bold installations are a ready-made backdrop for transitions and walking shots with attitude. Further favourites include Kloof Street, the Promenade in Sea Point and Chapman's Peak Drive.

Source: [radissonhotels.com](https://www.radissonhotels.com)

CULTURE

High hopes

In 2025, the Cape Town International Kite Festival proudly returns with a renewed spirit and a powerful new theme: #CourageToFly. Now in its 31st year, the festival has long been a symbol of hope, resilience, and unity, and this year's event celebrates the bravery it takes to face life's challenges – especially when it comes to mental health. For the first time since the pandemic,



the festival will take place over two full days on 25 and 26 October, marking a joyful return to the Zandvlei Nature Reserve in Muizenberg.

Organised annually by Cape Mental Health, the event invites people of all ages and backgrounds to lift their eyes to the sky and take part in a shared experience that is as beautiful as it is meaningful. Each soaring kite represents not only creativity and freedom, but also the courage it takes to speak up, seek help and support others on their mental health journeys.

"Anyone can be affected with a mental health condition at any stage of their lives. The increase in mental

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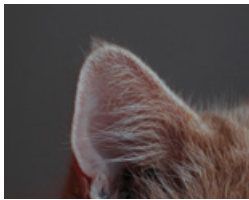


Durban, Cato Ridge, Johannesburg, P.E, Cape Town



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32

The number of muscles in a cat's ear.

1%

How much taller you are in the morning than the evening, due to intervertebral disc expansion at night.

health conditions affecting the lives of more than 16.5% of South Africans remain a public concern. It takes courage to live with a mental health condition and it takes even more courage to rise above the stigma and talk about the experience and the daily recovery journey," says Prof Dr Ingrid Daniels, Cape Mental Health Chief Executive Officer.

Source: capementalhealth.co.za/CourageToFly

SPACE

On the same wavelength

South Africa's MeerKAT radio telescope has successfully conducted very long baseline interferometry (VLBI) observations with telescopes of the European VLBI Network (EVN) – currently the world's most sensitive VLBI network. Their synergy sets a new standard for global collaboration



and significantly enhances both resolution and sensitivity, opening new avenues for scientific exploration.

The collaboration between MeerKAT and the EVN demonstrated, for the first time, how a highly sensitive, modern radio interferometer telescope in the southern hemisphere can significantly enhance the capabilities of existing VLBI networks at centimetre wavelengths. With MeerKAT contributing to the EVN observations, both sensitivity and resolution were considerably improved. This is a mutually beneficial partnership with

enormous potential for science.

The significance of this collaboration is far-reaching. It paves the way for future international partnerships that could lead to unique scientific discoveries. MeerKAT is the precursor to the mid-frequency array of the Square Kilometre Array Observatory (SKAO) in South Africa, now under construction, which is designed to deliver high-quality data products with exceptional efficiency.

Source: sarao.ac.za

CULTURE

Back in time

The Department of Tourism, in partnership with South African National Parks and with the support of the European Union, recently launched the Kgodumodumo Dinosaur Interpretation Centre. The facility is located at the site of a globally

significant palaeontological discovery – fossilised eggs of the dinosaur species *Massospondylus*, the oldest dinosaur embryos known to man.

The findings were published in a leading scientific journal and have brought global attention to the Golden Gate Highlands National Park outside Clarens, in the heart of the Free State.

The Centre offers a captivating, interactive experience showcasing this discovery, alongside an exploration of the region's rich palaeontological, cultural and natural heritage.

Source: sanparks.org



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400°C

The top end of Mercury's daytime temperature range.

70m²

The average surface area of an adult human's lungs.



CULTURE

Meet the people

The Pilanesberg region has built a reputation as one of South Africa's top safari destinations, and now a new layer of tourism places local culture, history and community at the centre of the visitor experience.

Kgosi Nyalala Pilane, leader of the

Bakgatla-ba-Kgafela, said the time had come to broaden what tourism in the area could offer. Recently the community opened two museums. One focuses on the history of the tribe and the role of traditional leadership, while the other explores Bakgatla customs, including food, cultural practices and daily life. Heritage tours

now take visitors from nearby lodges and resorts to these museums.

The heritage initiative is part of a wider plan to build an inclusive tourism economy, one that involves the community directly. "Our short term goal is to get more of our people participating in tourism," said Pilane. "That means creating jobs as guides, storytellers, cooks, crafters and anything that connects what we know with what visitors want to experience."

Source: bbkta.co.za

ENVIRONMENT

Wings of change

University of Pretoria (UP) researchers have become the first to document a disturbing new threat to the endangered grey-headed albatross: wind-driven, land-based deaths. The team documented the phenomenon



on remote Marion Island during the sub-Antarctic summer. The study, published in the journal *Marine Ecology Progress Series*, sheds light on the growing risks that extreme weather pose to vulnerable wildlife.

While albatrosses are built for speed and soaring on ocean winds, they're not as agile when flying over land in extremely windy conditions. This can cause some to crash-land, with fatal consequences, says Dr Janine Schoombie, an aeronautical engineer who holds a PhD in Mechanical Engineering from UP. She investigated the precise aerodynamics behind the

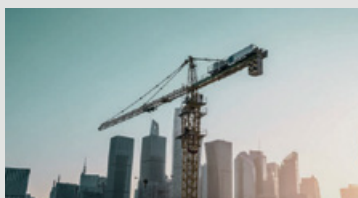


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188 decibels

The volume of the noise produced by a blue whale – the loudest of any animal.

36m

The length of the tentacles of some giant Arctic jellyfish.

unparalleled efficiency in flight of the grey-headed albatross.

"Grey-headed albatrosses have wingspans of 2.2m and specialise in gliding, not flapping," Dr Schoombie explains. "Their long, narrow wing shape is adapted for low-cost dynamic soaring flight, similar to that of glider aircraft. However, the same adaptations that make them super gliders also make their wings less manoeuvrable. Flying over land becomes riskier, particularly when they take off or land."

Source: up.ac.za



Association (SATSA). The study, the most comprehensive analysis of South Africa's domestic adventure tourism market to date, surveyed over 4,200 respondents in partnership with Wesgro through the 101 Adventures Western Cape Competition.

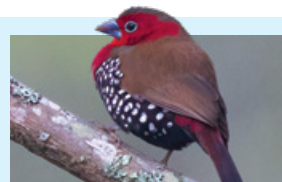
The findings challenge traditional assumptions about adventure tourism pricing and reveal a market that prioritises memorable experiences over big spending. The data reveals three equally compelling travel motivators: adventure (20.3%), relaxation (21.2%) and family time (21.1%), highlighting the multi-dimensional

nature of domestic travel decision-making. This finding suggests operators should consider hybrid experiences that address multiple consumer needs simultaneously.

Self-catering accommodation emerged as the clear preference among respondents, followed by bed-and-breakfasts and resorts, reinforcing the importance of flexible, affordable lodging options. The most sought-after activities – boat cruises, hot air ballooning, hiking, zip-lining and helicopter rides – showcase consumers' desire for variety and scenic experiences.

Across all demographics and spending levels, value for money emerged as the paramount concern, alongside practical amenities such as complimentary WiFi and proximity to natural environments.

Source: satsa.com



BIRD OF THE MONTH

Red-throated twinspot

This chunky waxbill is similar to a pink-throated one, but the male is separated by a grey crown. It is a somewhat difficult bird to locate and even more difficult to photograph. A good location to find this shy and inconspicuous bird is in the Vumba Mountains. I managed to capture this image while visiting Seldom Seen Cottages, a little birder's paradise near Mutare.

Nearest Airlink airport:
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Source: sacrp.org
dr.bobgraham@gmail.com



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Additions to the Airlink fleet are
being prepared for service

Airlink recently concluded lease agreements with Azorra, the Fort Lauderdale-based leasing, finance and asset management firm, securing 10 brand-new Embraer E195-E2 aircraft from the Brazilian manufacturer.

This marks a significant step forward, paving the way for delivery of the aircraft to take place.

Meanwhile, at Embraer's factory in São José dos Campos, near São Paulo in Brazil, production is progressing rapidly. Wings, stabilisers and fuselages have been assembled and

the aircraft are currently undergoing interior fittings and exterior painting in preparation for their test and handover flights.

Tight deadlines are being observed and the first three aircraft should be in South Africa by the end of October.

Pending South African Civil Aviation Authority (SACAA) approvals, it is anticipated that the first E2 will enter revenue service by mid-December 2025.

Text and photography | **Supplied**

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The freedom of the floodplains

Okavango Delta lodge is a node for **fantastic natural narratives**

The sound of blades whir overhead as the helicopter starts its descent. The single-engine Robinson R44, piloted by James, is the only way to get to Atzaró Okavango Camp and flying low enough to get a bird's-eye view of the floodplains, he points to a visibly excited herd of elephants making their way to a watering hole for a muddy roll-around.

Landing at the helipad, James opens the door of the helicopter as someone rushes over to the helicopter. Talk about making an entrance.

"Hi! I'm Bae!" she announces with contagious enthusiasm. "I'll be your guide!" Being the first qualified female guide at African Bush Camps (ABC), she leads the way in making inroads in what is regarded as a mostly male-dominated environment. When Bae saw an advertisement on social media for the ABC Foundation female guide programme in 2021, it piqued her interest. "As a city girl who's never left Francistown in the northeastern part of Botswana, I realised this was something I could do," she recounts. "At that point, I knew nothing about the bush, but I applied in any case."

Wanting to make an indelible impression, Bae studied as much as she could about ABC and, when the time came for her interview, her knowledge of wildlife

was only what she had read in books or viewed on television. The question of why she should be employed came up, and she played her trump card and told them all she could about ABC. Receiving the news the day after that she had been chosen was a life-changing experience. "This is my office," she gestures to the surrounding bush. "What could be better than being out in nature and doing what I love?"

Dark and dramatic

The Atzaró Okavango Camp, with only eight suites and two villas, offers sublime views over a tributary of the Okavango or a piece of nearby marshland. Teak furniture nods to the safari era of yesteryear with a writing desk, lounge area, bedroom and patio, plus a private plunge pool to round out a stunning suite. High ceilings and the clever use of browns, creams and whites create a luxuriously voluminous space.

Time seems to stand still here and losing track of what day of the week it is adds to the magic of a slow safari. Healthy, tasty meals are enjoyed in the dining area on the main deck. Don't be surprised when a herd of elephants amble over through the water with a swooshing sound and the distant call of an African fish eagle makes you feel right at home.



Later, an array of snorts cut through the air. Moody dark grey skies emit thunder and lightning and the pitter-patter of soft raindrops starts to fall on the terrain and on the game drive vehicle. A herd of buffalo around 30+ strong are all staring in one direction. Confusion has set in among the herd as the thunder has increased in intensity. A few of them, including a number of young calves, are separated from the rest and loud grunts from the adults are clearly audible.

A male and female leopard have been seen in the area and appear to be hunting in unison. Only the outline of the male leopard is visible as he moves stealthily in the undergrowth of the mopane woodland, flattening himself and briefly lifting his head to see where his potential prey is. More grunts follow as the female buffalo seek to protect their young. Will the leopards be successful? As night falls, we vacate the sighting and decide to see what will transpire under the cover of darkness.

The electric storm has created a blank canvas, but there is no sign of the creatures previously seen, not even a smidgen of a track. It's as though they were never here. We are hoping to find the leopards, as they were displaying behaviour associated with courtship – the male was inspecting a patch of grass that the female had walked past and ended up with a contorted face known as a 'flehmen grimace' as he processed her scent.

Birds and beasts

The range of water sources in the Delta ensure that guests are treated to spectacular avian displays. From the fabulous lilac-breasted rollers to the striking woodland kingfishers, there is a bird type likely to catch everyone's eye. One striking species is the green-backed heron, which is standing in a water puddle on the game path with a *platanna* (an African clawed frog) gripped in its beak.

The plains game never disappoints. Zebras and impalas are always around, with zebras being masters at acting silly by nibbling each other's buttocks. Then there are the cats that are mostly nocturnal – leopards, lions, cheetahs, African wild cats, caracals and servals – but that can also be spotted in broad daylight.

Happening upon a pride of five lions consisting of two males and three females at sunset, it's clear that one of the females is busy feeding. The rest look rather uncomfortable after having overindulged on their meal. Another female is going to have a drink of water and, as she stands up, the sun's last rays glisten in her golden eyes.

Text and photography | **Helène Ramackers**

For more information or to book a stay, go to africanbushcamps.com.



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Sent around the Bend

A **hidden gem** is the epicentre for a thrilling range of wildlife experiences

One of the many lovely things about Hoedspruit's Eastgate Airport is that it's impossible to miss whoever's meeting you after receiving a welcome message from the lodge the day before arrival – in this case, the striking pair of guide Kelle and tracker Golden. It's a short, 10-minute drive in a luxury open-top Land Cruiser to the entrance of the Blue Canyon Private Game Reserve, followed by a scenic 20-minute drive to the Leopard's Bend Bush Lodge. The first game drive starts within 10 minutes of leaving the airport – how does it get any better?

A standout facet of the 9,600ha Big Five reserve is the many large, established trees, allowing for magnificent birdlife, including over 400 species, not to mention the spectacular backdrop of the Drakensberg Mountains and the natural water sources due to the proximity of those mountains.

Leopard's Bend Bush Lodge offers an exclusive and intimate feel, with five Superior rooms in a tight circle of neat, modern buildings surrounding a lush central lawn and swimming pool, with a dining area on a raised deck under the shade of a magnificent jackalberry tree. Peace, tranquillity and the warmth of the hospitality are the first aspects of the lodge's character noted on arrival, and all are combined in an experience of unpretentious luxury.

A host of highlights

The afternoon game drive begins with a couple of groups (known as 'journeys' or 'towers' depending on

if they are moving or stationary) of giraffe. The first is mellow, many of them acting as passive clotheshorses for numerous red-billed oxpeckers, flitting around in healthy numbers. The next group is two mismatched males, almost lazily indulging in some mutual head-butting. It's surprisingly languid but also an obviously painful and literally hard-hitting pastime. Other than that, they don't seem bothered – standing, chewing the cud and peering carefully around before re-engaging.

Close by, a deep, yawning abyss of a den is the backdrop to a trio of hyena cubs from two different litters – two older and one younger. They're rambunctious, enjoying a playful rough and tumble that involves something like touch rugby ankle-tapping, but with teeth.

Sundowners are enjoyed on a low mound with a 180° vista of wispy candyfloss clouds in increasingly profound pinks. On the opposite end of the horizon hangs an (apparently) rare 'strawberry moon', which keeps things pleasingly on theme. Pinkish gins have





been only half enjoyed when, in the distance, clear as a bell, a lion starts to roar. Immediately, the romance and ambience of the cocktail-sipping session is abandoned, with two guests supporting their petition to go and seek the big cats immediately by quickly finishing their drinks on the spot.

Finding the lions in question – one adult female and two young but already brutish sub-adult males – involves arriving just after they have gorged themselves on a kill and are ready to flop down in the grass and digest their large meal. The two males walk within close proximity of the vehicle, appreciated by the guests. The sound of grass being cropped close by confirms that there is something else in the vicinity. It's a majestic white rhino, unperturbed by the drowsy predators. Bonus!

Unexpected excitement

As the sun dips below the horizon, it is time to head back to the lodge to enjoy a three-course dinner that has been thoughtfully prepared by the talented Chef Noks.

There is a slight change of plan (as there always is in the bush), though, when, close to the lodge, a large adult male lion is spotted, his huge head balanced on giant paws, remarkably unbothered by the vehicle. To let all the creatures in the area know that he is the king of the bush, he roars for a minute from his prone position – a sound that resonates right through you and one which you dream of hearing again!

A thrilling evening's game drive is then supplemented by a spotted eagle owl and a thick-tailed mongoose. But that's not all: there is a sighting so remarkable that it threatens to eclipse all that has come before – an armadillo snuffles and shuffles his way out of Golden's spotlight and into a thicket. This truly magical sighting is one which not many guests are fortunate enough to experience.

Back at the lodge, there are warm welcome cloths and dinner, with more culinary magic, is served beside a log fire. Then, with a whiskey in hand, staring into dying embers of the fire becomes a warm and wonderful way to round off the day.

Delight scaled up

After a good night's sleep, an early start the following morning means it's cold, but guests are spoilt with ponchos, blankets and hot water bottles to make sure that they are toasty and comfortable.

The cliffs of the Northern Drakensberg dramatically frame the glowing furnace of the winter sunrise. The next stop is next to a small dam for the lodge's famous Mocha-Choca-Rula, a Leopard's Bend specialty, served with homemade crunchies while enjoying the sounds of the bush as it comes alive. There are three hippos that keep watchful eyes and show their curiosity by disappearing under the water and popping up again every few minutes. A crocodile appears out of nowhere, enjoying the rising temperature from the sun as guests re-embark on the vehicle with excitement, ready for the next adventure.

A message is received on the radio – a pangolin has been spotted! All other plans are forgotten. When we reach the sighting, we see that the animal is a little off the road. Given how highly endangered these beautiful creatures are, it is an incredible privilege to see a happy individual in such a highly protected area.

The Leopard's Bend Bush Lodge, together with the Leopard's Bend Wildlife Foundation (NPC), is driven by the owner and founder, Garth Wolff, to create awareness of the immense commitment conservation requires to ensure the protection of the endangered species on the Blue Canyon Private Game Reserve.

Text and photography | **Supplied**

For more information or to book a stay, go to leopardsbend.com.



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Turning turtle

New!

Sakatia Lodge now offers four luxurious glamping tents, a first for the Nosy Be area. They are spacious and have a fantastic view of the bay. Each tent has two ceiling fans, a king-size bed and a single bed to accommodate three guests comfortably.

Quiet, friendly island is a **peaceful haven** and a diving and snorkelling paradise

Nosy Sakatia is a small island, shaped (more or less) like a hand mirror, off the west coast of Nosy Be. On a beach in the corner where the peninsula that forms the 'handle' joins the main part of the island, dominated by the bulk of the Ambohibe Sacred Mountain, sits Sakatia Lodge, a family-friendly venue that could hardly be better placed for visitors who want to explore the natural beauty of the area.

search of different creatures. There are over 20 dive sites, between two and 40 minutes' travel time from the lodge and all experience levels are catered for.

The lodge's location gives visitors direct access to an incredibly special attraction. Vast seagrass meadows right in front of the venue host a population of green sea turtles. Some of them are huge and very old. It has been estimated that there is a population of at least 80 individuals (more or less 50% males, 50% females) thanks to photo-identification – around 80% adults and 20% juveniles. It is possible to snorkel with these peaceful, fascinating animals the whole year round. The seagrass area hosting the turtles can be considered a turtle reserve and efforts to create a marine protected area managed by the local community are ongoing.

There are bigger returns too. Between July and November, a whale-watching trip offers a good possibility of seeing humpback whales up close. Often, encounters with these majestic animals occur with females with their calves: the adults migrate to the warm water around Madagascar to raise the youngsters.

Between September and November, snorkelling trips with small groups provide the opportunity to see whale sharks. The gentle giants in this area are normally juveniles or young adults, and following strict rules of engagement makes it possible to swim fairly close to them – an unbelievable experience.

On the island, the lodge's range of bungalow accommodation, including a brand-new glamping option – luxury tents under ravinala leaf roofs, pitched on concrete floors – means simply relaxing, with an occasional trot down to the beach for a swim or to the dining area for a meal or a drink. And hiking around Sakatia's interior is also an easy and satisfying activity.

Invest offshore

But not surprisingly for a small island, it is in the ocean around Nosy Sakatia that so much of the destination's most precious treasures lie. It is heaven for divers. Water temperatures range from 26-30°C and undersea topography here includes coral gardens with pinnacles and plateaux, sponge gardens and sandy seabeds ideal for muck diving (searching for small, unusual sealife on the bottom).

Influenced by the tides, you can experience drift dives and big schools of fish or quieter dives in



How to get there

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All decked out

Sailing safari on Lake Kariba offers a sparkling new perspective on a gorgeous wilderness area

The wind tugged gently at our sails as we glided across the vast, shimmering waters of Lake Kariba. Ahead, the rugged peaks of the Matusadona National Park framed the horizon, a promise of adventure waiting to unfold. This was no ordinary safari. Our family of four was on a unique three-night sail safari, blending the tranquillity of sailing with the untamed beauty of the Zambezi wilderness.

The adventure began at the harbour where we met our skipper, a seasoned Kariba local with an obsessive love of the lake and all its inhabitants. Our yacht – a spacious, beautifully crafted 30-foot Wharram Tikki catamaran – designed specifically for Kariba, offered utility, comfort and a sense of deep connection with the surrounding nature. It also really looked the part. It was clear from the start that this was going to be an intimate experience, allowing us to immerse ourselves fully in the rhythms of the wild.

Lake Kariba is the world's largest man-made lake by volume, straddling the old course of the Zambezi between Zimbabwe and Zambia. It is a watery



wonderland teeming with life, from pods of hippos lazing in the shallows to elephants bathing playfully in the water (they love to swim). Fish eagles called above us as the catamaran sliced through the glassy, bath-warm, crystal-clear water, their haunting cries echoing across the sky. The children took to the boat immediately, lounging on the trampolines and sitting in the netting between the two hulls in their swimming costumes to get splashed by passing waves as the boat skimmed its way across the 30km-wide eastern basin to the Matusadona shore.

The Matusadona mountains were mirrored in the water as we glided silently along the national park's shoreline. Before long, we spotted three young male elephants emerging from the treeline, their enormous frames moving quietly but with unexpected haste as they made their way down to the water's edge, then straight into the water. That is when the show began. Three young bulls with no responsibilities have all the time in the world to splash about and roughhouse

“We returned to the boat as the sun melted into the horizon, painting the sky in fiery hues of orange and pink, and sailed to a nearby sandy island where tables and chairs were set up on the pristine sandy beach for sundowners.”





in the warm water of a balmy Kariba evening. No photograph or video could ever do justice to the show they put on as the golden Zambezi sun went down behind this elephantine bathtime.

Walk in wonder

One of the most exhilarating aspects of this sail safari was the opportunity to step off the boat and explore Matusadona National Park on foot. Unlike traditional safaris, where you observe wildlife from the confines of a vehicle, walking safaris bring visitors eye to eye with nature in its purest form. Guided by a ranger direct from the boat, we walked up the grassy plains and into the Matusadona bush, stopping to see a buffalo carcass and numerous impala and zebra.

We returned to the boat as the sun melted into the horizon, painting the sky in fiery hues of orange and pink, and sailed to a nearby sandy island where tables and chairs were set up on the pristine sandy beach for sundowners. Dinner was simple yet sublime: fresh-caught Kariba bream with vegetables and a glass of white wine to the accompaniment of grunting from the hippopotamus night shift shuffling past to graze.

We slept under the stars that night on the deck, the catamaran secured in a secluded bay, gentle waves lapping at the boat hulls. The air was filled with the symphony of nature – distant lion roars, the chatter of night birds and the occasional splash of a hippo returning to the water. We stared into the vastness of the starlit sky. With no city lights to compete, the Milky Way stretched above in dazzling clarity, and somewhere along the way, each one of us faded off to dreamy sleep.

No safari is complete without an element of the unexpected, and the sail safari delivered in ways never anticipated. We never imagined the simple thrill gained from taking the helm under the skipper's encouragement, feeling the boat ghosting through the

water with the wind. Pulling this and that rope to get the sails trimmed just right, then tacking and doing it all again in the other direction or having to adjust as conditions changed. There is surely some deep metaphor for life here, but everyone was too relaxed to work out exactly what it was.

Dreamlike delight

As the final morning dawned, mist curled over the lake, giving the landscape an ethereal quality. There was time for one last game walk, tracing the spoor of a leopard that had walked through the sand during the night. Though the elusive cat was never seen, the knowledge that it was nearby added an extra layer of thrill to the adventure.

Setting sail to return, our hearts were content. We had come seeking adventure and found it in abundance – each moment a brush with the wild, each day a reminder of the magic that exists when we allow ourselves to truly connect with nature.

This three-night sail safari on Lake Kariba was more than just a getaway; it was a journey into the heart of Africa's wilderness. It was a lesson in patience, respect and the art of slowing down to appreciate the world around us. Most importantly, it was a shared experience – one that brought our family closer as we navigated the waters and trod the soil of one of the last true wildernesses.

Stepping back onto the sand at Hall's Beach, reality beckoned, but the spirit of the wild remained. Lake Kariba had cast its spell, and we knew we would return someday, drawn once more to its untamed beauty and the life-changing adventures it holds.

Text | **Ant Brown** Photography | **Ant Brown** and **Shutterstock**

For more information on sailing safaris with Sail With Elephants, go to sailwithelephants.com.



