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Carol Reynolds - Area Principal



Shark stalwart talks rugby
Page 27



'Inkspiring initiative for cancer awareness
Page 14



Fan favourites gig at Crusaders club
Page 16



Joyful festival of lights

Diwali or Deepavali, the Hindu festival of lights will be celebrated on Thursday, 19 October. Millions of devotees from around the world will set about decorating their homes with candles and colourful lights. Those who are involved the celebrations also share gifts and recite prayers. Durban North residents Yovani Naidoo and Mohini Kisten as well as the *Northglen News* would like to wish its readers a happy and peaceful Diwali. PHOTO: Shiraz Habbib

Initiative to tap into Riverside's potential

Briardene resident, Siphwe Rakgabale, believes his initiative, an eco-travel and cycling business could revitalise the crime-ridden area in uMgeni Park.

• More on page 3

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Exclusive to print

Aim is to raise R1-million for SPCA

Humphrey lends a helping paw

HUMPHREY'S winning attitude, soulful brown eyes and wagging tail are just some of the reasons why the local hound has become such a superstar in uMhlanga. But it's his support in raising funds and awareness for the Durban & Coast SPCA that has got tails wagging.

The precious pooch has raised more than R234 000 for the organisation since 2014 and was rewarded for his sterling efforts with a doggie biscuit and a tummy rub from owner, Alwyn Immerman.

However, now Immerman has set himself the lofty goal of raising R1-million for the organisation. A key aspect to driving the fundraising drive is a YouTube clip, entitled, 'Humphrey Cooks Up A Storm'.

"The biggest thing for us is to challenge other schools to partnering with us..."

"The clip was produced by my wife, Marian. She partnered with La Lucia Junior Primary who have been fantastic. My wife and Carol Dillon, the music teacher at the school rewrote the 'How Much Is The Doggy in the Window' tune to fit in with Humphrey. One of the most important lines urges people not to go to the pet shop but to go to the SPCA to adopt a pet," he said.



Shiraz Habbib
shirazh@dbn.caxton.co.za

Since being uploaded the video has garnered more than 308 views.

"Through this video which chronicles Humphrey's fundraising initiatives we hope to raise a million rand for the Durban & Coast SPCA. The biggest thing for us is to challenge other schools to partnering with us the way the children of La Lucia Junior Primary have done.

"Humphrey simply adores the young children and it's also a great way to raise awareness about the great work the SPCA does," he said.

Immerman also explained how Humphrey's workday starts. It begins at 8am every Thursday when the uMhlanga Medisport Pharmacy opens its doors. He trots to the top of the stairs near the skin care section and immediately sets about winning the hearts and minds of all and sundry.

"I adopted Humphrey from the SPCA and I'm just blown away by the support he has received. He knows how much each donation means and we are incredibly thankful. He's a special boy and he will always have a special place in his heart for the SPCA.

"It's so heartwarming to see such a wonderful response and I'm so proud of what we've achieved."



Marian and Alwyn Immerman with Humphrey have set the lofty goal of raising R1-million for the Durban & Coast SPCA. The rescue pooch has already raised more than R234 000 for the organisation since 2014.

SA takes measures against plague

SOUTH Africa has taken several measures to prevent the importation of an outbreak of a plague into the country following the confirmation of 449 cases in Madagascar.

According to the Department of Health, the plague is a zoonotic disease caused by a bacterium *Yersinia pestis*.

The World Health Organisation (WHO) has confirmed 449 cases of an outbreak of a plague in Madagascar, with 48 deaths.

The outbreak is primarily located in the middle third of the island, around the Antananarivo (239 cases and 21 deaths) and Toamasina Province on the east coast (147 cases and nine deaths). A single area on the northern coast is affected.

"Humans may acquire the plague from persons with pneumonic plague through droplet transmission or from direct contact with infected rodents or through the bite of an infected flea. The incubation period ranges from two to eight days," the department said.

Symptoms of pneumonic plague include coughing, fever and chest pain.

"South African travellers to Madagascar are advised to avoid highly populated areas, and to wear surgical masks while in transit," the department said.

All travellers returning from Madagascar must monitor their health for 15 days and seek medical care immediately at their nearest health facility if they develop fever, chills, head and body aches, painful and inflamed lymph nodes, or shortness of breath with coughing and/or blood-tainted sputum.

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Pedal power: the answer to Riverside Road woes

IN recent weeks various scenarios have been suggested as a way to curb the crime and degradation of Riverside Road. Some have suggested cutting back the vegetation along the river which would impact the environment, while another suggestion is the fencing off of the road.

The recent stabbing of uMgeni Park resident and cyclist, Brad Wilson, brought the matter to the fore. Now, a Briardene resident believes he may have a green solution to the problems which requires pedal power.

Siphiwe Rakgabale, believes through his business, an eco-travel and cycling business that could revitalise the area.

“My proposal is to have three facets to enjoy, hiking, cycling and paddling”

“Riverside Road has such potential, due to its proximity to the uMgeni River and the nature trail just below road level. My idea came to me after working with the Green Corridor, we’ve been battling to get family orientated activities on this side of the river for so long. I thought of incorporating my idea and it hinged on the bird park.

“I think so many people go to the bird park then go home, but if there were other activities on this side, it might encourage them to stay and try it out.

“My proposal is to have three facets to enjoy, hiking, cycling and paddling on this side of Riverside Road. The bird park are happy for me to have my container next to the bird park. I think the road could be revitalised by having



Exclusive to print Margaret Burger of the Umgeni Estuary Conservancy, Siphiwe Rakgabale and Immanuel Dhlomo are excited about the new initiative proposed by the Briardene Informal Settlement resident.

school children hike on the trail, or getting local bird enthusiasts to do regular trails along the river. I’m fully aware of the crime problem and I think this could go a long way to alleviating the problem.

“One of my ideas is to have a patroller on a bicycle cycling on the route on daily basis. He could then also be upskilled into a tour guide,” he said.

Rakgabale, who lives at the Briardene Informal Settlement believes the idea could also help educate children at the settlement on how to ride a bicycle. He was recently donated 18 bicycles from a Cape Town company for his idea.

The initiative has been welcomed by Umgeni Estuary Conservancy’s Margaret Burger.

Culpable homicide opened after M4 crash

DURBAN North SAPS are investigating a case of culpable homicide following a fatal crash on the M4 last Sunday. The incident occurred in the early morning on 8 October. Two people were killed in the horrific accident while a third was seriously injured.

According to Capt Raymond Deokaran, spokesman for the Durban North station, investigations were ongoing.

“It’s alleged one of the drivers travelling on the M4 northbound crossed over the centre median before crashing head-on into another vehicle. Two people were sadly killed while a third is in a critical condition.

“It’s unclear what factors led to the crash but we are investigating the case and I can confirm a culpable homicide case has been opened against one of the drivers,” he said.

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WEEKLY SPECIALS - WHILE STOCKS LAST E&OE

Residents irate over state of Melrose Avenue

SEVERAL burst pipes and a partial road collapse has left residents of Melrose Avenue irate. Several driveways on the residential road have been undermined by the burst pipes with one resident losing a large part of the road outside his home. Part of his boundary wall also collapsed. Residents and Durban North ward councillor, Shaun Ryley, says the damage done to the road would not have occurred had there been no cable laying. In the last two weeks there has been more than three burst water pipes which was exacerbated by last week's storm.

“Slow response times have caused many issues that could have been avoided if action were taken earlier”

However, the company involved in laying the cable says temporary fixes to the water pipe has caused further damage.

The company's Adele Grabe of Vumatel said they had reached out to residents and posted a 24-hour guard. She said they have also assisted in clean-up of flood damage.

“We have not been billed for any damages in Melrose Avenue. In other areas where service damages occurred, our contractors have been billed. Service damages can't always be avoided due to cables and pipes moving over time, and not being buried at the indicated depths. Vumatel and our contractors are not allowed by eThekweni Municipality to carry out repairs on the municipal grid. We have to report damages to the fault reporting line like the general public, and have to wait for a team to be dispatched.

“Slow response times have



A large section of Melrose Avenue has been severely undermined by several burst pipes. Durban North ward councillor, Shaun Ryley, said residents were irate over the damage done to the road and their properties.

caused many issues that could have been avoided if action were taken earlier and as required. In the case of Melrose Avenue, municipal teams keep applying temporary repairs, which keep failing. To date a permanent fix has not yet been applied, which can cause even further damage.

“We have several civil teams in the field at any given time installing infrastructure. We have approached the municipality to request that our own teams be given permission to fix damages temporarily until

permanent fixes can be applied, or alternatively have a dedicated municipal team which we are willing to be invoiced for, but to date have been unsuccessful,” she said.

Ryley said companies laying cable in the area needed to take more care.

“There hasn't been a concrete plan of action to rectify damages. I don't think the damages would be this extensive if the trenches weren't here. It's caused on a knock-on effect. Residents are frustrated and

angry and rightly so. One of the residents couldn't get out of their driveway. While I understand that they (Vumatel) are trying their best not to hit pipes by using pilot holes and scanner techniques, more care must be taken. We've been told the water pipes and electricity lines aren't as deep as they should be and we've seen that is the case,” he said.

It's believed the company will still be laying cables once the repair work is complete.

There has been no response from the City.

Man robbed, R30 000 outside ATM

A MAN was robbed by four men outside an ATM on Swapo Road (Broadway) on Saturday. According to Capt Raymond Deokaran, the man was going to deposit a large sum of money when he was accosted by the suspects.

“The customer was walking towards the bank to deposit R30 000 when a silver Golf GTI pulled up alongside them. Two men jumped out and robbed the man before jumping into the getaway vehicle. We checked the registration of the vehicle and found that it had been stolen,” he said.

He confirmed a case was yet to be opened. “The criminals look for soft, easy targets.

I urge residents to be vigilant at ATMs and to never accept any help. It's also important to keep your information confidential and avoid lesser-used ATMs,” he said.

Deokaran urged residents to register for the notify service, which several banks offer, where an SMS is automatically sent out when there is activity on an account such as withdrawals, debit orders and credit-card purchases.

Domestic worker robbed

A DOMESTIC worker was robbed by two men on Portland Drive in uMhlanga Avenue on Saturday. According to Capt Raymond Deokaran, the incident occurred at about 9.20am close to the M4.

“The domestic worker was walking to catch a taxi when she was approached by two men. One of them pulled out a knife and demanded she hand over her valuables. His accomplice then rifled through her belongings stealing her cell phone and purse. The domestic worker spotted the men running towards the M4. They made off with R2 000 worth of damage,” he said.

