



RadioToday

# Radio Times

Vol 1 August 2025

## The Divas

The superstars of female music

## Top of their game

Women that have dominated sport

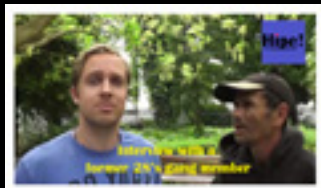
## Empowering Voices

From near kidnapping to nationwide movement

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.



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



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.



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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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.





This is the seventh online magazine that I have started. I always say that same thing - "Never again."

Yet here I am starting a new online magazine. Yet this is something that I am very passionate about and something I believe in - Radio Today.

I've worked for a number of radio stations over the years, yet Radio Today has something unique - something that feels special.

We decided that it was not enough to just bring you the best in community radio. We felt that it had to be a multi-media approach, and hence the start of a monthly online magazine.

We trust that you will enjoy our first issue and we welcome your comments and suggestions.

Until next month, stay safe and stay healthy.

*Matt*



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Catherine Randall reflects on women that have achieved the pinnacle of their particular sports.

#### Front Cover

**Barbara Streisand** is still singing at the age of 83. She has sold more than 140 million records and is one of the few entertainers who have won an Oscar, Emmy, Grammy, and Tony Award.

She has starred in 19 films and has released an incredible 37 albums.

# ~~History~~ Herstory

Gwyneth Bowman looks at ten women that made history.

This has to be the most difficult article that I have ever attempted to write for a number of reasons.

All of the previous articles that I have written for Hipe have been stories that I pitched to the editor. In other words I have sent an email to the editor, asking if he would be interested in a story on 'so-and-so'. If he liked the idea he would send me a brief.

This time, however, I asked if I could be assigned an article to write. I was thrilled, and a little nervous, to be told that I would be writing the cover story. The story would be on ten women that had made history.

I asked the editor which ten women I should write about. Imagine my apprehension when he informed me that I would be choosing the ten women.

It was not easy deciding on the criteria I would use to select only ten women. My initial list that I came up with

had over 200 names. Eventually these were the ten women I chose. Now I know that many readers will disagree with some of my choices and would probably have included other famous names.

Still, this is my story so I get to make the selection. These are the ten women that I selected and my reasons as to why.



## Boudica

Boudica was queen of the British Iceni tribe. Her husband, Prasutagus, had been a nominally ally of Rome. At the time the Romans occupied and ruled Britain.

When Prasutagus died he left his kingdom jointly to his daughters and the Roman Emperor. His will was ignored and his kingdom was annexed as if conquered. Boudica was flogged, her daughters raped and Roman financiers called in their loans.

Boudica led the Iceni people, along with the Trinovantes and others, in revolt. They destroyed Camulodunum (now Colchester) and defeated a Roman legion, the IX Hispana.

They then went on to attack Londinium (London) and burnt it to the ground. Despite being heavily outnumbered, Boudica's army defeated the Britons in the Battle of Watling Street.

It was such a crisis that Roman emperor Nero to consider withdrawing all Roman forces from Britain. Boudica was eventually defeated and either killed herself to avoid capture or fell ill and died in either AD60 or 61.

In an era when women were regarded as little more than slaves to their men, this woman had led an army.



## Joan of Arc

Jeanne d'Arc, or Joan of Arc, was nicknamed 'The Maid of Orléans'.

Joan was a peasant girl who claimed to have seen visions and been given divine guidance. During the Hundred Year's War between France and England she led the French army to several important victories.

She was eventually captured and put on trial by the English for the crimes of insubordination and heresy. She was burnt at the stake for heresy. She was only 19 years old.

She went on to become folk heroine of France and a Roman Catholic saint. Once again a woman, a girl really, had led an army.







### **Florence Nightingale**

Florence Nightingale was a nurse who came to prominence for her pioneering work in nursing during the Crimean War, where she tended to wounded soldiers.

She believed that the high death rates of soldiers were due to poor nutrition, lack of supplies and overworking of the soldiers. She advocated sanitary living conditions as of great importance. Consequently, she reduced peacetime deaths in the army and turned attention to the sanitary design of hospitals.

She would often to her ward rounds as night and the soldiers nicknamed her 'The lady with the lamp'.

Nightingale laid the foundation of professional nursing and The Nightingale Pledge taken by new nurses was named in her honour, and the annual International Nurses Day is celebrated around the world on her birthday.



### **Marie Curie**

Marie Curie was a French-Polish physicist and chemist, famous for her pioneering research on radioactivity.

Not only was she the first woman to be awarded a Nobel Prize (Physics), she was the first person to win a second Nobel Prize (Chemistry). To date she is still the only woman to win Nobel Prizes in two different fields.

She was also the first female professor at the University of Paris, and in 1995 became the first woman to be entombed on her own merits in the Panthéon in Paris.

Her achievements included a theory of radioactivity, techniques for isolating radioactive isotopes, and the discovery of two elements, polonium and radium.

She founded the Curie Institutes in Paris and Warsaw, which remain major centres of medical research today.



### **Helen Keller**

Helen Keller was an American author, political activist, and lecturer.

A prolific author who wrote a total of 12 published books and several articles, Keller was well-traveled, and was outspoken in her anti-war convictions. A member of the Socialist Party of America and the Industrial Workers of the World, she campaigned for women's suffrage, labor rights, socialism, and other radical left causes. She was inducted into the Alabama Women's Hall of Fame in 1971.

The amazing thing about this remarkable woman is that from the age of 19 months she was both deaf and blind.

Not only did she learn to communicate, she also became the first deaf-blind person to earn a Bachelor of Arts degree.



