



LIFE & STYLE

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LIFE & STYLE

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@thesharkwarrior

DESIGN

THE LAKE PUBLISHING
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ALMOST OUT OF TIME

Dave Charles

“ I was going to write a piece about trees in this issue but you would probably not have bothered to read it. Plants are boring. They don't sing and dance or rant and rave. They don't burn down schools and vandalise railway stations or embezzle money, they don't inflame the emotions with religious or racist propaganda or peddle narcotics or sex slaves. No, when it comes to grabbing the headlines, trees don't really command much interest at all.

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To grab instant attention most media moguls encourage their minions to dwell on the deadly pandemic, brutal human cruelty and rampant politically protected corruption and theft...see, that has got your attention already

Strange to think that so many people on the planet have suffocated to death during the CoVid19 pandemic because they couldn't get enough oxygen into their systems.

Have you ever considered where oxygen comes from? And what happens to the poisonous by product of our exhalation?

According to the U.S. Department of Agriculture, "One acre of forest absorbs six tons of carbon dioxide and puts out four tons of oxygen. This is enough to meet the annual needs of 18 people." Trees also filter air by removing dust and absorbing other pollutants like carbon monoxide, sulphur dioxide and nitrogen dioxide. After trees intercept unhealthy particles, rain washes them to the ground.

We are in the ever-increasing grip of climate change which is not much fun, really. Trees control climate by moderating the effects of the sun, rain and wind. Leaves absorb and filter the sun's radiant energy, keeping things cool in summer. Trees also preserve warmth by providing a screen from harsh wind. Trees also lower the air temperature and reduce the heat intensity of the greenhouse effect by maintaining low levels of carbon dioxide.

Both above and below ground, trees are essential to the eco-systems in which they grow. Far reaching roots hold soil in place and fight erosion. Trees absorb and store rainwater which reduces runoff and sediment deposit after storms. This helps the ground water supply recharge, prevents the transport of chemicals into streams and prevents flooding. Fallen leaves make compost that enriches soil.



Many insects, birds and animals depend on trees for sustenance, protection and shelter.

Where am I going with all of this?

“What we are doing to the forests of the world is but a mirror reflection of what we are doing to ourselves and to one another.”

- Chris Maser

Last week I was appalled at how contractors on the new Zimbali Lakes project have destroyed much of the precious vestigial forest on that property. What forest? There wasn't much of it, surrounded as it was by a sea of sugarcane, but even the cane farmers had left that small sacred sanctuary alone. It was a precious island of life in the monocultural desert around it and, judging from the animal tracks in the bare earth ripped open by the heavy equipment, it is still home to a variety of creatures.

“Ancient trees are precious. There is little else on Earth that plays host to such a rich community of life within a single living organism.”

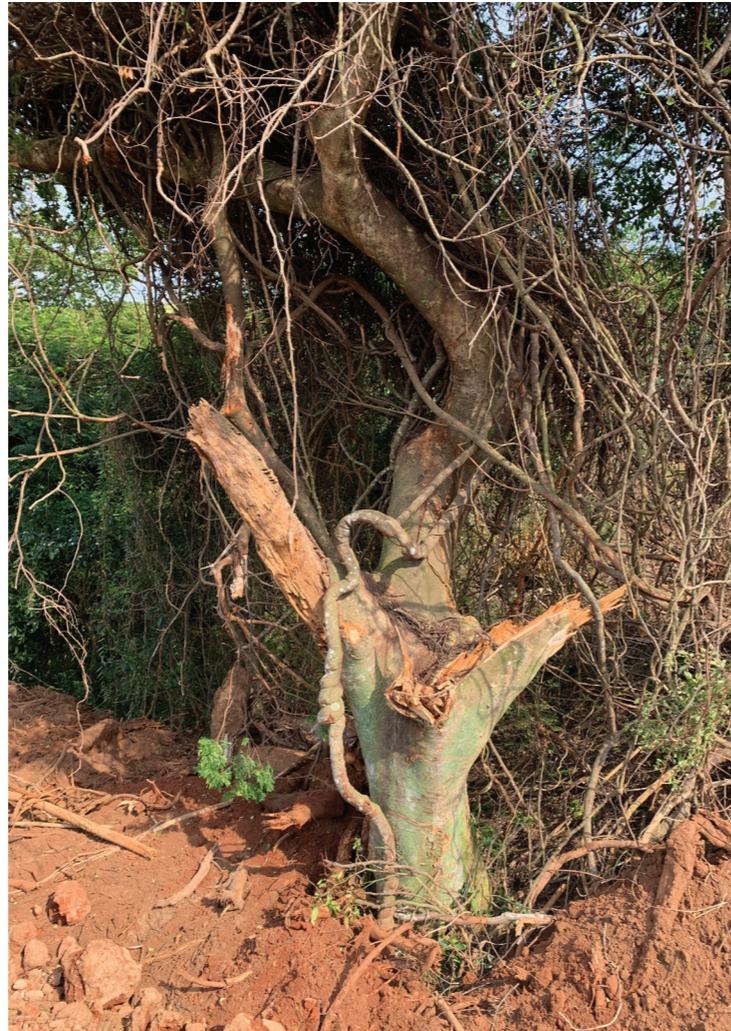
— Sir David Attenborough

To see what has been done to some of these old forest giants on the Zimbali Lakes precinct almost beggars belief. Obviously, they stood in the way of maximising the profit so they had to come down.

