

CHATSWORTH RISING SUN

A C A X T O N A S S O C I A T E D C O M P A N Y

Your No. 1 Community newspaper

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VOL. 31 NO. 49

5 DECEMBER 2017

Tel. 031- 4598300

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Rising Sun Chatsworth



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0745490245

Dirty oil polluter nabbed



The relevant authorities at the area, where the oil was dumped.

The owner of a Silverglen company was issued a fine after allegedly dumping truck oil into a T-shaped trench.

Environmental, community and civic organisations have lashed out at a local trucking company after truck oil was allegedly being disposed into a trench at the Silverglen company's premises, last week.

The owner of the trucking company was fined R5, 000 by Metro Police and R2, 000 by the Department of Environmental Health for incorrectly disposing of used oil into a T-shaped trench, which was dug out about two months ago.

Heads of environmental groups and other civic and community bodies rallied to inspect the area after the oil was found in the trench and expressed their concern when they saw the extent of the pollution threat to the catchment area, which is located about 400m from the Silverglen Nature Reserve.

A fuming chairman of the Silverglen Conservancy, Shaun Hammond, said he was disgusted when he saw the extent of the pollution and the threat to the catchment area.

"This is the reason why community NGOs, like

civics and ratepayer associations, need to take on the extra responsibility of protecting their environment from people who are out to destroy it. Civic bodies need to educate their communities on reporting any untoward activity to them so that the relevant action can be taken," said Hammond.

The Silverglen Conservancy has an effective informer network that provides tip-offs regarding any environmental atrocity within its footprint. Hammond warned that if there are serious contraventions against the National Environmental Act or National Environmental Biodiversity Act, fines go into millions of rands and perpetrators could even face imprisonment.

"This incident has opened a can of worms regarding invasion of council property and other serious council usage concerns. This is the third incident relating to crimes against the environment that we were tipped off about this year and immediately attended to. Being an endangered area as far as the conservancy is concerned, the

area is now being heavily monitored. The Silverglen Conservancy works closely with the Department of Water Affairs, the Green Scorpions and eThekweni Environmental Health, Metro Police and Pollution Control and Enforcement," added Hammond.

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Rotarians applauded for their fundraising efforts

The Rotary Interact Club of Newhaven Secondary School generously handed over a cheque of R12, 018 to the Chatsworth Regional Hospice Association, recently. The young Rotarians held various fundraising initiatives, including a cake sale, to raise

the much-needed funds for the hospice. Rotary district governor, Wally Jacobs was also present for this illustrious presentation and congratulated the young leaders on their magnanimous contribution and efforts. Under the leadership of interact club presi-

dent, Shivani Govender, several enthusiastic pupils have done amazing projects thus far. The Rotary Club of Chatsworth sponsored and inducted this dynamic interact club in May. This is the sixth interact club under the auspices of the organisation.



Principal, Harry Naidoo handing over the cheque to hospice president, Kogie Singh together with the pupils of the interact club, president, Eugene Moodley and other club members and guests.

Interact clubs bring together young people aged between 12 and 18 to develop leadership skills while discovering the power of

Rotary's most significant motto of 'service above self'. The benefits of belonging to an interact club include:

- Taking action to make a difference in your school and community.
- Discover new cultures and promote international understanding.
- Become a leader in your school and community.
- Have fun while learning and make new friends from around the world.

Youth services director, Bobby Pillay heaped praise upon this newly inducted interact club on their sterling efforts. "We wish the Newhaven Secondary Interact Club all the very best with their future endeavours," he said. For more information on how to start an interact club, contact president, Eugene Moodley on 082-851-1287 or youth services director, Bobby Pillay on 083-787-9617.

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Wanted hijacking suspect arrested

The eThekweni Inner South Cluster Intelligence Driven Operation, together with the Metro Specialised Project Unit (SPU), successfully nabbed a wanted hijacking suspect in Mobeni Heights, on Saturday. Police officers reacted swiftly and nabbed the notorious 33-year-old suspect at the Joe Slovo Informal Settlement while he was attempting to remove the tracking device off a Toyota Fortuner, which was hijacked in Berea. Communications officer of the eThekweni Inner South Cluster, Priya Nunkumar, said the suspect was caught with the

tracking device in his hand when he was arrested. "He was also found in possession of numerous house break-in implements and was charged for Section 36 and for being in possession of house break-in implements," she said. The suspect was also linked to numerous hijackings within the Chatsworth area, as well as in the eThekweni area. Commander of the eThekweni Inner South Cluster, Maj Gen Nunkumar, commended police officers for their excellent work in apprehending the wanted suspect.



The house break-in implements which were found on the suspect.



The apprehended suspect.

"We will be working around the clock to link the suspect to all other hijacking cases within the eThekweni Inner South area," he said.

Welbedacht East man nabbed with a variety of drugs

A 27-year-old man was arrested in the Welbedacht East area after he was found in possession of seven ecstasy tablets, 27 heroin capsules and 41 bags of hydro dagga, last week. The successful arrest was made by the eThekweni Inner South Cluster Intelligence Driven Operation and the eThekweni Inner South Crime Com-



The drugs, which were seized by police.

batting Team. The recovered drugs are worth an estimated R3080, 00. The arrest was made after police officers received information regarding the suspect being in possession of drugs. He was charged duly and will appear in the Chatsworth Magistrate's Court soon.

Mobeni Heights Community Policing Forum to host meeting

The Mobeni Heights Community Policing Forum, which is a sub-forum of the Bayview Community Policing forum (BCPF), is encouraging residents of Mobeni Heights to attend meeting on Sunday, December 10 from 3pm at the Dhoorgha Hall. Officials to serve on the Mobeni Heights Community Policing Forum will be elected and safety issues will also be discussed. For more information, contact Aslam on 081-786-3665.

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Young man keeps brother's memory alive through selfless initiative

A young Croftdene man, who exudes compassion and selflessness, is on a mission to make a difference in the life of one cancer patient in the community and at the same time, raise awareness on the dreaded illness, which also sadly claimed the life of his teenage brother. It has been just over a year since the

passing of 18-year-old Lucalis Pillay, but for his elder brother, Luvalan, the pain and heartache of losing his loved one increases every moment. Despite this, 24-year-old Luvalan said that he wants to keep the memory of his beloved brother alive by hosting a special family fun day, entitled 'Concert for Cancer-



Lucalis Pillay with his elder brother, Luvalan, who is on a mission to raise awareness on cancer.

Celebrating the Life of Lucalis Pillay', next year.

According to Pillay, a similar event of this nature took place in May, this year, and due to the success of the initiative, he is confident that he can make the next initiative even bigger and better.

Speaking to Pillay, who is also a teacher at Astra Primary School, he said that losing a loved one to cancer is a painful and difficult experience but nevertheless, it has helped him and his family to strengthen their bond and appreciate every day given to them.

"At the recent family fun day, my team and I managed to raise a total of R10,000 which was then donated to the Chatsworth Regional Hospice Association. Next year's event will take place on April 7, 2018, which is also my brother's birthday. He would have turned 21 so it's the perfect date to host the event. The venue has yet to be confirmed. I do know that I want to do things a bit differently," he explained. His target for next year's fun day is a whopping R50,000 and Pillay said that once he achieves this, he will donate it to a brave individual, who is currently fighting the battle against cancer.

"All I require from cancer patients is a motivational letter, stating why they should receive the accumulated funds. In order for me to make the best decision, there will be an intensive screening process put in place

once I receive all motivational letters. Medical reports would have to be provided and I would also like to meet with the patients' doctor if possible. This will not be done in a malicious way, but would rather help me make an informed decision. I would also prefer if the money was donated to a patient, who is suffering from a lack of financial stability and does not have enough funds to even pay for their treatment," he explained.

Having lost his brother to cancer, Pillay knows all too well the financial expenses that come with the treatment and he said that Lucalis would have really wanted him to uplift the life of a cancer patient.

"He was a giving young man, who had a bright future ahead of him. It is sad that he was taken away from us at such a young age, however, if I can make a difference and help an individual, who is affected by cancer, then nothing more would make me happier. Anyone, regardless of race, age, gender or creed, can submit their motivational letter to me. If they are unable to, then a close relative can also write in on their behalf. At the end of the day, this is something that I need to do. Life is uncertain to all of us and we should therefore appreciate the time we have with our loved ones," added Pillay.

For those interested in submitting motivational letters, they are asked to do so between December 5 and

17 as Pillay explained that the process of going through all submissions will indeed be a time-consuming one.

Pillay is working hard to ensure the success of the event and already has a few entertainers lined up as well. He is confident that with the help of the community, he will achieve his target and the same time, make the initiative an annual one.

Residents who require more information regarding the concert or the screening process are more than welcome to contact Luvalan Pillay on 079-331-4900 or send an email to thebokemlegacy@gmail.com. Motivational letters can also need to be a maximum of 200 words.

For the record

In the front page story published in last week's edition of the Rising Sun, headlined, 'Pawn shops under scrutiny', we photographed Happy Shoppers Bargain Shop. This was not our intention as the store had no bearing to the story published. We apologise for any inconvenience caused.



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Suspects escape from Chatsworth Magistrate's Court

Two suspects, who were due to appear on charges of possession of unlicensed ammunition and rape, escaped from the Chatsworth Magistrates Court, on Tuesday.

Police have issued a warning for residents to be cautious against the escapees. Communications officer of the Chatsworth SAPS, Cpt Cheryl Pillay, said a docket of escaping from lawful custody is being investigated by members of the Chatsworth SAPS.

The prisoners are 22-years-old and 30-years-old.

Commander of the Chatsworth SAPS Family Violence, Child Protection and Sexual Offences Unit (FCS), Col Ellappen, said the rape suspect was arrested after a woman claimed she was selling clothes at the Khokhoba Informal Settlement in Bayview and was lured into a shack by the man.

"She alleges that when she went into the shack, he raped her. It is concerning that he escaped from the court especially since he is charged for a serious offence. We will do everything in our power to arrest him," said Col Ellappen.

Anyone with information can contact the Chatsworth SAPS on 031 451-4264/ 4267/ 4218 or Police Emergency Services on 10111. Col Ellappen can also be contacted on 031 451-4212 or 079-500-0176.



Sifiso Edward Dlamini escaped before he could appear on a charge of rape.

Man arrested for attempted Shallcross house break-in

The swift response from W/O Naidoo and Sgt Baghoo of the Chatsworth SAPS resulted in the arrest of an alleged burglar, on Friday.

The 25-year-old appeared in the Chatsworth Magistrate's Court and was remanded to Westville Correctional Services, on Monday. He will reappear in court on December 11.

According to communications officer of Chatsworth SAPS, Cpt Cheryl Pillay, the police officers were conducting crime prevention duties when they responded to a complaint in Klaarwater Road.

"It is alleged that the suspect was in the yard when the complainant noticed him approaching. She immediately alerted a family member who notified the police," she added.

Acting station commander of Chatsworth SAPS, Col Krish Nair, applauded the swift action taken by the police

officers to arrest the perpetrator.

"The vigilance of the complainant has assisted police in the apprehension of the police. Police are urging residents to be aware of their surrounding especially as the festive season approaches. Kindly screen persons, who may seek temporary employment at your home. The Chatsworth SAPS has adopted a zero-tolerance approach to criminality and will ensure that perpetrators of crime are dealt with within the prescripts of law," he said.

Residents can contact the Chatsworth SAPS on 031 451-4267/ 4218/ 4264, Police Emergency Services on 10111 or Crime Stop on 08600-10111.

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Lil Champs take over Durban

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21st Rabi Ul Awwal 1439
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Very short Mehfil-e-Sama at the Mazaar Sharief & Kheer Niaz will be served as well.

Thereafter proceed to the
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Programme commences at 5pm

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Lecture by Moulana Muhammed Swaleh Joosab Arbee
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Madani & Badshahi Langar Niaz Soji Halwa & Lamb Breyani
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<p>SWEET & JUICY, BIG POCKET OF ORANGES @ ONLY</p> <p>R25⁰⁰</p>	<p>SWEET CAPE YELLOW/WHITE FLESH NECTARINES</p> <p>R15⁰⁰ TUB</p>	<p>SWEET CAPE PLUMS</p> <p>R15⁰⁰ TUB</p>	<p>SWEET CAPE APRICOTS</p> <p>R15⁰⁰ TUB</p>	<p>SWEET MELONS</p> <p>R15⁰⁰ EACH</p>	<p>SPANSPEK - MY FAVOURITE @ ONLY</p> <p>R20⁰⁰ EACH</p>

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<p>NYALA SUPER MAIZE MEAL</p> <p>R56⁰⁰ 10KG</p>	<p>LARGE & FRESH CRUNCHY ENGLISH CUCUMBERS</p> <p>R3⁹⁹ EACH 3 FOR R10</p>	<p>LARGE GARLIC</p> <p>R49⁹⁹ KG</p>	<p>XXL SWEET QUEENSLAND PUMPKIN</p> <p>R15⁰⁰ EACH</p>	<p>H.F CAKE WHEAT FLOUR</p> <p>R69⁹⁹ 10KG</p>	<p>H.F WHITE SUGAR</p> <p>R120⁰⁰ 10KG</p>	<p>MANOLIS FRUIT CAKE MIX</p> <p>R50⁰⁰ 1KG</p>

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<p>TASTE GUARANTEED BEST PRICE, BEST QUALITY POTATOES</p> <p>R2⁹⁹ KG</p>	<p>GEMSQUASH</p> <p>R2⁹⁹ KG</p>	<p>BUTTERNUTS</p> <p>R2⁹⁹ KG</p>
<p>CRUNCHY CARROTS</p> <p>R2⁹⁹ KG</p>	<p>BIG BUNCHES OF SPINACH</p> <p>R2⁹⁹ BUNCH</p>	<p>BEETROOT</p> <p>R2⁹⁹ KG</p>

THURSDAY MARKET DAY BELOW COST

<p>THE BEST QUALITY ONLY LONG LIFE ROUND TOMATOES</p> <p>R4⁹⁹ KG</p>	<p>THE BEST QUALITY LONG LIFE JAM TOMATOES</p> <p>R6⁹⁹ KG</p>	<p>THE BEST QUALITY ONIONS @ ONLY</p> <p>R2⁹⁹ KG</p>
<p>DHANIA - 3 BUNCHES FOR</p> <p>R10⁰⁰</p>	<p>FARMERS PICKED GREEN BEANS</p> <p>R10⁰⁰ PKT</p>	<p>RAMA ORIGINAL</p> <p>R16⁹⁹ (500GR) BRICK</p>
<p>STORK COUNTRY SPREAD</p> <p>R28⁰⁰ (1KG) TUB</p>	<p>HOUSEWIVES FROZEN VEG - MIXED VEG, SWEET CORN & GARDEN PEAS</p> <p>R20⁰⁰ (1KG) PKT</p>	<p>HOUSEWIVES TOILET ROLLS</p> <p>R10⁰⁰ PACK 10'S</p>
<p>HOUSEWIVES 1PLY VIRGIN TOILET ROLLS</p> <p>R49⁹⁹ PACK 24'S</p>	<p>HOUSEWIVES CURRIED PICKLED CHILLIES - R12.00 BOTTLE U.G. EXTRA SPECIAL - PEA DHALL - R 12.00 1 KG SUGAR BEANS - R22.00 1KG - KIDNEY BEANS - R24.00 1KG YUH DER - SOYA PRAWNS, SOYA CHICKEN, SOYA FISH & CASHEW NUT BALLS - R26.99 PKT FULL CREAM MILK - R6.50 (1LT) SACHET</p>	