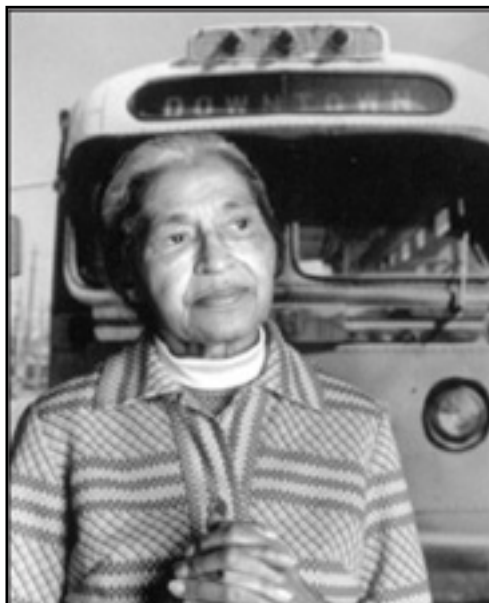
### **Mother Teresa**

Her name was Agnes Gonxha Bojaxhiu, but she was always better known as Mother Teresa of Calcutta.

A Roman Catholic nun she founded the Missionaries of Charity. At the time of her death the Missionaries of Charity had 610 missions in 123 countries including hospices and homes for people with HIV/AIDS, leprosy and tuberculosis, soup kitchens, children's and family counselling programmes, orphanages and schools.

She received numerous awards and honours that included degrees and doctorates, the 1979 Nobel Peace Prize and the Albert Schweitzer International Prize.

In late 2003 she was beatified by the Roman Catholic Church, the third step toward possible sainthood.



### **Rosa Parks**

Many famous and infamous people in history have achieved their goals through violent revolution. Rosa Parks took the peaceful path.

An African-American civil rights activist, Parks became famous while on a bus in in Montgomery, Alabama. She refused to give up her seat to make room for a white passenger.

Her subsequent arrest for the incident led to the Montgomery Bus Boycott. Her act of defiance and the Montgomery Bus Boycott became important symbols of the modern Civil Rights Movement. She became an international icon of resistance to racial segregation.

Upon her death in 2005, she was the first woman and second non-U.S. government official granted the posthumous honour of lying in honour at the Capitol Rotunda.



### **Margaret Thatcher**

Many people cannot stand Baroness Thatcher. She has as many detractors as supporters. Yet she was a woman that made an impact on history.

She was the longest-serving (1979–1990) Prime Minister of the United Kingdom of the 20th century, and the only woman ever to have held the post.

A Soviet journalist nicknamed her the “Iron Lady”, which later became associated with her uncompromising politics and leadership style. As prime minister, she implemented conservative policies that have come to be known as Thatcherism.

When Argentina invaded the British-occupied Falkland Islands in 1982, Thatcher not only declared war on them, she sent a task force 13,000 kilometres to retake the island. It was an event that stunned the Argentinians and the world.



### **Benazir Bhutto**

Benazir Bhutto was a Pakistani democratic socialist who served as the 11th Prime Minister of Pakistan in two non-consecutive terms from 1988 until 1990 and 1993 until 1996. She was the daughter of Zulfikar Ali Bhutto, a former prime minister of Pakistan and the founder of the Pakistan People’s Party (PPP), which she led.

In 1988, she became the first woman elected to lead a Muslim state and was also Pakistan’s first (and thus far, only) female prime minister. She served as the Prime Minister of Pakistan in two non-consecutive terms from 1988 until 1990 and 1993 until 1996.

She was assassinated in a bombing on 27 December 2007. The following year, 2008, she was named one of seven winners of the United Nations Prize in the Field of Human Rights.



### **Diana, Princess of Wales**

Diana Spencer became the Princess of Wales when she married Prince Charles of Britain in 1982.

The marriage produced two sons, Princes William and Harry, but ended in divorce in 1996. She remained the object of worldwide media scrutiny during and after her marriage.

She was also well known for her fund-raising work for international charities and her support of the International Campaign to Ban Land Mines.

She died at the age 36 along with her companion Dodi Fayed in a car crash in Paris in 1997.

She is believed to have influenced the signing, though only after her death, of the Ottawa Treaty, which created an international ban on the use of anti-personnel land mines. To many she remains ‘the Princess of Hearts’.



# From Near Kidnapping to Nationwide Movement

*Empowering Voices: Inside I LEAD Self Defence.*

In 2012, Johannesburg based professional Risha Patak Harie experienced a near kidnapping in Johannesburg CBD. Thanks to her lifelong martial arts training, she defended herself—and emerged determined to equip others with the same protective confidence.

That moment became the catalyst for I LEAD Self Defence, a registered South African non profit offering free self defence training and life skills development for women and children across the country.

## Mission & Vision

I LEAD's mission is clear: empower vulnerable women and children through practical self defence, safety awareness, and life skills education. The organisation's vision is to restore dignity and opportunity for survivors of gender based violence, trafficking, and domestic abuse through self reliance and resilience.

## What They Do: A Holistic Approach to Safety

I LEAD offers free community workshops, school and college seminars, corporate training, and an intensive 8 week Train the Trainer programme. Their core modules include:

- Safety Awareness: spotting, avoiding and de-escalating threats
- Physical Self-Defense: simple moves to create space and get to safety
- Weapons Defence: disarming or neutralising knives or guns
- Adaptive Self Defence: accessible training for those with physical limitations
- Mindset & Trauma Resilience: trauma management tools and breathing techniques, often supported through yoga and 'Breathe Through Trauma' sessions

Most workshops are provided free of charge - reflecting I LEAD's belief that personal safety should never be a luxury.



## Beyond Defence: Empowerment and Opportunity

I LEAD doesn't stop at self defence. Through partnerships with accredited education providers, the NPO supports life skills development and career opportunities for women. Collaboration also extends to local sponsors and security specialists and the global self-defence community.

## Community Reach & Impact

The organisation has reached over 8,000 women and children nationwide—not only teaching them how to defend themselves physically, but also fostering mental strength and awareness.