There has been a spate of armed muggings targeting domestic workers this year. Last month three men behind a spate of robberies of domestic workers and women were arrested by the station and the SAPS.

Garden club meets

THE Durban North Garden Club will host its next meeting on Monday, 23 October at 7.30pm in the St Martin in the Field Church hall, Chelsea Drive, Durban North.

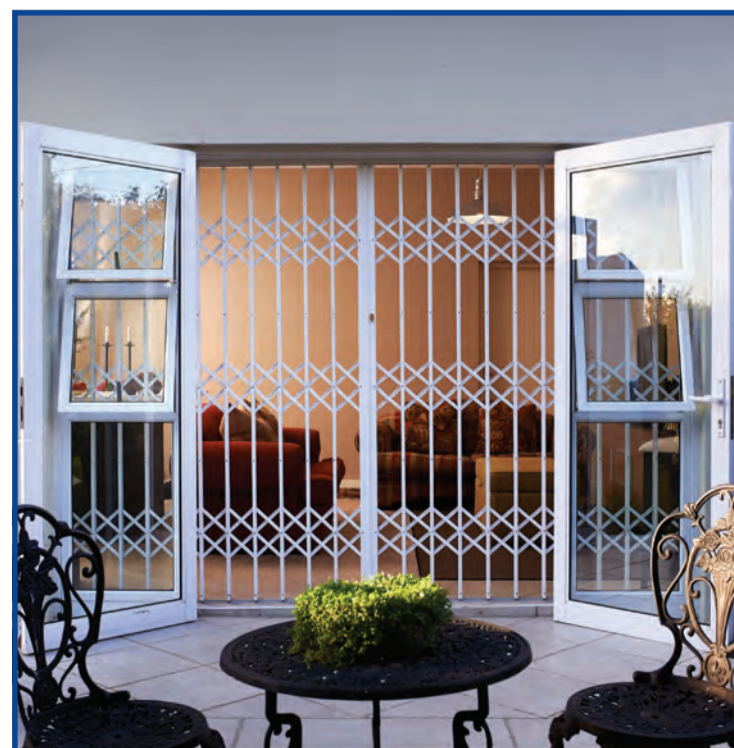
Garden judges, Greer Nevill and Colleen Jaques, will present a talk on Townhouse and Complex gardens, showing pictures of some of the winning gardens in the 'Garden of the Year' competitions giving ideas on what one can do in small spaces including entertainment areas and patios.

Visitors are welcome and pay R20 which includes tea and a raffle ticket. Contact Wendy on 084 814 6854 or email durbannorthgardenclub@hotmail.com.

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Security guard nabbed for eMdloti theft

DURBAN North SAPS has praised the work of one of their detectives in securing the arrest of a security guard involved in a theft at an eMdloti complex. According to Capt Raymond Deokaran, spokesman for the station, the suspect, had tried to steal several items from one of the homes while the homeowner was on holiday.

The arrest and recovery of many of the items stolen in the burglary were made by Detective warrant officer, Lilly Ndzendze.

"Through her investigations she found one of the residents at the complex saw the security guard, who wasn't on duty on the day he was spotted. He was walking around with a large flat screen TV. Through interviews several clues led her in the direction of the security guard. At first he denied any wrongdoing but eventually owned up when he found he had been spotted with the stolen TV.

"It seems, the guard had broken into the home while the homeowner was away. He stole various items, including furniture, shoes, an iron, a kettle and other grey goods. He then sold the items in the Verulam CBD. He claimed

he owed people money and needed to steal to pay them back. We suspect he may be linked to other break-ins and was allegedly employed at the complex for the last three years," Deokaran said.

He added that residents of the complex knew the guard as friendly and approachable.

"He had actually visited the victim's flat for help recently and we believe he may have scoped the place out at the time. Both the Station Commander and the station are incredibly proud of her for her quick arrest and recovery of the items within the period of five days. The suspect has appeared in court and has pleaded guilty, he is due to be sentenced this week," he said.

Haden Searles, chairman of the Durban North/uMhlanga CPF, echoed Deokaran's sentiments.

"It's a fantastic arrest, we as a the community policing forum are incredibly proud of her. It goes to show how good detective work and community involvement can lead to arrests," he said.



Detective warrant officer, Lilly Ndzendze, arrested the suspect and recovered several items stolen from an eMdloti flat. The security guard had worked at the complex for three years prior to the incident.

Umhlanga Cancer Support Group open to all

THE Umhlanga Cancer Support Group will meet on Wednesday, 25 October at the Umhlanga Oncology Centre from 5:30pm to 7pm. The invitation is open to not only cancer patients and survivors but to all friends, family, and individuals who either give or require support.

Attending the group is an opportunity to hear those that have travelled the same path sharing their positive experiences. Keynote speaker will be

Tyrone Pillay who is a motivational speaker. Pillay is a below-knee amputee and will talk about his life and the challenges he has faced in achieving his goal of becoming a member of the SA Paralympics Squad. Tea/coffee and snacks will follow.

For further information please contact: Sheila Moolman on 083 2700 995 or 031 563 5274 or email sheilamm@telkomsa.net

KZN arthritis foundation meets

OCTOBER is Arthritis Awareness Month and the Arthritis Foundation KZN branch will be holding a meeting at the Musgrave Library in the Glenwood Village Centre on Thursday, 20 October at 9am.

Entrance is free but donations will be accepted. The keynote speaker at the meeting will be Niki Singh who is an occupational therapist. She will talk on therapy to relieve aches and pain of arthritis.

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There are currently 15 752 people who like the Northglen News page.

Armed gang storms Somerset Park home was seen by 17, 140 people.
Nikki Holmes said: "Absolutely brazen... these guys aren't afraid of the law."

Police officer killed after shipping container falls on car was seen by 14,449 people.

Venesa Jane Morris said: "Thoughts and prayers are with the officer's family and friends at this sad and tragic time. RIP Sir."

Culpable homicide case opened after M4 crash was seen by 12,124 people.

Suspects flee after La Lucia shootout was seen by 11,281 people.

David Bradshaw said: "They are targeting northern suburbs...we are seen as easy pickings. Stay alert and let's make it easier for them to land up in jail!"

City urges responsible firework usage was seen by 9,814 people.

Shirley Shelley Louw said: "Look after your animals. Keep them inside and if necessary get calming medicine from a vet."

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Latest Video



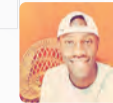
► How Pixar uses music to make you cry

I managed to find this pattern in a lot of Pixar films, even though they aren't the only (or the first!) ones to do this.

Listen to our voice clips on Soundcloud (Northglen News)

Twitter

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@SandileMavMsomi: Proteas need to host a workshop for Bafana with the theme "How to win and keep winning" #ProteaFire



@aishadahira: Somalia faced the deadliest drought earlier this year and deadliest single terror attack yesterday. My people know suffering all too well.



@steevie_steve: Ireland, stay save today. Don't let Ophelia get the best of you! Want to see you in full glory again! #HurricaneOphelia #Ireland



@pierredevos: So #SpyTapes judgment confirms that there is a valid decision from NPA to charge President Zuma and that NPA must now prosecute him.



@Rachel_reviewer: #Portugal is such a beautiful country with lovely people, so sad to see it ravaged by fire. #firefighters are so brave #PrayForPortugal.



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Minds Alive group meets

THE Minds Alive group will meet on Friday, 20 October at the La Lucia Library at 10am. Alison Bastable will give an illustrated presentation titled 'Herod the Great aka Herod the Monstrous', a historical travelogue from Petra to Jerusalem with a few humorous detours.

Visitors are welcome and refreshments will be served. For more information contact John Murphy on 072 372 2287.

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ST MARTIN'S Church will hold its second Service of Blessing on Saturday, 28 October from 9am to 9.30am.

After the service tea/coffee will be served and there will be an opportunity for the Durban North community to volunteer themselves and their time to assist the people, the environment and animals by doing various forms of community work.

Each organisation will be allocated a small table to display anything which tells of their work and residents are invited to wear any identifying clothing or badges.

To assist with catering confirm your attendance and the number of members of your organisation who will be attending by e-mailing leaspl1@gmail.com or by contacting the church office on 031 563 1222 (mornings) by Monday, 23 October.

The activities include taking in abandoned babies, caring for the homeless and cleaning of the beaches to be acknowledged and be blessed.

The service will be followed by tea and an opportunity to network. The address to the church is: 12 Chelsea Drive in Durban North.

For more information, contact Vicky Ireland on 0827864894 or email leaspl1@gmail.com

Prestondale development continues to raise ire of residents

UMHLANGA ward councillor, Heinz de Boer said weight restriction signs will soon be placed on Chestnut Crescent in an effort to stop further damage to the road.

This after he said the City and residents were at odds with a Prestondale development. The development, which is under construction, is the extension of Reddam House Umhlanga's high school wing. The company involved in the multi-million Rand development, Century, uses an entrance on Chestnut Crescent, a cul-de-sac.

Earlier this year, the City's legal department erected concrete barriers across the entrance to the site which were then allegedly moved by the company carrying out the construction. According to De Boer, the signs will soon be installed on the road.

Several residents have also contacted *Northglen News* expressing their concern that the road was damaged by construction vehicles.



uMhlanga ward councillor, Heinz de Boer said the City would be installing weight restriction signs later this month in a bid to halt construction vehicles from using Chestnut Crescent.

'Roads left in shocking state'

"The ongoing issue is the heavy trucks which are accessing the construction site. The road has been damaged in many places and residents' verges are also impacted. The trucks using this road leave in a shocking state with the mud and sand littered all over the asphalt.

"This road wasn't designed to take this weight and that's why the City will be installing signs on the road. Enforcement is the issue.

"Sadly I don't think the developers have shown the respect to the residents. I have met with some of the people representing the development and they've urged me to send them numbers of residents affected which I've done. I still feel a public meeting should be called by the developers. I feel the developers don't want to inconvenience themselves but are happy to inconvenience an entire neighbourhood," he said.

Weekly routines to clean road says developer

However, Michael Bishop, of Century, managing the build site said residents' concerns were taken into account.

"We have been in contact with the elected councillor and asked for the details of the residents with concerns/questions so we can address these but we have not received these as yet. We have a weekly routine to wash and clean the roads, we work in line with the

council working hours and have moved containers that a resident felt were a security risk. We are making every effort to ensure that the construction is managed as quickly and effectively as possible so as to cause as little inconvenience as possible, while ensuring the safety and security of the children on campus.

"The councillor has been provided contact details for

the project manager and we respond when concerns are raised. We are in regular contact.

When asked how the weight restriction signs would affect construction vehicles, Bishop replied: "We will investigate further to ensure due process is followed on all sides. At this stage we have had no communication from the city," he said.

