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~ Mother Teresa



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INTEREST BY TAPPING ON THE
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**PART 9 OF THE UNIVERSAL
MEANING OF ISLAM**
- IRSHAD SOOFI

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- HAZEL WOODROFFE

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- PUNDIT ROSHAN SINGH

**GENDER BASED
VIOLENCE**
- AYUSHIE SINGH

**HOW TO SEEK
GOD'S WILL PART 2**
- PASTOR MICHAEL GOBEL

WIN A R1000
IN AN ESSAY / POSTER COMPETITION

**HOUSEHOLD
CLEANING TIPS**

LEGISLATURE
- MS NERUSHA NAIDOO

VACANCIES

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THE UNIVERSAL MEANING OF *Islam*

PART 9

Stay away from quarrels. If our understanding of the Quran with the mind is making society around us and us, unhappy, then there is something wrong with our understanding of the Quran

This brings a conclusion to our first chapter on the Universal meaning of Islam

Any tribulation that you have, if you examine it you will always find that there is reason to feel grateful. That if it was in this world then that alone is reason to feel grateful. That it wasn't in the next world because a calamity in the next world is much greater than anything in this world. That if it was in your worldly affairs, your material affairs, and not in your spiritual affairs then that was reason to be grateful. And that it could have been worse. Whatever affliction in this life, it still could have been worse, and that is also reason to be grateful.

Even in the midst of tribulation there is reason to feel grateful. The Quran clearly states: *La in sha kar tum la a zee dan na kum...* that if you show gratitude that God will increase you in that feeling of gratitude. In other words, he'll give you more reasons to feel grateful. That is a law of cause and effect according to Muslim beliefs. If you actually display gratitude you will find more and more reasons to feel grateful and if you display ingratitude, conversely you will find more and more reason to feel ungrateful. That's the way the universe works.

Anybody who is not a Muslim, I think they have a moral obligation to find out about one-sixth of humanity. Statistics estimates show soon it will be one-third of humanity. We have an obligation to know about what large segments of people on this planet believe and think. That would include finding out about Asian people and their beliefs, and not being so ethnocentric and believing that we are the only people that have a civilization or a culture or a world view. There are others out there and we have a great deal to learn from them, from all of them. Islam certainly has an immense contribution already. Historically, it has given the West untold treasures that most people are not aware of, including the actual numbers that we use to calculate. I think that for intelligent people, they should be out there trying to find out more. I would certainly recommend some of the decent books that have come out—even *The Complete Idiots Guide to Understanding Islam* and *The Dummies Guide* are excellent works that have come out. Silly names but they are actually very good material.

In a post-pandemic world, business planning, forecasting and **SECURING FUNDING** has become

critical for South African businesses.

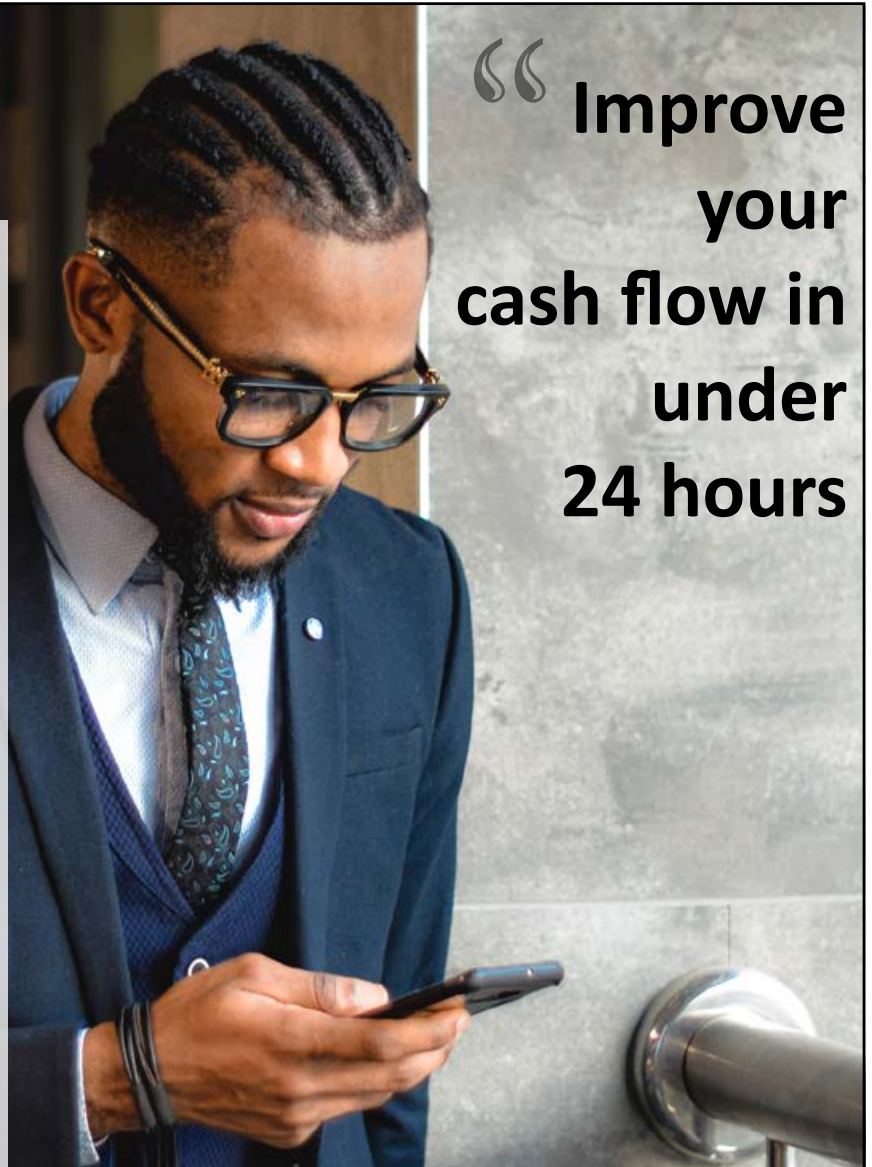
In collaboration with Fathom and Iridium, we've created a practical guide to help accountants reassure and chart the best course forward for their clients, using cloud based forecasting and funding tools.