## Why I LEAD Matters

- Gender-Based Violence (GBV) Crisis: South Africa has one of the world's highest rates of violence against women. I LEAD is a grassroots solution rooted in prevention and empowerment.
- Zero Cost Access: With no fees for participants, the programme prioritises those most at risk.
- Community Driven Model: The Train the Trainer initiative amplifies impact by equipping local ambassadors to deliver programmes in their own communities.
- Holistic Support: Beyond self defence, I LEAD builds self esteem and emotional resilience.

## How You Can Help

I LEAD welcomes support through:

- Donations: from hygiene packs and sports gear to workshop sponsorships for venues, meals and transport
- Volunteering: especially media, marketing, and outreach help for their online awareness campaigns and promotions
- Partnerships: corporate or NGO collaborations to expand training reach, educational and job support

Self-defence is not about aggression, it's about empowerment. By knowing how to defend ourselves, we can increase our confidence and reduce the risk of becoming a victim of violence.

**Website:** [www.ileadselfdefense.org.za](http://www.ileadselfdefense.org.za)

**Socials:** follow @ileadselfdefense for updates, upcoming events, and workshop highlights. (Instagram, Facebook, TikTok)

## Looking Ahead

In 2021, I-LEAD was honoured with the Play Your Part Women Empowerment Award in recognition of a decade of active citizenship and impactful work in South Africa. We are proud to serve as ambassadors for women empowerment, championing safety, confidence, and resilience across communities.

With Risha's energy, a growing network of trainers, and an unwavering mission, I LEAD Self Defence is re-defining safety in South Africa—not as fear, but as freedom in motion: strong, safe, and fabulous.

# The Yin and Yang of men and women

*Shadow and light, positive and negative, black and white, dark and light. No matter how you put it there are differences between men and women. Julia Cooper looks at some common misunderstanding between the sexes.*

Back in 1992 American author, and relationship counselor, John Gray wrote a book called *Men are from Mars, Women are from Venus*.

The book sold more than seven million copies and looked at common relationship problems between men and women are a result of fundamental differences between the genders, which the author exemplifies by means of the book's eponymous metaphor: that men and women are from distinct planets – men from Mars and women from Venus – and that each gender is acclimated to its own planet's society and customs, but not those of the other.

It was a great book but I think Gray got one thing wrong. Men and women are not from different planets. They're from different galaxies.

Guys, if you want to have a good relationship with a girl then you have to understand how a girl's mind works. And believe me this is no easy task.

Often we don't even know how our own minds work. So it's often difficult to understand us when we don't even understand ourselves.

And ladies you also need to understand men. Which is a far easier task than understanding a woman.

To play the game you need to understand some of the rules. In this article I hope to explain some of the rules and highlight some of the differences between the genders.

No matter how perfect your relationship, at some stage you will argue. To end the argument you need to apologize. Now this is where skill comes into it. You should be able to apologize in such a way that makes the person receiving the apology look like the guilty party.

The purpose of an apology is not to accept blame, but rather to make a sarcastic comment and still be able to say, "Well I apologized, what more do you want?"

Here are some examples of the right and wrong way to apologise.

Bad Apology: It was my fault.

Good Apology: I'm sure it must be my fault. It usually is, isn't it? You never do *anything* wrong.

Bad Apology: Please forgive me.

Good Apology: Well excu-u-u-u-se me!

Bad Apology: I'm sorry.

Good Apology: I'm sorry if I didn't follow your orders perfectly boss.

Bad Apology: I apologize.

Good Apology: I'm just sorry that you are so paranoid and so insecure that you can't look at this realistically.

See how easy it is.

Always remember that most things can be defined in different ways, depending on whether you are talking about a man or a woman.

Take the word 'available' for example. This could mean either (a) a woman who is not married, engaged, or seriously involved in a relationship, or (b) a man who is not dead.

Guys, something that you should understand is that all women like to be complimented. But please put your brain into gear before you open your mouth. Some compliments are not appreciated and are best left unsaid. The following statements are classic examples of an unappreciated compliment:

1. That dress does a great job of hiding your fat thighs.
2. Compared to my ex-girlfriend, even you are easy to get along with.

3. You're living proof that girls that aren't that pretty try harder.

4. You're really not too stupid, for a chick.

One of the major things at the start of a relationship is dating. It is vital that you know and understand dating etiquette. But just remember that there are different rules for men and woman.

**Time of date**





Ladies: Be ready one hour prior to the time set, but act like you're not ready when he arrives no matter how late he is.

Guys: On the first date arrive within one hour of the time agreed upon. On subsequent dates it's okay to be late.

### **Dress**

Ladies: Remember to dress smart so that he will feel obligated to take you to a fancy place.

Guys: Wear casual clothes so that no matter what she wears, you have an excuse not to go to a fancy expensive place.

### **Conversation**

Ladies: Make sure he knows every intimate thing about you by the end of the evening. The more he knows you, the more he will love you.

Guys: Talks about school, sports, weather or any mundane topic. Do not give away any meaningful information about yourself which could be used against you at a latter time.

### **Manners**

Ladies: It's okay to order a huge, expensive meal, as long as you don't eat it.

Guys: Don't burp while kissing. Don't drive off until she is all the way in the car. Don't comment on her weight problem unless it's in a nice way. (e.g. you've got skinny hair for a fat girl).

Guys, when introducing your girlfriend to your friends try not to introduce her as your 'chick', 'bird', 'goose', 'cherry', 'stukkier', 'bokie' or 'main squeeze'.

Ladies, when making a statement to

your boyfriend try and remember that he is only going to hear and remember part of the statement, and it's the part that supports his position.

For example you may say something like, "Go ahead and do it if you don't mind ruining our whole relationship."

What he will hear and remember is, "You said go ahead and do it."

You say, "You may be sexy, but you're also self-centred, spoiled, and insensitive."

He remember, "You think I'm sexy?"

You will say to him, "Just don't bother coming over. It's obvious that you don't care about me and the fact that I love you and miss you means nothing to you."

Later he will say, "You told me not to come over. How was I supposed to know that you really wanted me to?"