FRIDAY MARKET DAY BELOW COST

<p>THE BEST QUALITY ONLY LONG LIFE ROUND TOMATOES</p> <p>R4⁹⁹ KG</p>	<p>THE BEST QUALITY LONG LIFE JAM TOMATOES</p> <p>R6⁹⁹ KG</p>	<p>BEST PRICE, BEST QUALITY FRESHLY PICKED CABBAGES @ ONLY</p> <p>R4⁹⁹ EACH</p>
<p>FRESHLY DELIVERED - LEAFY LETTUCE</p> <p>R6⁹⁹ EACH</p>	<p>LARGE EGGS</p> <p>R45⁰⁰ TRAY 30'S</p>	<p>1/2 PRICE - TODAY ONLY PERFECT FOR YOUR SALAD - CRUNCHY RED & YELLOW PEPPERS</p> <p>R20⁰⁰ KG</p>
<p>BIG POCKET OF ONIONS</p> <p>R29⁹⁹</p>	<p>BIG POCKET OF GEMSQUASH @ ONLY</p> <p>R25⁰⁰</p>	<p>BUY BULK - 5KG POCKET OF CARROTS @ ONLY</p> <p>R15⁰⁰</p>
<p>SUNFOIL OIL</p> <p>R76⁰⁰ SLT</p>	<p>BLUE RIBBON - CAKE WHEAT FLOUR - R69.99 (10KG) ROMANITA COCKTAIL TOMATOES - R6.99 500GR OR 3 FOR R20 BRAAI TIME INSTANT LITE CHARCOAL - 3 BAGS (2X1.25KG) FOR R100</p>	

SATURDAY SPECIALS BELOW COST

<p>THE BEST QUALITY ONLY LONG LIFE ROUND TOMATOES</p> <p>R4⁹⁹ KG</p>	<p>THE BEST QUALITY LONG LIFE JAM TOMATOES</p> <p>R6⁹⁹ KG</p>	<p>COCKTAIL TOMATOES 2 TUBS FOR</p> <p>R10⁰⁰</p>
<p>CRUNCHY GREEN PEPPERS</p> <p>R6⁹⁹ PKT</p>	<p>BABY MARROWS</p> <p>R8⁹⁹ PUNNET OR 3 FOR R25</p>	<p>THE BEST COOKING POTATOES</p> <p>R25⁰⁰ POCKET</p>
<p>BIG POCKET OF BUTTERNUTS @ ONLY</p> <p>R29⁹⁹ POCKET</p>	<p>SWEET POTATOES</p> <p>R6⁹⁹ KG</p>	<p>EXTRA LARGE EGGS</p> <p>R48⁰⁰ TRAY 30'S</p>
<p>LIQUIFRUIT</p> <p>R21⁹⁹ 2LT</p>	<p>BRAAI TIME CHARCOAL - R30.00 (4KG) BAG BRAAI TIME BRIQUETTES - R30.00 (4KG) BAG FRESHLY PREPARED FRUIT SALAD - R15.00 1KG BUCKET</p>	

SUNDAY & MONDAY SPECIALS BELOW COST

<p>THE BEST QUALITY ONLY LONG LIFE ROUND TOMATOES</p> <p>R4⁹⁹ KG</p>	<p>THE BEST QUALITY LONG LIFE JAM TOMATOES</p> <p>R6⁹⁹ KG</p>	<p>WHITE BUTTON MUSHROOMS</p> <p>R6⁹⁹ PUNNET</p>
<p>CLOVER LONG LIFE MILK</p> <p>R69⁹⁹ PACK (6X1LT)</p>	<p>HELIOS OIL</p> <p>R75⁰⁰ SLT</p>	<p>NYALA SUPER MAIZE MEAL</p> <p>R16⁹⁹ 2.5KG R30⁰⁰ 5KG</p>
<p>GOLDEN BANANAS</p> <p>R6⁰⁰ KG</p>	<p>BOKOMO CORN FLAKES</p> <p>R28⁹⁹ 1KG</p>	<p>RICOFFY</p> <p>R66⁹⁹ 750GR</p>
<p>LIQUIFRUIT</p> <p>R12⁹⁹ 1LT</p>	<p>NOLA MAYONNAISE</p> <p>R19⁹⁹ 750GR</p>	<p>STEERS SAUCES</p> <p>R16⁰⁰ 375ML</p>
<p>JUMBO EGGS</p> <p>R53⁰⁰ TRAY 30'S</p>	<p>KNORR SALAD DRESSING</p> <p>R19⁹⁹ 340ML</p>	<p>NANDO'S SAUCES - R24.99 250ML NANIS PEACH SLICES / FRUIT COCKTAIL - R9.99 CAN (420GR) HOME ICE CREAM - R45.00 5LT</p>
<p>KOO CHAKALAKA - R12.99 CAN (410GR) HOME ICE CREAM 3 X 2LT FOR R100 SPEKHO RICE - R20.00 2KG</p>		

Antenatal clinic proudly supports World Aids Day campaign

December 1 was a special occasion for the compassionate and dedicated staff of RK Khan Hospital's antenatal clinic as it not only marked World Aids Day but also the 10th anniversary of the Elimination of Mother to Child Transition (EMTCT) programme.

To highlight this, an information-packed and exciting programme was put together by the EMTCT coordinator and HIV and ARV practitioner, Sister Ragini Munsamy and her team.

As customary, the programme commenced with a special prayer by Rev A Pentiah, who asked all in attendance to remember those who have been affected by the dreaded disease. The programme also consisted of several addresses by staff of the clinic, who explained the importance of the EMTCT programme and how it has touched many lives since its inception.

In particular, Sister Ragini Munsamy said during

her address to her patients that it amazes her to know that the programme is now in its 10th year of existence.

"When a few of us started working on the EMTCT programme 10 years ago, we knew that a lot of hard work, late hours and sacrifices would have to be made. Today, it is all worth it. The journey was not an easy one, but I am pleased to say that this programme has had a positive impact on many of our patients and has also prevented mother to child transmission," she explained.

She urged HIV positive expectant mothers to ensure that they receive antenatal services and testing during pregnancy and have access to antiretroviral treatment at the same time. "They also require the necessary medication and need to practice safe childbirth practises and correct infant feeding, among other aspects. Remember, test and treat! You will not regret it," she said.



Antenatal clinic staff members, who played an instrumental role in the success of the EMTCT programme, cut the symbol of sweetness.

Munsamy's love and dedication towards her HIV positive patients was definitely evident throughout her address as she pointed out that without them, her life would never be the same. "I love each and every one of my patients. As a sister in the nursing fraternity, it is so important to be compassionate towards your patients as you have to try to understand where they are coming from. One would think that being HIV positive has broken them, but I disagree. The strength that they display is commendable and I thank them for not giving up and also for putting the needs of their baby first," she added.

She concluded by extending her heartfelt thanks and appreciation to the Matron Pather of the antenatal

clinic as well as the nurses for their unwavering support, commitment and friendship over the years. The programme not only focussed on HIV/Aids, but also the importance of using protecting during sexual intercourse, the use of contraceptives and several other important aspects. To make the programme more exciting in between formalities, special and exciting song items were rendered by local artist, Joey Munsamy, who definitely kept the audience going with his energetic and vibrant personality. The highlight of the morning was indeed the traditional cutting of the cake ceremony. Once formalities concluded, patients were lovingly provided with delightful goodie bags, nutritional

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treats, sumptuous breyani and refreshments and of course, cake, to sweeten the memorable occasion even further. All generous sponsors, who went beyond the call of duty, were also acknowledged for their role in contributing towards the success of the programme.

Those who wish to get tested or need more information regarding the HIV/Aids pandemic are more than welcome to visit the friendly staff of the antenatal clinic, who are undoubtedly on a mission to diminish and destroy the various myths surrounding the virus and reinforce the fact that contracting the virus does not equal to a death sentence.

For more pictures from the programme, visit our website at www.risingsunchatsworth.co.za

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Police have stepped up patrols at malls in the Malvern area.

Mall safety tips for families

The holiday season is a time of year when parents need to be extra vigilant. From hurried trips to the mall for food, entertainment and shopping, to crowded airports and bus terminals, the holidays are an enjoyable time for families but can be a very stressful and dangerous time for parents.

Communications officer of Malvern SAPS, W/O Radhika Marimuthu, said that it can be nerve-racking to keep track of children irrespective of their ages or whether in crowds or groups.

She has advised the public to adhere to the following hints to make the festive season a safer and enjoyable one:

- Brief your children before going out.
- Remember to use the 'two giant steps' rule where your children must never be more than two giant steps away from you. Make it a fun and easy way for your children to remember not to drift away.
- Tell children that if they ever become separated from you, they should look for a 'safe stranger' for help. These include a mum with children, a person at a till, the security at the mall or a police officer in uniform. With older children, agree on a 'designated meeting area' in your planning, in case you become separated.
- Tell your children to never leave the mall or store to go looking for you, despite what anyone tells them. Always tell them that you would never leave until you are reunited at the mall and that you will always be looking for them.
- Parents are urged to dress their children in bright colours to make him easy to spot in a crowd.

• At airports, bus terminuses or shopping malls, parents can use a cute harness for toddlers who are prone to running off. This may seem over the top but your child's safety is of the utmost importance.

• Teach the children to always check first with you before going anywhere in a public place, mall, beach, play area, or even the restroom.

• Parents should not treat public facilities as a babysitting zone. Do not under any circumstances leave your children alone at video arcades, movie theatres, play areas, or other public places. Predators look for unsupervised kids here.

• Always take young children into the restroom with you. Look for well-lit restrooms in areas of high traffic volumes in busy places.

• If children go into a restroom alone. If you feel comfortable letting your older child (at least nine-years-old) use the men's room alone, stand outside the door and call in as your child enters, 'I'm right out here if you need me'. It's a sign to anyone who may be hanging around in there that there's a parent close by.

• If you think your child is taking too long, open the door and call in, 'Is everything okay?' If you don't get an answer or are unsure, enter the restroom immediately to be sure your child is safe.

• Children have been known to leave with a stranger because 'he seemed nice' or 'she didn't look like a stranger'. So always inform your children to never do this.

• Make sure that your child knows your cell-phone number, address or that of a family member.



Rising Sun editor in chief, Vivaga Thambiran, and journalist, Zola Phoswa, hand over the donated items to the leaders at the Foreman Road Informal Settlement.



Rising Sun sales executive, Kubaran Thambiran, hands over items to the displaced residents.

Rising Sun readers lend a helping hand to shack dwellers

Bags of valuable items including women's and men's clothing, shoes, and groceries were donated to the displaced Foreman Road Informal Settlement residents by the loyal readers of The Rising Sun Newspapers. The Rising Sun thanks the generous and kind-hearted readers from the community who went beyond their call of duty to find it in their hearts to lend a helping hand to the

thousands of displaced shack dwellers whose homes were ravaged by a fire, recently.

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25⁰⁰

Blue Crab 450g Per Pack

59⁹⁹

Marinated Texan Steak/ Chicken Sausages Per kg

49⁹⁹

Crumbed Chicken Products Per kg

35⁹⁹

Marinated Chicken Flatties Or Portions / Crumbed Fish Bakes Per kg

FRESH MARKET

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80⁰⁰

14⁹⁹ EACH

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Beef/ Pork/ Chicken Bangers **54⁹⁹** per kg



Boneless Gamon **69⁹⁹** per kg



Pickled Ox Tongue **59⁹⁹** per kg



Pork Neck & Shoulder Chops **54⁹⁹** per kg



Frozen Turkey
49⁹⁹ per kg



Chicken Frozen Fillets **49⁹⁹** per kg



Pork Texan Steak **59⁹⁹** per kg



Corned Beef **79⁹⁹** per kg



Beef Texan Steak **79⁹⁹** per kg



Our Own Boerewors **74⁹⁹** per kg



Mature Thick Rump **109⁹⁹** per kg



Chicken Sosaties **59⁹⁹** per kg



Georgies Breakfast Slice Bacon 400g **26⁹⁹** Each



Pork Roast **59⁹⁹** per kg



Jumbo Prawns Cut & Deveined 400g **79⁹⁹** Each

EverFresh Parmalat UHT Milk 6 x 1 Litre **65⁹⁹** Each

Coca-Cola Value Pack 4 x 2 Litre **49⁹⁹** Each

Bakers Choice Assorted Biscuits 2kg **149⁹⁹** Each

Ultramel Vanilla Flavoured Custard 1 Litre **20⁹⁹** Each

MADE FRESH DAILY



Cherry & Almond Fruit Cake **49⁹⁹** Each



Whole Grilled Chicken + 6 Hot Dog/ Hamburger Rolls + 2lt Coca-cola **69⁹⁹** Each

Grocery, Hot Foods & Butchery Promotion Valid From 6th December - 18th December 2017



Oxford Mushrooms 250g **R 14⁹⁹** Each



English Cucumber **R 3⁹⁹** Each



Green Pepper Prepack **R 12⁹⁹** Each



Red Peach Punnet **R 13⁹⁹** Each



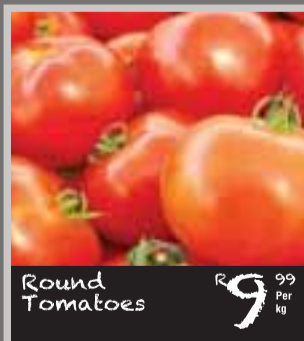
Sweet Corn Punnets **R 12⁹⁹** Each



Pumpkin **R 12⁹⁹** Each



Gem Squash **R 4⁹⁹** per kg



Round Tomatoes **R 9⁹⁹** per kg



Spinach Bunches **R 3⁹⁹** Each



Nectarine Punnets **R 13⁹⁹** Each



Whole Watermelon **R 24⁹⁹** Each



Spanish Sante Tomatoes 200g **R 3⁹⁹** Each

Fruit & Veg Promotion Valid From 6th December - 10th December 2017

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4X4 DOUBLE SWITCH PLUG
R3500



4X2 ONE LEVER SWITCH
R1995



20mm CONDUIT PIPE (4mt length)
R1195 each



8 PANEL EXTERIOR DOOR 813MM
R649⁹⁵



TOWNHOUSE DOOR 813MM
R279⁹⁵



MASONITE DOOR 813MM
R169



6 INCH **R59⁹⁵**
8 INCH **R69⁹⁵**



10 WATT **R89⁹⁵**
20 WATT **R149⁹⁵**



2 LEVER MORTICE LOCK SET
R79⁹⁵



GALVANISED LINE POLES (pair)
R379⁹⁵



ELECTRO GALVANISED DRIVEAWAY GRID 300x1mt
R199



DOUBLE WASHTROUGH + LEGS
R269⁹⁵



GAS
9KG **R179**
19KG **R369**



CEMENT IN STOCK



19mm STONE
approx 3 TON **R1299**
approx 6 TON **R1899**



BLOCKS
M150 **R6.49**

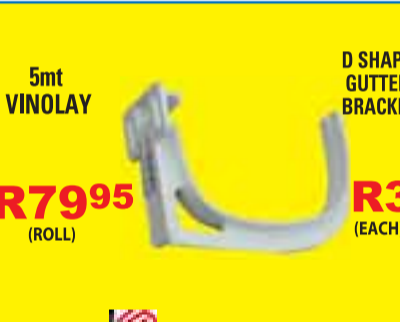


HEATTECH 600KPA GEYSERS
100lt or 150lt
2199

Includes:
• Safety Valve & Draincock



5mt VINOLAY
R79⁹⁵ (ROLL)



