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# Dad killed in cold blood

Twenty-nine-year-old father, Maqsood Alli, was robbed of ever having the chance to hold his newborn baby after he was shot and killed inside a bank on Chris Hani Road, on Monday afternoon. The Newlands West resident had accompanied his boss to the FNB branch in Briardene to make a cash deposit that afternoon when the tragedy struck. Evasin Govender, HR manager at Hassim's Packaging in Springfield Park, where Alli worked for eight years, spoke to the Rising Sun and recalled his colleague's last moments with them. "Maqsood was supposed to be on leave on Monday but had come in to work to check up on things. He had been in and out of hospital as his baby was born premature and in ICU. Maqsood didn't even come in with uniform, he came dressed in short pants and a T-shirt. He then decided to go with one of our directors to the bank to do the cash deposit." Govender said that as Maqsood and his boss were entering the bank, a man wearing a balaclava was running towards them. "He hit Maqsood on his head and he fell to the ground. He was shot in the left side of his chest and then robbed of the cash," said the distraught Govender. The perpetrator had fled in white Audi driven by another suspect. Describing Maqsood, the manager said that he was a humble and outgoing per-

son, who never held grudges against anyone. "He was always willing to lend a hand and had a very giving nature. In fact, he had bought two sheep and was supposed to hold a feeding distribution for underprivileged children this weekend," he added. Govender pointed out that Maqsood's main concern was his newborn baby, who was in ICU. "He became a father two months ago and now will never get the chance to hold his baby in his arms ever," he continued. Maqsood's traumatised and distraught mother, Hasina, 50, of Newlands West, said that the incidents surrounding her son's death are sketchy but all she knows is that she received a call from her son's boss informing her that he had been involved in an incident and she must come to the bank. When she eventually arrived, it was too late. He was already dead. This is the second tragedy for the mother, who lost two children in a tragic car accident, two years ago. Alli said they had just completed a prayer for their two sons, who died instantly in a car accident two years ago. "The driver of the vehicle sped off and is still at large. We have not received closure following their deaths and now to bury Maqsood is not only painful but opens old wounds. Maqsood was a gentle giant who was also known as a peacemaker.



Maqsood Alli who was shot dead inside a bank in Briardene on Monday afternoon.



Police and paramedics at the scene of the robbery on Chris Hani Road.

I remember when he should play soccer with the boys on the road and if they got into an argument, he would intervene in a calm voice and say, 'just forget it, it's only a game'. Now my husband and I are left alone. My three sons are gone

forever," said the teary-eyed mother. She added that she would appreciate if the police could work around the clock to apprehend the perpetrators. "They need to be brought to justice and must pay for their crime," she said. Accord-

ing to police reports, it is alleged that at about 2:55pm, two men went to the bank to deposit money when they were attacked by two armed suspects. The suspects took two boxes containing cash and fired shots at the men. Provin-

cial police spokeswoman, Cpt Nqobile Gwala, said, "One of the shots struck the victim on his chest. He was declared dead at the scene." No arrests have been effected at this stage.

## Shootings claim one life in Newlands East

The community of Newlands East has been rocked by shootings which claimed the life of Ncebo Khanyile on Sunday. Newlands East SAPS are currently investigating charges of murder and attempted murder after a shooting occurred in Newlands East on Sunday. "Newlands East SAPS reported to the scene after a complaint was raised by the community of a shooting in the area. It is alleged that it was an altercation between two rivals that left one of the members shot dead and another one wounded in the neck. The victims were

rushed to the nearest hospital," said KZN police spokeswoman, Cpt Nqobile Gwala. It's believed that Khanyile was allegedly killed as he owed a drug runner R400. Following this incident, another shooting occurred after the family of the deceased concluded a prayer meeting on Tuesday evening. Charges of attempted murder and malicious damage to property were opened at Newlands East SAPS. It is alleged that on Tuesday at around 8:15pm on Tandipa Road in Newlands East, two people were shot by unknown suspects. Two other vehicles sustained damages. The injured victims were taken to hospital for medical attention," said KZN police spokeswoman, Cpt Nqobile Gwala. DA PR councillor, Shontel Asbury, said the shootings in Newlands East are getting completely out of hand. "Parents actually need to speak to their children about this bad and unruly behaviour. I think the shootings are all drug-related and the abuse and trade of drugs is out of control in Newlands. The police need to take charge and start doing something about the drug problem in the area. We don't condone and tolerate shootings and the perpetrators need to be arrested. This scourge needs to stop," she said. A local resident who spoke on condition of anonymity, said the situation in Newlands East is tense due to fights between rival gangs. "Children are being used to sell drugs and homes are being broken to the ongoing drug problem in our community," said the resident.



**#it's your heritage**

Heritage Day is celebrated on September 24. On this day, South Africans are encouraged to celebrate their rich cultures and the diversity of their beliefs and traditions. Administrator of the 1860 Heritage Centre in Derby Street Durban, Yatin Singh, depicts a scene in a mock kitchen setup, which was normally found outside the house in the early days of the arrival of Indians to South Africa. He is seen using a stamper and embracing his heritage.