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An artist impression of the R1.3-billion uMhlanga Arch.

uMhlanga's new project breaks ground

THE official ground breaking of Durban's iconic Umhlanga Arch took place last week. The R1.3-billion project is being developed by The Multiply Group, and will cover 45,000 square metres, including 163 apartments. The Umhlanga Arch will be positioned on the slopes of Umhlanga's Ridgeside. The mixed-use and people-centred property residential, commercial and hospitality facilities, boasts an arch with views of the coastline. The developers have teamed up with Rembrothers and Charles Thompson and Chris and Pierre du Toit.

"Following the tremendous successful launch of our residential phase and office spaces, we are thrilled to get going with the construction of Umhlanga Arch. Leading up to this moment has been nothing short of extraordinary, from record rate sales to being awarded as the best marketed development in South Africa for 2017. As we take this step forward, we are delighted to share that we have appointed Wilson Bailey Homes (WBHO) as our contractor and can confirm that ABSA bank will be financing our remarkable project," said Chris du Toit, developer representative

of Umhlanga Arch. He added, "Breaking ground is a significant moment, as we believe that our iconic development is going to change the landscape of Durban and set a whole new precedent, not only in the property industry, but also with regard to the lifestyle the area has to offer."

"Our goal is to ensure that Umhlanga Arch delivers on creating a one-of-a-kind lifestyle; although we are in the early stages, we look forward to revealing our plans with you in the near future," said Renzo Scribante, founder of the Rembrothers Group.

'Rise against hunger'

Feed the poor

Janine du Pisanie

IN 2015, 13.8 million South Africans lived below the food poverty line of R441 per month according to Statistics South Africa. Meanwhile 13 per cent of all South African scholars were reported to be vulnerable to hunger in 2013 by South Africa's National School Nutrition Programme (NSNP). Local non-profit organisation, Rise Against Hunger (RAH) is actively stomping out hunger at their newly established KwaZulu-Natal warehouse. RAH ambitiously seeks to end world hunger, but at a grassroots level they seek to eradicate hunger through the distribution of food and other life-saving aid to the hungry and destitute.

Their primary focus is however their Early Childhood Development Programmes (ECD), aimed at providing pre-school children with well-balanced nutritious meals. RAH actively engages corporate companies in the funding of these meals by promoting meal-packing events as team building opportunities. Each packaged meal costs R2.90 and consists of rice, soya, dehydrated vegetable mix and a 23

vitamin and mineral fortification supplement. The meals are then assembled in 'packs' aimed at feeding six to 10 children. Companies can then either choose to donate the meals to their beneficiaries or RAH's Early Childhood Development (ECD) programmes.

In addition to their corporate initiatives, RAH hosts the "Second Saturday" events, every second Saturday of the month.

The event encourages the public to adopt a hands-on approach to ending hunger by engaging them in fun, food packaging activities. As little as 40 volunteers can pack 10 000 meals in under two hours.

Volunteers of all ages can participate, children as young as four years old are encouraged to help with the assembly line-style packaging.

Each participant will receive an official Community Service Certificate to celebrate their contribution.

If getting physical isn't your thing and you consider yourself more of an armchair activist, you can still contribute to the cause by donating, liking or sharing RAH's Facebook page or websites with friends, family and colleagues.



Children receiving meals from Rise Against Hunger at an early childhood development centre.

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SA Guide-Dogs representatives Nokwazi Mlotshwa.

South Africa Guide-Dog Association

Putting their way to success

Janine du Pisanie

THE South Africa Guide Dog Association For The Blind in partnership with La Lucia Mall, commemorated World Sight Day, last Friday with a putt-putt competition.

“The reason the association is doing something is because we are an organisation that provides a service for the visually impaired through our guide dogs,” said Ane Roux spokesperson for the association.

She added: “We want KZN to wake up to the fact that our organisation is here to provide the service to them. KZN has the lowest applicant rate in the country and its merely because people don’t know. So we are doing it to commemorate World Sight Day and to introduce ourselves.”

Participants putted their

way to fabulous prizes for a fare of R5, the cost of a dog to an applicant. She said it costs approximately a R100 000 to train a single guide-dog over a two-year period, while the organisation supplies the dogs to selected applicants for only R5.

In addition to training guide-dogs for the visually impaired, they train services dogs as well as Autistic support dogs. The organisation also extends its reach to training able-bodied people to assist visually impaired individuals at the College of Orientation and Mobility (COM).

The association is not a recipient of government funding but relies entirely on public support, so come practice your putting skills for a good cause and win fabulous prizes at their next La Lucia Mall event from 3 to 5 November.

Breaking the silence on post natal depression

WHAT used to be known as postnatal depression is now being referred to as perinatal distress (PND). It can occur both before and after birth and take the form of both traditional depression and heightened anxiety.

PND is a recognised medical condition caused by hormonal fluctuations as well as psychosocial stressors associated with the huge life and body changes that come with having a baby.

According to the World Health Organisation, PND is the most common complication of childbirth affecting 15 per cent of women (with many more undiagnosed because of fear and stigma).

“It was a lifeline in a rough sea for me”

Mums' Support group is a Durban North based support group for any mother who are having a hard time bonding with their babies. The group was started in October of 2016 by Alexandra Wallis who struggled with her transition into motherhood after each of her two children were born.

“I felt I had no one to talk to about what I was going through. There was nowhere safe that I could openly and honestly talk about how I was feeling,” said Wallis.

The mothers said their aim is to break the silence on the issue of PND stigma by creating a safe, non-judgemental space for moms who are struggling.

“Motherhood is hard at the best of times and there are many contributing factors such as: shift in priorities, high stress environments, pace and pressure of life, financial pressure and social media.

“As a medical professional myself, I had an idea of what PND looked like.



Alex Wallis mother of Olivia (3) and Anthony (6), Christie Roberts with her son Luca (2), Lauren Shapiro mother of Ariel (7), Yishai (8) and Hayley Lieberthal with her three month old daughter Caycee. The mothers are members of the Durban North based Mums' Support group.

I thought it looked like someone crying all the time and not being able to get out of bed. It doesn't always manifest in that way. For me it was anxiety, rage and irritability. I wish there were more awareness about this,” said Hayley Lieberthal (37) first time mom to Luca (2).

“Over the last year we've journeyed with several moms from a place of fear, shame and despair to one of hope, new identity and freedom,” says Wallis.

Mother, Shannon van Heerden, to Max who is 7 months old opened up and told

Northglenn News: “After having Max I was desperately lonely and spiraling down what felt like a one-way street. From the moment I walked through the door of Mum's support I felt supported and heard. I no longer felt alone. I had several hands reaching out to me. It was a lifeline in a rough sea for me.”

Mums' Support hosts a WhatsApp group that provides support almost 24/7, a private Facebook group where moms can air their concerns, weekly face to face support meetings and monthly Saturday morning social gatherings.

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Craig Adendorff shows the damage to his car after a branch fell on his vehicle during the storm.

Sunningdale man escapes injury after branch falls on car

A SUNNINGDALE resident said it was a miracle he wasn't injured after a large branch fell on top of his vehicle in the heavy storm that battered Durban on Tuesday last week. Several hospitals in Durban including King Edward VII and Addington were also damaged during the heavy rain and strong winds.

Craig Adendorff was driving on Athlone Drive at about 10.45am when disaster struck.

Northglenn News caught up with the local resident who said the accident would cost him between R50 000 and R100 000 to repair the damages.

"I'm lucky to escape serious injury, it

"I'm lucky to escape serious injury, it was an absolute miracle that I survived"

was an absolute miracle that I survived when you look at it. I was on my way into central Durban when the heavens opened up. I had just come off the M4 and was waiting under the bridge and the rain was coming down incredibly heavy at that point in time.

"I then remembered the section under the bridge at Blue Lagoon tends to flood very quickly so I tried to make a dash to

the Engen garage near the river mouth.

"The rain was so heavy at this point that I couldn't see out my window. I then heard an almighty thud on my roof and the all my lights on the inside of the car popped out. Rain water began pouring in through the hole in my windscreen and I had a few pieces of shrapnel in my thigh.

"It was only once I made it to the service station that I realised just how lucky I was. I found large pieces of bark embedded in the screen. I was very lucky to be alive. If the branch had made contact with my windscreen and not part of my roof, I don't think I would have survived," he said.

Flood death toll rises to 14

THE number of people who have died following the storms and flooding in Durban has reached 14. According to Lt Colonel Thulani Zwane, provincial SAPS spokesman, the fatalities have been reported in uMlazi, Isipingo, Durban Central and KwaMakhutha. Five people are still being sought since they have been reported missing from last week.

"The police have received more than 150 calls related to last Tuesday's weather and they have been working tirelessly with other Disaster Management Services to assist the victims," he said.

The KwaZulu-Natal Department of Cooperative Governance and Traditional Affairs (Cogta) is

coordinating relief efforts amid the worst storm that hit many parts of the province.

The storm, which hit the province on Tuesday morning, caused major damage to hospitals, factories, homes and other key infrastructure.

According to a Cogta report, the storm caused power outages in various areas, with two deaths reported. Many residential areas, including businesses, especially in eThekweni Metro, reported flash flooding.

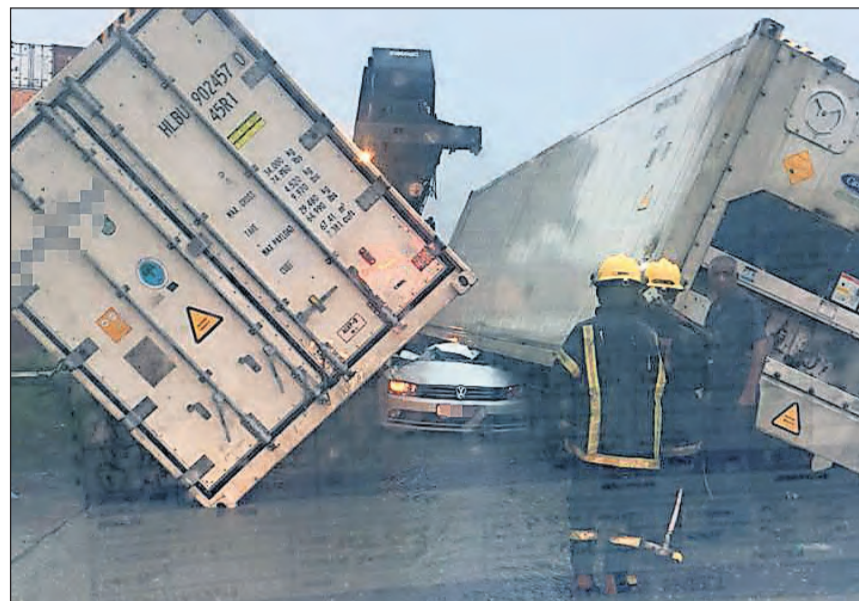
Most areas in eThekweni were reported to be affected by strong winds with heavy downpours, resulting in the falling of trees and some housing infrastructure in areas of Umlazi, Amanzimtoti and

Montclair.

