

PEAK PERFORMANCE

Next Gen

INSTITUTE



Maritzburg
SUN

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FOR MORE INFORMATION CONTACT:
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KZN Inland cricketers Dilivio Ridgaard and Kurtlyn Mannikam are seen with South African footballer Bryce Moon, Next Gen's Dr Doshen Naidoo and Gavin Naidoo (Poobie Naidoo's).

Capital city home of first ever BRAIN TRAINING LAB IN AFRICA

Duanna Maraj

Cricket franchise owner of "Last Man Stands" in Pietermaritzburg, Dr Doshen Naidoo and Pastor Jay Mannikam recently embarked on a journey to bring the first-ever brain training lab in Africa to the Capital City.

This programme was brought to Pietermaritzburg by Simon Gologolo, a South African Table tennis coach, whose team experienced the training in Delhi, India.

The journey began as a cricket focused academy under Dr Naidoo and Mannikam, with a vision to create more game time and equal opportunities for both privileged and underprivileged children as it is critical to their ethos that "all kids deserve an equal chance."

This vision rapidly grew into something remarkable and stands proudly today as the first-of-its-kind, the Next Gen Peak Performance Institute, together with its advanced brain training technology which will be facilitated by Dr Guarav Sharma, CEO of Physio Karma.

According to Dr. Naidoo, brain training benefits scholars and athletes. It can be used to treat limited psychiatric disorders and improve corporate wellness. It not only improves cognitive health but emotional health, as well.

Its educational benefits are indeed far reaching and impacts almost every arena of school life, both within the classroom and on the sports field, from focus, to memory, to multiple intelligences and coordination.

While being agile, fast and skilled can

lead to success in the sporting field, a cognitive training program combined with cutting-edge technology could be the game changer for the most physically gifted at professional and amateur levels.

Visualization has long been a part of elite sports such as the Olympics, with coaches advising athletes nowadays to exercise their brains as fully as they do their bodies.

Both Mannikam and Dr Naidoo also mentioned that both provincial and national athletes will be rotating through the facility with access to have both the on and off field training experience.

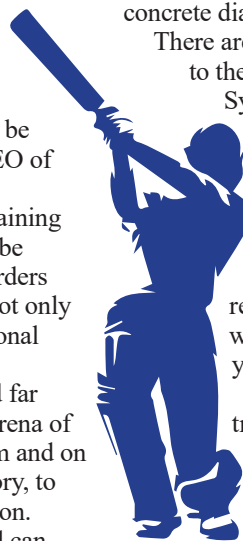
"Psychologists don't get through to what is the core issue in the brain, but with this [Brain Training] technology we can identify issues of the brain so you can have a concrete diagnosis," said Sharma.

There are three essential components to the Brain Training Technological System: a headset, smart glasses and a brain sensing cognitive trainer machine.

The headset uses neurofeedback technology to visualise what is happening in your prefrontal cortex in real-time. Smart glasses alert you when you are distracted, giving you a cue to get back on task.

The brain sensing cognitive trainer machine involves the interpretation of mental states in real-time via machine learning algorithms.

CONTINUES ON PAGE 2



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This 4 page wrap was compiled by **DUANNA MARAJ**, if you wish to do something similar contact **DUANNA** on **078 026 8481** or duanna@capitalmedia.co.za



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Capital city home of first ever BRAIN TRAINING LAB IN AFRICA

CONTINUED ON FROM PAGE 1

The results speak for themselves. Within a curriculum of three days, (two days of brain training and one day of on field training), athletes improved in overall aspects of cognition.

There are also ongoing partnership negotiations with the Department of Sports, Arts and Culture in Kwa-Zulu Natal. The President of the KwaZulu-Natal Sports Federation Association, Thami Mchunu, was also present at the launch and they were welcomed to this new facility, which is both unique and beneficial for athletes, workers and children.

Dr Naidoo has further enlightened us about brain training.

“Brain Training is not new. It has been used in various formats for over two decades. However, what the Next Gen/ Physio Karma association brings, is the latest technology, individualised high performance curriculum, and objective results with weekly and monthly data driven performance analytics.

South African athletes are highly skilled. We reach the knockout stages of most world

championships. Where we are not strong is in mental strength, agility and emotional stability, on the highest stage.

The cutting edge lies in that 1% difference between the semi finalist and the Victor. Our six month programmes of twice a week lab-based and on-field Brain training can provide up to 30% measurable improvement in brain performance. Who wouldn't want to be 30% better if only 1% better can give you the winning edge?” says Dr Naidoo.

In terms of its implications for academic pursuits, brain training assists with ADHD, improving memory and concentration without medication. It improves communication, lessens anxiety and aggression in autistic persons, and improves sleep and overall decision making. Finally, when it comes to corporate well-being, productivity is enhanced by improving cognitive function, decreasing anxiety, and a greater capacity for decision-making. Furthermore, Next Gen Brain training has an individualised curriculum for everyone. We look forward to you being a part of yet another African First brought to you by Next Gen.



Pictured at the Next Gen launch are from left: Gavin Naidoo, Pastor Jay Mannikam, Dr Doshen Naidoo, Mr Thami Mchunu (President KZN Sports Confederation), Luyanda Gasa and Mrs Naidoo.



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Couple traumatised after witnessing poaching of duiker

Kayla Shaw

A couple in World's View were jolted awake in the early hours of Thursday morning by the sounds of a duiker crying, dogs barking and two men dressed in black in their yard.

When the husband got up and walked to the patio to investigate, he saw two men cornering the duiker in their garden that borders onto the forest.

Seeing the trespassers and understanding their intention of poaching the buck, the husband shouted out. One of the men suddenly shone a light in the husband's face while the other grabbed the buck and ran. The husband tried to follow but was only able to see the two men jump into a car with other men after shoving the buck into the boot.

As they drove off, a black dog followed them.

The wife said she wished they had had their house alarm on or had hit the panic button but they were "so stressed" at the time

which took just a few seconds.

"I know it wouldn't have done anything, but maybe the security company could have stopped them," she said.

She said that the buck was a common visitor to their garden and that at night, it would eat the roses from her prized bushes.

When asked about the possibility of her house being robbed instead of the buck being taken, she said that "they have stolen [much] more than they could take from my house.

"They have stolen a long-time friend from this community," she said.

This is not the first incident of poaching in the area. However, this is the first where a car was involved in the transportation of the animal.

Previously, a pregnant buck was attacked by four dogs allegedly linked to poaching in the area. This was when poaching took place more in the forest rather than the new tactic of chasing the animal

out of the trees into an easier catch zone.