And that is what we are doing to the planet and, ultimately to ourselves. We may not be the ones issuing the orders and operating the equipment, but we are allowing it to happen and so we share in the shame.

I had hoped that new development in our region would be done more sensitively to the precious biodiversity that still makes living here so appealing. At this rate it will all soon be gone. If you care, start the conversation, shine the light, be the hand of God and make a difference. We are almost out of time.

****Dave Charles presents the Afternoon Show 1-5pm
on 88FM Radio Life&Style - The Voice of Ballito**



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TILE TRENDS

Home Of Tiles

“One of the best things about tile is its sheer variety: You can find an option to suit any taste, including the taste that doesn't like tile much at all (in that case, go for those ceramic planks that look like wood, complete with graining). And in the past few years, tile companies have been seriously upping their game, expanding beyond the rectangles we know and love to unexpected shapes, colours, and finishes. If the patterned-cement-tile trend has taught us anything, it's that tile can do wondrous things for a room. Here are some equally stylish tiles, which are well on their way to becoming the next big thing.

FISHSCALE

Hexagon and other angular tiles were big last year, but 2019 seems to be the year of the fishscale. These curved tiles are a happy medium between round penny tiles and standard rectangles; on a wall, they create a scalloped pattern that's softer and more playful than straight-lined geometric shapes.

DARK MARBLE

If you've had enough of the white marble with grey veining that seems to show up everywhere, we've got some good news: Dark, earthy colours will be trending this year, and they're going to show up in tile in the form of black and dark brown marble. These unexpected shades offer lots of luxury and drama, but save you the maintenance issues associated with white and light-coloured marbles.

Large Format

Big tile is going to be, well, big this year. I'm talking tile measured in feet, not inches, with 2-foot-by-4-tiles as just the starting point. Bigger tiles mean less grout lines (always a good thing in my

book), and it also opens up the design possibilities—the pros are expecting large-format tile to start being used, say, on countertops and furniture...but also Ultra-Thin

Designers also expect tile to shrink this year: Think subway tile but about half the width. These narrow tiles lend themselves to unexpected patterns and arrangements, such as herringbone or vertical stacks.

HAND-PAINTED

If you love the look of patterned encaustic tiles, you might want to take things one step farther with hand-painted tiles. Ultra-luxe, they have an imperfect charm that gives a space a real one-of-a-kind look. Because they're pricey, consider using them as a border or in a small space, like a powder room.

MATTE FINISHES

Matte finishes took the bathroom world by storm a few years ago, and now they're making their way to tiles. These tiles have an understated, slightly tougher look than their glossy counterparts, and as a bonus, they're less likely to show water marks and dirt.

SUPER-REALISTIC WOOD

Tile manufacturers are getting better and better at creating tile that realistically mimics wood. Some versions even look reclaimed, with small “imperfections” that seem hand-scraped or wire-brushed. These tiles come in long planks, just like hardwood, in tons of finishes and are great for kitchens and bathroom floors where you want the warmth of wood but extra durability against splashes and stains.

BASALT

This volcanic stone, which usually comes in shades of grey, has natural tone variations and a slightly rough texture that adds tons of dimension to walls and backsplashes. It works just as well in a mid-century modern home as it would in a space that skews industrial.

HOME OF TILES

www.homeoftiles.co.za



THANK YOU, BALLITO #WESIMPLYGRATEFUL

Hunt Properties

“The infamous 2020 has brought a myriad of challenges, most noticeably COVID-19 and the government lockdown. Saving lives has been of paramount importance, but a close second on the country’s priority list has been regenerating the economy and creating jobs.

The infamous 2020 has brought a myriad of challenges, most noticeably COVID-19 and the government lockdown. Saving lives has been of paramount importance, but a close second on the country’s priority list has been regenerating the economy and creating jobs.

One of the simplest ways of boosting local economies is by supporting local Small Medium & Micro Enterprises (SMMEs). Statistics both historic and projected show how effective SMMEs can be in creating employment.

- A report by FinFind in 2018 commissioned by the South African SME fund estimates that formal SMMEs employ between 2 to 3 million full time employees.
- The National Development Plan predicts that by 2030 SMMEs will generate 90% of the 11 million new jobs aimed for in the plan.

HUNT Properties is a prime example of how a local born startup has been embraced by a community. In 3 short years, HUNT Properties has grown exponentially thanks to a thriving market driven by local support. From a staff compliment of one, to having 12 team members on the payroll (we pay our agents a retainer), our company now competes with well-established national brands.



HUNT Properties is a prime example of how a local born startup has been embraced by a community. In 3 short years, HUNT Properties has grown exponentially thanks to a thriving market driven by local support.



This goodwill shown to us, we believe must be paid forward. HUNT Properties will be focusing our expenditure on locally founded and owned companies, to keep money generated in our area, circulating in our community.

