



RadioToday

Radio Times

Vol 9 May 2026

You're part of history

Significant events from your lifetime

Soundtrack of your life

Why we remember the music from our youth

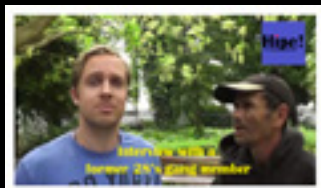
Holidays from hell

Places you really don't want to visit

Keeping it Real



Click on any video below to view



How much do you know about movie theme songs? Take our quiz and find out.



The old South African Defence Force used a mixture of English, Afrikaans, slang and techno-speak that few outside the military could hope to understand. Some of the terms were humorous, some were clever, while others were downright crude.



Hipe's Wouter de Goede interviews former 28's gang boss David Williams.



Part of Hipe's "On the couch" series, this is an interview with one of author Herman Charles Bosman's most famous characters, Oom Schalk Lourens.

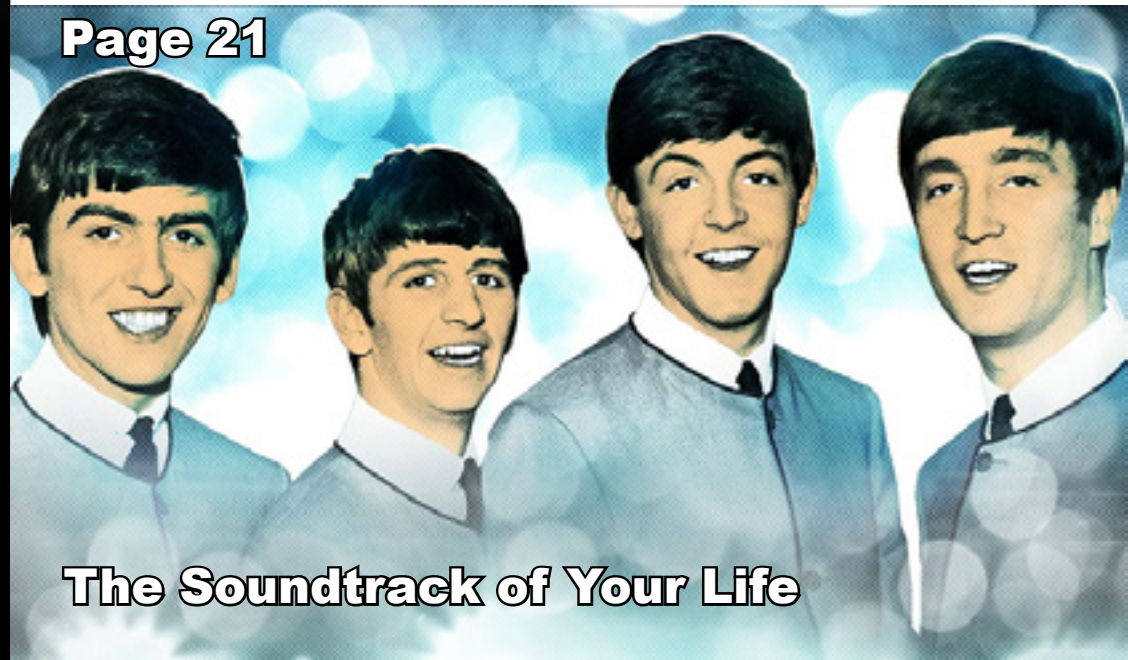


A taxi driver was shot dead in an ongoing war between rival taxi organisations.



Hipe spent time in Hanover Park, an area plagued with gang violence, to view first-hand how Project Ceasefire is dealing with the situation.

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The Soundtrack of Your Life

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Tired of the same old holiday destinations? Looking for something just a little bit different? Then join Matt Tennyson, Ryan Murphy and Matt O'Brien on a holiday from hell.

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Advertising Tricks

Advertisers pull all kinds of stunts to convince consumers to buy a product, such as using snappy slogans and showing glossy images that promise an ideal lifestyle. Here are some tricks they use to get you to buy stuff.

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A true mixed bag

This month we take a look **MIKE STROUD**, one of the unsung heroes of Radio Today.

Hipe TV brings you videos ranging from actuality to humour and everything in between. Interviews, mini-documentaries and much more.

Check out Hipe TV and remember to like, comment, share and subscribe.



From the
editor's
desk

So here we are, the the Merry Month of May. Next month winter is upon us once more.

First of all, a Happy Mother's Day for all our readers and listeners that are mums. Let's trust that you will be spoilt on your special day.

Someone recently asked me if it wasn't a bit much, being on air six days a week. Not in the least. In fact I love it. What really makes it great is the interaction with our listeners. As I always tell them, when they send in requests it makes my job so much easier because I don't have to select the music - they do.

I trust that you will enjoy this month's edition of Radio Times. Remember, if you have a story to tell, e-mail it to us.

Until next month, stay safe and stay healthy.

Matt



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Take Two: Why 50+ is the perfect time to start over

For everyone who's 50+ and wondering if it's too late to begin again — it isn't. By **MICHELLE HUMAN**.

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How to... Speak Cockney

If you're planning a trip to London, then it's time to learn a bit of cockney slang.

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Murphy's Law

According to Murphy those that have never failed have never tried anything. Everyone makes mistakes but, says Murphy, it's important not only to learn from them but never to give up.

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**Short Story
Greater Love**

James Knight swore that he would never speak to his brother again. Yet the old saying "blood is thicker than water" still holds true.

Entertainment

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Music 101 - Weather or Not

Sun, rain, wind, snow, summer, winter - the weather and the seasons seems to have been the inspiration behind many songs. Let's look at some of them.

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Did you know

Some general trivia for you this month.

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The Peter Pan of Pop

With sales of over 250 million records worldwide and a career that spans an incredible 53 years, Harry Webb is Britain's most successful solo vocalist. Harry who you may well ask? Read on.

Health

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Nothing to sniff at

Winter is in the air, and so is the common cold. Radio Times brings you a few tips in the battle against the 'Cold War'.

Sport

Page 44

Playing the Game

Sport often provides some of the most incredible achievements. Moments that will be remembered forever. Yet, as **STIX MKHIZE** tells us, things don't always go according to plan.

holidays from

HELL

Tired of the same old holiday destinations? Looking for something just a little bit different? Then join Matt Tennyson, Ryan Murphy and Matt O'Brien on a holiday from hell.

There are thousands of articles available on the best places to visit. You can read all about the 'best beaches', 'fabulous cities', and 'number one holiday destinations'. Been there, done that, got the overpriced tee-shirt.

We thought, "Let's do something a little different. So bearing that in mind we decided to do an article on the worst possible holiday destinations.

So if you really wanted a holiday from hell, where would you go? Some of the writers had a long and interesting debate on this topic. And bear in mind that at least one of our writers has actually visited each of the countries included on our list of 'worst possible holiday destinations'.

So pack your bags, put on your Kevlar bullet-proof vest, take out some good insurance, and make sure your last will and testament is in good order, and come with us on a holiday from hell.

Islamic Republic of Afghanistan



There is an ongoing and very high threat of terrorist attack throughout Afghanistan.

Attacks target hotels, housing compounds, restaurants and other places visited by foreigners. There are also threats around airports.

Conflicts in the Middle East could



are:

- Kidnapping.
- Civil unrest and political tension.
- Violent crime, such as carjacking, rape, armed robbery, and banditry.

You should have a comprehensive travel insurance policy in place that includes provision for medical evacuation by air. You should check that your travel insurance policy covers travel in Afghanistan – exclusions may well apply. Only very limited medical facilities are available in Afghanistan and there are shortages of even the most basic medical supplies. But if you do

result in an increase in tensions elsewhere in the region. The security situation in the region could deteriorate without notice, and may result in further travel disruptions.

Other things you should be aware of



manage to make it to Kabul then be sure to visit Chicken Street.

Yemen



The ongoing conflict in Yemen between government forces, Houthi rebels and other groups is a significant threat to anyone travelling there. Clashes have resulted in deaths and the central government does not have control of many parts of the country.

Conflicts in the Middle East could result in an increase in tensions elsewhere in the region. The security situation in the region could deteriorate without notice, and may result in further travel disruptions.

There is an extreme threat from terrorism. Suicide bombings, car bombs, improvised explo-



sive device (IED) attacks and small arms attacks are common.

There is a very high kidnapping threat to foreigners. Kidnapping victims have been sold to terrorist groups or killed.

Syria



If you visit Syria there is always the chance that you could be caught in an Israeli air-

strike.

There are significant threats to visitors in Syria. The security situation is extremely dangerous and there is an extreme threat from terrorism throughout Syria. A large number of foreign nationals have been kidnapped. Violent crime is common.

South Sudan



Violent conflict and crime are serious risks in South Sudan. The government is not able to maintain law and order in much of the country. Kidnapping, murder, armed robbery, home invasions, car-jacking, and sexual assault happen in both urban and rural areas. Even humanitarian workers have been targets.

And try not to get injured. Only very limited medical facilities are available in South Sudan.

Sudan



Staying in the same region, Sudan is another country you may want to avoid.

Armed conflict, civil unrest, terrorism and kidnapping are a significant threat.

Use caution if travelling around Khartoum and do not travel at night. You need a permit from local authorities to travel outside Khartoum. Make sure you have personal security protection.

Other things you should be aware of are:

- Crime – watch out for violent



crime, including armed robbery, home invasion, carjacking, and armed attacks. Do not walk alone or after dark. If you're travelling by car, lock the doors and close the windows.

- Landmines, especially in eastern and southern Kordofan states, and border areas with Eritrea.

Somalia



Terrorism, armed conflict, kidnapping and violent crime are all serious risks in Somalia.

Terrorists, kidnapers and violent criminals have targeted foreigners. Terrorists have attacked places like hotels, restaurants and shopping areas, especially in Mogadishu.

Some other things you need to worry about are:

- Civil unrest – the political situation is unpredictable and there is serious violence between groups across the country. Public demonstrations can turn violent without warning.
- Maritime travel – piracy is a serious threat in the coastal waters off Somalia.
- Local laws and customs – learn the laws and follow them. Respect religious and social traditions.

Central African Republic



There are significant threats for those traveling to Central African Republic (CAR).

We recommend ensuring you have adequate stocks of essential supplies on hand, and monitor media reports and local information sources closely to keep up to date on the security situation.

It is also advisable to:

- Avoid any unnecessary travel.
- Keep a low profile.
- Maintain a high degree of personal security awareness and take all possible security precautions to protect your safety.

Iran



If you keep up with the news, there are some clear indications that Iran

is not a place you want to visit. The United States and Israel are bombing the daylight out of the place.

Other things you need to be aware of include:

- Violent protests - Violent protests have occurred across Iran, and the security situation is volatile. Security forces have responded by using tear gas and force to disperse demonstrators. The protests have resulted in a number of deaths, injuries, and a significant number of arrests. Avoid all demonstrations, rallies, and large public gatherings as they could turn violent with little warning.
- Violent civil unrest, the risk of arbitrary arrest or detention - these, and the volatile security situation in the region, are significant threats.
- Water shortage - there is water scarcity currently in some parts of Iran. Local authorities may ration water supplies, and running water may not always be available. If you're in Iran, keep supplies of bottled water and water purification tablets on hand and stay informed of the current situation and any restrictions.



Libya



The political and security situation in Libya is extremely fragile and unstable, and

there is an increased military presence. Armed clashes are common, and there are significant numbers of landmines and unexploded ordnances where fighting has been.

Tripoli International Airport has been closed since July 2014, and other international airports have closed or become inaccessible.

Other things you should be aware of are:

- Civil unrest – public demonstrations are common, and can turn violent without warning.
- Terrorism – there is an extreme threat of terrorism, and attacks

could target foreigners.

- Kidnapping – foreigners could be targets for kidnapping by criminal and terrorist groups. Hostages have been killed by their captors.
- Violent crime – watch out for carjackings and robbery by armed groups.