D SHAPE GUTTER BRACKET
R3 (EACH)



100X100X1.8MT GALVANISED WELD MESH (30mt roll)
R369⁹⁵



RAZOR WIRE FLAT WRAP (15m TROLL)
R199⁹⁵



SINK MIXER DECK TYPE
R229⁹⁵



HEAVY DUTY WOODEN TOILET SEAT (White)
R149⁹⁵



900X500 SEB SIT ON SINK
R299



D SHAPE GUTTER (6mt Length)
R135 (EACH)



Toilet Pan & Plastic Cistern (White)
R369



Betta Close Couple Set (White)
R699



SINK MIXER WALL TYPE
R249⁹⁵



BASIN MIXER
R199⁹⁵



15mm COPPER PIPE (5.5mt length)
R149⁹⁵



15mm SHOWER SET (Including Arm & Rose)
R269⁹⁵



20lt Dulux Weather Guard (White & std colours)
R779



5lt Dulux Luxurious Silk (White & std colours)
R399



20lt Dulux Rockgrip Roof Paint (std colours)
R699⁹⁵



20lt Dulux Rockgrip Plaster Primer
R699⁹⁵



Porcelain Tiles 60X60 Nano Sealed & polished
CRAZY TILE SALE
FROM **R95⁰⁰** m²



5lt Tile Key
R129⁹⁵



20lt Home Roofpaint (red/black/charcoal)
R499⁹⁵



20lt Maxcoat Contractors Pva (White Only)
R199⁹⁵



20lt Mastercoat Pva Int/ext (White Only)
R189⁹⁵



5lt Superfix Waterproofing + FREE MEMBRANE
R99⁹⁵



Ceramic Wall And Floor Tiles
CRAZY TILE SALE
FROM **R39⁹⁵** m²



20KG PORCELAIN ADHESIVE
R55⁰⁰



3pc Paint Brush Set
R29⁹⁵



Roller Set
R24⁹⁵



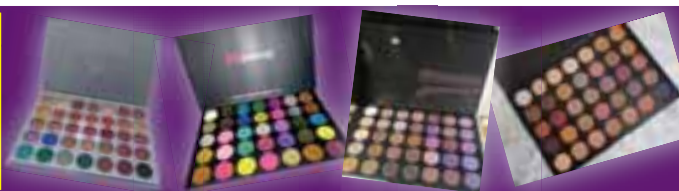
10kg Crack Filler
R89⁹⁵



20kg Tylon Cm9 Tile Fix
R29⁹⁵



5lt Tile Bond
R69⁹⁵



Welbedacht fire victims appeal for assistance

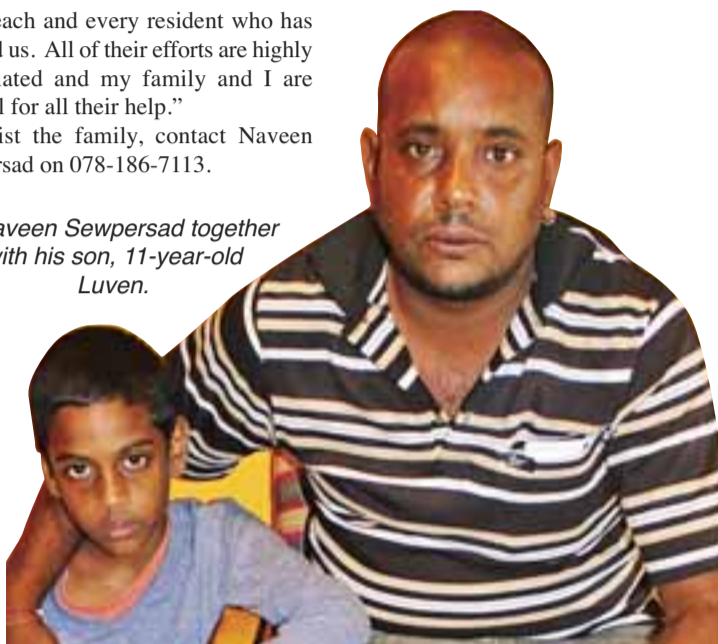
A Welbedacht family who resided in a tin house for the past 30 years watched as their home and all of their possessions burnt to ash during a fiery blaze, last Wednesday.

The traumatised family is appealing to residents for funds or any building material that can be used to reconstruct their home. Father of three, Naveen Sewpersad (35) said, "My wife had just returned from nightshift and my young children were asleep in the house at the time of the fire. When the fire had broken out, they luckily managed to escape before the gas stove exploded. According to the firemen at the scene, it was an electrical fault. My family and I have lost all of our belongings. I have nothing. I am just grateful that we were all unharmed." Currently, Sewpersad is living in his car and his family is living off food sponsored by members of the community. "I

thank each and every resident who has assisted us. All of their efforts are highly appreciated and my family and I are grateful for all their help."

To assist the family, contact Naveen Sewpersad on 078-186-7113.

● Naveen Sewpersad together with his son, 11-year-old Luven.



Fifty years later and still very much in love.



The couple on the day of their wedding.

Read This If You Are Retired And Receive An Income From An Investment

Many individuals who contact us after they have retired, do so because they have lost money in their investments. They also express their concerns about not getting regular reviews. Generally this is the result of not planning according to their needs as well as a lack of proper financial planning and advice. Deciding on an income can be tricky. If you take too much, your capital could reduce. If you take too little, you may not have enough to cover your monthly expenses.

How do you know what income to take?

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planning tools. We use all of this to customize a plan that is perfect for you and your family. We will show you how to grow your capital despite you receiving an income. We will work out an income that will take care of your everyday expenses and allow you to enjoy your retirement. If you are concerned about the markets, we have access to an exclusive range of funds that will give you a guarantee on your capital. We will track your investment regularly and provide you with statements. As the first step in a life long partnership, we invite you to contact us for a FREE review.



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The Moodley's celebrate five decades of wedded bliss

In commemoration of their 50th wedding anniversary, Sivalingum (Devraj) Mood-

ley and Sundrasagree (Sagree) Moodley chose to reminisce on their journey as a married couple together with their close family and friends at a special celebration, held recently. Mr Moodley (70) and his beautiful wife (69) believe that the secret to a long-lasting and successful marriage to is always forgive each other and sort out any issues before it gets out of hand. The couple met 52 years ago during their school holidays in Mayville. They

courted for two years and then confessed their undying love for each other at a memorable Tamil wedding ceremony, which was held at the APS Hall in Carlisle Street in Durban.

Although Devraj was only 19 and Sagree 18 at the time, they knew that they were made for each other and that this reunion was the beginning of something beautiful and true. The Moodley's have been blessed with four children and eight grandchildren. In her spare time, Sagree enjoys watching movies, travelling and visiting family and friends while Devraj prefers visiting the temple and the movies.

Mr Moodley is also one of the founding members of the Shree Murugan Alayam, situated in Moorton. "On weekends, I pass my time selling plastic ware at the Bangladesh Market and also run a small lighting and decor business," he said. When asked for their advice to newly married couples, Mr and Mrs Moodley said with a smile, "Always listen to each other, spend lots of time together and never stop loving one another."

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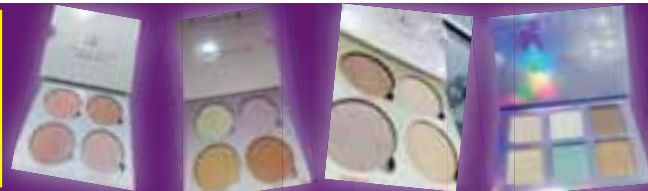
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Cake
Wheat Flour
10 kg

69⁹⁹
each



Nyala
Super
Maize Meal
10 kg

54⁹⁹



SaveMor
White
Sugar
10 kg

109⁹⁹



Allsome
Rice
10 kg
Allsome
Parboiled
Rice
10 kg

69⁹⁹
each



Sunfoil
Sunflower
Oil
5 litre

71⁹⁹



Koo
Baked
Beans
in Tomato
Sauce
410 g

**BUY 3 FOR
25⁰⁰**



Glen
Tagless
Tea Bags
100s

18⁹⁹
per pack



Bakers
Choice
Assorted
Biscuits
1 kg

78⁹⁹
each



Bokomo
Corn
Flakes
1 kg

34⁹⁹



FutureLife
Smart Food
500 g
& FREE
Clover Milk
200 ml

29⁹⁹
per combo



Koo
Fruit
Cocktail or
Fruit Salad
410 g

15⁹⁹
each



Danone
Ultra Mel
Custard
1 litre

21⁹⁹
each



Moi's
Jelly
(Assorted)
80 g

**BUY ANY 4 FOR
24⁰⁰**



Rhodes
Quality
Fruit Juice
Blend
(Assorted)
1 litre

13⁹⁹



Simba
Chips
(Assorted)
125 g

**BUY ANY 2 FOR
22⁰⁰**



Beacon
Mallows
Pink & White
or Twister
150 g

9⁹⁹
each



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for Boys or Girls
Maxi (38s), Midi (40s),
New Born (42s) or Junior
(36s) Plus a SPAR Baby
Wipes

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per combo



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Bath Soap
175 g

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Powder
3 kg

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Bobtail
Dog Food
8 kg

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each

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- 2. HUDA LIPKIT 2 For R60
- 3. UNICORN BRUSH SET R149
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Available 6th December only

22⁰⁰ per pack

24⁹⁹ each

79⁹⁹ per pack

BUY ANY 4 FOR 100⁰⁰

36⁹⁹ per pack

94⁹⁹

59⁹⁹

BUY 2 FOR 19⁹⁹

9⁹⁹ each

BUY 4 FOR 10⁰⁰

19⁹⁹ each

6⁹⁹ per kg

49⁹⁹

29⁹⁹ each

16⁹⁹

49⁹⁹ each

44⁹⁹ per pack

BUY 3 FOR 50⁰⁰

8⁹⁹ per pack

BUY ANY 2 FOR 100⁰⁰

42⁹⁹ each

9⁹⁹

79⁹⁹ each

BUY ANY 2 FOR 20⁰⁰

23⁹⁹

45⁹⁹ per kg

general merchandise



49⁹⁹ per set

29⁹⁹ per set

159⁹⁹ each

169⁹⁹ per set



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Serving Suggestion

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 Savoury Buns 6s 14⁹⁹ per pack	 Milk Scones Eggless 10's 12⁹⁹	 Mince Pies 6s 25⁹⁹	 Exotic Glazed Cakes 75⁹⁹ each
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Halaal favourites for less

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 Beef Mince 69⁹⁹ per kg	 Fresh Chuck, Brisket or Blade 74⁹⁹ per kg	 Spicy Mutton Sausages 79⁹⁹ per kg
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Local farmers deliver fresh every day

 Denny Button White Mushrooms 400 g 19⁹⁹ per punnet	 Peach/Plums/ Red or White Grapes Buy any 2 for 30⁰⁰	 Garlic 34⁹⁹ per kg	 Potatoes 7 kg 42⁹⁹ per pocket
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Serving Suggestion

A taste of home, to go

 Vegetable Breyani 49⁹⁹ per kg	 Beef Stroganoff 69⁹⁹ per kg	 Chikka Burgers Buy 2 for 20⁰⁰	 Large Lamb or Chicken/ Veg Pizza from 39⁹⁹
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Speak your mind
 By Dr Guru Kistnasamy

A real man does not abuse a woman

In South Africa, we are in the midst of the 16 Days of Activism campaign to end violence against women and children. A newspaper estimated that one in every four women is physically abused by her intimate partner. Every six hours, a woman is killed by her current or former intimate partner. Abuse can also be emotional, sexual and verbal. It is shocking to find that the same woman will continue to live with the abuser and endure more abuse. Love cannot be the reason for being together. Nobody abuses somebody they love, neither can the abused love somebody who continues to hurt her. Various reasons are advanced for enduring abuse. Alcohol and drugs make women vulnerable and helpless. An intoxicated man will have fewer inhibitions and easily resort to violence. Other reasons for accepting abuse may include low self-esteem, depression, guilt, fear, embarrassment and self-blame. A common reason is the financial dependence on men especially for women who are unemployed, are poor and have no education. It is worse for women who have no parents or siblings, or whose family members cannot afford to support them. The cycle of violence consists of three phases. The first phase is tension building from the abuser leading to an argument. The second is the explosion phase where the abuse occurs. It is at this phase that

the victim may threaten to report or actually report the abuse. The honeymoon phase then follows. He apologises and showers her with flowers, chocolates and gifts. She withdraws charges, returns home and lives in a false state of security until the first phase starts all over again. The violence will not end until the victim leaves or both seek counseling.

Typical characteristics of abusers consist of:

- Jealousy or insecurity. She has to account for her time and whereabouts. Some have to submit photographic evidence of their locations.
- Controlling behavior. Some women are locked inside their homes. Others cannot leave the house or use the car. Their partners retain their bank cards.
- Isolation. Women are isolated from family and friends so that she cannot seek help.
- Forces his partner to have sex or engage in sexual activities against her will.
- Hold strong gender justification for his role, "man of the house, king of the castle," or advances a religious reason for his behaviour.

If you are a victim or a perpetrator, it is time to stop the abuse. If you are a witness, don't look the other way. Report all incidents of abuse.

Knowledge is Power:
 By Dr J Naidoo

Choosing the right career

Choosing the right career is often a very daunting decision to make, especially for a teenager. If they are not guided in making an informed choice, they often choose the wrong vocation. This, they only realise later in life and are forced to change careers.

In choosing your 'ideal' vocation in life, I recommend you consider the following four pronged approach:

1. Consider your interests
2. Consider your skills
3. Consider your current state
4. Consider your future.

Consider your interests: Consider your dream career, then write all other careers that could be related to this 'dream career'. If you want to be an actor, consider going into media broad-

casting. You can get a degree in communications or work your way up the chain of command in a local news or television studio. If you want to travel the world, consider becoming an airline steward or stewardess. This is a great way to make a living and pursue your dream of travelling the globe. You could also link your hobbies to your future career. If you like playing computer games, consider becoming a game designer, programmer, or computer engineer. If you like drawing or art, consider becoming a graphic designer. If you like sports, consider a qualification in coaching, sports science or physiotherapy.

Consider your skills: Think about the things you are good at, the things you excel in, it is important to

choose a career in which you can excel and achieve relative success. Some people are skilled with their hands. Jobs involving carpentry, auto repairs, electrical, construction, plumbing, etc all provide stable income. They are also well-paying jobs. People who are good at communicating with others can also seek a career in marketing, sales or as a social worker. If you're passionate about caring for others, consider nursing. If you're unsure about your skills, then you could get the assistance of others who are close to you, such as your friends, family or teachers.

The ensuing article will cover the other sections as listed above.

Comments can be emailed to jnaidoo@gmail.com

Successful awareness campaign held

The Westcliff Sub-Sector CPF held a health and crime prevention awareness campaign at the Bangladesh Market, over the weekend. The event was well attended and was a tremendous success.

The forum thanks the community for coming out in their numbers. Chairman of the organisation, Alvin Singh said, "The community showed the forum true appreciation of the service that was rendered to them. This drive was a huge success and reached out to many residents."

For more information, contact Trislin Pillay on 084-386-5019.



Vice chairman, Kevin Thavar together with an elderly Westcliff resident checking his blood glucose levels.