We have covered the following topics:

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Tap on our active Links





The great day had finally come!! The Grendon household would be up early... Why???? It was the long awaited family trip & picnic on Durban Beach. With plenty mouths to feed it required much preparation in the big old fashioned kitchen the previous day.

One of the choicest free range chickens would be chased & caught by us younger ones.

The scary ritual of slaughtering would take place, then we would help to pluck the feathers. Mum would do a lovely pot roast for the picnic lunch.

All utensils, sports equipment, wood for a fire, paraffin stove etc.

The kitchen was a hive of activity with the older girls baking cookies, mum kneading dough for the koeksisters. Sandwiches would be wrapped in a damp tablecloth so as not to dry out, then stacked in a large biscuit tin, as plastic or rather Tupperware hadn't been invented yet. 2 bricks were packed in so as to assemble the little fireplace to warm the curry & rice pots. Bricks were also essential to place behind the tyres of the bakkie in case dad parked on a slope. The large enamel kettle, was an absolute necessity, to boil water for the tea. Tea cups were used because styrofoam & plastic cups were non existent. Due to the absence of cooler boxes, all & sundry was packed in crates or big baskets.

Time to jump in, we scrambled & pushed each other to get a seat on the outer sections instead of feeling like a tin of squashed sardines in the centre. Someone had to sit on the spare wheel.

Dad's green van was nicknamed "Popeye" or "The Boneshaker" due to the shaking, rattling & rolling that one experienced.

The older siblings travelled in my brother-in-laws car.

This trip was long & tiring, but the excitement we experienced erased the reality of the moment.

Down Polly Shorts we rambled, via Camperdown & Cato Ridge villages to Drummond which was the halfway pitstop so that all the children could "go down the garden" to

relieve themselves because we had already been on the road an hour. At this point dad would check all the tyres as it was common to have a puncture. Up Inchanga we slowly chugged, changing gears forever, then Hillcrest, Westville, & finally Mayville. Yippee, Hooray we were in Durbs at last. All eyes were glued on those tall buildings which we didn't see in our hometown. Soon we arrived at the beach.

Offloaded bodies, food & Caesar, the dog.

On some of these trips, we would have a sudden stop because the radiator was boiling. So there was a delay in waiting for it to cool down. Dad always travelled with extra water & petrol in a gallon tin, as the petrol gauge got jammed occasionally.

The selected picnic spot would be under a clump of bushes almost opposite to the now Mini-Town. Most of the beach was still covered in bush. It was void of all the restaurants & take-aways.

There were no fold-up chairs, so blankets were laid out & table clothes, to place the food on. We all sat on cushions. Thereafter everyone had been oiled up by a homemade lotion mum made to screen us from the sun, we would dash into the water under supervision of the older siblings. We screamed and jumped with delight as this was our dream come true.

A shout from dad summoned us up to the picnic spot as the kettle finally boiled & we had our tea & sandwiches.

The big old Kodak camera came out & many pictures were snapped as we posed in all sorts of styles.

After a great frolic in the waves we played rounders & football. After lunch we all went for a walk & dad bought us toffee apples & candy floss.

This was like a dream come true because one didn't ever see this back home. By 3pm we had to dust the sand off our bodies as there was no shower & bundle into the van off to granny's home in Greyville.

After all the greetings, hugs & kisses which went on forever, because Granny was blind she had to feel us & exclaim how big or tall or fat or skinny each one had grown.

Off we all went to the outside tap to wash our hands feet.

The koeksisters & ginger beer came out & the big old fashioned radiogram was switched on. The latest records were stacked on the large turntable & "HOLA", the dancing began. My cousins uncles & aunts joined in until the small dining room was bursting at the seams. The old loose floorboards were wobbling just as much as the base in the music.

Then the guitar & the banjo came out & the families serenaded to the old Frank Sinatra songs. The last dance was the "SQUARES", where all & sundry would be on the floor to the sound of an old Cape Malay Afrikaans liedtjie.

The celebrations soon ended & we were all bundled back into the van, covered with blankets & beanies.

Home here we come.

There would always be the pit stop at Cato Ridge. Here dad would do an all round check to check the oil, water or replace a punctured Tyre. The big square bonnet had air vents on either side that folded up in 2 sections like a concertina. On either side were 2 massive headlamps the size of rugby balls.

He also checked the indicators. They were built into the side panel behind both doors & often got stuck & didn't protrude at the appropriate moment. The boys had to pull them out manually or dad had to do hand signals to indicate his moves.

There were instances when "Popeye" broke down & we all got out to push up Polly Shorts in the pouring rain.

There was no air con, fan or radio. Just as well because the engine was so noisy the sound would've been inaudible.

We would arrive home tired, sticky, dirty & in no mood to unpack the load of baggage from that highly active day.

See you next week as we encounter a day at school in the Colonial Era.



How to seek God's Will: Six Principles (Part 2) Tap on our active link



Pastor Mike Gobel
Co-Founder/CEO
Planting Hope Foundation

Last week I started out by explaining the first three things (1. Surrendering your Personal Desires to God; 2. Mediate on God's Word; 3. Spending Focused Time with God in Prayer) we need to do to better seek God's Will in our decisions, actions, behaviour and lives. Now I want us to focus on the last three things that are critical in seeking God's Will for our lives.

(...Part 2)

4. Seek other people's advice

Find mature, dedicated Christians and ask them what they think you should do. In the beginning of my ministry I was either too proud or too naïve to ask, so I made silly mistakes. Over time I have come to learn that it is important to seek the counsel of more experienced spiritual leaders so that whenever I am writing a sermon, programme or article I make sure to run it by men like Dr Michael Cassidy or my father-in-law, all of whom have been in the ministry for decades but more importantly are always willing and able to offer a learned ear that will ultimately strengthen and enrich the material or message I am working on.

Also understand that the pieces of advice you receive may conflict with your narrative but they should give you another perspective to what God might be wanting to say to you. *"Plans go wrong for lack of advice; many advisers bring success."* — Proverbs 15:22, NLT

Ask people you trust to pray about your decision. Follow up with them to see if they sense God's leading in a certain way. It can also help to go through some or all of these steps with someone who can help you focus on the important things. But remember you are ultimately responsible for your decisions. As with surrendering your desires, you need to concern yourself more with pleasing God than pleasing people or following their advice. Seeking advice is wise, but don't let someone else make your decision for you.