The real estate market has experienced a six-year high post the hard lockdown. The low interest rate, coupled with pent up demand, has resulted in a flurry of activity. HUNT Properties has seen record numbers with consistent monthly sales of 20 - 25 transactions and R65 - R70 million per month. A seemingly unachievable goal only a few months ago. We would not have been able to fully achieve these figures without the support of the greater Ballito community.

This goodwill shown to us, we believe must be paid forward. HUNT Properties will be focusing our expenditure on locally founded and owned companies, to keep money generated in our area, circulating in our community. We have recently engaged in an 8-week team training program with an iconic local gym, Ringside Boxing. We continue to co-host our run with our (run) partners Concha Café, Ballito's busiest seaside coffee shop. Our "hand over gifts" moving forward will all be locally sourced and procured. We host our monthly HUNT Cup at the Simbithi Country Club. We continue to give back to the environment by supporting The Litterboom Project. We will, as we have since our inception, remain committed to advertising on the Voice of Ballito, 88fm Radio Life & Style.

With a strong portfolio of diverse residential stock, as well as multiple successful developments, HUNT Properties continues to grow and expand, and our formidable team continues to thrive in this born and bred Ballito business.

HUNT PROPERTIES

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HUNT Properties donates R5 per runner to

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THIS MONTH WE LOVE...

Gulli - Exclusive classically casual clothing made with love in Ballito

“Jo Bower has a décor company, which has suffered like others, because of the COVID-19 pandemic. This prompted her to re-open Gulli Clothing which she successfully established in Ballito 18 years ago.

Jo always had a yearning to do this in response to numerous requests from previous customers who loved the quality and style of the Gulli range. The new Gulli range of clothing has now been beautifully integrated with the décor and gifts at the enchanting Natural Living Shop at Burndale.

It is a classically casual range suited to our lifestyle on the East Coast and is made with love and pride on the Dolphin Coast. It is an exclusive range of clothing catering for all sizes from XS to 4XL.

Soon they will be extending the range to cater for kiddies as well. The Gulli range of jerseys is handcrafted with natural hand dyed South African. A range of linen pumps to complement the clothing is already on the way.

Jo's husband, Mark and her sons, Guy and Matt, have been a huge support in this new venture and we wish the Gulli team much success. This is a real North Coast gem.

BURNDALE FARM:
Natural Living, Burndale Farm, Umhlali
www.burndale.co.za



THE BENEFITS OF BERBERINE FOR YOUR HEALTH

Kim Wilson

“What if you could take just one supplement to address blood sugar balance, Poly-Cystic Ovarian Syndrome (PCOS), heart health and weight woes? Enter the fabulous new nutrient: Berberine.

Extracted from several plants, Berberine is an ancient compound that has been used in China as a treatment for everything from diabetes and infertility, to diarrhoea. It has since been the focus of a number of research papers, and shown to have impressive health benefits. Berberine reduces blood sugar levels, aids weight loss, improves fertility in those with PCOS, improves heart health, and more.

HOW BERBERINE WORKS

After ingesting Berberine it gets absorbed into the bloodstream, then travels to your body's cells where it is able to take effect. One of the main actions exerted by Berberine is to activate a specific enzyme called AMP-activated protein kinase (AMPK). This enzyme plays a major role in regulating metabolism in various organs including the heart, liver, kidneys, brain and muscle.

BERBERINE LOWERS YOUR BLOOD SUGAR

Whether you have diabetes or are battling with insulin resistance, you'll know that the primary goal is to lower your blood sugar levels. Research has shown that Berberine can significantly reduce your blood sugar levels. In fact, the effect of Berberine on blood sugar levels is comparable to that of the most common diabetes medication: Metformin.



Berberine has been shown to:

- Reduce insulin resistance
- Decrease glucose production in the liver
- Slow the breakdown of carbohydrates into glucose in your gut
- Increase the number of probiotics (beneficial bacteria) in your gut

There are anecdotal stories of people with significantly elevated blood sugar levels who have normalized them simply by taking Berberine. It is widely considered to be both safe and successful in lowering blood sugar levels.

BERBERINE IMPROVES HEART HEALTH

Heart Disease is responsible for almost 1 in 6 deaths per day in South Africa (according to the Heart and Stroke Foundation in South Africa, 2016). Many factors associated with heart disease can be improved by Berberine.

Diabetes and elevated blood sugar levels are considered to be a major risk factor for heart disease, and we've already established that Berberine significantly improves these.

Berberine has also been shown to:

- Decrease total cholesterol levels
- Decrease low-density lipoprotein (LDL) levels
- Decrease triglyceride levels
- Elevate high-density lipoprotein (HDL) levels

All of these benefits may drastically reduce your risk for heart disease in the long term.

BERBERINE MAY BOOST WEIGHT LOSS

The hunt is always on for a safe and effective weight loss supplement. Berberine has been proposed as a potential nutrient to aid weight loss. It has been shown in two studies to improve weight loss when taken at doses of 300mg (leading to a BMI decrease from 31.5 to 27.4kg/m²) and 500mg (leading to a 3.6% decrease in body fat).