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DEPARTS	RETURNS
26 DECEMBER 2017	30 DECEMBER 2017

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Scholarships for physically challenged residents

An organisation based in Chatsworth is looking for 25 to 30 physically challenged residents between the ages of 18 to 35 to award a one year scholarship for office management NQF level 1. They cover all disabilities. They want to start this course by the end of this month. All students will receive a monthly stipend. For more information, call 031 404-7524.

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Fundraiser to be held

KGN Masjid Upliftment will host a fundraiser on Saturday, December 16 from 6pm at the Arena Park Rounakul Islam Mosque. The event will include a Mehfil-E-Khaas, Naaths, Mar-siyas and discourse by leading Ulama. For more information, contact Iftikhaar Sayed on 074-308-9140 or Farad Hoosen on 081-486-6643.



GOING GREEN WITH RIZAAN DAWOOD

The importance of water

It is a clear and pure liquid that heals us all and is one of Earth's most precious gifts given to us by God. All living organisms depend on this liquid for survival and this precious liquid is known on Earth as water.

The human body comprises of about 70 percent of water and water regulates the temperature of the human body while distributing nutrients and oxygen throughout one's bodies and removing waste so without water, our bodies would stop all functions.

Nearly 97 percent of water is undrinkable. Another two percent is locked up in ice caps and that leaves just one percent left for human needs ranging from consumption to manufacturing goods.

There are innumerable uses of water, tons of books are not enough to mention the uses and importance of water but do we ever stop and think about conserving this great blessing, which is diminishing due to our extravagance and greed? We, as human beings, play a major role in wasting water

and polluting it. We can be the wealthiest individual on Earth but if all our drinking water is polluted or finished, our wealth would not help us then.

So if we love and want the best for our children, we should preserve that which our children will depend upon and that is nature and all that it gives us.

Tips on how to save water:

- Place mulch around plants to reduce evaporation and discourage weeds.
- Set your mower blades one notch higher, since longer grass means less evaporation.
- Use a pool cover to cut down on water evaporation.
- Use a bucket instead of a hose to wash your car.
- Use a broom rather than a hose to clean sidewalks, driveways, loading docks and parking lots.
- Investing in a water tank is a great way to save rain water and use it in various ways.



Home Affairs urges citizens to apply for smart cards

Home Affairs has taken note of a message purported to be from the department announcing that the lifespan of the green bar-coded ID book comes to an end on March 31, 2018. According to Thabo Mokgola, no such announcement has been made by the department. "We wish to make it clear that the green bar-coded ID book remains a legal form of identification and will continue to be until such time that the Live Capture System is rolled out to all Home Affairs offices to enable South Africans to apply for Smart ID cards at their nearest offices," he said. The department developed a plan to systematically phase out the green ID book and ultimately consolidate the restoration, common citizenship, identity and dignity to South Africans. "To this end, we call on South Africans to apply for Smart ID cards at any of the 180 offices that are equipped with the Live Capture System. In addition, the Department has established a partnership with FNB, Standard Bank, Nedbank and ABSA to create an online portal where clients can lodge their application without visiting a Home Affairs office. To apply, visit the Home Affairs website, www.dha.gov.za and click on the eHomeAffairs icon," said Mokgola in a statement.

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SCHOOL NEWS

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Moorlands Primary School hosted a colourful mini debts ball, recently. Participants dressed in their best and dazzled the audience. The principal and staff of the school extended their thanks to all participants and parents for supporting the wonderful event.

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Pupils of Glenheights Primary School with various sheets of the peace education pack.

Peace education initiative for local schools

Peace education is defined as a learning process in which to acquire the skills, knowledge, attitudes and behaviours to live in harmony with others, with oneself and with the natural environment. As part of a campaign to promote the concepts of peace education in schools, the Food for Life Children's Projects, in conjunction with other civil society organisations is developing a peace education learning pack.

The prototype pack consists of laminated A4 sheets that define the concepts of peace education and also have various quotes by great personalities such as Mother Teresa and Dr Nelson Mandela. Manager of the project, Divesh Maharaj, indicated that peace education inculcates important life skills in children to equip them to handle conflict resolution and create a harmonious, peaceful environment in schools and in the community. In this respect, peace education can be an important transformative response to current issues. Various ongoing programmes on peace education are planned for 2018. For more information, send an email to divesh@fllsa.org

To book your advert in The Rising Sun contact our Marketing Executives

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SCHOOL NEWS



Lotus Primary School held their grade R graduation ceremony, recently. The graduates are flanked by their teachers, Mrs MK Munsami, Mrs D Govender, HOD, MKJ Dorasamy, Miss T Mdunge and Mrs M Gooriah.

Festive cheer at Sunnyvale Primary

The grade R pupils from Sunnyvale Primary School were treated to a Christmas party with Santa Clause at their school, recently. The little ones had lots of fun at the event.



Grade R teacher, Mrs M Ramsaroop, principal of the school, Mr V Pillay and foundation phase manager, Mrs S Singh, with the little graduates.

Sai blossoms graduate

The Sathya Sai School in Westcliff held their pre-school graduation, on Thursday at the school's prayer hall. Grade R pupils enthralled the audience with various songs and dance items before they dressed in their capes and caps and accepted their trophies and certificates from their principal, Mr V Pillay.

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A fruitful public-private partnership has helped strengthen an innovative project, which not only contributes towards job creation and the mainstream economy, but also empowers township entrepreneurs through employment creation, skills transfer and training. A three-year partnership between Sumitomo Rubber SA's well-known brand, Dunlop and Ithala Development Finance Corporation's small business growth enterprise division will witness a minimum of 25 containerised tyre fitment centres being established across KwaZulu-Natal and 100 jobs created. To announce the launch of the successful partnership, a grand function was held at the Ithala Trade Centre in Durban, last Tuesday. Director of marketing and business development at Sumitomo Rubber SA, Yvette Govender said, "Sumitomo has been driving this initiative since 2013 and currently has over 100 Dunlop containers across our country's nine provinces. We are proud to be the only

tyre company in SA to partner with rural and township areas to grow communities." She added, "The programme not only opens the economy to this sector but counters the growing number of illegal, dangerous second-hand tyres being sold to consumers. Our programme has opened doors for us to partner with government and SOEs enabling all parties to play an active role in eradicating poverty and growing our economy." Informal tyre trading containers in townships and rural areas are transformed into Dunlop-branded containers which provide opportunities for unemployed youth, women and aspiring business owners to be trained and mentored in tyre sales and repair. Technical tyre training and business mentorship are provided jointly by Sumitomo and Ithala. Under this partnership, Ithala has allocated funding totalling R4, 1 million over the three-year partnership agreement for the supply, branding and fitment of containers. The initiative aims to nurture, grow and sustain small busi-



Respective role-players and guests at the Ithala Trade Centre in Durban's Point area. They have given the sterling project the 'thumbs up'.

ness enterprises in KZN and create employment in and around the province. To date, the partnership has resulted in five container businesses being awarded in Estcourt, Ladysmith, Madadeni, Esikhaleni and Es-howe. The Dunlop Container Tyre Fitment Centre programme forms part of the KZN Revitalisation of Township and Rural Economies policy framework spear-headed by the Department of Economic Development, Tourism and Environmental Affairs and is closely aligned with Ithala's mandate to develop township and rural economies.



Seen are early entrants in the Mystical Bollywood Nights show.

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Entertainment galore at Mystical Bollywood Nights

Roshan Singh will host the 12th annual Mystical Bollywood Nights show at the classy Blue Lagoon Conference

Centre on Sunday, December 17 at 4pm. The show will feature the best of entertainment by the powerful Roshan Singh Bombay Dream Dancers and Roshan Singh Dance School and live music entertainment. A wide range of music will be used from the golden era to the latest songs, not forgetting your all-time favourites. Sizzling dance acts will be choreographed by the super talented choreographer, Katrina Shona Singh. It will be a night filled with glitz, glamour, energetic dancers and powerful singers. This is certainly a show not to miss. For ticket bookings or more information, contact the organiser, Roshan Singh on 073 -372-5956 or email roshan.sng@gmail.com

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THE RISING SUN, CHATSWORTH, DECEMBER 5, 2017 - www.risingsunchatsworth.co.za

Page 21



Create your own Christmas crackers

Try these amazing homemade Christmas crackers to give your Christmas dinner table a personal touch. These are so easy to make and will definitely add to the festive cheer.

You will need:

- Toilet-roll tubes, or thin postal tubes cut to size
- Attractive A4 paper (you can use newspaper, wrapping paper, comics, book pages, prints – whatever you have to hand and will look pretty)
- Sticky tape
- Cracker snaps (you'll find them at online stores)
- Scissors

- Thin card, at least 20cm long
- Decorative string or ribbon
- Small but exciting items to put inside the cracker

Place a toilet-roll tube on the long edge of the paper, in the centre, and hold it in place with some sticky tape. Thread a cracker snap through the toilet-roll and tape it down to one side of the paper. Roll the tube across the paper, then secure with three bits of tape along the seam, in the centre and ends.

Cut two 20x5cm strips from the thin card. Curl each one into a circle and place one inside each end of the cracker, leaving roughly two cms sticking out of the end. Hold the card in place with a little sticky tape.

At one end of the cracker, form the hand signal for 'OK' around the gap between the toilet roll and the card. Gently squeeze and twist a little with your thumb and forefinger, while using your other hand

to hold the card in shape. Keep squeezing until the cracker has a nicely defined neck to it. Tie a piece of string or ribbon around the neck of the cracker. Cut off any straggly bits or make a bow. Pop a Christmas hat, a cooking tip or joke and a little surprise in the open end of the cracker. Seal the open end as before.

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12 December – Christmas Stockings Decorations
13 December – Chocolate Creations
14-16 December – Play Station Gaming
15 December – Christmas Show
18 December – Colouring-In Competition
19 December – Pine Cone Christmas Tree Décor Creations
20 December – Christmas Wreath Arts & Crafts
21 December – Christmas Card Making and Beadwork
22 December – Christmas Baubles Fun
20-24 December – Christmas Train

Photos with Santa Claus & Gift Wrapping Stations 11-24 December

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www.theridgemail.co.za

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CHRISTMAS FEATURE

Merry Christmas

Decadent ice-cream Christmas pudding

Try this traditional pudding recipe with a summer twist. It is a show-stopping Christmas dessert and will definitely impress your guests.



- You will need:
- Four large free-range eggs
 - 120g of castor sugar
 - 300ml of double cream
 - 120g mix of sultanas, stoned raisins, glacé cherries, chopped almonds, currants and candied peel
 - Three tablespoons of brandy (optional)
 - Two teaspoons of mixed spice

Combine the fruit mix and two tablespoons of brandy and leave to stand for a few hours or overnight. Separate the egg yolks from the whites, being very careful not to break the yolks. Beat the yolks with the sugar, until thick and creamy. Add the mixed spice and a tablespoon of brandy. Whip the cream until its firm. Whisk the egg whites until they stand up in peaks. Stir the whipped cream into the yolks and sugar

and add half the fruit mix. Then, using a metal spoon, gently fold the whisked egg whites into the mixture and add the rest of the fruit. Pour into a greased plastic bowl or mould and freeze overnight. Just before serving the pud, remove it from

the freezer, briefly run some hot water over the sides of the bowl and then turn out onto a serving dish and place back in the freezer. Remove from the freezer a few minutes before serving so it softens. Lastly, enjoy!

Decorative Christmas angel chains

Here's what you need:

- Lightweight computer or craft paper
- Pencil
- Scissors
- Markers
- Optional: Colored paper, cardstock and tape, glitter, glue, chalk or coloured pencils

How to make paper angel chains:

Read all of the steps before starting.

Cut strips of paper that are approximately 4½" by 12" from lightweight craft paper. If you are using computer paper, cut each sheet in half lengthwise.

Fold paper strips:

Enlarge. Fold the paper strip into eight equal sections of accordion pleats.

Fold the strip in half, matching edges and making a sharp crease. Fold one edge back to meet the fold just made, and crease. Turn the paper over and repeat with the other edge. Fold the top layer back to meet the centre fold, turn over and repeat. Open the centre fold like a book. There are three layers on each side with a single layer in the centre.

Fold one side of three layers in to meet the centre fold. Repeat with the other side. Fold the centre fold back to complete the accordion folds.

Draw or trace angel:

With the cut edge of the folded strip to the right, draw half of an angel along the left (folded) edge with arms extending to the cut edge. You can trace a pre-cut template or draw an angel of your own design.



Cut angels:

Hold the folded strip firmly and cut carefully around the angel outline. Do not cut along the folds.

Unfold the paper strip to reveal your chain of angels. The chain of angels will stand if each angel is folded just a bit. Tape two or more chains of angels together and form a circle.

Decorate angels (optional):

Leave the angels plain or decorate them with markers. Use black markers on angels cut from white paper for a dramatic effect.

UNDERWEAR FACTORY SHOP

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Friday : 8am-13.00pm

Saturday: 8am- 13:00pm

Major Retail Brands at Unbelievable Prices!!

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La Femme Beauty

Catherine (pictured), the owner of La Femme Beauty Spa, has done research over the years to find the best prod-

uct suitable for darker skin tones and people who have numerous issues such as: - Lightening melasma/ pigmen-

tation, brightening/whitening skin to desired skin tone. - Anti-aging properties, improves elasticity and firm skin. - Reduces appear-



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Want results in days!!!

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Your search is over, try out 7shades, your last and final solution for Flawless Clear Bright looking skin.

- Brightening/whitening skin to desired skin tone
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- Reduces appearance of stretch marks and closes open pores
- Helps assist with acne
- Lightens marks and pigmentation

A PRODUCT THAT WORKS!!!!

Real people, real results, the safest most effective, product free from harmful chemicals only made of nature's best.

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- Full body whitening kit R2500 (has the 2kg kojic Dead skin cell remover and 300 ml body whitening cream)
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 - Dark spot corrector R450
 - Rosy pink lip, lip balm R300
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 - Whitening glutathione pills R1500 (highest dosage)

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Lord Jesus Christ will make a way, only believe

ance of stretch marks and closes open pores. - Helps assist acne. Have you been burnt in the sun? Do you have a function/ event to attend and want results fast?

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THE RISING SUN, CHATSWORTH, DECEMBER 5, 2017 - www.risingsunchatsworth.co.za

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CHINA PLAZA

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PROMOTION DATE 29 NOVEMBER - 15 DECEMBER 2017

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De'ly Washing Machine 10 Kg Dtl 147
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DTL 147

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ELECTRONICS

Ecco Led Tv 43"
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Ecco 30" Led Tv Lh30
NOW **R1999**
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Fenix 1.9l Oval Glass Bakeware
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Glass Fruit Bowl Ylp7021-2
NOW **R140**
48468

7.5" embossed Side Plate
NOW **R10**
38297

Nonstick Pizza Pan
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44255

6inch Square Bowl
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40948

9 Inch Ceramic Casserole & Lid
NOW **R40**
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Gold & Clear Glass Under Plate- Assorted Colours
NOW **R75**
47742

Candy Floss Machine Ccm-500c
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2 Pc Wooden Tray
NOW **R149**
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Figures Game Tot 0530- 0230-4
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NOW **R180**
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2 Pc Wooden Tray
NOW **R149**
50944

Non Stick Deluxe Cheese Cake Pan
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New Furniture Just Arrived

Mandy 5 Pce Dining Set Dark Walnut
15% OFF
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NOW **R2500**
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Modern Duco Beige & Dark Walnut Coffee Table And Tv Unit
NOW **R4000**
151-200

Office Desk Two Tone 2 Draws
NOW **R1000**
12-211

Office Desk Two Tone 3 Draws
NOW **R1250**
1H-212

Metal & Wood Two Tone Office Desk
NOW **R1600**
DK-117

Two Tone Office Desk 1 Door & 1 Draw
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M1521

Office Desk Wood Grain With 3 Drawers
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M1610

Metal & Dark Wood Round Office Desk
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DK-132

Beige Duco & Dark Walnut Tv Unit With Solid Granite Top
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178-230

Chrome & Pu Leather Tv Unit & Coffee Table
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151-200

Black & Glass Tv Unit & Coffee Table With Mirror Inlay
NOW **R6000**
151-200

Black Pu Leather And Chrome Coffee Table
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A400

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M400-3

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5 Door Robe
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3 Pce Kitchen Unit Set
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3 Pce Kitchen Unit Set
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Kitchen Unit Set
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WACO

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- HIGH POWER

R1299

WACO



CHRISTMAS FEATURE

Merry Christmas

A 'Santa-rific' brownie recipe

Looking for a quick and easy sweet treat to enjoy this festive season? Look no further. This moist and decadent brownie, with a 'Santa-rific' twist is sure to be a hit with your Christmas guests.