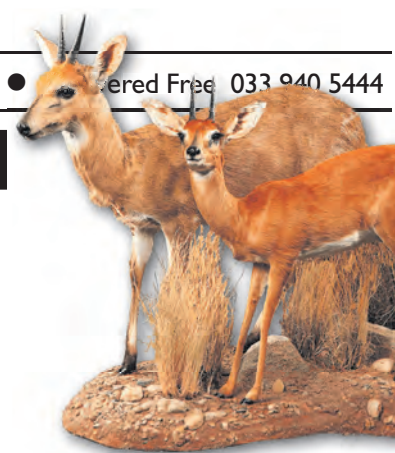
Hugh Temple, a member of the World's View Conservatory, said the recent act of poaching was "very brazen."

"I'm shocked but not surprised. Obviously, there is a planned operation here," he said.

Following the incident, the World's View Conservatory will be working with SAPS and uMngeni Community Safety Initiative in tracking down the poachers using all the resources available to them.

As for future protocols regarding poaching incidents, Temple said that honorary officers of the World's View Conservatory are on WhatsApp and Emergency groups. If you see suspicious activity or witness poaching, send a message on the group and the officers will respond.

SAPS spokesperson, Sergeant Sifiso Gwala, confirmed that a case had been opened and was under investigation.



Maritzburg Sun Reporter

Ezemvelo KZN Wildlife has taken decisive action in response to the alarming surge in poaching incidents, particularly within the Hluhluwe iMfolozi Park (HiP) during 2023. Despite concerted efforts, the province lost 325 rhinos in 2023, with a significant 307 of those poached within HiP. To address this crisis, and in collaboration with WWF South Africa, Ezemvelo initiated an HiP dehorning programme on 8 April, with efforts now well under way. WWF South Africa's CEO Dr Morné du Plessis said: "A decision to dehorn is never taken lightly and only one of a wide range of interventions which together seek to simultaneously remove the potential reward of rhino poaching while increasing the likelihood of being caught. The province of KZN has played a critical role in rhino conservation in Africa which is why we are committing resources towards supporting the authorities in their efforts to protect rhinos. Beyond the dehorning programme, we will also be supporting Ezemvelo in its broader efforts to implement the Ezemvelo KZN Guardianship Strategy for Rhinoceros."

Picture: Supplied

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Rising from the ashes

Akheel Sewsunker



Like a phoenix, Fatboy & Co has risen from the ashes of their ruin, thanks to support from the community. The local printing company, which has been a part of the city for 25 years, suffered major damages when a fire gutted the shop in February. In under two months, the business is back up and running, and according to owner Niel Bruwer, it is doing better than ever. "We are very relieved. Today will be six weeks since the fire and we are trading again. We are up and running and Pietermaritzburg

has been very good to us," he said. "The support has been amazing. It was quite traumatic for us. People have come through and supported us. My competitor gave us a machine to keep us going through this time," he said. He added that all the damages sustained during the fire have been fixed. "We were rightly insured and I cannot emphasise to people how important it is to be rightly insured for fire. Because we were properly insured, we now have a brand new shop," Bruwer said. "It has been

a strenuous time for us. We are all tired and with us going forward, my son, Nathan, is running the business," he said. Bruwer thanked his loyal customers and said the company has returned stronger. "We managed to put in new equipment, the new machines can print up to four times faster and we have increased our capacity a lot. We have come back better than ever. God is good," he said. Bruwer added that the community was instrumental in their return. "The councillor and the fire department also helped us a lot. The fire department cares; they helped us to get everything we need. "Councillor Douglas Roberts made sure we were fed, he made sure we got the help we needed. This made me believe in this country again," he said. Nathan also thanked *Capital Media*. "I have the first article about the fire, but it is too sad. "When this one comes out, I will frame both of them, side by side in the shop," he said.

Nathan and Tayla Bruwer outside the Fatboy & Co after it re-opened following a fire. Photo: Supplied

Campaign to clean up city

Prashalan Govender

Pietermaritzburg engineer David Still, as representative of the uMsunduzi River Crisis Committee, has started a campaign to highlight the ubiquity of filth in the city and the high levels of E.coli in local rivers. It's destined for the SA Human Rights Commission, that was addressed about the issue in October last year. The petition, "Stop sewage spills, collect solid waste - clean up Pietermaritzburg", followed no response being received from the Department of Water and Sanitation (DWS) after writing to them about the issue of pollution in the city. Still said these measures stem from concern about the impact poor waste management has on residents' health and the city's economy. The petition, in addition to the state of the uMsunduzi River, brings attention to the growing amount of rubbish in the streets and other public areas. Regarding the river, the petition states that "the median level of E. coli bacteria in our rivers and streams has increased ten-fold since 2010". "This conclusion is based on the very comprehensive weekly moni-

toring of the uMsunduzi River and its tributaries that has been carried out by uMngeni-uThukela Water since 1990," the petition read. The second issue the petition raises is the increasing amount of rubbish in the city. "We are embarrassed at the state of our city and its surrounds, which has become increasingly squalid," the petition read. "Several parts of our town do not have a functioning waste management service, and informal dumpsites abound." He told *Maritzburg Sun* that the petition has the objective of illustrating the breadth of community support for resolving the problem of pollution in the uMsunduzi River. Such support, Still said, would drive action to be initiated. He said the uMsunduzi River Crisis Committee believes that "virtually everyone who lives in Pietermaritzburg and neighbouring communities is aware that sewage and solid waste is not being managed well at all" and, consequently, will be motivated to sign the petition. Such petitions, Still said, have a proven record of working. It can be found on [Change.Org](#).

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Friends from left: Ntethelelo Maduna, Loyiso Zondo and Khwezi Mchunu clean up the garden in Bisley in memory of anti-poaching hero Teboho Senna. Photo: Prashalan Govender

Anti-poaching hero honoured

Zama Myeza

Bisley residents paid tribute to their local hero, who earlier this year helped to capture poachers who had snared a giraffe at the Bisley Nature Reserve.

Teboho Senna, who co-founded the famous garden in Bisley known as “Hawayi”, died last week.

The residents, who had socialised with Senna at the garden, cleaned and revamped it in his memory.

Loyiso Zondo, who helped Senna catch the poachers, said that the garden would always be a reminder of the type of person Senna was.

“The whole reason Teboho built this garden was so we can all have a place where we can hangout together as friends. Now that he is gone, it will remain as a reminder of the type of person that he was and how much he cared for this community,” said Zondo.

Zondo also added that the residents would continue taking care of the garden and make sure that it

was in a good condition.