As many as 500 power outages were reported in eThekweni on Tuesday last week, many of them affecting large areas. Municipal technical staff have been working round the clock to restore power supply to the affected areas through alternative networks.

The provincial government thanked the provincial disaster management teams for their hard work and dedication to the welfare of the affected communities.

"Our gratitude also extends to various NGOs and individuals for their efforts in providing emergency assistance to those in distress. Our appeal is for these activities to continue."



Containers collapsed on top of a vehicle in which two men were trapped.

Man dies after containers crush car

A FORMER police officer was killed and another sustained serious injuries after two shipping containers fell on top of the vehicle they were traveling in on Rotterdam Road in Bayhead in Durban on Tuesday morning. When ER24 arrived at approximately 11am, they found a vehicle underneath the two containers with two men trapped inside the vehicle.

Both patients had to be extricated with the jaws of life.

Unfortunately, there was nothing that could be done for the one patient and he was declared deceased. The other patient was transported to hospital.

The exact circumstances surrounding the incident are being investigated.

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The award winners this year are:

<ul style="list-style-type: none"> • Sports: • Community Service: • Music, Art and Culture: • Academic / Science: • Business: 	<p>Keshav Maharaj</p> <p>Garth Lezard</p> <p>Brian Finch</p> <p>Dr V Peddemors</p> <p>Tony Dixon</p>
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SUNDAY SERVICES: 08h30
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3 Swapo Road, (Old Broadway), Durban North

CONTACT: Leigh-ann - 031 563 5868 dbnmeth@gmail.com for more info and to book.

41-ngn-dbn Methodist

Additional restrictions for rhino horn trade

SOUTH Africa is in the process of finalising a set of regulations that will introduce further restrictions and requirements to regulate the domestic trade in rhino horn.

"South Africa would like to assure the European Union Member States that it remains committed to ensuring the effective and strict regulation of the legal, domestic trade in rhino horn," Environmental Affairs Minister Edna Molewa said.

Addressing the ambassadors of the European Union member states in Pretoria on Tuesday, she said the implementation of the integrated strategic approach to address poaching of rhino and the illegal trade in rhino horn remains a priority for all government departments and entities involved.

"International trade in rhino horn for commercial purposes will remain prohibited and South Africa will continue to enforce the Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES) provisions in this regard," Minister Molewa said.

Environment-related matters were discussed during the Minister's meeting.

The meeting builds on the good relations that exist between South Africa and the EU with regard to, among others, the development of the Circular Economy, wildlife crime and climate change adaptation and mitigation.

"The EU and South Africa are strategic partners and engage on a number of issues bilaterally, as well as in multilateral fora," Minister Molewa said.

She said South Africa will continue to work with the EU in the upcoming COP23 to ensure that progress on the Paris Agreement Work Programme is made.

"It is our view that we should leave COP23 with some clear elements that can be converted into negotiation text early in 2018. We have also committed to clarifying the modalities for the 2018 Facilitative Dialogue aimed at increasing ambition in the pre-2020 and post-2020 years through the revisions on Nationally Determined Contributions where possible," the Minister said.

Anti-poaching march draws hundreds

RECENTLY Durban was among 100 cities around the world that saw marches to raise awareness around rhino poaching, and the illegal trade in rhino horn, elephant tusks, lion bones, and other illicit wildlife products.

The Durban Global March for Elephants and Rhinos kicked off on the North Beach promenade where people from different walks of life, who share a common love for wildlife, made their voices heard along with rest of the world's.

"I thought it was very well attended. Durbanites are normally way too laid back and don't support these things, so it was amazing to see all the people attending and I felt like at least I played a very small part in the awareness of the poaching crisis by attending the march. The camaraderie was incredible," said Kim Ferguson a Durban North resident.

Core strategist from the Global March for Elephants and Rhinos and Glenashley resident, Mariana Fernandes said: "The Durban leg of the Global Marches for Elephants and Rhinos is possibly one of the most important events that were held in South Africa mainly due to the fact that the poaching of rhinos in KwaZulu-Natal has increased dramatically in the last few months.

"The only true drop in poaching has been in the Kruger National Park



Kyle Moodley, Shivani Pillay, Natania Shaw, Caitlyn Moodley, Selorina Soobramoney and Subbashini Pillay ready for the march. PHOTOS: Sylvia Dicks

yet in the rest of the country there has been a 52 per cent increase.

South Africa has by far the largest population of rhinos in the world however 529 rhino's have been poached and killed thus far in 2017

and 30 elephants poached in the Kruger during the first six months of this year.

"We are looking at unconfirmed reports of over 190 rhinos poached in KwaZulu-Natal and 2017 is still

not over. We need stricter and more stringent sentencing and the ratio of convictions to arrests to be reduced. We call on all Global Leaders to hear us: Especially the South African government," said Fernandes.



Jennifer Highley, Sherley Webberhed and Kim Ferguson spotted at the march aimed at protecting rhinos and elephants.



Thomas, Holly, Reese and Sarah Raatgever all smiles and rearing to go for the good cause.

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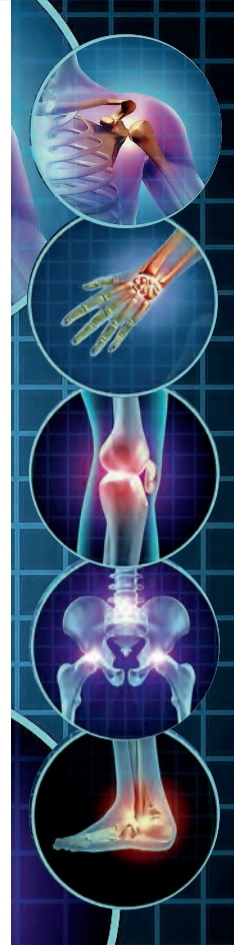
Living with Arthritis

Trevor Falkson is the KZN branch manager of the Arthritis Foundation of South Africa.

AN arthritis sufferer once said, "living with arthritis is like being with a lifetime partner... You accept the ups and downs, the highs and lows because it will be part of your life forever."
The most important things to know and understand is how to control the disease so that one can make life as comfortable as possible. Each case has to be carefully diagnosed and treated and that the patient needs to have a reliable and sympathetic support system available to them every single day.

Medical help
Obviously, it is also vitally important to have expert medical help and guidance and there are a number of Specialist Rheumatologists in the country in private and state hospitals and private practices. As one rheumatologist said to me the other day "I do not have a 'me and them' relationship with my patients, they are part of my team and together with my assistants and their support groups we

tackle their problems together."
Each person's pain is distinct and drugs and other medications administered reacts differently to different people. You need to find the medication that is right for you.
It is important for patients to give regular feedback on how they are feeling, side effects, and any other useful information regarding mobility or pain, so that their doctor can make an accurate treatment programme.



Budget matters
Budget levels regarding medication also vary from patient to patient, so it is important that your doctor knows what you can afford.
Someone contacted me recently who has been on Revellex (Biologics) for Ankylosing Spondylitis for the past 10 years and his treatment has cost him upwards of R100 000 per annum. The medical aid that he belongs to has reduced his threshold level and although the treatment has been highly successful, he will most probably have to change his medication.

Arthritis Foundation South Africa
The Foundation encourages people to become members to keep up-to-date on new information relating to this common disease and also holds informative talks to the community at large and to private groups to discuss symptoms, prognosis, treatment and support systems to make living with arthritis easier.
For Arthritis Awareness Month, the KZN Branch will host a meeting at the Musgrave Library in the Glenwood Village Centre on Thursday, October 20 at 9am. Guest speaker will be occupational therapist, Niki Singh, to discuss therapy to relieve those aches and pain.
Contact Trevor Falkson either by email trevor@arthritis.org.za or on 083 260 6190.



Gavin Rowe of Inkspiration shades in a tattoo for CHOC's Helen O'Brien.

Get your 'ink'piration for cancer

A DURBAN North business will be hosting a fundraising initiative for CHOC Childhood Cancer Foundation SA on Saturday, 28 October. The event is in honour of the owner of Inkspiration Tattoo and Piercing Studio, Quintin Skeas, whose parents were recently diagnosed with cancer.
"My mom was recently diagnosed with colon cancer, which has spread to her liver, and just two weeks ago my dad diagnosed with level 5 kidney failure. It was while walking into the oncology centre it struck me how many little children were suffering with the dreadful disease. That's what inspired me to start this initiative. I was blown away by the amazing work that CHOC does, not only for the children but for the families of those who were diagnosed."
"This fundraiser is a tribute to those who have lost the battle to cancer and those that are still fighting it. We have designed a cancer ribbon designed (60mm x 35mm) and people can ink in the special names of their loved ones in it. We've started the initiative and will be running it until December but we urge the community to come out and support the day on Saturday, 28 October," he said.
Skeas added several other local businesses will be donating prizes for the raffle to raise extra funds. Tickets are available via Quicket. Half of the funds raised through the event will go towards the foundation.
Agie Govender, regional manager of CHOC said: "We are very excited about the awareness created by using tattoos as a medium to inspire people," she said.
For more information email choc@inkspiration.co.za or call 078 148 4849.



The cancer ribbon design can also be shaded in different colours.

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SA to join in global celebrations

MEMBERS of the Bahá'í Faith worldwide, including South Africa, are celebrating the 200th anniversary of the birth of the founder of the Bahá'í Faith, Bahá'u'lláh. The global festivities involve people of thousands of ethnic backgrounds which demonstrates a key message of Bahá'u'lláh's life and teachings: that a special time has arrived for the entire human race as it gradually moves to a stage of maturity and unity. Bahá'u'lláh was born in 1817 in Iran.
The Bahá'í community has planned a celebration taking place on Saturday, 21 October at 2pm at the Durban Jewish Centre, K. E. Masinga Road, Durban. On Sunday, 22 October there will be a more intimate Holy Day celebration at the Baha'i Centre starting at 10am at the Baha'i Centre (5 Bartle Rd, Glenwood). The celebration includes interfaith prayers by the IRC led by Mama Ela Gandhi, MEC of Social Development, Madam Weziwe Thusi and Prof Moyo VC of Research at DUT and a documentary film that reflects the life and teachings of Bahá'u'lláh, as well as musical presentations by Lu Dlamini, Young Mbazo and other artists. RSVP to ethekwini@bahai.org.za or 084 879 7597.