Ingredients

- 125g butter, chopped
- 1 1/3 cups (200g) dark choc melted, plus 1/2 cup (75g) extra
- 1/2 cup (110g) caster sugar
- 2 eggs, lightly beaten
- 2 cups (300g) plain flour
- 3/4 cup (140g) chocolate chips
- 16 strawberries, hulled and trimmed
- 1/2 cup (125ml) thickened cream, whipped

Method

Preheat oven to 180C. Grease and line base and sides of a 19 cm square cake pan. Com-

bine butter, chocolate and sugar in large microwave safe bowl, microwave uncovered on medium for one minute and stir. Repeat process in 30 second intervals until melted and smooth, cool two to five minutes. Stir in eggs, flour and chocolate chips. Spoon mixture into prepared pan, smooth top. Bake 25 minutes, or until mixture is just firm to touch. Cool in pan. Turn out and use a four cm round cutter to cut 16 rounds. Place extra chocolate in a microwave safe bowl, microwave uncovered on medium heat for one minute, stir. Repeat process in 30 second intervals until melted. Drop a little melted chocolate on the cut-side of each strawberry and adhere to brownie round. Transfer whipped cream to a piping bag fitted with a small round nozzle, pipe cream on strawberries to make Santa hat pom poms and trimming.



Adorable outfits for your furry friend this Christmas

Make Christmas even more special by dressing up your furry friend in some festive holiday wear, this year. Always remember, however, to make sure that your pets' Christmas outfit is safe and comfortable. Avoid anything that could cause injuries or irritation, and avoid embellishments that could be chewed up or swallowed.

Reindeer

The most popular Christmas outfits out there. To make this outfit on the cheap, purchase

some brown pipe cleaners from your local craft store, fashion them into antlers, and attach to a snug-fitting headband. Then, glue a red pom-pom onto the centre of the headband for the nose.

Christmas elf:

For this look, dress your pet in a green T-shirt for the elf's clothes, and make a pointy hat out of green felt from the craft store. Attach a red pom-pom to the end of the hat and you can start assigning your dog some elfish duties.

Santa Claus:

Dress your pet in a red T-shirt or sweatshirt for Santa's coat and add a belt around the waist. Make a pointy hat out of red felt from the craft store, and attach a white pom-pom to the end. Finish with a little white felt trim around the shirt and hat to make this outfit 'Santa-rific'.

Angel:

The halo and wings can both be made out of white pipe cleaner, or you could make the

wings out of felt or paper. Attach the wings to a belt that can be buckled around your pet's mid-section.

Christmas present:

All you really need for this costume is a red or green T-shirt decorated with ribbon and a bow. You could also purchase festive felt from the craft store and use pipe cleaner to shape it into something that more closely resembles a present.

DESIGN OF INDIA

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3rd ANNIVERSARY SALE

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Bakers Choice Assorted 1kg
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Thereafter 79.99

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29⁹⁹
Bokomo Weet-Bix 900g

Coo-ee
8⁹⁹
Coo-ee 2lt

GHOST POPS
8⁹⁹
Ghost Pops 100g

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27⁹⁹
Stork 1kg
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Thereafter 28.99

ULTRA MEL
21⁹⁹
Danone Ultra-Mel 1lt

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39⁹⁹
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Rama
16⁹⁹
Rama Original 500g

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31⁹⁹
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Ola Rich 'n Creamy
39⁹⁹
Ola Rich 'n Creamy 2lt

KOO
24⁹⁹
Koo Fruit Cocktail 825g

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49⁹⁹
Fruitree Juice 5lt

Liqui Fruit Sparkling
14⁹⁹
Liqui Fruit Sparkling 1.25lt
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Tropika
21⁹⁹
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PureJoy
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49⁹⁹
Coke 4x2lt

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Aunt Caroline 10kg

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Prices subject to change and items may differ without prior notice. Picture may differ from advert - ATM Credit/Debit Cards Accepted - E&OE
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GLASS TO CUT SIZE



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THE RISING SUN, CHATSWORTH, DECEMBER 5, 2017 - www.risingsunchatsworth.co.za

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Fruit & Veg



12⁹⁹ Peaches, Nectarines, Apricots, Punnet



4⁹⁹ Large Mangoes Each



8⁹⁹ Watermelon Quarter

Bakery



10⁰⁰ Long Buttercream Doughnuts 4's



12⁰⁰ Cocktail Pastry's 3's



9⁹⁹ Cream Buns 6's

Seafood



64⁹⁹ Fresh XL Silvers Pkg



42⁹⁹ C&D Prawns Packet



299⁹⁹ Headless Prawns 2kg



39⁹⁹ Whole Blue Crab Pkg

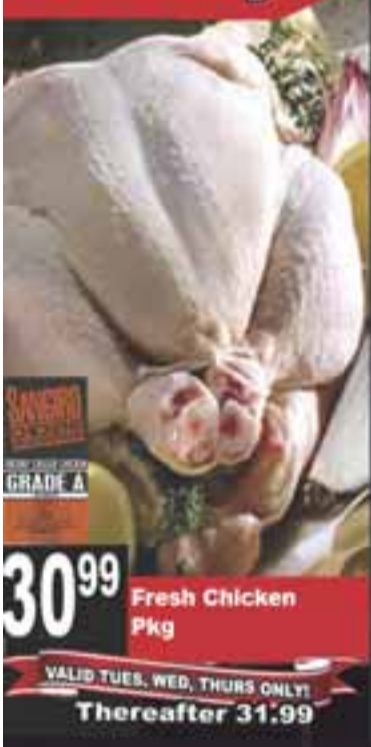


36⁹⁹ Hake Nor1 Pkg



44⁹⁹ Crumbed calamari Rings 500g

Butchery



30⁹⁹ Fresh Chicken Pkg
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Thereafter 31.99



59⁹⁹ Farmstyle Wors Pkg



67⁹⁹ Beef FQ Cuts Pkg



69⁹⁹ Super A Grade Steaks Pkg



39⁹⁹ Chicken Fillets Pkg
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27⁹⁹ County Fair Chicken Breast Pkg



39⁹⁹ Drumsticks Pkg



139⁹⁹ Goldi Crumbed Chick/Burgers Pkg



8⁹⁹ Colgate Neutraliser



26⁹⁹ Themba Instant Light 2kg



21⁹⁹ Twinsaver R/Towels 4's



24⁹⁹ Briquettes 4kg



26⁹⁹ Mortein PowerGard



22⁹⁹ Cobra Tile Cleaner 750ml
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Thereafter 24.99



18⁹⁹ Pledge MSC 275ml



36⁹⁹ Surf Auto 2kg



13⁹⁹ Toilet Duck 500ml



14⁹⁹ Doom Super 300ml
VALID TUES, WED, THURS ONLY!
Thereafter 15.99

TAKE N PAY





Senior citizens enjoyed visiting the Strawberry Farm, the Litchi Orchard and Sibaya Casino.

An extraordinary experience for Croftdene seniors

As the year comes to an end, the Croftdene Senior Citizens Club enjoyed an extraordinary experience on a day trip to Strawberry Farm, the Litchi Orchard and Sibaya Casino, recently. The group placed on record their sincere thanks and appreciation to Nolan Naidoo for a well-organised tour.



All letters must include the writer's full name, address and contact numbers. A nom-de-plume may be used. The editor reserves the right to edit letters. Email your letters to yoshiniperumal@gmail.com or fax 031 459-8346

Residents should shop wisely

This year, 'Black Friday' broke all records and it is not surprising. Despite deep economic problems, this was not adhered to by shopaholics, who fell prey to the discount wars of 'Black Friday'. With retailers having thousands of items with special discounts to entice shoppers, most definitely, this year, the queues had been longer and much more people were shopping for bargains. It seems that this type of marketing strategy is working. While many businesses may be happy with the sales for 'Black Friday' and the shoppers happy with their bargains, I am certain if no discipline is exercised over Christmas, we will be having a dark 2018. Once again, my humble ap-

peal to all shoppers is to please exercise restraint and caution during the holidays. The wise ones who are very careful will have no problem in meeting their commitment like school fees, and uniforms. It will be the retailers who will be smiling all the way to the bank, while the buyers will be suffering from remorse. I would hate to see consumers going for counselling because of reckless spending and fall into financial difficulties. Always plan wisely.

Dhayalan Moodley
 Mobeni Heights

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Early entrants who are looking forward to the event.

Youth centre to host Summer Dance Party

Young people between the ages of 20 and younger are invited to the ultimate 'Summer Dance Party' at the Nelson Mandela Chatsworth Youth Centre to celebrate life and the end of another school year on Friday, December 15, from 5pm to 10pm. Four DJs and rap artists will kick back in style with the best new music beats, as you get to party with young people just like you, who are out to have good dance fun. Volunteers at the youth centre who are putting the party together are ensuring they do everything to make it a safe party. The rules to the party are simple. No alcohol, no drugs, no smoking and no bullying will be tolerated at the event. There will be adult volunteers and members of the SAPS overseeing the party while ensuring everybody has great fun. Clive Pillay from the youth centre reassures parents about the rules. "We think young people are entitled to have fun in a safe environment. Parents can drop off their under 20-year-old children at 5pm and pick them up at 10pm. No parents will be allowed into the party. If someone doesn't look under 20, then he or she must carry their ID documents. We are going to be very strict about their code of conduct. If they are troublesome or do not adhere to the rules, they

will be sent off." Tickets to the party are R40 and can be bought from the youth centre. Youth at-

tending will not be allowed to carry any refreshments into the party. Food and refreshments

will be sold at the party. For more information, contact Clive Pillay on 061-429-2574.



No alcohol, no drugs, no smoking and no bullying will be tolerated at the event.

CC Promotions Premier Chatsworth Auditions 2018

One of South Africa's top pageantry and entertainment organisation has become a household name in the four corners of KwaZulu-Natal. CC Promotions has undoubtedly become synonymous in the pageant and entertainment industry, and is one of KZN's most iconic and notable productions. Founded by Clive Chetty, this reputable organisation has always showcased young and old talent within the community, while also staying true to the ethos of community upliftment. The pageants organised have certainly served as a platform for participants to establish themselves in the modeling world and entertainment indus-

try and at the same time they are able to use this opportunity to make a difference in the community. CC Promotions thrives towards community upliftment and development and its premier pageants have been circled on the calendar as one of the most remarkable and highly recognised events in the province. It is a beauty pageant with a difference, Categories include: Master, Little Miss, Teen Miss, Miss, Mr and Mrs Chatsworth. For details, SMS or Whatsapp Clive Chetty on 072-127-1570 or 084-014-6123 or contact Jeshelle on 061-020-4977.

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Organisation hopes to improve the lives of quadriplegics and paraplegics

The QuadPara Association of South Africa (QASA) is an organisation, which represents the needs of quadriplegics and paraplegics in South Africa, with the vision that residents live up to their full potential. QuadPara is encouraging residents to take advantage of many projects which is offered. QASA's employment is a huge issue when it comes to people with disabilities and members are trying to break the barriers that confine PWD candidates in the workplace, and an appeal to prospective employers in this coverage will also be something that they would like to look at. They also offer desensitisation training to employers, who employ PWD candidates. Project co-ordinator of the organisation, Ronelle Lyson said, "We have also launched a new initiative called QuadSquad Clothing whereby we are collecting second-hand or old work wear to distribute to our members, who are going on interviews or who are starting their careers and are unable to afford to purchase clothing." Their mission is to improve lives by securing resources to advocate, educate, capacitate, support and mobilise. QASA's aims to combat quadriplegia and paraplegia through prevention strategies and support of research for cure, as well as

the protection and furthering of interests of quadriplegics and paraplegics by the formulation of national policy and strategy, in order to develop and ensure the full potential and quality of the life of quadriplegics and paraplegics. The organisation believes that the game changer is mainstream employment. "We have launched a nationwide campaign in sourcing gainful employment for all members. Employment has become a main focus at QASA as we believe this will uplift our members lives and ensure they have independence and are more self-reliant. We are attempting to create links with recruitment agencies as well as HR incorporates who are looking to hire persons with disabilities. An initiative that has branched off from the employment project is QuadSquad Clothing. QuadSquad Clothing is an initiative of QASA whereby we are requesting members of the public to donate their second-hand business attire/ clothing to QASA so we can distribute to members who are attending interviews or who are starting off their careers," she added. For more information, contact Ronelle Lyson on 031 767-0348 or email projectcoordinator@qasa.co.za



Some of the residents who have benefited from the organisation.

Welbedacht woman wins exciting trip for two on MSC Sinfonia with the Rising Sun

In celebration of Chatsworth Centre's 28th birthday, the Rising Sun hosted an exciting competition whereby one lucky shopper won two tickets to the MSC Sinfonia ship cruise from Durban to Nowhere. The ship cruise took place from No-

vember 25 to November 27 and the winner of the competition, Welbedacht woman, Valencia Govender (51) enjoyed sailing with the Rising Sun.



Dr Shunmugam is seen with his staff and Bash with Tash.

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Positive insights at World Diabetes Day programme

Dr Shunmugam together with his dedicated staff held an informative programme to commemorate World Diabetes Day, recently. Dr Shunmugam also presented a talk on the complications of diabetes and how to monitor it. "Diabetes is a major cause of complications like strokes, eye problems resulting in blindness, heart attacks, kidney disease and eventual kidney failure. Should you survive any of the above com-

plications, you are usually left disabled. This causes an enormous burden close family members," he said. The event was enthusiastically supported by the local residents and the first 100 residents, who attended were given a gift hamper. Entertainment was provided by Bash with Tash and DJ Tony from Savera Hotel.

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DAFTA gives back to seniors once again

Hundreds of senior citizens and elderly physically challenged residents were treated to a special day by the Durban Association for the Aged (DAFTA), recently. These individuals were honoured for their role in society. The successful initiative was held at the Durban South Service Centre Hall.

The organisation thanks all sponsors, volunteers, networking partners, the Department of Arts and Culture and the DAFTA team for their invaluable contributions towards the success of the event.

The day included motivational talks from several prominent people. The programme culminated with a sponsored lunch and hand-out of sponsored grocery hampers. Their smiles were a sight for sore eyes."



Some of seniors together with officials of DAFTA.



The Bayview Senior Citizens Club held a memorable Christmas party, recently. Members of the club were dressed to impress and are looking forward to the festive season.