“This is our 'go to' place, and he always made sure that it was in good condition for us. We will try and continue with what he was doing and maintain this place,” added Zondo.

Peter West, the chairperson of the Friends of Bisley Nature Reserve (FoBNR), said he was deeply saddened when he found out that Senna had passed away.

“I received a message from one of his friends telling me that Teboho had passed away after a short illness. I was concerned that he had passed because of what he had done for us by catching the poachers, but it was not the case.

“I sent a message to our group chat and everyone was just as shattered as I was. We are all still just in shock as he was a very nice, young man.

“The things that he did for us and our community will not go forgotten. I am sending out my deepest condolences to his family,” said West.

KPCA “Ellie” recycling project



Carter staff together with the Enviro Club pupils who are part of the KPCA project. From left: Paulette Baijnath (Enviro Club Coordinator), Mandy Hiralal from (Recycle M), Lara Edmonds (KPCA) and far right Charmaine Dlamini (Carter staff and Enviro Club).

Chanel George

The Keep Pietermaritzburg Clean Action Group (KPCA) has embarked on an innovative project to raise funds to not only keep the city clean and neat but to also beautify the city.

Schools, clubs, artists and creatives are encouraged to be part of their 'Ellie Bank Project'. This project entails creating an elephant or “Ellie Bank” out of recyclable materials and inviting friends, family, community or schools to fill its belly with a R20 note or empty cans.

Lara Edmonds, the executive director of KPCA said the R20 note was significant as it tied into the theme of the KPCA and has a family of elephants.

“We can raise funds from recycling aluminum cans. The funds raised will empower KPCA to fulfil its mandate to get PMB clean, neat, beautiful and green with a specific focus on the beautification of our city through art, colour and gardens,” she said.

Two of the schools that have joined the project are Cordwalles Preparatory School and Carter High School.

Edmonds awarded Carter High School’s Enviro Club with the first ever 'Green Ellie' Award. The club has participated in a number of activities since July last year.

The school was part of the Mandela Day Clean-Up, helped host one of the World Clean-Up Days and took up the challenge to build an Ellie.

Paulette Baijnath, Enviro Club co-ordinator at Carter High School said the club, together with Carter High School will run this (Ellie) initiative.

“The funds raised will go towards the rehabilitation of Pietermaritzburg, which is a worthy cause. We have started making Ellie using recycled cardboard, our eco bricks and newspapers,” she said.

Meanwhile, the Cordwalles Preparatory School boys are excited about getting more involved with KPCA as it is a great way to actively make a difference in their city.

Kerry Peckham, the art teacher at Cordwalles, who has been involved in the project, said they made their "Ellie" using wire and paper mache'.

“The boys have created a large model of an 'ellie piggy bank", in which the money from aluminium cans will be placed," said Peckham.

She said it was a two-fold project.

The first part is the collection of the aluminium cans that will be sold for money. The second part is to use art to send a visual message.

“We look a lot at urban art and how this can uplift and beautify run-down areas. In our case, we want to raise R15 000 to help Jono Hornby, an urban artist, use his talent to transform Victoria Street into a place of beauty,” said Peckham.

If you would like to contribute towards this project, you can pop your R20 into these Ellie banks at various points.

Larger Ellie bank donations can be made to: KPCA Group, Standard Bank, MyMOBIZ Current Account: 10212066437.

Contact details: Lara Edmonds 0845870880, Email : secretary@keepmbclean.co.za.

Visit their website on : <http://www.kpca.co.za>

An advertisement for 'Family Full House' featuring a family of four (a woman, a man, and two children) sitting on a couch. To their left is a large, overflowing plate of food, including fried chicken, fries, and burgers. The text 'FAMILY FULL HOUSE' is written above the plate, and 'THERE'S MORE THAN ONE WAY TO MAKE YOUR FAMILY PROUD' is written below it. A price tag of 'R173.00' is also visible.

A circular logo featuring a stylized rooster wearing a chef's hat. The rooster is yellow with a red comb and wattle. The logo is set against a white background with a red border.

CARTER PUPILS SELECTED FOR RUGBY TOUR TO — EUROPE —



Sbhongakonke Khanyile and Samkelo Mbatha from the Carter High School U18 rugby team.
Photo: Supplied

Chanel George

Two Carter High School pupils are over the moon at being selected for the Travel and Sport U18 invitational rugby team to tour Europe. Samkelo Mbatha and Sbhongakonke Khanyile will embark on the 10-day tour with players from other schools and will visit Nice and Marseille in France and Genoa in Italy. The trip will consist of a stadium tour, a taste of European culture as well as meeting players from Europe. Rugby, however, was not their first choice of sport but they grew a passion for the game over the years. First team captain, Samkelo, who hails from Imbali, said he first played rugby when he was 11 and was inspired when he watched the 2019 Rugby World Cup and has never looked back since. “I am a prop forward and in 2020 I twisted my ankle and suffered my very first serious injury. This only kept me out of the game for a month because I was stubborn and couldn’t wait to get back onto the field,” he said. He added that when he heard that he had been selected for the tour, he was completely over-

whelmed with emotion. “Where I come from rugby is not a popular sport. However, I am looking forward to pursuing a professional career in rugby,” he said. Samkelo said he would also like to study sports management after matric. “Rugby has allowed me to meet a great bunch of guys who I have bonded with,” he said. He trains from Monday to Friday and in his spare time he loves to socialise with his rugby friends not only on the field but off the field as well. Sbhongakonke started playing rugby in 2022 when he was in grade nine and after six months he knew that rugby was for him. “When I first stepped onto a rugby field I was so confused and didn’t know much about the sport in terms of

the rules and culture,” he said. Sbhongakonke is originally from Umlazi, but now lives in Prest-bury. “When I first heard the news I was surprised and over-whelmed. I couldn’t believe that I would be leaving my family to travel that far,” he said. He added that when he finishes school he would love to pursue a career in rugby but also study IT. Luzuko Ndiko, the school’s sports co-ordinator, has urged “ex-Carterians” to sponsor the boys as they require funds to go on the trip. “It’s an exciting opportunity for us as a school to be sending two of our own. However, the trip does involve costs which need to be covered. “As a sports department we are proud of Samkelo and Sbhongakonke. We would like to wish them all the best,” he said.