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# Astronaut on 2019 Space Tour to inspire Mars generation

Fifty years ago, on July 20, 1969, NASA's famed Apollo 11 programme enabled the first humans to walk upon a different world, the Earth's only moon. The world's celebrations of this extraordinary feat of human ingenuity, our remarkable Maths and Science; and certain individuals' willingness to go where we have not gone before, are far from over. South African students and their families will soon have the rare opportunity to connect and engage with former NASA astronaut, Dr Don Thomas, a veteran of 692 space orbits of the Earth. STEM-based educational NGO Living Maths, is bringing Dr Thomas to Durban for the Space Tour at St Mary's Diocesan School for Girls on September 20, from 6:30pm to 9:30pm. Dr Thomas is a man on a generous mission to inspire what he often refers to as the 'Mars Generation'. Becoming an astronaut is one of those aspirational careers that frequently features on the lists of children's top dream jobs. Meeting Dr Thomas on his Space Tour brings the adventures of an astronaut out of the realms of books, TV shows and

movies into their real-world experience. He gives learners and parents a different perspective of the possibilities of the not so distant future, at the time when human travel to Mars tops the current space agenda. Dr Thomas says, "I am excited about being a part of Living Maths' Space Tour 2019 and look forward to sharing my experiences with the learners and general public in South Africa. It's very special to be able to do this during the 50th anniversary year of the Apollo 11 moon landing. So while we celebrate that accomplishment, we hope to be inspiring the next generation of mathematicians, scientists, engineers, and astronauts to help us with the missions to our next destination in space...Mars! I look forward to meeting everyone during the tour." To date, 533 humans have space-travelled like Don Thomas to reach Earth orbit; three other people completed a sub-orbital space flight, and only 12 astronauts have walked on the moon. (Of course, the life's work of many, many thousands of others made this all possible.) With the in-

credible pace of modern technological change and disruption, the rarity of being an astronaut in space is set to change. "Do we have the next generation of budding imagineers and daydreamers, scientists, mathematicians and engineers?" asks Steve Sherman, chief imagination officer at Living Maths. "Could South Africans be amongst them? I think so! Parents, schools and teachers have such an important role to play in gently turning children from their immersion in meaningless screen activities towards bold, curious adventures in our real world, our universe. Meeting a bona fide spaceman can be one of those pivotal turning points in a child's life, where achievement in STEM subjects and activities brings to their whole lives a visceral sense of purpose and incredible enjoyment of being alive in their time." he said. I-Innovate, a STEM education specialist offering a variety of inspiring programmes that deliver 21st century learning experiences in classrooms and communities, is partnering with Living Maths for the Space Tour events, including a free talk

to under-resourced schools at the Sakhikamva Foundation STREAM Lab, Lanseria Airport. "We are delighted to be joining hands with Living Maths once again," says I-Innovate CEO, Trisha Crookes. "Meeting Don Thomas and learning about his extraordinary space adventures is an incredible opportunity to broaden horizons for learners across the country. The sciences, mathematics and technology; these are subjects that open up the world for children and forge a lifelong link between what you learn and what you can accomplish in your life." The 2019 Living Maths' Space Tour provides a unique opportunity for South



Former NASA astronaut, Dr Don Thomas, a veteran of 692 space orbits of the Earth.

African children and their parents to think big and entertain the possibilities of what it means to live life in extraordinary ways. Find out about what it is really like to be shot off the Earth into space and to live and work in a shuttle while orbiting the planet. Learn about the 'Overview Effect', a life-changing experience for space travellers such as Dr Don Thomas which ripples out on Earth for the greater benefit of humanity. Mars beckons, and we need our children to be fit and ready. For further information and to book your tickets to attend one of the talks, go to [www.living-maths.com/living-maths-space-tour/](http://www.living-maths.com/living-maths-space-tour/)

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# SA actress tackles cyberbullying to empower teenagers

Standing as a beacon of hope for teenagers suffering in silence against cyberbullying is SA actress and personality, Kajal Maharaj. The mother of two boys is using her platform to empower and uplift teenagers who are fighting this battle on a daily basis. In an effort to shine light in the lives of affected youngsters, Maharaj will be holding a teen empowerment workshop at Legends Diner on September 26, from 9am to 1pm. Maharaj explained, "There is so much pressure

being a teenager nowadays. This is what mothers speak to me about all the time. Social media affects teens in ways that we cannot even imagine. There is cyberbullying on many platforms and body shaming. Strangers or peers make you feel unworthy, they put you down. How do we help our children keep their heads above water? This has always been something very close to my heart, something I have felt so passionately about and aligns with what teenagers (what you) need right now. I am going to empower, motivate and equip you with tools to live your best life." According to a 2018 report by research company Ipsos Global Advisor, it showed that South Africa has the highest prevalence of cyberbullying. The report stated that in South Africa, 88% of people report being aware of it and almost three-quarters of South Africans believe that anti-bullying measures are insufficient.



SA actress, Kajal Maharaj, will be holding a teen empowerment workshop on September 26.

The workshop is open to teenagers aged 12 to 18, and will focus on:

- Social media safety and etiquette
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Maharaj is urging members of the public to be part of this initiative to make a difference in the lives of many struggling teenagers.

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# Students arrested for violent attack on security guard

Nine students face charges of attempted murder, malicious damage to property and public violence after they assaulted and poured petrol onto a security guard, attempting to set him alight, during a protest outside the campus on Steve Biko Street in Durban, on Wednesday morning. The students, aged between 20 and 30, will appear in the Durban Magistrate's Court soon. Brig Jay Naicker of provincial police said a group of students embarked on the protest and during this, a maintenance room and two security guard houses were set alight.

"The students attacked the security guard, who works at the tertiary institution. They assaulted him, poured petrol onto him and thereafter attempted to set him alight," he said in a media statement. He was rescued by his colleagues, who witnessed the violent attack. The security guard was immediately rushed to a medical facility due to the severe injuries sustained during the incident. "Police were informed of the attack and due to their swift response, nine suspects were apprehended. The situation is now under control. Berea SAPS and the

Public Order Police Unit were at the scene to monitor the situation," confirmed Brig Naicker. Condemning the violence displayed by the students, provincial commissioner for KZN, Lt Gen Khombinkosi Jula, said the SAPS will not hesitate to arrest those, who are found to have contravened the law. "We reiterate that no grievance can ever justify students breaking the law and endangering the lives of other citizens. We call on students to raise their grievances within the confines of the law," he concluded.



Two of the three firearms recovered by Sydenham SAPS Task Team members, Constables Pamla and Makhaye over the weekend.

## Man nabbed after stabbing security guard



Newlands East SAPS sector commander W/O L. Lutchmparsad with the arrested suspect.