On second thoughts maybe none of the countries on this list are ideal for a holiday. Even a holiday from hell.

If you're planning a trip soon, rather choose some place that is not only more enjoyable but safer as well.

You should also consider seeing a bit of South Africa as well. It's also got some great destinations. And even if South Africa is not a crime free paradise it's still a whole lot safer than any of the countries on this list.

You're a part of history

If you're between the ages of 55 and 85, then you're a part of history.

JANNINE CASSIDY looks at just some of the significant events that have occurred during your lifetime.

The year 1 AD (*Anno Domini* - Year of our Lord) is the first year of the Christian era, following 1 BC. Historically it's meant to mark the birth of Jesus Christ. The system was introduced in the 6th century by Dionysius Exiguus and is the starting point for the 1st century.

Now while I do not regard as some sort of modern-day soothsayer, I think that I can accurately claim that none of our readers were around to witness the event.

Yet if you're between the ages of 55 and 85, you've been around for some of the most significant events in history.

First and foremost, we've experienced something that few people since 1 AD have witnessed. All of us have seen the end of a year and the end of a decade. For some of us, quite a few decades. Yet we witnessed something that not that many people get to see -

the end of a century. But let's go one better. We were there to witness something that has only happened twice since 1 AD. We saw the end of a millennium.

There are, however, numerous other events that we have all lived through. In fact far too many to mention. So what we're going to attempt in this article is look at just one, or maybe two, significant events over the past 55 years - events that each of us have lived through.

We will attempt to look at the most important Key Geopolitical & Political Events, Technological Milestones, Cultural Events, and Social & Regional Events.

1971

- **China joins the UN:** The People's Republic of China was recognized as the only legitimate representative to the UN, replacing Taiwan

(Republic of China).

- **Technology:** The Kenbak-1 was introduced as the first personal computer, IBM introduced the 8-inch floppy disk, changing data storage, and Ray Tomlinson sent the first e-mail over ARPANET, introducing the "@" symbol.

- **Manson sentenced:** Charles Manson was sentenced to death (later converted to life) for the Tate-LaBianca murders.
- **Music:** Johnny Cash released his notable political album, *Man In Black*, Johnny Cash released his notable political album, highlighting social struggles.

1972

- **Munich Massacre:** The Palestinian militant group Black September took Israeli athletes hostage at the Munich Olympics, resulting in the deaths of 11 hostages, one German policeman, and five militants.
- **Last moon mission:** Apollo 17, the final NASA mission to the moon, lands in the Taurus-Littrow valley. Gene Cernan became the last man to walk on the moon.
- **Home gaming:** Atari released Pong, the first commercially successful video game.
- **SA goes metric:** One 1 January



RUMBLE IN THE JUNGLE: Muhammad Ali knocks out George Foreman in a World Heavyweight Title

fight in Kinshasa, Zaire,

in South Africa the Weights and Measures Bill came into effect, introducing the metric system.

1973

- **Yom Kippur War:** Egypt and Syria launched a surprise attack on Israel in October. Israel regained the initiative, but the conflict reshaped Middle Eastern diplomacy.
- **First cell phone call:** Martin Cooper of Motorola made the first handheld mobile phone call in April.
- **Durban riots:** A significant labour uprising in Durban reignited the trade union movement in South Africa.

1974

- **Watergate scandal:** American President Richard Nixon resigned on 9 August 1974, becoming the first US president to do so, fol-

lowing the Watergate scandal, and was succeeded by Gerald Ford.

- **Rumble in the Jungle:** On 30 October Muhammad Ali defeated George Foreman in Kinshasa, Zaire, in one of the most-watched television events of the time.

1975

- **End of the Vietnam War:** On 30 April 1975, Saigon fell to North Vietnamese forces, resulting in the surrender of South Vietnam and the end of US involvement in the region.
- **Birth of Microsoft:** Bill Gates and Paul Allen founded Microsoft on 4 April 1975, originally to develop software for the Altair 8800 microcomputer.
- **Angolan Civil War:** Angola gained independence from Portugal, immediately plunging into a civil war that drew international intervention, including from Cuba and South Africa. The South Africans launch 'Operation Savannah'.

1976

- **Soweto uprising:** On 16 June thousands of black school children protested in Soweto against the mandatory use of Afrikaans in schools. Police opened fire on student protesters, killing many (including Hector Pieterse) and sparking nationwide uprisings that accelerated the anti-apartheid

struggle.

- **Founding of Apple Computer:** Steve Jobs, Steve Wozniak, and Ronald Wayne founded Apple Computer Company.
- **Perfect Ten:** 14-year-old Romanian gymnast Nadia Comăneci scored the first perfect 10 in Olympic history on the uneven parallel bars at the Montreal Summer Olympics. She went on to score another perfect 10's at the Montreal Olympics.
- **Chairman Mao dies:** Chairman Mao Zedong of China passed away, leading to massive political changes in China.
- **SA finally gets TV:** Television was officially launched in South Africa on 5 January.

1977

- **Death of Steve Biko:** Black Consciousness leader Steve Biko died in police custody on 12 September, sparking international outcry and becoming a defining moment against apartheid.
- **Star Wars Release:** George Lucas released Star Wars (Episode IV) on 25 May, fundamentally changing the film industry and popular culture.
- **The King is dead:** The death of Elvis Presley, the "King of Rock and Roll", on 16 August shocked the world. He was 42 years old.
- **One year becomes two:** Conscriptio in South Africa changed

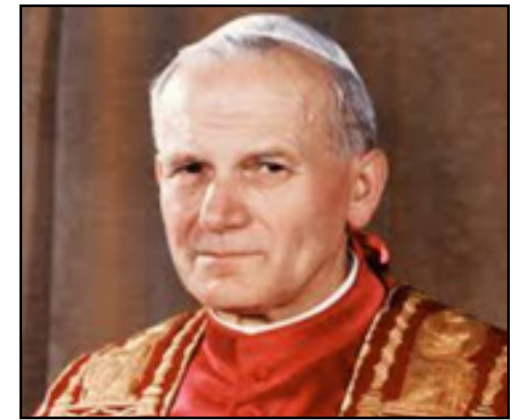
to a mandatory two-year period in 1977. This change, announced by the SADF, increased initial training from one year (established in 1972) to two years

1978

- **The Three Popes Year:** Following the death of Pope Paul VI and the short reign of Pope John Paul I, Pope John Paul II became the first non-Italian pope in 455 years.
- **First Test-Tube Baby:** Louise Brown was born, marking the first successful birth via in-vitro fertilization (IVF).
- **Jonestown Massacre:** Over 900 members of the Peoples Temple cult died in Guyana in a mass murder-suicide directed by Jim Jones.
- **South Africa:** P.W. Botha took over as Prime Minister, and the country saw the expansion of security laws to heavily regulate media.

1979

- **Iranian Revolution:** In January, the Shah of Iran fled, and Ayatollah Khomeini returned to lead the Islamic Revolution, transforming Iran into an Islamic Republic and shifting regional power structures.
- **Soviet Invasion of Afghanistan:** In December, the Soviet Union invaded Afghanistan, initiating a decade-long conflict that boosted militant ideology and led to the rise of groups like the Taliban.



JP II: Karol Józef Wojtyła of Poland is elected Pope and takes the name John Paul II. He will go on to serve for nearly 27 years as Head of the Catholic Church.

- **Margaret Thatcher Elected PM:** The UK elected its first female Prime Minister in May, beginning a significant shift in conservative political and economic policy.

1980

- **Iran-Iraq War Begins:** On 22 September 1980, Iraq invaded Iran, initiating a brutal eight-year conflict that dramatically altered Middle Eastern geopolitics.
- **Ronald Reagan Wins US Presidency:** Reagan defeated incumbent Jimmy Carter in a landslide election, promising a conservative resurgence and a stronger stance against the Soviet Union.
- **John Lennon Assassinated:** On 8 December the former Beatle was killed in New York City, creating a massive global impact on music and popular culture.

1981

- **First Space Shuttle Mission:** In April 1981, NASA launched Columbia, the first reusable spacecraft, piloted by John Young and Robert Crippen.
- **Assassination Attempts:** Pope John Paul II was shot and wounded in St. Peter's Square in May, and President Reagan survived an assassination attempt in March.
- **Royal Wedding:** Prince Charles married Lady Diana Spencer on 29 July 1981, at St. Paul's Cathedral, viewed by an estimated 750 million television viewers worldwide.

1982

- **Falklands War (April–June):** Argentina invaded the Falkland Islands, leading to a brief but intense war with the United Kingdom, which resulted in a British victory.
- **Thriller Released (29 Nov):** Michael Jackson released Thriller, which became the best-selling album of all time.
- **Koeberg Nuclear Bombing (18–18 Dec):** ANC saboteurs caused major damage to South Africa's Koeberg nuclear power station.
- **Death of Leonid Brezhnev (10 Nov):** The Soviet leader died, leading to the appointment of Yuri Andropov.

1983

- **KAL 007 Shot Down:** The USSR

shot down a Korean Air Lines passenger plane that veered into their airspace, killing 269, causing a massive diplomatic crisis.

- **Internet's Birth:** On 1 January ARPANET officially switched to TCP/IP, establishing the protocol for the modern Internet.
- **First American Woman in Space:** Sally Ride became the first American woman to fly in space aboard the Shuttle Challenger.

1984

- **Soviet Boycott:** The Soviet Union announces a boycott of the 1984 Summer Olympics in Los Angeles, citing security concerns and anti-Soviet hysteria.
- **Bhopal Disaster:** The Bhopal disaster occurs in India, when a Union Carbide pesticide plant releases toxic methyl isocyanate gas, killing thousands.

1985

- **State of Emergency:** In South Africa, a State of Emergency was declared on 20 July due to mounting anti-apartheid resistance.
- **Live Aid:** Rock Hudson's death from AIDS on 2 October brought global attention to the crisis. The "Live Aid" concert took place to raise funds for Ethiopian famine relief.
- **New Coke:** Coca-Cola introduced "New Coke" in April, which was met with widespread public backlash.

1986

- **Chernobyl Nuclear Disaster (26 April):** The world's worst nuclear accident occurred at the Chernobyl nuclear power station in the Soviet Union, releasing widespread radioactivity.
- **Space Shuttle Challenger Explosion (28 January):** The Challenger shuttle exploded 73 seconds after lift-off, killing all seven crew members.
- **First Laptop Computer (April):** IBM announced the IBM PC Convertible, the first laptop computer.
- **Halley's Comet:** The comet made its 20th-century closest approach to Earth in February.

1987

- **Birth of 5 Billionth Person:** The world population officially hit 5 billion in July 1987.
- **"Tear Down This Wall" Speech (12 June):** President Reagan challenged Gorbachev to destroy the Berlin Wall during a speech in West Berlin.
- **Release of U2's "The Joshua Tree":** A landmark album defining late 80s rock.

1988

- **Soviet Withdrawal from Afghanistan:** The Soviet Union began withdrawing troops from Afghanistan, marking a significant defeat and the beginning of the end for Soviet influence in the re-



ELECTED: FW De Klerk replaces PW Botha as President of South Africa.

gion.

- **Pan Am Flight 103 (Lockerbie Bombing):** A bomb destroyed a Boeing 747 over Lockerbie, Scotland, killing all 259 people on board and 11 on the ground on December 21.

1989

- **Fall of the Berlin Wall (9 Nov):** Symbolized the end of the Cold War and the collapse of the Iron Curtain.
- **Tiananmen Square Protests (April–June):** Student-led pro-democracy demonstrations in Beijing, China, which were suppressed on 4 June.
- **End of Apartheid Beginnings:** F.W. de Klerk replaced P.W. Botha as President in South Africa, initiating shifts away from institutionalized racism.
- **Hillsborough Disaster (15 April):** A human crush at a foot-

ball stadium in England resulted in the deaths of 97 people.