Elah-Mae Budram with her two medals she won on day one of the SA Level 2 championships earlier this month. Photo: Supplied

Pelham pupil excels at SA swimming championships

Chanel George

An 11-year-old Pelham Senior Primary pupil scooped four medals at the recent South African Level 2 swimming championships held in Durban. Elah-Mae Budram, who has been swimming since she was 18 months old, has put in many hours of swimming practice on a daily basis in order to achieve her goals. The young swimmer juggles a hectic schedule of daily swimming. Her first session starts at 6 am at her school followed by her afternoon sessions at the Penguins Swimming School. Her school swimming coach, Kelvin Nunford, said Elah-Mae’s talent was first spotted during swimming trials at the school where she came out on top. “Once I saw her potential I approached her and her parents to find out if she would be interested in developing her talent to which they agreed,” he said. Nunford said Ella-Mae joined Penguins around January last year with much excitement. “She trains at Penguins four to five times a week in the afternoons. Her favourite style of swimming is breaststroke and she recently received a gold medal in her age group at the South African Level 2 championships which took place earlier this month in Durban,” he said.

Elah-Mae won four medals at the championships in her age division - three gold medals in the 200 m freestyle, 50 m breaststroke and the 100 m breaststroke. She also won a bronze medal in the 100 m breast stroke. “As a coach, I am fully aware of our swimmers’ schedules as well as their progress in school,” Nunford said. Elah-Mae’s parents have dedicated their time to make sure she attends all her training sessions. Her father, Kervin Budram, covers the weekend travelling, while her mum, Kogi Budram has dedicated her time to transport her during the week. “She is involved in various sports such as hockey, soccer, tennis and even ballet which she recently stopped due to time constraints. She and her twin sister, Leah-Bella have both been selected for the Pietermaritzburg School Choir,” her father said. He said Elah-Mae has her mind set on her goals and is excited to achieve more. “Thankfully, we have good communication with her teachers and the school who give us regular feedback on her progress in school and we as parents update the school on any sport she is participating in which could result in her being fatigued during school hours,” he said.

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Etham College charity drive



Pupils from Etham College hand over tinned food to the Pietermaritzburg Children's Home. Photo: Facebook

Kayla Shaw

The Pietermaritzburg Children's Home (PCH) had plenty to celebrate recently. Not only did it receive 257 tins of canned food courtesy of Etham College's tinned food drive, but it also won R12 000 in food vouchers in the ShopriteSA and #ActForChange Charity competition, a CSI programme that aims to make a positive and sustainable impact in communities. The PCH was also interviewed live on Ukhozi FM to help market the home.

The PCH is the oldest children's home in Pietermaritzburg with its roots tracing back to Mary Elizabeth Cook in 1886.

Today, they are the product of an amalgamation of the Hilltops Home, Mary Cook and Mildred Ward who, in 1991, took on the name of The Pietermaritzburg Children's Home. They are a registered non-profit welfare organisation that operates at 45 Teak Road, Woodlands.

NOTICE

SAPS Pietermaritzburg Central Community Policing Forum will be hosting an Annual General Meeting (AGM) at the Jabu Ndlovu (Loop) Street police station conference room. The meeting will take place on April 17 at 2 pm.



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Canoeing fraternity legend John Oliver, who was rich in institutional knowledge about the sport, has died at the age of 74. Photo: Supplied

Duncan Guy

Canoeists all over the country donned red on Sunday as they paddled in memory of much-loved legend John Oliver, a bearded figure known to many at the end of races as he recorded their finishing times – and who watched and helped many canoeists grow.

He died two weeks, aged 74, having started canoeing “on a dare around a braai”, according to his daughters, Lorna and Kirsten; and ended his relationship with the sport with a larger-than-life presence in South African canoeing “with so much institutional knowledge – 50 to 60 years of it”, said former canoeist, Tim Whitfield.

“He went through four developments in timing systems used in

canoeing,” Whitfield added. “From the old stop watch and writing it down on a piece of paper to today’s modern systems.”

A Dusi veteran - including in doubles with his late wife, Margie, and Lorna - and a canoeing administrator, John was known to be “everywhere”, both at races within the country and taking teams to events such as the junior sprint championships in Japan.

Last year, the Dusi Canoe Marathon honoured him by naming a new series in the 2023-2024 season the “John Oliver Dusi Series.”

A Dusi Canoe Marathon press release read that, for Oliver, the decision was humbling and unexpected, but led him to reflect on some of the changes he has seen in the sport since he first became interested in canoeing in “1978 or 1979”.

“There’s quite a lot of things that have changed, but the one thing that has been really great over the last 10 years is the increase in the number of women and girls paddling,” he said at the time.

This year, he proudly saw both Lorna and Kirsten complete it and receive John Oliver Series medals.

“Dad’s life had a massive impact on both of ours,” Kirsten said.

“Lorna is now a renowned canoe coach at Midlands Paddling School

and has nurtured many many newcomers to the sport, including women and youngsters - the same way my parents did in their time,” said Kirsten.

“I still paddle in my own capacity, but I took up photography quite seriously and am now a freelance photographer (when I am not doing my normal job), and dad was my biggest fan of course - I think he was somewhat envious of some of the wonderful things I have got to do with photography that he never did. But for dad, many people first met him behind the camera.”

Born in Swaziland (now eSwatini) to a banker father and teacher, artist and author mother, Oliver moved to Pietermaritzburg as a child and attended Maritzburg College. At the same time, he fell in love with the Wild Coast, once cycling to Port St Johns with schoolmate Peter Bassett on the first day of holidays and being lucky enough to score a free night at a hotel along the way when they stopped to rest on its premises.

In later years he took his family to other parts of the Wild Coast – often with a “hippyish” crowd, according to Kirsten – recalling one holiday when the Olivers were last to leave and discovered their vehicle had a flat battery.

“Dad, who was young and fit, ran 20 km to the nearest town along the beach carrying the battery and then

struggled back [with it charged], only to discover that a team of oxen had come past us. My mother yoked them to the Toyota and ran started it,” she said.

Over time, the Wild Coast gave way to canoeing in John’s life.

The family became more familiar with the Mkomazi, dropping him and friends off in the Hela Hela and waiting for them to arrive at Josephine Bridge having navigated their way down the river and through its rapids.

Such experiences fed John, the raconteur.

“He could tell a good story,” said Kirsten.

“He had a good way of talking to people at canoe races, telling them about the place, its history and an unbelievable depth of knowledge and observation.”

She also remembers her father as someone who treated everyone the same – whether it was a queen or a beggar.

John’s career in photography, also gave way to the sport to which he and Margie gave their all as administrators.

“John was also known for his humility and generosity. He would often lend a helping hand to novice paddlers, offering guidance and encouragement with a smile. His kindness left an enduring imprint on the community, fostering a spirit of camaraderie that tran-

scended mere competition,” said Steve Camp who co-authored *Adventures on an African River: 70 years of the Dusi Marathon* with Brad Morgan.