Berberine has established benefits for blood sugar balance, and so it has been proposed that the weight loss may be due in part to this. Other proposed mechanisms include improved functioning of fat-regulating hormones such as leptin, insulin and

adiponectin. Berberine may also inhibit the growth of fat cells at a molecular level, but further research is needed to explore this mechanism.

BERBERINE BENEFITS WOMEN WITH PCOS

PCOS presents as a collection of symptoms including difficulties with fertility, weight gain, insulin resistance, increased risk factors for heart disease and more. As Berberine has been shown to improve all of the above symptoms (excluding infertility), it makes sense that Berberine may be of benefit to women with PCOS.

In a study published in the European Journal of Endocrinology, researchers examined the benefits of Berberine for women with PCOS. Women who received 500mg of Berberine, three times daily, saw greater reductions in body fat, glucose levels and insulin levels than women who were taking Metformin or a placebo. These women also experienced the heart health benefits mentioned above.

OTHER BENEFITS OF BERBERINE AND POSSIBLE SIDE EFFECTS

Preliminary research has shown that taking Berberine may provide you with a number of other health benefits. These include fighting infections (from bacteria, parasites, fungi and viruses), cancer cell growth, fatty liver disease and even heart failure. Berberine has a good safety profile. The main side effects reported include cramping, diarrhoea, constipation and flatulence. However, it is considered safe at a dose from 500mg – 1500mg per day. If you are taking any medications or have a medical condition it is recommended that you discuss this with your doctor before taking Berberine.

FINAL THOUGHTS

If you want to take just one supplement to address your overall health, consider taking Berberine. It is one of very few supplements that are deemed as effective as their pharmaceutical counterparts. Berberine is especially useful for people with Diabetes, PCOS and Metabolic Syndrome. Even if you are generally well however, it may still provide you with protection against chronic disease.

LIFESTYLE HEALTH

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Berberine may support healthy weight management.

Berberine decreases insulin resistance, making the insulin hormone that lowers blood sugar work more effectively.

Berberine encourages decreased sugar production in the liver and helps the body break down sugar in the cells.



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BIG RED MACHINE

Andrea Loupis



"I used your hands
On my head
I used your heart
To calm my bed
Well, I used to know, know, know
How not to fix it up
Aw, baby
Aw, baby

Well then you two came along
With your safety and poise
To bring me a new colour
To wind around from waist
Snakes
Lovers
All in a race

Has me all borderline - re-erased"

- *People Lullaby* by Big Red Machine

Photography & Styling:

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FROM SHARKBAIT TO SHARK SAVIOUR

Beautiful News

“**Lesley** Rochat was terrified of sharks. She believed they were monstrous killers. Her diving friends used to call her ‘sharkbait’. You wouldn’t think so today. She swims among them, getting up close and stroking their backs. By plunging into the water, Rochat defeated her fear, and got to know the sharks for the gentle, intelligent creatures they are. But sharks don’t just need our understanding – they need our protection. In 2013, it was estimated by researchers at Dalhousie University that over 100 million sharks are killed each year, putting the animal at risk of disappearing.

“I believe that our environmental crisis is a result of humanity’s disconnect from nature,” Rochat says. Shark fin is considered a delicacy in some parts of the world, and a combination of overfishing and sharks’ slow reproduction rate has resulted in decreasing numbers. South Africa’s own coastline is home to nearly 100 different shark species, and Rochat has spent over 18 years freediving with them.

“They have never stopped fascinating me,” she says. It’s one of the reasons Rochat has dedicated her time and resources to conserving them. In 2003, she founded the NPO AfriOceans Conservation Alliance, and has run numerous awareness campaigns, using her skills as a filmmaker and photographer to tell the story of our sharks. Rochat has been

nicknamed ‘Shark Warrior’ for her efforts, which range from participating in protest action to putting herself in front of the camera. Rochat’s work stems from her love of

the underwater creatures. She focuses much of her activism on children, writing educational books and providing them with ocean swimming lessons. Rochat hopes to pass on the same knowledge she learnt years ago: losing one animal means losing ourselves. “It’s time for us to turn this tide of great environmental destruction into one of great recovery,” she says. By changing people’s perceptions of the sharks, Rochat is leading the charge towards saving the ocean’s most misunderstood fish.

Photographs and video footage by:
Lesley Rochat were used in the creation of this film.
[@thesharkwarrior](#)

BEAUTIFUL NEWS

www.beautifulnews.com/sharkbait-shark-saviour





AMAZING SPACE

Small garden? No problem! Life & Style's green-fingered guru, Tracey Miller-Smith, has expert advice on big style for small spaces.

“Those of you who have been living on the North Coast for several years will have noticed a definite shift towards more apartment-style living with smaller gardens, mainly in courtyards or around ground-floor apartments.

Here are five top tips on how to maximise your space in a small garden.

LEVEL UP

Raised and sunken levels in gardens have been around for centuries, but with some clever modern adaptations in materials used, they help us to make great use of a small space. Consider how a set of wooden stairs leading down to a grassed area, with concrete seating and a table as the centrepiece, creates a very useful, peaceful space.