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SAS Jalsena Naval Association says 'thank you' to dedicated members

The SAS Jalsena Naval Association held a special awards dinner and dance at the Blue Lagoon Conference Centre to honour and thank their dedicated club members for all their hard work and dedication towards the association. The organisation, which was formed in the early 70's with the South African Indian Council, made an appeal to the National Government to facilitate the training of Indians and incor-

porate them into the navy, army and air force. In September 1974, 33 recruits left for SAS Saldhana on the West Coast of South Africa to complete their basic training. On completion of their training, they returned to Salisbury Island to establish the South African Indian Corps Training Battalion (SAICTB). The SAICTB was a tri-service unit, training Indian youth, between the ages of 16 and 21, in general

subjects common to the three arms of services. After completing their 11 months of training, recruits were selected on merit to fill available Permanent Force posts, hence those who were not selected were placed on an unattached list at the citizen force unit. As early as 1977, it was decided to create a ship crest, the common consensus was that the emblem



The dedicated members of the SAS Jalsena.

should contain something illustrating the Indian culture, without giving preferences or offences to any one of the various religions. After much deliberation, a crest illustrating the steam ship Truro was chosen.

The Truro was selected because it brought the first batch of indentured Indians from Madras to Natal on November 16, 1862. During 1979, it was decided that SAICTB will be renamed and become a Naval Training

Unit. The new name was a culmination of two Hindi words 'JAL' meaning sea water and 'SENA' meaning warrior or soldier. Thus, the new name for the unit was SAS Jalsena. The new

crest was finally designed to represent the lion like fighting qualities in a maritime environment. The unit continued to train voluntary national servicemen until it was decommissioned in 1993.

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Local man makes it to Mr India SA top 10

After being selected to participate in Mr India SA, Shiv Ramsander of Bluff is one of the top 10 finalists who is ready to take on the world. The show which is set to take place in December, is a platform which is used to motivate excellence in young men and combines the arts, business, fashion, culture and life skills needed to develop an understanding between the different cultures and races in South Africa.

The excited 24-year-old Mechanical Engineer cannot wait to hit the catwalk and plans to use this opportunity as a platform to empower young people. Speaking to the Rising Sun Newspaper, the bubbly young man spoke about using his title if he wins to help change the community and world for the better. The objective of Mr India SA is to empower young men to become positive role-models who can impact the communities they serve and get the contestants actively involved in youth development programmes. "This platform also motivates excellence in young men and gives them the opportunity to make a difference in the lives of the underprivileged. We all have been groomed and trained with none of the contestants having any previous professional training. The event is a merging of our Africanism and Indian culture and more importantly being proudly South African. This is not a beauty competition, but rather a platform to grow the beauty of the mind and spirit. We want to grow global leaders," he said.

Ramsander believes that in life, your mindset, passion and actions determine your future and is grateful to be part of the top 10 finalists. "This belief has moulded me into a hard-working and determined young man, with the desire and drive to achieve anything and everything I set my mind too. I know that I

will encounter hardships, which will give me experience and lead me to success. My parents have taught me that humility, respect, loyalty and a strong sense of morals and ethics are key to developing a successful path in life," he said.

The optimistic extrovert who thrives on motivating and assisting others in achieving their aspirations says that his greatest strength is that he is an out of the box thinker.

"I am currently a co-founder and partner of a strategic Forex Institute which is a company that helps change people's lives by creating a passive income and teaching them how to invest smartly. We have around 100 students from around the country, between the ages of 18 and 60. We have already started teaching the new generation of leaders how to make money work for you instead of you working for it," he said.

The youth convenor and musician has also been described by friends as a fun and outgoing person who is a lover of fitness. He trains religiously at the local gym in Bluff. Ramsander who belongs to a temple organisation in Merebank shared that engaging in charity work and educating youth on the importance of religion, faith and the Indian heritage and culture is close to his heart. "I believe most youngsters lack proper guidance. If there's any advice I could offer, it would be to believe in themselves," he said. Follow the contestant on Facebook: Shiv Ramsander and on Instagram: Shivshuffler.



Shiv Ramsander who will be participating in Mr India SA.

Spread hope and goodwill this Christmas

The Bayview Flats Residents Association, which was established in 1999, is appealing to residents to support their 'Hope for Christmas' project. Despite their limited resources, members of the organisation have big hearts which allows them to work on various community upliftment projects and programmes.

Chairman of the organisation, Brandon Pillay said, "The annual hamper drive started almost 12 years ago and seeks to provide relief to 300 families annually. This is apart from the on-going soup kitchen and hamper distributions on a smaller scale during the year. Hope for Christmas is a project that seeks to give families a reason to smile during the festive season. It provides immediate social relief in the form of a food parcel with much needed supplies. We humbly appeal to you to kindly assist us either in cash or kind in providing these food hampers to make a difference in the lives of the less fortunate."

One hamper feeds a family of six to eight and lasts more than a month and they aim to reach 300 families with the cost per hamper being R400 each. "Companies and business houses can pledge to sponsor more than one family or 300 kind donors could sponsor one family each. Make a difference this Christmas and support Hope for Christmas and give these families a reason to smile.

May God be with you and your family over this festive season," added Pillay. For more information, call 031 400-6633.

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Events Guide

*All upcoming events need to be submitted on a Friday before 9am. No events will be accepted after the time stipulated. Events can be emailed to yoshiniperumal@gmail.com or faxed through to 031-459-8346.

THE CROFTDENE SAKTHIE SIVA SANMARKA KHAZAGAM will observe a prayer for the mother from 8am on Sunday, December 10. For more information, contact the secretary on 072-405-1029 or the priest, Bevan on 082-751-5129.

THE SHREE EMPERUMAL TEMPLE, situated at 10 Woodcrest Avenue, Croftdene will host the annual Karthigai Theepam celebration on Saturday, December 2 at 6pm. For more information, call 031 403-5885 or 073-776-2915.

THE WOODHURST SAI CENTRE will host spiritual activities at Woodhurst Secondary School. Satsang service will be held on Thursdays from 7pm to 8pm while bhajan practice will be held on Tuesdays from 6:30pm to 8pm. For more information, contact Lenny Archary on 073-533-7014 or Johnny Bisetty on 072-240-9385.

THE SHREE MURUGAR ALAYAM (Jacobs Road Temple), situated at 152 Jacobs Road, Clairwood, will host its 81st annual general meeting on Sunday, December 10 at 10am. Registration will commence at 9am.

THE MOORTON LIBRARY will host fun-filled programmes during the festive season. Christmas decorating will take place on Monday, December 11. Thereafter, the Christmas programme will focus on gift boxes, festive trees, the Christmas story and Christmas cards from Tuesday, December 12 to De-

ember 15 from 11am to 12:30pm. For more information, call 031 404-2870.

FORMER PINETOWN PRIMARY SCHOOL PUPILS from the years 1960 to 1963 will host a reunion in December. For more information, contact Ansuyah Archary on 031 266-8359 or 083-456-2004.

A FREE YOGA AND MEDITATION SESSION will be offered for residents over the age of 50 at Umlatuzana Primary School. For more information, contact Nalini Dela on 083-777-4641.

THE QUEENSBURGH HINDU TEMPLE SOCIETY will host a spiritual service every Monday at the Queensburgh Civic Hall from 6:45pm to 7:45pm. For more information, contact Jayshree Rajgopal on 072-426-1831.

THE BHAKTI MARGA SOUTH AFRICA (BMSA), situated at 22 Corné Place, Malvern, will hold their regular Om chanting every Monday at 6:30pm and regular Guru Puja and satsangs every Thursdays at 6:30pm. For more information, contact Tweeda Govender on 081-528-0360 or Meshree Rajikumar on 083-395-8800.

THE SILVERGLEN SOCIAL SOCCER CLUB encourages the community to watch a game of soccer every Sunday morning at 6:30am at the Avis Wood grounds in Silverglen (next to the SCDIFA Hall). For more information, contact Roy on

082-806-5378 or Kiruban on 082-562-1138.

ASOKA SECONDARY SCHOOL'S CLASS 1978-1981 will host a reunion in December. For more information, contact Kubeshni Govender on 078-312-5488, Jason Noel Chetty on 078-607-9876, Rubendren Naidoo on 082-925-4269, or WhatsApp Ingrid Naidoo on 083-389-6197 or email Ingrid.a.naidoo@gmail.com

THE SUDHA MANDIR, situated at 50 Damorasa Crescent in Moorton, invites residents to their weekly bhajan service held on Thursdays from 7pm to 8pm and on Sundays from 8am to 9am. For more information, contact Paul Naidoo on 082-781-5178.

CROSSMOOR SECONDARY SCHOOL'S class of 1981/2 will host a reunion. Former pupils are urged to contact S Udith on 072-806-1325 or email on shaniludith@gmail.com. The event is a build-up to their grand reunion, which will take place on Saturday, April 28, 2018.

THE WOODHURST SAI CENTRE will hold an education in human values class for children on Fridays from 6pm to 6:30pm at Woodhurst Secondary School. The classes are offered for children from five-years-old on wards. For more information, contact Lenny Gengan on 082-332-7441 or Lenny Archary on 073-533-7014.

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Mitsubishi reveals 2018 SA bound Eclipse Cross pricing Down Under

Headling for South Africa next year, Mitsubishi Australia has released pricing details for the new Eclipse Cross, hinting at what local buyers could expect.

Reviving a name last used in 2011 on the Galant-based sports coupe, the new compact crossover will go on sale Down Under on December 22nd, surprisingly only with a petrol engine and three model line-up.

As previously reported, petrol power for the Eclipse comes from a 1.5-litre turbocharged mill, which in Aussie spec develops 110 kW and 250 Nm of torque. For other markets, the four-pot cranks out 120 kW with torque remaining unchanged. A new eight-step CVT is the only transmission available with a choice of front or all-wheel drive.

The only other option, a 2.2-litre DI-D turbodiesel punching out 110 kW and 400 Nm linked to either a six-speed manual or eight-speed automatic gearbox, has been ruled out with Mitsubishi citing



low demand as the main reason.

Available in two trim levels, the LS starts the Eclipse Cross range off with noteworthy items being a seven-inch touchscreen display featuring Apple CarPlay and Android Auto, 18-inch alloy wheels, cloth seats, Adaptive Cruise Control, Lane Departure Warning and Hill Start Assist.

The top spec Exceed gets leather seats with heated front chairs, Heads-Up Display, panoramic roof, dual-zone climate control, surround view camera system, Blind Spot Monitoring, Rear Cross Traffic Alert and Lane Change Assist, as well as the Lancer Evolution derived Super Active Yaw (AYC) in the case of the AWD.

Pricing at \$30 500 (R316 762) for the LS before rising to \$36 000 (R373 883) for the Exceed, with the Exceed AWD retailing for \$38 500 (R399 847). South African spec and final launch details will only be announced closer to the Eclipse Cross' unveiling.

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Audi RS3 Sedan is performance bliss

Sean Nurse

There are one or two cars that arrive at the Autodealer office each year that I would genuinely consider buying, if I could afford them in an ideal world that is. One such car is the Audi RS3 Sedan, which became a "love at first drive" affair after a few hundred metres.

Does it look special enough?

There has always been a bit of debate surrounding certain performance Audi models and their tendency to err on the conservative side when it comes to their design. I feel that the RS3, in sedan

form, strikes the perfect balance between aggression and sophistication. There are massive air inlets on the front bumper, a large quattro badge on the lower bumper and at the rear, and two enormous exhaust tips on either side.

The great news for those who disagree with me and want a sportier look, is that Audi Sport will be offering its Performance Parts catalogue as optional extras within the local market. The best news of all is that many of these items such as the wheels, wings, stickers, exhausts and splitters are available for retro-fitting on existing Audi Sport models.

Driving RS3

At the time of driving the sedan version of the RS3, the updated Sportback hadn't been launched locally as of yet. Therefore, this was my first taste of the heavily revised five-cylinder turbocharged motor.

Aside from cutting an incredible 26kg from the previous unit, Audi has also made it more efficient and more importantly, more powerful. There's now 294kW/480Nm on offer, transmitted through a seven-speed S tronic gearbox to all four wheels via the obligatory quattro all-wheel drive system.

The result, with launch control activated, is an unexpected, addictive and astonishing lurch forward, which gets you to 100km/h from zero in well under four seconds, despite Audi claiming 4.1 seconds. It's not just the 0-100km/h time that's impressive though, it's the elasticity of the motor, which allows for really fast in-gear acceleration, making the RS3 fast pretty much everywhere.

In an era of rather generic turbocharged four-cylinder performance cars, the RS3's five-pot produces the sort of soundtrack that makes the driver and occupants look like human Howler Monkeys as they drive, mouths gaping in enjoyment.

There aren't many cars that I drive for the sake of



driving, but with the RS3, I found any excuse to take it out for a drive. I suppose that the appeal for me is in the fact that in terms of performance, this A3-based sedan will sit with machinery considered supercars as little as five years ago.

It's still an Audi

Another aspect of the RS3 that is a massive plus for potential owners, is that this is still an A3 underneath its aggressive body kit and big alloy wheels. The benefit of that is the impressive MQB platform and superb quality of the interior, meaning there's a capable everyday car beneath all the performance regalia.

As with the regular A3 Sedan, rear headroom is not ideal for taller occupants and the boost isn't massive at 310-litres, but being a sedan with four doors, it is still relatively practical. Being a performance car, not too many people care about its consumption, but it's nice to know that it's not excessive. I managed just over 10-litres/100km dur-

ing my four day stint with the car, which is still quite far from the 8.3-litres/100km claim. My test unit did have close to R100 000 worth of optional extras fitted, which is also typical Audi and pretty much any premium automaker these days. Some of the options included the MMI Navigation infotainment system, the Virtual Cockpit Display, Bang and Olufsen sound system, panoramic roof, carbon fibre interior trim, adaptive cruise control, S sports seats, red brake calipers and the gloss black styling package.

Verdict

Factoring in the optional extras means that my test unit was over R1-million, for an A3-based car. That being said, the level of refinement, comfort and performance on offer rivals many cars that cost many hundreds of thousands of Rands more. The RS3 isn't cheap, but as a package, it's difficult to beat.

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Nissan (finally) confirms all-new Micra for "early 2018" launch

Nissan has confirmed that its long awaited fifth generation Micra will make its official unveiling in early 2018, with the final date yet to be announced.

Shown at the Paris Motor Show last year and inspired by the Sway concept that debuted in Geneva in 2015, the new K14 Micra rides on the same platform as the current Renault Clio, and will supplement the existing K13 model now known as the Micra Active.

International models come equipped with a seven-inch touchscreen display, Bose sound system and a full suite of driver assistance system consisting of

Lane Departure Warning and Prevention, 360 degree camera system, Traffic Sign Recognition, High Beam Assist and Blind Spot Warning, as well as Intelligent Braking with Pedestrian Detection.

Motivation comes from the same range of engines powering the Clio, namely the familiar 66 kW 898 cc turbocharged three-cylinder, a 55 kW normally aspirated 1.0-litre triple and a 1.5-litre dCi turbodiesel punching out 66 kW. A five-speed manual gearbox is standard fare across the range.

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Spies testing on a number of occasions earlier this year, BMW has unveiled the updated i8 at the Los Angeles International Auto show, as well as the new fabric-top i8 Spyder.

While exterior changes to the Coupe are subtle with mostly new alloy wheel designs, Coupe badging on the C-pillar and an assortment of colours, the new Roadster features an electrically folding roof BMW claims can be lowered or raised in 15 seconds at speeds up to 50 km/h.