“Beyond his achievements in canoeing, John was cherished for his lively sense of humour and infectious laughter. Whether recounting tales of past adventures or sharing jokes, he had a knack for bringing joy to those around him.”

Steve Botha, chair of the Dusi Canoe Marathon, said: “I think what people will miss most is seeing him at the end, doing the timing. He was such a figure everyone knew and he knew everyone. He was obviously a legend. He had grown with paddlers, from being school kids to their canoeing careers.”

Kim Pople, president of Canoeing SA said: “To put it simply, John was canoeing. A lifetime in the sport at every level, is simply irreplaceable.

“He will forever be missed by all of us as we navigate our sport without him.”

Plans are in the pipeline for a memorial to Oliver at Midmar Dam on the afternoon of Sunday April 21.

He leaves his daughters, Lorna and Kirsten and a grandson, Lorna’s child Benjamin.

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SHATTERING THE SILENCE



6 THINGS TO KNOW ABOUT GBV

STOP GBV TODAY

1. KNOW THE FACTS

More than 120 000 cases of GBV were recorded by the government-run GBV Command Centre in the first three weeks of the national lockdown. According to government statistics, a woman is killed every three hours in South Africa. Worldwide, South Africa had the highest rate of rape (132.4 incidents per 100 000 people for the year 2010).

2. GBV AND SOCIO-ECONOMIC CLASS

The report Crimes against women in South Africa, an analysis of the phenomenon of GBV and femicide (Statistics South Africa) stated that the prevalence of physical violence was greater among less educated women than those with secondary education or

higher. However, while the prevalence of physical and sexual violence decreases as the wealth quintile increases, wealthier women and children are not immune to GBV.

3. TAKE A STAND ON SOCIAL MEDIA

Raise the topic, discuss difficult issues, connect with like-minded people and share posts from activists and organisations. Unite in solidarity with women who have experienced GBV – and remember to colour your social media platforms orange.

4. SEXIST JOKES ARE NOT FUNNY

Sexism is any act, word or image based on the idea that a person is inferior because of their gender. Sexism is harmful because it produces feelings of worthlessness and enforces the



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stereotype that men are better than women. Don't laugh at the jokes... don't even smile!

5. THERE'S MORE LEGAL PROTECTION FOR WOMEN AND CHILDREN

The Criminal and Related Matters Amendment Bill, Domestic Violence Amendment Bill and the Criminal Law (Sexual Offences and Related Matters) Amendment Bill have

been approved and signed into law. President Cyril Ramaphosa said the new legislation will further strengthen the criminal justice system and ensure harsher penalties for those found guilty of GBV.

6. LISTEN TO A SURVIVOR

Thato Mogane (27), who suffered physical and verbal abuse at the hands of her ex-partner, said: "I encourage

anyone who is silently protecting an abuser to make up your mind and open your eyes. Love is not supposed to be painful. Love is kind. Love is protective. Love should always be beautiful, not harmful and not filled with fear. There is a place for us in society where we can find help, be protected, find sisterhood support, speak out and break the silence. Day by day, you can only get better."

Thato has benefited from counselling and skills development opportunities through People Opposing Women Abuse (POWA). Many such centres exist around the country.

**BREAK
THE
SILENCE**

NATIONAL HELPLINE NUMBERS:

National GBV Helpline:
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Childline South Africa:
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Toll Free Crisis Line:
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Lifeline South Africa:
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This feature was compiled by

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Equestrian news

Earlier this year, The Wykeham Collegiate had four riders compete at the SANESA interschools challenge Qualifier One: Isabella Sisia, Charlize du Plessis, Isabella Freeman and Kristen Cameron. Charlize du Plessis and her horse Brandenburg Chloe, competed for the first time together in the competition achieving first place for equitation, third place for dressage and fourth place for show-jumping. Photo is attached.



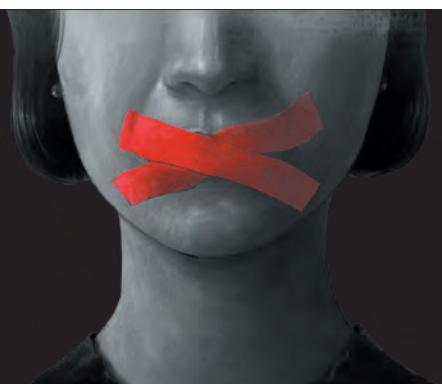
College teams excel over the past weekend

Maritzburg College's campus was alive with activity and action over the weekend as the school held the first of its bi-annual derbies against Pretoria Boys High School (PBHS). Always a popular and exciting clash between two powerhouse schools, the event did not disappoint. There were no less than 52 individual fixtures across ten sporting and cultural codes and a full round of hockey and rugby fixtures on Saturday.

The 1st XI hockey side managed to secure a tough 1 – 0 win over Pretoria Boys High School and the 1st XV, not to be outdone, put on an impressive display to win 43-15. The College MTB team hosted PBHS up at the Knoll in Winterskloof on Friday and racing on their home trails, the boys were in top form securing the senior and the junior trophies and placing first and third in both races.



SHATTERING THE SILENCE



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CASE NO: 16503/2022P
On 14 FEBRUARY 2024
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SHARMILLA CHANDERPAL
1ST RESPONDENT/DEFENDANT
I.D NO: 820915 0179 082
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And To: **SHARMILLA CHANDERPAL, ID. NO: 820915 0179 082 (2nd Defendant)**, a female whose occupation is unknown and whose present whereabouts are unknown. Take notice that by summons issued by the court, you have been called upon to give notice within 30 (thirty) calendar days after publication hereof to the Registrar, at Room High Court, **301 CHURCH STREET, PIETERMARITZBURG** and to the Plaintiff of your intention to defend (if any) in the action wherein THE STANDARD BANK OF SA LIMITED (Plaintiff), a Company claims:-
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PEAK PERFORMANCE

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Next Gen

takes XPL to new heights

Kayla Shaw



XPL event co-ordinators from left Lindsay O'Malley, National Premier League owner and former professional cricketer Ziyaad Desai, Dr Doshen Naidoo and Jay Mannikam.