Lucy Hirsch thanks her friend Sorisha Naidoo for her motivational talk.

Sorisha Naidoo talks business at Hirsch's

ACTRESS, business entrepreneur, socialite and former Miss India South Africa Sorisha Naidoo, was at a recent business networking breakfast hosted at Hirsch's in uMhlanga. The former beauty queen gave her tips and advice on how women could start their own businesses. She also shed light on how women can endure the difficult times when running their own company or brand. Sorisha Naidoo, is married to Durban entrepreneur Vivian Reddy and is also the mother of two children. Naidoo who owns Umhlanga Laser & Aesthetic Clinic in uMhlanga told keen listeners at the monthly business breakfast that her heart belongs in Durban as she was

born here. Naidoo said: "If you are not passionate about what you do and you don't love what you do then you should not be doing it."

Sorisha's three top tips to starting a business: When starting a small business - start online- advertising is free. When you have a particular name or brand buy the entire domain from the internet (.co.za and .com) for example if your business name is "fab nails salon" buy the domain fabnailssalon.co.za and fabnailssalon.com.

You have to network. Be approachable and kind to people you meet and treat your staff well with deserving incentives.

Popular cattle painkillers lethal to vultures

Courtenay Webster

A STUDY published in September in the scientific journal *Chemosphere* has highlighted that the painkiller, Carprofen used in the cattle farming industry is having a lethal effect on vultures. Carprofen is from the same family of drugs as diclofenac and the frequent and widespread use of diclofenac to treat cattle and buffalo in South Asia has caused a catastrophic decline in the vulture population, the study revealed.

The vultures died after consuming the carcasses of livestock that were treated with diclofenac. Now, five species of South Asian vulture are endangered or critically endangered. South African conservationists are concerned that vultures indigenous to this region will experience a similar fate.

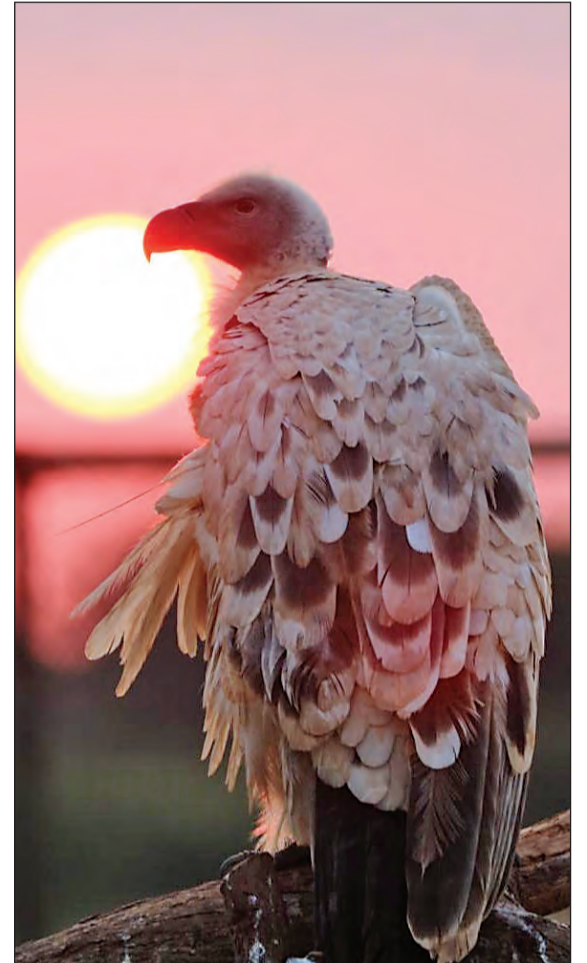
In a controlled experiment at the Vulture Conservation Programme (VulPro), a vulture rehabilitation and educational centre in Pretoria that strives to impact both vultures and society at large, vultures were given kidney tissue rich in carprofen at the maximum levels measured in kidney tissue. They showed no toxicity.

"We wanted to safety test carprofen because we had some evidence that this drug might be non-toxic to vultures. This

would provide vets and farmers another vulture-safe alternative to diclofenac," said Professor Vinny Naidoo, a co-author of the study and director of the Biomedical Research Centre, University of Pretoria.

However, the researchers found that carprofen concentrations were much higher at the injection site than in the kidneys or liver of the cattle used in the experiment. When cattle are treated with carprofen, the drug collects in the kidneys and in the tissue around the site of the injection. One of two vultures exposed to the average concentration found at the injection site died. The researchers concluded that carcasses of cattle treated with carprofen were generally harmless to vultures. However, the absorption of the drug varies resulting in some cattle having high concentrations at the injection site.

VulPro recently introduced a new initiative aimed at expanding their existing enclosures and constructing new ones in order to accommodate their growth in conservation and to celebrate their 10 year anniversary. The organisation is giving their followers and supporters a chance to sponsor a brick and write their name on it, forever being a part of the feathered family. To buy a brick email: charnewilhelmil@gmail.com



Vulture at a feeding site. A study has revealed that a drug used in cattle farming is having a lethal effect on vultures.



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Catch comedy that's **on fire**

Award-winning comedian-guitarist, Deep-Fried Man headlines the funny men that will perform at Amsterdam Bar in Glenwood next month.



A STELLAR line-up of comedians will descend at the Umhlali Country Club for a comedy night of epic proportions on Saturday, 4 November at 8:30pm.

Brought by Durban's premier comedy events specialists, On Fire Comedy, multiple Comics' Choice Award-nominated comedian – Alfred Adriaan comes to Ballito on tour from Johannesburg. He is joined for the show by hilarious British comedian Martin Davis.

Hosted by one of Durban's funniest and most-loved comics Kelvin Stoffels, the evening will also feature funnyman – Rory Petzer.

The 90-minute comedy feast will have comedy enthusiasts rolling in their seats.

Tickets for the show are going at R100, available at the door on the night. For more info and for bookings: 0329471181 or email functions@umhlaliclub.co.za

Before that the Savanna Comedy will kick-off on Wednesday, 1 November at 8:30 pm at Amsterdam Bar. The host for the show will be unstoppable UK funnyman - Martin Davis.

Headline act will be award-winning comedian-guitarist, Deep-Fried Man.

Also on the line-up are two crazy-funny locals Mfundo Ndovela and Andrew Hughes. Occupying the open slot is up-and-coming Durban comedian – Stephen Olivier.

Getting in costs R50 and for more info/bookings: 031 811 5449 or info@onfirecomedy.co.za

Alfred Adriaan comes to Ballito on tour from Johannesburg for a night of comedy at the Umhlali Country Club in November.

UNWIND



Open invitation

Cyndi Kritzinger has started open mic sessions at both Kung Thai and Union Square restaurants on Kensington Drive. The sessions started last Sunday and will be a permanent feature every Sunday between 1pm and 5pm. Entrance is free and everyone wishing to play at the open mic can contact Mark Kritzinger on 082 448 2351. All are invited to go and listen to afternoon music while enjoying a meal.



James Smith, aged 19 is the youngest person to appear in A Handful of Keys.

Key performance

THE show, A Handful of Keys takes to the stage at Sibaya Casino and Entertainment Kingdom's iZulu Theatre. Launched in 1994 as a co-creation between Ian von Memerty and Bryan Schimmel, the show has played to more than 420 000 people in over 1450 performances over the last 23 years.

Multiple awards, love letters from the critics and adulation from audiences have poured in for this "brilliant, hilarious and virtuoso celebration of the piano".

Ticket prices vary between R100 and R160 at Computicket and the Sibaya Box office.



Classic revival

CHRISTOPHER Duigan will wow music fans when he comes to Ballito for the second concert of his Music Revival series titled 'Songs my Mother Taught Me'. Ashton International College's Grace Hall will play host to the concert on Sunday, 15 October at 3pm.

Tickets for the concert are R150 (R50 children and students), refreshments included. Seating is unreserved. Book your tickets online at www.webtickets.co.za or at Pick and Pay nationwide. Alternatively, send an SMS or WhatsApp to Music Revival at 083 417 4473 or email booking@musicrevival.co.za



Esjay Jones will perform at Soul Sunday Sessions on 22 October.

Two music giants to perform at Crusaders

COUNTRY rocker Brian Finch is back in town and will perform at Northwood Crusaders Sports Club on Saturday, 21 October from 6pm.

Joining him on stage are long-time collaborators Dan Chiorboli on percussion and Wayne Coughlan on guitar. A Northlands Old Boy, Finch will also be honoured at The Knights Circle of Valour Awards on 24 October, as the recipient of this year's Music, Arts and Culture Award.

The annual awards profile the success of former Beachwood, Northlands and Northwood learners, who have achieved iconic status in a particular field of expertise. The music kicks off at 6pm. Entrance is free and there is plenty of parking and seating.

Also performing at Crusaders this weekend as part of the weekly Soul Sunday Sessions on 22 October is Durban-born producer and songwriter Esjay Jones. She is currently in South Africa to join multi-platinum selling band Alien Ant Farm on the first three shows of their upcoming tour.

Dubbed the 'Charlize Theron of rock', Esjay Jones cemented herself as one of the country's top female rock vocalists 10 years ago, fronting the hugely popular Durban band Stealing Love Jones.

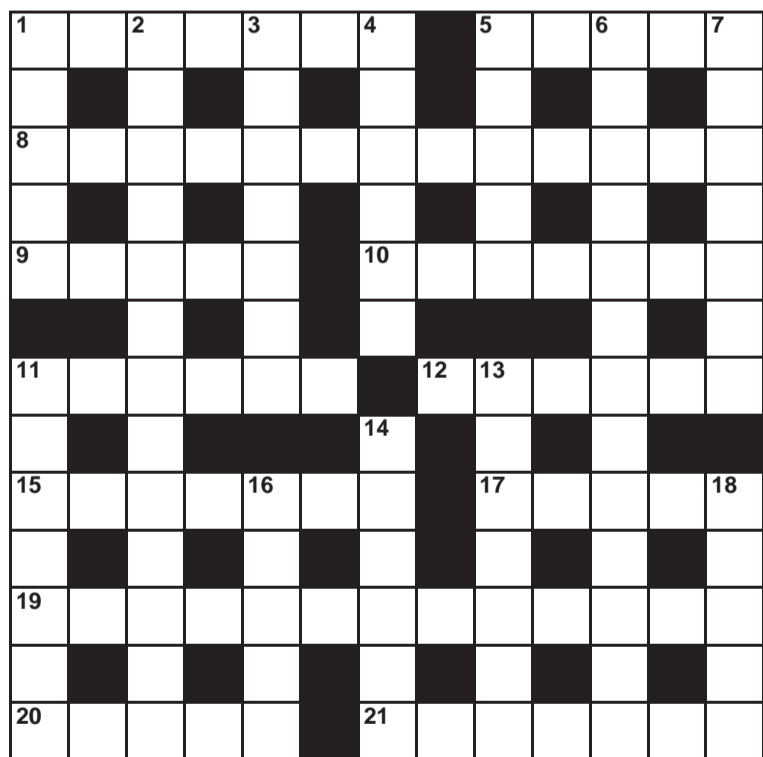
Joining her at her free, once-off show at Crusaders are former band members Steve Murray, Andrew Makins, Jason Every and Ant Ellis, as well as a number of surprise guests and LA-based DJ, Shasta. Background music from 12 noon, with the first act up at 1pm.