5. Consider your circumstances

God can open and close the doors of opportunity in your life. You may have heard someone say, "God closed the door on

this opportunity," or "God was opening doors to give me the job." God, not circumstances, should guide your decision-making. But God may use events in your life to point you in a certain direction. Sometimes, your decision is made for you. For example, when a job application or business opportunity doesn't work out, it's possible that God has likely closed that door for a reason.

On the other hand, not all obstacles are closed doors or get closed by God. Some are just things you need to overcome as you follow God. We can sometimes easily blame God or the devil when neither had anything to do with the outcome. Similarly, just because a door is open does not mean God always wants you to walk through it. This is another reason to consider a number of sources when seeking God's will.

Many Christians follow the illogical and unbiblical closed door policy, often with unsatisfactory and frustrating consequences. God's work in our lives does not exclude such experiences, but the closed door policy refers to a careless hit or miss attitude that does not include evaluation of all the issues.

6. Think through your decision logically

God's Spirit can direct your mind and reasoning. Sometimes Christians are so focused on hearing from God that they forget to use reason and common sense. Just as the Holy Spirit can influence your emotions, He can also influence your mind. Jesus promised that when the Holy Spirit came, He would teach us and help us remember Jesus' teachings: *"When the Father sends the Advocate as My representative — that is, the Holy Spirit — He will teach you everything and will remind you of everything I have told you"* (John 14:26, NLT).

The Holy Spirit helps us to understand God's Word and follow God. As the apostle Paul told the Galatians, *"Let the Holy Spirit guide your lives"* (Galatians 5:16, NLT).

It's important to apply your reason with God's values rather than using the values of our culture, knowledge or world views. In the world today, we try and do things that please the others but are these decisions necessarily pleasing to God. God cares about helping you grow and using you to help others know Him and experience His love. This may come with worldly success, because God can use success and prosperity for His purposes, but remember His purposes may also be accomplished better by something that is less impressive in the eyes of man. - Ps Mike Gobel Sr.



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Message of Gratitude

"We owe a debt of gratitude to the numerous churches, spiritual leaders, companies and community members who so graciously assisted us since our inception with food hampers, toiletries, stationery, blankets, donations and other essential items that we in turn were able to donate to some of the most needy children and families in mainly the Northern Suburbs of PMB. Caring for the community in times of trouble and helping the most vulnerable cannot be achieved without the love, compassion and support of like-minded, fellow citizens and organisations willing to open their hearts and pockets to help us be your hands and feet in the community. We therefore appeal to the community for your assistance and financial support especially in our efforts to roll-out the PEDI Programme in more schools across PMB. This programme is going to help strengthen and empower our children with proper moral and ethical values and principles in life. Let's give our children a better chance to grow and develop into respectable, law-abiding citizens of our nation." - Mike Gobel, CEO

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Community Outreach

"He who supplies seed to the sower and bread for food will supply and multiply your seed for sowing and increase the harvest of your righteousness. You will be enriched in every way to be generous in every way, which through us will produce thanksgiving to God." – **Corinthians 9: 10-11**

We give irrespective of your race, gender, ethnicity, culture or religious orientation. We give because we are called by GOD to serve. We encourage every citizen in this city and across our nation to help us support those vulnerable and disadvantaged in our society.





CAREER FOCUS LEGISLATURE

*with Ms Nerusha Naidoo
Secretary: KZN Legislature*

What inspired you to choose your respective field of work / business?

I was driven towards becoming a lawyer because of a desire for fairness and justness in our society. Experiencing legislated differentiation during my formative years, I was acutely aware that education was a source of liberation but beyond that, understanding the law, would ensure that one was able to respond appropriately to any form of injustice. This appreciation of rights also stirred an interest in the Constitution. When the South African Constitution was passed, in 1996, I was fortunate to be appointed legal advisor in the Provincial Legislature of KwaZulu-Natal. This led to first-hand constitutional law experience in a constitutional environment that was previously unexplored in South Africa. The Constitution established 9 provincial legislatures in South Africa, of which KwaZulu-Natal was the biggest, and being employed in the KwaZulu-Natal Legislature in those years as legal advisor made us do in essence ground-breaking work as we established a new democracy and a new order.

What service, services do you offer?

There are 3 arms of government, the Legislature, the Executive, and the Judiciary. I work as the Secretary (equivalent to a CEO position in the private sector or Head of Department in the provincial government) of the KwaZulu-Natal Legislature. The Legislature makes laws and oversees the executive arm of government which implements laws, and the judiciary interprets laws. This system of government in South Africa and in constitutional democracies ensures that there is a check on power so that at all given times, there is a healthy tension between the three arms of government. The KwaZulu-Natal Legislature, at a provincial level passes legislation and ensures that the Premier and members of the executive council account to the Legislature on effective service delivery. The KwaZulu-Natal has 80 members, coming from 8 different political parties holding political office and elected as public representatives. The Legislature renders:

- (i) Oversight functions to ensure an accountable, transparent, and responsive Provincial Government. It is the eyes of the citizens to monitor the actions of government and ensure that public resources are correctly utilised and accounted for;
- (ii) Law-making services to ensure that the legislative environment in the province facilitates better service delivery processes and that citizens are legislatively protected; and
- (iii) Public participation and involvement functions to ensure that citizens in the province are actively involved in the governance of the province. This entails providing civic and public education to empower citizens to meaningfully contribute in government processes as well as encourage active citizenship with the province.

How many employees do you have?

The total post establishment for the Legislature stands at 291, however, a total of 210 posts are filled as at end of June 2021.

What makes your team so effective?

At a management level, the KZN Legislature holds the record in SA, for continuity of service of its management team and staff. The team commands a lot of exposure and experience in Legislative processes within the country, the African continent and the Commonwealth. Most of the KZN Legislature's managers rose through the ranks and this has in a significant way contributed to achieving a cordial relationship between the political and the administrative components of the Legislature. This relationship is critical for the overall performance of the institution because it provides a unity in command and strategic direction in a highly politicised environment.

It is also important to highlight that management as a solid and cohesive team has a way of supporting each other to ensure that the management collective delivers on its objectives. This team spirit and approach cannot be understated. Further, the staff of the KZN Legislature respect the role of various political parties and afford them a professional service that is divorced from any philosophy or ideology that individual staff members may have. This is critical for thriving democracies.