1990

- **Release of Nelson Mandela:** On 11 February 1990, Nelson Mandela was released after 27 years in prison, and South African President F.W. de Klerk lifted bans on anti-apartheid organizations, initiating negotiations for a democratic South Africa.
- **Reunification of Germany:** Following the fall of the Berlin Wall, East and West Germany were formally reunified on 3 October, 1990, symbolizing the end of Cold War divisions.
- **Iraq Invades Kuwait (Persian Gulf War):** In August 1990, Iraq invaded Kuwait, leading to international condemnation, UN sanctions, and the launch of Operation Desert Shield by the U.S. and Allied forces.
- **Margaret Thatcher Resigns:** After 11 years, Margaret Thatcher resigned as Prime Minister of the United Kingdom in November 1990.

1991

- **Soviet Union Disintegration:** The USSR officially dissolved in December 1991, ending the Cold War, with 15 independent republics emerging.
- **Gulf War:** Operation Desert Storm began in January 1991,

with a US-led coalition liberating Kuwait from Iraqi occupation.

- **South Africa's Apartheid Repeal:** Key legislation, including the Population Registration Act and Land Acts, was repealed.
- **The Internet Goes Public:** Tim Berners-Lee released the World Wide Web software to the public, fundamentally changing global communication.
- **The Silence of the Lambs:** Released in theatres, it became one of the few films to win all top five Academy Awards.

1992

- **US Presidential Election:** Bill Clinton defeated incumbent George H.W. Bush, ending 12 years of Republican rule.
- **Referendum for Reform:** White South Africans voted overwhelmingly to continue negotiations to end apartheid (March).
- **Internet Growth:** The “.co.za” internet domain was created.

1993

- **Political Transitions:** Nelson Mandela and F.W. de Klerk were awarded the Nobel Peace Prize for their work to end apartheid. Bill Clinton was inaugurated as the 42nd U.S. President on 20 January.
- **Technology & Science:** The Mosaic web browser was released, fueling the explosion of the World



FREE AT LAST: After spending 27 in prison, Nelson Mandela is released in 1990. Four years later he would go on to become President of South Africa.

Wide Web. Andrew Wiles successfully proved Fermat's Last Theorem, a 356-year-old math challenge.

with the launch of Netscape Navigator.

1995

- **Technology & Internet:** Netscape launched its IPO, triggering the dot-com boom, and Microsoft released Windows 95, accelerating the consumer internet age.
- **Global Politics & Health:** The World Trade Organization (WTO) was officially established. The assassination attempt on Egypt's President Mubarak occurred in Ethiopia.

1996

- **Elections:** Bill Clinton was

1994

- **End of Apartheid in South Africa:** On 27 April, South Africa held its first multiracial election, leading to Nelson Mandela being inaugurated as the country's first black president on 10 May 1994.
- **Rwandan Genocide:** Beginning in April, an estimated 800,000 Tutsis and moderate Hutus were killed in 100 days.
- **Media:** The rise of cable news and the internet started accelerating,

re-elected in the U.S., Boris Yeltsin won in Russia, and Benjamin Netanyahu was elected in Israel.

- **South Africa:** Nelson Mandela stepped down as President, and the new, democratic constitution was signed into law.
- **Internet Growth:** Hotmail was launched, revolutionizing free email services.
- **Atlanta Olympics Bombing:** A bomb exploded in Centennial Olympic Park, killing one and injuring 110.

1997

- **Death of Princess Diana (31 Aug):** Died in a car crash in Paris, causing worldwide mourning.
- **Handover of Hong Kong (1 July):** The United Kingdom transferred sovereignty of Hong Kong to China.
- **Foundation of Netflix (29 Aug):** Founded by Marc Randolph and Reed Hastings as a DVD rental service.
- **Cloning Dolly (22 Feb):** Roslin Institute scientists announced the first successfully cloned mammal from an adult somatic cell.

1998

- **Google Founded:** Larry Page and Sergey Brin founded Google in September 1998, revolutionizing internet searches.
- **Second Congo War:** Known as Africa's world war, it began in

1998 and became one of the deadliest conflicts.

- **Titanic Success:** The film Titanic dominated, winning 11 Oscars, including Best Picture.

1999

- **Six Billion:** The world population officially hit 6 billion, according to UN estimates.
- **The Mbeki era (16 June);** Thabo Mbeki was inaugurated as the second President of South Africa, succeeding Nelson Mandela.
- **Columbine (20 April):** The Columbine High School massacre in Colorado, USA, brought national attention to school violence and gun control.
- **Media:** Napster was launched, popularizing P2P file sharing and disrupting the music industry.

And that's just some of the events that have happened in your lifetime. How many of them do you actually remember?

Next month we will complete the article by looking at the most significant events from 2000 to 2025.



Sound track of your life

For many of us there are certain songs from our youth that have the power to transcend the everyday and instantly transport us back to a certain time or place. MATT TENNYSON looks at why this is.

Imagine the following scenario. You're in your house, doing something fairly mundane. Maybe you're in the kitchen doing the dishes. Or sitting in the lounge reading a book. The radio is on in the background.

Then a song is played and suddenly you're transported to a different time or place. The song not only has this ability, it can also evict strong emotions and feelings. On occasions it can even touch other senses such as smell, sight and touch. Often the song has the ability to invoke a very specific memory.

Not long ago I was doing some work on my computer and, at the same time, was listening to an Internet radio station. A song started to play and in an instant I was no longer sitting in front of my computer. For me I was no longer 67 years old and it was no longer 2026.

Instead it was 1979 and I was 20 years old. It was shortly before my 21st birthday and I was behind the wheel of the very first new car I ever owned - a 1979 VW Golf GTS. It was late afternoon and the sun was going down. I was somewhere in the Free State, heading towards Johannesburg.

I swear I could feel the steering wheel in my hands and that new car smell was strong in my nostrils. The song was Radar Love by Golden Earring.

So what was it about this specific song that caused it to invoke such a strong emotional response. And why 47 years later?

After all, the song has been released in 1973 and surely I had heard it before 1979. And I've heard it many times since. So why did it trigger me now?

How many times does a song bring back strong memories of events from our past. They can also bring back memories of people. It could be your parents, a sibling, a relative, or even a friend that you once knew.

The nostalgia surrounding our favourite songs isn't just a recollection of old memories. Scientific studies show we remember more from our adolescence and early twenties than any other period of our lives.

The music we listen to during this period has greater lasting impact than songs in later life because of a psychological phenomenon called the reminiscence bump.

Researchers have found there is

a key age between the ages of 10 to 30 years old when the reminiscence bump applies, meaning our memories have a particular affinity for recalling events.

The reminiscence bump happens for everything – our favourite books, films, sports stars and music, but evidence suggests music features most highly because musical memories are stored in a ‘safe’ area of the brain which is more resilient and protected against age related conditions.

It’s not necessarily when the music was released that is relevant but rather the time frame during which the music was important to an individual.

One theory for why this happens is that our minds undergo an intense and rapid phase of development during our teenage years and early twenties so our budding brains and memory systems are at their peak absorbing as much information about the world as they can.

Prof Loveday explained that listen-

“We return to key moments in our life over and over again because they reinforce who we are.”

“Music is one of the most fundamental ways that we can express emotions”, says Prof Catherine Loveday, a cognitive neuropsychologist at the University of Westminster.

Prof Loveday has extensively studied the relationship between music and memory.

She spent the last eight years asking people about their music memories and their preference for music across a lifetime.

She found there is a consistently reliable peak in both memory and preference for music people listened to during their teenage years.

Even when working with people in their eighties she found their strongest musical memories take them back to their youths.

ing to our favourite music has a fundamental effect on the brain; there’s a surge of activity in the reward pathways that increases the levels of dopamine and oxytocin in our brains - the same pathways that are triggered when we do anything pleasurable such as eating, drinking or dancing.

“There is evidence that structural elements of music get physically tied to our autobiographical memories” she said.

“Musical reminiscence bump is so powerful because we attach music to particularly emotional times.”

The strength of these memories can also be explained by identity theory.

Our teenage years are a time of development socially, biologically and cognitively, and we start to build our



DO YOU WANT TO KNOW A SECRET: Music, especially those songs from our adolescence and early twenties, can invoke strong feelings and memories. And that’s a scientific fact.

own independent sense of identity.

It’s during this period when we start to make key decisions that help shape who we are – who we surround ourselves with, our attitudes to things, what job we want to pursue, what we want to study, where we want to live.

It’s a lot more powerful when the brains processes exciting, new experiences than boring ones, and during this period of ‘firsts’ we start to build a bank of self-defining memories – first kiss, first car, first time travelling abroad, first time away from home, first time going to a concert.

Music stirs powerful emotions and feelings, recalling vivid memories. It defines who we are, creates precious bonds and friendships, makes us feel better.

Our need for friendship and human interaction is key, “One of the most powerful reasons why people choose a song is because it reminds them of a person,” Prof Loveday said.

“We return to key moments in our life over and over again because they reinforce who we are.”

So with this in mind, the next time you’re hit with a wall of nostalgia and longing for the good old days of Frank Sinatra, The Beatles, or even ABBA there’s no need to worry.

It’s probably not your questionable music taste, it’s more likely music’s powerful ability to connect us with the people, place and moments that make us who we are.

After all, those songs are what make up the sound track of our life.

Advertising Tricks

Ads are everywhere—on TV, radio, and the Internet, in newspapers, and on enormous billboards. Advertisers pull all kinds of stunts to convince consumers to buy a product, such as using snappy slogans and showing glossy images that promise an ideal lifestyle. Here are some tricks they use to get you to buy stuff.



CHEAP TRICK

Check the small print at the bottom of an ad promising cheap plane tickets. Often the budget airline's bargain price only covers a one-way flight and doesn't include the extra airport taxes.

IDEAL HOME

To sell an item such as a chair, advertisers create a glamorous home to surround it. The chair itself might be dull, but they put the idea in your head that if you buy the chair, you're on your way to sitting pretty in your dream home.



BIGGER BYTES

Advertisers try to convince you that a new gizmo will improve your life. To keep sales flooding in, manufacturers make minor changes to a gadget and relaunch it as a new, improved version.



THIRST QUENCHER

Drinks advertisers make sure they incorporate sounds and images that will make you feel thirsty, such as hot, sunny skies, ice cubes clinking in a glass, and liquid pouring from a bottle.



LIVING THE DREAM

Advertisers use attractive people to make you link a product with being attractive. Many ads feature celebrities. Advertisers want you to think that by buying a product you will enjoy the blinged-up lifestyle of the rich and famous..



BOGUS BURGER

To make a burger look tasty in an ad, it is painted with brown food coloring. The bun is sprayed with waterproofing to stop it from getting soggy and the sesame seeds are super glued in place. Tasty!



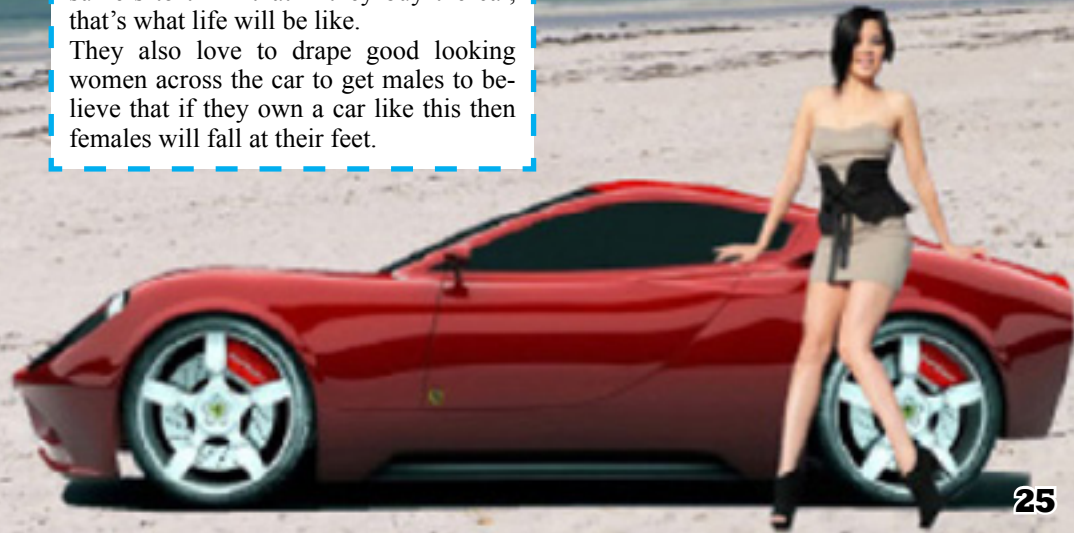
SUNDAE BEST

Food in ads may look good enough to eat, but in fact is often fake. Ice cream is made with margarine, powdered sugar, and artificial colorings, and it never melts.