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## Sydenham SAPS task team recover unlicensed firearms

Three firearms were recovered by the Sydenham SAPS Task Team members in their policing prescient over the weekend. The dedicated task team members, Constables Pamla and Makhaye, were applauded for their great efforts in curbing crime in the area after they recovered six unlicensed firearms in six weeks. According to the station's communications officer, Cpt Mynterhin Lazarus, police received a complaint about a man who had been threatening the community with a firearm at the Burnwood Informal Settlements on Saturday. "The members followed up on the complaint and when they arrived on scene, the suspect fired shots at them and police pursued him," said Cpt Lazarus. The suspect was arrested and two

firearms were recovered in his possession, a Beretta Px4 pistol 32 with 9mm rounds, and a Rossi 38 special revolver with 29 rounds. The third firearm, a Star Pistol with 8 rounds was recovered abandoned in a shack on Sunday. The arrested suspect was charged with possession of unlicensed firearm. "The firearms will be sent for ballistics to establish if they have been used in any commission of crime," said Cpt Lazarus. "We will continue to have stop and searches to check for illegal possession of firearms and other illegal items from residents. We appeal to the community to report people who are in possession of guns," said Cpt Lazarus.

With the assistance of community members and a local security company, Newlands East police swiftly apprehended a man for house break-in and theft in Ringside Road, on Friday morning. The suspect also allegedly stabbed a security guard on the right hand and was found in possession of a stolen laptop. The security guard was taken to hospital following the incident. Newlands East SAPS sector commander, W/O L. Lutchmparsad, said the man appeared in court on Monday. "He was detained at the Newlands East police station," he said.

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# Incredible culinary talent at Unilever Chef of the Year competition

The heat was on in the Unilever Food Solutions' kitchens, as chefs from around the country competed to claim the coveted 'Chef of the Year' title, recently.

The exciting event was held in five categories: senior, junior, team of four, high tea and the inaugural trio of desserts. The Unilever Food Solutions Chef of the Year (the oldest culinary competition in South Africa) saw some incredible talent on display.

Winning the title of 'Senior Chef of the Year' was Siphephelo Mtshali from the Southern Sun Elangeni in Durban while Shaista Shantkumar Anoop from 1000 Hills Chef School was crowned 'Junior Chef of the Year'.

Ikapa Caterers won the team of four category while the Gorge Private Game Lodge and Spa shined in the high tea category. Finally, Joanita Venter from the Beverly Hills Hotel walked away with the top honours for trio of desserts.

"Thank you to all our competitors, who came out to compete," said James Khoza, senior judge, executive chef of Tsogo Sun's Sandton Convention Centre and president of the SA Chefs Association.

"It is a tough thing to compete, but 'Chef of the Year' is really a wonderful opportunity for chefs. It's a character-building experience and allows you to work with chefs you may not have had the chance to meet before. The standards on display at this year's competition augurs well for the country in terms of tourism. The standards were high and proved beyond a doubt that South Africa can compete on a global level. Thank you, Unilever Food Solutions, for giving chefs the platform they need to expand their careers," he added.

Senior judge, Tony Kocke, the executive chef at Fairmont Zimbali Resort, was also impressed with what he saw and believes the competition is a must-do for all chefs.

"A competition like this pushes you! It tests your ability to cook under extreme pressure. You learn skills you've never had before. Such competitions also advance your career - if you win, every one knows your name and wants to work with you. It happened to me almost 30 years ago and I couldn't recommend



Some of the excited chefs who were honoured for their amazing work.

it enough. All chefs should enter," said Kocke. The senior and junior categories were both a tight race. The senior category was open to chefs 25 years and older with a minimum of five years' experience, while the junior category comprised of chefs aged 18 to 25 years, with less than five years' experience. Contestants in both categories were required to prepare a three-course menu to serve three judges using the produce from a communal table, which included premium quality fish, meat, and seasonal fruit and vegetables. Each finalist was expected to

use a minimum of 10 compulsory Unilever Food Solutions products. Although the dishes of all six finalists were exceptional in the senior category, it was Siphephelo Mtshali's starter of seared Salmon, main of smoked chicken breast and dessert of lemon-infused white chocolate mousse that came out as the winner. "I cannot believe this. I am speechless. Thank you to Unilever Food Solutions for the award and thank you to my team from the Southern Sun Elangeni for the support. I am speechless," he

excitedly said. He will take home R20,000 in prize money. The junior category clearly showcased the deep well of culinary talent South Africa has to offer.

Although all six finalists created incredible dishes, it was Shaista Shantkumar Anoop's starter of baby squid, main of pan-roasted lamb loin and a dessert featuring chocolate mousse, micro sponge and butternut cheesecake that emerged victorious.

Shaista Shantkumar Anoop will take home R15,000 in prize money. The inaugural trio of desserts saw seven chefs from around the country create three identical plates of three individual petite desserts for the judges. Each chef needed to have at least five years of industry experience. The winner in this category walked away with R15,000.

Joanita Venter from the Beverly Hills Hotel presented a miniature mocha toffee delicie (layers of coffee chocolate brownie, mocha custard and salted toffee cream), a lemon, orange and passion fruit cheesecake, and a chocolate berry tartlet.

"I am so honoured to walk away with this title. It's been an incredible day and this is really the icing on the cake. Thank you, Unilever Food Solutions," she said.

Craig Elliott, the executive chef of Unilever Food Solutions said he believes the competition is important to the South African culinary industry.

"Giving back to the industry is key for us. We believe that the competition gives chefs the opportunity to showcase their skill and talent to the broader industry, which opens new doors for them. For many chefs, this competition has kick-started their careers and we are proud of that," Elliott said.

Janine Van Rooyen, the new managing director of Unilever Food Solutions South Africa, was exceptionally proud of the chefs, who participated.

"This year's competition was a huge success. It was an honour to host some of South Africa's finest up-and-coming chefs in the various categories. Thank you to all, and hopefully, we will see you all back next year," she stated.

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## Woman with rare neurological condition motivates residents

A Durban woman who suffers from a rare neurological disorder advised people with the same condition to stay strong, be positive and keep fighting.