Incorporating aluminium in its construction and storing in a specifically designed vertical recess in a Z-shape to take up as little boot space as possible, the Roadster ticks the scales at the 60 kg more than the Coupe with a claimed weight of 1595 kg, meaning boot space of some 88-litres.

The biggest change for both models though is a new battery pack and slight revisions to the 1.5-litre turbocharged petrol engine. While the petrol mill continues to punch out 170 kW and 320 Nm of torque, a new 11.6-kWh lithium ion battery pack replaces the old 7.1-kWh unit for a nine kilowatt jump in power to 105 kW with torque unchanged at 250 Nm.

This means a combined system output of 275 kW, translating to a limited top speed of 250 km/h, and 0-100 km/h in

4.4 seconds for the Coupe and 4.6 seconds for the Roadster. According to BMW, the new battery provides an all electric range at up to 120 km/h for the Coupe of 55 km and 53 km for the Roadster.

As before, a six-speed Steptronic gearbox sends the three-pot's power to the rear wheels, while the electric motors' grunt in send to the front wheels via a two-speed automatic 'box, in effect resulting in the i8 being all-wheel drive. Unlike its exterior, changes to the interior include new seats, updated trim pieces, the Professional Navigation sys-

tem displayed on a 8.8-inch screen and a model specific Heads-Up Display. Sales are due to commence in May next year with BMW South Africa yet to confirm final pricing and the exact launch date.



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One of South Africa's top pageantry and entertainment organisation has become a household name in the four corners of KwaZulu-Natal.

CC Promotions has undoubtedly become synonymous in the pageant and entertainment industry, and is one of KZN's most iconic and notable productions.

Founded by Clive Chetty, this reputable organisation has always showcased young and old talent within the community, while also staying true to the ethos of community upliftment.

The pageants organised have certainly served as a platform for participants to establish themselves in the modeling world and entertainment industry and at the same time they are



Early entrants who are looking forward to the event.

able to use this opportunity to make a difference in the community. CC Promotions thrives towards community upliftment and development and its premier pageants have been circled on the

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Durban Skydive Centre Competition winners



Ronnie Naidoo



Meril-Lee Tethoo

Durban Skydive winners drawn: In celebration of Durban Skydive's 15th birthday, two first jump course vouchers, which includes the course and one jump to the value of R1550, were given away to lucky winners, recently. The winners were drawn at the Rising Sun offices in Chatsworth, last Thursday. Winning the experience of a lifetime were Meril-Lee Tethoo of Queensburgh and Ronnie Naidoo of Merebank.



Three-year-old Danielle Ramthal Singh shared her birthday with Chatswood Senior Citizens on Thursday at the Woodhurst Library. The large gathering showered the child with gifts and well wishes.



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SA students at greater risk of depression and anxiety

Apart from exam stress and the pressure to perform and fit in, SA students also face a barrage of socio-economic challenges such as potential rape, victimisation and destructive protests on campus that could make them more vulnerable to anxiety and depression. The recent violent protests that again erupted at the University of Cape Town (UCT) and the Cape Peninsula University of Technology (CPUT) is a case in point. Several students were arrested for violent protests at UCT and angry students torched lecture rooms, which saw classes being suspended at CPUT. Similar protests seem to have become the norm at tertiary institutions across the country with fears of riots intensifying again in the lead up to this year's final exams. A 2015 study that was conducted revealed that among 1,337 students of varying backgrounds found that as many as 12 percent of university students experienced moderate to severe symptoms of depression and 15 percent reported moderate to severe symptoms of anxiety. Shouqat Mugjenker, a mental health portfolio manager pointed out that nearly a quarter (24.5 percent) of students who participated in the survey reported some form of suicidal ideation two weeks prior to being interviewed. "This is higher than the 9.1 percent prevalence that is reported for the general South African population and higher than the 6.3 percent and 11.4 percent prevalence reported among college students in the US and Turkey respectively," he explained. Suicidal ideation is when a person has thoughts about killing him or herself, but does not include the final act of following through on these thoughts. Being a student involves a lot of change and uncertainty as they transition from



A 2015 study that was conducted revealed 12 percent of university students experienced moderate to severe symptoms of depression and 15 percent reported moderate to severe symptoms of anxiety.

adolescence to adulthood. "The added stress to perform in a highly demanding environment, whilst developing a capacity for intimate relationships and trying to establish their own identity, often makes them more prone to developing depressive tendencies. Some SA students also fear for their own personal safety on campus, which could further exacerbate matters and make them more anxious – often a pre-cursor for depression," he remarked. Mugjenker added that students also have to deal with all of these challenges before their brain is fully mature since the prefrontal cortex – the part of the brain that helps you to reason and control impulses – is only fully developed by the age of 25. "As a result, teenagers and young adults process information differently since they use the amygdala – the emotional part of the brain to analyse information. That's why you will find that younger people are less risk averse and give in to peer-pressure more so than older adults. Their reward-seeking tendencies however

could also lead them to experiment with pleasure-inducing substances like drugs and alcohol, which could lead to a dependence and depression over time," he stated. Mugjenker said even though it may be difficult to pinpoint depression in someone, there are some tell-tale signs to look out for in young adults. These include: A loss of interest in activities that they used to enjoy

- Being less sociable, withdrawing from their peers and spending more time alone
- Lack of energy, increased fatigue
- Poor concentration and inattentiveness while in class or social situations
- Erosion of self-esteem and increased feelings of hopelessness
- Finding it difficult to fall asleep or waking up often during the early hours of the morning
- Overindulging in alcohol as a possible escape or to numb the pain of loneliness
- Low sex drive
- Significant weight-loss or weight

gain

- Suicidal thoughts or attempts

In South Africa, accessing mental healthcare remains problematic and even though most academic institutions provide professional student counselling services, these are often overprescribed. Consequently, students are unable to access even minimally adequate care to support their mental well-being. Students who suffer from ill mental health and don't receive the required treatment are also at greater risk of academic failure and are more likely to drop out of university. Interventions at universities and other tertiary institutions still predominantly rely on traditional approaches to psychotherapy, such as one-on-one counselling which most students can't afford and may also not be suitable for all students. In the absence of sufficient accessible and affordable public mental healthcare in SA and tertiary institutions, Pharma Dynamics has developed an e-intervention, called Let's Talk, which aims to support students with mental health concerns. The portal encourages individuals to open up and share their struggles and advice regarding mental illness in a safe space, where trained psychiatrists offer support and encourage sufferers to take an active step in their own recovery via psychotherapy in the form of videos and webinars; advice about medication and alternative therapy options; educational literature and nutrition. Mugjenker said the Let's Talk platform aims to address the barriers which prevent students from accessing needed psychological care and could help young adults to identify risk factors in themselves and fellow students before their illness reaches a debilitating stage.



Former stalwarts reunite

The former stalwarts of the SAPS Indian Police College reunited, recently. Captains, Raju El-lapen and Saravanan Govender, were two of the stalwarts, who enjoyed catching up and reminiscing on the past.



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Residents with disabilities at a previous event at the youth centre.

People with disabilities invited to seminar

Chatsworth Cheshire Home, an organisation that caters for the needs of people with profound mental and physical disabilities, will host an open day for all people with disabilities on Wednesday, December 6, from 10am to 1pm at the Nelson Mandela Chatsworth Youth Centre. People attending will be given an opportunity to engage with the different government departments and other stakeholders, with the theme 'Building resilient, accessible and sustainable communities' for people with disabilities.

Chatsworth Cheshire Home is a non-profit organisation that has been in existence since 1971. They provide a range of services including residential care for children and adults, rehabilitation and stimulation, physiotherapy services, early childhood development, social work services, early identification and prevention programmes, and an edu-care centre while enabling residents to enjoy an independent living facility. The intention of the event is to get disabled people talking about their difficulties and challenges faced in their living environment, working environment and elsewhere. The talk or seminar is an empowering and uplifting event that will play an essential part in promoting an equal, accepting and immersive society for everyone. All residents with mental and physical disabilities are invited to attend the event. For more information, contact Winnie Gumede on 031 401-8281 or 079-341-6435, Mark Pillay on 076-708-6606 or Clive Pillay from the youth centre on 061-429-2574.

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The Montford Senior Citizens Group held their annual sports day, recently. Seventy-six-year-old George Govender was one of the recipients of an award at the sports gala. Seen is the chairman of the club, Molly Govender, together with secretary, Links Validum, recipient, George Govender and vice chairman, Gops Pillay.



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Representatives of the ADF and Pick n Pay at the cake cutting ceremony.

Anti-Drug Forum commemorates World Aids Day

The Anti-Drug Forum, in partnership with Pick n Pay Chatsworth, commemorated World Aids Day on Friday. The main objective of the programme was to educate and empower community members on the subject. HIV/ Aids affects millions of people around the world. In support of awareness, the red ribbon is worn.



Members of the Montford Senior Citizens Group were showered with love when Zubie Kadar celebrated her 70th birthday with the group and her family, recently.

Classic Monopoly gets a Durban twist

The Monopoly Durban edition, which features Durban's iconic marine theme park, uShaka Marine World and one of the anchors of the city's legendary Golden Mile is something to really be excited about. uShaka Marine World's relationship with Monopoly began last year when South Africans voted it as one of the key national destinations to be included on the South African edition of the global board game. The exciting game first came out in 1935 and, since then, it has been played by more than 500 million people in 111 countries and in 43 different languages. Over the past few years, numerous regional country versions of Monopoly have been produced. Monopoly owners, Winning Moves, UK, announced that they'd



The exciting Monopoly Durban edition.

be compiling a Durban version in May this year and have worked around the clock on the board design and production to get it ready for the 2017 festive season. uShaka's Monopoly neighbours will include the likes of Kingsmead, Kings Park, the Pavilion Shopping Centre, the Oyster Box and many more. Celebrating the

launch of localised Monopoly, CEO of the marine world, Stella Khumalo, said that half the fun was playing a game where one could land on landmarks that were a part of the Durban lifestyle with which we are all familiar. "uShaka was created as the kingpin of the Point Waterfront precinct so we are quite at home with

being regarded as an integral part of the Durban property game. We also pride ourselves in forging strong relationships with other key stakeholders in the Durban tourism sector so we are well acquainted with our neighbours both on the Monopoly board and off," she joked.

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Did the Police have a Warrant of Arrest? Your arrest may be unlawful and you may have a claim against the Minister of Police. **Have you been injured in a Motor Vehicle Accident?** You may have a claim against the Road Accident Fund. Contact our offices for a free initial 30min consult to see whether you qualify for a claim for damages against the Minister of Police or the Road Accident Fund at no cost to you
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AS114749

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Shaun: 0828559553
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0846086322

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0618437900

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Reasonable Rates

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8 Ton & 16 Ton, rubble removal, sand and stones

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0840159710

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0732192489

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AS115805

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0829687888

CK143997

UMHLATUZANA 212 CHATSWORTH MAIN RD

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AS115813

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CK143982

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073 400 2770

AS115760

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0842063800

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0735113603

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CK143861

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RD 751

Vacancies

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3 beds, very neat.
SHALLCROSS - R1250M
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SILVERGLEN - R1200M
3 beds, 2 lounges, ensuite, guest toilet plus granny cottage + basement
SHALLCROSS - R550K
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2 beds SS very neat
UMHLATUZANA - R1.550M
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SHALLCROSS
R1380K - Free standing, walk in 3 b/room home with ensuite, f/fitted kit and servants quarters
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R2800 PM Excl
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MOORTON R820K
2 bed, move in ready
CROSSMOOR
R550K - 2 beds
WELBEDACHT
Land - R200K
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SILVERGLEN - R899K
4 Beds, lounge f/f + scullery. Very neat property
CROSSMOOR - R475K
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Lots to offer
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R1.4M
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MOORTON - R760K
4 beds with 2 bed granny flat
CROSSMOOR
R650K
3 beds, f/f kit
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R995K - 3 Beds single garage + dbl carport
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SHALLCROSS
R995K - 3 Beds single garage + dbl carport
WESTCLIFF
R1.8M - 6 beds, 2 lounges, 2 x kit, dbl garage, 2 balconies, sundeck with undercover parking
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VINAY GOVENDER & ASSOCIATES NOTICE

In the estate of the late Sarasvathy Coopsamy ID. Number: 480423 0631 088 Date of Death: 23rd April 2017 Address: 98 Topaz Avenue, Moorton, Chatsworth Estate No: 014247/2017 DBN Creditors and Debtors in the Estate are hereby required to file their claims with and pay their debts to the undersigned within 30 days from the date of publication hereof. Dated at Hillary on the 21st November 2017. Vinay Govender & Associates 175 Stella Road, Hillary. Postal Address: P.O.Box 31032, Merebank, 4059 Tele/fax: 031 464 6158

Aum Namah Shivaya 16th Day Ceremony

The family of the late Selvanthan Govender Invites family and friends to the 16th Day Ceremony to be held at Venue: 19 Bluejill Crescent, Moorton, Chatsworth Date: 07/12/2017 Time: 5pm - 6pm Supper 7pm - 8pm Service We express our heartfelt gratitude to family & friends for their support. Sadly missed by loving wife Saroj, children, mother-in-law, sisters, brothers, son-in-law, daughter-in-law, family & friends

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‘Bug Wise’ app launched to curb antibiotic resistance

Antibiotic resistance (ABR) has increased worldwide, largely because of the overuse and misuse of antibiotic medications, but if left unchecked, experts fear it could claim up to 10 million lives per annum at a cumulative cost of USD100 trillion by 2050. The threat of antibiotic resistant superbugs is becoming increasingly common in South Africa too and it is estimated that up to 80 percent of all antibiotic scripts in the country are predominantly for acute respiratory tract infections like sinusitis, bronchitis and pharyngitis. These infections are mostly of viral origin and shouldn't be treated with an antibiotic. It is estimated that 60 percent of these antibiotic prescriptions are inappropriate. Misuse of antibiotics has resulted in multidrug-resistant (MDR), extensively drug-resistant (XDR) and pan-drug-resistant (PDR) bacteria, which are being reported more often in South Africa and the threat of this potentially becoming our worst nightmare was already highlighted in a 2008 publication in the South African Medical Journal (SAMJ). According to Annemarie Blackmore,



The new BugWise app that can be downloaded from any app store.

the window of opportunity to control ABR is rapidly closing, hence the urgency to launch inter-

ventions that will reduce excessive antibiotic prescribing. One such intervention is the new Bug-Wise app developed by Pharma Dynamics to support Antibiotic Stewardship programmes. The BugWise app aims to reduce the emergence of resistant bacteria, caused by inappropriate use of antibiotics, by making relevant and updated information readily available. Blackmore described BugWise as a one-stop-app for doctors and patients alike. "The app has been designed with the busy physician in mind and will help healthcare practitioners in private and public healthcare settings to optimise treatment while minimising antibiotic resistance. For example, doctors can input a patient's information, such as diagnosis and chronic medications that they're on, directly into the app and receive treatment recommendations specific to that individual. The app also allows doctors access to ABR surveillance data, which keeps them up to date on resistant strains that are prevalent in the area," she said. Patients on the other hand will be able to research information on their diagnosis, along with the medication they have been prescribed. The app will inform them about antibiotics and the dangers associated with incorrect use, as well as some useful tips on how to prevent infections. They are also able to set reminders to take their medication at the correct times. Blackmore further highlighted that health topics, such as ABR, tend to be ineffectively communicated to the public. "Since most people have access to smartphones these days, we see huge value in the use of alternative and sustainable education resources such as Bug-Wise. Educating the public is an extremely important factor in tackling ABR, as often patients put pressure on doctors to prescribe antibiotics and may not understand that often their illness is likely caused by a virus which cannot be treated with an antibiotic," she added. Key features of the app include general alerts around updated drug monographs, access to the latest medical and scientific publications and articles related to ABR, detailed microbe and medication information, drug interaction checker, antibiotic duplication checker, dosing calculators; and importantly, surveillance data. The BugWise app can be accessed via both android and iOS phones, and be downloaded from any app store. Blackmore said the reasons driving excessive prescription of antibiotics are multifactorial, but perhaps most importantly, is the overlapping clinical features of viral and bacterial infections making it difficult for GPs to distinguish between patients that would benefit from an antibiotic and who wouldn't. [Professor Guy Richards, a specialist said the BugWise can help doctors to optimise patient outcomes while minimising antibiotic resistance at the click of a button. "We're very excited about the app, specifically because it can be customised to include statistics for specific locations to incorporate local sensitivity patterns. BugWise makes this kind of information available to doctors in a much more efficient and accessible manner, which is ideal for busy doctors who have limited time," he added.