To what do you attribute your success?

A strong work commitment. I am passionate about the field of work that I am involved in. I have an exceptional team that are very experienced, respectable, and respectful. The administrative team led by the Secretary of the Legislature (my title as provided for in the Commonwealth and parliamentary parlance) understand that the environment is largely a political one with a multi-party face and we offer administrative support services to the multi-party Legislature in an impartial and professional manner. The critical management element of leading and managing in a manner that ensures that good governance underpins everything that we do whilst at the same time ensuring that we fulfil our constitutional responsibility, is a key driver of success. At all times, it is important to know your subject matter exceptionally well. You must be the expert that people have confidence in obtaining guidance from and you must always be professional in your approach. In making futuristic decisions, it is important to consult and take your team and your stakeholders along with you. It is also critical to anticipate issues and plan effectively. In the legislature, the Speaker, is the political head and it is critical that this role be respected and supported as it is the highest office in the Legislature politically and there must always be a good relationship between the highest office administratively and the Speaker. If these two offices do not work hand in glove, the success of a legislature will be highly compromised. At a personal level, you must really enjoy the work you do. To excel in your field, your work should not feel like work - it must excite you and it must come together as a puzzle that you really enjoy solving.

What's the Legislature's objective?

The Legislature seeks to be people centred and as such displays an activist behaviour in championing the aspirations of the citizens of the province. The objective of the Legislature is to ensure improved quality of life through both protecting and developing democratic processes in the province and overseeing government performance. Apart from creating a conducive environment for citizens to participate in legislative processes, the Legislature seeks to ensure that different political parties represented in the Legislature work harmoniously together despite their varied political persuasions. This is important to ensure that very different political views of the electorate are given respective platforms and considered in the running of the province. Administratively, the Legislature seeks to attain and maintain a clean administration as well as to lead by example in pursuing integrity and fighting corruption within the province.

What are some of the Legislature's achievements thus far?

Within the Legislative Sector of South Africa, KZN Legislature leads in public participation activities to remain true to its vision of being an activist people-centred institution. It has created various platforms to ensure that as many sectors as possible in the communities are given adequate opportunities to exercise their democratic rights and obligations in the governance of the province. Other Legislatures have been benchmarking with KZN on this aspect.

Having been one of the first Legislatures to introduce Committee Oversight Plans especially in terms of implementing the South African Legislative Sector Oversight Model (SOM), the Legislature's oversight approach is pulling towards use of service delivery baseline statistics to drive implementation of the National Development Plan (NDP) through the Provincial Growth and Development Plan (PGDP). The Legislature is charting new terrain wherein reports of Chapter 9 & 10 institutions are to become critical oversight instruments. This could be one of many other evidence-based means of conducting oversight on outcomes especially reflecting the aspirations of the people.

With the Covid-19 pandemic creating significant challenges on the operations of the Legislative sector, the KZN Legislature moved fast to employ digital platforms and it was the first to effectively run a secured virtual sitting and to move most of its Public Participation programmes and stakeholder engagements onto digital platforms. Other Legislatures were led by KZN in doing so.

It is also important to state that KZN Legislature was one of the three Legislatures, to complete its audit processes in record time during the 2019/2020 Covid-19 hard lockdown, while government departments and other Legislatures had to request additional time to cater for Covid-19 challenges. This is attributed to the strong teamwork, close liaison with political leadership as well as the support provided by staff in general. In both instances, the Legislature achieved unqualified audit opinions including a clean opinion for the 2020/21 financial year.

What are your commitments as the business owner?

To deliver on the modernisation of the Legislature through digitisation in the context of the fourth industrial revolution. Apart from reviewing the business processes and operational efficiency architecture of the Legislature, skilling, and re-skilling of employees as well as Members to be able to operate in a "smart institution" makes Change Management an essential area of focus. The process of developing a new Business Operating Model (BOM) is underway as part of a response plan to the new normal of performance in a digitized environment. Influencing the passing of national legislation that further strengthens provincial legislatures and Parliament in South Africa is a critical focus of the KwaZulu-Natal

Legislature and the entire Legislative Sector of South Africa. We need to continue ensuring that the Legislature as an arm of government remains meaningful, relevant, and always carries the voice of the People in the laws that it passes and the decisions that it takes. The Legislature is the House of Democracy, and it must be strengthened in its role and in its processes especially in the face of current developments. My goal is to ensure that we remain internationally competitive.

Does your company assist the community?

Section 118 of the Constitution requires that the Legislature involves the public in all legislative processes. The Legislature therefore has a strong drive to ensure that community voices are heard in government and that government information is provided to citizens. The Legislature engages annually with all sectors of society through its sector parliament programmes of workers parliament, youth parliament, children's parliament, women's parliament, senior citizens parliament and disability parliament. These parliaments take the form of mock parliaments held in different districts of the province to educate people on the role of parliament and legislatures but also to listen to the sectors on areas of concern and to facilitate feedback sessions where government can account on service delivery in various areas thus ensuring that the people are closer to the issues of government and there isn't a disconnect between the government and its citizens. Additional engagements are held with the religious sector and have also recently been started with the LGBTQI ++ sector. Further, constituency offices that are predominantly party controlled are also supported to utilise as a point of sharing government information with communities. The mandate of the Legislature does not extend to provision of services to communities, however, through the Speaker's Social Responsibility Programme, several community-based organisations are assisted and partnered with. Through these partnerships, the Legislature together with NGO's, private sector and government departments provide welfare related support in communities targeting women, youth, senior citizens as well as marginalised communities such as LGBTQI+, farmworkers, sex workers, children and other vulnerable groups. The achievements in this area are reported on in the Annual Reports of the Legislature.

What do you like doing in your spare time?

I like taking walks in natural environments, jogging and fitness sessions. I particularly enjoy reading. I love travel programmes, travelling and discovering new cultures. I enjoy spending time with family as they keep you grounded and are an important part of good mental health for me. I also enjoy listening to different genres of music.

What advice would you give to the next generation of Town planners?