Something that guys should understand is that sometimes when a girl ask you a question there is no right answer. Just accept the fact that you're in for a hard time.

For example she could ask the question, "If you had an affair with another girl, would you tell me?"

If you answer "No" she might say, "That's just great. Not only would you cheat, but you'd lie about it as well. What sort of a creep are you?"

If you answered "Yes" she might say, "You'd tell me something like that, knowing that it would destroy me and our whole relationship? I can clearly see how much I mean to you."

Your best answer would be "I'd nev-

er have an affair with anyone else." But she would probably say, "The question is: *if* you did. Why can't you just answer the question? Obviously you're afraid that something might slip out that you're trying to hide from me. What is it? And don't say 'nothing'."

Guys you have to realise that women sometimes get moody. And sometimes they're in a mood for a fight and they will twist everything you say.

This is a skill that is honed to perfection as a relationship progresses. With practice, they can learn to turn nearly every event or comment into a source of conflict. Look at some examples.

Guy's comment: I like your hair like that.

Woman's response: So you didn't like it before.

Guy's comment: This steak you cooked is really great.

Woman's response: What's wrong

with the rest of the meal.

Guy's comment: Your mom seems really nice.

Woman's response: That's right, go ahead and take her side.

Guy's comment: Where would you like to go?

Woman's response: How come I always have to make all the decisions?

Guy's comment: Let's go to the movies.

Woman's response: How come I never get to make any of the decisions?

Guy's comment: I love you.

Woman's response: What's that supposed to mean.

And guys, please, try and remember that cheesy pick-up lines do not work. You may think you're being cute, funny or charming, but the girl probably thinks you're an idiot that shouldn't be let out after 6.00pm.

One more important piece of advice for guys is never argue with a woman. They are going to win, every time. Learn to live with it.

My final piece of advice is to ignore my advice. Don't take it seriously. If, however, I can offer any real advice on relationships it would probably be to remember that any relationship is a two-way street. There has to be give and take. Above all, treat your partner the way you would expect them to treat you. Be respectful of the other person, be considerate, and be understanding. Get that right and your relationship has a good chance of surviving whatever life throws at it. ■



# The Amazing Mrs. Brown

## This diva is a dude

*Agnes Brown is the foul-mouthed Irish matriarch in the award-winning television series, Mrs Brown's Boys. Janine Cassidy looks at both the show and the man behind Mrs. Brown.*

On a scale of one to ten I would probably rate *Mrs. Brown's Boys* an eleven. It has to be one of the funniest television series that I've watched.

The first series of six episodes was shown on Ireland's RTÉ One television channel from February 2011. Im-

mediately after that BBC One bought the rights and began screening it at the end of February 2011.

Almost as soon as Series One was complete, filming began on Series Two.

The series is about Agnes Brown, an Irish widow who lives in the suburb of Finglas, Dublin. She has a daughter, Cathy, and four sons - Dermot, Rory, Mark and Trevor.

Cathy, Dermot and Rory still live at home, as does Grandad Brown, Agnes' father-in-law. Mark is married to Betty and they have a son, Bono, and live nearby. Her other son, Trevor, is a Catholic missionary in Africa where, as Agnes says, "The Chinese love him."

A constant visitor is Agnes' neighbour and best friend Winnie McGoogan.

Dermot is engaged and later gets married to Maria Nicholson. She is a nurse and is from a wealthy family. Dermot's best friend and later best man at his

wedding is Buster Brady. Dermot and Buster spent some time in prison together for housebreaking.

Rory is gay and works with his Scottish boyfriend, Dino Doyle, at the local hair salon.

Both series revolve around the daily lives of these characters. Agnes Brown is loud, foul-mouthed, and nosy. She always manages to say the wrong thing and is constantly making a fool of Winnie and Grandad.

Yet the person that plays the part of Agnes is really BAFTA Award-winning actor Brendan O'Carroll. And a number of his real-life family also star in the show. Cathy Brown (Jennifer Gibney) is his wife in real-life, Winnie McGoogan (Eilish O'Carroll) is his sister, Buster Brady (Danny O'Carroll) is his son, Maria Nicholson (Fiona O'Carroll) is his daughter, and Betty Brown (Amanda Woods) is his daughter-in-law. Bono Brown, Mark and Betty's son in the show, is played by Jamie O'Carroll, Brendan's grandson.

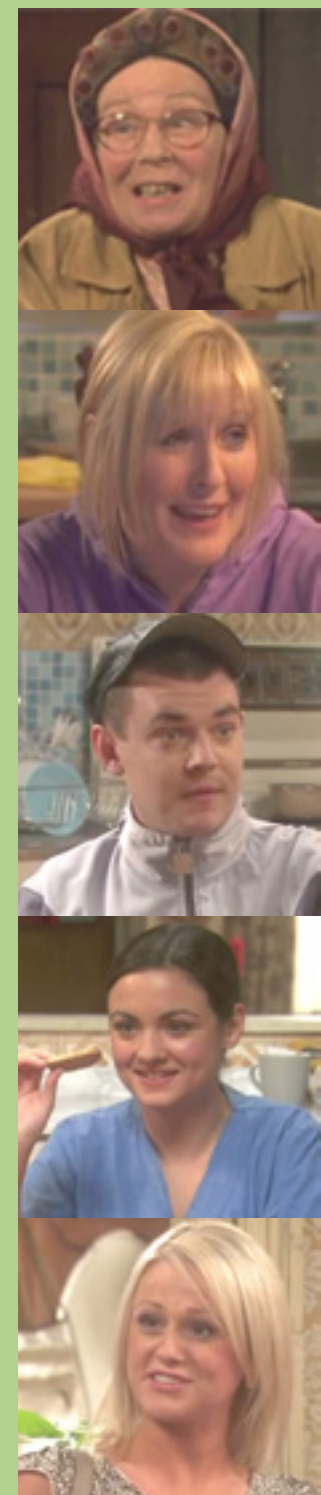
Brendan O'Carroll is a writer, producer, comedian, author, actor and director. He has written seven novels, four films and nine comedy shows. As an actor he has appeared in film, on stage and on television.