Equally, walking out onto a raised deck, arranged with containers dripping with aromatic jasmine creepers, to watch the sunrise or sunset, adds a 'country feel' to any small garden.

Different levels created using different materials, add different depth perspectives, shows a creative flair and adds a spacious feel. Create split levels by using retaining wall blocks, wooden planting boxes, small concrete walls, wooden decking, or even rock or stone packed walls.

LIGHT UP YOUR LIFE

In a small garden, integrated lighting will add a charming elegance and an element of depth. Use of lighting will also mean that you get to use your garden in the evenings, giving it additional life.

There are various lights or lighting effects that you can use in your small garden:

- Smart spotlights that are sensor-activated.
- Solar lighting along pathways or other areas that get lots of daylight to power the solar batteries.
- Uplighters that can accentuate your building design.
- Lighting inside or around water features.
- Fairy lights hung from rooves or around structures like pillars.
- Candles! Don't forget what a wonderfully romantic effect a candle has in a secluded garden on starry night.





FIRE PITS

Don't you just love sitting around a warm fireplace with friends on a cool crisp evening? Firepits add an attractive flair to any outdoor area.

If you're building a fire pit, remember these three safety tips:

- They should be constructed from fireproof material on a flat, level area away from any trees, shrubs or building.
- Surround them with a border of sand, gravel or stones.
- Find out what the building regulations are in your area applicable to building a fire pit, and adhere strictly to them

OPT FOR GRAVEL OVER GRASS

Small gardens lend themselves to low-maintenance areas. It would be wise to consider replacing higher-maintenance grass with gravel or concrete pavers. The great thing about these is that you can tailor the colour of the stone or pavers to suit your palette. Gravel and stone paving come in all colours, and great contrast can be achieved using terracotta or white pebble stones against the bright colours of your outdoor seating, or the soft gentle green or your garden.

POTS AND HANGING BASKETS

Of course, don't forget the plants! It's easy to get really creative with container gardening in a small garden. By using the available variety of pots, containers and hanging baskets to showcase your chosen greenery, it's easy to get a lot of life into your small garden.

It's also a great idea to plant into the material used to create split levels, for example planting into your retaining wall, or wooden planters. Cement walls used to create different levels can also be built in such a manner to become planters.

ECOBALANCE

www.ecobalance.co.za
call 032 815 1172.

A close-up photograph of a succulent plant with blue-green leaves, growing in a wooden planter box. The background is blurred, showing more greenery.

The logo for Eco Balance Landscaping. The word "eco" is in a light green, lowercase, sans-serif font. The word "balance" is in a dark brown, lowercase, sans-serif font. Below "balance" is the word "LANDSCAPING" in a smaller, dark brown, uppercase, sans-serif font. A small green leaf icon is positioned above the letter 'a' in "balance".

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L&S Beautiful News

SHE FOUND HER WAY HOME IN A DIM SUM BASKET

Beautiful News

“**Zhao** was sent to boarding school in Cape Town to learn English. She returned to visit China for the first time after finishing high school. But the place she found was not the one she had left. And so Zhao began to cook. She started with soup, the memory of a recipe that her grandmother had taught her as a child. Slowly, meal by meal, Zhao began to re-encounter herself through traditional Chinese cooking.

Paradoxically, Chinese food let her feel at home in her adopted country. She began to sell dim sum and other traditional food at night markets. Things picked-up. She moved from festivals to pop-up stalls. Until eventually, she opened Beijing Opera. Food has power. Zhao's journey with cuisine showed her that South Africa is her home. Today she shares with its people the nostalgia of childhood she discovered through food.

BEAUTIFUL NEWS

www.beautifulnews.com/she-found-her-way-home-dim-sum-basket





LOOKING FOR MR NICE

Andiswa Moolman

“Taxi drivers are often in the public spotlight for all the wrong reasons. When a local taximan took it upon himself to start directing traffic to alleviate congestion at a failed traffic light intersection in Ballito recently, he went viral on social media. Everyone seems to love him and our content production intern, Andi, managed to catch up with him to find out why.

Muzi Kiss Ndlovu, who goes by the name of Mr Nice, is a local Ballito taxi driver from the Dolphin Coast Taxi Association under his owner Vusi Ndlovu. Unlike any other typical driver, Muzi has a hard passion for what he does and makes everyone enjoy his services.

Muzi goes by the name of “Mr Nice” which he was named by passengers for his charming persona and good social skills. Mr Nice is originally from Empangeni, eMabuyeni, but lives in Stanger for work purposes. Muzi grew up in Empangeni and did most of his schooling there but unfortunately, due to the passing of his father and unemployment of his mother, he had to start a new journey of seeking employment in order to put food on the table and assist his mother in raising his siblings. So, he took a job as a taxi driver. Mr Nice has always been nice. From his youth days, when asked about his school days, he pretty much described himself as the straight A and clean student and looking at him all this is evident.

Mr Nice who is also known as “The Man in White” wears white every day. In fact, this is his everyday uniform because he had heard that people think all drivers are filthy.