A landmark partnership between St Charles College, the National Premier League and Next Gen Peak Performance Institute saw the inaugural launch of the XPL draft, comprising 100 boys from Pietermaritzburg and surrounding areas. The partnership aims to provide high quality and equal opportunity

cricket leagues based on passion, statistics and performance for all age groups starting with under nines and climbing up to year 19s with adults and veterans also receiving the opportunity to engage. Friday evening was abuzz with nervous excitement as under 11s and 13s cricket players geared up to be drafted into the four league fran-



Ziyaad Desai, Dr Doshen Naidoo and Jay Mannikam stand with one of the drafted cricket players.

chises: Revive Herbal Saints, Old Fort Stallions, Best Aucor Chiefs, and the uShaka Sharks. Parents also waited patiently to see who would pick their sons. The draft is a key part of the cricket leagues as it draws on the hype and excitement synonymous with the major cricket leagues worldwide. It is during this time

that cricketers are given the chance to showcase their talent, get a feel for the pressure and elation, anticipation and angst akin to what the professional cricketers experience. "[It feels] very good [being picked]. I'm nervous to be here," said John Mark Lang, a Stal-

lion-picked cricketer. "The XPL is going to be something massive, for now and in the future," he said. "We plan on expanding to all age groups and there will be girls playing. Hockey will be coming next."

He finished off with thanking everyone for being a part of the journey and being brave for joining something different.

With the draft for the under 11 and 13s completed, now we can look forward to the coming matches.

These will be hosted at St Charles College on their premium fields, Harwin and Conway, on Sundays. These games will commence at 8am to 5pm, beginning on May 12. The next games will take place on May 19 and 26 with the last on June 2.



PNA WISH TO CONGRATULATE

Next Gen Peak Peak Performance Institute!

📍 Physical address: 110 Chasevalley Road
Chasevalley, Pietermaritzburg
☎ Tel: 033 342 5302 | Cell: 066 347 2306
✉ Email: info@pnaaccountants.co.za
🌐 www.pnaaccountants.co.za



CAZ LICENSING

WE ARE READY FOR THE NEW NUMBERING SYSTEM
VISIT **ATHLONE MALL**

CAZ LICENSING WISHES NEXT GEN ALL THE BEST!



CONTACT CALVIN: 082 530 7871
SHANTELE 083 393 5287

MOTOR ID



FINANCIAL ID FSP 51686

CONGRATULATIONS NEXT GEN PEAK PERFORMANCE INSTITUTE

PEAK PERFORMANCE

Next Gen

INSTITUTE



Pictured are Dr Doshen Naidoo and South African Footballer Bryce Moon at the launch of Next Gen Peak Performance Institute.

PEAK PERFORMANCE

Next Gen

Cricket 360

INSTITUTE



BRONZE: R1200

4 X ONCE A WEEK NEXT GEN @ St Charles college/ cordwalles

SILVER: R1500

4 X once a week Next Gen @ St Charles College
plus 1 X Next Gen/ BTB batting High Performance

GOLD: R1750

4 X once a week Next Gen @ St Charles College/ Cordwalles
plus 2 X Next Gen / BTB batting and bowling high performance

PLATINUM

4 X once a week coaching at St Charles College/ Cordwalles
Plus Next Gen / BTB batting and bowling as well as fielding
specialties including wicket keeper

R2000-00

These are prices for Next Gen (Cricket 360) for 2024.

Address 67 Boshoff Street Pietermaritzburg /Poobie Naidoo's Sports Warehouse

FOR MORE INFORMATION CONTACT
KURLYN MANNIKAM: 083 580 1321
JAY MANNIKAM: 083 786 1202



PEAK PERFORMANCE

Next Gen

INSTITUTE



MENTAL HEALTH AND CORPORATE WELLNESS R1500 PER PARTICIPANT

The programme entails 6 months of twice a week 45min sessions
This brings a lasting memory, recall and attention

The programme requires a minimum of 250 registered
participants to commence

PERFORMANCE ATHLETES

R6000 PER PARTICIPANT PER MONTH

That involves high performance brain training(in lab) and on the
playing field.

This programme requires 20 participants for 6 months, This will
be the game changer for most.

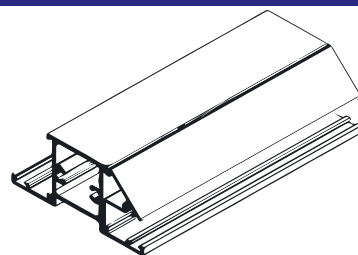
Address 67 Boshoff Street Pietermaritzburg /Poobie Naidoo's Sports Warehouse

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savehyper

Congratulations to the

Next Gen Peak Performance Institute



GCM METALS

ALUMINIUM SYSTEMS

Congratulations

Next Gen Peak Performance Institute

Address: 290 Retief Street,CBD,PMB | Telephone: 033 387 7125

Barons. The Volkswagen People

The new Amarok

impossible to miss.



The All New Amarok Now available at a
Barons Dealership near you.



Barons Pietermaritzburg

CONGRATULATIONS TO THE NEXT GEN PEAK PERFORMANCE INSTITUTE

Live Xtra every day



With SA's No.1 in Value*

*Voted SA's No.1 in value supermarket in an independent survey of grocery consumers.



BUY 1 x 2L
Coca-Cola
Original Taste Less
Sugar Soft Drink &
1 x 2L Sparletta/
Twist Soft Drink



49.99
per kg

Farmer Brown
Fresh Whole
Chicken in Bag



SAVE R13

36.99

500g
each

Flora Regular/
Light Fat Spread



SAVE R18

99.99

200g

Nescafé
Classic Instant
Coffee Jar Range



SAVE R20

69.99

500g
each

Clover Springbok/
Mooi River Butter



SAVE R10

89.99

1L
per pack

Housebrand
Long Life Milk



SAVE R15

64.99

2kg/Liquid
Detergent 1.5L

Sunlight 2-in-1 Auto
Washing Powder
2kg/Liquid
Detergent 1.5L



SAVE R10

119.99

15 per
pack

Twinsaver
Twin Ply Toilet
Rolls



SAVE R10

179.99

per
pack

Lovies
Premium Nappies
Jumbo Pack

	PRICE PER PACK
MINI	70 R2.57
MIDI	30 R2.21
MAXI	52 R2.41
JUNIOR	40 R2.75

checkers

better and better



Scan to add Checkers
on WhatsApp and say "Hi"