OPEN ROAD

Most people use cars for local trips or dull freeway commutes. So why do car ads show vehicles whizzing along beneath desert sunsets or swooping around mountain passes? It's because they want consumers to think that if they buy the car, that's what life will be like. They also love to drape good looking women across the car to get males to believe that if they own a car like this then females will fall at their feet.



A true mixed bag

This month we take a look MIKE STROUD, one of the unsung heroes of Radio Today.

I asked Mike Stroud for a Bit o Bio for me to write up his Presenter of the Month story, and he wrote what follows below, being a quintessential presenter and musician, besides journalist and media manager, the story he wrote in the third person, was so good I dared not edit a single character.

But what's missing is what Mike Stroud is, to Radio Today, and that is what I have to expose in this Magazine.

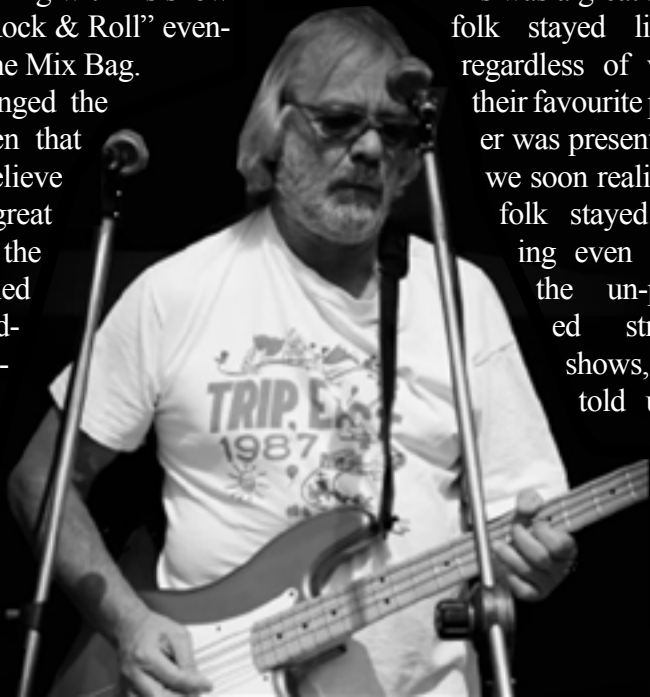
Mike Joined us around 2022 as a presenter with his show "The Long Strange Trip" and it wasn't long before he helped Phil Greyling with his show "The Mix Bag of Rock & Roll" eventually taking over the Mix Bag.

Mike has challenged the difficult days, given that presenters don't believe that weekends are great slots, he embraced the weekends and turned them into resounding successes, adding The Braaifest on Saturdays, and then Stormy Monday Jazz Show on Mondays, and later

Riverside Blues on Saturday Evenings, not satisfied, Mike quietly took over streaming really good Irish Music into BallyOnAir on Saturdays when Graham Lawrence so rudely decided to go to his Maker.

He didn't stop there, he decided to clean up the streaming music, for shows where the presenter was absent or where we had no presenter at all, it was a difficult task to get the right stuff streaming at the right times of day or at least matching the show that would have been presented.

This was a great success, folk stayed listening, regardless of whether their favourite presenter was present or not, we soon realised that folk stayed listening even through the un-presented streaming shows, which told us they really liked the content he



had loaded.

And then he got down to the bits and pieces in between, the News slots, the Financial Report, Sports Report, the Weather Reports Interesting Items, Some Webcams in Kruger Park and the Cape, even Recipes and Tech related items, Mike filled every available hole, in short, he filled our Website with excellent content and the Station with Excellent timeous music.

The net result is that 3 out of the top 5 shows of any day or week are attributable directly to Michael William Stroud.

Oh yes and he does have one tiny blemish, depending on your tastes, he is an avid Grateful Dead Fan, which does annoy him when we limit the amount of playtime we give them.

We at Radio Today are proud to have Stroud in our team.

Here is what he wrote;

The Highly Questionable Life of Mike Stroud (Probably True, Mostly Not)

Mike Stroud was born under highly suspicious circumstances during a thunderstorm that may or may not have been applauded by nearby wildlife. From an early age, it was clear he was destined for something unusual - mainly because normal things kept rejecting him. As a toddler, he reportedly tried to host his own radio show using a spoon and a toaster, broadcasting exclusively to confused household appliances.

By his teenage years, Mike had developed two key talents: talking endlessly

and making guitars sound far more dramatic than strictly necessary. Teachers described him as "present, technically," while classmates recall him as "that guy who could turn a lunch break into a live performance."

His journey into radio was less a career move and more an inevitability. After years of practicing his voice in mirrors, elevators, and once during a mildly inappropriate moment in a quiet library, Mike found himself behind a microphone where, finally, talking non-stop became not only acceptable - but encouraged. Listeners quickly learned that tuning in meant a mix of music, wit, and the occasional philosophical tangent that started with "what if..." and ended somewhere near outer space.

Parallel to his radio life, Mike became a guitarist of mysterious reputation. As part of a band, he developed a signature style best described as "controlled chaos with flair." Some say his guitar solos have caused spontaneous head-nodding in strangers and at least one confused dog to howl in harmony.

Despite his many talents, Mike remains a humble figure - largely because reality occasionally reminds him to be.

Today, Mike Stroud continues to entertain, confuse, and mildly impress audiences, proving that with enough passion, persistence, and a slightly exaggerated sense of self, anything is possible.

Or at least, anything entertaining.

Take Two: Why 50+ is the perfect time to start over

For everyone who's 50+ and wondering if it's too late to begin again — it isn't. By **MICHELLE HUMAN.**

I've barely turned 50 and the shift is real. There's a quiet moment that happens.

For some people it's after the kids leave home. For others it's after a retrenchment, or a birthday, or just a Tuesday morning when the coffee tastes different.

It's the moment you stop and think: Is this it?

Not in a dramatic way. More in a reflective way. Like you've spent 25 years building a life, and now you're asking what you want to do with the next 25.

The ads will tell you 50 is for reading glasses and retirement planning. Friends will joke about "over the hill". But for more and more people, 50 isn't the end of the chapter. It's the intermission.

Then the realisation that I get to rewrite the script. Not because the first act failed. But because the first act was practice. What a privilege.

I believe it's called the "second act". And it's happening right now, all around us.

Maria, 58: From spreadsheets to ceramics in Hout Bay

Maria spent 28 years as an office manager in Claremont. Spreadsheets, deadlines, meetings. She was good at it. Reliable. But by 52, she felt invisible.

"I was the person who made sure everyone else had what they needed," she says over coffee in Hout Bay. "But I wasn't making anything myself."

The shift came after her husband retired and they downsized. There was an empty room in the back garden. Maria saw a pottery class advertised and thought, "Worst case, I make a terrible bowl."

That terrible bowl changed everything.

For a year she kept her day job and went to class twice a week after work. At 55, she took early retirement. "Terrifying," she admits. "No medical aid. No pension contributions. Just me and a kiln."

What scared her most wasn't the money. It was what people would say. "My sister said I was too old to start over. My son said I should be sensible."

What surprised her most was how quickly she stopped caring what they thought.

Today, Maria sells handmade ceramics at the Oranjezicht City Farm Market every Saturday. Her bowls aren't perfect. They have fingerprints and slight wobbles. That's the point. "People don't want perfect," she says. "They want real. They want to know there's a person behind it."

Her advice: Start small while you still have a safety net. Protect the dream until it's strong enough to stand on its own.

James, 62: From boardrooms to Table Mountain trails

James wore a suit for 35 years. Corporate sales. Travel. Targets. Presentations. At 59, he was retrenched.

"I thought my career was over," he says, lacing up his hiking boots at the base of Table Mountain. "I went home and sat on the couch for three months. Gained 10kg. I was angry."

The turning point came from his daughter in Australia. "She said, 'Dad, you've always loved Table Mountain. Why don't you become a guide? You know more about it than anyone.'"

James laughed. Then he did it.

At 60, he completed a 6-month SANParks course to become a qualified mountain guide. At 61, he started "Slow Walks for Grown-Ups" - 2 to 3-hour walks for people 50+ who want to learn about the mountain without racing to the summit.

"I had to learn first aid. I had to learn Instagram. I had to learn how to talk to people without a PowerPoint," he laughs. "At 60, I'm back in school."

What scared him most was being a beginner again. "I was used to being the expert. Now I'm the guy who doesn't know how to post a story."

What surprised him most was the conversations. "On a sales call, you talk about targets. On a mountain, you talk about life. About loss. About grandchildren. About what really matters."

James is fitter now at 62 than he was at 42. He sleeps better. He eats better. And he's his own boss.

His advice: You don't need to start a business. You just need to start moving. The business came after the movement.

Fatima, 67: From classroom to published author in Muizenberg

Fatima taught English in Athlone for 40 years. She retired at 65. "I thought retirement meant rest," she says from her small apartment overlooking Muizenberg beach. "Two weeks later I was bored out of my mind."

Fatima had always written. Stories for her students. Poems for her grandchildren. But she'd never shown anyone.

At 66, she joined a writing group at the Muizenberg Public Library. "There were women in their 70s who'd never written before. One was writing her memoir. Another was writ-

ing romance novels. I thought, if they can, why can't I?"

Fatima spent a year writing a memoir about growing up in District Six before the forced removals. At 67, she self-published it on Amazon Kindle.

"I sold 87 copies in the first month," she says. "Mostly to people I know. But one went to Canada. Someone I've never met read my story. That blew my mind."

What scared her most was being judged. "What if people say I'm not a real writer? What if they say my story isn't important?"

What surprised her most was how healing it was. "Writing it was like therapy. I cried. I laughed. I remembered things I'd buried for 40 years."

Fatima is now working on her second book. Short stories about growing older in Cape Town.

Her advice: You don't need a publisher. You need a story. And you've got one. Everyone does.

The thread that connects them

Three different people. Three different paths. But the same pattern keeps showing up.

1. The trigger isn't a crisis. It's a quiet dissatisfaction. None of them had a breakdown. They just woke up one day and realized, 'This isn't it anymore.'
2. The fear is real. But the regret is worse. Every single one said the same thing: "I was more scared of looking back at 70 and thinking, I

should have tried.

3. The second act starts small. Maria didn't quit and open a studio overnight. James didn't charge for walks on day one. Fatima didn't publish on day one. They started with one hour a week. One class. One page.
4. The payoff isn't money. It's meaning. None of them are rich. But all three say they feel alive again. And after 50, that matters more than a title or a salary.

What the research says about reinvention after 50

Psychologists call this "generativity" - the need or want to contribute something meaningful in the second half of life. Erikson first described it as the seventh stage of human development, where adults focus on creating something that will outlast them.

The data backs it up. Harvard's 80-year Adult Development Study, one of the longest-running studies on adult happiness, found that people who engage in new learning and purposeful activity after 50 have better cognitive health, lower rates of depression, and higher overall life satisfaction.

A 2022 study published in the 'Journal of Aging and Health' also found that adults over 55 who tried new hobbies or career paths, showed 23% higher levels of wellbeing compared to those who kept the same routines.

But you don't need a study to feel it. You feel it when you learn something



new and your brain wakes up. I feel it when I create something and someone responds to it, or when I'm reminded I'm not living for other people's expectations and start living for my own.