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A culture with character

Island destination is not the stuff of brochures, offering instead a **gorgeous concoction** of beauty, adventure and warmth

There's a reason Nosy Be isn't overrun and it's not the lack of beauty. In a world of meticulously packaged beach holidays and destinations engineered for easy Instagram moments, this Indian Ocean island does things differently. It doesn't follow the rules of mass tourism – and for the traveller who values character over convenience, that's its appeal.

Forget glossy travel brochures and over-filtered drone shots. Nosy Be isn't about curated sunset cruises or perfectly timed beach cocktails. It's about what happens in between: the scent of ylang-ylang on the breeze, a quick turn down a sandy path where kids are kicking a ball between fishing boats or the unexpected pulse of drums announcing a festival you hadn't planned on attending. This is a place that reveals itself slowly to those willing to lean in and let go of the checklist.

Nosy Be has plenty of beaches – stretches of soft sand, warm turquoise water and little offshore islands. But it's what happens away from the shoreline that makes it memorable. Spend a morning winding through the forested interior and you'll come across ancient sacred trees festooned with strips of cloth, offerings placed at their roots. These are living landmarks, respected by locals who believe the spirits of ancestors gather here.

Elsewhere, aromatic ylang-ylang plantations carpet the hills, their perfume hanging in the air. Unlike other Indian Ocean destinations that have pivoted entirely to tourism, Nosy Be retains its agricultural soul. Coffee, pepper, vanilla and cacao grow in abundance and you're never far from a market where these are traded alongside seasonal fruits and woven raffia baskets.

Life lived to the full

The island's culinary culture has quietly evolved in recent years. It's not unusual to find a modest beach shack dishing up a French-Malagasy fusion menu featuring freshly caught tuna carpaccio with lime and *sakay* (local chilli paste). One Italian expat runs



a gelateria on the beachfront that has earned a loyal following.

Some of what makes Nosy Be engaging isn't its list of activities but its unpredictability. Plans bend with the weather, tides or perhaps an impromptu public holiday. A dive trip might turn into a dolphin chase. And a village visit could stretch into a full afternoon as you're invited to share grilled *zebu* (local beef) and rice with a family you just met.

There's a sense of playful improvisation here. Rental sedans exist, but most locals and seasoned visitors get around on tuk-tuks, sometimes pausing for chameleons crossing the road. It's an informal, slightly anarchic way to travel, and it feels suited to the island's personality.

While well-known spots like Lokobe Reserve and Nosy Komba get all the headlines, it's the lesser-known corners of Nosy Be that leave a lasting impression. A small, unnamed beach accessible only at low tide might host a spontaneous village wedding. A forest clearing could transform into a *tromba* ceremony, where ancestral spirits are believed to possess dancers, their movements urgent and hypnotic against the backdrop of pounding drums.

One of the most vivid experiences is witnessing how seamlessly everyday life blends with the island's natural surroundings. Fishermen paddle dugout

pirogues just offshore at dawn, while children play barefoot soccer nearby. Cattle egrets and kingfishers dart between mangroves. The landscape feels inhabited rather than staged.

Indefinable appeal

Perhaps the most valuable thing Nosy Be offers is its refusal to be neatly categorised. It's not a pure luxury escape, though it has its share of high-end lodges. It's not an adventure hub, though you can dive with whale sharks, explore crater lakes or quad bike through the bush. It's not a cultural tour de force, yet it offers rituals, dances and traditions that have barely changed in generations.

It's all these things in small, generous portions, woven together by the warmth of its people and the steady pace of island life, that make Nosy Be wonderful to visit. It's a destination that defies the checklist mentality and rewards those who arrive curious and leave sun-kissed and content.

Nosy Be isn't just another island holiday. It's an experience stitched together by the small, unrepeatable moments you'll never find in a brochure.

Text | **Harriet Millson** Photography | **Shutterstock**

For more information or to book a trip to Nosy Be, go to madagascat.co.za.

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Close to home

Exploring and holidaying locally can have numerous advantages

Local tourism is becoming a preferred option for travellers seeking to explore gems in their own backyards. The ever-increasing cost of international travel is a major factor driving more people to explore destinations closer to home. On the flip side, local travel tends to be more affordable by skipping the costs associated with currency exchange fees and visas.

Time constraints are another reason for the surge in local tourism. Not everyone has the luxury of taking extended vacations, especially when juggling work, family and other commitments. Long-haul travel often requires taking significant time off. But with local travel, even a long weekend can be enough to recharge and explore.

From outdoor adventures to cultural festivals, there's so much to see locally that often goes unnoticed. Whether it's a lesser-known hiking trail, a charming bed and breakfast or an off-the-beaten-path destination, local treasures create new travel experiences that rival those found abroad.

Travellers who opt for local destinations can help revive these communities by spending their money close to home. The influx of tourists in local areas boosts small businesses and creates jobs for residents. There's also a growing sense of responsibility to

support local economies. Travellers are choosing to spend their vacation money at local hotels, independent restaurants and community-based attractions.

Convenient and climate-friendly

Travelling locally offers unmatched flexibility and convenience. Planning an international trip often requires months of preparation, from securing passports and visas to co-ordinating flights, accommodations and itineraries. With local travel, you can bypass much of this hassle.

Local travel also gives you the flexibility to adapt your plans on the go. Packing light, skipping the airport and avoiding long customs lines makes local tourism not only more appealing but less stressful.

Social media has sparked a rise in local tourism. Travel influencers and bloggers have shifted their focus to showcasing nearby destinations, capturing stunning photos of local landscapes and promoting staycations. Platforms like Instagram and TikTok have made it trendy to explore your own country and hashtags like #staycation and #localgetaway have gone viral.

In addition, the 'slow travel' movement, which emphasises immersive and thoughtful travel, has gained traction. This trend encourages people to spend more time in one place, engaging with the local culture and truly appreciating the environment.

As global concern for climate change grows, people are increasingly looking for ways to reduce their impact while still enjoying travel. Sustainable tourism is becoming a growing trend among eco-conscious travellers. Exploring nearby destinations means you can reduce the use of disposable plastics, limit energy consumption and support eco-friendly accommodations.

Text | **Samuel Nassimov** Photography | **Alexander Narraina**

Samuel Nassimov is MD of Premier Hotels. For more information, go to premierhotels.co.za.



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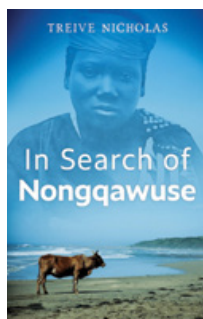


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In search of history

New book delves into the mysterious life of **Xhosa teenager Nongqawuse** and the devastating Cattle Killing of 1856-1857

On that occasion, I'd been mesmerised by the waves and valleys of rocks and red sand while listening to Radiohead's *Bulletproof*. On this occasion, all I had to accompany me was the white noise of Pratt & Whitney jet engines and fellow passengers in muted conversation.

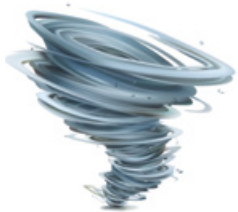


With boyish enthusiasm, I pressed my nose against the aircraft window until I left a sweaty oval signature on the glass. Now I could view the verdant Garden Route snaking up the coast in a narrow corridor between the sea and the sharp angular mountains to the north. A thin white line of surf hugged the seashore as the waves of the Indian Ocean fractured on the coast with powerful, metronomic frequency. Every now and again, gaping silvery river estuaries punctured the shoreline, the route of their sweet water meandering back into the interior and a source high in the mountains.

Hopping across the aircraft's central aisle to the vacant seats on the other side, I gazed at the panoramic view of the Little Karoo, landlocked by mountains and stepped escarpments. There was barely a birdbath of water in sight. It was visibly arid and flat, so static and dry, in marked contrast to the vast rhythmic ocean three aircraft seats to my right.

As we landed at King Phalo Airport, I was disappointed to see that the pristine sun of Cape Town had been replaced by thick, low cloud. After collecting my luggage, I looked out expectantly over the car park for my host, but no one seemed to want me. Soon, all my fellow passengers had dispersed, transported by loved ones and colleagues to homes and executive hotels. The temporary flutter of excitement after a plane's arrival soon dissipated in the balmy breeze. Now it was just me, a luggage porter and a couple of small birds squabbling over a fence post.

I used my time to reflect on King Phalo, whose name was written large on the utilitarian building. When he, the last chief of the united Xhosa people, had died in 1775, he could never have guessed he'd have an airport in East London named after him. For starters, East London did not exist in the 18th Century. The city had mushroomed in size and importance since its establishment in the 19th Century, a centre mainly intended to offer respite to the British army and new European settlers as they combated the climate, the terrain and the amaXhosa in and around Qonce (King William's Town) and the Transkei region to the east. I, for one, thought the king deserved the recognition, as the last monarch to rule a united people. After his demise, his jealous sons had permanently split the family into the Rharhabe and Gcaleka clans – and boy, was this to cause them major headaches in the following century. Successive waves of encroaching European administrators, armies and settlers found



1,200

The number of tornadoes occurring in the US annually.

10

The number of 4GB hard drives used to store the whole early Google search engine.

this division among the amaXhosa people useful and exploited it during the 100-year Frontier Wars and at the negotiating table. Splits and divisions hardly ever strengthen anyone, and this was no exception.

As I concluded my reflections on the genealogy of the amaXhosa and on Phalo's status, my host – Dr Patrick Hutchison, or Hutch, as he preferred to be called – rushed over and greeted me warmly. It was a frenetic start to our relationship as he apologised for being late while pumping coins into a parking meter. We forfeited the ubiquitous formality of shaking hands or touching elbows, and I was only confident he was my correct host courtesy of a poor image of him on Google Images. I had also gleaned that he was an eminent doctor in the area, focusing on general practice. He was in his late fifties or early sixties, full of youthful enthusiasm and breaking into a beaming grin from time to time.

We had never met before, but we hit it off from the moment the first coin hit the metal bottom of the parking meter. Our mutual interest in Nongqawuse and amaXhosa history in the Eastern Cape was an immediate and invisible bond. He asked me what my priorities were, but it was soon evident that

he had organised everything already; an itinerary was drawn up and a *vakasha* had been prepared. I should say *vakashas* had been prepared – that is, not one but two – and I did not even know what a *vakasha* was. Hutch explained gleefully that this was the isiXhosa word for an expedition or adventure into the bush. I'd thought I was on a pilgrimage, not a *vakasha*, but I'm all for an adventurous pilgrimage. Along with other Border History Society enthusiasts, Hutch had arranged to take me to the important historical sites I had asked to visit – but, as he explained, they would likely as not involve plenty of adventure en route, since the sites might not be easy to find. How true that prediction turned out to be! He'd got everything organised – all I needed to do was pay for the petrol. We had a deal. All being well, we were going to find the graves of Nongqawuse and King Hintsa, the memorial to the Cattle Killing and other historical titbits. I felt like a youth on a blind date.

Text | **Treive Nicholas** Photography | **Mel Fotografie**

In Search of Nongqawuse by Treive Nicholas, published by NB Publishers, is available now. For more information, go to nb.co.za. This excerpt published by permission.

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Radio waves of unknown origin have scientists puzzled

Fast radio bursts originating from outside the Milky Way were first detected almost 20 years ago. **But what are they?**

You would think they would have been harder to miss: unimaginably powerful bursts of cosmic radiation, so bright they can blast our radio telescopes from billions of light-years away and occurring perhaps as often as a thousand times a day.

interesting



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Very Interesting #83.

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But fast radio bursts (FRBs) went undetected until 2007, and despite a decade and a half of investigation, remain one of the most enticing mysteries in astrophysics. Recent studies are providing new and promising hints about their origins, while at the same time illustrating why these cosmic firecrackers are so confounding in the first place.

When I first started hearing about FRBs in seminars, the big question wasn't so much: "What astrophysical source is causing this?", but rather: "Are we sure this isn't just a blip in the machine?"

After all, whatever it was, it looked pretty suspicious. An FRB is a burst of radio radiation that lasts around a millisecond and spreads out in frequency in a way that looks an awful lot like a blip from a pulsar (a rapidly spinning core of a collapsed massive star, known as a neutron star, that's left after a supernova explosion).

The thing is, FRBs don't come from any known pulsar, don't repeat like a pulsar and are apparently far more powerful than any pulsar pulse we've ever seen. To make matters worse, for years there was only one telescope – the Parkes Observatory in Australia – that had seen any FRBs at all. The debate got even more heated when it was discovered that some fraction of FRB-like bursts seen by Parkes were not from astronomical sources.

Called 'perytons', these bursts had always been suspected to be of terrestrial origin, but the case was closed after some clever detective work led by astronomer Dr Emily Petroff. She and her colleagues showed that perytons were strongly correlated with local lunchtime and were, in fact, radiation



"It's still possible that fast radio bursts are more than one kind of thing."



leakage from the observatory microwave when the door was opened too early. Could FRBs also be some kind of technological mistake?

It eventually became clear that FRBs are definitely coming from the distant universe. More radio telescopes were configured to be able to record very short radio bursts, and the detection rate skyrocketed.

Those bursts were coming from all over the sky, which hinted that they didn't originate in our galaxy (where they would have been concentrated toward the centre). In the first decade after their discovery, theorists produced a huge number of papers describing possible origins for the bursts, including powerful supernovae, exploding primordial black holes and cosmic strings.

The plot thickened in 2012 when one FRB was found to be repeating, thus ruling out any origin (at least for this burst) that required complete destruction, such as a supernova or other cataclysmic explosion. Soon, more bursts were found to repeat, though still only a small minority and mostly in confusing, irregular intervals. As more bursts were discovered, evidence was building that FRBs might be related to unusually powerful magnetars: spinning neutron stars with extremely strong magnetic fields.

Bolstering this hypothesis was the discovery of a strong, short burst of radiation from a known magnetar in our galactic backyard. It wasn't as powerful as the observed FRBs, but it looked like it might be something in the same class of event – a missing link between FRBs and the kinds of radio outbursts we routinely see from pulsars.

In the last few months, even more evidence in favour of at least some FRBs having a magnetar origin has come from a study of more than a dozen relatively nearby FRBs detected with the CHIME (Canadian Hydrogen Intensity Mapping Experiment) radio telescope in British Columbia. The researchers were able to determine that all the FRBs in their sample came from spiral galaxies, which tend to have a lot of star formation, rather than elliptical ones, which tend to have mostly ageing stars. They say their study proves that for the bulk of FRBs, whatever makes them is probably produced in a core-collapsed supernova: the explosive death of a short-lived massive star (preferentially found in locations of active star formation) that can leave a magnetar as a remnant.

Competing origin proposals either don't occur often enough to account for the number of FRBs or wouldn't be so likely to be found in only spiral galaxies. Of course, it's still possible – and perhaps likely – that FRBs are more than one kind of thing.

Some have suggested that collisions of old stars could produce magnetars in elliptical galaxies, which could explain why some FRBs have been found there. For now, astronomers will just have to keep gathering clues.

Text | **Katie Mack**

Dr Katie Mack (@AstroKatie) is a theoretical astrophysicist.

She currently holds the position of Hawking Chair in Cosmology and Science Communication at the Perimeter Institute for Theoretical Physics.

Top quality

Intentionality when spending time with children makes an enormous difference

Amid daily schedules filled with school, work and commitments, carving out intentional, meaningful moments with children has become more valuable than ever. While the conversation often revolves around the quantity of time parents spend with their children, it is the *quality* of those moments that makes a lasting impact.

Children remember how they felt when they were with you – not just how long you were there. A single moment of true connection can shape a child's emotional confidence and reinforce their sense of belonging.

Quality time is about focused, genuine interaction. It's found in the bedtime story told with enthusiasm, the walk through a local park filled with questions and laughter or the shared task of preparing a meal together. These small, deliberate acts create memories that build trust, encourage communication and nurture a child's emotional wellbeing.

Seek purpose

Spending quality time with children fosters a number of positive outcomes. Emotional security comes about when trust and confidence grow as children feel seen and heard. Open communication and meaningful interactions encourage children to express their thoughts and feelings freely.

Self-worth can be built through undivided attention that, even for short periods, helps children feel valued. Life learning through everyday activities such as cooking or gardening provides valuable lessons in patience, kindness and responsibility.

With a bit of creativity, it's possible for families to integrate purposeful time together into daily routines.

- **Transform simple routines into opportunities:** Sharing stories at mealtimes, chatting during the school run or telling bedtime stories can strengthen connections.
- **Explore nature together:** Hiking, camping or even walking barefoot in the garden – time outdoors fosters joy and discovery.
- **Create together:** Painting, baking or building a vegetable patch together sparks creativity and strengthens family bonds.
- **Focus on one-on-one time:** Small acts like fetching ice cream or taking a short walk with just one child can leave a lasting impression.
- **Be present:** Turn off distractions, listen attentively and engage with your child in ways that show they have your full attention.

Children thrive in environments where love is shown through shared experiences, not just spoken words. By being fully present in these everyday moments, parents lay the foundation for emotional resilience and a secure sense of identity.

While extended time together is ideal, what truly matters is how time is spent. Even a few meaningful minutes can have a profound effect on a child's development. The goal isn't perfection – it's presence. Nurturing relationships at home complements the structured, play-based learning environment offered at school.

Text | **Ursula Assis** Photography | **Jacob Lund**

Ursula Assis is Country Director of Dibber International Preschools. For more information, go to dibber.co.za.

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Running wild

Never one to shy away from a challenge, Paul Gardiner shines a spotlight on **wildlife conservation** through running

You grew up in the Eastern Cape, surrounded by wildlife. Take us back to that time.

Paul Gardiner My father was an entrepreneur from the Eastern Cape and, back in the early 1990s, he was on the lookout for a patch of land, a little retreat for the family. He stumbled upon a great little farm between Port Elizabeth and Grahamstown that was about 1,000ha in size and where we would meet for weekends. Being a businessman, he got bored and acquired the next farm and then the next and ended up with 10 farms. In those days, the wildlife had been eradicated from the area but, after doing research, my dad started bringing the big animals back. That was our lives as kids, watching elephants, buffalo, rhino and lion being returned after a long absence. What a pleasure it was as young teenagers growing up in that environment. Seeing lions being reintroduced in the province after an absence of 160 years was simply incredible. It was a rewilding journey second to none and it certainly planted a conservation seed in my siblings and me.

You had an exhilarating experience with guests in the Eastern Cape, where your game drive vehicle got stuck in mud and, suddenly, you were surrounded by a pride of 17 lions. You ensured the guests' safety by telling them to stay put, locking them in the vehicle and then making a run for it. What happened to the golden rule in the bush – never, ever run?

I was a ranger in my early twenties and this was before we had free-roaming lions in our reserve. We had a 400ha lion enclosure because there simply wasn't enough food to sustain a pride of 17 lions and we wanted to showcase these beautiful animals to our guests. Those were the days before sophisticated game drive vehicles, rifles, walkie-talkies –



basically any type of safeguard. I went into the enclosure with two German guests and we got stuck. No one knew we had gone into the enclosure and I wasn't going to sit there for eight hours until someone realised we were missing. I couldn't raise any alarm or set off flares, so I hotfooted it 400m to the gate. I could see all the lions' heads had popped up above the grass and they followed my every move. I'm grateful to be here to tell the tale all these years later!

Are you older and wiser?

I'd like to think that I am, but you never know what's around the corner, particularly as we adventure into the wilderness in our *Natural Born Runners* filming expeditions.

When and why did you start running?

It's threefold. As a kid, academics wasn't my forte, so I was kept back a year. When I got to Grade 7, I was disallowed to partake in sports like rugby and cricket because I was bigger than the other kids. The head of sports said I could run in the 1,000m, which was the last sporting event and activity of the whole year. I smashed it and with that came the realisation that I have this running gene in me, inherited from my great, great grandfather. I suffer from chronic insomnia and running is my medicine – it allows me to do lots of thinking about business, opportunities and new ideas.

What was the catalyst for embarking on your mission to shine a spotlight on wildlife by running in different locations across the globe?

I was sitting in a pub one evening with my friend Christian, who is a brilliant aspiring filmmaker. Christian is a creative young man with a natural knack for filmmaking. Over a few whiskeys, we discussed my love for conservation, media and running and he suggested that we combine the three and create a channel with him as the filmmaker, capturing all my stories. Taking the DNA for eco-lodging and eco-tourism around the globe is what I do, so let's capture it

on film and call it *Natural Born Runners*, which is exclusively on YouTube. It's a mix of conservation, challenges and laughs, and showcases me running wild in South Africa ['The rewilding story of the Eastern Cape'], Scotland ['The Green Desert'], Bahrain ['The Wild Desert'], Antarctica ['Ice Ultra' and 'Penguins'], Richmond, Virginia, USA ['Running with a film star in his own race'] and Montana, USA ['The story of the American buffalo'].

How much training and preparation goes into running in Antarctica?

Training in cold climates definitely helps. My brother Murray and I ran a half-marathon in Antarctica, and it was a pleasant -10°C. You've got to layer up and make sure that you're well equipped. Nothing prepares you when suddenly there's a wind chill factor and the temperature plummets to -20°C in a matter of minutes.

What was that like?

Antarctica is the most unbelievable place. It is the last true wilderness on the planet. You land on top of a glacier and, during our visit, we hopped into a small aircraft to see a colony of emperor penguins. Having only seen human beings once before, the group of 1,000 penguins were inquisitive and started marching towards us. That experience holds a special place in my heart.

You ran 2,000km in 2024. What are you hoping to achieve this year?

I don't profess to be an ultramarathon runner. I like to keep my fitness levels consistent, so that when I go on any type of expedition, I'm ready to go, fit enough to handle it and able to do it with ease. As I get older, I try to run the equivalent of an ultramarathon every week and it will be nice to throw in a few challenges along the way.

Text | **Heléne Ramackers**

Photography | **Christian Antoine**

Natural Born Runners can be viewed on YouTube.

Go to youtube.com/@NatBornRunners.



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Alphabet of avoidance

Easy-to-remember tips can help in recognising signs of a melanoma

According to CANSA (The Cancer Association of South Africa), skin cancer is the fourth most prevalent cancer among male South Africans and the fifth most prevalent among female South Africans.

Exposure to UV radiation (from the sun or tanning beds) is the number one cause of skin cancer. The sun's UV rays damage skin cells, leading to abnormal cell growth and the development of cancerous tumours.

While it is more common for skin cancer to develop over a long term due to prolonged UV exposure, it's also possible for it to develop after short periods of intense sun exposure or burning. This is why it's imperative to drive education on sun safety practices. Prevention is better than cure.

There is a common misconception that only men and women with fair skin tones are at risk of developing skin cancer. While fairer skin tones (Fitzpatrick types I and II) have a higher risk of developing melanoma than people with naturally darker skin tones, dark-skinned men and women are not exempt from sunburn or skin cancer.

Precautions and prevention

Taking precautions when spending time outdoors goes a long way in preventing skin cancer. Apply (and reapply) a broad-spectrum SPF product to all exposed

areas of the body when outdoors. Wear sunscreen on your face every day.

Cover up with a hat, sunglasses and loose, comfortable clothing, and avoid spending time in direct sunlight during peak hours (10am-2pm). Never use a sun bed, and don't expose your skin to the sun in an attempt to tan. A tan is a sign of skin damage, so invest in a good quality self-tan product instead. Visit a dermatologist for a check-up every few years, and if you notice something different on your skin, be it a mole, a sore that doesn't heal or an unexplained mark, visit your healthcare practitioner. Early detection is key. Learn the simple ABCDEs of skin cancer and monitor your moles.

- **A: Asymmetry** – If your mole is different on one side and looks asymmetrical (its sides don't match), it may be a sign of melanoma.
- **B: Borders** – A mole with an uneven border at its edges could be a sign of melanoma or other types of skin cancer.
- **C: Colour** – Your mole should be one colour. If it appears to have more than one colour or varying shades of colour, it should be looked at by a professional.
- **D: Diameter** – A larger mole (with a diameter of around 6mm or larger) could be a warning sign of skin cancer. If it's bigger than the size of an eraser on a pencil, get it checked.
- **E: Evolving** – If your mole evolves or changes, in terms of colour, shape or size, it could be a sign of melanoma.

Look closely at your skin in front of a full-length mirror, as well as with a hand mirror. Examine your body from front to back and remember to raise your arms, look on the inside of your mouth, between your fingers and toes, on the soles of your feet, under your breasts and on the back of your neck. Try to do this once a month, and if you notice anything strange, visit your healthcare provider.

Text | **Judey Pretorius** Photography | **New Africa**

By Dr Judey Pretorius is a biomedical scientist. For more information, go to biomedicaemporium.com.

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Plan for the unexpected

Good habits and exercise are excellent, but **a safety net** is a good idea for when your health is out of your hands

Staying healthy is about more than taking the occasional jog or eating a salad. For many people, regular exercise, a balanced diet and cutting down on unhealthy habits like smoking or excessive drinking are key parts of maintaining long-term wellbeing. But there's another side to good health that's often overlooked: the cost of staying well.