The youngest of 11 children, he left school at the age of 12. He worked at a number of jobs that included being a waiter, milkman, DJ, before making the move to comedy at the age of 25.

Even though he is dyslexic he is a member of Mensa with an IQ of 156 which is in the top 2% for Ireland.

The series is often shown on DsTV and it is also available on DVD. There are two series, each consisting of six episodes. Both series are well worth owning and they will have you in stitches no matter how many times you watch them.

**FROM TOP TO BOTTOM:** Winnie McGoogan (Eilish O'Carroll - Brendan's sister); Cathy Brown (Jennifer Gibney - Brendan's wife); Buster Brady (Danny O'Carroll - Brendan's son); Maria Nicholson (Fiona O'Carroll - Brendan's daughter); Betty Brown (Amanda Woods - Brendan's daughter-in-law - married to Danny).





# Age is just a number

*At 74, Sharon Pautz is challenging long-held stereotypes about aging and shows that it's never too late to set goals.*



**T**his Women's Day, we celebrate a message that's more important than ever: women at any stage of life can achieve remarkable things through determination, passion, and perseverance.

The story of a 74-year-old woman making her debut at the Gym Angels Classic is a shining example of how embracing fitness and self-growth can redefine what it means to be strong, confident, and unstoppable.

Sharon Lesley Ann Pautz is on a journey that demonstrates that staying active isn't limited to youth - it's a lifelong pursuit that continues to inspire and empower.

After a year of disciplined training, she stepped onto the stage in the Bikini Over 50 category, showing everyone that age doesn't limit potential, but rather, it can be a catalyst for new beginnings.

Her achievement challenges



INSPIRATION: Sharon Pautz is the embodiment of perseverance.

long-held stereotypes about aging and proves that it's never too late to set new goals, pursue passions, or challenge oneself in new ways.

What makes her story so inspiring is not just her success in the competition, but her attitude throughout the journey. It's about resilience - waking up early, pushing past doubts, and dedicating herself to her health and fitness. It's about embodying the spirit of perseverance, proving that strength isn't just physical but also mental and emotional.

Her journey encourages women everywhere to listen to their bodies,

**What makes her story so inspiring is not just her success in the competition, but her attitude throughout the journey.**

embrace their vitality, and realize that their potential is limitless, regardless of age.

The message extends beyond fitness - it's about redefining what aging means. It's about celebrating the wisdom, experience, and confidence that come with time, combined with a desire to live life to the fullest. This story reminds us that every woman has the power to challenge herself, to break barriers, and to inspire others by simply choosing to live actively and purposefully.

As we honour women's achievements this Women's Day, let's take a moment to reflect on the stories of women who refuse to be confined by age.

Their journeys show us that it's never too late to start something new, to push past limits, and to celebrate every stage of life with pride and joy.

So, whether you're considering taking up a new sport, signing up for a competition, or simply committing to a healthier lifestyle, remember: your best days are still ahead.

Embrace your strength, challenge your boundaries, and let your story be one of inspiration and empowerment. Because the truth is, greatness has no age - it's timeless.

# It's a girl thing

*They say that 'a man makes a plan'. But then it normally takes a woman to come along and make the plan actually work.*

Over the eons of time man has come up with some pretty ingenious inventions. But some women have been no slouches themselves. Take a look at a few inventions that were the ideas of women.

**Randice-Lisa Altschul** never let a lack of expertise stand in her way. With little technical education or training, the New Jersey toy inventor began creating games and toys for children and adults in 1985.

By age 26 she was a millionaire. She has since licensed more than 200 games and toys. Some of her successful ventures include the *Miami Vice* board game based on the popular television show, *Barbie's 30th Birthday Game* and board games based on the

*Teenage Mutant Ninja Turtles* and *The Simpsons*.

She also created a breakfast cereal that comes in the shape of action figures and dis-

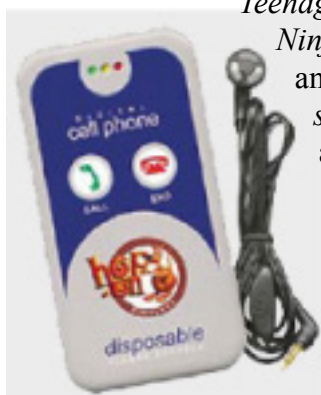
solves into mush in milk.

It was in 1996 that Altschul came up with the idea that would make her famous: the world's first disposable cell phone. While driving down the highway and talking on her mobile phone one day, she became frustrated as her connection became weak and the conversation cut in and out. She wanted to throw her cell phone out the window.

Suddenly she thought, "Why not create a disposable cell phone that people could buy and use until an allotted amount of time was used up, and then throw it away?"

Her toy mentality helped her to think this way — she was used to building toys for children, who tend to use an item for a fairly short period of time before they move on to other toys and throw their old ones out.

The disposable cell phone marked Altschul's first foray into electronics. She worked with engineer Lee Volte to develop the super-thin circuitry that would go inside the phones. She was issued a series of patents for the wireless, prepaid cell phone as well as the circuitry in November, 1999. Her phone was called the *Phone-Card-*



*Phone®*, less than half a centimeter thick, about the size of a credit card, and made from recycled paper products.

**Madame Marie Sklodowska-Curie** discovered radium and further advanced X-ray technology with her pioneering research in Radioactivity. She was the first woman to win a Nobel Prize, and so far the only person to win a Nobel Prize in multiple disciplines.