Crossword

NO. 42

40 Minute Puzzle



Across

- 1 Quantities of painkillers (7)
- 5 Ask me about various brands (5)
- 8 Where parts are put together for collecting? (8,5)
- 9 Grim end to a boat (5)
- 10 Give claim to name (7)
- 11 Odd desire to settle somewhere (6)
- 12 Provides a home for a small charge (6)
- 15 Is there at the start and finishes (7)
- 17 Green areas for golf clubs (5)
- 19 Manipulate boards to gain the ascendancy (4,3,6)
- 20 Gets up the slopes (5)
- 21 They deliver MP's note perhaps (7)

Down

- 1 Gets close in linear size (5)
- 2 Security men on board are weapons experts (7-2-4)
- 3 Men ride out dressed in fur (7)
- 4 Change put behind a mirror (6)
- 5 Desert strong point (5)
- 6 A poser for one who can't put on a dress tie? (6,7)
- 7 Better methods? (7)
- 11 Parson goes round a nuclear establishment (7)
- 13 They depend on cattle and the elderly (7)
- 14 Napping, the general is swallowed by a snake (6)
- 16 They're played in no set order (5)
- 18 Girl makes two points about western democracy (5)

Solutions to Crossword No. 41 (40 minutes)

Across: 1 Great, 8 Dismount, 9 Aster, 10 Integral, 11 Edict, 12 Asp, 16 Career, 17 Laurel, 18 Kay, 23 Snore, 24 New issue, 25 Miami, 26 Anecdote, 27 Feint.

Down: 2 Residual, 3 Agencies, 4 Giants, 5 Impel, 6 Quire, 7 Still, 12 Ark, 13 Ply, 14 Turnpike, 15 Ferryman, 19 Adults, 20 Incas, 21 Sweet, 22 Aside.

Kilnhouse material/Puzzle 2014

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ISUZU

Suzuki Ignis pulls the funky card



By Charl Bosch
With its trophy cabinet filling up with industry awards rather quickly, Suzuki has consistently been punching above its weight since re-entering the country on its own terms now over a decade ago.

From the budget-focused Celerio and strong selling Swift, to the diminutive and capable Jimny as well as the never-say-die Grand Vitara, the Hamamatsu based automaker effectively has most segments of the local market covered, bar offering a one-tonne pick-up of course.

Although the latter is unlikely to change anytime soon, what the brand has focused on, to an extent, is letting go of its rather conservatively styled model line-up for something with a bit more character and aesthetic appeal. Enter the Suzuki Ignis, quite possibly the funkiest small car currently on sale.

A name familiar to many Europeans having been around since 2000, the Ignis made its comeback at the Geneva Motor Show in 2015 after a seven year break, and immediately made its intentions known with a string of international awards following.

Launched on local shores in May with 475 units already sold, the recent arrival of a Arctic White Pearl Metallic Ignis GLX with its contrasting black roof made for a refreshing sight at the Autodealer office.

As colleague Justin Jacobs noted in his launch report, the boxy SUV-like design of the Ignis, or

urban SUV in Suzuki speak, makes for a rather appealing vehicle and one that stands out a lot more than its immediate rivals, the Renault Sandero Stepway, Toyota Etios Cross and Volkswagen Cross up!.

With its slab-sided panels, chunky, flared wheel arches, honeycomb grille, angular square projector-type headlights with U-shaped daytime running LEDs and characteristic couple-shaped C-pillar derived from the Cervo and Fronte Coupe sold in the 70s, the Ignis oozes charm and appeal.

Adding to its cheeky demeanour are satin silver roof rails and a set of stylish piano key black 15-inch alloy wheels wrapped in Bridgestone Ecopia rubber.

'...the free-revving 1.2-litre petrol engine feels lively and eager to impress'

Much like its exterior, the Ignis' interior is a radical departure from Suzuki's plain yet functional designs seen until recently, with a concave-like climate control panel, smatterings of chrome and, in an age of personalisation, a two-tone black and white dashboard, chrome door pulls, white door cards and a black transmission tunnel.

The biggest upshot though was the fitment of a freestanding 6.2-inch touchscreen Pioneer MIX-TRAX infotainment system with Bluetooth and USB, as opposed to the standard unit's rather old-fashioned red dot-matrix graphics.

Just as impressive is cabin space

with good levels of head and leg-room up front, and sufficient amounts in the rear.

On the downside though, boot space is typical city car with only 260-litres on offer with the rear seats up, although this can be increased to 469-litres with the rear back folded down.

Standard equipment is perhaps the most impressive aspect for vehicle with a sticker price of R189,900, with the GLX featuring a leather covered multi-function steering wheel, push-button start, electric windows all around, folding electric mirrors, four-speaker sound system, dual front airbags, ABS with EBD and EBA, ISOFIX mounting point and rear parking sensors.

Despite having only 61kW/113Nm at its disposal, the free-revving 1.2-litre petrol engine feels lively and eager to impress, in spite of the claimed 165km/h top speed and 0-100km/h sprint time of 11.6 seconds.

Part of this frisky progress is a kerb weight of only 850kg, and a slick five-speed manual gearbox with a light clutch action. The combination also had a profound effect on fuel consumption, which came to a best of 5.3-litres/100km, only 0.2 L/100km down on Suzuki's claimed figure.

Value for money is a often over-used phrase when referring to a car as a package, yet it applies without holding back to the Suzuki Ignis. With a funky design, perky powertrain and good levels of standard kit, it deserves its recent inclusion as finalist for South African Car of the Year 2018 without hesitation.




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Name changes for JLR products

Jaguar Land Rover (JLR) is reportedly set to introduce new model nomenclatures favouring power outputs over engine displacement.

According to Britain's Auto Express, the new naming strategy, set to be implemented on all 2018 models, comes after an example of the F-Type was spotted sporting the designation P380 AWD, referring to it being petrol powered, have 380 pferdestarke (PS) or 280 kW, and all-wheel drive.

The publication also claims that the new badging could be branched out to the Range Rover Velar, whose range of diesel engines will carry the model designation D180, D240 and D300, likely replacing the TD and SD monikers used on various Land Rover models until now.

JLR's switch comes just over a month



after Audi announced that all models from the new A8 up will have a two digit power denotation instead of engine displacement, regardless if powered by petrol, diesel or equipped with a hybrid drivetrain.

New vehicle sales on increase

The National Association of Automobile Manufacturers of South Africa (NAAMSA) has recorded a fourth straight increase in the sales of new vehicles during September, with exports ending in the green after declining in August.

Aggregate total domestic sales for the month increased by seven percent from 47 357 units last year to 50 675, while exports climbed by 11.0% from 32 764 to settle at 36 359 vehicles.

Individual segments continued to be mixed with new passenger vehicle sales increasing by 5.9% from 31 801

to 33 669, while light commercial vehicles gained 11.7% from 13 003 to 14 523. The market for medium and heavy duty commercial vehicles however contributed to the mixed results with the former dipping by 10.6%, and the latter increasing by a slight 0.6%.

September top 20 best sellers

- | | | |
|--|-------------------------|-------------------------|
| 1. Toyota Hilux 3995 | 7. Ford Fiesta 1447 | 14. Ford EcoSport 814 |
| 2. Volkswagen Polo Vivo 2988 | 8. Isuzu KB 1440 | 15. Kia Rio 795 |
| 3. Ford Ranger 2337 | 9. Toyota Quantum 1217 | 16. Datsun Go / Go+ 775 |
| 4. Volkswagen Polo 2324 | 10. Toyota Fortuner 999 | 17. Renault Kwid 758 |
| 5. Toyota Corolla / Auris / Quest 1845 | 11. Toyota Etios 974 | 18. Hyundai i20 577 |
| 6. Nissan NP200 1638 | 12. Kia Picanto 970 | 19. Ford Everest 556 |
| | 13. Nissan NP300 947 | 20. Ford Figo 546 |

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Fiat's Tipo deserves to do better

By Gavin Foster

Two months ago I drove the 1.3-litre turbodiesel Fiat Tipo sedan and found myself pleasantly surprised. I blush to admit that I'd never heard of the car's arrival in South Africa until it was allocated to me, and from reviews I came across in the motoring press it was something of a cheaply-built, gutless wonder that cost too much and was as boring as a bicycle with a flat tyre.

Then, having driven the diesel car and found it surprisingly likeable, I surmised that the petrol version with the 1.4-litre 70kW/127Nm engine must be the model that came under journalistic fire.

Well, after a week with the R290,000 1.4 Lounge hatch I'm flummoxed because it's also a very likeable car.

The styling is somewhat nondescript but not unattractive, there are a couple obvious signs of cost-cutting, like the plastic wheel trims, and it's not going to win any drag races, but who is the car aimed at?

My point here is that motoring journalists tend to view every car they evaluate as a potential rival to the Golf GTI, Focus ST or BMW M3, and every South African as an aficionado of fine motoring, whereas the majority of buyers a) don't read motoring publications and b) wouldn't know understeer or a torque curve if it bit them in the bum. What buyers care about is affordability, comfort, price, reliability, space, and a reasonably pretty face, and the Fiat Tipo, whether in hatchback or sedan guise, has all of those.

It's not the quickest car in its class, and it's not the cheapest, but it is a pretty good all-rounder and its pricing, at between R230,000 and R295,000 makes it affordable for many working class South Africans.

The Tipo's interior is of average quality, and could be rated as good if it weren't for a couple of plasticky areas, notably the interior door panels. Ride quality and handling are good, the steering is decent with reasonable feedback, and sound levels unobtrusive.

The little 1.4-litre petrol engine in the car tested produces just 70kW at 6,000rpm and 127Nm at 4,500, but it feels better than that, and its claimed 0-100 time of 11.5 seconds and top speed of 185km/h are unlikely to be tested by the type of person who buys it.