When you're young and healthy, it's easy to think of gap cover as something you only need later in life when chronic illness or serious diagnoses start showing up. The reality, though, is that accidents can and do happen to anyone – in fact, some things, like sports-related injuries, are more likely to happen to young, healthy and active people. With medical aid co-payments, sub-limits and medical expense shortfalls on the rise, gap cover is a proactive investment in future health and financial stability.

Maintaining your health for your future self means you need to stay one step ahead of potential health issues rather than waiting for symptoms to become serious. Regular check-ups, blood pressure monitoring, cholesterol and glucose tests and other early screening tools can detect conditions like heart disease and diabetes in their early stages when they're easier and often less expensive to treat.

Preventative care is a powerful way of taking control of your long-term health. It not only improves

outcomes but also reduces the risk of major health complications that can disrupt life and lead to substantial medical costs.

No immunity to accidents

Sometimes, even the healthiest bodies betray us, and when they do, it's not just your health that takes a knock – your bank account does too. Torn ligaments and broken bones are common sports injuries that can be expensive to treat. No matter how fit and healthy you are, you can still get diabetes, and there are many stories of runners having heart attacks during a race, also requiring expensive treatment.

Being fit doesn't mean you're protected from genetics or accidents or that you're immune to medical expense shortfalls that happen when your medical aid doesn't cover the full cost of treatment. Musculoskeletal injuries are some of the most common and expensive claims that come through gap cover providers, with heart conditions and cancer high on the list as well – healthcare issues that frequently affect even the most active people.

Gap cover becomes essential when things go wrong – scans, scopes, specialists and surgeries can and do cost well beyond what medical aid covers. Significant medical costs can happen to anyone, no matter how young, fit and healthy you are. And if you're starting a family or raising young kids, the financial risk multiplies: maternity costs, emergency room visits, unexpected surgeries... Healthy people still get hit with bills they didn't see coming. Joining gap cover early means you avoid waiting periods and exclusions down the line, and it puts you in a better position to act quickly if something unexpected does crop up. The goal of preventative care is not to treat illness but to stay ahead of it. Sometimes, though, health problems are unavoidable. Gap cover is an essential safety net for when things go wrong.

Text | **Brian Harris** Photography | **Pranithan Chorrungsak**

Brian Harris is General Manager: Operations at Turnberry Management Risk Solutions. For more information, go to turnberry.co.za.

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A device to treat depression

A headset claims to treat depression, and it might be more than marketing hype

The Flow headset looks like a prop from a science-fiction movie. It's sleek and curvy, with two large circular pads that use electrodes to send a small electrical current into your brain.



This article appears in
Very Interesting #83.
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the current *VI* issue
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Why would you want that to happen? Well, the company that makes the headset – and charges R9,700 for it – says it can help treat depression, with 77% of users seeing an improvement in their symptoms in just three weeks.

My internal nonsense detector lit up when I first read that. I'm cautiously hopeful about wearable devices and their potential to improve our health. But I've heard a lot of grand promises, many of which remain unfulfilled.

Flow is one of the first that could change my mind, as there's real evidence that it can change minds.

In the last couple of years, a number of studies have looked at how people with depression respond to using the device. Admittedly, these studies were funded by Flow Neuroscience, but they were designed and carried out by external researchers and mental health practitioners.

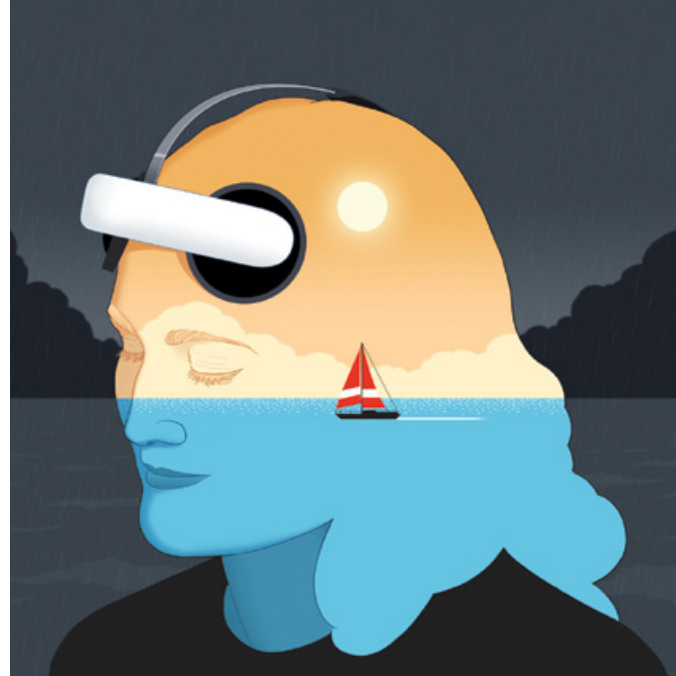
The most recent trial was conducted by a team led from the University of East London and involved 173 patients in the UK and the US. It was a double-blind, placebo-controlled, randomised study – something close to a gold standard in research. The team found that more than half of the people using the Flow headset (56%) were symptom-free after 10 weeks.

"We're talking about remission," says consultant psychiatrist Prof Alex O'Neill-Kerr. "That's no symptoms at all or very few."

O'Neill-Kerr worked on an earlier trial using the headset with Northamptonshire Healthcare NHS Foundation Trust. He also prescribes it in his private practice.

"I was absolutely gobsmacked when I first started using it," he says. "We get people saying, 'I've got my life back now'. I was talking to a patient today who was on a Flow device, and it completely turned his life around."

It's important to note that not everyone benefits from using the headset, and not every study into the technique has delivered such promising results.



One conducted by German researchers in 2023 found that the technology was no better than a sham stimulation, where no current was administered.

The basic principle behind the headset – transcranial direct current stimulation (tDCS) – is increasingly supported by research, however. The working theory behind tDCS is that sending a mild (and painless) electric current into the brain can stimulate areas that are less active in people with depression.

One explanation for why depression occurs is that communication between mood-regulating brain regions is disrupted. The electric current from tDCS may help these regions to connect better, O'Neill-Kerr says.

It's potentially a game-changing development because roughly a third of people with depression never respond to antidepressant drugs or therapy. It could also lower the demand on the UK's National Health Service (NHS).

"These patients tend to come to their doctor quite regularly because they're experiencing symptoms that aren't getting better," O'Neill-Kerr says. "Now they've got something that potentially can work. And the ideal thing is that they do it from home."

The side effects noted with tDCS are also mild compared to many antidepressants. Some patients experience a tingling sensation near the electrodes. Others get headaches. But it's not addictive or damaging. The headset is easy to use and can work alongside more traditional treatments.

Flow isn't the only headset that uses tDCS to have a positive effect on the brain – the PlatoWork and BrainDriver headsets are said to do the same. But Flow is the only device currently used and backed by the NHS.

Research is also under way to work out whether tDCS could treat anxiety, post-traumatic stress disorder and non-mental health conditions, like tinnitus. O'Neill-Kerr is hopeful that it could become a regular, maybe even a go-to, treatment for patients.

"You're getting the brain back to the way it should be," he says.

Text | **Ian Taylor**

Ian Taylor is a freelance science writer and the former deputy editor of *BBC Science Focus*.



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RBM and PinkDrive bring mobile cancer screenings and primary healthcare services to under-served communities

In South Africa, access to quality healthcare remains a challenge for many, especially in rural areas. For countless individuals, cancer and other non-communicable diseases (NCDs) are diagnosed too late and often with devastating consequences. To address this, RBM, together with the PinkDrive NPC, a leading health NGO, spearheaded a nationwide initiative that brought mobile cancer screening and primary healthcare services directly to under-served communities.

This effort aligned with South Africa's national health strategy to reduce the burden of NCDs, which account for 65% of natural deaths in the country.

The programme deployed fully equipped mobile clinics, staffed by specialised doctors, nurses, and radiographers, across KwaZulu-Natal, Eastern Cape, Northern Cape, and Mpumalanga during August and September 2025. Communities received free mammograms, pap smears, prostate cancer Prostate-Specific Antigen (PSA) tests, skin and lung cancer screenings, and primary health checks for glucose, cholesterol, and blood pressure. Every patient requiring further care was referred to public health facilities, ensuring continuity of treatment.

"Through this collaboration, we were able to extend our reach and make a meaningful impact even in areas where we are not physically present. As we always say, we are so much more than mining. This initiative aligns with our broader strategy focused on balancing economic growth with environmental and social responsibility. We understand that sustainable change requires collaboration, and together with experts such as PinkDrive, we can make a difference," said Werner Duvenhage, RTIT Africa Operations & RBM Managing Director.

In 2024, the outreach screened 7,695 people in just two weeks. This year, the programme exceeded expectations by providing over 12,000 individuals with screening services. Beyond screenings and education, the initiative trained community healthcare workers and conducted awareness campaigns, ensuring lasting benefits long after the mobile units have moved on.

For PinkDrive, whose motto is *"Early Detection Will Help Prolong a Life,"* the partnership was a lifeline. *"Far too many South Africans are diagnosed late because they simply don't have access to screening facilities,"* explained Noelene Kotschan, CEO and Founder of PinkDrive. *"Reaching these communities with adequate staff and resources is a mammoth undertaking, and partnering with Rio Tinto made it possible."*

At its core, this initiative was about more than health; it was about dignity, equity, and the belief that where you live should not determine whether you live. By investing in people, RBM and PinkDrive are driving change and saving lives while demonstrating that business can, and should, be a force for good, putting the human face of business at the heart of progress.

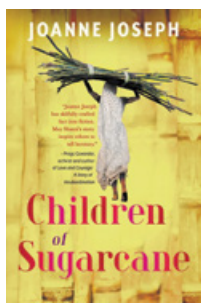
Thanks to the support and advocacy of employees, contractors, and community members who helped spread the word and encourage participation:

- Reached more than 12,000 people nationally with screenings and education.
- Delivered mammograms, pap smears, prostate tests, clinical breast exams, and more — at no cost to those without medical aid.
- Reached over 2,000 individuals in KwaZulu-Natal specifically with free cancer screenings and general health services.



Saying hello to history

A journalist at heart, Joanne Joseph also **enjoys storytelling** through the written word



You grew up in Chatsworth, KwaZulu-Natal. What are your fondest childhood memories?

Joanne Joseph I have a number of wonderful childhood memories. We lived in a small house in Chatsworth, but it was one that was bursting at the seams with love, affection and security. My fondest memories involve having my wonderful grandparents around, my brother and my father's music, my mom's remarkable leadership as the glue of the family and her amazing cooking as well. It was a happy home, and those are memories I would never trade. I sometimes wish I could return to it in real time to relive, as those were some of the happiest times of my life.

From being the first voice on YFM while a full-time student to Classic FM – did all these slots serve as stepping stones for what you would eventually become, a television news anchor?

It was, thanks to the mentorship of senior journalists along the way, that I was able to actually apply the skills to be able to integrate myself into the world of journalism. Every one of those stepping stones was so important in teaching me what I needed to know and taking me to the next level to be able to eventually become a television news anchor.

Journalism can also be considered storytelling. How did you end up writing your first book, *Drug Muled*, in 2013?

While I was working at eNCA, a story broke about a young woman who had carried drugs into Thailand in her dreadlocks as a drug mule. We needed to get a sense of what her experience was like on that side. Being arrested, being imprisoned and being tried. We thought someone to give us the most accurate picture of this was a person who had gone through exactly the same process a number of years before. Her name was Vanessa Goosen, a convicted drug mule who had just returned to South Africa from the same prison. What was initially planned as a five-minute interview ended up being a 20-minute interview. The information she gave us was so absorbing, and it was at that point that I had the realisation



that her narrative was one that contained so many fascinating elements, it would make for a wonderful book. I discussed it with a publisher, and she agreed that it *would* make a great book.

Then came *Children of Sugarcane*, published in 2021, a novel that has garnered high acclaim.

I'm relieved that *Children of Sugarcane* received such a warm reception from so many communities in South Africa and abroad. It took quite a long time to write – nine years of investment intermittently. I'm glad that, at the end, it was acknowledged as the type of



novel that I hope falls into the idea of a collective history, the many histories in our country and the rich histories of so many different communities merging into part of the cornerstones of our identity.

What was the inspiration behind that book?

My great-grandmother was the inspiration for *Children of Sugarcane*. She arrived here with her younger siblings in the 1880s, and as indentured workers, they were all set to work on the Natal Government Railways.

The work would have been gruelling and torturous in many aspects. We know that life was extremely difficult for them, but unfortunately, my great-grandmother's history was much too scant in the archives for me to flesh that out into a non-fiction narrative. That is how it became a fictional narrative, but one that drew in a number of stories of courageous women who had shared much the same history as my great-grandmother.

How much research goes into your books?

There's a great deal of research that goes into writing in general. My first book involved a lot of interviews with Vanessa Goosen and various other officials who were reachable at the time and who'd experienced this ordeal along with her. With my second book, I consulted a number of history books and academics who were well versed in the field of indenture. I was fortunate to be able to draw on our wonderful academic tradition, both written and vocally in this area, that brings the story to life in terms of the historical detail.

Do you get writer's block, and if yes, how do you deal with it?

I don't think of writer's block in the way it's conventionally thought of. When the periods of inspiration come around, I lock in and I write for long periods of time. When I'm in that mindset or the zone, I'm able to write for extended time frames that last several weeks. At the end of that, I feel that I've done a useful piece of writing, and I just let that writing rest for a while until the next period when I feel like that again.

And procrastination tactics?

I think I'm a master of procrastination. It can be 'let me run an hour long on the treadmill' and then get so exhausted that I can't write anymore. Or 'let me go cook something delicious for the family'. These are all excuses that can't last long, and, at some point, the pressure must build up to the point where I absolutely have to do something. I sometimes feel working under pressure is much better, and I'm less likely to procrastinate, which I'll sometimes do deliberately.

Text | **Heléne Ramackers** Photography | **Emil Wessels**
Children of Sugarcane by Joanne Joseph, published by Jonathan Ball Publishers, is available now.



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Develop a planet-friendly culture

Simple habits can **increase the sustainability** of a business quickly and effectively

In today's world, sustainability is far more than just another buzzword – it's becoming a way of life. For businesses, it's no longer a 'nice-to-have' but an absolute imperative. As climate change, environmental consciousness and corporate social responsibility continue to shape public discourse, companies are being called upon to take real, meaningful action.

The great thing about going green is that it's not just a way to do your part in saving the planet, but can also play a key role in building a better business. Eco-friendly practices can strengthen team culture, enhance your brand reputation and attract purpose-driven talent. In fact, many employees, especially those from younger generations, actively seek out companies that align with their values and environmental responsibility is high on that list.

Introducing sustainable initiatives into the workplace doesn't have to be complicated or expensive. Small changes can really have a big impact.

If your business doesn't already have a recycling programme in place, now is the time to start one –

whether you work in an office or from home. In the office, a simple but effective first step is to provide clearly labelled recycling bins in shared spaces like kitchens, lounges and restrooms. Make it easy for your team to know what goes where by posting signage that outlines the types of materials accepted, such as paper, plastic and glass.

When it comes to staff who work remotely, it's important to encourage employees to set up simple recycling stations at home and to share tips on how to dispose of common household and work-related materials responsibly. Regularly communicating your company's environmental values through internal newsletters or team meetings and highlighting how small individual actions contribute to a larger collective impact can go a long way.

Beyond day-to-day waste, consider reducing your contribution to landfills by rethinking how you manage the office – or home office – equipment and furniture. Instead of discarding outdated fixtures or furnishings, look into ways to repurpose or donate them. Many organisations and recycling programmes will gladly accept used desks and chairs, giving them a second life while keeping waste to a minimum.

Take it online

The move to digital-first workspaces shouldn't be seen as just a technological shift, but an environmentally conscious one too. Cloud-based tools like Google Workspace, Microsoft 365 and project management platforms such as Trello and Monday.com make collaboration seamless while also reducing paper waste.

Encourage your employees to switch from printing to sharing documents digitally. Move to using digital signature tools for contracts and approvals. All of this can make a meaningful difference in paper usage.

Going paperless not only helps reduce your environmental footprint but also improves organisational efficiency, saves on printing costs and makes document management more secure and accessible, especially for hybrid or remote teams.

Hybrid harmony

Commuting to and from the office is a significant contributor to a company's carbon footprint. One of the simplest and most effective ways to reduce this is by offering hybrid work options. Allowing employees to work from home helps reduce greenhouse gas emissions from daily travel. Fewer cars on the road means lower carbon output and less time spent stuck in traffic, which has been shown to lead to happier, more productive employees.

Text | **Nikki Burgoyne** Photography | **Ground Picture**

Nikki Burgoyne is Operations Manager at Strider Digital.

For more information, go to striderdigital.co.za.

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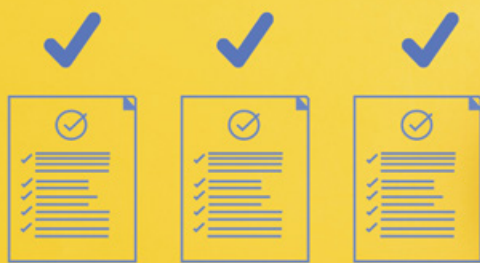
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Caring about conformation

Companies prioritising compliance can increase their **chances of profitability**

We live in fascinating and fragile times. No one could have predicted how turbulent 2025 would be, with a world superpower disrupting global trade with tariffs. As countries look inward, compliance in South Africa remains misunderstood and underutilised.

For many businesses, especially start-ups and small-to-medium enterprises (SMMEs), compliance is seen as a necessary evil – a tick-box exercise at best and a business-breaking burden at worst. But it doesn't have to be this way. Compliance can no longer be treated as a back-office task that surfaces when deadlines loom, regulations tighten or investment is on the line. One step is to embed compliance into a business's DNA from day one, regardless of size or sector.

This starts with a deep, industry-specific understanding of the regulatory landscape in which a business operates. Businesses need robust internal policies and compliance programmes that foster a culture of ethics, actively educating teams on responsible business practices. Improving financial literacy and upskilling are key. Business owners need to understand not just what compliance entails but why it matters and how it can build trust, credibility and long-term growth.

Accountability also means being proactive, understanding sector trends, anticipating legislative changes and aligning operations not just to meet compliance requirements but to exceed them. The businesses that win are the ones that lead with transparency, integrity and foresight.

Online help

One of the most consistent themes is how digital tools can be crucial for resource-strapped SMMEs. Cloud-based accounting, HR, payroll platforms and automated reporting systems not only reduce administration time but also help businesses stay audit-ready and

investor-friendly. These tools empower business owners to track compliance milestones, flag issues early and streamline decision-making.

Equally important is access to standardised templates, toolkits and sector-specific guidance that demystify compliance. Whether provided by government departments, banks or industry bodies, these resources fast-track compliance literacy and execution.

Good compliance can and should be rewarded. From tax breaks and grant eligibility to preferential procurement opportunities, a strong compliance track record unlocks business benefits. It builds credibility, opens doors to funding and boosts competitiveness, especially for SMMEs looking to scale or expand. This is critical in the context of the African Continental Free Trade Agreement (AfCFTA), where access to regional and global markets will depend on the robustness of operations and governance frameworks.

South Africa's relatively informal *stokvel* sector, valued at over R50 billion, is a great example here. With better compliance frameworks and incentives to formalise, these collective savings schemes could be engines for economic participation and wealth creation.

In South Africa, one of the sectors where compliance challenges are most pronounced is the township economy. While the focus must remain on formalising and supporting all SMMEs, it's crucial to recognise that our township economy, valued at R900 billion, is one of the country's most under-leveraged assets. By embedding a culture of compliance grounded in ethics, responsibility and smart systems, South African SMMEs can transform from survival-mode operators to opportunity-seeking market players.

Text | **Luncedo Mtwentwe** Photography | **MMD Creative**

Luncedo Mtwentwe is Managing Director of Vantage Advisory and host of the SAICA Biz Impact Podcast.

For more information, go to vantageadvisory.co.za.

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First time for everything

Expanding on what is already available is **more valuable** than simply moving the same pieces around

More and more publications are adding the 'not generated by AI' disclaimer to their content contributor requests. The *Harvard Business Review* content submission form includes a standard question on whether generative AI was used, not only in the creation of the content submitted but also in completing the submission questions.

On top of increasing revenue and views, newsrooms have the added pressure of distinguishing between genuine subject matter expertise and content compiled by generative AI. While it is still relatively easy for a trained eye to spot content written – or just 'compiled', as some would argue – by generative AI, it is an unnecessary burden on journalists and editors.

Subject matter experts and communication professionals alike need to carefully consider whether their reputations are worth the perceived cost and effort savings of using an AI tool rather than an experienced human writer.

On the other hand, writers and communication professionals need to understand that their clients are searching for solutions that make the effort feel less and the expense worth more than the straight monetary value of it. Subject matter experts need writers and communication professionals to interpret what they're trying to say, rather than merely regurgitating it.

Expand the playing field

While each party involved in this unpredictable rollercoaster of generative AI may feel like they have right on their side, they're all indirectly for the same thing: increasing knowledge. Subject matter experts may approach the issue with increased speed and decreased effort in mind, writers and communication professionals may consider quality and differentiation as top priorities and newsrooms may hold the journalistic principles of truth, accuracy, independence and objectivity as the highest standard. In the end, increasing knowledge – not simply reiterating existing information – is the point.

Most generative AI tools use large language models (LLMs) based on existing knowledge to compile responses (answers) to prompts (questions). It is easy for users of these tools to think of the responses provided by the generative AI tools as new, simply because it is new to them, the users. Truly new knowledge, however, springs from critical thinking, a skill not yet mastered by most generative AI tools and not often requested by users.

When using generative AI to produce content that will be submitted to media for publication consideration, AI users need to be honest with themselves when considering whether we are asking AI to help with the pure 'doing' or whether thinking is inadvertently being outsourced to AI.

There is no easy solution to navigate these sticky situations. Having AI policies and rules for subject matter experts, writers, communication professionals and media in place is a good start. From there, the impact this phase will have on the future of information and media integrity is up to the moral compass of each individual who gets on board the generative AI rollercoaster.

Note: Not even one smidgen of AI was used during the creation of this piece. Not even for checking spelling or grammar.

Text | **Juanita Vorster** Photography | **Niko Studio**
For more information, go to juanitavorster.com.

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Making the money last

Planning for a **comfortable life** after you stop working needs action *now*

On the back of the South African budget announcement, the reality is that the cost of living will continue rising, which means income and retirement savings will have to go further. There are several proactive steps people can take to maintain a comfortable lifestyle in their later years.



Financial security is a key component of retirement, as it can inform quality of life, so it's important to get into the habit of building that retirement fund and cutting unnecessary costs where possible.

Unsecured debt, such as personal loans and credit card debt, can erode financial stability in retirement years. Experts advise that no more than 15% of one's income should be allocated to debt repayments: retirees – or those planning retirement – should prioritise clearing outstanding balances and avoid high-interest borrowing to secure their retirement fund.

With age comes the increased need for medical care. Comprehensive health insurance can significantly reduce out-of-pocket expenses, while home and vehicle insurance can protect against unexpected financial losses. It's best to review coverage annually to ensure your policies remain suitable and that you're benefitting from the most cost-effective option. Compare insurance quotes annually and ask about discounted rates.

Play the long game

While the 2024 introduction of the two-pot retirement system has enabled more financial flexibility now, it also demands responsible long-term planning to prevent retirees from outliving their savings. Early withdrawal means that retirees will lose the annual growth earned on the total amount, while also paying tax on the amount withdrawn.

Some people are looking forward to stopping work, but it's often quite a tough adjustment for many – not just from a financial standpoint. It's well worth looking at the possibility of scaling down work so that it's not such an abrupt shift, while also maintaining an active income stream. Alternatively, monetising hobbies or finding passive income streams to boost those retirement funds can go a long way in meeting those cost-of-living expenses.

Investing in property early is one of the smartest financial moves retirees can make to secure long-term stability and wealth. Property is a tangible asset that not only appreciates over time but also provides a steady income stream through rentals if needed. Unlike volatile stock markets, real estate offers a sense of security, ensuring retirees have a valuable asset that can be leveraged if necessary. Buying property early also means taking advantage of compound growth, reducing the financial burden later in life.

Text | **Barto van der Merwe** Photography | **oneinchpunch**

Barto van der Merwe is Managing Director of Renishaw Property Developments. For more information, go to renishawhills.co.za.



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Machine learning

Different generations since the 1960s have had their lives shaped by the **dominant technologies** of their time



Generational theory offers a practical framework for understanding how collective experiences shape human behaviour across time. Scholars have traditionally delineated Baby Boomers, Generation X and Millennials based on birth year. Yet, as technology accelerates, these broad categories are perhaps oversimplified, much like a one-size-fits-all suit that fits no one perfectly.