The outcomes of town planning have long term impacts on the quality of life for both town dwellers and the environment touching on sustainable livelihoods of communities. Confirming town planning concepts with professionals without educating communities at least at an awareness level can lead to disaster. When communities misinterpret their rights and use them in a manner that conflicts with town planning concepts, it leads to tension between communities and municipality by-laws. Educating communities on municipality processes and how communities may participate and input into town planning programmes will go a long way in saving and sustaining the health and viability of our towns and cities. Future town planning practitioners will benefit a lot from understanding government and municipal processes and then execute their duties in the context of community development and active citizenship models. This will ensure that communities become part of the development and implementation of town planning "roadmaps". From a legislative point of view, our democracy management should not be confined to boardrooms, but should be opened to all peoples, professions and civil society.



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Nelesh Chathu

Owner and Founder at TNR Enterprises

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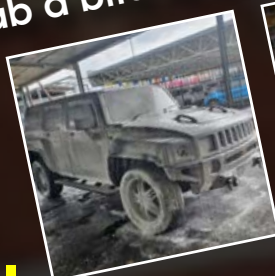
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HOW Dhanya (CORIANDER) Seeds CAN BE USED AS *Medicine*

Pundit Roshan Singh
Ayurvedic Health Care Practitioner

Coriander is an integral part of Indian cuisine. We regularly use coriander seeds as a spice, and coriander leaves for garnishing curries, salads, or soups.

Please take note of the following and make the change in your life. Ayurveda and its use of herbs is a natural way of healing and has been given to us by God. Let us make the change and start using natural remedies instead of drugs that cause more harm to our bodies. Grandmother's remedies have always been the best. Coriander is known all over the world for its medicinal properties. It is a great source of potassium, iron, vitamins A, K, and C, folic acid, magnesium, and calcium that can heal many health issues.

How Coriander Seeds Can help You

1. Cure Skin Diseases

Coriander is quite effective in curing various skin diseases like eczema, itchy skin, rashes, and inflammation. It also helps cure mouth ulcers and sores.

What You Need

Coriander seeds

Water

What You Have To Do. Gargle with boiled coriander water to reduce and cure mouth ulcers.

It can also be used as a cure for itchy skin and rashes.

What You Need

Coriander seeds

One teaspoon honey

Water

What You Have To Do. Make a paste of coriander seeds with a little water and add a teaspoon of honey. Apply this paste on itchy skin for instant relief. Rinse it off after about 10 minutes.

Why Does It Work. Coriander seeds exhibit antiseptic properties that help fight skin problems like eczema and rashes. They also contain linoleic acid that has analgesic properties to reduce inflammation like rheumatism and arthritis

2. Reduce Pimples

Pimples or acne are a recurring problem for those with oily skin as well as those entering adolescence. Coriander seeds can prove to be of great help in reducing the instance of breakouts.

What You Need

Coriander seeds

One teaspoon honey

A pinch of turmeric

What You Have To Do. Prepare a face mask with coriander paste, honey, and turmeric.

You can also add multani mitti if you have oily skin. Apply the mask all over the face and let it dry.

Rinse with cold water.

Why Does It Work. The antibacterial properties of coriander seeds work as an effective home remedy for pimples and blackheads.

3. Facilitate Hair Growth

Hair loss can result from weakened hair follicles, hormonal imbalances, stress, as well as improper diet. Coriander seeds prevent further hair fall and help stimulate the roots for the growth of new hair.

What You Need

Coriander seeds

Hair oil

What You Have To Do. Add some powdered coriander seeds in your hair oil and use it to massage your scalp at least twice a week.

Why Does It Work. Coriander seeds strengthen the roots of your hair and stimulate further growth, thus keeping at bay your hair fall problems.

For an Ayurvedic consultation contact,
Pundit Roshan Singh on Cell: 071 630 0834
E-mail: punditroshans@gmail.com





WEEKLY HOROSCOPE 26TH AUGUST TO 1ST SEPTEMBER

Jyotishacharya Shastri Pundit Roshan Singh

Spreading the Light of the Vedas



Aries

This week is good for nurturing and enjoying your ambitious side, in addition to embracing your deeper feelings and attachments, dear Aries. Still, a Mercury-Neptune opposition suggests seeing things through the lens of wishful thinking. Shortcuts taken now can be regrettable and possibly costly at a later date. Conversations can be vague or even guilt-ridden in spots.

Taurus

An opposition between Mercury and Neptune can signal a need to pull back from overthinking things, dear Taurus, but it can also confuse matters, so try not to bank on what you see today. Do your best to avoid misunderstandings and double-check your facts. It's also a good idea to seek out harmless ways to engage your imagination and need for a bit of magic or drama in your life.

Gemini

You can be especially fascinated with a workable idea, project, or mystery to solve today, dear Gemini. It's a fine day to seek some inspiration. Nevertheless, something you say or do could be relayed or interpreted in the wrong way, with your ruler, Mercury, in opposition to illusory Neptune. Uncertainty about your career or goals can interfere with the enjoyment of the moment. This transit does suggest all that is imaginative, fantastic, or spiritual engages you now.

Cancer

Your imagination may be working overtime this week, dear Cancer. Mercury and Neptune form an opposition, making it hard to concentrate when you need to most, and possibly disrupting your routines. You can have a hard time arriving at definite conclusions. Let your imagination go, but do so at the right time and place and not so far that you set yourself up for a letdown.

Leo

You can thoroughly enjoy observing others and drawing interesting conclusions today, dear Leo. While you might enjoy a mystery, some things can be downright confusing today with a Mercury-Neptune opposition in play. As much as you'd like to be gung-ho, you may end up on the fence. For best results, be especially vigilant when it comes to lending and spending today.

Virgo

Mercury in your sign these days is most excellent for mental tasks, dear Virgo. This week, it reaches an opposition to Neptune, and there could be some drama in your close relationships. You might be frustrated with others who can seem to be unresponsive, indifferent, imprecise, or extremely vague. Situations are ambiguous when you're seeking definite answers.



Libra

Your imagination can be rewarding in many ways today, dear Libra, but as the week progresses, a Mercury-Neptune opposition can cloud things. It can be challenging to distinguish between what we want to believe and what's real. This transit reminds you that you can't always have clear answers — and don't always need them!