In 1850, Joel Houghton patented a wooden machine with a hand-turned wheel that splashed water on dishes, it was hardly a workable machine, but it was the first patent. In 1886, Josephine Cochran proclaims in disgust "If nobody else is going to invent a dishwashing machine, I'll do it myself." And she did, Josephine Cochran invented the first practical (did the job) dishwasher. Josephine Cochran had expected the public to welcome the new invention, which she unveiled at the 1893, World's Fair, but only the hotels and large restaurants were buying her ideas. It was not until the 1950s, that dishwashers caught on with the general public. Josephine Cochran's machine was a hand-operated mechanical dishwasher. She founded a company to manufacture these dishwashers, which eventually became KitchenAid.

In the mid-1940s, Alfred Free and **Helen**



**Murray** were both chemists working together in the biochemistry research group at Miles Laboratories, Inc. Married in 1947, they continued their collaboration, becoming two of the world's leading experts on urinalysis the highlight of which was Helen Free's invention of the home diabetes test.

**Beulah Henry** made about 110 inventions and holds 49 patents. Her inventions include a bobbin-free sewing machine and a vacuum ice cream freezer.

In 1978, **Barbara Askins** patented a method of enhancing the pictures using radioactive materials. The process was so successful that its uses were expanded beyond NASA research to improvements in X-ray technology and in the restoration of old pictures.

**Patricia Bath's** passionate dedication to the treatment and prevention of blindness led her to develop the Cataract Laserphaco Probe. The probe patented in 1988, was designed to use the power of a laser to quickly and painlessly vaporize cataracts from patients' eyes, replacing the more common method of using a grinding, drill-like device to remove the afflictions. With another invention, Bath was able to restore sight to people who had been blind for over 30 years.

**Katharine Burr Blodgett** was the first woman to be awarded a



Ph.D. in physics from the University of Cambridge in 1926. After receiving her master's degree, she was hired by General Electric, where she invented low-reflectance "invisible" glass.

Actar 911, the CPR mannequin was invented by **Dianne Croteau** and partners, Richard Brault and Jonathan Vinden in 1989. Actar 911 is a mannequin used to teach CPR or Cardio Pulmonary Resuscitation. CPR is used to save people suffering from cardiac arrest.

**Mary Anderson** (1866–1953) was an American real estate developer, rancher, viticulturist and inventor of the windshield wiper blade. In November 1903 Anderson was granted her first patent for an automatic car window cleaning device controlled inside the car, called the windshield wiper.

In a visit to New York City in the winter of 1903, in a trolley car on a frosty day, she observed that the motorman drove with the front window open because of difficulty keeping the windshield clear of falling sleet. When she returned to Alabama she hired a designer for a hand-operated device to keep a windshield clear and had a local company produce a working model. She applied for, and in 1903 was granted, a 17 year patent for a windshield wiper. Her device con-

sisted of a lever inside the vehicle that controlled a rubber blade on the outside of the windshield. The lever could be operated to cause the spring-loaded arm to move back and forth across the windshield. A counterweight was used to ensure contact between the wiper and the window. Similar devices had been made earlier, but Anderson's was the first to be effective.

In 1905 she tried to sell the rights through a noted Canadian firm, but they rejected her application, saying "we do not consider it to be of such commercial value as would warrant our undertaking its sale." After the patent expired in 1920 and the automobile manufacturing business grew exponentially, windshield wipers using Anderson's basic design became standard equipment. In 1922, Cadillac became the first car manufacturer to adopt them as standard equipment.

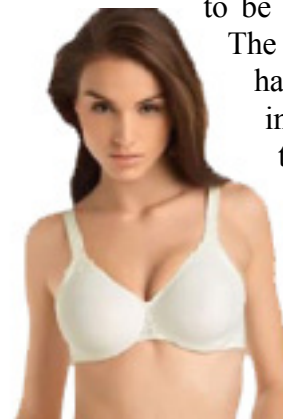
**Mary Phelps Jacob** was the first to patent an undergarment named 'Brassiere' derived from the old French word for 'upper arm'. Her patent was for a device that was lightweight, soft and separated the breasts naturally.



The first modern brassiere to receive a patent was the one invented in 1913 by a New York socialite named Mary Phelps Jacob. Mary Phelps Jacob had just purchased a sheer evening gown for one of her social events. At that time, the only acceptable undergarment was a corset stiffened with whaleback bones. Mary found that the whalebones poked out visible around the plunging neckline and under the sheer fabric. Two silk handkerchiefs and some pink ribbon later, Mary had designed an alternative to the corset.

**Bessie Blount** was a physical therapist who worked with soldiers injured in WWII. Bessie Blount's war service inspired her to patent a device, in 1951, that allowed amputees to feed themselves.

**Stephanie Louise Kwolek** is an American chemist who invented poly-paraphenylene terephthalamide—better known as Kevlar. While working for DuPont, Kwolek invented Kevlar. In 1964, in anticipation of a gasoline shortage, her group began searching for a lightweight yet strong fiber to be used in tires.



The polymers she had been working with at the time, poly-p-Phenylene-terephthalate and polybenzamide formed

liquid crystal while in solution that at the time had to be melt spun at over 200 degrees Celsius which produced weaker and less stiff fibers.

Something unique to her new projects and melt condensation polymerization process was to reduce those temperatures to between 0-40 degrees Celsius. The solution was "cloudy, opalescent upon being stirred, and of low viscosity" and usually was thrown away. However, Kwolek persuaded technician Charles Smullen, who ran the spinneret, to test her solution. She was amazed to find that the new fiber would not break when nylon typically would. Not only was it stronger than nylon, Kevlar was ounce for ounce five times stronger than steel. By 1971, modern Kevlar was introduced. However, Kwolek was not very involved in developing the applications of Kevlar.

So what are you waiting for ladies? Get out there and start inventing things. We all know we can do it. ■



# Amanda's Ark

*Radio Times editor Matt Tennyson gets to meet and chat to the inspirational Amanda Lighthouse.*

An angel is often defined as a spiritual being believed to act as an attendant, agent, or messenger of God, conventionally represented in human form with wings and a long robe. Not only do I believe in Angels, I've actually met some of them.