The seven generations, each linked to a decade from 1960 to 2030, have been defined by the technological and digital transformations that marked their formative or professional years. Each decade from 1960 to 2030 anchors a generation, inferring its identity from the dominant tech of the period and the impact it has on society.

The 1960s was an era of bold innovation, from moon landings to mainframe computers like the IBM 360. The Mainframe Cohort, born between 1945 and 1960, encountered technology as a monolithic, centralised force. These machines, operated via punch cards and esoteric commands, were the preserve of specialists only. Mannheim (1952) argues that early experiences

imprint lasting traits and, for this group, tech was a distant authority to be managed, rather than embraced. Control was paramount and trust in tech was tenuous. Their digital transformation was minimal, reflecting a world where computing remained an organisational endeavour, rather than a personal one.

The 1970s introduced the microchip, shrinking tech from room-sized monsters to desk-friendly devices like the Apple II. The Microchip Pioneers, born between 1955 and 1970, were the first to tinker with personal computing, a shift Tapscott (1998) links to an emergent DIY culture. This cohort adapts and innovates – comfortable with tech as a tool rather than as a tyrant. Research by Bennett et al. (2008) cautions against over-generalising the adoption of tech, yet the Pioneers' hands-on ethos marks a pivotal transition in digital engagement.

Digital exploration

By the 1980s, technology became more accessible, with the floppy disk and the IBM PC. The Floppy Disk Practitioners, born between 1965 and 1980, navigated a world where tech moved from labs to living rooms. Autry & Berge (2011) calls this cohort the Digital



exploration, mastering email, chatrooms and rudimentary sites. Vial (2021) notes how connectivity redefined work and play and the Innovators thrived in this space – they were essentially digital pioneers who were tethered to a pre-digital past.

The 2000s thrust technology into people's pockets with the advent of the smartphone. Apple's iPhone (2007) was a defining artefact. The Smartphone Forerunners, born between 1985 and 2000, embody Autry & Berge's (2011) Digital Natives, intuitively navigating a world of apps, social media and instant messaging. This cohort integrated tech into identity itself. Facebook and Twitter shifted digital transformation from utility to intimacy. For the forerunners, connectivity was not a choice, but rather a constant – a generational hallmark that some older folk find bewildering.

Everyone connected

The 2010s elevated tech to the ethereal with cloud computing, epitomised by Google Drive and streaming giants. The Cloud Integrators, born between 1995 and 2010, grew up in a seamless digital ecosystem – smartphones, wearables and AI assistants were standard. Vial's (2021) analysis of digital transformation as boundary-blurring resonates here; physical constraints dissolved as data floated freely. Selwyn (2012) highlights education's parallel shift, yet for Integrators, tech is less learnt than lived – a fluid, ever-present reality.

The 2020s, our current frontier, is defined by artificial intelligence and interconnected systems – think ChatGPT and the metaverse. The AI Navigators, born between 2005 and 2020, are emerging into a world where tech anticipates our needs, from autonomous vehicles to virtual realms. Vial (2021) describes this decade's transformation as ecosystem-driven, a notion that these Navigators embody as they partner with AI. Mannheim's (1952) lens suggests that their identity will fuse with this tech, crafting a generation that is uniquely attuned to artificial agency.

Text | **Chris Blair**

Photography | **Shutterstock**

Dr Chris Blair is Group Director at 21st Century.

For more information, go to 21century.co.za.

Immigrants, adept at adopting – rather than inheriting – tech fluency. Their era saw the rise of practical computing tools – word processors, spreadsheets and the dot-matrix hum – that bridged analogue and digital realms. Selwyn (2012) underscores how this decade democratised tech, yet for Practitioners, it remained a means to an end, not a lifestyle.

The 1990s unleashed the internet, epitomised by the modem's dial-up tune, which is permanently engraved in the memories of all who were there at the time. The Dial-Up Innovators, born between 1975 and 1990, surfed the web's early waves via Netscape and AOL, earning Tapscott's (1998) title of the Net Generation. This cohort blended their analogue upbringing with digital



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Ready, **mindset**, go!

Young people entering the workplace would do well to get their heads **around the reality** of this stage of life

Graduates entering the workplace for the first time

will attest that this next life phase is an exhilarating milestone. However, for many, this transition often comes with unexpected challenges, most notably the need for a significant mindset shift. While academic qualifications open the door, success in the corporate world requires more than just a degree. It demands adaptability and a willingness to start from the bottom.

The leap from academic life to the professional world is not simply a matter of changing environments; it's a fundamental transformation in mindset, which can be a challenge for starry-eyed graduates who haven't yet experienced the world of work and its ways. Many graduates are surprised to discover how much orientation, induction and acculturation are required to transition into the corporate world. This is because the environment and expectations, as well as the interpersonal dynamics of the workplace, are vastly different from those of a university.

Employers often invest significant time and resources in onboarding programmes to help graduates adjust, but the success of these efforts depends largely on the individual's openness to learning and their receptiveness towards feedback. Graduates must embrace these processes as opportunities to grow.

Small steps

Despite the impressive titles on diplomas and degrees, every graduate will likely start at the bottom of the

corporate ladder. This reality often clashes with a sense of achievement experienced at the culmination of a university career, upon graduation.

At the entry level, one gains exposure to the organisation's operations, develops a deeper understanding of the real-world intricacies of a chosen field and starts building a network of colleagues and mentors. These early experiences build a foundation of practical knowledge and skills that no textbook or lecture hall can replicate. Graduates who approach these roles with enthusiasm and curiosity are more likely to advance quickly and meaningfully in their careers.

One of the biggest gifts you can give yourself when stepping into the workplace for the first time is to resolve to become a high-agency employee. Employers value initiative, a solutions-driven mindset and self-direction. Employers seek individuals who can identify gaps, propose solutions and take responsibility for their own development. This is within the means of all graduates and requires only that people seek opportunities to contribute consistently. By demonstrating a willingness to listen, observe and learn, graduates not only gain the respect of their peers but also position themselves as reliable team players and future leaders.

In the workplace, recognition and respect are earned through action, collaboration and contribution. Treating everyone in the workplace with respect – from the cafeteria staff to the CEO – creates an environment of trust and mutual support. Graduates should strive to build relationships, deliver value and learn from every interaction.

Text | **Ivor Blumenthal** Photography | **Balance Form Creative**

Dr Ivor Blumenthal is Head of Career Services at The Independent Institute of Education's Rosebank College. For more information, go to rosebankcollege.co.za.



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What sort of a fix are you in?

Avoid nasty financial surprises by knowing what sort of cover you have for your car

Unforeseen car repairs can be a major financial blow, especially if you're caught without the right cover. Labour rates at franchised dealerships in South Africa range widely, and parts are often imported, making them more expensive.

It's essential to understand what protection you're getting when buying a vehicle and to be clear on the difference between a motor plan and a motor warranty. Although these terms are often used interchangeably, they provide different types of cover.

A motor plan helps you manage the cost of keeping your car in good running condition. It may include a service plan, a maintenance plan or both. A service plan covers the cost of routine servicing according to the manufacturer's schedule. This includes labour and parts such as oil, brake fluid and spark plugs. Some items are replaced automatically, while others are inspected and only replaced if necessary. A maintenance plan includes everything in a service plan, plus the replacement of parts that wear out over time, like brake pads, the clutch and the battery, as well as mechanical and electrical failure.

A motor warranty, also called a factory or manufacturer warranty, is included automatically with a new car. It usually lasts for a fixed period, such as three to five years, or up to a certain mileage. It covers unexpected mechanical or electrical failures in key components like the engine, gearbox and onboard electronics. If a part fails suddenly due to a manufacturing fault, the warranty pays for repairs

or replacement. However, if a part wears out over time, like a clutch or battery, it won't be covered by a warranty, only by a maintenance plan.

Take the long road

Many new cars come with both a motor plan and a warranty bundled together. When something goes wrong, it's often the warranty that covers the cost, but drivers mistakenly credit the motor plan. This causes confusion about what each plan really includes.

Normal car insurance is different from both a motor plan and a warranty. This covers accidental damage, theft, fire and third-party claims. While a motor plan pays for scheduled services and a warranty covers mechanical or electrical failures, insurance covers you if your vehicle is involved in an accident or is stolen. Insurance is a legal requirement if you have a financed vehicle, and choosing the right level of cover is crucial for protecting your budget.

Once your motor plan and warranty expire, you have several options to stay protected against high service and repair costs.

- Buy an extended warranty.
- Purchase a service or maintenance plan.
- Pay out of pocket.
- Self-insure.
- Trade in or sell your car.

Read the fine print when considering your options, and make sure you understand what's covered and excluded. Whatever you choose must suit both your car and your budget.

Text | **Sarah Nicholson** Photography | **Thx4Stock team**

Sarah Nicholson is the platform and customer experience manager of JustMoney.co.za.

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Titans take flight

Preseason in paradise on **St Helena**

For South Africa's most successful cricket franchise, **the Momentum Multiply Titans**, preseason isn't all nets and drills. Done right, preseason sets the tone for their entire campaign – forging bonds between players, building gees, sharpening fitness and focus and aligning goals before the first ball of the season is bowled.

At the end of August, the Titans embarked on a preseason camp like no other, swapping their familiar training grounds in Gauteng for a hidden gem in the South Atlantic: St Helena island.

From 23-30 August 2025, the team assembled in one of the most remote and remarkable cricketing destinations on Earth. It was the first time St Helena hosted a professional sports squad of this calibre (but surely not the last). For the Titans, it proved to be another unforgettable chapter in their journey; a bucket-list experience for a club with an enviable trophy cabinet and reputation for producing more Proteas players than any other domestic team.

Preseason is a time for conditioning, developing resilience and mitigating injury risks. It's also where teammates turn into family. Away from their usual routines, players connect on a deeper level – sharing challenges, trying new things and creating memories that last a lifetime.

Head Coach Rivash Gobind summed it up: "We did not know what to expect – it was a trip into the unknown – but St Helena really is a 'breath of fresh air'. We left feeling very happy."

For the Titans, that 'unknown' turned out to be pure preseason gold: an island that tested their fitness, inspired their camaraderie and gave them space to dream big.

Airlink, proud partner to the Titans and the island's sole carrier, made the journey possible, delivering the squad via one of aviation's most spectacular approaches. The runway's high elevation, Category C classification and remote setting make for a truly memorable arrival – one that sets the stage for everything that follows.

Hard work, island style

Francis Plain, the island's multi-use sports ground with views for days, became the Titans' training hub. Not only did it provide one of the trip's highlights – a friendly T10 clash with St Helena's national side – but it's where the team could mingle with locals, coach aspiring youngsters and play a few games with awestruck teens.

For young cricketing sensation Jorich van Schalkwyk, these moments captured the essence of the entire experience. Beyond the fishing adventures (which, for Jorich, were "next level"), scenic beauty and delicious local fare (including memorable tuna fishcakes!), it was the human connections that resonated most deeply.

Warm thanks go to the St Helena Government, St Helena Tourism, the Bank of St Helena, Solomon's & Co, Mantis St Helena and Sure St Helena, whose support turned a bold idea into reality.



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 Start planning now.



"Just enjoying cricket with the locals was incredibly special," van Schalkwyk reflects. "Being able to switch off from everyday life and connect through the game we all love – that's where the real magic happened."

Adventures beyond the boundary

Of course, every camp needs decent downtime – and St Helena provided it in abundance. The players swapped cricket bats for fishing rods on a deep-sea fishing excursion (joking that they were perfecting catches of a different kind), scaled Jacob's Ladder, swam in the sea (the island's tropical waters average between 19 and 25°C) and paid a visit to Longwood House, Napoleon's final residence, for a fascinating brush with the island's storied past.

Community events, from youth coaching clinics to truck pulls, gave the Titans a chance to inspire and be inspired – and the genuine warmth of the islanders (affectionately known as 'Saints') left as lasting an impression as the island's dramatic landscapes.

Why St Helena? Why not!

For the Titans, St Helena provided the ideal blend of isolation and inspiration: remote enough to focus without distraction, but rich enough in culture, adventure and natural beauty to leave every player revitalised and ready for the season ahead. For St Helena, hosting South Africa's cricketing giants was testament to its growing reputation as a destination not just for intrepid travellers, but for group travel and events.

As the Titans returned to Centurion, their sights firmly on victory, they carried with them the spirit of this unique island. Here's to making memories, chasing wins and showing the world what it means to be a Titan!



Jacob's Ladder is one of the most recognisable landmarks on St Helena. With 699 steps connecting lower Jamestown and Ladder Hill Fort, it offers panoramic views, a fascinating glimpse into the island's history and an incredible sense of achievement for every visitor who makes it to the top!





Excursions made easier

AI can augment the work of human travel professionals, **catering to the specific tastes** and needs of those going to different destinations

Although AI can't replace the insights and advice of a dedicated travel manager (the kind of travel smarts that only come with years of personal experience), it is hard at work, working in the background.

In fact, the next time you book a business trip, you can be 100% sure that AI is streamlining site navigation, prompting on-policy travel decisions, anticipating your travel preferences and contributing a few impressively intuitive touches to make sure your journey is smoother than ever before.

Have you checked into a hotel recently and been pleasantly surprised by the choice of room, on-site amenities or mini-bar offerings? It's not blind luck. Chances are, AI is picking up on your past travel behaviour and preferences and feeding it directly to the people who make a difference.

For frequent flyers, that means enjoying subtle tweaks to lounge benefits, airline seating, meal options and even in-flight entertainment. And an AI-perfected itinerary can also help match traveller and company needs.

Today's booking tools use AI to curate and shape your travel choices. Platforms built for managers, bookers and travellers automatically green-flag options that comply with your company travel policy while factoring in your preferences and requirements around sustainability and traveller wellness.

AI is also an indispensable tool when it comes to scouring global distribution systems or travel aggregators for the best flights. Convenience and comfort remain top priorities for business travellers. This means a direct flight is often preferable to a cheaper connection. It's not just about saving money; it's about reclaiming time. AI puts the best options on the table, improving efficiency, simplifying processes and making business travel an altogether more enjoyable experience.

Automated airports

Biometric screening using facial recognition at check-in and security is already widespread, including at Heathrow, Changi and major US hubs. Technologies like SmartGate, ePassport gates and TSA facial recognition systems streamline security and immigration processes. Singapore's Changi Airport now offers passport-free clearance, while the US has implemented facial recognition across 80 airports. These AI-enhanced systems ultimately lead to faster check-ins and security processing, reducing airport queues and wait times – still the biggest bugbear for travellers today.



2,000

The approximate number of plant species used by humans to make food.

31.1m

The amount of snow recorded in a one-year period (1971-1972) on Mount Rainier in the US.

Major airlines are already using machine learning to analyse weather patterns, air traffic data and aircraft turnaround times, predicting disruptions hours – or even days – ahead. Delta led the charge, cutting maintenance cancellations from 5,600 in 2010 to just 55 in 2018 by analysing aircraft sensor data. The airline also employs AI-driven systems to simulate weather disruptions, aiding real-time decision-making for flight schedules and crew management.

JetBlue has also enhanced its weather forecasting capabilities, thereby minimising delays and cancellations. Initially implemented at Boston Logan International Airport, the technology has been expanded across the airline's busiest airports, saving over R5 million a month across these airports.

Support system

Flight cancelled at midnight? Generative AI chatbots reroute travellers instantly. They're fast, multilingual and tireless, handling bookings or tracking bags while you sleep.

Travel management companies integrate generative AI chatbots into their platforms to enhance traveller

support by handling routine tasks, including flight changes, destination information and everyday queries. In other words, chatbots tackle the basics, freeing human agents to deal with complex crises like unexpected global events or weather phenomena that impact travellers across the world.

Here too, AI is invaluable.

AI-driven risk tools track global events in real time. Machine learning is used in risk assessment, and both travel managers and travellers receive an alert if there is an emerging threat nearby. Travel managers can jump into action, rerouting passengers where possible, rescheduling flights, or, in worst-case scenarios, ensuring safe evacuation. Obviously, AI can't outsmart a sudden mega-storm. But it's getting better at smoothing out the rough edges.

AI can help deliver everything travellers are asking for: quick, comfortable and safe journeys. But it's also enabling personalised travel experiences.

Text | **Mummy Mafojane** Photography | **inspiring.team**

Mummy Mafojane is Productive Operations Leader at FCM.

For more information, go to fcmtravel.co.za.



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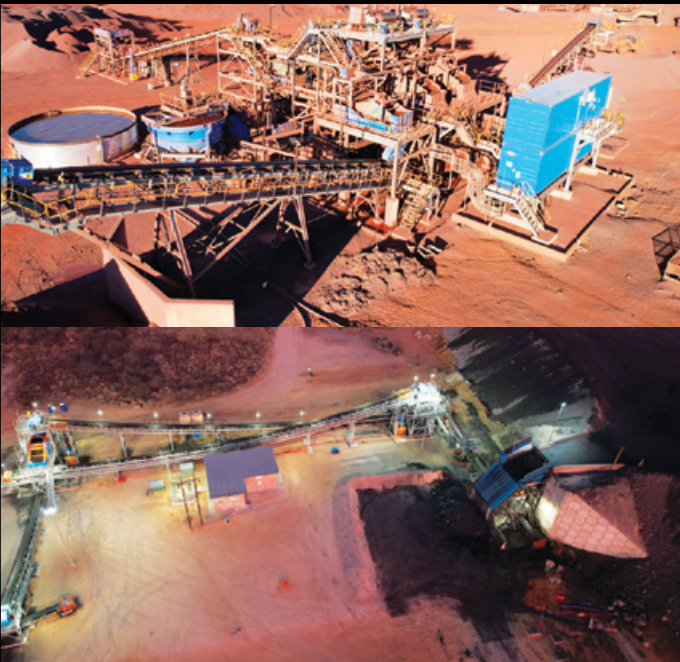
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What's my motivation here?

Reworking reward programmes can make workplaces happier and more productive

In South Africa, many organisations still use performance ratings and hierarchical structures to evaluate performance and allocate mostly financial rewards. This traditional approach often emphasises individual achievement and measurable outputs, which can lead to a focus on visible accomplishments like meeting sales targets or project milestones rather than equally valuable contributions like teamwork, mentorship or fostering a positive organisational culture.

Research shows that employees are increasingly motivated by non-financial factors. They seek meaningful work, independence and opportunities to 'make a difference' and earn acknowledgement that resonates with their personal values and aspirations.

By evolving or adapting performance and reward strategies to incorporate intrinsic motivators – such as individual purpose, growth and development opportunities, flexible work arrangements and personalised reward and recognition – organisations can build deeper engagement with their employees, boost productivity and build a more loyal, motivated and innovative workforce.

Financial incentives will always remain an extrinsic motivator. Being paid a market-related salary and short- and long-term incentives or performance bonuses will almost always have a motivating effect on employees, especially in South Africa with our volatile economic situation. Consider the example of a call centre that offers performance-based bonuses that motivate employees to improve service quality, which benefits both employees and the organisation.

In contrast, a strong intrinsic motivator could be enabling employees to work independently and empowering them with decision making and ownership. This could, for example, mean allowing them to provide suggestions on continuous improvements or innovation, boosting their daily motivation.

Aim for trust

Initiatives around employee wellness programmes can serve as both intrinsic and extrinsic motivators. An organisation might implement a reward system that combines financial incentives for meeting objectives with recognition programmes that celebrate community involvement and personal growth. For instance, employees who participate in financial literacy outreach programmes could receive certificates of appreciation as well as opportunities for professional development.

Organisations should critically review and consider innovating their performance and reward systems. They should aim to embed trust and purpose into their culture and use technology to support these innovations.

Create a culture of psychological safety, where employees feel comfortable sharing ideas, giving feedback and admitting mistakes without fear. This is critical for nurturing genuine trust and collaboration, especially in the South African context where historical and socio-economic factors influence workplace dynamics.

Integrate social purpose and community impact into performance and reward systems to significantly boost intrinsic motivation, particularly for younger generations like Gen Z and Millennials who prioritise purpose and social responsibility above financial motivation. Recognising and rewarding contributions that benefit society or align with personal values can deepen engagement, motivation and loyalty.

Open-minded organisations are experimenting with more holistic performance and reward systems, peer recognition programmes and recognition of soft skills that support organisational agility and social impact. Ultimately, performance management should be an ongoing journey rather than something to tick off on the calendar.

Text | **Janine O'Riley** Photography | **Nednapa**

Janine O'Riley is a Chartered Reward Specialist and EXCO member at the South African Reward Association (SARA). For more information, go to sara.co.za.



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From the ground up

New tech is changing an industry, but first principles at the training stage are still **hugely important**

Advancements in the mining sector have led to machinery becoming more powerful and technologies becoming smarter, resulting in improved safety and efficiency. Now, green hydrogen and automation are both poised to reshape the sector again.

Green hydrogen can help mining operations become safer and more sustainable, while automation improves human safety and allows for mining in environments that have previously been considered inaccessible or too hazardous. However, behind any advanced technology or machine are people. Skilled workers play a pivotal role in shaping the mining industry of the future.

As mining machinery continues to evolve, it becomes increasingly complex throughout its value chain, from design to manufacturing and operation. The skills involved in mining change alongside this and there is a growing need for everything from mechanical engineers and logistics experts to robotic specialists and software developers. As green hydrogen becomes a viable fuel source, machinery will evolve once again. There are also growing levels of digitalisation across the mining sector, with smart sensors, data platforms, AI-driven maintenance tools and remotely controlled equipment becoming increasingly standard.

This shift is not just about technology – it is transforming how the work of mining is done and, subsequently, who

does this work. Traditional roles that dominated mining in the past, particularly manual labour-type jobs, are rapidly giving way to hybrid roles that blend engineering, data science and IT.

Getting properly schooled

One of the challenges the mining sector is currently facing is a growing disconnect between what the industry needs and what the education system is producing. Too many graduates enter the workforce with degrees that are poorly aligned with the demands of a digitised mining economy. Enrolment in science, technology, engineering and mathematics (STEM) fields is low, and many engineering students struggle to complete their studies. The solution is not about upskilling people for the mining sector, but about re-skilling. Many current and future workers need an entirely new foundation of knowledge, particularly in digital tools and practical engineering.

This is a challenge, but it is also an opportunity. There is potential to rethink education and training from the ground up, not just at university level but starting at primary school. The gap between theory and practice must also be bridged. Too many people finish their studies without having set foot on a mine or interacted with the tools they are expected to use. Technikons and vocational colleges can help fill this gap, but they are not enough. Industry needs to take ownership of talent development by building from within and forging stronger partnerships with training providers.

To develop the human capital that South Africa needs for the future of mining, government support is crucial, and it must go beyond policy statements. What is needed is bold, co-ordinated leadership and a shared roadmap that aligns industry, education and government in preparing the workforce of the future.

Text | **Maureen Phiri** | Photography | **Scharfsinn**

Maureen Phiri is General Manager – Sales at Oxyon People Solutions. For more information, go to oxyon.co.za.

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Keeping it clean

Legislation to **combat money laundering** and other criminal acts is ever more strictly enforced

Recently, institutions across banking, legal and financial services have faced steep penalties for non-compliance with the Financial Intelligence Centre Act (FICA). Capitec, Old Mutual, HSBC and Standard Bank have all been sanctioned with fines ranging from R7.7 million to over R50 million. These are not outliers: they reflect a clear regulatory shift toward stricter enforcement.

While much has been said about FICA's obligations, less attention is paid to what happens when businesses fall short. The type of punishment depends on the severity of the violation. Regulators apply a structured framework that considers both mandatory and discretionary factors. These include the nature, duration, seriousness and extent of the contravention, as well as whether the conduct was intentional, reckless or negligent. The regulator will also assess whether the entity gained any financial or commercial benefit from the non-compliance and if there was any remedial action taken once the issue was identified.

A business's compliance history matters too. Institutions with prior contraventions or those seen as repeat offenders can expect harsher sanctions, as

can those found to have obstructed investigations or withheld key information.

Sanctions range from a written caution or public reprimand to a remediation directive, restriction or suspension of business activities and administrative fines of up to R10 million for individuals and R50 million for companies. For more serious breaches, criminal charges may be brought, with potential fines of up to R100 million or imprisonment for up to 15 years. Senior managers, directors and employees involved in the breach may be held personally liable.

More oversight

Most FICA penalties stem from recurring failures such as inadequate or generic risk management and compliance programmes (RMCPs), poor customer due diligence, incomplete recordkeeping, failure to submit reports like cash threshold reports and insufficient training. These are not technicalities – they are central to the act and form the basis of most enforcement actions.

The 2025 Budget Speech made it clear – financial crime enforcement is being prioritised. National Treasury has allocated more funding for forensic investigations and compliance monitoring. The FIC and SARS are both sharpening their tools, and accountability is tightening. This comes at a time when South Africa is still navigating FATF greylisting. That context matters – regulatory pressure is mounting, and institutions cannot afford to treat FICA compliance as a box-ticking exercise.