Former Phoenix resident, Monica Singh (33) suffers from Guillain-Barré Syndrome (GBS), a rare neurological disorder in which the body's immune system mistakenly attacks part of its peripheral nervous system, the network of nerves located outside of the brain and spinal cord. Singh was diagnosed with the condition in 2017 but she did not let it stop her from living her life and reaching her goals. The courageous woman currently works in the supply chain department for one of the biggest consumer goods companies in the world.

Speaking about how the condition affects her everyday life, the beautiful young lady said she was confined to a wheelchair for many months after being diagnosed. "After intensive physiotherapy and immunoglobulin therapy, I managed to regain my strength and am no longer in the wheelchair. However, I now have to wear a

mask in public to protect myself from picking up any infections. If I do pick up an infection, there is a risk of relapse. I also have had to change my diet choices as uncooked foods are no longer an option," she said.

She said early symptoms for the condition are loss of strength and muscle weakness. "I try as much as I can to create awareness on the condition by doing interviews, sharing information on my social media platforms and doing media interviews. Soon I will be starting my vlog, where I will be educating the public about the condition as well," said Singh.

"I have a great support system of a loving husband, amazing friends and family who help me on days when I am feeling down," she said.

Singh added that apart from her daily occupation, she also enjoys being an MC at events and is a presenter for a local radio show. She also enjoys Bollywood dancing from now and then.



Monica Singh still lives her life to the fullest despite suffering with a rare neurological disorder.

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# Police foil business robbery attempt in Durban Central

A 25-year-old robbery suspect appeared in the Durban Magistrate's Court on charges of robbery and possession of an unlicensed firearm and ammunition following a business robbery in Durban Central on Wednesday afternoon.

A 42-year-old man was at his business premises at Samora Machel Street when two men entered the café and threatened him with a firearm. At gunpoint, they instructed him not to make any noise. They locked him inside a toilet while removing an undisclosed amount of cash and a cellphone. Police spokesman, Lt Col Thulani Zwane, said police received a report of a robbery in progress and swiftly proceeded to the scene.

"One of the suspects was caught in the act and was found in possession of a 9mm pistol and a cellphone. He was arrested and charged for robbery as well as possession of an unlicensed firearm and ammunition," said Lt Col Zwane.



Officers with the arrested suspect.

## 'Possession of unlicensed firearms is a criminal act'

- warns Cato Manor SAPS

Cato Manor SAPS issued a strict warning pertaining to residents being in possession of unlicensed firearms as this is a criminal act and will include prosecution.

This follows the arrest of a 31-year-old man, who was nabbed after being found in possession of an unlicensed firearm and 15 rounds of ammunition, in Cato Crest.

A 9mm pistol was seized by the Cato Manor Task Team, following a tip-off.

The station's communications officer, Cpt CA Sibiya said the firearm will be sent for ballistic testing.

"When the serial number of the firearm was circulated, it came up positive for a Verulam case," said Cpt Sibiya.

The man appeared in the Durban Magistrates Court. Cpt Sibiya added that police will arrest anyone found in possession of unlicensed firearms as they pose as a danger in the community because they are mainly used in criminal activities.

"We warn perpetrators about this criminal offence as there is harsh sentencing for such cases," concluded Cpt Sibiya.



The 9mm pistol with 15 rounds of ammunition which was recovered on the suspect.

## Fry's encourages you to practice a healthy lifestyle

September is observed as Heart Awareness Month in South Africa. Did you know that 225 South Africans die of heart disease every single day? Heart disease is the second most common cause of death in South Africa. Luckily, 80 percent of these deaths are preventable.

You can prevent heart disease by changing your lifestyle through diet, exercise and stress management. A plant-based diet has been shown to prevent and treat heart disease. Risk of dying from heart disease is 24 percent lower in vegetarians than those, who eat meat, while vegans have even lower cholesterol levels than both vegetarians and meat-eaters.

Fry's presented some food tips to keep your heart in good shape:

- Replace the butter or cheese on your bread to plant-based spreads like avocado, peanut butter, or an omega-3 rich margarine.
- Instead of using meat, chicken or fish in your hot dishes, try the Fry's range of meat alternatives.
- Instead of snacking on biltong, cheese or yoghurt, switch to fruits, nuts or vegetable sticks with hummus.



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**INGREDIENTS**

**PEANUT SAUCE**

- 1/4 cup creamy, natural peanut butter
- 1 Tbsp tamar sauce
- 1/2 tsp freshly grated ginger
- Water, to thin, if necessary
- 1 1/2 Tbsp sesame oil
- 11 tsp sweet chili sauce
- 1/2 tsp fresh lime juice
- 1 tsp rice vinegar

**NOODLES & VEGGIES**

- 1 pack Fry's Battered Prawn-Style Pieces
- 1 pack rice noodles
- 1 punnet zucchini
- 1 large red or yellow pepper
- 1 bunch scallions/shallots
- 1 punnet Shiitake mushrooms
- Black sesame seeds
- Crushed peanuts

**METHOD**

1. In a small bowl, mix together the ingredients for your peanut sauce. Taste and adjust seasoning. Add more tamar if it's not salty enough. Add more rice vinegar or lime juice for more tang.
2. Cook noodles until al dente. Set aside.
3. Heat a heavy-based pan to medium, add a little oil. Add the Fry's Battered Prawn-Style Pieces and fry until golden brown. Set aside.
4. Add sliced zucchini, pepper and scallions and cook for a few minutes, then add the sliced mushroom, Fry's Battered Prawn-Style Pieces, a splash of tamar and stir.
5. Toss noodles with as much of the peanut sauce as you like. Add Prawn-Style mixture and season to taste.
6. Top with sesame seeds and crushed peanuts. Serve hot for best taste.