There are two six-speed automatic versions of the Tipo, hatch and sedan 1.6 Easy Autos, and they're blessed with a little more steam at 81kW/152Nm. The Fiat Tipo sells in very low numbers in South Africa, probably because nobody even knows it exists. Fiat has a somewhat politically-correct campaign on the go whereby buyers can have their old cars scrapped and, on production of the certificate as evidence that there's one less environmentally-unfriendly piece of junk on the road, earn a R40,000 cut in the price of a new Fiat product.

I feel that Fiat would do what they're meant to be doing - selling cars - a lot better if they dropped this malarkey and reduced the price on their vehicles to give them a clear advantage in the marketplace.

The Fiat Tipo range of cars come with three-year/100,000km service plans and warranties



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Added traction for KB X-Rider

Re-launched earlier this year as a permanent model after being limited to 700 units only, Isuzu has now introduced a four-wheel drive version of the aesthetically enhanced KB X-Rider.

Said to have been the result of a spike in demand, the four-wheel drive X-Rider will also be exported to a number of left-and-right-hand-drive

countries on the African continent, and supplement the existing rear-wheel drive model available until now.

Priced at R441,200, a jump of R45,000 over the two-wheel drive, the 4WD X-Rider remains fundamentally unchanged with the sole difference being the option of a rear diff-lock.

Up front, the 2.5-litre D-TEQ turbodiesel engine again

produces 100kW and 320Nm of torque, linked to a five-speed manual gearbox.

Fuel consumption is rated at 7.9 L/100km, 0.2 L/100km up on the rear-wheel drive, and emissions at 208g/km (up 5g/km).

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Tyre selection table with columns for 13 & 14" TYRES, 15 & 16" TYRES, 17" & 18" TYRES, and 4x4, 19" & 20" TYRES.



Velar-inspired Range Rover **Sport** unveiled

Jaguar Land Rover (JLR) has taken the wraps off the facelifted Range Rover Sport, with the biggest taking points being the inclusion of a new plug-in hybrid model and a more powerful engine for the monstrous SVR.

Aesthetically, the Sport now takes after the recently launched Velar and receives new slimmer headlights with square integrated LED daytime running lights, new fenders and grille, re-designed front and rear bumpers, three new alloy wheel designs with sizes ranging from 21 to 22-inches and a new Black Exterior Pack with gloss detailing on HSE Dynamic models.

In addition to a new Byron Blue metallic hue, the Sport can also be specified with new Carbon Fibre Exterior Pack on all models, which consists of gloss black and carbon fibre finishes on the grille, fender vents, mirrors, bonnet louvers and on the bootlid.

New is a choice of four different lighting options all with running front

and rear indicators. The standard Premium setup consists of 24 LEDs with optional Auto High Beam Assist, while the next step-up Matrix adds an additional 28 LEDs that can split the beam into vertical strips individually.

The third-tier Pixel arrangement is made up of 142 LEDs and not only includes a optional adaptive swivel function, but splits the main beam horizontally and vertically to avoid dazzling oncoming vehicles.

At the sharp end, the Pixel Laser High Beam adds two further LEDs and four laser diodes, providing a light projection of more than 500 metres and dimming the lights automatically when a vehicle from the front is detected.

Aside from a new choice of materials and 10 ambient lighting colours, the interior now features the same Touch Pro Duo setup as the Velar, which consists of two ten-inch displays with the top mounted screen angled slightly to counter glare. Both also feature a tablet-like swipe function and can be cus-

tomised to suit preference.

Further new in-car tech includes dual 10-inch rear screens, up to 14 connection points whether it be Aux, USB, HDMI or 12-volt sockets, 4G Wi-Fi and a choice of four sound systems; the standard Land Rover 250-watt and three made by Meridian with 380 watts and 12-speakers, 825-watts and 18-speaker and 1,700-watts with 22-speaker in the case of the top flight 3D Signature unit.

Driver assistance tech has also been sharpened up and now includes, either optional or standard, Lane Departure Warning, Blind Spot Monitor, Semi-autonomous Braking, Lane Keep Assist, 360 degree camera, Rear Traffic Assist, Park Assist, Driver Condition Monitor, Adaptive Cruise Control with Queue Assist and Traffic Sign Recognition.

Engine options for the Sport are mostly carried over with diesel power coming from a 2.0-litre SD4 developing 177kW and 500Nm of torque, and two 3.0-litre V6s making 190kW/600Nm in the TDV6 and 225kW/700Nm in the

SDV6. Capping the oil burners off is a 4.4-litre TDV8 producing 250kW and 740Nm.

The big addition though is a four-cylinder turbocharged petrol engine in the Si4 that churns out 221kW and 400Nm of torque, and a bump in power from 375kW to 368kW for the 5.0-litre supercharged V8 with torque unchanged at 625Nm.

An eight-speed automatic gearbox is again standard across the range, as is Land Rover's Terrain Response 2 off-road system, Low Traction Launch System and air suspension on all models bar the SD4.

Replacing the SDV6 diesel hybrid, the new Sport PHEV or P400e, adopts the same 2.0-litre Ingenium petrol engine as the Si4, but adds a 85kW electric motor for a total system output of 297kW and 640Nm of torque.

Linked to a permanent four-wheel drive system, the 13.1 kWh lithium-ion battery pack allows for an electric-only range of 51km, and 0-100km/h in 6.7

seconds with a top speed of 220km/h. Fuel consumption is a claimed 2.1 L/100 km and emissions of 64 g/km.

According to JLR, top speed for the P400e is limited to 137km/h in all electric mode, with a claimed charging time of 7.5 hours using a 10 amp socket or two hours 45 min from a 32 amp unit.

Incorporating the same exterior and interior revisions as the regular Sport albeit with a central exposed carbon fibre weave option on the bonnet, the SVR also gets new Supersport heated front and rear seats claimed to reduce weight by 30kg, optional lightweight 22-inch alloy wheels and new brake-pads and discs.

Up front, the 5.0-litre supercharged V8 now pumps out the same 423kW and 700Nm as the Jaguar F-Type SVR, allowing the Sport SVR to hit 100km/h from standstill in 4.5 seconds.

Local availability of the updated Range Rover Sport and SVR is expected to commence next year, while the PHEV is unlikely to become available.

The SVR also gets new Supersport heated front and rear seats claimed to reduce weight by 30kg

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0822 Vacancy Education

MARIS STELLA SCHOOL COUNSELLOR
available from 1 January 2018

Applications for the above position are invited from suitably qualified and experienced individuals who believe they have the required skills and competencies to take on this position.

The ideal candidate will:

- Be currently registered with the Health Professions Council as either an Educational Psychologist or a Counselling Psychologist.
- Have at least 5 years experience working in educational settings, and in particular, have an understanding of girls' education.
- Have the necessary expertise to: conduct psycho-educational assessments; conduct individual and group therapy with both young children and adolescents; facilitate skills development groups; offer parental guidance where necessary; and have the capacity to support academic learning.
- Be aware of the complexity and sensitivity around issues of confidentiality and boundaries within the school environment, and be respectful of this.
- Have the ability to run both pupil and staff wellness and development workshops.
- Possess strong communication and inter-personal skills, as well as the willingness and ability to work in a multi-disciplinary academic support team.
- Have the ability to prioritise, multi-task and respond flexibly to the demands of working within a dynamic school environment.
- Have experience working with the IEB Accommodations process.
- Possess sound computer skills.
- Have a willingness to work within, and support, the values-driven Christian Ethos of the school as well as a willingness to participate in the broader life of the school.
- All staff members working within a school have to have, or be willing to apply for, a sexual offender's clearance certificate.

A detailed CV, 3 references and a letter of motivation should be submitted on or before Friday 27 October 2017.
Email: wplumbley@marisstella.co.za

If you have not been contacted within 21 days after the closing date of this advertisement, please accept that your application has been unsuccessful.

Maris Stella reserves the right not to proceed with filling the post. An application in itself will not entitle the applicant to an interview or appointment and failure to meet the minimum requirements of the advertised post will result in applicants automatically disqualifying themselves from consideration.

MARIS STELLA
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Available from 1 January 2018

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Available from 1 January 2018

Applications are invited from suitably qualified, SACE registered, enthusiastic, organised and experienced individuals who believe they have the required skills and competencies to take on the above positions. Applicants should have at least 5 years' experience, a passion for teaching and for the young people whose learning you would be expected to inspire, an unequivocal commitment to working as part of an accomplished team, Computer literacy skills and an interest in integrating IT into your teaching and learning, and a willingness to work within the values, Catholic ethos and mission of the school as well as to participate in the broader life of the school.

Further information on the above positions can be found on our website. A detailed CV, 3 references and a letter of motivation should be submitted on or before Friday 27 October 2017, to the Principal on jschmidt@marisstella.co.za

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Bernard Gardener/painter 7yrs exp mon-sat f/time

Bethan Zim lady housekeeper mon-fri f/time sl/out

Blessing Malawian housekeeper 3-5days f/time pt/time sl/out

Caroly Malawian Housekeeper mon-fri f/time sl/in/out

Clarell Housekeeper 10yrs exp 3-5days f/time sl/out

Debra Zim lady 3-5 days f/time pt/time sl/in/out

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Modester Zim lady housekeeper/childminder mon-sat f/time

Nonhlanhla Housekeeper/childminder f/time sl/out

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Rosemary seeks full time sleep in/out domestic, 2yrs exp

Sithandane Malawian gardener/gen worker/mechanic f/time

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Vincent Gardener has code 10 licence 3-5days f/time

Zandile Housekeeper 6 yrs exp seeks 1 day Tuesday

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Durban's sailing community is getting ready for the upcoming OktoberFest that will take place at Point Yacht Club's harbour site on Saturday, 21 October, after the hotly contested Jonsson Cup Pursuit Race.

Prost! Yacht club to host jolly Oktoberfest

SAILORS and beer have been a historically good combination going back aeons, and this October getting in the spirit of things the Point Yacht Club will be hosting an OktoberFest on Saturday, 21 October.

After the success of the Beer and Bratwurst held earlier this year, the club's legendary resident chef, Markus Bänziger, will be sharing his 'Swiss-German' roots again, organising a German themed menu that includes Cervelat, Bockwurst, Eisbein, Fleischkäse and Bratwurst all served with Chef's very own Swiss style Rösti Potato or his fabulous

Sauerkraut. Or if you prefer to only have a nibble, on the menu is an OktoberFest favourite, the beer pretzel.

Coinciding with the Jonsson Cup Pursuit Race, the German inspired 'folk festival' will take place at the harbour based club, spilling out onto the club's open areas allowing revellers to sit and enjoy some of the best views in Durban.