The uptick in enforcement isn't limited to large financial institutions. Law firms, insurers, financial advisers and crypto platforms have all faced enforcement actions.

Luckily for regulated entities, there are automated compliance platforms available that make it easier to prevent fraud, money laundering and regulatory breaches. These tools reduce manual oversight, simplify regulatory reporting and ensure POPIA-compliant data handling. They also automate Know Your Customer (KYC)/Know Your Business (KYB) verification processes and can generate suspicious transaction and compliance reports as and when they are requested by regulators.

One of the big selling points of automating FICA compliance is ongoing monitoring. Often, a business will do their due diligence at the start of the relationship with a client, only for that client to do something illicit and illegal down the line. Ongoing monitoring helps accountable institutions to assess and manage risks continuously, during the onboarding process and throughout the business relationship.

Text | **Sameer Kumandan** Photography | **khunkornStudio**

Sameer Kumandan is MD of SearchWorks360. For more information, go to searchworks.co.za.



Nelson Mandela Museum Youth and Heritage Centre offers accommodation at three-star historical facility

Not far from Nelson Mandela's Qunu residence, there lies a beautiful building with components placed randomly on a curvilinear path along the contours and developed around a thick, solid brick wall, which forms a spine and runs through the centre.

This is the Nelson Mandela Youth and Heritage Centre, built on a hill in Qunu village, 35km from Mthatha. It is surrounded by Xhosa rural architecture, which comprises predominantly *rondavels* and a few traditional modern structures. The centre is built on communal grazing land where the young Rolihlahla used to look after cattle and sheep and, most importantly, play stick games with other boys.

The centre focuses on providing an opportunity for the youth and tourists to have interactions with rural communities, learn and be inspired by the Thembu culture and customs, follow the footprints of Nelson Mandela that started along the banks of the Mbhashe River to Qunu and later to Mqhekezweni village – which has recently been declared a Nelson Mandela Human Rights Legacy Route World Heritage Site – and experience the perceptions of different cultures and common humanity.

The Youth and Heritage Centre is not just a structure built on a hill, but a place with fond memories of Nelson Mandela's upbringing. It was conceptualised as an integral part of the Nelson Mandela Museum, providing a living and lasting legacy to Nelson Mandela in the place where he had his humble beginnings.

The three-star historical facility (self-catering)

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To book accommodation or conferencing and events facilities, contact Siviwe Mazwana on 047 501 9516 or at Siviwe@nelsonmandelamuseum.org.za.

Text and Photography | Supplied

For more information about the museum, visit:
www.nelsonmandelamuseum.org.za or email
info@nelsonmandelamuseum.org.za.





A brave new world

How offices, **schedules and expectations** continue to change according to generational requirements, morale and more

The world of work continues to change as technological advancements shape how businesses of all sizes operate and evolve. While the latter stage of 2024 saw some media commentators increasingly talk about the so-called 'return to office' or 'return to work', the reality of how and where teams operated is far more nuanced than these headlines seem to imply.

The reality is that hybrid working continues to empower millions of employees to work how and where they want, and most CEOs of white-collar businesses believe in its long-term benefits.

Organisations will increasingly shift their focus towards enhancing the productivity and happiness of their people rather than focusing on where they work from. Recognising that employees can deliver quality work from a multitude of locations will lead to more onus on

outputs and meeting business objectives.

The hybrid working model will gain traction for another important reason: more businesses will resize their traditional real estate footprint as longer-term leases continue to expire, ensuring hybrid working becomes a strategic business choice, minimising overheads while providing a range of benefits to workers.

Companies that continue to expect their employees to commute long distances to a central office daily will trigger a wave of resignations as employees resist their so-called return-to-office (RTO) mandates. Third-party research has already indicated that 73% of employees at large companies such as Amazon considered resigning due to RTO, and recruiters are starting to see the consequences of more rigid policies.

Shifting templates

Employers will increasingly prioritise outputs over traditional nine-to-five hours and progressive companies will empower their employees to achieve them thanks to hybrid working. Productivity hinges on good management and clear KPIs, not location. As the surge of small businesses continues post-pandemic,



9m

The length of the Stegosaurus dinosaur, which had a brain the size of a walnut.

the demand for scalable, flexible workspaces is set to rise even further.

Small and medium-sized enterprises now account for around half of global GDP and around 40% of all employment. SME numbers worldwide are anticipated to almost double between now and 2031.

Hybrid working is revitalising commuter towns and reshaping economic landscapes. Former sleepy commuter communities are being brought back to life as workers choose to embrace workspaces closer to where they live, reducing reliance on daily commutes to city centres. This boost is set to grow even further as people opt for a more fulfilling work-life balance, forgoing long commutes for a mix of home, flexible workspaces and occasional central office visits.

Gen Z now makes up a third of the workforce, influencing workplace norms with their digital prowess and expectations for flexibility. As digital natives who are accustomed to working anywhere – whether school, college or personal – two-thirds of new graduates reject the idea of a five-day commute to a central office, valuing work-life balance and empathetic leadership over traditional rigid structures. Companies that fail to adapt to ‘Generation Hybrid’ and their preferences for flexibility, diversity and authenticity risk missing out on top-tier talent.

A better path for all

There is a growing appreciation by both employees and employers of the cost- and time-saving benefits of

working locally – and a realisation that the long daily commute to a city centre office no longer makes sense.

More than three-quarters (76%) of workers save significantly on travel costs due to hybrid working.

For Gen Z, who face inflation and debt at the same time as starting out on their careers, this could mean significant financial relief.

The tide is also turning for women’s advancement into C-suite roles. Hybrid working, offering flexibility for those juggling child and family care, is proving invaluable for women, with two-thirds reporting that it has opened up work opportunities that they would not otherwise have had.

Beyond the basic demands of equity and fairness, companies have a real incentive to increase female representation in management: research has shown that firms with more women in senior positions are more profitable and socially responsible.

The advent of technology has granted us the flexibility to work remotely, but it has also led to the potential for constant availability, blurring the lines between work and personal time. In response, several countries have enacted ‘right to switch off’ laws to protect employees’ off-hours.

This trend is set to expand, with the UK’s Make Work Pay Plan proposing legislation to foster mutually beneficial work policies and the US seeing movements towards similar laws, with California leading the charge.

Feel-good scenario

Flexible working arrangements are set to become as coveted as health insurance in compensation packages. Research has demonstrated the significant benefits that hybrid work can have on employees’ overall wellbeing. Improvements in stress levels, physical health, diet and nutrition are positively impacting productivity and motivation at work. This trend will manifest itself in new ways, from more robust hybrid working policies to greater access to fitness facilities to improved employee assistance programmes and mental health days off.

Dynamic mixed-use developments are changing the face of business districts in cities worldwide. The impact of hybrid working has reduced the number of inner-city commuters, and is driving investors, landlords and developers to reimagine the commercial cores of cities with a wider mix of uses and experiences beyond the basic provision of office space. As work geography shifts and as employees increasingly work closer to their homes in the suburbs, cities whose economy has been geared to meet the needs of millions of office workers will need to evolve to become hubs for collaboration and entertainment.

Text | **Mark Dixon** Photography | **Andrey Popov**

Mark Dixon is the founder and CEO of IWG. For more information, go to iwgplc.com.



Punishment on a curve

Progressive discipline allows employers to **improve their performance** after an offence

Central to South Africa's law of discipline is the entrenched principle that discipline of employees who have not committed gross offences must be progressive.

This means that, where employees commit less serious offences, they must receive a series of corrective counselling and warnings that become progressively stronger if the earlier corrective measures are not effective in ending repeated misconduct. The main purpose of giving warnings is to remind employees of the employer's standards of conduct and work performance and to give them a chance to improve.

A disciplinary warning is an oral or written statement made by an employer informing the employee that his or her conduct or performance level is not acceptable and that any further failure to meet the required standards will result in stronger measures being taken. In this sense, a warning is not a punishment. Instead, it is a notification that further corrective measures could follow. Where an offence is serious or a final warning has already been given, then in some cases, a warning is unlikely to have the desired effect, and stronger discipline may be appropriate.

The question then arises as to whether an employee may be dismissed for a repeat offence after having received a final warning for a similar offence. The answer to this question is 'yes', provided that there is no reasonable alternative corrective action to the dismissal and the final warning is valid.

Many employers try to comply with the above legal requirements, especially when 'normal' misconduct has occurred. However, much fewer employers recognise that the principle of progressive discipline also applies when employees go on strike.

Picket and choose

In the case of *Shave and Gibson Packaging vs AMITU* (Lex Info 28 May 2025; Labour Appeal Court case number DA21/23), 72 employees were fired for picketing in a non-designated area. This was considered their first offence. None of them had received warnings for similar offences. Despite this, the Labour Appeal Court decided that their misconduct was so gross as to merit dismissal for a first offence. This was because the employer had offered the employees a reasonable place to picket, the Labour Court had interdicted the strikers from picketing in the prohibited area and the CCMA's strike rules had confirmed that the picketing was to be confined to the demarcated area. Despite this, the strikers had flagrantly disobeyed these requirements.

The Court therefore upheld the fairness of the dismissals. However, employers must not assume that this outcome means that all picketing-related dismissals will be upheld. Employers will have to prove in each case that its strike rules were known to the strikers, were reasonable and consequent on real operational needs of the employer.

Also, where the employer has not obtained an interdict, its chances of success in court will be reduced. This is because disobeying an interdict serves as a strong aggravating factor, something that employers are likely to need in view of the fact that many arbiters sympathise with the right of employees to picket. Therefore, in some cases, defiance of strike rules might require that a final warning be given before errant strikers are dismissed.

Text | **Ivan Israelstam** Photography | **Bits And Splits**

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Memories are made of this

Backing up your data is **much safer if** a little research is involved

How much do you trust your device memory?

Definitely more than you should. According to statistics, only 33% of users back up their data regularly, and more than 77% of people have already experienced data loss.

The first question that should be taken into consideration in this area is: what exactly needs to be backed up? The answer seems to be lying on the surface. The more you back up, the better. Work-related documents, family photos, financial info, health records, logins and passwords and even content shared within messengers. All of this needs to be backed up using reliable storage methods.

There are several reasons why it is recommended to copy as much data as you can. First, the device on which the information is stored may be lost, stolen or damaged. For example, UK's South Western Railway reports that at least five smartphones are lost per day on its network, which is almost 1,800 devices per year. Among other potential threats to data safety are ransomware attacks. This is a type of malware that

blocks a computer and then demands a ransom for its release. In some cases, even paying the ransom does not help to restore data on an infected device.

Despite these substantial risks, it's almost impossible (and to some extent pointless) to back up everything. Devices contain gigabytes of information, most of which has no value. Creating backup storage of such a scale is time-consuming and expensive.

The main advice is to rank data correctly. Try to sort the items needing to be backed up by evaluating their relevance, recency and recovery options. If a file, record or password is outdated or may be replaced by a newer version, backup may be safely ignored. If it is a new or highly valuable piece of information, backing up is necessary, and there should be more than one copy, preferably.

Different advantages

The next step towards data loss prevention is finding the suitable backup method to select. Obviously, it depends on multiple factors: type of data, type of device, pricing, user's personal preferences and habits.

The most popular backup options are generally cloud or external storage services. Both of these methods have their pros and cons.



400 years

The length of time during which pendulums have been used to accurately measure time.

7 million

The approximate number of people dying from food poisoning annually.

For example, cloud services give you instant access to information wherever you are, but they require regular subscription payments. At the same time, external hard drives are reliable storage devices that only require one payment, but access to information on these devices is only possible when they are at hand. Therefore, cloud storage is regarded as the perfect option for storing files and photos that should always be available in a few clicks, while external storage services are suitable for data archives and huge files, such as movies or videos that you rarely use. Overall statistics show that nowadays most people choose cloud technology as their main storage option.

Specific data such as passwords, ID or financial details require even more secure storage methods. Among the potential solutions, a password manager is an option that protects sensitive personal information, prevents its loss and provides immediate access to it at any time. Automatic filling of authentication and banking data means users do not have to memorise important information and reliably protects data from being compromised.

While choosing backup and storage options it's recommended to consider all the aspects.

To get backing up into a real habit, the method should not only be reliable and effective, but also suitable and convenient for you personally.

Count it down

Follow the rule '3-2-1'. One of the most popular backup strategies is to have at least three copies of important data, store it on two different storage platforms and make at least one copy off-site (cloud or external physical location).

Set up automatic backups. Most devices and services have a preinstalled backup function, which automatically creates a backup if you forget to make a copy in time. Use a reliable security solution. Comprehensive digital protection with a specific anti-ransomware protection mechanism prevents device infection and protects your data from both local and remote-access ransomware attacks.

Make regular checks. It's necessary to test your backup's workability on a regular basis to notice any malfunction in time and fix it.

Text | **Supplied** Photography | **Chaylek**

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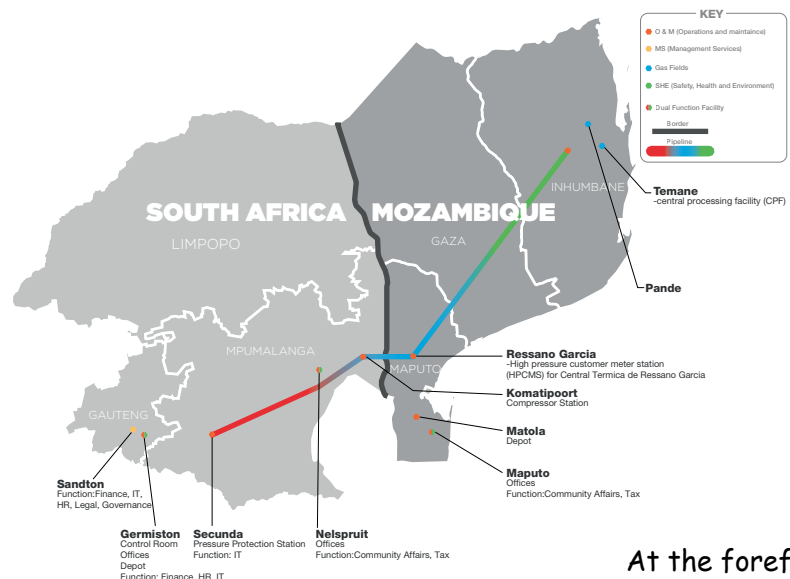
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Give and guide

Empowering staff means **supporting** those to whom you give **responsibility**

Leaders often assume that delegation equals empowerment, only to be frustrated when delegated tasks end up back on their desks after some time. Unfortunately, more often than not, what is perceived as delegation is merely handing over the responsibility for task delivery without the structure, authority or tools needed to deliver outcomes. It's not enough to empower. Leaders must also equip.

Empowerment, in practical terms, means giving people the authority to make the decisions required to achieve a result. It involves being explicit about what they're responsible for, what decisions fall within their mandate, where the boundaries are and what preferences or non-negotiables should shape their approach. It also requires ensuring others in the organisation recognise that authority and are prepared to cooperate accordingly.

But too often, empowerment is implied rather than clearly articulated. Someone is asked to 'take ownership', but there's no follow-up conversation about decision rights, expected actions or how to handle resistance from others. They're left to interpret vague expectations, often running into unspoken rules or a lack of cooperation that undermines the very task they've been asked to lead.

On its own, empowerment doesn't guarantee outcomes. That's where equipping comes in. To equip someone is to ensure they have the tools, systems, access, content, processes, information and skills required to succeed. It's not about spoon-feeding or micromanaging. It's about removing friction and making sure they aren't spending time battling for basic resources.

Resources needed

This disconnect is especially evident in organisations that demand innovation but withhold what's needed to pursue it. In such an organisation, a team may be asked to find new ways to speed up delivery. They might research options thoroughly and identify specific tools or platforms that could make it possible. But if those proposals are dismissed – for example, because leadership is unwilling to fund essential software – the team remains accountable for outcomes they're not equipped to deliver. The message is mixed: innovate, but don't ask for support. Move faster, but use the same constraints.

The result is frustration on both sides. Leaders feel the team isn't delivering. The team feels their hands are tied. Momentum is lost – not because of poor ideas or weak execution, but because the conditions for success were never put in place.

The cost of this leadership gap is real. Projects stall. Capable people hesitate. Leaders continue to carry too much, believing they've delegated when in fact they've only shifted the burden without enabling delivery. In some cases, it's mistaken for a performance problem. In reality, it's a structure problem.

Closing this gap doesn't require a new framework – just a more intentional pause. Before assigning a task, ask yourself: am I clearly empowering this person, including what they're responsible for and what decisions they have the authority to make? And do they have what they need to succeed, or am I leaving them to piece it together on their own and fight their way through resistance from others?

When the answer to both is yes, leadership becomes far more effective.

True leadership doesn't end at the assignment of responsibility. It includes creating the conditions that make success possible.

Text | **Juanita Vorster** Photography | **Raushan_films**

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Examining teachers' importance

A profession in crisis needs
urgent re-evaluation

Teachers are the backbone of any society. They are responsible for shaping future generations and influencing the trajectory of a nation: all the world's leaders start their journey in a classroom. In South Africa, the teaching profession is facing a crisis. With an ageing workforce and a shortage of recruits, schools are struggling to meet the needs of learners.

The impact of this crisis extends beyond classrooms. Communities suffer, educational outcomes decline and the country's future is at risk. While the challenges are significant, some solutions can make teaching an attractive and sustainable career once again.

Despite teachers' importance, teaching is a notoriously underpaid career. The responsibility of a teacher doesn't start and end at the chalkboard, as many are instrumental in their learners'

social-emotional development and overall emotional wellbeing. With responsibilities like these, remuneration should not be a secondary consideration. Teachers have their own families to consider, and the mounting cost of living weighs heavily.

A recent report by Van der Berg, Gustafsson and Burger (2022), commissioned by the Department of Higher Education and Training (DHET), shows that South Africa will face a massive shortage of teachers in the next 10 years. The alarming data indicates that 48% of publicly paid teachers locally are over 50 and will be retiring in the next 10 years.

Room to grow

Many teachers enter the profession with passion and a desire to make a difference, but the reality of the job often forces them to leave. Low salaries remain one of the biggest deterrents, particularly in Early childhood development (ECD), where teachers work long hours, often from 6am – 6pm, for minimal pay. In under-resourced schools, especially in rural areas, overcrowded classrooms and a lack of basic teaching materials make it difficult to provide quality education.

A common misconception is that ECD is merely a babysitting service when, in reality, it is a critical stage of structured, foundational learning. Teachers in these settings do more than educate, often juggling multiple roles, including cooking meals and providing daycare. In rural areas, where challenges are even greater, many teachers rely on peer networks for support. Once trained, many move to urban areas where salaries are higher, leaving rural schools struggling to retain qualified educators. This cycle results in a shortage of experienced teachers in the areas that need them most.



1636

The year in which Harvard University was founded, 50 years before calculus was discovered.

75%

The percentage of the Earth's volcanoes situated along the Pacific Ocean's 'Ring Of Fire'.

Another significant challenge is the lack of access to professional development. Because ECD has historically been undervalued, there is a widespread belief that formal training is unnecessary, leading to a pipeline of underqualified teachers. Without opportunities for upskilling and career progression, many leave the profession in search of better-paying and more sustainable work. To break this cycle, the sector must prioritise higher wages, better resources and accessible training to ensure that teaching remains a viable career and demands the respect it deserves.

Guide the way

To retain strong teachers, we must change the way the profession is perceived and provide the support needed to help educators thrive. Mentorship programmes play a crucial role in this transformation. When aspiring teachers have the opportunity to visit reputable ECD centres, observe best practices and learn from experienced mentors, they gain invaluable insight into what makes a successful learning environment. Structured workplace agreements, where students, facilitators and centres commit to a three-way partnership, ensure that both students and mentors are invested in the teacher's success. This type of support system not only enhances practical training but also instils confidence in young educators, increasing the likelihood that they remain in the profession.

Beyond mentorship, elevating the status of teaching as a respected and well-compensated career is essential. In countries like Australia, ECD is a well-paid profession, attracting a broad range of talent. While passion is a driving force for many educators, South Africa needs large numbers of

students enrolling in teacher training programmes, committing to continuous upskilling and staying in the industry long term. A well-trained, stable workforce is critical to ensuring that children receive the quality education they deserve.

The whole deal

Retaining quality teachers requires more than just financial incentives. It demands a holistic approach that prioritises their well-being and professional growth. One crucial change would be the introduction of access to counselling and structured peer support programmes. While schools often have social workers to assist learners, teachers also carry a significant emotional burden. Many educators work closely with children from challenging backgrounds, and without an outlet to process the emotional toll, burnout becomes inevitable. Providing teachers with access to mental health support would not only improve retention but also enhance the overall quality of education by ensuring that educators stay engaged and motivated.

Additionally, policies must emphasise continuous professional development, flexibility and mentorship to create an environment where teachers feel supported and valued. Education has the power to change lives, and it's time we ensure that those delivering it receive the respect, support and resources they deserve.

Text | **Felicity Wyche** and **Michelle Peters**

Photography | **Veja**

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Repairing a legacy

Closed mines must be **properly processed** to avoid lasting environmental damage

South Africa has a long and rich history of mining and has some of the best expertise in the world in applications like coal mining, among others. While mining activities have significantly contributed to the development and growth of the country's economy and its position as a hub on the continent, the legacy of mining across the country presents a growing liability.

There are several recent examples of historic underground mines that are creating new hazards in today's environment and impacting both water systems and terrestrial ecosystems. Legacy mines were typically closed to the standards of the day, with little to no consideration for future changes in surface conditions, climate or development. Because South Africa is a prolific mining player on the continent and has been for centuries, the country has many mine sites that are poised to pose a variety of problems, ranging from seepage and mine drainage outflows to structural failures.

These different problems have four factors in common. Firstly, they will continue to deteriorate over time. Secondly, they are addressed by temporary measures. Thirdly, the risk and liability they present will also continue to grow. Lastly, they will result in large expenditures.

Finding the right way to treat the problem of legacy mines presents a challenge. Typically, water treatment is used to manage output from decant (water discharge), but this is only a temporary management tool, not a solution. This approach also has its own complications, such as brine management and long-term storage of sludge, which just creates two additional waste streams that require management forever. However, not treating historic mines invariably presents unexpected problems down the line.

Stopping the flow

A recent WSP case study on a closed coal mine located in KwaZulu-Natal presents a prime example of a historic mine that is now presenting problems. Exploration and drilling at the site of this mine date back to 1896. The mineral rights were purchased by the current owner in 1954 and the mine operated for nearly 50 years before being closed in 2000, where the pumping of water from underground ceased. The site spans approximately 69km² and its depth is approximately 250m below the surface.

While the coal mine has been closed for more than 20 years, the 2024 study revealed that it has decant (water flow) emanating from the underground in unexpected



locations – and not at specific locations associated with old entries or shafts reporting to surface. The mine is relatively deep and there is no access to the underground anymore and the mine plans that are available are not comprehensive. There is also no existing infrastructure on the surface, but there are additional closure activities happening around capping the fines disposal areas, which are far removed from the decant areas. These areas are on the surface and are not designed for or permitted to have discharge locations. The source of the decant is not clear – other than that it is coming from the flooded underground – and there are many potential pathways that could be fuelling the flow.

This poses a critical question: how do we responsibly and effectively rehabilitate legacy mines such as this? Fortunately, the technology to rehabilitate legacy mines has advanced considerably over the past several years. Paste technology offers a viable solution for rehabilitating seepage, as it involves creating high-density, low-moisture mixtures

of solid materials and liquids. These pastes are fluid enough to be pumped but stiff enough to be stable after placement.

More paste, less waste

Paste technology also offers environmental and economic benefits. It can reduce the risk of particle segregation, improve the stability of deposited tailings, eliminate the pond on top of tailings deposits and potentially lower overall costs. Additionally, mixing paste with cement is used to create cemented paste backfill (CPB), which can refill mined areas. This improves extraction rates and enhances ground stability.

Addressing this coal mine allowed for an opportunity to consider two possible solutions to address a historic mine and remediate leakage. The first phase of the project entailed examining the possibility of injecting the brine products from the temporary water treatment system back into the underground. Although the exact injection rate has not yet been determined – this will become clear in the next phase of the project and once the water treatment plant has been commissioned and is operational – the brine itself is known to have high salinity with elevated levels of total dissolved solids (TDS), sulphates and chlorides.

For the brine storage component, initial assessments indicate that underground voids could serve as a viable short-term containment solution. While there are risks around volume capacity, migration potential and geochemical interactions, these can be managed with targeted monitoring and mitigation measures.

At this stage, the use of paste backfills to plug preferential pathways to reduce or eliminate the decant from the underground is a better option. This will allow for reduction or elimination of the water treatment step, which is a long-term cost and liability.

This project illustrates that paste technology offers a genuine solution to the need to address historic mines. More importantly, it illustrates that even though historic mines can pose challenges, there are workable solutions. It is the current generation's responsibility to mitigate the environmental impacts of historical mining activities, ensuring that future generations are not burdened by ecological harm or degradation.