The challenge after 50 isn't ability. It's permission. Permission to try something new. Permission to be a beginner again. Permission to fail without shame.

Because at 50, I've already failed. I've lost jobs. Lost people. Made mistakes. And I survived. That's the advantage we have now. I am not afraid of failure anymore. I am afraid of not trying.

How to start our second act - without burning everything down

If you're reading this and thinking, 'I want that', here's what these three

wish they'd known at the start:

1. Start while you still have a safety net. Don't quit your job tomorrow. Do the thing on weekends. Evenings. One hour a week. Test it. See if you love it before you depend on it.
2. Find your tribe. Maria found her people at the clay studio. James found his on the mountain. Fatima found hers at the library. We can't do this alone. Community is what keeps us going when motivation fades. Research from the University of Cape Town's Centre for Ageing Studies shows that social connection is the strongest predictor of healthy aging in South Africa.
3. Redefine success. Your second act won't look like your first act. It

won't have the same salary. The same title. The same status. And that's okay. Success now might be waking up excited. Or making one person smile. Or finishing something you started.

4. Ignore the voices - including your own. The voice that says "you're too old" is usually your own. Or it's someone projecting their fears onto you. But, you get to decide who gets a seat at your table.
5. Start now, not Monday. There's no perfect time. There's no perfect plan. There's just now. Book the class. Buy the sketchbook. Register the domain. Take the first step.

The pleasure of maturity

Here's the thing about getting older, that no one tells you at 30: perspective.

You know what matters. You know what doesn't. You know that most things you worried about at 30 don't matter at all. And you know that time is finite.

That's not depressing. That's liberating.

When you realize time is finite, you stop wasting it on things that don't light you up.

Maria doesn't care if her bowl is crooked. James doesn't care if he's not the fastest on the trail. Fatima doesn't care if her book is a best seller. They care that they're doing something that feels true.

That's the real second act. Not the

business. Not the book. Not the title.

It's the feeling of being aligned with yourself again.

Our second act starts now

Over 50 means we've earned the right to not have it all figured out. We've earned the right to experiment. To be a beginner again. To get it wrong.

This isn't about chasing youth. It's about chasing meaning. It's about waking up at 60 and not having to say, 'I wish I'd tried'.

So what's your second act going to be?

Maybe it's pottery in Hout Bay. Maybe it's walking Table Mountain. Maybe it's writing your story in Muizenberg. Maybe it's learning to paint, or starting a small garden, or finally taking that cooking class.

Maybe it's something none of us have thought of yet.

Whatever it is, start it today. Small. Quiet. Without waiting for permission.

Because the second act isn't just for them. It's for you, and for me too.

And it starts now.

Watch this space...

We'd love to hear your story. Send us an email michelle@hipe.co.za or WhatsApp us 076 292 3971 — your reinvention might be the permission someone else needs to start theirs.

Speak Cockney

Cockney rhyming slang involves replacing a common word with a rhyming phrase of two or three words and then, in almost all cases, omitting the secondary rhyming word, in a process called hemiteleia, making the origin and meaning of the phrase elusive to listeners not in the know.

- Allan Border (Allan) - out of order.
- Apples and pears (apples) - stairs.
- Bacon and eggs - legs.
- Ball and chalk - walk.
- Bangers and mash (bangers) - cash.
- Barnet Fair (barnet) - hair.
- Barney Rubble (Barney) - trouble.
- Bird lime - time.
- Bread and honey (bread) - money.
- Britney Spears (Britney) - beers.
- Bubble bath (bubble) - laugh.
- Butcher's hook (butcher's) - look.
- Cain And Abel - table.
- China plate (China) - mate.
- Danny Marr (Danny) - car.
- Darby and Joan - moan.
- David Gower (David) - shower.
- Dicky dirt (Dicky) - shirt.
- Dog and bone - phone.
- Frog and toad - road.
- Half inch - pinch (steal).
- Hank Marvin (Marvin) - starving.
- Kick and prance - dance.
- Lemon Squeezy - easy.
- Mince pies (minces) - eyes.
- Mork and Mindy - windy.
- Mutt and Jeff - deaf.
- Pat and Mick - sick.
- Plates of meat - feet.
- Porky pies (porkies) - lies.
- Rabbit and Pork (rabbit) - talk.
- Rub-a-dub - pub.
- Septic tank (septic) - Yank (American).
- Skin and blister - sister.
- Sweeney Todd (Sweeney) - police flying squad.
- Tea leaf - thief.
- Todd Sloane (Todd) - alone.
- Trouble and strife - wife.
- Whistle and flute (whistle) - suit.





Murphy's Law

According to Murphy those that have never failed have never tried anything. Everyone makes mistakes but, says Murphy, it's important not only to learn from them but never to give up.

You've probably all heard the famous quote, "If at first you don't succeed, try, try again."

Personally I like the quote, "If at first you don't succeed, don't try parachuting again."

It's funny how many people believe that the first quote, "If at first you don't succeed, try, try again" was made by Scottish King Robert the Bruce. It wasn't.

The quote was first used more than 500 years after Robert the Bruce died. It was a man by the name of Thomas H. Palmer that first used the quote in a book titled *Teacher's Manual*.

Thomas was an educator and he produced a book aimed at teachers. The quote was used to encourage children to do their homework and it said, "Tis a lesson you should heed, try, try again. If at first you don't succeed, try, try again."

We live in a world that loves success and looks up to successful people. If we try something and we don't succeed, people are quick to make us feel failures and losers. So much so

that many people would rather not try something than be called a loser.

How many times have you tried to do something and it didn't work? And how many of you just gave up?

I can still understand those people that try something, fail, and then say, "Oh well, at least I tried. Maybe I just bit off more than I could chew."

What I can't understand is those people that fail and then pull their hair out and wail, "Oh woe is me. Poor me, poor me!" Pour me a bloody drink, I need it.

Imagine if everyone just gave up if they didn't get things right the first time they tried. The world would be a pretty sad place if they did. Take some of my favourite authors for instance.

Stephen King's first novel, *Carrie*, was rejected by a number of publishers. Imagine if King had just given up. Today he is a millionaire from the many books he has written.

Or how about this one. A woman wrote a children's fantasy book and tried to have it published. It was rejected by 12 publishing houses includ-

ing Penguin and Harper-Collins. No-one would have blamed her if she just gave up after that. But she didn't.

Eventually a small publishing house, Bloomsbury, agreed to take a look at it. The CEO didn't even read the book. He gave it to his eight year old daughter to read. And she loved it.

She nagged her father until he finally gave in and had the book published. But they only published 500 copies of the book because they felt it wouldn't sell. The book was titled *Harry Potter and the Philosopher's Stone* and the author was J.K. Rowling. The rest is history.

Or take a look at the following American loser. He grew up in a one-roomed log cabin and had what could be described as a basic education at best.

He started his own business and it failed. The following year he went into politics and ran for state legislator and was defeated. The next year he started a new business again, and failed. Two years later his fiancée died. The following year he had a nervous breakdown.

Seven years later he ran for congress and was defeated. Five years later he ran for congress again with the same result - he was defeated. Seven years after that he ran for senate and lost. Then, the following year, he tried to become the vice president of America, and lost. Three years later he ran for senate again and guess what, he lost yet again.

Surely by now he had learnt his lesson, or rather lessons. The man was a loser and had failed at everything he had tried. By this stage most reasonable people would have given up. And let's be honest here, you couldn't really blame them, could you?

Yet the following year, in 1860, he became the president of the United States of America. His name was Abraham Lincoln and he is still regarded as one of the best presidents ever. One thing you can say about Lincoln is the fact that he just never gave up.

And maybe that's a lesson that all of us can learn. So what if you didn't make the first team at school. I know many famous international sportsmen and women that didn't make their first team at school either. Yet they never gave up.

One of my good friends was told when he was at school that he was stupid and would never amount to anything. Today he is a well respected and highly-paid journalist. And the thing is that he wasn't stupid. He suffers from dyslexia and battles to read and write. But it's never stopped him.

That why he says he relies on good editors. He writes the story and they correct the spelling and grammar.

So remember the whole 'try, try again' thing. And if someone does tease you because you failed at something, look them in the eyes and say, "At least I tried. What's your excuse then?" ■

Weather or not

Sun, rain, wind, snow, summer, winter - the weather and the seasons seems to have been the inspiration behind many songs. Let's look at some of them.

There's something about the climate that seems to inspire song writers. Even the four seasons have managed to get in on the act. This month we take a look at some of these songs.

Let's start off with most people's favourite season - summertime. Probably one of the best known songs is **Summertime And The Living Is Easy**. Although many artists have covered the song, the original was recorded by Abbie Mitchell on 19 July 1935.

Then in 1958 Eddie Cochran released **Summertime Blues**, a song that peaked at #8 on the US Charts.

'Theme From A Summer Place' was a 1959 movie with a theme song of the same name. Percy Faith and his Orchestra recorded the most popular version of **Theme From A Summer Place** and it went to #1 on the charts around the world.

In July 1963 English singer Billy Fury released **In Summer**. The following year English pop duo Chad & Jeremy had a hit with **A Summer Song**. In the same year Cliff Richard appeared in the movie 'Summer Holiday'. The title song, **Summer Holiday**, became a hit for Cliff & The Shadows.

The Archies, a fictional bubblegum pop band from Archie Comics, released **A Summer Prayer For Peace** in 1970. Another song released in 1970 was **In The Summertime** by British band Mungo Jerry. It got to #1 on the charts in various

countries.

Winter was covered by British artist David Essex when he released **A Winter's Tale** in 1983.

Autumn Leaves is the English-language lyrical adaptation of the French song *Les Feuilles Mortes* (The Dead Leaves) composed by Joseph Kosma in 1945. It has been covered by Nat King Cole and Eva Cassidy. John Coltrane and Johnny Hartman did the popular **Autumn Serenade**.

The haunting **Forever Autumn** was a song sung by Justin Hayward from the album Jeff Wayne's Musical Version of The War of the Worlds in 1976.

'State Fair' was a 1954 musical film. The music was written by Rodgers and Hammerstein. In 1962 Frank Sinatra did a cover version of **Might As Well Be Spring**, one of the songs from the film.

The sun has featured in a number of songs. These are just some of them. In 1964, Gerry & The Pacemakers released **Don't Let The Sun Catch You Crying** while The Beatles recorded **I'll Follow The Sun**.

1966 saw three songs about the sun. Petula Clark had a hit with **My Love Is Warmer Than The Sunshine**, The Kinks released **Sunny Afternoon**, and The Walker Brothers entered the charts with **The Sun Ain't Gonna Shine Anymore**.

The Kinks were back on the charts in 1967 with **Waterloo Sunset**. In 1969 South African singer, songwriter, radio presenter and founder of Ra-

dio Today, Peter Lotis, released **Walking In The Sunshine**. In the same year The Beatles had a hit with **Here Comes The Sun**.

In 1971 Bill Withers had a hit with **Ain't No Sunshine**. Also in 1971 John Denver, whose real name was Henry John Deutschendorf Jr, had a hit with **Sunshine On My Shoulders**.

Canadian singer-songwriter Gordon Lightfoot released **Sundown** in 1974/

Finally, in 1983, Katrina & The Waves had a hit with the catchy **Walking On Sunshine**, although it never managed to get to #1 on the charts.

The wind has also featured in a number of songs. In 1962 Bob Dylan, real name Robert Allen Zimmerman, had a hit with **Blowin' In The Wind**. Two years later, in 1964, Frank Ifield recorded **The Wayward Wind**.

Donovan Leitch, who sang under the name Donovan, had a hit with **Catch The Wind** in 1969.

'Paint Your Wagon' was a 1969 musical film that starred Lee Marvin and Clint Eastwood. One of the songs from the film, **They Call The Wind Maria**, was sung by Harve Presnell.

The rain seems to be the element that has inspired the most songs. People have sang in the rain, cried in the rain, and even laughed in the rain. Here are a few popular songs that feature rain.