To get your cookbook, visit [www.fryfamilyfood.com](http://www.fryfamilyfood.com)

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# Metro cop now armed with a law degree

Durban Metro policeman, Khanyisani Mthembu, graduated with a bachelor of law degree from the University of KwaZulu-Natal (UKZN) - an amazing achievement indeed. Mthembu, who teaches at the Durban Metro Police Academy, said his passion for law began while he was at high school. "I was not able to pursue my dream because my parents did not have the funds for university. Today, I am proof that a dream delayed is not a dream denied," he said.



Durban Metro policeman, Khanyisani Mthembu who graduated with a Bachelor of Law degree.

This qualification has provided him with knowledge and insight into the law profession, enabling him to ensure that at all times, his duties are executed within the confines of the law. "Since I teach law, I can now confidently answer the students' questions," said Mthembu. He added that his greatest wish is to inspire his colleagues and encourage them to start studying to dispel the myth that policemen and women are not well-educated.

# Magazine Barracks Heritage Day reunion

Old residents of Magazine Barracks and their families are invited to a special programme at Depot Road Memorial Primary School in Chatsworth on Tuesday, September 24, at 1pm. "It has been a long time since we got together as a community and Heritage Day is an ideal opportunity," said Bobby Chetty, chairman of the Magazine Barracks Remembrance Association. The barracks were formerly located on Somtseu Road. It housed Durban Corporation workers since the 1880s. The association's Kiru Naidoo said that the community was a victim of forced removals under the Groups Areas Act, which bulldozed the barracks in 1965 and relocated the people mainly in Chatsworth. The programme will include heritage sports like tug-o-war, three tins, hopscotch as well as indoor soccer and netball. Old residents are encouraged to bring copies of pictures and artifacts for display in the special hall at the school. For more information, contact Kiru Naidoo on 082-940-8163.



All systems go for the Magazine Barracks Heritage Day reunion at Depot Road Memorial Primary School. MBRA members, Jaya Pillay, Bobby Chetty, Swaminathan Gounden and Yogs Moodley.

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## Father Kumeran to offer an experience of divine light

Father Kumeran (pictured), who lives in the South of India at the Holy Mountain, Arunachala, will offer an experience of divine light at the Saiva Sithantha Sungum, 80 Clayton Road, Asherville on Sunday, September 22 at 3pm. Residents are encouraged to reserve their place in advance due to limited seating arrangements. Father Kumeran is a mystic and spiritual teacher, who radiates divine light. As a devotee of Shiva the Supreme and a follower of the Master Christ, he teaches an extraordinary message of universal oneness. Don't miss this opportunity to receive spiritual insight and divine grace. For more information, sms/whatsapp: 076 940 9739 or visit www.arunachala.co.za



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healthier, stronger and more flexible tissue. If you do have such pain, a good detailed assessment by your physiotherapist followed by the appropriate treatment can be of great help. Techniques of deep soft tissue mobilisation, spinal mobilisation, neural mobilisation, laser, dry needling etc. administered by your physiotherapist together with an appropriate exercise program are highly effective. For more information on this topic or any other muscular-skeletal pain or neurological problems, you may visit Anesh Bhoorajh at 41 Bardia Avenue, Reservoir Hills, or ca 031 262-7045.

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# Children's VIP Day 2019 a huge success

The 10th Annual Children's VIP Day was hosted by IBV Humanity at the Durban Exhibition Centre this weekend. The fun day was held for 2500 orphaned children from 42 homes within KwaZulu-Natal and surrounding areas along with the generous assistance of 500 caregivers. Celebrities from the music industry such as Shekinah, Cassper Nyovest and Nasty C, lent their voices and time to this exciting cause and provided entertainment for the children. The jam packed day of fun also included special zones, indoor/outdoor activities, games, pampering, food and yummy treats. The screening of Disney's The Lion King was also part of the 10th anniversary and was hosted by



Respective roleplayers and hosts at the event.



The children were entertained by their favourite cartoon characters.

Grammy Award winning composer and producer, Lebo M – The Voice and spirit of The Lion King, and Ashok Sewnarain, founder and chairman of IBV International Vaults. This unique event did not only serve as a platform for celebrities and CEO's to carry the magnitude of wishes, but also encouraged the reversal of roles to ensure that all children experience VIP treatment

with a day of love, light and hope to our forgotten children in a dark community. The 2019 Children's VIP Day was a joint project by Ashok Sewnarain of IBV International Vaults and Mr Lebohng "Lebo M" Morake of the Great Zulu Productions.

# Evolution is elementary at the #DFF2019

This year's eagerly anticipated Durban Fashion Fair (DFF) – an iconic fashion event that continues to grow in stature every year – will again bring plenty of bling and glitter to the Durban ICC in September.

Between September 25 and 28, top designers from across the African continent, evolving new talents and stakeholders across the fashion value chain will again come together to not only celebrate the fascination of fashion but also to introduce newcomers to an industry that could prove central to fast tracking industrialisation and boosting the city's economy. According to Sindi Shangase, programme manager for the Business Support Tourism and Markets Unit, who has both conceptualised and built the DFF into a national fashion event over the past nine years, the 2019 theme "Evolution is Elementary" provides plenty of inspiration for the creatives at this year's DFF.

"Whether you're wearing gold silk thread garments or your home has chrome-plated finishes, metals are intrinsically linked to our everyday lives. But metals are so much more than what we see as the final product. In South Africa, metal mining, especially gold and platinum mining is intricately linked to the history and growth of the country. This year's theme highlights the contribution of metals, and the South African metal mining industry in particular, to the world of fashion both locally and abroad," she explains. Shangase notes that metals are part of everyone's daily lives and are an intricate part of the fashion world.

"Gold is not just a metal but also a colour that has influenced trends throughout the ages. South Africa's metals – and gold in particular – have played an important role in growing the economy and contributed to the fashion industry as they are formed into beautiful jewellery that makes its way on to fashion runways around the world. As this year's theme celebrates the fusion of fashion and metals, we are interested to see how designers will interpret it and express it through their creations," she continues.