Text | **Shameer Hareeparsad** Photography | **Dave Couldwell**

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Go with the flow

Stewarding water is the **responsibility** of all who use it

With climate change front of mind, it is critical to appreciate that water is at the centre of how the planet is being impacted and how we need to respond. Climate change is often described as a water story because many of its impacts are directly related to water. From unpredictable rainfall patterns to shrinking ice sheets, rising sea levels, floods and droughts, most impacts of climate change relate to water.

Extreme weather events are making water scarcer and more unpredictable and often also more polluted. These impacts throughout the water cycle threaten sustainable development, biodiversity and people's access to safe water and sanitation.

At the same time, water remains vital to all aspects of life on earth, being essential to developing and maintaining successful and resilient economies and enabling sustainable livelihoods. In this context, water

stewardship provides a valuable approach and response to protect the needs of the natural environment while ensuring the availability of water as an essential resource and human right.

Water stewardship involves a transition from a traditional approach of managing water resources within operational boundaries to a more holistic and inclusive approach that considers the entire water catchment area and the needs of all stakeholders. Beyond the site boundary of a business or industrial operation, water stewardship takes on a broader perspective.

Wide-angle strategies

It's like zooming out from a single pixel to see the whole picture. Water doesn't respect our neat property lines or corporate fences; it flows freely, connecting us all. It's too easy for sites and companies just to look at their own production, their own direct impacts and their own site boundary.



Through the implementation of water stewardship, a site adopts an integrated catchment approach. Without understanding where your water comes from, you can't understand the upstream and downstream dynamics, as well as your impact on others and how you are going to be affected by water quality or scarcity issues. Going beyond the site boundary means considering the broader impacts of water use, including the entire catchment area.

To steward water beyond a company's immediate borders requires a holistic approach toward responsible planning and management of water resources so that the outcomes are socially equitable, environmentally sustainable and economically beneficial.

Water stewardship encompasses a commitment to sustainable practices

that consider the impact on the entire watershed and involve co-operation with other stakeholders to ensure the long-term health of water resources. It goes beyond onsite water management and regulatory compliance, and allows a catchment to become a focused agent of positive change.

Stakeholder engagement helps a site to better understand the catchment context and stakeholder perceptions, leading to more informed internal decision making. This engagement also introduces opportunities to implement catchment-based actions where in-depth stakeholder collaboration is necessary.

Everyone is involved

The process should ensure that actions consider the needs and interests of stakeholders and the natural environment, as well as those of the company or organisation that occupies the site. This inclusivity is key to the paradigm shift away from traditional water management and towards a water stewardship approach.

This allows long-term sustainability to be prioritised over short-term gains, so that the resulting actions will support health, livelihoods and cultural practices. It will also ensure that all segments of society, especially marginalised communities, have access to clean and safe water, while recognising the need to balance water allocation among domestic use, industry and ecology.

People need to recognise that water is a shared resource, the management of which is a shared responsibility. This requires more power at local level, by encouraging the active participation of everyone in the governance of water management processes and the acknowledgment of local knowledge and engagement.

The new narrative in the water resilience space is focused on notions of value, opportunity, collaboration, context, innovation and resilience. Water resilience is the capacity of a water system to absorb stress or disturbances and still maintain its basic function and structure. It's about adapting to water-related challenges such as droughts, floods and pollution and being able to recover from water-related crises.

Text | **Fiona Sutton** Photography | **Kamonrat**

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Driving a sustainable future

Time to prioritise adaptation and resilience
as we address an **evolving global climate**

In recent times, we have seen a significant increase in natural hazards and volatility in weather patterns that has impacted different parts of the world. We in Africa have not been immune to the adverse impacts of a changing climate.

Being in quarter three of the year offers a good opportunity to reflect on our ever-evolving climate and the need to talk more about how we are adapting to changes that are indisputable.

According to the World Meteorological Organization (WMO) *State of the Climate in Africa 2024* report, our continent has been, and will continue to be, disproportionately affected by climate change and the associated high costs required to fund essential climate adaptation and build resilience. The same report highlights that costs associated with climate change can be as much as 5% of African gross domestic product (GDP) and many are allocating up to 9% of their annual budgets to respond to climate extremes.

It is therefore essential that the public and private sectors shift their focus and prioritise adaptation and resilience, alongside mitigation. We need to continue to focus on climate mitigation projects to minimise negative impacts of climate change.

However, we equally need to consider how we reduce vulnerability to the negative impacts of climate change. This is what is referred to as climate adaptation finance and includes investments in climate-smart agriculture such as drought-resistant crops or improved water management, investment in resilient infrastructure like flood defences and early warning systems, energy storage systems and development of resilient buildings.

We have a collective and urgent responsibility to prioritise and find innovative ways to fund adaptation and integrate strategies that prepare us to be resilient.

Based on various reports, including the *Emerging Economies Climate Report of 2023*, the business cost associated with climate change for Africa is undisputable. According to the above report, 79% of respondents said climate change is impacting their organisation today, up from 68% in 2022, with flooding, drought and heat noted as the top physical risks.



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“Standard Bank has also published a target to finance more than R7 billion in climate-smart agricultural practices by 2030, with more than R2 billion financed in 2024 alone.”

Thus, it is incumbent on players in the finance sector to develop solutions that can provide tangible solutions and meet business requirements. Among some of the newer thinking in addressing financing gaps are initiatives such as using revenue streams from carbon credits or from associated ecotourism to fund adaptation projects. Similarly, blended finance solutions are essential in bringing together multiple players with differing risk appetites and mandates to fund some of these critical projects that may not be commercially bankable on a standalone basis, and index-based (parametric) insurance can be applied to mitigate physical risks.

As most readers will know, South Africa holds the presidency of the G20 this year and is effectively using the global convening platform to drive key initiatives that make adaptation a norm rather than an exception.

At Standard Bank, we believe in embracing a balanced approach in creating solutions to existential challenges. This balance requires cross-societal responses that include the private sector, public sector and civil society to ensure a sustainable future.

In April this year, we announced a revised target to mobilise more than R450 billion of sustainable finance by 2028. As at the end of 2024, we had already mobilised R177 billion, since 2022. Our green and social mobilisation sub-targets include

adaptation and resilience financing activities such as basic infrastructure, essential services and biodiversity conservation in addition to sustainable farming.

We have also funded some of the largest battery energy storage system (BESS) projects across Africa to the tune of approximately R12 billion. BESS projects improve the resilience of the national grid and improve access to energy for communities.

Standard Bank has also published a target to finance more than R7 billion in climate-smart agricultural practices by 2030, with more than R2 billion financed in 2024 alone. With almost 40% of land in Africa dedicated to agriculture, this sector is a critical custodian of our valuable natural habitat – which is a valuable asset, requiring investment in order to drive adaptation and enhance resilience.

The scale of the challenge is too big for any one participant to solve alone. Gatherings like COP30, G20 and the SADC Sustainable Finance Forum (among others) must serve as catalysts for innovation, action and target-setting.

We have the opportunity to make a lasting difference. We cannot fail to meet this challenge, lest we put future generations at risk.

Text | Sasha Cook, Head of Sustainable Finance, Standard Bank Corporate & Investment Banking



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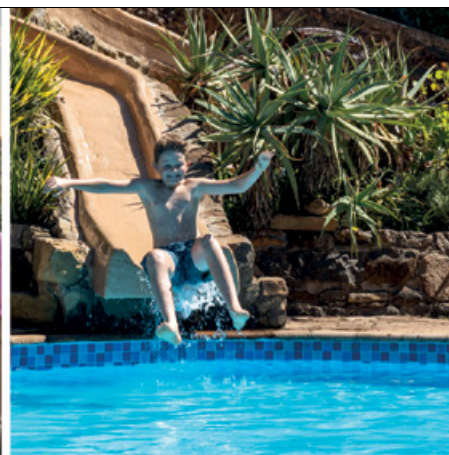
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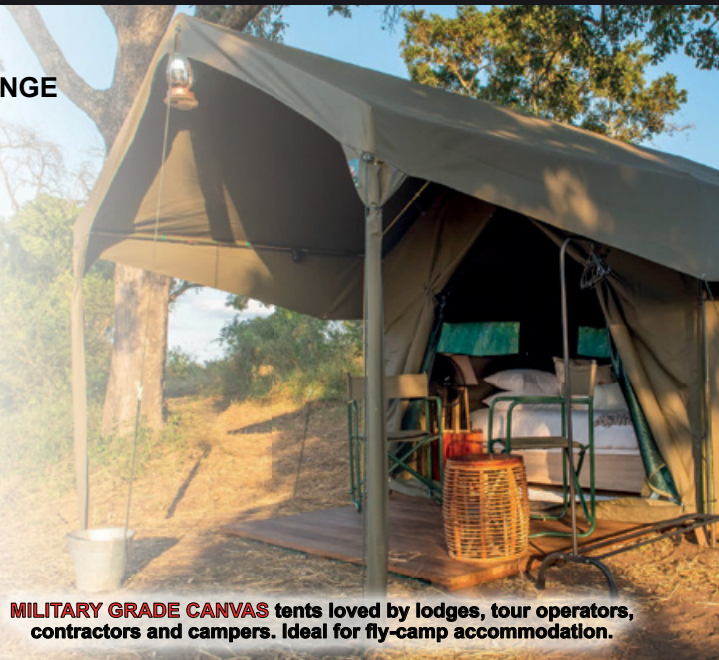
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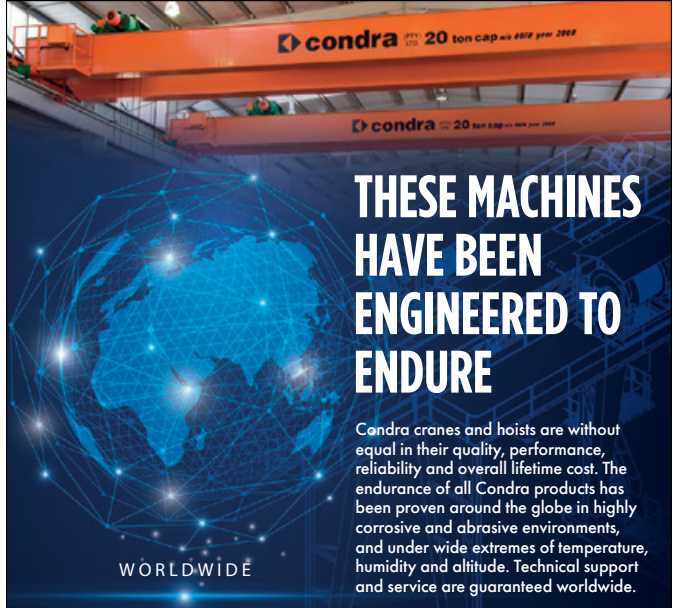
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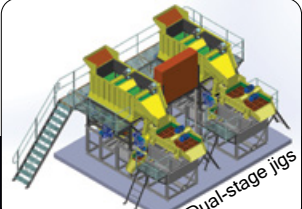


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Cape Town - Bloemfontein - Cape Town						
4Z606	Cape Town - Bloemfontein	16:50	18:25	1 2 3 4 5 7	Ejet 190	98
4Z607	Bloemfontein - Cape Town	18:55	20:40	1 2 3 4 5 7	Ejet 190	98
Cape Town - George - Cape Town						
4Z621	Cape Town - George	07:10	08:05	1 2 3 4 5	Ejet 190	98
4Z623	Cape Town - George	09:45	10:40		Ejet 190	98
4Z627	Cape Town - George	11:00	11:55		Embraer 135	37
4Z633	Cape Town - George	12:55	13:50		Embraer 135	37
4Z637	Cape Town - George	15:20	16:15	1 2 3 4 5 7	Ejet 190	98
4Z635	Cape Town - George	17:20	18:15	1 2 3 4 5 7	Embraer 140	44
4Z622	George - Cape Town	08:35	09:30	1 2 3 4 5	Ejet 190	98
4Z624	George - Cape Town	11:10	12:05		Ejet 190	98
4Z628	George - Cape Town	12:25	13:20		Embraer 135	37
4Z634	George - Cape Town	14:20	15:15		Embraer 135	37
4Z638	George - Cape Town	16:45	17:40	1 2 3 4 5 7	Ejet 190	98
4Z636	George - Cape Town	18:45	19:40	1 2 3 4 5 7	Embraer 140	44
Cape Town - Gqeberha (Port Elizabeth) - Cape Town						
4Z675	Cape Town - Gqeberha	17:10	18:20	1 2 3 4 5 7	Ejet 190	98
4Z676	Gqeberha - Cape Town	18:55	20:20	1 2 3 4 5 7	Ejet 190	98
Cape Town - Hoedspruit - Cape Town						
4Z655	Cape Town - Hoedspruit	08:35	11:05	1 2 3 4 5 6 7	Embraer 135	37
4Z657	Cape Town - Hoedspruit	10:30	13:00	1 2 3 4 5 6 7	Ejet 190	98
4Z658	Hoedspruit - Cape Town	13:40	16:25	1 2 3 4 5 6 7	Ejet 190	98
4Z656	Hoedspruit - Cape Town	14:00	16:45	1 2 3 4 5 6 7	Embraer 135	37
Cape Town - Kimberley - Cape Town						
4Z611	Cape Town - Kimberley	06:15	07:50	1 2 3 4 5 6	Embraer 140	44
4Z617	Cape Town - Kimberley	16:15	17:50	1 2 3 4 5 7	Embraer 135	37
4Z612	Kimberley - Cape Town	08:20	09:55	1 2 3 4 5 6	Embraer 140	44
4Z618	Kimberley - Cape Town	18:20	19:55	1 2 3 4 5 7	Embraer 135	37
Cape Town - Mbombela (Nelspruit) - Cape Town						
4Z661	Cape Town - Mbombela	08:00	10:20	1 2 3 4 5 6 7	Embraer 135	37
4Z663	Cape Town - Mbombela	10:25	12:45	1 2 3 4 5 6 7	Ejet 190	98
4Z664	Mbombela - Cape Town	13:25	16:05	1 2 3 4 5 6 7	Ejet 190	98
4Z662	Mbombela - Cape Town	15:10	17:50	1 2 3 4 5 6 7	Embraer 135	37
Cape Town - Skukuza - Cape Town						
4Z651	Cape Town - Skukuza	10:30	12:55	1 2 3 4 5 6 7	Ejet 190	98
4Z652	Skukuza - Cape Town	11:45	14:35	1 2 3 4 5 6 7	Ejet 190	98
Cape Town - Upington - Cape Town						
4Z641	Cape Town - Upington	06:45	08:00	1	Embraer 135	37
4Z645	Cape Town - Upington	12:40	13:55	1 2 3 4 5	Embraer 135	37
4Z642	Upington - Cape Town	08:35	09:50	1	Embraer 135	37
4Z646	Upington - Cape Town	14:25	15:40	1 2 3 4 5	Embraer 135	37
Durban - Gqeberha (Port Elizabeth) - Durban						
4Z520	Durban - Gqeberha	06:15	07:40	1 2 3 4 5	Embraer 140	44
4Z528	Durban - Gqeberha	16:20	17:45	1 2 3 4 5 7	Embraer 140	44
4Z521	Gqeberha - Durban	08:15	09:35	1 2 3 4 5	Embraer 140	44
4Z529	Gqeberha - Durban	18:25	19:45	1 2 3 4 5 7	Embraer 140	44
Durban - Mbombela (Nelspruit) - Durban						
4Z505	Durban - Mbombela	09:40	10:45	1 2 3 4 5 6 7	Embraer 140	44
4Z506	Mbombela - Durban	16:20	17:25	1 2 3 4 5 6 7	Embraer 140	44
Johannesburg - Bloemfontein - Johannesburg						
4Z701	Johannesburg - Bloemfontein	06:10	07:15	1 2 3 4 5	Embraer 135	37
4Z707	Johannesburg - Bloemfontein	08:30	09:35		Embraer 135	37
4Z703	Johannesburg - Bloemfontein	09:15	10:20	1 2 3 4 5 6	Embraer 135	37
4Z711	Johannesburg - Bloemfontein	12:40	13:45	1 2 3 4 5 6 7	Embraer 140	44
4Z709	Johannesburg - Bloemfontein	14:05	15:10		Embraer 140	44
4Z705	Johannesburg - Bloemfontein	17:10	18:15	1 2 3 4 5 7	Ejet 190	98
4Z702	Bloemfontein - Johannesburg	07:50	08:40	1 2 3 4 5	Embraer 135	37
4Z708	Bloemfontein - Johannesburg	10:10	11:00		Embraer 135	37
4Z704	Bloemfontein - Johannesburg	10:55	11:45	1 2 3 4 5 6	Embraer 135	37
4Z712	Bloemfontein - Johannesburg	14:20	15:10	1 2 3 4 5 6 7	Embraer 140	44
4Z710	Bloemfontein - Johannesburg	15:40	16:30		Embraer 140	44
4Z706	Bloemfontein - Johannesburg	18:50	19:40	1 2 3 4 5 7	Ejet 190	98
Johannesburg - Cape Town - Johannesburg						
4Z921	Johannesburg - Cape Town	07:30	09:45	1 2 3 4 5 6 7	Ejet 190	98
4Z927	Johannesburg - Cape Town	10:25	12:40	1 2 3 4 5 6	Ejet 190	98
4Z923	Johannesburg - Cape Town	12:20	14:35	1 2 3 4 5 6 7	Ejet 190	98
4Z931	Johannesburg - Cape Town	15:05	17:20	1 2 3 4 5 6 7	Ejet 190	98
4Z929	Johannesburg - Cape Town	17:40	19:55	1 2 3 4 5 6 7	Ejet 190	98
4Z937	Johannesburg - Cape Town	20:35	22:50	1 2 3 4 5 7	Ejet 190	98
4Z926	Cape Town - Johannesburg	06:05	08:10	1 2 3 4 5 6 7	Ejet 190	98
4Z920	Cape Town - Johannesburg	07:00	09:05	1 2 3 4 5 6 7	Ejet 190	98
4Z922	Cape Town - Johannesburg	09:00	11:05	1 2 3 4 5 6 7	Ejet 190	98
4Z928	Cape Town - Johannesburg	14:00	16:05	1 2 3 4 5 6	Ejet 190	98
4Z924	Cape Town - Johannesburg	15:20	17:25	1 2 3 4 5 6 7	Ejet 190	98
4Z932	Cape Town - Johannesburg	18:25	20:30	1 2 3 4 5 7	Ejet 190	98

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Day 1 = Monday, Day 7 = Sunday

FLIGHTS – Domestic														
FLIGHT		ROUTE		DEPARTURE	ARRIVAL	FREQUENCY				AIRCRAFT	SEATS			
Johannesburg - Durban - Johannesburg														
4Z553	Johannesburg	-	Durban	09:05	10:20	1	2	3	4	5	6	7	Ejet 190	98
4Z569	Johannesburg	-	Durban	18:35	19:50	1	2	3	4	5	6	7	Ejet 190	98
4Z552	Durban	-	Johannesburg	07:00	08:10	1	2	3	4	5	6		Ejet 190	98
4Z554	Durban	-	Johannesburg	10:55	12:05	1	2	3	4	5	6	7	Ejet 190	98
Johannesburg - East London - Johannesburg														
4Z915	Johannesburg	-	East London	10:30	12:00	1	2	3	4	5	6	7	Embraer 135	37
4Z917	Johannesburg	-	East London	18:05	19:30	1	2	3	4	5	6	7	Ejet 170	74
4Z914	East London	-	Johannesburg	07:30	09:00	1	2	3	4	5	6		Ejet 170	74
4Z916	East London	-	Johannesburg	12:35	14:05	1	2	3	4	5	6	7	Embraer 135	37
Johannesburg - George - Johannesburg														
4Z693	Johannesburg	-	George	11:45	13:45	1	2	3	4	5	6	7	Ejet 190	98
4Z694	George	-	Johannesburg	14:20	15:55	1	2	3	4	5	6	7	Ejet 190	98
Johannesburg - Gqeberha (Port Elizabeth) - Johannesburg														
4Z789	Johannesburg	-	Gqeberha	13:20	15:05	1	2	3	4	5	6	7	Ejet 190	98
4Z799	Johannesburg	-	Gqeberha	18:15	20:00	1	2	3	4	5	6	7	Ejet 190	98
4Z792	Gqeberha	-	Johannesburg	07:00	08:35	1	2	3	4	5	6	7	Ejet 190	98
4Z790	Gqeberha	-	Johannesburg	15:45	17:20	1	2	3	4	5	6	7	Ejet 190	98
Johannesburg - Hoedspruit - Johannesburg														
4Z871	Johannesburg	-	Hoedspruit	10:30	11:30	1	2	3	4	5	6	7	Ejet 190	98
4Z875	Johannesburg	-	Hoedspruit	12:30	13:30	1	2	3	4	5	6	7	Embraer 135	37
4Z873	Johannesburg	-	Hoedspruit	12:50	13:50	1	2	3	4	5	6	7	Ejet 190	98
4Z876	Hoedspruit	-	Johannesburg	11:45	12:50	1	2	3	4	5	6	7	Embraer 135	37
4Z872	Hoedspruit	-	Johannesburg	12:10	13:10	1	2	3	4	5	6	7	Ejet 190	98
4Z874	Hoedspruit	-	Johannesburg	14:30	15:30	1	2	3	4	5	6	7	Ejet 190	98
Johannesburg - Kimberley - Johannesburg														
4Z721	Johannesburg	-	Kimberley	07:00	08:05	1	2	3	4	5	6		Ejet 190	98
4Z723	Johannesburg	-	Kimberley	09:15	10:20	1	2	3	4	5	6	7	Embraer 140	44
4Z727	Johannesburg	-	Kimberley	16:25	17:30	1	2	3	4	5	7		Ejet 190	98
4Z722	Kimberley	-	Johannesburg	08:40	09:35	1	2	3	4	5	6		Ejet 190	98
4Z724	Kimberley	-	Johannesburg	10:55	11:50	1	2	3	4	5	6	7	Embraer 140	44
4Z728	Kimberley	-	Johannesburg	18:10	19:05	1	2	3	4	5	7		Ejet 190	98
Johannesburg - Mbombela (Nelspruit) - Johannesburg														
4Z823	Johannesburg	-	Mbombela	07:00	07:55	1	2	3	4	5			Embraer 135	37
4Z829	Johannesburg	-	Mbombela	10:05	11:00	1	2	3	4	5	6	7	Embraer 140	44
4Z827	Johannesburg	-	Mbombela	10:25	11:20	1		3		5	7		Embraer 135	37
4Z841	Johannesburg	-	Mbombela	11:05	12:00	1	2	3	4	5	6	7	Embraer 140	44
4Z839	Johannesburg	-	Mbombela	13:35	14:30	1	2	3	4	5	6	7	Embraer 135	37
4Z845	Johannesburg	-	Mbombela	15:55	16:50	1	2	3	4	5	6	7	Embraer 140	44
4Z837	Johannesburg	-	Mbombela	18:10	19:05	1	2	3	4	5	7		Embraer 140	44
4Z838	Mbombela	-	Johannesburg	07:15	08:10	1	2	3	4	5			Embraer 140	44
4Z824	Mbombela	-	Johannesburg	08:25	09:20	1	2	3	4	5	6		Embraer 135	37
4Z840	Mbombela	-	Johannesburg	10:50	11:45	1	2	3	4	5	6	7	Embraer 135	37
4Z842	Mbombela	-	Johannesburg	12:40	13:35	1	2	3	4	5	6	7	Embraer 140	44
4Z822	Mbombela	-	Johannesburg	16:15	17:10		2		4		6	7	Embraer 140	44
4Z846	Mbombela	-	Johannesburg	17:20	18:15	1	2	3	4	5	6	7	Embraer 140	44
Johannesburg - Mthatha - Johannesburg														
4Z751	Johannesburg	-	Mthatha	06:15	07:35	1	2	3	4	5	6		Embraer 135	37
4Z753	Johannesburg	-	Mthatha	10:05	11:25	1	2	3	4		6	7	Embraer 135	37
4Z757	Johannesburg	-	Mthatha	12:25	13:45	1	2	3	4	5	6	7	Embraer 135	37
4Z759	Johannesburg	-	Mthatha	14:10	15:30					5	7		Embraer 135	37
4Z755	Johannesburg	-	Mthatha	15:50	17:10	1	2	3	4	5	7		Embraer 135	37
4Z752	Mthatha	-	Johannesburg	08:00	09:20	1	2	3	4	5	6		Embraer 135	37
4Z754	Mthatha	-	Johannesburg	12:00	13:20	1	2	3	4		6	7	Embraer 135	37
4Z758	Mthatha	-	Johannesburg	14:15	15:35	1	2	3	4	5	6	7	Embraer 135	37
4Z760	Mthatha	-	Johannesburg	16:00	17:20					5	7		Embraer 135	37
4Z756	Mthatha	-	Johannesburg	17:40	19:00	1	2	3	4	5	7		Embraer 135	37
Johannesburg - Pietermaritzburg - Johannesburg														
4Z733	Johannesburg	-	Pietermaritzburg	07:00	08:05	1	2	3	4	5	6		Ejet 190	98
4Z735	Johannesburg	-	Pietermaritzburg	12:35	13:40	1	2	3	4	5	6	7	Embraer 135	37
4Z743	Johannesburg	-	Pietermaritzburg	16:35	17:40	1	2	3	4	5	7		Ejet 190	98
4Z739	Johannesburg	-	Pietermaritzburg	18:15	19:20	1	2	3	4	5	7		Embraer 135	37
4Z730	Pietermaritzburg	-	Johannesburg	07:05	08:10	1	2	3	4	5	6		Embraer 135	37
4Z734	Pietermaritzburg	-	Johannesburg	08:45	09:50	1	2	3	4	5	6		Ejet 190	98
4Z736	Pietermaritzburg	-	Johannesburg	14:05	15:10	1	2	3	4	5	6	7	Embraer 135	37
4Z744	Pietermaritzburg	-	Johannesburg	18:20	19:25	1	2	3	4	5	7		Ejet 190	98
Johannesburg - Polokwane - Johannesburg														
4Z801	Johannesburg	-	Polokwane	06:10	07:05	1	2	3	4	5			Embraer 135	37
4Z803	Johannesburg	-	Polokwane	09:35	10:30	1	2	3	4	5	6	7	Embraer 135	37
4Z813	Johannesburg	-	Polokwane	14:20	15:15					6			Embraer 135	37
4Z815	Johannesburg	-	Polokwane	16:20	17:15	1	2	3	4	5	7		Embraer 135	37
4Z802	Polokwane	-	Johannesburg	07:35	08:30	1	2	3	4	5			Embraer 135	37
4Z804	Polokwane	-	Johannesburg	11:00	11:55	1	2	3	4	5	6	7	Embraer 135	37
4Z814	Polokwane	-	Johannesburg	15:40	16:35					6			Embraer 135	37
4Z816	Polokwane	-	Johannesburg	17:45	18:40	1	2	3	4	5	7		Embraer 135	37