Scorpio

You tend to express yourself more spontaneously, from the heart, and creatively this week, dear Scorpio. Excitement about love and projects rises. However, an opposition between Mercury and Neptune today can challenge your thinking. It may very well open your mind to see new options and possibilities. However, it can be a little disruptive, and misunderstandings are possible, particularly with friends and lovers.

Sagittarius

While the day can inspire some imagination, dear Sagittarius, it can be challenging to deal with things clearly and directly. Mercury opposes Neptune, and it's essential to avoid making important decisions based on your current perceptions. Consider that wishful thinking is likely to strongly influence what you see right now.

Capricorn

This week's transits can help you detach yourself a little from heavier topics and demanding activities, dear Capricorn, and it's a nice change of pace. As the day advances, though, keep your wits about you. There is a tendency to gloss over facts, and it's doubtful that you'll get helpful information or straight answers from others.

Aquarius

Your imagination for making money or improving your practical affairs is in full force this week, dear Aquarius. With Mercury opposite Neptune later today, you may not have all the facts or information to go on. Uncertainty about your income, resources, or abilities can weigh on your mind or distract you from doing what you want to do.

Pisces

Conversations with friends or ideas shared with a team or group can be enjoyable today, dear Pisces. However, later this week, Mercury opposes Neptune in your sign, and questions from others could awaken the escapist in you. At the same time, you do need to take some time to get to conclusions. Consider whether you can give a little and give others something to go on.



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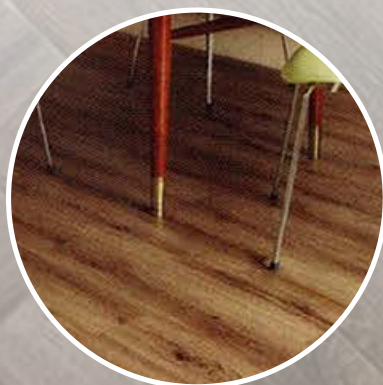
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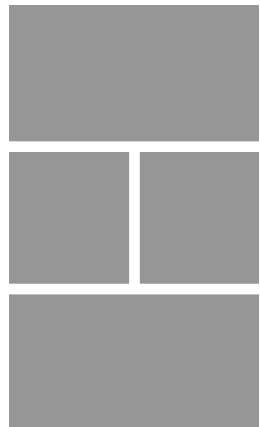
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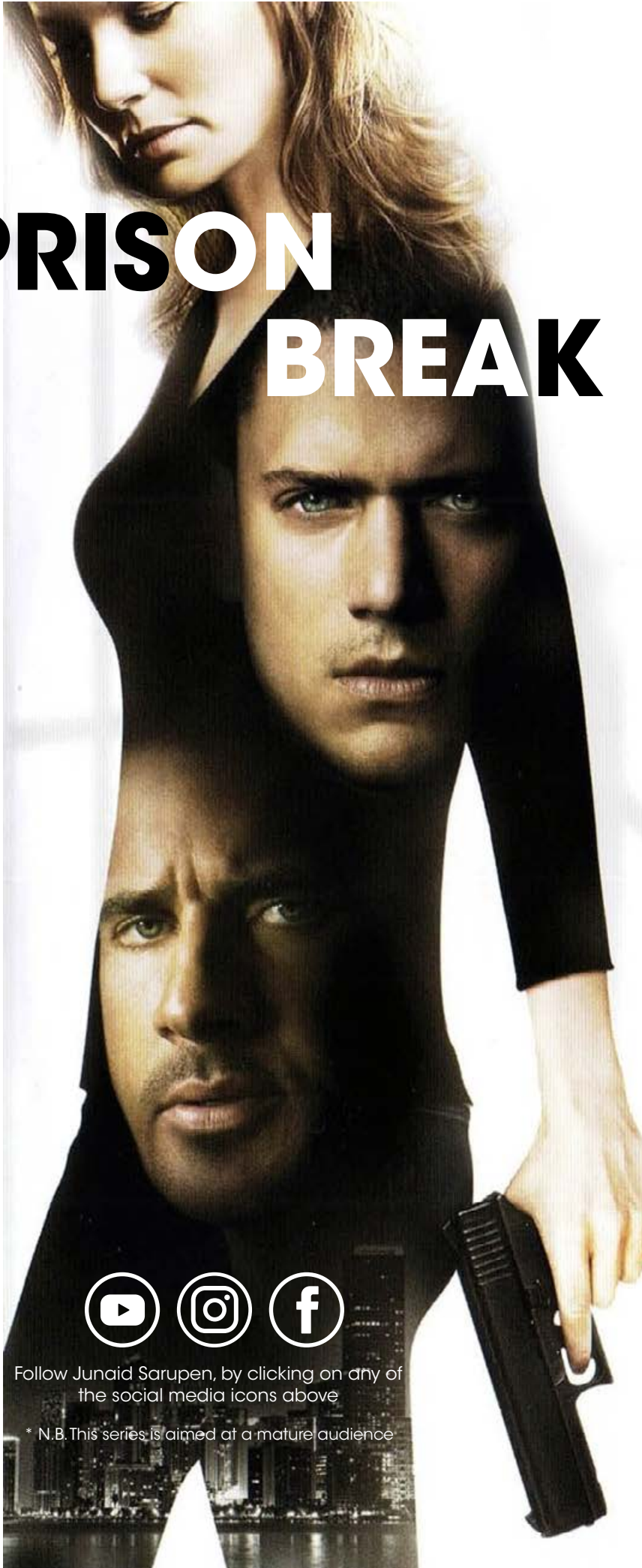
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Most of us only have time to do a quick wipe up of our microwaves after supper and a proper clean once or twice a week. Due to this, microwaves can build up food odours as well food residue or grease building up over time. This is not healthy as it can lead to a build-up of bacteria. Here are some easy tips on how to get your microwave smelling clean, fresh and spotless:

If you there is a build-up of food stains or grease, that does not wipe away easily. Try making a paste of two parts of baking soda combined with one part of water. Apply the paste to the microwave walls roof and turntable, wherever the stains are, allow this to sit for about five minutes. Wipe it up with a wet cloth and then wipe over with a paper towel to dry it off.