First up is Gene Kelly. In the 1952 musical comedy Kelly sang the title song of the same name, **Singing In**



The Rain. Not only was he a great singer, he was also an actor and dancer of note.

The Everly Brothers had numerous hit songs. The group consisted of Isaac Donald "Don" Everly and his younger brother Phillip "Phil" Everly. In 1957 they topped the charts with **Crying In The Rain**.

In 1961 Judy Garland released **Come Rain Or Come Shine**, while in the same year Dee Clark recorded **Raindrops**.

In 1963 The Cascades recorded **Rhythm Of The Rain**. The following year saw The Serendipity Singers have a hit with **Don't Let The Rain Come Down**.

'Funny Girl' was a musical movie released in 1968. Barbara Streisand not only starred in the film, she also sang many of the songs. **Don't Rain On My Parade** became a hit for her.

Released in 1969 'Butch Cassidy and the Sundance Kid' starred Paul Newman and Robert Redford. Featured in the movie was the song **Raindrops Keep Falling On My Head**, sung by BJ Thomas. It would go on to become a #1 hit.

Who'll Stop The Rain was recorded in 1970 by Creedence Clearwater Revival. In 1971 the released **Have You Ever Seen The Rain** which went to #1 in South Africa.

Other songs from 1971 were done by The Fortunes, **Here Comes That Rainy Day Feeling Again**, and by

siblings Richard and Karen Carpenter. **Rainy Days And Mondays** was a hit for them.

Albert Hammond enjoyed success with a number of songs. His 1972 hit **It Never Rains In Southern California** got to #1 in Japan and Spain and #2 in the USA.

1972 saw Neil Sedaka reached #1 in both Canada and the USA with **Laughter In The Rain**. He passed away in February 2026 at the age of 86.

We had to wait 10 years for the next bit hit song about the rain. **Here Comes The Rain Again** was released in 1984 by The Eurythmics. The group consisted of Dave Stewart and Annie Lennox. It made the charts in 13 countries but only reached #1 in Venezuela.

Perhaps the strangest song about the rain was 1989's **Blame It On The Rain**. It was recorded by Milli Vanilli, a pop duo from Munich, Germany, that comprised Fab Morvan and Rob Pilatus.

In 1990, they won three American Music Awards and the Grammy Award for Best New Artist.

Later it was discovered that Morvan and Pilatus had not sung on any of their records. All they did was dance and lip-sync to the songs. They were made to return their awards.

In 1998 Rob Pilatus was found dead from an alcohol and prescription drug overdose.

Seen around



THE PIPES AND DRUMS: Radio Today presenter Bruce Munroe attended a Highland Gathering on the KZN South Coast. Here the Transvaal Scottish seen celebrating their win as best Grade 2 band.



CALLING BACK THE PAST: Michelle Human and Matt Tennyson stand in front of a poster advertising Max Bygraves. This was taken at the 3 Arts Shopping Centre, formerly the 3 Arts Theatre where Bygraves had once appeared.

Did you know?

Some more facts and trivia for you.

- Vatican City is the smallest country in the world. It is totally surrounded by Rome.
- A KLM 747-400 flight from Amsterdam to Australia carries an average of just over 1,000 kilograms of food, and some 1,324 litres of drink - from mineral water to wine and whisky.
- Cholulu de Rivadahia in Mexico is the largest pyramid in the world.
- The country with the most number of islands is Finland.
- Damascus (or Dimash) has the reputation of being the oldest city in the world, perhaps being settled as long ago as 8000 BC.
- Africa is the continent that has the most countries represented in the United Nations.
- The Mediterranean sea gets its name from the Latin phrase meaning "sea in the middle of land".
- The largest shopping mall in the world is West Edmonton Mall in Alberta, Canada. It boasts an indoor lake with four working submarines, dolphin shows, and a casino as well.
- The Nile River is the longest river in the world.
- Bakken, in Denmark, just north of Copenhagen, is the oldest amusement park in the world. It opened in 1583.
- Las Vegas has the most hotel rooms in the world.
- Tasmania is said to have the cleanest air in the world.
- Club Direct, a travel insurance company in Britain, provides insurance plans for protection from falling coconuts.
- France is the most visited country in the world.
- Shards of stone implements and remains found in the region of Lake Malawi suggest that the earliest settlements in Malawi could have been as far back as 50,000 to 60,000 years ago.
- The Dominican Republic is home to the oldest Cathedral in the world?
- The largest and the oldest royal residence in the world is Windsor Castle in England.
- The London tube is the largest underground system in the world.
- Nigeria is most populous country in Africa.
- Nicaragua is the largest country in Central America.
- North Korea has the fourth largest military in the world.

- Madrid, Spain, is home to a number of universities, some of which are the oldest in the world.
- The Dubai Emirates Mall has an indoor ski slope measuring 400 meters and using 6000 tons of snow.
- Johannesburg is one of the 40 largest metropolitan areas of the world.
- O.R. Tambo International Airport, near Johannesburg, is the busiest airport in Africa.
- Johannesburg is dotted with 150 heritage sites, half of which are national monuments.
- Don Mueang International Airport in Bangkok, Thailand, one of the oldest international airports in the world, opened in 1914.
- Cape Town is one of the most popular tourist destinations of South Africa.
- The capital city of Tibet is Lhasa.
- Lake Kariba of Zimbabwe, constructed on the Zambezi River, is one of the world's largest man-made lakes in the world.
- Pakistan is the sixth most populous country in the world.
- Antarctica is the coldest continent on earth, as the lowest temperature recorded there was -89 degrees C.
- Panama has the only place in the world, where you can see the sun rise over the Pacific Ocean and set over the Atlantic Ocean.
- Vietnam has one of the lowest unemployment rates in the Third World.
- Amsterdam, Holland, is known to house the maximum number of museums in the world, per square meter.
- The Seychelles is home to the heaviest land tortoise living in the world.
- On the islands of Philippines, there are more than 200 volcanoes, though only a few are active.
- The Kenyan railway system comprises of 2,085 km of one meter gauge single track.
- The late Freddie Mercury, lead singer of Queen, was born in Zanzibar. His actual name was Farrokh Bulsara.
- Buzkashi, meaning "goat grabbing", is the national sport of Afghanistan.
- Hartsfield-Jackson Atlanta International Airport in Atlanta, USA, is the busiest airport in the world.
- Heathrow Airport, London, is the busiest Airport in Europe.
- The Carlton Centre in Johannesburg is the tallest building in South Africa. It is 223 m high and was built in 1973.
- The tallest building in the world is Burj Khalifa in Dubai. It is 829.84 m tall and was built in 2010.
- The oldest surviving colonial building in South Africa is the Castle of Good Hope in Cape Town, with construction beginning in 1666. Built by the Dutch East India Company (VOC), it serves as a military fortress, museum, and historical site. ■

The Peter Pan of Pop

With sales of over 250 million records worldwide and a career that spans an incredible 53 years, Harry Webb is Britain's most successful solo vocalist. Harry who you may well ask? Read on.

He's known as the 'Peter Pan of Pop'. Harry Rodger Webb was born in Lucknow, India on October 14, 1940. Which now makes him 72 years old? Yet even though he is Britain's most successful solo vocalist, few people would recognise the name Harry Webb. Maybe because Harry Webb is better known as Cliff Richard, or Sir Cliff Richard to be precise.

His father bought him a guitar at 16 and he formed the Quintones vocal group in 1957. He then sang in The Dick Teague Skiffle Group and almost overnight became the UK's No. 1 rock 'n' roll star. This was despite the bad press he received for being "too sexy" during live performances.

He became lead singer of a rock and roll group, The Drifters (not to be confused with the US group of the same name). 1950s entrepreneur Harry Greateorex wanted the up and coming Rock 'n' Roll singer to change from his real name of Harry Webb. The name Cliff was adopted as

it sounded like cliff face, which suggested "Rock." He chose the surname Richard as a tribute to his musical hero Little Richard.

He has had more than 130 singles, albums and EPs make the UK Top 20, more than any other artist and holds the record (with Elvis Presley) as the only act to make the UK singles charts in all of its first six decades (1950s–2000s). He has achieved 14 UK No. 1 singles and eight US No.1 hits and is the only singer to have had a No. 1 single in the UK in six consecutive decades: the 1950s through to the 2000s Richard is the biggest selling singles artist of all time in the UK, with total sales of over 21 million and has reportedly sold an estimated 250 million records worldwide.

He was introduced to a wider audience by a successful series of films such as *Summer Holiday*, appeared on the first Top of the Pops and was on the show more than any other solo artist.

He is one of the very few performers to reach No. 1 on the charts with two different recordings of the same song (Living Doll). His record number of 66 Top 10 single entries spans an incredible 51 years and at one stage he held the dual record of being the youngest (19-years-old – 1958) and oldest (59-years-old – 1999) British singer to top the charts.

He was awarded the Outstanding Contribution to British Music trophy at the 1989 BRITs, was made an Officer of the British Empire (OBE) in

1980, and was knighted in 1995. He was also inducted into the UK Music Hall of Fame in 2004. He also holds the unique achievement of having hit singles in five different decades.

Cliff Richard has released 58 albums and 130 singles. During this time he has shared hits with The Drifters, The Shadows, the Norrie Paramor Orchestra, Hank and Marvin, Olivia Newton-John, Phil Everly, the London Philharmonic Orchestra, Sheila Walsh, Sarah Brightman, Elton John, Van Morrison and Helen Hobson.

No. 1 Albums

Today (1961)
The Young Ones (1961)
40 Golden Greats (1977)
Love Songs (1981)
Private Collection 1979-1988 (1988)
The Album (1993)

No. 1 Singles

Living Doll (1959)
Travellin' Light (1959)
Please Don't Tease (1960)
I Love You (1960)
The Young Ones (1962)
The Next Time/Bachelor Boy (1962)
Summer Holiday (1963)
The Minute You're Gone (1965)
Congratulations (1968)
We Don't Talk Anymore (1979)
Living Doll (1986)
Mistletoe And Wine (1988)
Saviour's Day (1990)
The Millennium Prayer (1999)

Nothing to sniff at

Winter is in the air, and so is the common cold. **Radio Times** brings you a few tips in the battle against the 'Cold War'.

Headache. Stuffy nose. Cough. Fever. Itchy eyes. Sore throat. Muscle aches. If you're like most people, you know the symptoms of the common cold all too well. Although we spend more than R5 billion annually on doctor visits and cold remedies - everything from tissues and vitamin C to over-the-counter decongestants and herb teas - there is no cure for the common cold.

Colds, also called upper respiratory infections, are caused by hundreds of different viruses. Yet we don't have any drugs that can kill or inhibit these viruses. We have to depend on the body's natural defences.

During a cold, virus particles penetrate the various layers of the nose and throat and attach themselves to cells there. The viruses punch holes in the cell membranes, allowing viral genetic material to enter the cells. Within a short time, the virus takes over and forces the cells to produce thousands of new virus particles.

In response to this viral invasion, the body marshals its defences: The nose and throat release chemicals that spark the immune system; injured cells produce chemicals called prosta-

glandins, which trigger inflammation and attract infection-fighting white blood cells; tiny blood vessels stretch, allowing spaces to open up to allow blood fluid (plasma) and specialized white cells to enter the infected area; the body temperature rises, enhancing the immune response; and histamine is released, increasing the production of nasal mucus in an effort to trap viral particles and remove them the body.

As the battle against the cold virus rages on, the body counterattacks with its heavy artillery - specialised white blood cells called monocytes and lymphocytes; interferon, often called the "body's antiviral drug"; and 20 or more proteins that circulate in the blood plasma and coat the viruses and infected cells, making it easier for the white blood cells to identify and destroy them.

The symptoms you experience as a cold are actually the body's natural immune response. In fact, by the time you feel like you're coming down with a cold, you've likely already had it for a day and a half.