He wanted to change this and resorted to wearing white everyday because white is associated with cleanliness and purity and, by doing so, he has definitely erased that image and created a new one for drivers.



Mr Nice went viral on Social Media a few weeks back when he started controlling traffic when the Ballito robots were not functioning. His main goal was to keep everyone safe as it was an afternoon traffic, but he did not expect people to start opening windows and passing him money. It was simply an act of kindness.

After controlling the traffic for 30 minutes, traffic cops finally arrived and, instead of thanking him, one cop grabbed him by the shoulder and pushed him roughly of the road. “This is exactly why I am nice, so I can change the heart and ways of such people. In my taxi training we are taught how to deal with such things and that is how I knew the skill to direct traffic”.

Mr Nice does a lot for the community. He does a lot of transportation for parents that need their children transported to school safely, “I do not allow a student into the taxi dressed untidy and always encourage students to behave and tuck in shirts and further encourage those that smoke to stop.”

he adds that “I do this so that these children do not become taxi drivers. I want them to pursue their dreams.”

But Mr Nice is not so nice when it comes to tolerating passengers that don't wear masks. He simply does not allow you in his taxi, and by this, he assists in decreasing the



Mr Nice has 2 children and a fiancé called Lihle. Co-workers of the Ballito Taxi Association love Mr Nice because he is said to be humble and very smart man. Drivers that need life direction usually settle into asking him for advice, upliftment, and emotional growth and not only that passengers short of taxi fare usually ask him for a rand or two. He jokingly made fun of this and said one passenger walked up to him and said, “Mr Nice I am short of taxi fare and everyone said I should ask you for it”.



“This is exactly why I am nice, so I can change the heart and ways of such people. In my taxi training we are taught how to deal with such things and that is how I knew the skill to direct traffic”.

corona virus from spreading. Growing up, he had a life long dream to become a model and participated in a lot of competitions which he did well in. Speaking about competitions, he won the 2016 Best Driver Award he lives by the motto “No matter where you are, do good - someone is watching you. Do good and it will eventually pay off”.

Mr Nice has 2 children and a fiancé called Lihle. Co-workers of the Ballito Taxi Association love Mr Nice because he is said to be humble and very smart man. Drivers that need life direction usually settle into asking him for advice, upliftment, and emotional growth and not only that passengers short of taxi fare usually ask him for a rand or two. He jokingly made fun of this and said one passenger walked up to him and said, “Mr Nice I am short of taxi fare and everyone said I should ask you for it”.

Mr Nice is totally against Taxi Violence and anything that associated with violence. At the local taxi rank he promotes peace and harmony he says and believes that in order avoid all this violence, people must adopt the art of peaceful communication.

What I have learnt from my conversation with Mr Nice is that superheroes wear white and angels live amongst us.

THANK YOU, MR NICE.



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Servicing the Hospitality and Retail Sectors, we work in high traffic volume areas, both in and outdoors of your business. We offer a range of cleaning solutions for the Commercial, public facing sectors, from Window Cleaning and Building Washdowns to Deep Cleaning of Ablutions, Air Vent and Extractor Cleaning. We will complete our contracts at your premises at any hour of any day to accommodate your business practices.

INDUSTRIAL CLEANING

X-treme Cleaning Solutions is well versed in degreasers and cleaning agents. We provide large-scale services for all your cleaning needs. From Warehouse Floor Cleaning, Foam degreasing, Acid Cleaning and Bund areas to heavy duty degreasing, pipe cleaning, line cleaning and more, we have capacity to take on the more Specialized Cleaning Contracts.

ACDC Express Ballito – your one-stop electrical goods shop!

Owned by Mario Maio, ACDC Express Ballito first opened its door on 4 November, 2009. Our store is managed by Daniel Beetge and his friendly sales team who – since then – have continued to service the Ballito area. One of our store's many strengths is our extensive catalogue; widely recognized as a benchmark in the electrical industry. Considered a world-class guide, it includes all the specifications, product ranges, and technical details you could possibly require in order to make the most appropriate product selections. The store's wide range of products and world-renown brands is what sets us apart within the electrical retail industry.

At ACDC Express Ballito, you'll find everything electrical under one roof!

You'll be sure to find the right tools to get the job done the first time, and enjoy peace of mind knowing that ACDC Express stocks high-quality products. We understand that you strive for excellence in the delivery of every task you undertake – be it a simple home-improvement, or a large-scale construction – and as such we do our utmost to provide products to meet your standards for quality and durability.

You'll save time at our store too since we provide a one-stop shopping solution through our supermarket-styled retail experience.

We stock a wide range of products to ensure that you'll find everything electrical under one roof.

Visit our store to browse our wide range of lighting, glands, and more.

When you buy from ACDC Express Ballito, you will be certain that your work meets all safety and industry standards, and can take pride in knowing that your tools and parts will be protected even in the harshest of environmental conditions. We stand by the safety and reliability of our product ranges! While you're visiting us, you'll also be able to add all of your lighting installation essentials (from wiring to decorative and/or functional sockets and switches) to your shopping trolley and enjoy expert advice from a member of our highly-skilled technical and/or sales team.