In a microwave safe bowl, fill water and add some slices of lemon or lime. Place this bowl in the microwave without the microwave cover and turn on the microwave for 5 minutes. After it has stopped, wait for it to cool for a few minutes, thereafter remove the water, using a kitchen towel, as it would be very hot. You will see steam has built up on the microwave window as well as steam droplets inside. Wipe up all the droplets of steam with a paper towel. Not only does this clean out the microwave, but it dissolves away all food odours.



PRISON BREAK



Reviewed by Junaid Sarupen

Remember the good old days of blockbuster television? 24, Lost and Smallville are among many nostalgic 2000's TV shows. But for now, let's talk about Prison Break.

Premiering in 2005 and created by Paul T Schering, Prison Break tells the story of Michael Scofield's (Wentworth Miller) purposeful incarceration into Fox River, a maximum security prison, as he attempts to break out his brother Lincoln Burrows (Dominic Purcell) for a crime he allegedly didn't commit.

Prison Break has some of the most memorable characters in TV history. Michael Scofield, the main protagonist, is an architect who engineers the prison escape plan by means of an intricate body tattoo.

Other convicts at the prison include mob boss John Abruzzi, Fernando Sucre (the most loyal friend you could ask for), and of course, my personal favourite, the notorious Theodore Bagwell a.k.a. T-Bag.

Miller and Purcell play off each other well and you instantly buy these two as brothers. Their chemistry proved to be so effective that they teamed up once again as Captain Cold and Heatwave in Warner Bros. TV universe, The Arrowverse.

The show consists of 5 seasons. It ran from 2005 to 2009 for the 1st 4 seasons and it wasn't until 2017 that the 5th season premiered. While the story transitions from a straightforward prison escape into a political thriller, it doesn't completely abandon its DNA in the process as the gripping action, jaw-dropping plot twists, and genius of Michael Scofield remained fully intact.

Prison Break deals with several themes such as family, revenge, forgiveness, faith, etc, which would explain why it resonated with millions of viewers at the time.

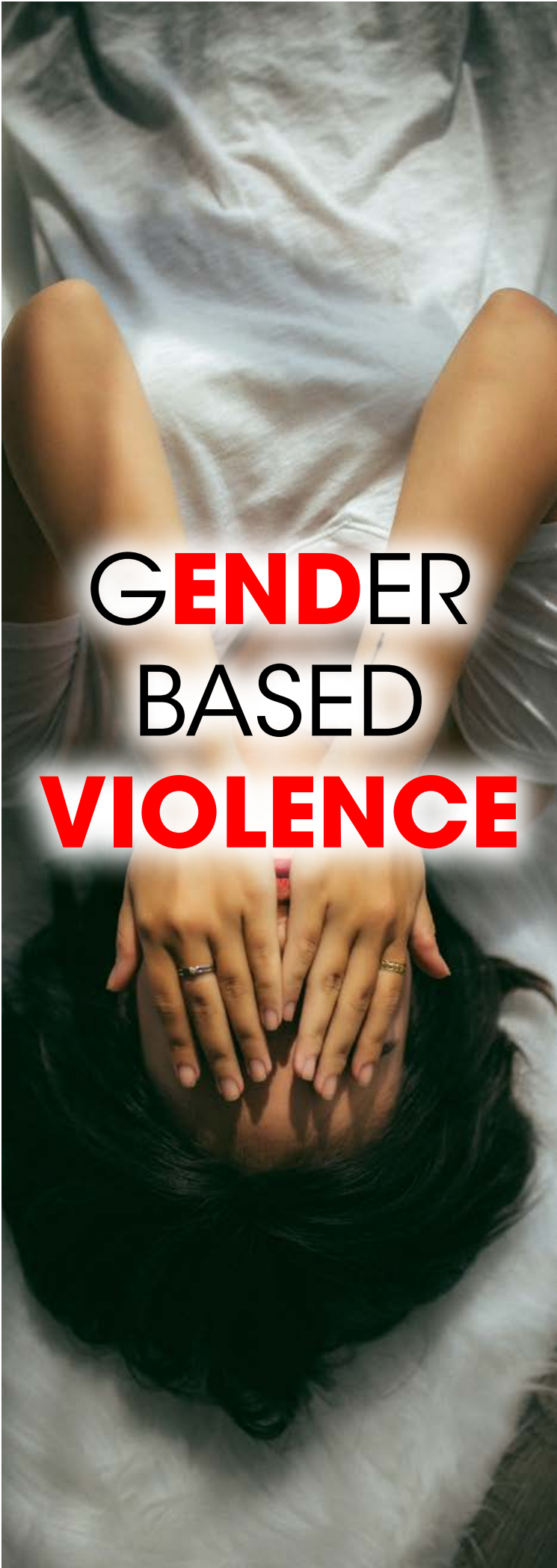
While Prison Break is an amazing show, it isn't without its flaws. The only major gripe I have with it is the fact that the 3rd season felt like nothing more than a bridge between seasons 2 and 4 as it did very little to progress the overall story. Aside from that, each season has a few plot points that stretch plausibility. I'll admit upfront, while I certainly enjoyed Prison Break, I completely sympathize with those who felt that the show peaked in its 1st season and failed to recapture what made it so compelling in later seasons (because technically, they're right).

Overall, Prison Break is one of the most addictive, intriguing, and exciting TV dramas of all time and it easily earns an 8/10.