Getting everyone in the mood will be Durban's very own versatile singer, Don Seagreen. This published poet and prolific songwriter has a string of awards to his name, and has performed alongside the likes of Just Jinger, Desmond and the

Tutu's, Crash Car Burn, and Wonderboom, and he has graced the stage at Splashy Fen's and the Durban International Blues Festival.

Entry is R30 per person, payable at the door. Drinks and food will be for your own account. If beer, Gin or German sausages are not your all time favourite, the Anchorage Restaurant and Charlies Bar will be operating.

Parking is available at the Point Yacht Club's parking, secure parking fee of R15 will apply for non-members. The festivities kick off at 2pm and continue past sunset.

For more info contact Amanda on 031 301 4787.



Runners adding some colour to their lives and get in some last minute training for Sunday's Colour Run.

Don't miss out on Color Run

COLOUR Runners of all shapes and sizes will happily go from wearing white clothing, to being covered in bright colours at this year's Color Run on 22 October starting at Durban North College at 10am.

When the happiest five kilometres on the planet returns to Durban next month, you had better pack your superpowers because the city's superheroes will be challenging you to get more colourful than you thought possible.

The Color Run's Superhero Tour is all about believing in the superhero in each and every one of us.

It is a feel-good, happy, colourful event. At each kilometre mark of the run, a different colour of powder fills the air and covers the participants, creating an ever-increasing spectrum of colour and beauty.

The Color Run South Africa raised over R500,000 in 2016 for local causes and educational-based initiatives in the areas it visited.

"The Superhero Tour is inspiring participants to celebrate themselves, and those who have mentored, encouraged, and positively influenced them," says Trevor Latimer, national event co-ordinator of The Color Run South Africa.

At the finish line, the colour festival kicks off and the air is filled with millions of vivid colour combinations as participants get in on the colour throwing fun as well.

For tickets visit www.thecolourrun.co.za.

Sharks legend calls time on rugby career

AFTER more than a decade of dedication and service in the black and white jersey, Cell C Sharks wing, Odwa Ndungane, will close the curtain on his illustrious career at the end of the 2017 rugby season.

Although not from Durban, he felt an affinity with the Cell C Sharks growing up in a region where there was a tie between the coastal teams from KZN and the Eastern Cape.

"I originally moved to Durban from the Bulls because there had been a relationship in the Super 12 days between The Sharks and the teams in the Eastern Cape where I had grown up," the Durban North resident explains.

"Having watched them as a boy, I was naturally a fan. I can still recall when I was at the Bulls during the Currie Cup and I received a call from Kevin Putt who was coaching The Sharks at that time, asking me if I wanted to come to Durban. It was a decision I didn't have to think twice about making and I jumped at the opportunity."

A natural progression, having a fine career spanning well over a decade, was being selected to play for South Africa, earning nine caps with the Springboks.

"I would have loved to get more, but nonetheless I'm still grateful for the opportunities I did get," he says.



Durban North resident and Sharks rugby legend, Odwa Ndungane will retire at the end of the 2017 rugby season.
PHOTO: Howard Cleland

"Many people have played professional rugby and never got the chance to play for their country, so it's still a wonderful honour for me to have played for the Springboks."

With over 100 Super Rugby and over 100 Currie Cup games for the Cell C Sharks, he has joined a select group of players to earn this amazing and very special milestone.

"For me, the biggest thing is sharing a similar record with my twin brother (Akona), it's something we will both cherish and share memories for years to come. It's a special achievement to share this record with only a handful of other players who were also capped this many times."

"...it's still a wonderful honour for me to have played for the Springboks"

As the curtain comes down on his career and having played in cup winning Sharks teams in the past (and obviously chasing one before retiring to enable him to go out on a high), he reflects on where the current Cell C Sharks team is headed in the next few years.

"If we can keep all those guys at the union for as long as possible, with all that potential, I believe a lot of success will follow. If we can go all the way in the Currie Cup, we can take that momentum through into next year's Super Rugby. I'm looking forward to the opportunity of sitting in the stands next year and watching some great rugby. There are exciting times ahead."

Burn and Birkett win opening race

FOLLOWING some devastating storms during the week, the Illovo Suncoast Pirates Wall and Back Surfski Series got underway in some tricky conditions on Friday that saw the experienced Michelle Burn and Andy Birkett taking home the race spoils.

The end of winter is typically a quiet time for surfski paddlers but the likes of Burn and Birkett have been focused mainly on flat-water marathon racing with the world championships last month in Pietermaritzburg.

The spring surfski season is the beginning of a long surfski period with many of the local stars working towards the Ocean Racing World Championships in Hong Kong in November.

Burn, who represented South Africa in the women's K2 at the recent marathon world championships, was happy to be competing in her surfski again.

"I have had some time off after world champs with a bit of a sinus infection so to be back in my ski was really really cool," Burn said.



It was a strong early season performance from Michelle Burn who took the ladies win at race one of the Illovo Suncoast Pirates Wall and Back Surfski Series on Friday night. PHOTO: Anthony Grote (Gameplan Media)

"It was great to be competing again and I felt right back at home in my ski."

Paddlers were introduced to the tough Pirates shore break and it made for some interesting racing throughout.

"The shore break was quite gnarly and luckily for me I wasn't the only one that got smashed so I didn't have any catching up to do when we got through the break."

"Myself and Nikki (Russell) had a good race after she caught me going towards the wall but on the way back we were neck-and-neck and we were coming in to the finish together."

"She unfortunately had a problem in the shore break which gave me the advantage and I got in first!" she added.

With the world surfski championships the final goal for Burn, she is looking to use the Wall and Back Series as an opportunity to hone her skills before she heads off to Hong Kong in the middle of November.

"I want to try and do as many races in the series as possible with world champs coming up next month."

"This series as well as Pete Marlin will give me a good opportunity to see how the other girls are going to Hong Kong."

"We have the Perth Doctor after the World Champs so I will miss those races in the series but I'll try and paddle in as many races as I can," she added.

La Lucia's Gilbert Stars win Netball Super League

THE KwaZulu-Natal Netball Super League ended on a high note for Gilbert Stars when members of the La Lucia club were crowned champions in the women's category on Sunday in Richards Bay.

There were some mouth-watering clashes at the Umhlatuze's Sport Complex as 15 teams from around the province came face to face for the title in attendance were dignitaries such as Netball South Africa's president Mimi Mthethwa Zulu and Kingdom Stars manager Phindile Dlamini.

Gilbert Stars faced familiar foes when they took on the Durban-based Pumas in the semi-finals but they narrowly won by 39 points to 33 to book their spot in the final against favourites from the host city Ziphonzone.

Final standings

Women

1st Gilbert Stars (Gold) R25 000
2nd Ziphonzone (Silver) R15 000
3rd Pumas (bronze) R10 000

Men

1st Ziphonzone (Gold) R25 000
2nd Ocean Predators (Silver) R15 000
3rd uMhlatuze Sharks (Bronze) R10 000

The visitors from La Lucia had a tough time putting their opponents away but just like they did in the semis, they were crowned provincial champions in the end after outscoring their stubborn

opponents by 48 points to 43 in what was a fiercely contested final. They took the gold medals to La Lucia while fellow eThekweni Puma's took bronze home.

Gilbert Stars coach Marchelle Maroun said, "The games were of very high standard and we came against two tough teams. They made it difficult for us, in the final against Ziphonzone we played against former and current Kingdom Stars players but we were fortunate to come up with the win."

Ziphonzone were crowned champions in the male category and walked away with R25 000.

The Richards Bay team beat Durban's Ocean Predators in the final while uMhlatuze Sharks walked away with bronze.



La Lucia based Gilbert Stars walked away with gold at the finals of the KZN Netball Super League in Richards Bay on Sunday.

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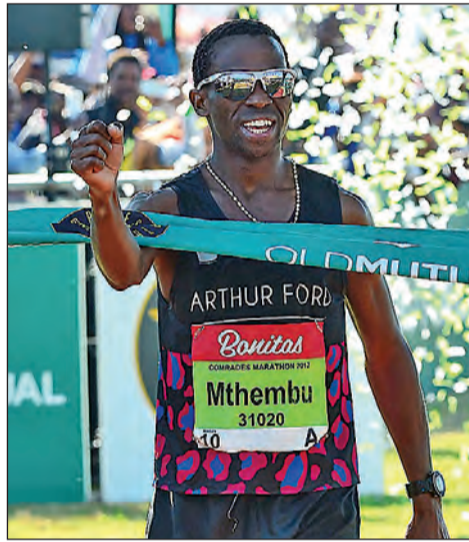
Cream of SA's athlete crop set for Sani ultra-marathon

ONE of South Africa's most unique marathons, the Sani Stagger, promises to be a showdown of the best-of-the-best when it comes to potential winners for the 42km race that takes runners up and down the iconic Sani Pass on Saturday, 25 November.

With the famous Comrades Marathon just six months after the Sani Stagger, a number of the top contenders will use the race as an important part of their build up to the iconic ultra-marathon from Pietermaritzburg to Durban in 2018.

Among the Comrades hopefuls entered for the Sani Stagger is defending Comrades Marathon champion Bongmusa Mthembu. The man from Bulwer, who ran commandingly to a second Comrades title in 2017, sees the Stagger as an important early season event.

"I love the Sani Stagger and I try and run it every year," the current South African 100 Mile record holder said. "It is a race that is early in my preparations but it is important because it is the start of my consistent training for Comrades. To have a race at that sort of altitude is another massive benefit and to have some of the top runners in the country there is also a positive."



Defending Comrades Marathon champion Bongmusa Mthembu will be hoping to get his 2018 Comrades preparation underway when he takes on the Sani Stagger on Saturday, 25 November.
PHOTO: Jetline Action Photo

The Sani Stagger fills more than one role when it comes to Comrades Marathon preparation; it is also a race qualifier.

For Mthembu and the rest of the hopefuls, the Stagger is going to provide them with a good idea of who is in strong early-season form.

"It is great that we are going to have some of the top runners there this year. With the likes of Skhumbuzo (Dlamini), Ludwick (Mambolo) and Lovemore (Chabata) running, it is going to make the race really interesting. Such strong runners add to the excitement of the race," he added.

Having spent his life close to the Southern Drakensberg, Mthembu understands the importance of using the altitude to prepare and running up and down Sani Pass is the ideal way to get his Comrades preparations underway.

"It is hugely important for me to use the altitude when I train and training and competing at altitude has become more and more important for runners. The altitude is a real factor when you run the Sani Stagger but it is one of the many challenges that we face during this race," Mthembu commented.

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