Many people believe the old adage, "Do nothing and your cold will last seven days. Do everything and it

will last a week." While we may not be able to cure the common cold, the simple self-care techniques that follow can help you feel more comfortable and speed healing.

Drink plenty of fluids

Fluids keep the mucus thin. Colds can make you somewhat dehydrated and you don't even know it. Drink at least eight ounces of fluid every two hours.

Cook up some chicken soup

One of the most beneficial hot fluids you can consume when you have a cold is chicken soup. It was first prescribed for the common cold by rabbi/physician Moses Maimonides in twelfth-century Egypt and has been a favourite folk remedy ever since. In 1978, Marvin Sackner, M.D., of Mount Sinai Hospital in Miami Beach, Florida, included chicken soup in a test of the effects of sipping hot and cold water on the clearance of mucus. Chicken soup placed first, hot water second, and cold water a distant third. Sackner's work has since been replicated by other researchers. While doctors aren't sure exactly why chicken soup helps clear nasal passages, they agree "it's just what the doctor ordered."

Rest

Doctors disagree about whether or not you should take a day or two off when you come down with a cold. However, they do agree that extra rest helps. Staying away from work

may be a good idea from a prevention standpoint, too. Your co-workers will probably appreciate your not spreading your cold virus around the office. If you do decide to stay home, forgo those chores and take it easy, read a good book, take a nap. You should skip your normal exercise routine when you've got a cold.

Stay warm

Stay indoors and stay warm when you have a cold. If nothing else, staying warm may make you feel more comfortable, especially if you have a fever.

Use a saltwater wash

The inflammation and swelling in the nose during a cold is caused by molecules called cytokines, or lymphokines, which are made by the lymphocytes. Recent evidence has shown that if we can wash out those cytokines, it reduces the swelling and fluid production. Fill a clean nasal-spray bottle with diluted salt water (one level teaspoon salt to 300ml water) and spray each nostril three or four times, five to six times per day.

Gargle

Gargling with warm salty, (a quarter teaspoon salt in 250ml warm water) every one to two hours can soothe your throat. Salt water is an astringent that is very, soothing to the inflamed tissues, and it tends to loosen mucus.

Playing the game

*Sport often provides some of the most incredible achievements. Moments that will be remembered forever. Yet, as **Stix Mkhize** tells us, things don't always go according to plan.*

I must confess that I'm still a big fan of the Summer Olympic Games. Like most people, I can't wait to see world records being broken and athletes becoming legends.

Yet I must also confess that I really do enjoy those moments when things don't always go quite according to plan. Sometimes those moments are funny, sometimes tragic, but always memorable. Take a look at what I mean.

Suriname is a tiny country in South America. It was only in 1960 that they made their first appearance at the Olympic Games. Wym Essajas was to be the nation's first ever Olympian.

However the 800 metre athlete got the time confused and ended up sleeping through his race.

At the 1936 Olympics South African boxer Thomas Hamill-



ton-Brown lost in the opening round. To console himself he went on an eating binge.

Soon after, he received a message stating that there had been a scoring error and he was in fact the winner. He had to fight his second round match the following day. But he had put on 2.5 kg and couldn't lose the weight in time. So he was disqualified.

Sometimes it's not always the athletes that fail. Take the case of Wild Wing, the mascot for the Anaheim Mighty Ducks ice hockey team.

During the opening match of the 1995 ice hockey season Wild Duck attempted to trampoline over a wall of fire. I somehow don't think it was part of the plan for him to catch fire. Luckily, the Ducks cheerleaders were there to extinguish him.

Failures can be lucky for some. In the finals of the 1,000 metre speedskating event at the 2002 Winter Olympics, Australian Steven Bradbury was way behind the rest of the pack.

Suddenly Chinese skater Li Jiajun fell and took out everyone in the race except for Bradbury, who coasted across the finish line to the gold medal.

Football, the beautiful game, has produced a number of classic fails. Take the 2006 World Cup final for instance.

After full time the scoreboard read France 1 - Italy 1. After extra time the score remained the same and the final would be decided on penalties Italy went on to win on penalty kicks.

But wait, where was French legend Zinedine Zidane? Why hadn't he taken one of the penalties for France? Mainly because he wasn't on the field.

Zidane had been shown a red card and sent off after he had head-butted Italian Marco Materazzi during extra time.

Still, it's not as bad as the case of Andres Escobar. During a match against the United States at the 1994 World Cup, Colombia's Andres Escobar scored an own goal that went on to give the USA a 2-1 victory.

After arriving back in Colombia Escobar was murdered by an angry fan in an unbelievable display of sports fanaticism.

Imagine losing a football game 149-0, and your opponents didn't even score once. It happened when Stade Olympique L'Emyrne played AS Adema in 2002.

Stade were unhappy about some bad refereeing decisions. So in protest they began to score own goals - one every 40 seconds. Adema's players could only stand and watch as Stade self destructed. Adema didn't score a

single goal.

During an ICC Men's T20 World Cup Sub-Regional Africa Qualifier on 24 November 2024, the Ivory Coast scored just seven runs in their 264-run defeat against Nigeria

Zimbabwe and the USA hold the rather dubious honour of scoring the least amount of runs in a one-day cricket international. They could only manage 35 runs against Sr Lanka in a match in Harare in 2004. The USA was bowled out for 35 against Nepal in 2020.

Yet imagine managing to score only 26 runs in a test innings. This honour goes to New Zealand in a test against England in Auckland back in 1955.

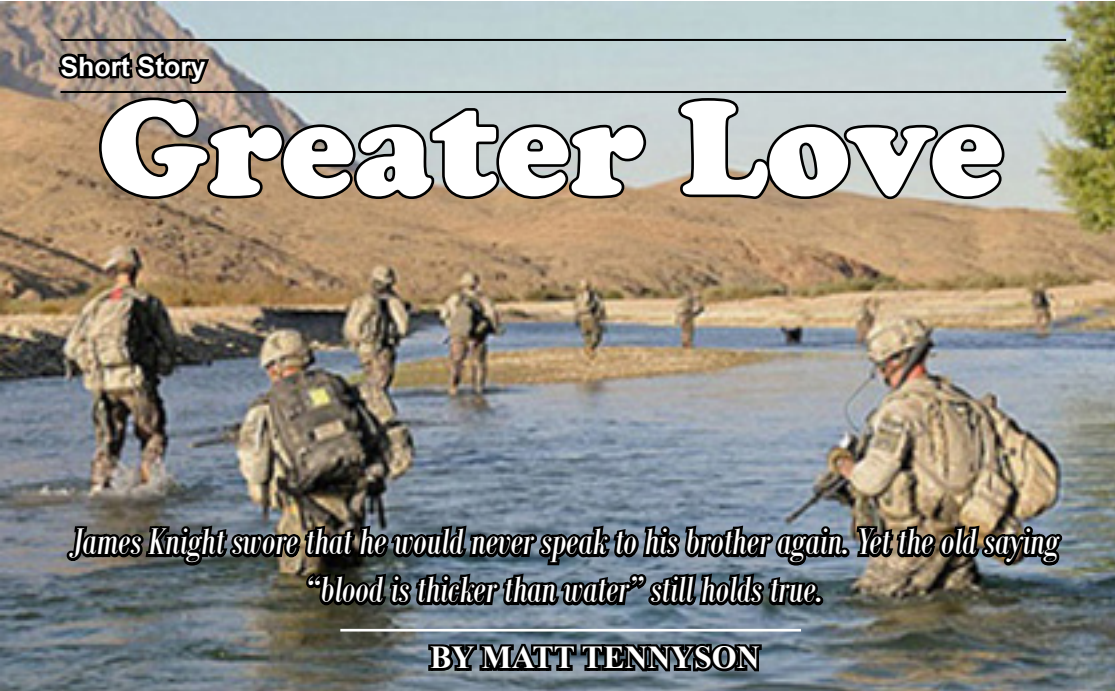
One of my personal favourites happened a number of years back during a Super 12 Rugby match between the Sharks and the Stormers.

Stormers centre Robbie Fleck broke the line and, with no-one in front of him, went to score under the poles. Well that was what should have happened.

As he approached the tryline Fleck began to slow down with a seemingly "look how cool I am, no-one can touch me now," look on his face.

What he didn't see was Sharks centre Deon Kayser sprinting up behind him. Kayser tackled Fleck so hard that the ball flew out of his hands and the Stormers were denied a certain seven points. What's that old saying about 'counting your chickens'? ■

Greater Love



James Knight swore that he would never speak to his brother again. Yet the old saying "blood is thicker than water" still holds true.

BY MATT TENNYSON

Anyone that met James and Sean Knight for the first time found it hard to believe that they were even related, let alone brothers.

James, 19, was a year older than Sean. He was tall and slim, almost to the point of being skinny. He had dark brown hair, brown eyes and had what could be best described as a plain face that was made even more drab by the glasses that he wore.

Sean was the total opposite. He had blonde hair, blue eyes and the type of face that would make a woman of any age look twice. He also had a body that most men spent hours in a gym trying to obtain.

Yet it was not just physically that the brothers differed. James was an introvert at the best of times. Although he was highly intelligent, James never

seemed to have much to say. Truth be told, he preferred his own company to that of others.

Once again Sean was at the opposite end of the scale. He was an extrovert and always surrounded by people. On the sports field he was the star of his high school baseball and football teams. And it seemed that he had a new girlfriend every other week.

So different were the brothers that those that knew them gave them the nicknames 'Knight and Day'.

While Sean had dated many girls since he had started high school, James never had a girlfriend until his first year of university. After completing his final year at school, James had enrolled at a university about 150 miles from the town where he lived.

James had always been gifted with languages and besides his native English he also spoke German, French and Spanish. He had enrolled to do a Bachelor's Degree in Literature at university and it was during his very first class that he met Sally.

She was 18, blonde, petite and as cute as apple pie. James and Sally were paired together to work on a class project and by the end of the week James discovered that he had fallen head-over-heels for her.

He had never really dated before and it was all new and foreign to him. At first Sally didn't warm to him but eventually his intelligence, manners and sense of humour won her over.

When one of Sally's friends had asked he why she was going out with someone like James when she could have her pick from just about any boy at university, Sally had replied, "Because he treats me like a princess. And he always knows how to make me laugh."

By the end of the first semester things were becoming quite serious between the two. James decided to invite Sally back home with him for the holidays. He wanted his parents to meet her.

His parents took to Sally instantly and were delighted that James had at last found himself a girlfriend; and such an attractive and charming girl at that. Sean on the other hand had not only taken to Sally, he was smitten with her.

For the rest of the vacation Sean

turned on all his charm, and it was a charm that few girls could resist. It came as a shock to Sally when she realised that she had fallen in love with her boyfriend's younger brother.

On the evening before they were due to return to university James noticed that Sally was nowhere to be seen. He went looking for her. He found her down at the bottom of the garden, under the trees, locked in a passionate kiss with his brother.

Sally couldn't face James and she ran back to the house. Although Sean was far stronger than his brother, it was James who became aggressive.

"Why Sean! Why!" he growled, grabbing Sean by the collar. "The only girl I've ever fallen for and you have to go and do this. Weren't all the other girls good enough for you?"

"I'm sorry James," Sean said. "We wanted to tell you. I didn't plan for this to happen but Sally and I are in love. I mean it James. For the first time in my life I've really fallen in love with a girl. Please be happy for us and give us your blessing."

"Blessing! My blessing!" James said shaking his head. "I never want to see you again Sean. As far as I'm concerned I have no brother."

James released Sean's shirt and stormed off. He climbed into his car and drove straight to town, finding the nearest pub.

James had never really been much of a drinker and after a few glasses of

whisky he was drunk.

He didn't go home that night and slept in his car. The next morning he walked into the local United States Army recruiting centre and said that he wanted to join the army.

"Well hot dog son," beamed an army sergeant. "You're doing the right thing." The date was May 2, 1967.