When you step into our ACDC Express Ballito store, you're sure to be met with a warm smile, superior industry knowledge, and convenience as your search for the product you're after. We pride ourselves on delivering superior customer service, and if you're not able to find just what you're looking for, we will do our utmost to ensure that we track and supply the product as quickly as we possibly can.

ACDC Express Ballito – we put our customers first!



“We pride ourselves on delivering superior quality customer service...”



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ANOTHER FAT BIKE STORY

Steve Honeysett

“The challenge started three years back. I wanted to see the whole coast line from Ponta do Oura, the Mozambique Border down, to Ethekewini and having often driven the highway up to Ponta do Oura, I figured there must be some really stunning beaches worth seeing.

With the government ban on vehicle driving on our beaches the only way to do it was to walk or ride a bike, and we spent years milling over the possibilities. Then came the game changer with the invention of the fat bike which has made beach riding possible and opened up the chance of reaching that goal.

So, in 2018, we cycled from the Mozambique boundary down to St Lucia over five days, completing 180km on the beach. Now we wanted to fill in the gaps.

Three weeks back, we got the opportunity to ride from Mthunzini to Umhlanga, a distance of 109km over three days, and we were met with huge challenges from the heat, wind and tides that tested us.

Growing up on the beaches has helped greatly when it comes to planning these rides as there are a lot of factors to consider and one needs to have a thorough understanding of tides and what is happening under the sand to be able to determine the best place to ride on.

There is a window period of only a few hours were one can comfortably ride, which is a couple of hours before a low tide and less on the other side as the tide swings and starts to move back in. This becomes a time issue and you need to work out precise rest stops to successfully cover the distance .

One can ride a fat bike on soft sand by reducing tyre pressure, but it is slow and energy consuming so we tend to avoid it as much as possible.

Beach riding differs from road riding because you cannot free-wheel to rest and, if you can, it is for short periods just to stretch out your legs. And then time and tides are another big issue were you will need to work out a comfortable distance for yourself within the tide range and your personal fitness level.

We prefer to ride on a spring tide and, if you can ride in the full moon at night, that's something in itself. But make sure you have back up drivers to follow your progress and to meet you at rendezvous points. Also, always have an emergency plan in place because you never know what can happen out there, especially when you don't see another human foot print sometimes for hours on end.

We ride these stretches of beach in a group so that we can help each other along especially when you need a little support to keep going. Do your training and plan your intake of food, water and energy management as most times you need to carry all those extras.

On my recent ride I carried 3.5 litres of water for a 40km stretch and I made two hot dogs for lunch. I also carried a light weight camp stove and gas so we could



Maintenance on these bikes is high with the salt water environment, so you need to check your bike before every ride making sure it is in top condition. Always carry spare parts like a spare tube, chain link, bike multi tool and a spare rear de railer base plate, and have a knowledge of how to do basic repairs or you will be walking pushing your bike for many hours.

make tea or coffee and then added energy bars, nuts, sweets and a few sachets of energy drink formula for those last few miles when you need to boost the body to get you home.

Other than all that, we spend hours on google earth studying satellite pictures to identify danger spots and also to look for forest or farm roads in the event of needing a pick up by support vehicles.

It truly is a piece of coast line you have to see, with massive sand dunes, some the largest in the southern hemisphere, and beaches that take your breath away as well as some amazing animal sightings both in the sea and on land.

But don't underestimate the challenge - there is some hard riding, long stretches of beach that can test your resolve to the limit and you must be prepared for breakages on your bike.

Maintenance on these bikes is high with the salt water environment, so you need to check your bike before every ride making sure it is in top condition. Always carry spare parts like a spare tube, chain link, bike multi tool and a spare rear de railer base plate, and have a knowledge of how to do basic repairs or you will be walking pushing your bike for many hours.

On my last ride, I bent my front wheel brake disc and had to do some straightening with a multi tool to get it right. So, be prepared and plan your trip wisely.

Remember to observe rules and regulations set down by the environmental authorities, keep off the sand dunes and do not touch the dune vegetation.
Happy Riding

Seaweed Steve presents the Daily Surf & Weather Report on 88FM Ballito



IT'S MOVEMBER

Dr Rosie Carey explains what lurks behind the symbolic moustache

“**Although** you may be forgiven for thinking that facial hair fashions from the 70’s have made a revival, they haven’t. The retro-looking moustaches you are seeing on men at the moment are in response to ‘Movember’. The word Movember is an amalgamation of ‘November’ and ‘moustache’: a neat little trick to raise awareness during November of men’s health issues, particularly prostate cancer, testicular cancer and depression. These are all major men’s health issues, but for the purposes of this article, I will focus on testicular and prostate cancer only.

PROSTATE CANCER

Prostate cancer is one of the most commonly occurring cancers in men and, although it is often a very slow-growing and non-aggressive cancer, it can spread if left untreated. Perhaps the most important piece of information to know about prostate cancer is that it can be treated if it is caught early enough. This makes screening for prostate cancer essential.