Download the app

OFFERS VALID FROM MONDAY 06/04/2024 UNTIL SUNDAY 21/04/2024. PRICES APPLY TO CHECKERS STORES AMMANUTOLI, ATHLONE, BALDITZ JUNCTION, BLUE BORDENWALK, RICHARDS BAY, CASCADES, CORNBURG, DUNDEENPORT, DURBAN NORTH, EMERALD, GILLES, HILTON, HILLCREST, KENILWORTH, STANGERS, MARGATE, MEKA MAIL, MELANDS MAIL, MOUNT RICHMOND VILLAGE, MUTHA MAIL, NEARCASTLE, NEARCASTLE MAIL, NORTHERN, OCEAN MAIL, OVERPORT, OVERBROOK, REEFPORT HILLS, SCOTTSBURGH, SCOTTSVILLE, SHELBY BEACH, SOUTHERN MAIL, ST JOHN'S AVENUE, TONGAST VIRGINIA CIRCLE, VERNEY WATERCRESS, MEYVILLE, WINDERMERE & WOODLAND, ALSO AT CHECKERS HYPER BROOKLYN, GALLERIA, GARTWATER PARKER & TRAILLWOODS, CERTAIN FOODS COOKED FOR STEAK PURPOSES ONLY. SUNDAY ONLY AVAILABLE AT STORES WITH SUNDAY CLOSURES. PRICES ONLY AVAILABLE AT 100000000 STORES. LIQUOR TRADING HOURS ARE SUBJECT TO CURRENT REGULATIONS. PLEASE VISIT WWW.CHECKERS.CO.ZA/CHECKERS FOR THE LATEST TRADING HOURS. LIQUOR ONLY AVAILABLE AT STORES WITH A VALID LIQUOR LICENCE. WE RESERVE THE RIGHT TO LIMIT QUANTITIES. NO TRACKERS PLEASE. ERRORS & OMISSIONS EXCEPTED. SELECTED ITEMS MAY NOT BE AVAILABLE AT CERTAIN STORES. WHILE STOCKS LAST. CUSTOMER CARE LINE 0800 01 07 09 (TOLL FREE). XTRA SAVINGS SUPER LINE 0800 33 33 (TOLL FREE).

OUR BUTCHERS' BEST FOR LESS

VOTED
Australia's
STEAK BRAND

STEAKHOUSE CLASSIC

- 21 day perfect marinating & dry-brining process
- Properly aged for 21 days in our expert butchers' restaurants
- Proven to be the best steak

R33 per 100g
Steakhouse Classic
Mansize T-Bone Steak
Equates to R11 per 100g

CHAMPIONSHIP BOEREWORS
SAFETY MILLS

- Voted SA's No. 1
- Featured by the SA Special Investigation
- Contains a minimum of 90% real pure boerewors meat

98⁹⁹ per kg
Championship Boerewors

89⁹⁹ per kg
Bulk Pork Loin & Rib Chops

99⁹⁹ per kg
Beef Brisket
Thick Sliced

159⁹⁹ per kg
Lamb Leg

89⁹⁹ per kg
Beef Polokas

129⁹⁹ per kg
Lamb Forequarter Pack

99⁹⁹ per kg
Extra Lean Beef Mince

FRESH

69⁹⁹ per kg
Farmer's Choice
Fresh 8-Piece Drumsticks & Thighs/Drumsticks/Breast Pack/8-Piece Wings/Thighs Mixed Portions

FRESH

79⁹⁹ per kg
Grain Field Chickens
Fresh Chicken Breast Fillets

59⁹⁹ per kg
Grain Field Chickens
16 Piece Breakfast

109⁹⁹ per kg
Farmer's Choice
Skinner Deboned Thighs

119⁹⁹ per kg
Riversmead
Crumbed Chicken
Scotchless Burgers/Steaks

SAVE 20%
BUY 2 & SAVE 20%
2 x Farmer's Choice Crumbed Chicken Schnitzel

SAVE R30
79⁹⁹ per 10 per pack
Extra Large Eggs

SAVE R10
69⁹⁹ per kg
Grain Field Chickens
Frozen Mixed Chicken Portions

SAVE R20
149⁹⁹ per 4.2 kg
Grain Field Chickens
Frozen Mixed Chicken Portions

QUALITY SEAFOOD AT HARBOUR PRICES

SAVE R40

179⁹⁹ 700g each
Cape Point
Frozen Whole Platter Prawns 31-40

69⁹⁰ per kg
Frozen Assorted Portions

79⁹⁰ per kg
Frozen Whole Yellowtail

SAVE R17
39⁹⁹ per 400g
uMajie Crab Sticks

169⁹⁰ per kg
Pieces Large Orange Crab

SAVE R30
79⁹⁹ per 400g
Cape Point Prawn Meat

SAVE R20
89⁹⁹ per 400g
Cape Point Calamari Rings

SAVE R10
89⁹⁹ per 700g
Cape Point Seafood Mix

SAVE R60
139⁹⁹ per 400g
Cape Point Prawn Meat

SAVE UP TO R69
R125 per 2 x 400g uMajie Shrimps/Prawn Crumbed Calamari Rings/Steaks/Mussels/Seafood Mix

FUSS-FREE MEALS

SAVE R50

ANY 2 FOR R150

2 x 500g Sea Harvest Crisp & Chunky Crumbed Hake Fillet Portions

SAVE R25
79⁹⁹ per 400g
Sea Harvest Fish Friday Marinated Hake Fillets

SAVE R40
R120 per 2 for 24 x 50g Sea Harvest Fish Fingers

SAVE R15
59⁹⁹ per 400g
Sea Harvest Tempura Hake Burgers

SAVE R25
74⁹⁹ per 400g
Sea Harvest Hake Medallions

SAVE R10
44⁹⁹ per 200g
Fry's Plant-Based Braai-Style Burgers

SAVE R10
39⁹⁹ per 200g
Fry's Plant-Based Braai-Style Sausages/Polony

SAVE 23%
2 FOR
R20
2 x Sourdough Baguette

SAVE 17%
18⁹⁹
500g
The Bakery Seven Grain Rye Bread Loaf

SAVE 16%
24⁹⁹
4 per pack
Muffins

SAVE 26%
2 FOR
R25
2 x Large French Loaf

SAVE 14%
29⁹⁹
10 per pack
The Bakery Cocktail Croissants

SAVE 15%
29⁹⁹
each
Large Milk Tart

BUY ANY 4 & SAVE 20%
4 x Freshly Baked Doughnuts

89⁹⁹
each
Black Forest Cake

AT SELECTED STORES ONLY

DELI DELIGHTS

SAVE R19
FREE DEAL
89⁹⁹
WITH CARD
BUY 1 x Whole Grilled BBQ Chicken & GET 6 x Freshly Baked Portuguese Rolls FREE!

FREE!