James' parents had been devastated by the news that their son had joined the army. While he never came home once on leave, they would receive regular letters from him. Towards the end of 1967 his letters were postmarked 'Vietnam' and they realised that he was now serving there and probably fighting in what was becoming an ever costly war.

Both Sean and Sally felt guilty about what had happened. This was especially true for Sean. He had written to James a number of times but had never received a reply.

At the end of the year Sean completed high school and was planning on attending the same university as Sally. Then he received a shock. His birthday had been drawn in the ballot.

During the Vietnam War hundreds of thousands of young Americans were conscripted into the military to meet the increasing demands of the war. Conscription was done by means of a ballot system. A number of dates were drawn, just like the balls in a lotto competition and if you were born on the same day

as those dates drawn you were liable for conscription.

Sean was unlucky enough to have a birthday on a date that had been drawn and he was instructed to report for military service. In January 1968 he reported at the United States Marine Corps Recruit Depot Parris Island for his basic training.

Basic training in the Corp was tough. Far tougher than anything Sean had experienced in his life. He received regular letters from Sally and she assured him of her love and that she would wait for him until his military service was over.

After basic training Sean was posted to Delta Company of the 7th Marine Regiment. They were informed that they would be leaving to serve a one year tour of duty in Vietnam.

When Sean touched down in Da Nang, Vietnam in April 1968 there were already more than half a million US troops in the country.

The war, although no official war had ever been declared, was mainly between North and South Vietnam. The North, aided by the Chinese and to a lesser extent the Russians, wanted to overthrow the South and reunite the country. The South were backed by the United States and a few other countries. They said that by aiding the South they were in fact fighting communism.

The first thing that Sean noticed when he stepped out of the aircraft was the heat and the humidity. It was like be-

ing punched with a fist. The next thing he noticed were about forty aluminium boxes waiting to be loaded onto the same aircraft that had flown them over.

"Tell me those aren't what I think they are," one of Sean's squad mates said.

The boxes were coffins loaded with the remains of American troops that had been killed. They were being flown home.

For the first month Sean wasn't sure if he would last a year in Vietnam. He found everything seemed to be against them. The heat, the humidity and the fact that nearly everyone hated them and was trying to kill them.

On arrival he and four of his friends had been posted to Baker Platoon. They were replacing four troops that had been killed.

During the first month he had taken part in search and destroy operations. These were essentially patrols through the jungle looking for Viet Cong.

The Viet Cong, or VC, were basically a peasant army that were supplied and trained by the NVA or North Vietnamese Army, the regular army of North Vietnam.

The VC were experts in the thick jungle and they could survive on nothing more than water and a handful of rice. During the search and destroy patrols two of Sean's platoon had been killed in an ambush, and he had never even seen a VC yet.

After he had been in Vietnam for two months Sean's platoon was sent to take over a fire base in Binh Long province, close to the Cambodian border. It was during their second week there that they received really bad news. Their platoon commander had called them altogether and given them the situation.

"Boys it looks like were in deep dwang," he said. "We got reports that the NVA have an entire battalion sitting across the border in Cambodia and that they're going to hit us tonight. Regimental Headquarters say that if we can hold out for the night they can bring in air strikes at first light tomorrow. So all we've got to do is hold out for tonight."

All of them knew that their chances of holding out for a night were next to impossible. They would be heavily outnumbered.

None of them slept that night and they all waited in their positions for the expected attack. Sean sat back in his foxhole and wondered if he would live through the night. He also wondered for the countless time where his brother was.

As fate would have it his brother was no more than four miles away. Since joining the army James had volunteered for the United States Special Forces, better known as the Green Berets.

The selection process had been very hard and of the 106 men that had applied with James, only four had passed the course and been admitted to the unit.

He had spent almost the last year in Vietnam and was now a team leader of a group of four Green Berets. He held the rank of sergeant.

Part of his job was training Montagnards. The Montagnards were a tribe that hated the Viet Cong with a passion. The US Army had taken full advantage of this and provided them with weapons and training to fight the VC.

James had spent the past three months at this small village training them. But now it was time to get out. They also knew that the NVA were only a few miles away and were planning to attack the nearby fire base. Their route would bring them straight through the village.

“Okay guys, it’s time to get moving,” James told his men. “Evacuate the village and head for the hills. We can come back later once everything is over. I just feel sorry for whoever is in the fire base. They’re going to get slaughtered. Any idea of which outfit is there?”

“Yeah,” one of his men said. “A platoon from Delta Company, 7th Marines.”

James felt himself go cold. Although he had never answered any of his brothers letters he had still kept track of him. He knew that he had been conscripted into the Marines and was currently serving in Vietnam. He also knew that his brother was in Delta Company of the 7th Marine Regiment. What if it was his brother’s platoon that was in the fire base. Deep inside he still loved his baby brother and if there was even the slight-

est possibility that Sean was in the fire base he couldn’t just leave him to die.

“Corporal Gomez to me,” Sean called.

“What’s up sarge,” Gomez said. He was a short stocky man of Puerto Rican descent.

“Listen up. I want you to take the villagers and the rest of the team and *di-di* out of here,” James said, using the Vietnamese word for ‘move quickly’. “I’m going to stick around here and prepare a little surprise for Charlie.”

The phonetic radio code for VC was Victor Charles and the US troops had given the VC the nickname Charlie or Charles after this.

Gomez went to relay James’ instructions but returned a few minutes later.

“I’ve spoken to everyone and if you’re staying so are we,” Gomez said.

“It wasn’t a request Gomez, it was an order,” James said.

“Get stuffed sarge,” Gomez laughed.

“Okay, it’s your funeral,” James smiled, feeling very proud and humble. “About a click from here the valley narrows through the mountains. It’s the perfect spot for an ambush. So let’s get moving.”

At about 2.00am Sean was almost falling asleep when the night was shattered by a series of explosions about two to three miles away.

“Those are claymore mines,” one of the squad shouted. “I’d recognise that sound anywhere. Someone’s hit Charlie

hard. No idea who though.”

Then there was the sound of gunfire. Lots of it. Sean could distinguish the different sounds of AK47 rifles, M16 rifles, RPD machine guns and an American M60 machine gun. The gunfire carried on for over an hour before it finally fell silent.

“Whoever that was must have been over run,” the platoon commander shouted. “Everyone stand by because we’re next.”

Sean clutched his rifle, tense as he waited. He glanced down and saw that he was able to clearly read the time on his wrist watch. It was getting light.

They could already see the huge number of NVA soldiers heading towards them when the first F4 Phantom jet roared over their heads, spilling its load of death onto the approaching troops. Within less than ten minutes it was all over. The NVA had been decimated and those few that survived turned and ran back towards the border.

“Okay guys,” the platoon commander said. “Let’s go and see if there are any survivors from last night’s firefight. Whoever they were, they saved our lives.”

When they arrived on the scene it was to find the bodies of about 100 Montagnards and four American Green Berets. There were also hundred of dead NVA bodies.

Sean found James propped up against a tree stump. He had taken at least eight bullets in his chest.

Sean picked him up in his arms and began to walk back towards the fire base.

“Hey man,” one of the troops said. “Isn’t he heavy.”

“He ain’t heavy,” Sean said, tears streaming down his cheeks. “He’s my brother.”

Author’s Note:

Most of you will recognise this last line as the title to the hit record, *He Ain’t Heavy, He’s My Brother*.

It was originally recorded by Kelly Gordon in 1969 and became a huge hit for The Hollies that same year and for Neil Diamond in 1970.

Some people might think that the story above is based on a true story and that this is where the song originated from. This is not, however, the case. The above story is pure fiction.

The song was written by Bobby Scott and Bob Russell and was based on the motto of Boy’s Town.

A Catholic priest, Father Edward J. Flanagan, the founder of Boys Town, came across a line drawing of a young boy carrying his brother in the Christmas 1941 edition of the *Louis Allis Messenger*. The caption read “He ain’t heavy Mister—he’s m’ brother!”

Flanagan felt that the drawing illustrated the work done at Boys Town. He recreated the drawing in colour with the caption “He ain’t heavy, Father . . . he’s m’ brother.” The phrase became the motto of Boys Town. ■



Program Schedule

Mondays

00.00-08.00: BBC World Service
 08.00-10.00: Breakfast with Errol Ballantine
 10.00-10.30: Pages unbound Glenda Slade
 10.30-12.00: Living Our Best Years
 12.00-13.00: BBC World Midday news
 13.00-15.00: After lunch
 15.00-17.55: Afternoon on Radio Today
 17.55-18.00: News Scoops
 18.00-19.00: Nature Journal
 19.00-22.00: Stormy Monday
 22.00-00.00: BBC World Service

Tuesdays

00.00-08.00: BBC World Service
 08.00-10.00: Breakfast with Errol Ballantine
 10.00-10.30: Pages unbound Glenda Slade
 10.30-11.00: Living Our Best Years
 11.00-12.00: Reading Matters with Sue Grant Marshall
 12.00-13.00: BBC World Midday news
 13.00-15.00: After lunch
 15.00-17.55: Afternoon on Radio Today
 17.55-18.00: News Scoops
 18.00-19.00: Motoring Today with Roger McCleery
 19.00-22.00: Your Classical Radio
 22.00-00.00: BBC World Service

Wednesdays

00.00-08.00: BBC World Service
 08.00-10.00: Breakfast with Errol Ballantine
 10.00-10.30: Pages unbound Glenda Slade
 10.30-12.00: Living Our Best Years
 12.00-13.00: BBC World Midday news
 13.00-15.00: After lunch
 15.00-17.55: Afternoon on Radio Today
 17.55-18.00: News Scoops
 18.00-19.00: Risky Business
 19.00-21.00: Fall In/Tree Aan
 21.00 - 22.00: Easy Listening
 22.00-00.00: BBC World Service

Thursdays

00.00-08.00: BBC World Service
 08.00-10.00: Breakfast with Errol Ballantine
 10.00-10.30: Pages unbound Glenda Slade
 10.30-12.00: Living Our Best Years
 12.00-13.00: BBC World Midday news
 13.00-15.00: After lunch
 15.00-17.55: Afternoon on Radio Today
 17.55-18.00: News Scoops
 18.00-19.00: Deep in Durban
 19.00-22.00: Your Classical Radio
 22.00-00.00: BBC World Service



Tuesday 18.00-19.00: Motoring Today with Roger McCleery

Fridays

00.00-08.00: BBC World Service
 08.00-10.00: Breakfast with Errol Ballantine
 10.00-10.30: Pages unbound Glenda Slade
 10.30-12.00: Living Our Best Years
 12.00-13.00: BBC World Midday news
 13.00-15.00: After lunch
 15.00-17.55: Afternoon on Radio Today
 17.55-18.00: News Scoops
 18.00-19.00: The Human Touch
 19.00-22.00: The Mix Bag of Rock 'n Roll
 22.00-00.00: BBC World Service

Saturday

00.00-07.00: BBC World Service
 07.00-10.00: From Coppers Farm
 10.00-12.00: Fishing Tales with Peter Jensen
 12.00-14.00: Fall In/Tree Aan
 14.00-16.00: The Braaifest with Mike Stroud

16.00-17.00: Bally On Air
 17.00-19.00: The 5 o'Clock Blues
 19.00-20.00: Keeping It Real
 20.00-22.00: The Bandstand Easy Listening
 22.00-00.00: BBC World Service

Sunday

00.00-07.45: BBC World Service
 07.45-08.00: Nature Journal Express
 08.00-09.00: Nature Journal
 09.00-11.00: From Coppers Farm
 11.00-12.00: Reading Matters
 12.00-14.00: Softly on Sundays
 14.00-15.00: Anything Goes
 15.00-16.00: Softly on Sundays
 16.00-17.00: Bally On Air Irish Music
 17.00-18.00: Softly on Sundays
 18.00-19.00: I've Got My Standards
 19.00-21.00: The Bandstand Easy Listening
 21.00-22.00: Keeping It Real
 22.00-00.00: BBC World Service



Fridays 19.00-22.00: The Mix Bag of Rock 'n Roll

Hipe!

media

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