Now before you start calling the men in white coats to come and take me away, let me be more specific. I spent more than three decades as a journalist working in conflict zones. During that time I witnessed some of the lowest points to which humanity can fall.

Yet even in situations like these where it is easy to lose faith, not only in humanity, but in everything, I would always come across at least one individual that would stand out like a lighthouse in the dark. Someone that would restore my faith.

Let me be clear - none of them had wings and I can't recall any of them wearing robes. But as far as I was concerned, they were angels.

On a cold, rainy Thursday night in July I was attending an event at the Simon's Town Country Club. To be honest, it was the last place I was expecting to meet an angel. But I did.

Her name, believe it or not, is Aman-

da Lighthouse. We got to chatting and she told me that she rescues animals such as cats and dogs. She had me at the words 'cats' and 'dogs'.

Sensing a story, I was eager to hear more and asked her to tell me more.

Amanda got to telling me about Amanda's Ark, which is her home that she shares with all the animals who climbed on board.

It all began when she became friends with the neighbours dogs, dog sitting, feeding snacks and sheltering them from the rain.

Now, she has a motley crew of dogs, all of whom were at risk of being euthanised, neglected or abused, and a colony of cats who have made her home their home and landed with their bum in the butter!

The dogs live in the front, share the house and enjoy mountain walks, whilst the cats live freely in the back with access to the surrounding mountain, a selection of homes and safe access to the home via a patio!

All the animals have a home-cooked meal 3 times a week and their every need is anticipated and taken care of to an unprecedented and impressive level.

When they are ready, when the per-

fect home is found, she matches them up with the right person and they go on to a new adventure, staying in touch to provide an additional lifeline should the need ever arise.

Amanda is one of those rare individuals who lives on faith, prayers, miracles and blessings and has endless wonderful testimonies to share about the power, wisdom and grace of God's hand.

She tells me how deeply humbling this labour of love is and what a privilege it is to have the opportunity to make a profound difference to the lives of so many and I know from first-hand experience having rescued four cats myself.

Amanda says that every single soul she has touched is etched on her heart forever and you can read each story in the Lighthouse Family section of her website.

Her heart's desire is to educate, motivate and inspire and to teach people how to walk in faith and right action to save every soul who crosses our path, because oftentimes, we are their last chance and only hope.

You only have to meet Amanda to see and feel the love she has for animals.

This month I will be interviewing Amanda on my morning show, 'Living Our Best Years' and we can find out more about her and the amazing work that she does.

Maybe she can even inspire you to adopt a cat or a dog as a companion. Take it from me when I say that they do make great companions and often they can change your life.

## Amanda's Ark Animal Rescue

As one can imagine, providing animals with a home filled with love comes at a cost.

Food, supplements, utility bills for lighting, cooking, heating in the winter, air-conditioning in the summer and laundry, salaries of three helpers, (Amanda doesn't take a salary), building materials, vet bills, medical supplies, flea & tick and worming, sterilisation, vaccines, fuel, boarding fees for animals she is unable to take in, airtime & data, the list is endless and costs around R100,000 per month.

With no regular support and ever increasing costs, Amanda's Ark needs Funding Angels, Fundraising Angels, Foster & Forever Homes and people who are willing to donate their time and energy into expanding awareness. If you would like to find out more, please visit the website via the link below and if you would like to Donate, you can do so via the website or message directly.

Thank you for reading, thank you in anticipation for your support and thank you on behalf of everyone who lives onboard Amanda's Ark!

Amanda Lighthouse  
Chief Servant & Rescue Angel  
084 287 5050

[www.Amandas-Ark.com](http://www.Amandas-Ark.com)

**DONATE**



# Boost

## your immune system

*The seasons are changing and spring is in the air. So, as we begin to shake off winter, the last thing you need is a cold or flu. This is the perfect time to boost your immune system and make sure you get the right vitamins and minerals.*

BY GWYNETH BOWMAN

### Vitamin C

Not only is it a powerful antioxidant, it also increases the production of white blood cells. And these white blood cells, in case you didn't know, are your body's chief fighters against flu.

**Get your vitamin C from citrus fruit, green peppers, pineapples and strawberries.**



### Vitamin B6

B6 is like the Chuck Norris of infection fighters.

**Get your vitamin B6 from bananas, carrots, lentils, seafood and sunflower seeds.**



### Beta-carotene

This is another vital antioxidant that will help build your immune system.

**Get your beta-carotene from carrots, hot chili, lettuce and spinach.**

### Garlic

According to superstition, wearing garlic around your neck will keep vampires away.

Not sure about that, but garlic increase the potency of the two important elements of the immune system - T-lymphocytes and macrophages.

Eat it raw or use it in cooking. Just remember to use some mint or mouth-



### Zinc

Zinc is really good stuff. Not only will it reduce the severity of colds, it's also great for your hair, skin and nails.

**Get your zinc from oysters, lentils, lean beef, lamb, liver, pumpkin and sesame seeds.**



# Nothing to sniff at

*Spring is almost in the air. So is the common cold. Radio Times brings you tips for fighting the 'Cold War'.*

**H**eadache. 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 prostaglandins,

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 from work when you come down with a cold. However, they do agree that

extra rest helps. Staying away from the work site 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 300 ml 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 250 ml 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. ■



# Buy a Laptop

## Steps

1. Decide what your budget is and how much money you are willing to spend.
2. Check out computer magazines and web sites. Here you can find reviews on various makes and models of laptops. Make your choice based on quality, price and warranty.
3. Determine the core configuration you need, including processor and speed, amount of RAM and hard disk size.
4. Determine what operating system you want to use, as well as screen size and quality of graphic display.
5. What size and weight are you looking for? How often and how far will you have to carry your laptop?
6. You also need to look at battery life. How often, and for how long, will you be using your laptop away from a source of power?
7. What software do you want pre-installed on your laptop?
8. Can it be upgraded? Should you want to upgrade the hard disk size or RAM, can it be done?