The close association between the world of fashion and the economy stretches still further as the DFF is an integral part of the broader 2019 Durban Business Fair. This year's overall theme - Journey of Innovation – will resonate with those in the broader clothing and textile sectors as well as those who design the unique garments that will be showcased on the DFF ramp. Follow all the fashion action at our DFF Facebook page: Durban Fashion Fair or on Twitter / Instagram @Dbnfashion\_fair or #DFF2019 / #madeindurban / #supportlocal



# A warrior princess high tea to help Rhyah

Rhyah Sai Govender (pictured), who was born premature at 33 weeks, tragically contracted septicemia shortly after birth. At birth, Rhyah did not need an incubator and was initially fed through a gastric nasal tube, however, she suffered multi-organ failure, brain bleeds and a host of other complications after contracting septicemia. Medical staff never thought she would survive and the family was told rather subtly that she was not going to live. However, this amazing child, weighing 900 grams, fought septicemia, multi-organ failure, NEC (a medical condition in which a portion of the bowel dies), brain bleeds, three resuscitations, 14 blood transfusions and with the heart of a warrior, she fought and cheated death. After her third resuscitation, Rhyah suffered severe brain damage as a result of oxygen deprivation. Due to the brain damage, she was then diagnosed with cerebral palsy spastic quadriplegia. Rhyah has the most severe form of brain injury and was expected to be in a comatose state with a limited life span. Rhyah cannot walk, sit or crawl without assistance, she is non-verbal and



has a visual impairment. She has global development delay, is intolerant to food and has to be fed a special medical formula. She also battles seizures that have specific triggers. She defies the medical world every day by walking with the use of a special gait walker, her co-ordination and swallowing is currently improving. The only medical intervention for Rhyah is stem-cell treatment, however, this treatment is not available in South Africa to treat cerebral palsy. There is no telling how the stem-cell treatment would impact on Rhyah but there will be gradual progress which can be life-changing for her and improve the quality of her life. The only option now is to

raise funds worth R250, 000 which will assist the family with Rhyah's treatment in India. To help raise funds for this strong warrior princess, the Quantum Biofeedback Centre will be hosting The Warrior Princess High Tea at the Cultural Hall in Silverglen Federation Hall, 42 Silverglen Drive on September 28, at 2:30pm. For ticket queries, contact Pam on 083-527-0104 or Juliette on 074-713-2232. Alternatively, sponsorships or donations can be deposited at First National Bank, account holder: Miss Rhyah S Govender, account: savings (62440837203), branch code: 220830 or contact Pam directly.

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## Land Rover Defender an icon reborn

**Justin Jacobs**

I don't think that there has ever been a harder job in the automotive industry than that of reinventing an icon. The icon in question is non-other than the Land Rover Defender.

The Defender was first introduced in 1948 and over the years has become one of the most iconic cars on our planet. Now there is a new Land Rover Defender, I attended an event at the new Jaguar Land Rover Experience Centre in Johannesburg for the live streaming of the international unveiling at the Frankfurt International Motor show.

The Defender has driven through jungles, deserts, over mountains and through valleys. For many, it was the first thing on four wheels that they had ever seen but I don't have space to wax lyrical about



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the Defenders' achievements. So let me elaborate on the new one.

**The styling**  
Gerry McGovern, Chief Design Officer said that the new Defender must be respectful of its past but not harnessed by it. The styling is unmistakably Defender with design elements from the past that have been carried over to the latest iteration. Take the square design, the flat top shoulders and the rear-mounted spare wheel which is fitted to a side-hinged rear tailgate. Keen-eyed on-lookers will even notice the small window on the side of the roof. The front-end has been made dominant thanks to its square and muscular design. The headlights feature the iconic circle in a square design from previous generations; however, the new headlights now feature the latest in adaptive light technology. The rear lights also feature a square design which adds to the robust look of the car. The new Defender will be available with a variety of different wheel options. Some might opt for the 22-inch alloy wheels but I prefer the 18-inch white-painted pressed steel options.

**The interior**  
As with the exterior, the interior has stayed true to form but has been drastically modernised to offer the latest in technology as well as comfort. The fascia features a two-tier design with an extended panel which houses the gear lever and climate control functions. Above it, you will find a single infotainment screen (not two as in other models in the stable). This new infotainment system features improved software and can accommodate up to two smartphone connections at a time. There are also multiple cameras around the car which can display high-quality images of your surroundings for better navigation through tough terrain.

You can specify your Defender with a variety of interior trim options as well as configurations. Customers can even opt for a centre console or have it replaced for a third front seat which when folded acts as an armrest. One of the highlights is that the interior remains functional and rugged, the

lower sections of the interior can even be washed out if needed and there are exposed body panels for that iconic Defender look. The Defender will be offered in the short wheelbase 90 derivative and a long wheelbase 110, with the latter arriving first. The 110 can be ordered in 5, 6 or 7 seat option and when specified with 5 seats, there are an impressive 1 075-litres of packing space and with the rear seats folded flat, it expands to load around 2 380-litres.

**Under the skin**  
The latest Land Rover Defender is built on a new D7x platform, a platform which covered around 1.2-million kilometres around the Rocky Mountains, Arctic circle and the Sahara desert during testing. The monocoque platform is made from lightweight Aluminium however Land Rover claims that this design is the stiffest body structure it has ever created and is about 3 times stiffer than a ladder frame chassis. As for its off-roading credibility's, the Defender features 291 mm of ground clearance and the long-wheelbase 110 has an approach angle of 38-degrees, a 40-degree departure angle and a 28-degree break-over angle. The vehicle will also wade through water 900 mm of water.

**The engines**  
When the new Defender arrives in South Africa customers will have access to two engine derivatives in the 110 version. The 90 models will come later as with the addition of engine options. The 110 will be offered with a diesel in the form of the D240 which makes use of a 2.0-litre 4-cylinder said to develop 177 kW and 430 N.m of torque. The other option will be a 3.0-litre straight-six turbocharged petrol which will develop 294 kW and 550 N.m of torque.