Follow Junaid Sarupen, by clicking on any of the social media icons above

* N.B. This series is aimed at a mature audience



GENDER BASED VIOLENCE

Woman who are in physical abusive relationships, whether through marriage or dating can be in serious trouble if not helped in the early stages of the abuse. Physical abuse can have lasting effects on one's physical and mental health, not only does the victim suffer body pain from the physical beating but can also suffer from other health issues resulting from the stress experienced when being with an abusive partner, such as digestive problems, loss of appetite, because of fear and anxiety and tension migraines. These can worsen if not dealt with soon. Victims could end up with broken or fractured bones, depression and anxiety or even death. Let's not forget to mention mental health issues as well. Complexes being developed where woman will always be fearful of all men who may come into her life or afraid to trust any other male. Gender based violence is becoming very common and almost acceptable in society today, this could be for reasons such as the consequences faced by the perpetrators are much too lenient, so they feel as if they can literally get away with murder, another factor to consider is that women are not speaking up or walking away from dangerous life threatening relationships early enough. In terms of the leniency toward the perpetrators, the best way of dealing with that would be to raise awareness about gender based violence, so much so, that the authorities will no longer ignore it, and make a decision to create stricter laws for these types of crimes. On the other hand, woman who are being abused really need to speak up as soon as possible to a friend, family member or counsellor that can assist them in advising them on how to get back on their feet on their own, especially if they are financially dependent on the abusive partner for income, they will need guidance on how to start working and supporting themselves. To the victims: Please understand this, you are a unique and special individual. When you realise who you are and how special you are. You can rise up to your fullest potential and take your rightful place in the world. Every single being has a purpose, as do you. There is no single person in the entire world that has the right to cause pain or suffering to any another person for any reason. You were created to do amazing things and be a woman of purpose, if you cannot rely on anyone to help you or are too afraid. Then help yourself. Ask yourself this question, who do I really belong to and who am I? this simple question or self-evaluation can bring the answers you need and the direction to step forward in. Remember to be honest with yourself in this self-evaluation, because as much as anyone can try to help in whatever way possible, it is ultimately left up to you on how you would like to live out the rest of your years.

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#HopeisPower Project supports Community Chest



Photo: Beverley Pillay (Hollywoodbets Events Manager), Cheryl Winn (CMA Chairperson), Keletso Totlhanayo (CMA General Manager), Richard Rangiah (Community Chest Pmb Director), and Caroline Hartog (Hollywoodbets Senior Sponsorship Coordinator)

The Comrades Marathon Association (CMA) joined hands with sponsor, Hollywoodbets today in handing over food parcels for distribution via official Comrades Charity, the Community Chest of Pietermaritzburg and Durban.

Community-focussed betting operator, Hollywoodbets, pledged a R3.6 million investment towards the rebuilding and upliftment of communities through its My Community Programme after last

month's civil unrest and looting resulted in the vandalism and destruction of many communities, organisations and companies in the province.

Their #HopeisPower campaign was introduced on 19 July 2021 with the sole purpose of providing immediate relief in the form of food hampers or assistance to areas that were in major distress. The campaign also offered support to businesses that felt the brunt of the recent upheaval.

The Community Chest is a registered non-profit organisation and its mission is to inspire and facilitate giving back and action for community enhancement. It believes that four key social issues need to be addressed in both systemic and specific ways, which may lead to meaningful social, economic and political transformation. These four social issues are education, health, stable income-generation and community.

As part of the #HopeisPower campaign, Hollywoodbets pledged R50,000 towards the Community Chest. The Chest is one of the longest serving official Amabeadibead Charities of the Comrades Marathon.

The Hollywoodbets donation will go towards delivering food hampers to areas that have been severely affected by last month's looting and unrest. Team members and officials paid a visit to Pietermaritzburg and District Community Chest today (Wednesday, 25 August 2021) to hand over the donation and share messages of goodwill and support.

Richard Rangiah, the Director of the Pietermaritzburg and District Community Chest, stated that the recent riots affected many establishments and families that the organisation supports. He added, "We have identified deserving families from employees that were affected because of their workplaces being destroyed or damaged and they are now without work. These people have supported the Community Chest which tries to help everyone in the community. Now it's our turn to give back and help these people who have supported us in the past."

CMA Chairperson, Cheryl Winn said, "We value the amazing generosity by Hollywoodbets. Affected members of the community will reap the benefits of this food hamper roll-out which will no doubt go a long way in easing the burden of those breadwinners that are without jobs during this distressing time. On behalf of the CMA Board, Staff and Race Organising Committee, we convey our gratitude to this outstanding Comrades Marathon sponsor."

Using the #HopeisPower campaign and collaborating with its Partners and Brand Ambassadors, Hollywoodbets has supported 89 organisations with 2,948 essentials hampers that assisted 10,097 beneficiaries. The campaign also reached 32 small to medium businesses and helped them to get back on their feet.

The #HopeisPower campaign also partnered with popular radio stations to make a difference in various communities. The Purple Family donated an amount of R100,000 to support YFM's efforts in assisting SMEs in Gauteng to recover, as well as R500,000 towards Ukhozi FM's efforts to assist communities that fell victim to the riots.

Rasigan Naidoo, the CSI Manager at Hollywoodbets, explained that despite these difficult circumstances, communities have come together, "We have been united to help one another, in the true sense of 'Ubuntu'. It is important for us to offer immediate relief and assist with the rebuilding of the communities in which we operate. Our thoughts are with those who have suffered loss or are facing distressing times."

STAVING OFF THE WINTER CHILLS

COMMUNITY CHEST'S WINTER WARMTH DRIVE



Caption Left: L-R Sma Sokhela (Community Chest) receiving 71 Winter Sets comprising of hats, scarves and gloves from Anita Nicholson (NCT Forestry Agricultural Co-operative Limited)

Even though we are at the tail end of Winter 2021, all it takes is a cold front passing through to remind us just how cold Winter in and around Pietermaritzburg can be!

The Community Chest together with some of our Early Childhood Development (ECD) centres want to extend their sincere thanks and appreciation to the following companies and individuals who so generously supported the Chest's annual Winter Warmth Drive.

Warm waves of gratitude are extended to Aleka Harilal, Annemarie Fourie, Staff of NCT Forestry Agricultural Co-operative, Capstone Seeds, Golden Horse Casino, Lara Morrow, Merusha Vather, NCT Forestry Agricultural Co-operative Limited, Mr Price Foundation, Romilla Chetty, Seema Bhagwandhin,, Shanrika Naidoo, Savy Ramdoss and Shea Karssing.

The Community Chest is pleased to note that through your collective efforts, over 800 children from 13 ECDs received a Winter Warmth set and many of them also received a kiddies' blanket and pairs of socks, to keep them warm during the Winter chill.

In addition to the over 800 sets of Winter Warmth clothing, 234 families of children attending these ECD centres each received winter warmth of a different kind - a food hamper, from the Community Chest.

If you wish to partner with Community Chest and assist those children attending our Early Childhood Development (ECD) centres, please feel to email Sma Sokhela on sma@communitychest.org.za or call on 033 394 1031



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*"While earning your daily bread, be sure
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~ Jackson Brown JR.*



Community & School News

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Dare to be Red Virtual Breakfast

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*"A wise woman wishes to be no one's enemy;
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– Maya Angelou*