Day 1 = Monday, Day 7 = Sunday

FLIGHTS – Domestic

FLIGHT	ROUTE	DEPARTURE	ARRIVAL	FREQUENCY	AIRCRAFT	SEATS
Johannesburg - Richards Bay - Johannesburg						
4Z881	Johannesburg - Richards Bay	06:30	07:40	1	Ejet 170	74
4Z883	Johannesburg - Richards Bay	10:35	11:45	1 2 3 4 5 6 7	Ejet 170	74
4Z885	Johannesburg - Richards Bay	16:00	17:10	3 4 5 7	Ejet 170	74
4Z882	Richards Bay - Johannesburg	08:20	09:30	1	Ejet 170	74
4Z884	Richards Bay - Johannesburg	12:25	13:35	1 2 3 4 5 6 7	Ejet 170	74
4Z886	Richards Bay - Johannesburg	17:50	19:00	3 4 5 7	Ejet 170	74
Johannesburg - Sishen - Johannesburg						
4Z771	Johannesburg - Sishen	06:30	07:45	1 2 3 4 5	Embraer 135	37
4Z773	Johannesburg - Sishen	07:00	08:15	1	Embraer 135	37
4Z779	Johannesburg - Sishen	15:30	16:45	1 2 3 4 5	Embraer 135	37
4Z777	Johannesburg - Sishen	16:00	17:15	3 5	Embraer 135	37
4Z772	Sishen - Johannesburg	08:15	09:30	1 2 3 4 5	Embraer 135	37
4Z774	Sishen - Johannesburg	08:45	10:00	1	Embraer 135	37
4Z780	Sishen - Johannesburg	17:15	18:30	1 2 3 4 5	Embraer 135	37
4Z778	Sishen - Johannesburg	17:45	19:00	3 5	Embraer 135	37
Johannesburg - Skukuza - Johannesburg						
4Z861	Johannesburg - Skukuza	10:05	11:05	1 2 3 4 5 6 7	Ejet 190	98
4Z865	Johannesburg - Skukuza	13:05	14:05	1 2 3 4 5 6 7	Embraer 135	37
4Z862	Skukuza - Johannesburg	13:35	14:40	1 2 3 4 5 6 7	Ejet 190	98
4Z866	Skukuza - Johannesburg	14:35	15:40	1 2 3 4 5 6 7	Embraer 135	37
Johannesburg - Upington - Johannesburg						
4Z761	Johannesburg - Upington	07:05	08:40	1 2 3 4 5	Embraer 135	37
4Z763	Johannesburg - Upington	10:15	11:50	1 2 3 4 5 6 7	Embraer 135	37
4Z769	Johannesburg - Upington	15:55	17:30	1 2 3 4 5 7	Embraer 135	37
4Z762	Upington - Johannesburg	09:10	10:30	1 2 3 4 5	Embraer 135	37
4Z764	Upington - Johannesburg	12:20	13:40	1 2 3 4 5 6 7	Embraer 135	37
4Z770	Upington - Johannesburg	17:55	19:15	1 2 3 4 5 7	Embraer 135	37

FLIGHTS – Regional

FLIGHT	ROUTE	DEPARTURE	ARRIVAL	FREQUENCY	AIRCRAFT	SEATS
Cape Town - Gaborone - Cape Town						
4Z364	Cape Town - Gaborone	10:50	13:00	2 4 6	Embraer 140	44
4Z365	Gaborone - Cape Town	13:45	16:00	2 4 6	Embraer 140	44
Cape Town - Harare - Cape Town						
4Z382	Cape Town - Harare	16:30	19:40	1 2 3 4 5 6 7	Ejet 190	98
4Z383	Harare - Cape Town	07:40	10:55	1 2 3 4 5 6 7	Ejet 190	98
Cape Town - Maputo - Cape Town						
4Z375	Cape Town - Maputo	10:35	13:05	1 3 5 7	Embraer 140	44
4Z376	Maputo - Cape Town	13:40	16:30	1 3 5 7	Embraer 140	44
Cape Town - Maun - Cape Town						
4Z314	Cape Town - Maun	10:35	13:05	1 2 3 4 5 6 7	Ejet 190	98
4Z315	Maun - Cape Town	13:50	16:20	1 2 3 4 5 6 7	Ejet 190	98
Cape Town - Victoria Falls - Cape Town						
4Z390	Cape Town - Victoria Falls	09:45	12:40	1 2 3 4 5 7	Ejet 190	98
4Z391	Victoria Falls - Cape Town	13:25	16:30	1 2 3 4 5 7	Ejet 190	98
Cape Town - Walvis Bay - Cape Town						
4Z341	Cape Town - Walvis Bay	11:40	13:55	1 2 3 4 5 6 7	Ejet 190	98
4Z342	Walvis Bay - Cape Town	14:40	16:45	1 2 3 4 5 6 7	Ejet 190	98
Cape Town - Windhoek - Cape Town						
4Z320	Cape Town - Windhoek	07:00	09:10	1 2 3 4 5 6	Embraer 135	37
4Z326	Cape Town - Windhoek	10:40	12:50	1 2 3 4 5 6 7	Ejet 190	98
4Z328	Cape Town - Windhoek	18:15	20:25	1 2 3 4 5 7	Ejet 190	98
4Z329	Windhoek - Cape Town	07:05	09:10	1 2 3 4 5 6	Ejet 190	98
4Z321	Windhoek - Cape Town	09:50	11:55	1 2 3 4 5 6	Embraer 135	37
4Z327	Windhoek - Cape Town	13:40	15:45	1 2 3 4 5 6 7	Ejet 190	98
Durban - Harare - Durban						
4Z410	Durban - Harare	10:35	12:40	1 2 3 4 5 6 7	Embraer 140	44
4Z411	Harare - Durban	13:25	15:35	1 2 3 4 5 6 7	Embraer 140	44
Johannesburg - Antananarivo - Johannesburg						
4Z252	Johannesburg - Antananarivo	10:00	14:00	1 3 5 7	Ejet 190	98
4Z253	Antananarivo - Johannesburg	14:45	17:05	1 3 5 7	Ejet 190	98
Johannesburg - Beira - Johannesburg						
4Z214	Johannesburg - Beira	10:45	12:25	1 2 3 4 5 6 7	Embraer 135	37
4Z215	Beira - Johannesburg	12:55	14:55	1 2 3 4 5 6 7	Embraer 135	37
Johannesburg - Blantyre - Johannesburg						
4Z450	Johannesburg - Blantyre	11:15	13:30	1 2 4 5 6 7	Embraer 135	37
4Z451	Blantyre - Johannesburg	14:10	16:35	1 2 4 5 6 7	Embraer 135	37

Day 1 = Monday, Day 7 = Sunday

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FLIGHTS – Regional

FLIGHT	ROUTE	DEPARTURE	ARRIVAL	FREQUENCY	AIRCRAFT	SEATS
Johannesburg - Bulawayo - Johannesburg						
4Z112	Johannesburg - Bulawayo	07:15	08:30	1 2 3 4 5 6 7	Embraer 140	44
4Z110	Johannesburg - Bulawayo	10:30	11:50	1 2 3 4 5 6 7	Ejet 190	98
4Z114	Johannesburg - Bulawayo	14:20	15:35	1 2 3 4 5 6 7	Embraer 140	44
4Z113	Bulawayo - Johannesburg	09:15	10:45	1 2 3 4 5 6 7	Embraer 140	44
4Z111	Bulawayo - Johannesburg	12:35	13:55	1 2 3 4 5 6 7	Ejet 190	98
4Z115	Bulawayo - Johannesburg	16:10	17:40	1 2 3 4 5 6 7	Embraer 140	44
Johannesburg - Dar es Salaam - Johannesburg						
4Z032	Johannesburg - Dar es Salaam	09:40	14:10	2 4 6	Ejet 190	98
4Z036	Johannesburg - Dar es Salaam	22:00	02:30	1 3 4 5 7	Ejet 190	98
4Z037	Dar es Salaam - Johannesburg	03:25	06:10	1 2 4 5 6	Ejet 190	98
4Z033	Dar es Salaam - Johannesburg	14:50	17:35	2 4 6	Ejet 190	98
Johannesburg - Gaborone - Johannesburg						
4Z172	Johannesburg - Gaborone	06:20	07:15	1 2 3 4 5 6	Embraer 140	44
4Z182	Johannesburg - Gaborone	08:30	09:25	1 2 3 4 5 6 7	Embraer 135	37
4Z174	Johannesburg - Gaborone	08:45	09:40	1 2 3 4 5 6	Ejet 170	74
4Z176	Johannesburg - Gaborone	11:00	11:55	1 2 3 4 5 6 7	Embraer 135	37
4Z180	Johannesburg - Gaborone	15:25	16:20	1 2 3 4 5 6 7	Ejet 190	98
4Z178	Johannesburg - Gaborone	16:50	17:45	1 2 3 4 5 6 7	Embraer 135	37
4Z184	Johannesburg - Gaborone	18:05	19:00	1 2 3 4 5 7	Ejet 190	98
4Z185	Gaborone - Johannesburg	07:25	08:15	1 2 3 4 5 6 7	Ejet 190	98
4Z173	Gaborone - Johannesburg	07:55	08:45	1 2 3 4 5 6	Embraer 140	44
4Z183	Gaborone - Johannesburg	10:00	10:50	1 2 3 4 5 6 7	Embraer 135	37
4Z175	Gaborone - Johannesburg	10:15	11:05	1 2 3 4 5 6	Ejet 170	74
4Z177	Gaborone - Johannesburg	12:35	13:25	1 2 3 4 5 6 7	Embraer 135	37
4Z181	Gaborone - Johannesburg	17:00	17:50	1 2 3 4 5 6 7	Ejet 190	98
4Z179	Gaborone - Johannesburg	18:20	19:10	1 2 3 4 5 7	Embraer 135	37
Johannesburg - Harare - Johannesburg						
4Z100	Johannesburg - Harare	06:20	08:05	1 2 3 4 5 6	Ejet 190	98
4Z098	Johannesburg - Harare	08:20	10:05	1 2 3 4 5 7	Ejet 190	98
4Z104	Johannesburg - Harare	10:55	12:40	1 2 3 4 5 6 7	Ejet 190	98
4Z106	Johannesburg - Harare	14:40	16:25	1 2 3 4 5 6 7	Ejet 190	98
4Z102	Johannesburg - Harare	16:10	17:55	1 2 3 4 5 6 7	Ejet 190	98
4Z108	Johannesburg - Harare	18:45	20:30	1 2 3 4 5 7	Ejet 190	98
4Z109	Harare - Johannesburg	07:10	08:55	1 2 3 4 5 6	Ejet 190	98
4Z101	Harare - Johannesburg	08:50	10:35	1 2 3 4 5 6 7	Ejet 190	98
4Z099	Harare - Johannesburg	10:50	12:35	1 2 3 4 5 7	Ejet 190	98
4Z105	Harare - Johannesburg	13:30	15:15	1 2 3 4 5 6 7	Ejet 190	98
4Z107	Harare - Johannesburg	17:05	18:50	1 2 3 4 5 6 7	Ejet 190	98
4Z103	Harare - Johannesburg	18:40	20:25	1 2 3 4 5 7	Ejet 190	98
Johannesburg - Kasane - Johannesburg						
4Z306	Johannesburg - Kasane	11:50	13:40	1 2 3 4 5 6 7	Ejet 170	74
4Z307	Kasane - Johannesburg	14:15	15:55	1 2 3 4 5 6 7	Ejet 170	74
Johannesburg - Lilongwe - Johannesburg						
4Z460	Johannesburg - Lilongwe	10:50	13:10	1 3 5 6	Ejet 190	98
4Z461	Lilongwe - Johannesburg	14:00	16:30	1 3 5 6	Ejet 190	98
Johannesburg - Livingstone - Johannesburg						
4Z482	Johannesburg - Livingstone	10:50	12:35	1 2 3 4 5 6 7	Ejet 190	98
4Z483	Livingstone - Johannesburg	13:15	15:00	1 2 3 4 5 6 7	Ejet 190	98
Johannesburg - Luanda - Johannesburg						
4Z044	Johannesburg - Luanda	09:40	12:30	2 4 5 7	Ejet 190	98
4Z045	Luanda - Johannesburg	13:25	17:50	2 4 5 7	Ejet 190	98
Johannesburg - Lubumbashi - Johannesburg						
4Z021	Johannesburg - Lubumbashi	10:40	13:10	1 2 3 4 5 6 7	Ejet 190	98
4Z022	Lubumbashi - Johannesburg	13:55	16:35	1 2 3 4 5 6 7	Ejet 190	98
Johannesburg - Lusaka - Johannesburg						
4Z166	Johannesburg - Lusaka	07:45	09:45	1 2 3 4 5 6	Ejet 190	98
4Z162	Johannesburg - Lusaka	11:30	13:30	1 2 3 4 5 6 7	Ejet 190	98
4Z168	Johannesburg - Lusaka	14:30	16:30	1 2 3 4 5 7	Embraer 135	37
4Z164	Johannesburg - Lusaka	17:00	19:00	1 2 3 4 5 7	Embraer 135	37
4Z161	Lusaka - Johannesburg	07:30	09:35	1 2 3 4 5 6	Embraer 135	37
4Z167	Lusaka - Johannesburg	10:25	12:30	1 2 3 4 5 6	Ejet 190	98
4Z163	Lusaka - Johannesburg	14:15	16:20	1 2 3 4 5 6 7	Ejet 190	98
4Z169	Lusaka - Johannesburg	17:10	19:15	1 2 3 4 5 7	Embraer 135	37
Johannesburg - Maputo - Johannesburg						
4Z276	Johannesburg - Maputo	08:05	09:15	1 2 3 4 5 6 7	Ejet 190	98
4Z272	Johannesburg - Maputo	13:55	15:05	1 2 3 4 5 6 7	Ejet 190	98
4Z274	Johannesburg - Maputo	18:10	19:20	1 2 3 4 5 6 7	Ejet 190	98
4Z271	Maputo - Johannesburg	07:20	08:25	1 2 3 4 5 6 7	Ejet 190	98
4Z277	Maputo - Johannesburg	09:55	11:00	1 2 3 4 5 6 7	Ejet 190	98
4Z273	Maputo - Johannesburg	15:45	16:50	1 2 3 4 5 6 7	Ejet 190	98
Johannesburg - Maseru - Johannesburg						
4Z050	Johannesburg - Maseru	06:25	07:25	1 2 3 4 5 6 7	Embraer 135	37
4Z052	Johannesburg - Maseru	09:45	10:45	1 2 3 4 5 6 7	Embraer 135	37
4Z062	Johannesburg - Maseru	15:00	16:00	1 2 3 4 5 6 7	Embraer 135	37
4Z051	Maseru - Johannesburg	07:55	09:00	1 2 3 4 5 6 7	Embraer 135	37
4Z053	Maseru - Johannesburg	11:15	12:20	1 2 3 4 5 6 7	Embraer 135	37
4Z063	Maseru - Johannesburg	16:25	17:30	1 2 3 4 5 6 7	Embraer 135	37
Johannesburg - Maun - Johannesburg						
4Z302	Johannesburg - Maun	10:55	12:35	1 2 3 4 5 6 7	Embraer 140	44
4Z300	Johannesburg - Maun	12:05	13:45	1 2 3 4 5 6 7	Ejet 195	107
4Z303	Maun - Johannesburg	13:15	14:45	1 2 3 4 5 6 7	Embraer 140	44
4Z301	Maun - Johannesburg	14:30	16:00	1 2 3 4 5 6 7	Ejet 195	107

Day 1 = Monday, Day 7 = Sunday

FLIGHTS – Regional

FLIGHT	ROUTE	DEPARTURE	ARRIVAL	FREQUENCY	AIRCRAFT	SEATS
Johannesburg - Nairobi - Johannesburg						
4Z070	Johannesburg - Nairobi	09:40	14:40	1 2 3 4 5 6 7	Ejet 190	98
4Z072	Johannesburg - Nairobi	20:30	01:30	3 4 5 6 7	Ejet 190	98
4Z073	Nairobi - Johannesburg	02:15	05:25	1 2 3 4 5 6 7	Ejet 190	98
4Z071	Nairobi - Johannesburg	15:30	18:40	1 2 3 4 5 6 7	Ejet 190	98
Johannesburg - Nampula - Johannesburg						
4Z230	Johannesburg - Nampula	10:30	13:00	2 4 6	Embraer 135	37
4Z231	Nampula - Johannesburg	13:35	16:30	2 4 6	Embraer 135	37
Johannesburg - Nosy Be - Johannesburg						
4Z246	Johannesburg - Nosy Be	09:40	14:10	7	Ejet 190	98
4Z247	Nosy Be - Johannesburg	14:55	17:45	7	Ejet 190	98
Johannesburg - Ndola - Johannesburg						
4Z150	Johannesburg - Ndola	10:15	12:35	1 2 3 4 5 6 7	Ejet 190	98
4Z151	Ndola - Johannesburg	13:20	15:45	1 2 3 4 5 6 7	Ejet 190	98
Johannesburg - Pemba - Johannesburg						
4Z204	Johannesburg - Pemba	11:30	14:20	1 2 3 4 5 6 7	Embraer 135	37
4Z205	Pemba - Johannesburg	14:50	18:10	1 2 3 4 5 6 7	Embraer 135	37
Johannesburg - St Helena - Johannesburg						
4Z131	Johannesburg - St Helena	09:00	13:35	6	Ejet 190	98
4Z132	St Helena - Johannesburg	14:30	21:15	6	Ejet 190	98
Johannesburg - Sikhuphe - Johannesburg						
4Z080	Johannesburg - Sikhuphe	06:35	07:25	1 2 3 4 5 6	Embraer 135	37
4Z082	Johannesburg - Sikhuphe	10:00	10:50	1 2 3 4 5 6 7	Embraer 135	37
4Z084	Johannesburg - Sikhuphe	13:10	14:00	1 2 3 4 5 6 7	Embraer 135	37
4Z086	Johannesburg - Sikhuphe	16:20	17:10	5 6 7	Embraer 135	37
4Z081	Sikhuphe - Johannesburg	07:55	09:00	1 2 3 4 5 6	Embraer 135	37
4Z083	Sikhuphe - Johannesburg	11:20	12:25	1 2 3 4 5 6 7	Embraer 135	37
4Z085	Sikhuphe - Johannesburg	14:30	15:35	1 2 3 4 5 6 7	Embraer 135	37
4Z087	Sikhuphe - Johannesburg	17:40	18:45	5 6 7	Embraer 135	37
Johannesburg - Tete - Johannesburg						
4Z220	Johannesburg - Tete	10:25	12:25	1 2 3 4 5	Embraer 135	37
4Z221	Tete - Johannesburg	13:05	15:25	1 2 3 4 5	Embraer 135	37
Johannesburg - Victoria Falls - Johannesburg						
4Z492	Johannesburg - Victoria Falls	10:00	11:45	1 2 3 4 5 6 7	Ejet 190	98
4Z494	Johannesburg - Victoria Falls	11:35	13:20	1 2 3 4 5 6 7	Ejet 195	107
4Z493	Victoria Falls - Johannesburg	12:30	14:15	1 2 3 4 5 6 7	Ejet 190	98
4Z495	Victoria Falls - Johannesburg	14:00	15:45	1 2 3 4 5 6 7	Ejet 195	107
Johannesburg - Vilanculos - Johannesburg						
4Z260	Johannesburg - Vilanculos	11:15	12:50	1 2 3 4 5 6 7	Ejet 170	74
4Z261	Vilanculos - Johannesburg	13:30	15:15	1 2 3 4 5 6 7	Ejet 170	74
Johannesburg - Walvis Bay - Johannesburg						
4Z141	Johannesburg - Walvis Bay	10:20	12:55	1 2 3 4 5 6 7	Ejet 190	98
4Z143	Johannesburg - Walvis Bay	14:05	16:40	1 2 3 4 5 6 7	Embraer 135	37
4Z142	Walvis Bay - Johannesburg	13:40	15:45	1 2 3 4 5 6 7	Ejet 190	98
4Z144	Walvis Bay - Johannesburg	17:25	19:45	1 2 3 4 5 6 7	Embraer 135	37
Johannesburg - Windhoek - Johannesburg						
4Z120	Johannesburg - Windhoek	06:30	08:40	1 2 3 4 5 6	Ejet 195	107
4Z124	Johannesburg - Windhoek	10:40	12:50	1 2 3 4 5 6 7	Ejet 190	98
4Z126	Johannesburg - Windhoek	15:15	17:25	1 2 3 4 5 6 7	Ejet 170	74
4Z128	Johannesburg - Windhoek	17:35	19:45	1 2 3 4 5 6 7	Ejet 190	98
4Z129	Windhoek - Johannesburg	07:10	09:00	1 2 3 4 5 6 7	Ejet 190	98
4Z121	Windhoek - Johannesburg	09:20	11:10	1 2 3 4 5 6	Ejet 195	107
4Z125	Windhoek - Johannesburg	13:45	15:35	1 2 3 4 5 6 7	Ejet 190	98
4Z127	Windhoek - Johannesburg	18:10	20:00	1 2 3 4 5 6 7	Ejet 170	74
Mbombela (Nelspruit) - Livingstone - Johannesburg						
4Z470	Mbombela - Livingstone	11:35	13:30	1 3 5	Embraer 140	44
4Z485	Livingstone - Johannesburg	14:00	15:55	1 3 5	Embraer 140	44
Mbombela (Nelspruit) - Victoria Falls - Mbombela (Nelspruit)						
4Z476	Mbombela - Victoria Falls	11:35	13:25	1 2 3 4 5 6 7	Embraer 140	44
4Z477	Victoria Falls - Mbombela	14:00	15:40	1 2 3 4 5 6 7	Embraer 140	44
Mbombela (Nelspruit) - Vilanculos - Mbombela (Nelspruit)						
4Z258	Mbombela - Vilanculos	12:00	13:10	1 3 5 7	Embraer 135	37
4Z263	Vilanculos - Johannesburg	13:50	15:35	1 3 5 7	Embraer 135	37

When planning your next flight, for business or pleasure, this flight schedule will come in handy. Take this FREE copy of Skyways with you.



Previous and new livery

For now, Airlink can be recognised by both its previous and its new livery as all their 60 aircraft in the fleet are repainted over the upcoming months. When you spot the new Airlink tail, share your image and tag #FlyAirlink.