**Arrival**  
The new Land Rover Defender 110 will arrive in South Africa in the first half of 2020 with the 90 following close. Pricing has not been confirmed as of yet but according to international prices, we can speculate that the 90 will start at just over R800 000 with the 110 being just over R900 000.



Organisers, judges and special guests, together with the two contestants who were eliminated. The youngsters will receive further rehearsals and grooming.

## Rising Stars on a high with love theme

Red and gold balloons, hearts and roses adorned the stage of the ABH Pattundeen Theatre as the second elimination round of 'Rising Stars...It's Your Voice' (season two: kids and youth category) got underway on Saturday. In line with the theme of 'love', all contestants, judges and organisers, were beautifully and smartly dressed in red, gold and white garments, adding to the glitz and glamour of SA's first singing reality show. 'Rising Stars...It's Your Voice' is the proud initiative of Leopard Paw Productions together with the Rising Sun and ABH/AYS. At the recent round, contestants kept the studio audience mesmerised with their selection of popular romantic songs from Bollywood and Tollywood movies. The aspiring artists went the extra mile by bringing on stage their own props, consistent with the show theme, thus enhancing their performances. The studio audience were all amped up with their own props and banners, cheering their preferred contestant. All the excitement and splendour of this spectacular reality show was shot for screening on Glow TV.

Show host and director of Leopard Paw Productions, Ishara Desai, looked beautiful and radiant in her outfit for the evening and once again brought much humour and fun to the stage. She, together with both anchor

judges, Rajive Mohan and Prof Dhiren Allopi, were smartly dressed by Sneha Creations, the official wardrobe sponsor for this season. Unfortunately, two contestants had to leave the show at the second elimination round for further rehearsals and grooming. The third elimination round is scheduled for September 28, 2019 from 1pm at the ABH Pattundeen Theatre, 80 Arena Park Drive, Chatsworth.

Tickets are priced at only R40 and grants you access into the theatre to be part of the live studio audience. The live studio audience will also be filmed for television purposes and some of them will even be interviewed by the show host.

If you wish to be part of the studio audience, contact the director of Leopard Paw Productions, Ishara Desai, on 071-890-8883 or 083-419-6166. As customary, the following sponsors are thanked: the Rising Sun, Aryan Benevolent Home, Mozambik Restaurant, Richfield Graduate Institute of Technology, TS Law Inc, Saimel Travel and Tours, Apple Print and Packaging, Sneha Creations, Minority Front, Hair Sensation, Multiclass Insurance Brokers, TriniTech Digital Enterprises, Revive Beauty Spa, Hot Spot Caterers and House of Audio.

## Sa Re Ga Ma Pa L'il Champs 2019 live in concert in SA

The dynamic and talented winners from the Sa Re Ga Ma Pa Li'l Champs 2019 will be in South Africa for their three city tour in August/September. The Durban concert will take place on September 7 at the Sun Park, Sibaya.



There will be dynamic performances from the nightingale of the recent contest and the overall winner, 14-year-old Sugandha Date, the first runner up Mohammed Faiz, the second runner up Pritam Acharya and five-year-old singing sensation, Swaransh Tiwari. These talented youngsters will be accompanied by some of the leading musicians from the Indian television series. Tickets are presently on sale at Computicket and VIP tickets from the organisers. Patrons are requested to get their tickets early as very limited tickets are available. This concert is proudly brought to you by Events4u in collaboration with Golden Productions and they are proud to announce that beneficiary charity for the Sa Re Ga Ma Pa Li'l Champs concert will be the Phoenix Child and Welfare Society for the completion of phase two of the Children's Home based in Phoenix.

## Visit the Diwali Fair at the Old Durban Drive-in



There will be a final clearance sale at DK Footwear of Punjab India with tons of bargains with a wide range of ladies and men's sandals in various colours and sizes at the annual Diwali India Fair until September 24.

Smart and Learning for children, a company known as ANIKA will deal in education software, mind power games and online study guides. Visit their stall at the entrance of the Diwali India Fair at the Old Durban Drive In until September 24.

Colours of India have just unpacked their latest range of kiddies wear, saris and Punjabi's for Diwali at discounted prices for the final week at the Old Durban Drive In until September 24.

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**What's happening in your area**

The Hillgrove Hindu Society Shri Vishnu Mandir invites all devotees to join them for their Navaratri celebrations at 161 Loop-west Crescent, Newlands East, from September 29 to October 8. Pooja, discourse and bhajans will be rendered daily on weekdays from 5:30pm to 8pm, during the weekend from 5pm to 7pm and the Mahayaga Hawan will be observed on Sunday, October 6, at 2pm. Prasad and Bhojun Prasad will be served daily. For further enquiries, contact Shannon Sewdayal 082-778-8652.

**Live music by Murphy**

Murphy (Music Unlimited) performs live every Saturday afternoon at Pops' The Anchorage in Umbilo, Willow Park Centre. All are welcome as there is free entry. There is sufficient parking at and around the centre. Come through, relax and enjoy hits from the past in the present by the Crooner, Murphy in a laid back and a friendly environment. For more information, contact Estelle on 084-060-9078.

**Devotees invited to grand Navaratri celebrations**

The Maha Shakti Chandi Durga Temple, situated at 69 Westmeath Avenue in Mayville, invites the community to its 22nd annual Navaratri celebrations. There will be daily pujas, hawan, garba, satsang and devi kathas on weekdays from 6pm to 9pm and on weekends from 4pm to 7pm. The Navaratri celebrations will start on September 29 and conclude on October 12. The grand celebration will take place on October 12: Maha Durga Pooja and Aarthie Entertainers- starts at 8am with Durga Saptashati hawan, Maha Aarathi and Pachra at 1:30pm. For more information, contact Meena Surajbali on 074-478-6108 or Rachel Ramlugan on 081-471-2110.