BUY ANY 2 & SAVE 15%
2 x 150g Mr. Muzzie's Gold Meat Range

SAVE R10
37⁹⁹
each
Lancewood Cottage Cheese

SAVE R31
ANY 2 FOR
R85
2 x 230g Lancewood Cream Cheese

SAVE R20
69⁹⁹
250g each
Lancewood Full Fat Cream Cheese

SAVE R20
2 FOR
R80
2 x 100g President Blue/Simmozola

SAVE R14
53⁹⁹
250g each
Lancewood Medium Fat Mozzarella Cheese

SAVE R15
54⁹⁹
400g each
President Feta Cheese

SAVE R12
57⁹⁹
each
Parmalat Processed Cheese Slices

A WIDE RANGE OF CHEESES

SAVE R30
119⁹⁹
600g each
Parmalat Cheddar/Cheese

we bring the wine route to you

wine route

Available at

Checkers & LiquorShop

SAVE R25
84⁹⁹
1.5L
KWV Rose Wine

SAVE R20
2/ Four Cousins Skinny Sweet - Rose - Red - White Wine Each

BUY 2 & SAVE R30
2 x 750ml Pierre Jordan Tranquille White Wine
Equivalent to R69.99

SAVE R50
750ml Pongrácz Cien Classics Brut Rosé - Nectar Rosé Wine Each

BUY ANY 1 & SAVE R15
750ml Van Loveren Sauvignon Blanc - Merlot - Chardonnay - Shiraz - Pinotage Wine Each

BUY ANY 2 & SAVE 20%
2 x 750ml Robertson Red - White Wine Selection

BUY ANY 2 & SAVE 20%
2 x 750ml Durbanville Mills Sauvignon Blanc - Merlot - Chardonnay - Shiraz - Pinotage Wine Selection
Equivalent to R71.99

FARM FRESH PROMISE 100% GUARANTEED

It's not just about the food, it's about the way we live. NO QUESTIONS ASKED.

ANY 4 FOR R140
4 x 2kg Class 1 Boil & Roast Potatoes bag/1.5kg Choice Golden Delicious Apples bag/2kg Class 1 Onions bag/2kg Jam Tomatoes bag/2kg Butternut bag

BUY 3 FOR R25
3 x Avocados

LiquorShop

SAVE R20
99⁹⁹
6x750ml per pack
Caribbean Twist Pina Colada/Tropical Punch Cooler NRB

SAVE R15
109⁹⁹
6x440ml per pack
Hooch Apple/Blackcurrant Flavoured Spritzer Cans

SAVE R30
134⁹⁹
6x500ml
Savanna Premium Dry Cider NRB

SAVE R35
2 FOR
R125
2 x 6x330ml Castle Lager Beer NRB

SAVE R35
139⁹⁹
750ml
Natures Own Cookies & Crazy Marshmallow Pop Liqueur

SAVE R30
169⁹⁹
750ml
Gin Society Gin All Variants Each

SAVE R20
179⁹⁹
750ml
Buffelsfontein Brandy

SAVE R40
259⁹⁹
750ml
Johnnie Walker Red Label Blended Scotch Whisky

NOT FOR PERSONS UNDER THE AGE OF 18. DRINK RESPONSIBLY. **#NO18**

SAVE R10

29⁹⁹

160g each

WITH CARD

Bokomo Weet-Bix Wholegrain Wheat Biscuits

SAVE R10

39⁹⁹

8 per pack

WITH CARD

Society Cappuccino Sticks

SAVE 15%

44⁹⁹

320g

WITH CARD

Nestlé Milo Chocolate Flavoured Wholegrain Cereal Balls

SAVE 9%

49⁹⁹

1.2kg

WITH CARD

Heartland Corn Flakes Cereal

SAVE R11

ANY 2 FOR R35

WITH CARD

2 x 145g Doritos Corn Chips

SAVE R14

ANY 3 FOR R55

WITH CARD

3 x 120g Lay's Potato Chips

VIEW PROMOTIONAL LEAFLETS ON WHATSAPP

SIMPLY SCAN TO ADD CHECKERS AND SAY "HI"

SAVE 16%

39⁹⁹

WITH CARD

Lager Pure Rooibos Tea Bags

SAVE R10

44⁹⁹

WITH CARD

Joko Strong Quality Tea Bags

SAVE R25

49⁹⁹

WITH CARD

Crystal Valley Full Cream Milk Powder

SAVE R10

49⁹⁹

WITH CARD

Nestlé Cremora Coffee & Tea Creamer

SAVE 18%

36⁹⁹

WITH CARD

Rhodes Smooth Apricot Jam

SAVE 15%

37⁹⁹

WITH CARD

Yum Yum Peanut Butter

SAVE 16%

29⁹⁹

WITH CARD

Brother Bees Honey

SAVE R16

ANY 2 FOR R20

WITH CARD

2 x 70g Keorr Aromat Seasoning

SAVE R13

29⁹⁹

WITH CARD

Robertson's Masterblends Spice Blend

SAVE R11

23⁹⁹

WITH CARD

Lucky Star Pickles in Tomato/Chilli Sauce Each

SAVE 21%

32⁹⁹

WITH CARD

Bull Brand Corned Meat

SAVE 11%

24⁹⁹

WITH CARD

Minis Sauce

SAVE 14%

29⁹⁹

WITH CARD

Wellington's Tomato Sauce

SAVE 14%

29⁹⁹

WITH CARD

B-well Mayonnaise

SAVE 15%

31⁹⁹

WITH CARD

Classic Mayonnaise

SAVE 19%

34⁹⁹

WITH CARD

Spur Sauce

SAVE R7

25⁹⁹

WITH CARD

Salticrax Bakers Salticrax Crackers

SAVE 14%

29⁹⁹

WITH CARD

Bakers Roman Onions/Choc-Kits Biscuits

SAVE R15

59⁹⁹

WITH CARD

Ina Paarmann's Cake Mix

SAVE 21%

17⁹⁹

WITH CARD

Beacon Sparkles Fruit Mix Sweets

SAVE R7

ANY 2 FOR R21

WITH CARD

2 x Nestlé Auro/Smarties/Pas/KitKat Chocolate Bar Countlines

2 FOR R28

WITH CARD

2 x 410g Pot O' Gold Baked Beans in Tomato Sauce

SAVE 12%

ANY 2 FOR R56

WITH CARD

2 x 5x70g per pack Kellogg's Instant Noodles

SAVE R10

59⁹⁹

WITH CARD

B-well Canola Oil

SAVE R20

ANY 3 FOR R65

WITH CARD

3 x 170g Lucky Star Long/Short Cut Pasta Range

SAVE R10

ANY 2 FOR R90

WITH CARD

2 x 500g Barilla Long/Short Cut Pasta Range

SAVE R30

169⁹⁹

WITH CARD

Sela Long Grain Milled Parboiled Basmati Rice

SAVE R20

174⁹⁹

WITH CARD

Clover Olive Pride Extra Virgin Olive Oil

SAVE R45