Memorial Notices



In Loving Memory of My Beloved Mother
Kogie Reddy

05/12/1959 – 21/03/2015

Happy Heavenly Birthday Mummy

Another second, another minute, another hour,

Another day, another month,

Another year gone by,

As each one painstakingly passes,

A grim reminder that you are physically no longer with me,

But, As each one passes,

I feel you walk beside me,

I know that you are here with me,

I feel your presence, I hear your voice, I see your smile,

I know that you are my guardian angel,

When I pray to God asking him to send you to me,

He answers, He sends you to me in my dreams,

ever so real,

And I live with Gods Promise, that I will meet you on that bright and shining morning, on that Beautiful Shore

Forever in my heart,

I will love you till the end of time Mummy,

Your Only Son, Reagan Sands Reddy

Funeral Notice

Roy Benson Theophilus

17/10/1951 - 01/12/2017

We knew little that morning that God was going to call your name. In life we loved you dearly, in death we do the same.

It broke our hearts to lose you, you did not go alone, for part of us went with you, the day God called you home.

You left us peaceful memories, your love is still our guide, and though we cannot see you, you're always at our side. Our family chain is broken, and nothing seems the same, but as God calls us one by one, the chain will link again.

The funeral of our Dad will take place on

Date: 9 December 2017

Venue: Harbour Lights Tabernacle, Shallcross

Time: From 10h30 - 14h00 and thereafter will

proceed to the Mobeni Heights Crematorium

Thank you for the many kind messages of

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Enquiries: Brent: 083 553 9753

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Chairman of the club, Dees Govender presenting a trophy to the sportsman of the year, elite runner, Ciarikai Madawo.



All of the awardees for the evening proudly display their accolades.



Businessman, Glen Pillay being presented with a certificate of appreciation from club official, Jay Moodley.



Jay Moodley presenting a certificate of appreciation to Dr Santosh Bridgemohan.



Seen are the sponsors and officials of the Chatsworth Athletic Club.



Jay Moodley handing over a certificate of appreciation to Ishara Dhanraj and CEO of the Rising Sun Community Newspapers, Vijay Maharaj.



Pud Maharaj presenting a token of appreciation to local philanthropist, Steve Chokalingam.



Seen with their accolades are youngsters: Aneesha Kader and Ryan Nundlal who encourage the youth of Chatsworth to join the athletic club.

Chatsworth Athletic Club hosts glittering awards ceremony

It's official! The Rising Sun's CEO, Vijay Maharaj had announced that the Rising Sun Community Newspapers has been awarded the naming rights to the Chatsworth Athletic Club. The new name of the Chatsworth Athletic Club will be known as the Rising Sun Chatsworth Athletic Club.

At a glittering awards presentation on Saturday night at the Wespark School in Malvern, dedicated members and athletes of the club were honoured for their dynamic leadership, meritorious contribution and bringing top honours to their club. The elite athletes were also awarded for their hard work, perseverance and social commitment throughout the year.

Programme director for the night, Jay Moodley who had done an exceptional job welcomed all guests, sponsors and patrons to the function. Chairman of the club, Dees Pillay who also welcomed the large crowd said without the support and goodwill of the sponsors of the club, it would not have grown from strength to strength. Govender said that there is still more work to be

done to bring in more membership to the club but 2018 will be exciting times as it is official that the Rising Sun Community Newspapers will carry their new name on all their brands and T-shirts. Govender praised his executive team for their sterling performance in administration and other areas of the club. He welcomed the Rising Sun CEO, Vijay Maharaj to the podium, who confirmed the name change. Maharaj, who is excited to be part of this momentous celebration, said together they will make the club grow from strength to strength. He added, "In the past, the Chatsworth Athletic Club boasted a high membership but in recent years, it had declined. We need to pick up these numbers. I also enjoy a healthy relationship with an excellent team of dedicated members whose commitment and dedication cannot be questioned." The awards evening ended with a sumptuous dinner followed by a dance and light music.

For more pictures from the awards, visit our website at www.risingsunchatsworth.co.za

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The 2016 top three winners in the singing, drama, modelling and dancing categories.

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Do you have a passion for singing, dancing, drama, stand-up comedy or modelling? Then why not enter the Dare to Dream Talent Search. The exciting event, which is being held by Dream Studio, provides a platform for local artists to showcase their talent and at the same time, be given exposure.

This year, there is a category for the 'Most Talented Grandparent' as well and that will certainly add to the fun and excitement. Described as a show with a difference, the Dare to Dream Talent Search, has since inception, uplifted and inspired many youngsters throughout Durban and surrounding communities.

It's all about the inspiration so be sure to enter! If you can dream it, you can do it. Remember, participation is free and all winners will receive

major trophies in the various categories and a free recording courtesy of Rajive Mohan of House of Audio. All participants will also receive a trophy to thank them for their support.

The Dare to Dream Talent Search is scheduled to take place at Northmead Secondary School on December 17 and formalities are expected to commence at 2pm. Judges are Roshan Singh, Jackie Balram and Shanice Jasmine Subbiah. Should residents require more information in this regard, they are more than welcome to send a WhatsApp message/ SMS to 072-459-2247. Participation is free. Terms and conditions apply. Those between the ages of five and 16 will only be eligible to enter. Grandparents of any age and any talent may enter. Book your seats immediately as space is limited.



The Arena Park Volleyball Squad who went on to win the plate section of the tournament.

Fun and excitement at Masters Volleyball tournament

The Masters Volleyball tournament, which was moved from Arena Park Secondary School grounds to the Durban University of Technology, due to inclement weather, was nevertheless extremely successful.

The tournament caters for men over 40 and women over 30. Chatsworth had four male teams and one female team participating.

The tournament is orchestrated by the LOC from the Masters Chatsworth volleyball clubs, Vinesh Seeban from Apolla VC, Rakesh Chokay from Arena Park VC, Rowen Valaitham from Dolphins VC, Michael Jacobs from Sporting Club Meadow and Ajith Maganlal, president of CDVA.

The idea of the tournament was to bring the sport of volleyball back to life in Chatsworth, to entice and display to the youth how volleyball is played

by and create a level field for the youth to play on.

The action with vibrancy was electrifying being fiercely contested with the likes of Liberte, Avoca, Fairburoz, SAPS, Correctional Services, DELFOS, and the LOC clubs all going for honours. Tongaat's Liberte VC stood out as winners. The female section was a hotly contested final with eventual winners Tongaat Legends overcoming Chatsworth Dolphins ladies. Arena Park Volleyball Squad won the plate section of tournament.

LOC took on a task to honour past players, administrators and facilitators from community for their contributions to the sport both on and off the field. The likes of Marci Harold, Nad and Kamala Govender, Size and Desiree Vardhan, Beverly Pe-

ters, Veeran Singh, Anand Sookraj, Rueban Paul, Premmie Jeeva, Peter Gumil to name a few were honoured.

From the outset and planning of the tournament, the ABH Children's Home became a benefactor to the LOC. Players, spectators and the general public participated in the toy run which was a great accomplishment. All proceeds from the tournament will be handed over to the home.

A committed effort will definitely ensure the 2018 tournament be held in Chatsworth.

The CDVA wants to reignite the sport in the community and everyone is encouraged to liaise with Ajith Maganlal on 073-819-8259.

Public warned of impersonators

Members of the public should always be on the lookout for impersonators who claim to be employed by security companies or other service providers, and never allow anyone onto their property without first checking their identity. "Impersonators are a problem for many industries, especially in the service sector. There will sadly always be criminals who pretend that they are checking your alarm system, installing your new Wi-Fi network, or fixing a

municipal water leak in your garden. They are trying their luck by taking advantage of the public's good nature," said Ivan Govender of a local security company. He said it is imperative for homeowners to take certain precautions, to not let their guards down and be taken in by such scams and 'con artists'. Domestic staff should also be fully briefed and warned not to allow strangers onto your property. "If you are expecting contractors or deliveries please en-

sure you brief your staff ahead of time," he added. Domestic workers play an integral part in any home security system and it was critical that they are empowered and equipped to look after their own safety, as well as the safety of anyone else on the property such as children they may be looking after. "Everyone wants and deserves to be safe, no matter who they are and where they work. In the same way that you should share safety tips with your friends and loved

ones, you should also share it with anyone that works on your property," added Govender.

NASCA launch at Township Hyper

NASCA has officially launched their product range at Township Hyper with prices you would not believe! Select purchases qualify for free samples as well. See advert for details.

NASCA's motif is 'Premium Quality' and lives up to its name. Prices at launch are roughly a third off the retail value so take advantage by stocking up on items you use regularly. The range includes a multi-purpose spray, a two part epoxy steel, black in clear silicone, black car silicone sealer, contact adhesive and high heat aerosol sprays



Seen is Saheema with the NASCA launch offer at Township Hyper.

in black and silver. Look out for amazing additions to this range at Township Hyper in the new year. Launch prices are till December 10, 2017 and while stocks last, so don't delay.



Paul Hariram together with Saroj Chetty.

Monthly trips competition enjoyed by bowling team

Members of the Chatsworth Bowling Club spent their Saturday afternoon enjoying their monthly trips competition, recently. The games created much interest and excitement

with all the participants challenging each other. The team led by Paul Hariram and ably supported by Saroj Chetty and Tarika Hariparsad emerged the eventual winners.

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Fishing:

A very successful Shad fishing competition was held on Friday by KZN Rock and Surf Angling Club at Reunion Beach, Isipingo. Top anglers were Jade Naidoo with a 3.33kg Shad, Nadeem Bux (2.75kg) and Viresh Motheelall (1.9kg). Shad season opened on December 1 and many anglers are reported big catches all along the coast. Pravesh Rajkoomar fished on Thursday, last week with skipper, Haldane on Fishing Online and landed a variety of species including Salmon, Rock Cod, Reds, Dorado and the cherry on top- a magnificent Black Marlin.

Weather:

Expect cloudy and cool conditions Tuesday to Thursday with some chance of rain. Winds will be light and variable initially then will blow constant North Easterly from Thursday till Sunday. Temperatures will pick up on the weekend.



Pravesh Rajkoomar with a fine Black Marlin he caught off Durban, recently, from Charter Boat Fishing Online skippered by Haldane.

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The Bayview United team have several more victories to their name.

Bayview United's under 17 team excels at tournaments

Bayview United's under 17 team claimed another title for the season when they won the Tyron Memorial Junior Cup final, one to nil against Crossmoor Crusaders. It took an outstanding bit of link-up play late into the second half of the match to break the dead lock. A dashing run forward by Liwzi Chiliza with the ball saw him pass with Mubarak, who set up the perfect lay off for Liwzi to have a shot. It was a brilliant well trained link-up between them. There was an outstanding work rate and play by the man of the match, Abdul Mola (Eric), who never sat back as he kept working harder and harder as the game went on to help his team to achieve the victory on the day. All in all, it was an outstanding season for the Bayview United under 17 division as they had won all titles that were up for grabs this season. First winning the Lab Supply Cup early in the season then building on that with claiming the Ravi Govender Memorial Cup and now the Tyron Memorial Cup and not forgetting, the under 17 league title undefeated. Players who stood out this season were captain, Joshua Pather, who led the team with a lot of passion. He never gave up. He was always there to motivate the team on field when they needed it most. He certainly led by example of what a captain should do. The team has showed

great team spirit passion and energy throughout the season. President, Pat Naidoo said, "I must congratulate Justin Govender, Krish Govender and the under 17 squad for winning the Tyron Memorial Cup and also winning all the other cups that were offered in their division. After some real hard and trying times, Brenden steered his under 15 side to a great victory in the finals." Assistant manager for the under 15 team, Kanna Pillay said, "We played excellent football and controlled the game from start to finish. The boys have been working really hard in training to achieve this cup victory. Andile Selby Zituta scored the first goal with a brilliant cross from Malwande Linda Mzilema, who was nominated the under 15 player of the tournament. The second goal was scored by Mongezi Amahle Siwela." The leadership had foresight in the team-building session at Margate in January. Junior focus and development was top of their agenda. PRO of the club, Gary Moodley said, "There is no greater feeling when an organisation sets out goal plans and targets and successfully achieves them. Credit must be given to strong president, officials, managers and players in making Bayview United Sporting Club a powerful organisation."

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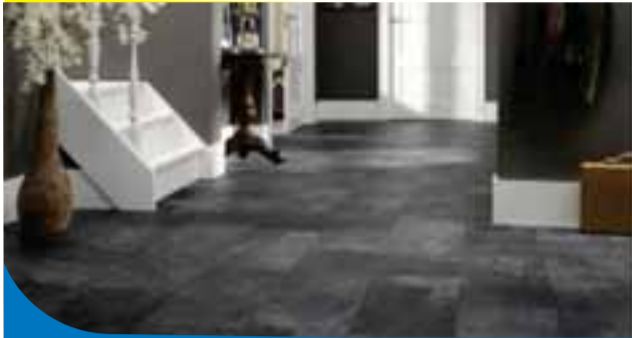
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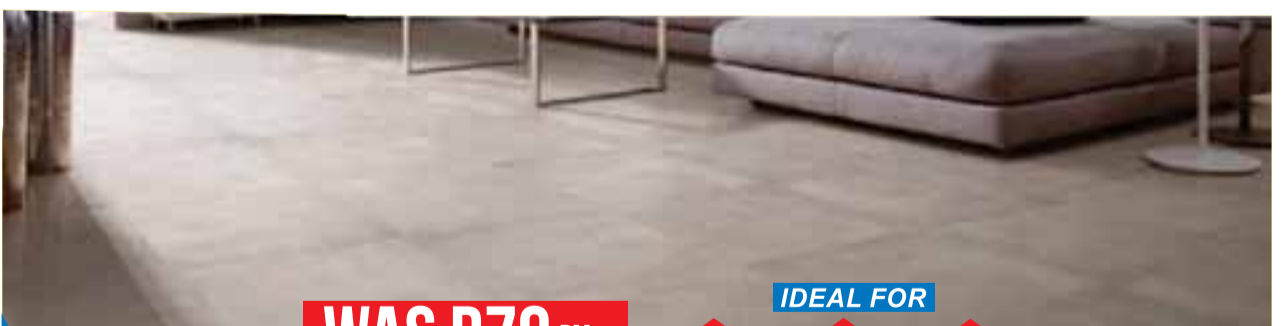
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