**Visit your local mosque on Heritage Day**

The South African Muslim Network takes pleasure in inviting all South Africans to visit one of their 44 participating mosques on Heritage Day that will be open to the public between 2pm and 4pm. All South Africans and the media are encouraged to visit one of the mosques and over a snack, have a tour of the mosque and its facilities, have a chat about Islam and have any of their questions about Islam and Muslims answered. The 2018 National Mosque Open Day campaign hosted an approximate attendance of 800 visitors across 20 mosques in four provinces that participated. Visitors left the mosque with a better understanding of Islam and a sense of community that accurate information and tolerance provides. This year, as hoped, SAMNET has doubled that figure to 44 mosques in six provinces across the country. "On Heritage Day, South Africans engage with and learn about other cultures, celebrate their history and how far we have come as an integrated society. In encouraging this theme, the National Mosque Open Day provides a platform for you to see what goes on in a mosque, learn about Islam from a real Muslim or even find out why Muslim women adorn the Hijab," said chairman, Dr Faisal Suliman. This initiative is to promote social cohesion and encourage the building of the rainbow nation. Visitors are encouraged to dress conservatively and to visit the SAM-NET website www.samnet.co.za for a list of participating mosques and contact details should they require more information from the local mosque committee.

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The 2018 Ride for MRP Foundation peloton, cycled 606km from Secunda to Durban to raise funds to help break the cycle of poverty and inequality in South Africa. Image: Tim Lubbe/MRP Foundation

## Cyclists get your ride on for MRP Foundation

Entries are now open for what is deemed as South Africa's toughest cycling event, with only 100 spaces available. Cyclists can enter individually or in teams of three.

The annual Ride for MRP Foundation will take place on December 1 and 2, 2019. This year is the tenth edition of the 606km ride with purpose from Secunda to Durban. The two-day stage ride aims to raise funds for MRP Foundation's education and skills development programmes, currently impacting over 64 000 learners across South Africa.

Apart from riding for a good cause, to break the cycle of poverty and inequality in South Africa, cyclists will have the opportunity to engage with South African Rugby Legends, CEO's, business people, professional athletes, as well as youngsters all hoping to achieve the event's target.

This year, Leon Crous from Ruimsig, Gauteng, will be donning the prestigious yellow jersey, as he is riding the gruelling event for the eighth time.

"I enjoy riding for a great cause with like-minded cyclists, to raise funds and awareness for youth empowerment and skills development programmes. I keep coming back because I know that through the Ride, we are making a difference," said Leon.

2019 will see a one hundred-strong peloton, the biggest to date, aiming to raise much-needed funds for the non-profit organisation. The 2018 edition achieved its R2 million target with a peloton of just 70 riders. Cyclists ride in different colour jerseys dependant on the number of times they've completed the challenge. First and second time cyclists ride in white, third and fourth time cyclists in pink, five times or six times in green, seven or more in blue and the yellow jersey is worn by the riders who have completed the event the most times. The Absa Red Jersey is worn by the cyclist who has raised the most funds from the previous edition. Funds raised will be used to empower and

unlock potential in thousands of young South Africans through skills development and education programmes. Between 2007 and 2018 MRP Foundation's Skills Development Programme, which prepares youth for the working world, trained 32,310 youth.

The school's programme is currently active in 98 low-income schools in 4 provinces impacting 64,000 pupils: Tongaat (20), Hammarsdale (20), QwaQwa (20), Soweto (20) and Mitchell's Plain (18).

The 2019 Ride for MRP Foundation edition partners are: Absa, CMH Nissan Durban, SPAR, Maxed, Expand-a-Sign, City Logistics, Zapper, Trader Plus, Corruceal, KTM, Westville Cycle Club, Giant, Cyclesphere, SA Rugby Legends and Hirt and Carter.

Interested cyclists and teams are advised to enter immediately before the limited quota of 100 entries is reached.

## Fun-filled sports day for Newdawn future leaders

Newdawn Nursery and Edu-care held its annual sports day at Dr Macken Mistry Primary School grounds on Saturday. The day which was filled with loads of sporting fun. The day was themed 'Once Upon A Time in Fairytales' and saw parents and grandparents also get down in sporting action with the young future leaders of Newdawn Nursery.



The nursery pupils were awarded with personalised trophies for their hard work and dedication at the sports day.

All pupils participated in the sports action of the day. They were all awarded with personalised trophies and medals for their hard work and dedication on the day. One of the many highlights of the day was the Father's Race, which saw fathers seated backwards and racing with both their hands and legs to the finish line backwards. The nursery celebrates its 10th anniversary this year.

## Golden Oldies finish off tournament on a high

The Golden Oldies Football Association rounded off its 2019 programme with a successful Over 50 Knock Out Cup at the Siripat Road Grounds in Reservoir Hills. A large crowd gathered to witness the exemplary skills and pace of the sprightly senior citizens on the soccer field. Sixteen teams from all parts of KZN participated in the much-awaited soccer gala. Some teams had in their line-up persons over the ages of 60 and 70.



and lifted the Winners Section KO Cup amidst loud cheers and congratulations from the well-behaved crowd. The Plate Section KO Cup was awarded to Osizwini Legends who beat the mighty Kwa-Mashu on penalty shootout. The coveted League Cup was presented to Chatsworth and District Legends (CAD). Mike Williams (pictured) received the Highest Goalscorer of the Year award 2019 and Mike Ramnarain of CAD deservedly received the Player of the Year trophy. While Sandile Hlatswayo received the Cleansheet Goal-keeper award, while Merewent Legends proudly collected the Team of the Year award.

supporters for their co-operation, good sportsmanship, camaraderie and excellent behaviour throughout the tournament.

Favourites, Chatsworth and Durban Central Legends were knocked out in the semi-finals by Reservoir Hills and Ladysmith respectively. Newland and Midlands Legends were unlucky to be knocked out by penalty shootouts. The finals between Ladysmith and Reservoir Hills Legends was truly a humdinger. Both teams displayed excellent skills and pace. However, Ladysmith outdid Reservoir Hills with their extra oomph and pace

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