FLIGHTS – Operated by FlyNamibia

FLIGHT	ROUTE	DEPARTURE	ARRIVAL	FREQUENCY	AIRCRAFT	SEATS
Eros - Ondangwa - Eros						
WV*4Z8505	Eros - Ondangwa	06:30	07:30	1 2 5	EMBRAER 145	50
WV*4Z8595	Eros - Ondangwa	16:20	17:20	2 3 4 5 7	EMBRAER 145	50
WV*4Z8506	Ondangwa - Eros	08:00	09:00	1 2 5	EMBRAER 145	50
WV*4Z8596	Ondangwa - Eros	17:50	18:50	2 3 4 5 7	EMBRAER 145	50
Windhoek - Victoria Falls - Windhoek						
WV*4Z8135	Windhoek - Victoria Falls	10:15	11:40	2 4 6	EMBRAER 145	50
WV*4Z8136	Victoria Falls - Windhoek	12:45	14:15	2 4 6	EMBRAER 145	50
Windhoek - Maun - Windhoek						
WV*4Z8137	Windhoek - Maun	10:15	11:15	3 5 7	EMBRAER 145	50
WV*4Z8138	Maun - Windhoek	14:15	15:15	3 5 7	EMBRAER 145	50
Windhoek - Mpacha - Windhoek (One stop)						
WV*4Z8137	Windhoek - Mpacha	10:15	12:25	3 5 7	EMBRAER 145	50
WV*4Z8138	Mpacha - Windhoek	13:05	15:15	3 5 7	EMBRAER 145	50

Day 1 = Monday, Day 7 = Sunday



FlyNamibia and Airlink

Airlink franchisee, FlyNamibia, is a strategic partnership that exemplifies a commitment to growth and collaboration. This co-operation not only strengthens FlyNamibia's regional presence but also expands its global reach, enhancing its network through Airlink and its global partners.

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- Mineral characterisation of (complex) ores
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- Computational Modelling & Simulation

Extractive Metallurgy

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- Biometallurgy: Utilising microorganisms to recover metals
- Pyrometallurgy: Extracting and purifying metals through high-temperature processes

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- Advanced Materials
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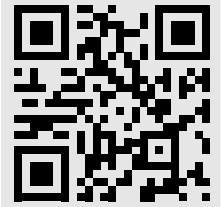
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I Want Choo
Eau de Parfum 60ml
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ZAR 1,500
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* **AMBER – FLORAL – WOODY**
I Want Choo Le Parfum is an ode to empowering female friendships and memorable nights.



MARC JACOBS
Daisy Wild Eau So Intense
Eau de Parfum 50ml
ZAR 1,699
FOR HER

* **FLORAL – WOODY – MUSK**
An intense floral and captivating fragrance with banana blossom accord, jasmine extract and amber notes.



KARL LAGERFELD
Fleur de Pêcher
Eau de Parfum 100ml
ZAR 995
FOR HER

* **FLORAL – FRUITY**
Pure and clean, this fresh eau de parfum combines citrusy notes of yuzu fruit, nashi pear, peach blossom, jasmine tea and cotton musk.



BANDERAS
Her Gold Secret
Eau de Toilette 80ml
ZAR 500
FOR HER

* **FRUITY – SPICY**
Her Golden Secret by Banderas is an irresistibly seductive blend in a fruity fragrance for her.



BANDERAS
Essence of Success
Eau de Parfum 50ml
ZAR 600
FOR HIM

* **FLORAL – FOUGÈRE**
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Pamper yourself on the go with this travel-sized set of skincare favourites.



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ZAR 650

TRAVEL EXCLUSIVE

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BEAUTYPRO
WONDERBALM

50ml

ZAR 700

This multi-purpose balm has powerful healing ingredients that nourish and moisturise.



HARRY LIME
Series 27 Smartwatch

ZAR 1,650

Designed to seamlessly integrate communication, health and fitness into your daily life.



MOON
Eclipse Rose Shimmer Watch Set

TRAVEL EXCLUSIVE

ZAR 495

A timeless blend of elegance and sparkle.



SEKONDA
Margot Ladies' Rose Gold Watch Set

TRAVEL EXCLUSIVE

ZAR 1,500

A stylish travel essential.



REFLEX ACTIVE
Wireless Earbuds

ZAR 950

Sporty earbuds for people on the move, with various functions and one-hour charge time.



REFLEX ACTIVE
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TRAVEL EXCLUSIVE

ZAR 1,100

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PROMATE
Perk Charging Cable Travel Kit

ZAR 300

The ultimate travel companion for tech-savvy adventurers and busy professionals alike. Sleek and compact, it's the all-in-one solution for your smartphone on the go.

sudoku

Brought to you by:

Auto&General Never not there™

Try the addictive game of sudoku. The aim is to fill each block with a number from 1 to 9. Each number must not appear more than once in each row, column and square.

If you can't finish this puzzle during your flight, please take this free copy of *Skyways* with you. The cabin attendant will make sure that the next passengers get their own magazine, with a clean sudoku for them to puzzle over!

easy

		3			8			
	2	7	5	3				9
8	6				2		7	
		9		1		5	8	4
1	4						2	6
6	7	5		8		9		
	9		1				5	8
5				9	7	2	1	
			8			6		

medium

			4		6			
	4	8			3			
	7	3	9			2		4
	5	2						
		7		6		4		
						9	1	
5		9			1	8	7	
			7			5	9	
			3		5			

battleship

Battleships is a solitaire version of the classic strategy game in which you must locate and sink a hidden fleet.

The numbers indicate the number of squares in each row/column that contain a ship or ship segment. Clues may indicate water, specific ships, or parts of ships.

Circles indicate submarines (one-square ships). Semicircles indicate ends of larger ships. Large squares indicate ship middles. Diamonds are unspecified ship pieces. The complete list of ships is shown on the right side of the puzzle. No ship may touch another ship, even diagonally.

Easy

	1	3	3	2	5	0	1	4
2								
2								
4								
1								
1								
4								
0								
5								

Medium

	1	3	1	5	2	2	1	4
1								
2								
1								
6								
0								
3								
1								
5								

Solutions on pg 129.



Body Corporate Insurance: How **Auto&General** supports South African communities

As your flight **soars above our beautiful country's towns and landscapes**, it's easy to forget the challenges homeowners face. Behind the scenes, however, a quiet force is constantly at work to keep life running smoothly in many residential complexes. That force is Auto&General Body Corporate Insurance.

Many people in South African cities live in shared spaces – sectional title units, cluster homes or blocks of flats where residents have use of communal facilities such as gardens, driveways and pools. These shared spaces foster community spirit but also bring shared responsibilities. That's where body corporate insurance comes in: it is there to protect buildings and common areas, ensuring that if something goes wrong – a ravaging fire, damage from an unexpected storm or just a pipe that bursts – everyone is covered.

It's more than just repairs, however – this type of insurance also safeguards people. If someone slips in a communal area or a visitor's car is damaged on the property, the policy can cover costs. It's a safety net that gives residents peace of mind, knowing they won't face unexpected problems alone. This cover is essential for all communities, from small blocks of flats to large estates. Risks are real because South Africa's weather is unpredictable, and maintenance issues can arise at any time. The right cover will ensure that repairs happen quickly, fairly and without stress.

As a leader in the local insurance industry, Auto&General understands these needs. Their body corporate insurance is tailored to each community,

regardless of size or budget. Their approach is simple: listen to property needs, assess risks and provide cover that's easy to manage and reliable when it matters most. For residents, this means fewer worries and more time to enjoy communal living – kids playing in shared courtyards, neighbours chatting in passing and families enjoying a weekend braai together.

Body corporate insurance quietly keeps daily life running smoothly, so people can focus on what matters. It's reassuring to know that while you're on this flight, your home is protected because your complex's body corporate insurance is ensuring that everything runs smoothly behind the scenes. It may not be something you think about often, but body corporate insurance plays a big role in protecting our homes and the people in them.

Next time you drive past – or fly over – a neighbourhood filled with homes and stories, take a moment to appreciate the layer of protection that keeps those communities going strong. And remember that no matter where you live or where you're headed, peace of mind is something we all deserve.

Text and Photography | **Supplied**

Contact Auto&General on 0861 333 877 for a comprehensive Body Corporate Insurance quote.

Auto&General Insurance Company Limited is a licensed non-life insurer and financial services provider. Ts & Cs online.

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Mocha peanut butter baked Alaska

Delicious coffee sponge topped with a mocha ice cream and a peanut butter meringue is **easier to make** than you think

Method

For the sponge:

1. In a mixer, add in the three egg whites together with 75g of castor sugar and whisk until a stiff meringue mixture is formed.
2. In a separate bowl, mix your whole eggs, egg yolks and remaining sugar together. Add in the corn flour and cake flour and mix until incorporated. Lastly, add the espresso and mix well.
3. Once the meringue is stiff, add it into the batter, using the folding method.
4. Add to a lined baking tray and bake at 180°C for 15-17 minutes.
5. Once baked, set aside to cool and then, using a cutter, cut out your desired shapes.

For the ice cream:

1. In a pan, melt together the base for your ice cream – the liquid glucose, bloomed gelatine sheets and the espresso. Once melted, add in the cocoa powder and set aside.
2. To a bowl, add in your cream and condensed milk and mix until incorporated.
3. Combine your base mixture with the sweetened cream mix and churn in an ice cream machine. Should you not have an ice cream machine, you can still make this ice cream recipe by adding in one extra step. Instead of mixing your cream and condensed milk together, you can whip the cream and add that into your base for a light, scoopable ice cream.
4. Once the ice cream is ready, layer and sprinkle on the chocolate shavings.
5. Freeze until needed.

For the peanut butter meringue:

1. Add all the ingredients to a bowl and whisk, on high, until stiff.

Presentation and plating:

1. Place your cut-up shapes of sponge, preferably round, onto a plate.
2. Scoop a generous helping of ice cream and place it on the sponge.
3. Place the meringue mix into a piping bag and pipe over the dessert, starting from the bottom and working your way up as fast as possible.
4. The last step is to torch your meringue.

Ingredients

For the sponge:

- 3 eggs, separated yolks and whites
- 150g castor sugar
- 2 whole eggs
- 60g corn flour
- 80g cake flour
- 1 x double shot espresso

For the ice cream:

- ½ cup of liquid glucose
- 10g of gelatine, bloomed
- 2 x double shot espresso
- 1 tbsp cocoa powder
- 1l of cream
- 1 tin of condensed milk
- 50g chocolate pieces or shavings

For the peanut butter meringue:

- 5 egg whites
- 200g castor sugar
- 2 tbsp peanut butter



Vegan Thai massaman curry with jasmine rice

Ingredients

- 4 cups of water
- 10g fine salt
- 1½ cups jasmine rice
- 100g massaman curry paste
- 1 tbsp olive oil
- 1 white onion, sliced
- 4g curry leaves
- 1 fresh bay leaf
- 20g fresh basil, chopped
- 1 whole carrot, peeled and sliced
- 1 sweet potato, peeled and cubed
- 15g cashews
- 1 tsp fine salt
- 1 tsp brown sugar
- 1 tsp soy sauce
- 1 tin of coconut milk
- 1 cup veg stock
- 50g broccoli, cut into florets and blanched
- 50g cauliflower, cut into florets and blanched
- 30g yellow pepper, sliced
- 30g red pepper, sliced
- Zest of 1 lemon

Method

1. Add water to a medium-size pot and bring to the boil. Add in salt and rice and boil for approximately 15 minutes, making sure the rice does not soften too much. Once at desired texture, strain the rice and rinse off with cold water to stop the cooking process. Set aside.
2. To another pot, on a medium heat, add in the massaman curry paste, olive oil, onion, curry leaves, bay leaf and chopped basil, and cook until onions start to go slightly transparent. Add in the carrots and sweet potatoes and stir occasionally until the vegetables become caramelised.
3. Add in the cashew nuts and season the mix.
4. Now that your mix is coming together, add in the soy sauce, followed by coconut milk and vegetable stock.
5. Simmer on low until sauce begins to thicken and all the ingredients are well incorporated, absorbing all the different flavours.
6. Once the sauce has thickened and the carrots are well cooked, add in the rest of the vegetables and the lemon zest, which will add a burst of aroma and freshness to the curry.
7. Serve over the jasmine rice and enjoy.

Text and photography | **Supplied**

For more information, go to grannymouse.co.za.

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Media

This issue: Hubris, healing, revenge and recipes



Civil War (16LVP)

Is a film scarier if it assails you with tricks and gimmicks designed to spike your heart rate or if it is close enough to reality to make you wonder if there is any hope for the planet? *Civil War* (available on Showmax) drops its viewers squarely into the latter scenario, with

writer-director Alex Garland effectively taking an only slightly warped version of any contemporary newscast and showing how this sort of political hubris and its accompanying military threats can destroy a country (in this case, the USA).

Kirsten Dunst and Wagner Moura play an investigative journalism team (she the photographer, he the writer), who, in the midst of an ever-intensifying war between the followers of a fascist, dictator president (Nick Offerman, playing wildly and effectively against type) and the various factions, each with their own agendas, both want to take him down and fill the power vacuum themselves.

The main thrust of the story examines the challenge of staying neutral for

professional purposes while struggling on every other level to move forward and not be overwhelmed.

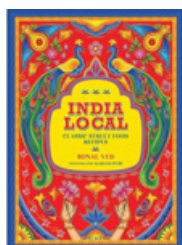
The visuals and, frankly, the context – a psycho politician ruining his country in pursuit of selfish gains is just an average Wednesday now – are believable throughout and the setpieces, whether they are huge battle scenes or intimate interactions filled with hate and prejudice, punch you powerfully in the gut.

This film is a rare thing – a story that's incredibly bleak and, yet, which also shows that integrity cannot be removed by bullying or violence, and that while there is still *some* intent to operate outside of pure selfishness, there is a hint of hope.



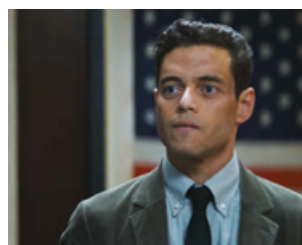
Saving a Stranger's Life by Anne Biccard

There is precious little reward for an emergency room doctor – at least in terms of what most professionals regard as fair compensation. Anne Biccard's examination of life in the ER highlights just how difficult it is, particularly given the myriad challenges presented by the COVID-19 pandemic (the material for this book is drawn from that period). Each chapter is a different story about specific experiences or the emotional weight resulting from being perhaps the only thing standing between a patient and death, even as administrative obstructions make that an even tougher position to inhabit. Open, honest, funny, sad and profound.



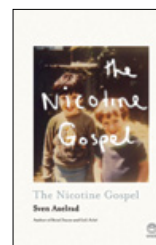
India Local: Classic Street Food Recipes by Sonal Ved

The first thing you'll notice about this book is how it looks: it's simply stunning. And even though you might be tempted to listen to conventional wisdom and refrain from judging a book by its cover, it certainly sets the scene for recipes that are as colourful, vibrant and exotic as India itself. The variety of dishes is astounding: try your hand at everything from classic fried lentil balls to taste-bomb *chaats* and egg *tikka*, with every region of the country represented. The ingredients may look intimidating but, once you've stocked up your spice drawer, the stage will be set for impressive feasts.



The Amateur (PG13VL)

Rami Malek, with his unique, slightly goofy look, is cleverly cast in this action thriller (available on Disney+) that sees a backroom geek decide to take things into his own hands to avenge his wife after she is caught in the middle of a violent event. Most such set-ups go the way of comedy – farce, even – with the 'amateur' involved bumbling their way into dangerous situations and somehow avoiding injury and death. This film hits much harder than that by making Malek's character driven enough to overcome his supposed limitations through intelligence and grit, giving the story genuine intensity.



The Nicotine Gospel by Sven Axelrad

Author Sven Axelrad says of this story that "none of it happened, but all of it is true" and this blurring of fact and fiction gives the narrative a brittle warmth that makes it quite different to either traditional memoirs or intimate family dramas. Growing up in a flawed family, narrator Nathan and his brother Danny are given an alternative filter – the 'nicotine gospel' – through which to see the world by their unconventional father. This perspective impacts the way they relate as a family and to other people, making this a quirky, warm, melancholic meander through an upbringing as much survived as enjoyed.

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250km/h

The approximate speed of the fastest-ever tennis serve.

1,790m²

The amount of gold leaf used in the décor of the Burj Al Arab hotel in Dubai.



Did you know?



Test your general knowledge with this month's quiz

- The Coca-Cola corporation launched Fairlife in 2014, a 'premiumised' version of: tea; coffee; milk; or water?
- Quinoa, an ancient edible seed crop, saw major 21st-Century productivity and conflict between which two nations of its continent of origin: China and Japan; Canada and USA; Bolivia and Peru; or Turkey and Greece?
- Planchets, flans and blanks are synonyms for pieces of metal used to make: tooth fillings; coins; bullets; or cutlery?
- Pyongyang is North Korea's: national food; national sport; national guard; or capital city?
- Which Japanese corporation produced the first compact electronic calculator, released in 1957?
- In which country is the Bay of Pigs?
- An unconventionally creative idea is called: bottom-up; top-down; left-field; or right-angle?
- In Italian a *cicisbeo* is a married woman's: husband; first-born; lapdog; or male lover/companion?
- Name Captain Flint's quartermaster in the novel *Treasure Island*?
- The medieval profession 'bard' equates nowadays to a what?
- The butternut squash grows directly on a: vine; bush; root; or tree?
- Ethanol (drinking alcohol) is a byproduct of the metabolic process of which two naturally occurring substances?
- Which fictional small people, known for a famous 1939 film and prior LF Baum book series, became, in 2007, the largest group represented by a star on the Hollywood Walk of Fame?
- Granulated sugar is processed into icing sugar basically by: baking it; grinding it finer; adding more sugar; or adding salt?
- Which whole number is the cube root of 2,197?
- What is the general term for the form of physics concerned with sub-atomic particles, atoms, molecules and their radiation?
- Leo Tolstoy's book *War And Peace* concerns the 1812 invasion of Russia by: France; Germany; China; or the USA?
- A cogwheel icon typically represents what on many websites and apps: settings; WiFi; print; or save?
- Lebkuchen* is a German: soup; gingerbread; sausage; or cabbage?
- From the Latin meaning of 'clip' or 'cut', which hairstyle symbolises religious devotion?
- Spell the surname of the Russian writer and Soviet dissident, Aleksandr _: Soljornitson; Soldiernitsan; Solziarnitsen; or Solzhenitsyn?
- Which famous Australian product did Cyril Callister devise in Melbourne, in 1922, partly in response to war-related shortages of the British version?
- Roald Dahl's children's novel *Esio Trot* features what type of creature?
- The two other angles in a right-angled triangle must always add up to how many degrees? 60; 90; 120; or 180?
- The 1950-60s British-originating realism in films/TV/books/etc. typically involving 'angry young men' is known as: dustpan and brush; kitchen sink; vacuum cleaner; or mop and bucket?

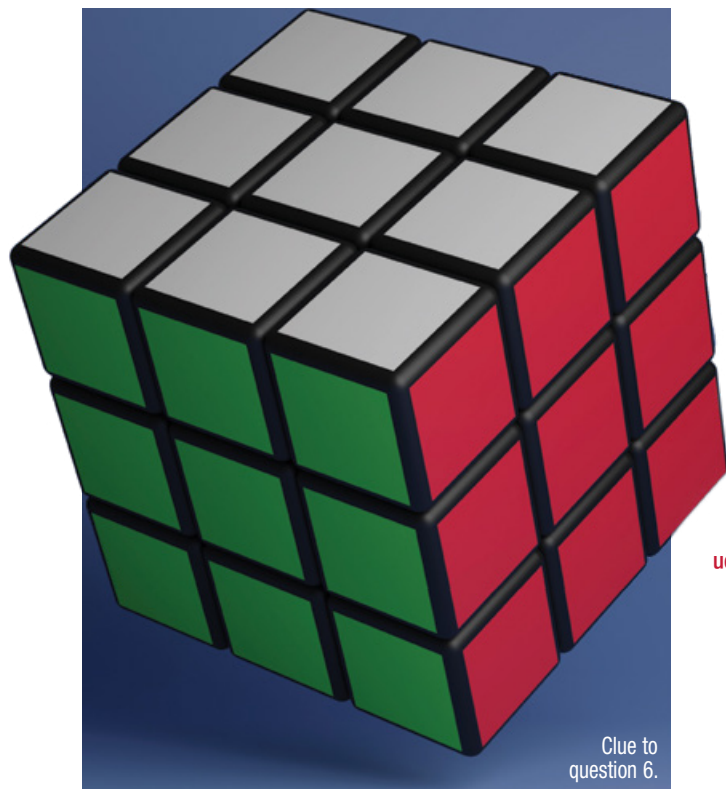
Clue to question 9.





2011

The year in which beer was classified as alcohol in Russia – before that, it was considered a soft drink.



Clue to question 6.

- Answers**
1. Milk
 2. Bolivia and Peru
 3. Coins
 4. Capital city
 5. Casio
 6. Cuba
 7. Left-field
 8. Male lover/companion
 9. Long John Silver
 10. Poet
 11. Vine
 12. Yeast and sugar
 13. The Munchkins
 14. Grinding it finer
 15. 13
 16. Quantum physics
 17. France
 18. Settings
 19. Gingerbread
 20. Tonsure
 21. Solzhenitsyn
 22. Vegemite
 23. Tortoise
 24. 90
 25. Kitchen sink

Get the answer

Solutions to sudoku and battleship.
Puzzles on page 122.

Sudoku

Easy	9	5	3	6	7	8	1	4	2
	4	2	7	5	3	1	8	6	9
	8	6	1	9	4	2	3	7	5
	2	3	9	7	1	6	5	8	4
	1	4	8	3	5	9	7	2	6
	6	7	5	2	8	4	9	3	1
	7	9	2	1	6	3	4	5	8
	5	8	6	4	9	7	2	1	3
	3	1	4	8	2	5	6	9	7

Medium	8	2	3	6	4	1	9	5	7
	9	7	4	3	2	5	1	8	6
	1	6	5	8	7	9	3	4	2
	3	4	1	7	9	6	8	2	5
	6	9	2	5	8	3	4	7	1
	5	8	7	4	1	2	6	9	3
	7	1	9	2	6	8	5	3	4
	4	5	8	1	3	7	2	6	9
	2	3	6	9	5	4	7	1	8

Battleship

Easy									

Medium									

Still using
Google Trends
to understand
consumers?
That's so 2020.

We know more
about SA's
consumers than
Google does.

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Dog days

A minority struggles as the **blame game** heats up at home...

This isn't a cry for help.

Rather, it's recognition that abuse can creep up on even the most vigilant of us. Perhaps it's because no one thinks it can happen to them. Perhaps it's unwillingness to face the hard truth or because the escalation is so subtle, so insidious, that it slips by unnoticed. In my case, it took 34 years of marriage to realise that I had become what I feared most: the default suspect.

It may have something to do with the fact that, aside from our noble Swiss Shepherd, Gatsby, I'm the last remaining male in the house. Our four sons have flown the coop, married off and are thriving, leaving Gatsby and me alone, holding the line for masculinity in a household now thoroughly reclaimed by the oestrogen army.

The consequences have been... dire.

The lamb disappearing off the kitchen counter? Clearly my fault.

Tennis balls strategically positioned for someone to trip over? Obviously Gatsby, or me, by extension.

Doors left open during a cold snap? If you guessed me, you'd be correct.

Missing Tupperware lids? That one's still under investigation, but I'm currently out on bail.

The situation became so absurd that I decided to implement a star chart. A simple system: every time I'm unfairly blamed or subjected to a tone that would make a prison warden flinch, I give myself a star. Five stars earns me a gift, perhaps a chocolate, a short nap or the sheer thrill of closing a cupboard without comment.

By lunchtime, I had amassed 13 stars. And no one had even been home. I was being blamed via WhatsApp, Post-It notes and the ghost of accusations yet to come. At this rate, I'd need to dip into retirement savings just to keep up with the gifts. Clearly, the

system needed recalibrating or I needed to move, along with Gatsby, into a kennel for some peace.

Now, I should be clear: I'm not without fault. I've left the milk and butter out. I've neglected to pick wet towels up off the floor. I've adjusted the air conditioner settings without written consent. But surely a man must be able to age with dignity?

This isn't the home I envisioned. I thought I'd be spending my empty-nest years tweeting aggressive things in quiet contemplation, occasionally offering sage advice to my children over Sunday lunch. Instead, I'm apologising to house plants, hiding in the laundry with a Toblerone and negotiating a peace treaty with the dog over shared blame for muddy pawprints.

Still, hope remains in what has to be a triumph of optimism over experience.

I've recently applied for minority status within the household and am lobbying for male representation in household decisions. Gatsby has been nominated as my running mate. We're campaigning on a platform of 'Not Always Our Fault' and 'Let the Dog Speak'.

If you see me wandering your neighbourhood, clutching a star chart and muttering about oven mittens, don't worry, I'm fine. Just know that abuse wears many faces and, sometimes, one of them is holding a wooden spoon and asking "Who left this on the counter?"

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