Ideally, screening should start from the age of 40 with an annual PSA (blood test for prostate specific antigen). Regular annual measurement of PSA also allows your doctor to follow the trend of your PSA levels. Digital rectal exam can also form part of screening, especially if you have any worrying symptoms.

Symptoms of prostate cancer can include difficulty urinating, decreased force in urine stream, pain in the pelvic area and erectile dysfunction. There can be an overlap with symptoms of prostate cancer and those of benign prostatic hyperplasia (BPH) as well as prostatitis, so don’t panic if you recognise any of the symptoms, but do make sure you see your GP or Urologist for a check-up to make sure that there is not a malignant cause to what you are experiencing.

There are several risk factors for prostate cancer. Age is the most significant risk factor, with increased age leading to increased risk. Family history of prostate cancer and a family history of certain breast cancers also increases your risk of prostate cancer. The most modifiable risk factor for prostate cancer (i.e. the one that you can actually do something about) is obesity. Obese men diagnosed with prostate cancer are more likely to have advanced disease that is more aggressive and more difficult to treat. Management of prostate cancer depends on how advanced the cancer is and can range from simple surveillance in very low-risk cases, to local radiotherapy, to surgery and radical radiotherapy. As with all cancers, earlier detection means easier management and usually a better outcome.

TESTICULAR CANCER

Testicular cancer is far rarer than prostate cancer and is most common in men aged 15-35. Although it has a bad name, testicular cancer is very treatable, even when it has spread beyond the testis. Symptoms of testicular cancer include a lump or enlargement in either testicle, a feeling of heaviness in the scrotum, a dull ache in the abdomen or groin and pain or discomfort in a testicle or the scrotum. If you experience any of these symptoms you should see your GP or urologist, especially if the symptoms last for longer than 2 weeks.

There are some risk factors for testicular cancer. During normal prenatal development, the testes descend from the abdomen into the scrotum. In certain cases this doesn’t happen and men who have an undescended testis have an increased risk of testicular cancer even if they have had surgery to correct the problem. A family history of testicular cancer increases risk and testicular cancer is more common in white than black men.

There is no way to prevent testicular cancer but regular self-examination can lead to earlier detection. Diagnosis is made with a combination of ultrasound, blood tests and possibly surgery. Management depends on the type of cancer and what stage it is, as well as your general health. Let the moustaches around you in Movember act as a reminder to get yourself screened because the key to combatting cancer is early diagnosis.

MOVEMBER

za.movember.com



THE PROTEA AMONG THE THORNS

Beautiful News

“**A**t just seven years old, Dinesha Devnarain was barefoot on the streets of Springs, playing cricket with the boys. As she got older, Devnarain’s skills developed. So did her passion, despite expectations for her – as an Indian woman – to one day study medicine or law. The sport remained the domain of men. Even women’s teams had male coaches. It was only while watching the Women’s World Cup in South Africa in 2005 that Devnarain saw a future for herself. Three years later, her dream became reality. She joined the national women’s team as a bowler, representing the country in green and gold for five years. Her career seemed to be on an unstoppable rise. Even an injury to her lower back couldn’t impede her. But then a car accident took away her sister’s life. Devnarain was away from home, touring in India at the time. Devastated, she almost gave up cricket for good.

“I felt cricket was consuming a lot of who I was,” Devnarain says. “But that was the loss talking.” In 2013, she retired from international cricket to coach instead. She became the first woman in KwaZulu-Natal to be awarded her Level Three CSA Coaching certificate, one of only eight women in South Africa. Yet her team still needed her, so Devnarain returned to the Proteas, going on to lead them internationally in 2016. “The recall was a blessing and I took it with both hands,” she says. Today, her focus is back on the next generation of cricketers as the U19 and women’s head coach of KZN Coastal. “It’s a process of growing and wanting to be better,” Devnarain says. “But at the same time it’s not about records; it’s about influencing and changing people’s lives.”

For Devnarain, the team sport is about character over technique. “I always tell my girls, ‘You have to be a good person first before you can be a good cricketer,’” she says. With her experience, she’s not only enabling her team to be good, she’s guiding them to the



top. “I want to be part of a world cup winning squad, even if I’m on the management side,” Devnarain says. She is both competitive and compassionate – a deadly combination that’s enabling her to break barriers and pave the way for other women on the pitch. And when doubt threatens to hold her back, she reminds herself of how far she’s come. “They always say it’s impossible until it’s done.”

BEAUTIFUL NEWS

www.beautifulnews.com/protea-among-thorns



TEN POINTS



Balance work with fun.
Let your life be a story worth telling.
You will never be asked to cope with more than you can handle.
Better to do nothing than to do harm.
Treat every person with dignity and grace.
Don't let concern with what other people think dictate your life.
Expect things to go right.
Be easy to speak to.
Live as if you are on a holiday – savour every moment and collect memories like pictures.
Push sad memories away from you.



A vibrant rainbow arches across a dramatic sky filled with dark, heavy clouds. Below the rainbow, a landscape of rolling hills and a single tree is visible under a clear blue sky. The overall scene is a mix of stormy and serene elements.

**After every storm
comes a rainbow**

Lifestyle
THE BALLITO WAY