*A laptop is no substitute for a desktop, but a good laptop can be a convenient supplement for when you're on the move.*

# Famous Women

*As you've probably guessed by now, the theme of this month's issue is women. So this month's quiz is also about women.*

1. Who was the world's first woman prime minister?
2. In 1992, who became the first woman head of MI5?
3. Who was Britain's first woman astronaut?
4. Caroline Hamilton led the first all-female expedition to where in 1997?
5. Who was known as The Angel of Calcutta?
6. Almost all of the surface features of which planet have been named after famous women?
7. Which female icon was created by Ruth Handler in 1959?
8. Which actress was born Frances Gumm?
9. Who was married to Adolf Hitler for a day?
10. What was George Eliot's real name?
11. A revolving firework is named after which saint?
12. Who is the American state of Virginia named after?
13. Who was known as the "Lady of the lamp"?
14. Who had a 1993 album named Diva?
15. Who was the first gymnast to score a maximum of seven perfect tens in the Olympics?
16. Who wrote about Noddy and Big Ears?
17. What are the names of the two daughters of the late Princess Grace of Monaco?
18. Who was lead singer for the group Blondie?

Answers on  
page 41

17



# The Divas

**When you've sold more than 50 million albums you know that you've made your mark in the music industry and earned the right to be called a superstar.**

**T**his is a man's world is the opening line of a James Brown classic. And let's face it, men have dominated the music industry. In a list of the world's top selling musicians of all time, 70% of them are male.

Yet look at the second line of James Brown's song - *But it would be*

*nothing, nothing without a woman or a girl.*

And while the music industry could be thought of as a "man's world" there are some women that have gone on to become superstars. Here are some of them.

With sales of more than 300 million records, **Madonna** is by far the most successful female singer. The 66 year old has had #1 hits in every decade since the 1980s. *Into The Groove* was a hit for her in 1985.

Canadian singer **Celine Dion** won the 1988 Eurovision Song Contest where she represented Switzerland of all places. She has sold over 200 million records. She also sang the theme song to the popular movie *Titanic*. Another movie theme song was *Beauty And The Beast*, which she did along with Peabo Bryson.

Another artist that has sold

more than 200 million records is **Mariah Carey**. She has won numerous awards. *Hero* was one of her #1 hits.

Anna Mae Bullock has sold more than 180 million records. She is better known by her stage name of **Tina Turner**. She had a number of hits with her ex-husband Ike Turner but established herself as a solo artist. She had a #1 hit in 1984 with *What's Love Got To Do With It*.

**Whitney Houston**, who died in 2012 at the age of 48, was another who sold more than 180 million records. She had numerous #1 hits, including the theme to the movie *The Bodyguard*, *I Will Always Love You*.

**Barbara Streisand** is still singing at the age of 83. She has sold more than 140 million records and is one of the few entertainers who have won an Oscar, Emmy, Grammy, and Tony Award. *Guilty* was a duet with Barry Gibb of the Bee Gees.

Welsh singer **Dame Shirley Bassey** shot to fame for recording theme songs for three James Bond films *Goldfinger*, *Diamonds Are Forever* and *Moonraker*. She has sold more than 138 million records and at the age of 81 she is still performing.

**Diana Ross** first shot to fame with The Supremes before going solo and racking up more than 100 million sales. She had a #1 hit in 1980 with *Upside Down*.

**Janet Jackson** may not have

achieved the success of her late brother Michael Jackson, but she did sell more than 100 million records.

Known as the 'Queen of Latin pop' **Gloria Estefan** has sold over 100 million records. She has also achieved great success with Miami Sound Machine and songs like *You'll Be Mine (Party Time)*.

**Britney Spears** has never been far from controversy. Yet she has also sold more than 100 million records. Her first hit was *Baby One More Time*.

Cherilyn Sarkisian is better known as **Cher**. She started off as a duet with her late husband Sonny Bono, then went on to achieve solo success, selling more than 100 million records. She had hits for six decades. She had a #1 hit in 2000 with *Believe*.

**Shania Twain** is sometimes referred to as 'The Queen of Country Pop'. The Canadian has sold more than 80 million records and her hits include *You're Still The One*.

Irish singer **Enya** (Eithne Ní Bhraonáin) has sold more than 70 million records including the haunting *Orinoco Flow*.

And let's not forget artists with more than 60 million sales. Artists such as **Kylie Minogue**, **Kate Bush**, **Tracy Chapman** and **Alanis Morissette**.

Way to go ladies. ■





# Celebrating women and music

*The Cottage Club in Cape Town presents a weekend of Soul, Song and Support for local artistry. By Michelle Human.*

As we step into Women's Weekend, there's no better place to celebrate women's voices, stories, and strength than at one of our most beloved local venues - the Cottage Club.

Not only is this iconic Fish Hoek venue a staunch supporter of local music, but it's also gearing up for a very special milestone: its 22nd birthday on August 22nd, with an all-star lineup that promises unforgettable nights of live entertainment.

This weekend, the spotlight is on two incredible women musicians who are making waves in the local scene — Luna Paige and Bush Diva. Both artists are set to bring their unique sounds and stories to the Cottage Club stage, creating an inspiring celebration of female talent and resilience.

## Luna Paige: A Journey of Soul and Song

Luna Paige's return to the Cottage Club is a much-anticipated event. Her last performance here in October 2024 was part of her "Coming Home Tour," which energized audiences and ignited her passion for touring. That inspiring show laid the groundwork for her "Oceanic Heart Tour" (February – June 2025), which took her across

over seven provinces, showcasing her soulful voice and heartfelt storytelling.

After a brief rest, Luna is back at the Cottage Club to enchant audiences once more. This time, she'll perform a carefully curated set featuring favourites from both the "Coming Home" and "Oceanic Heart" albums, alongside songs from her extensive catalogue - close to 100 tunes! She's also busy writing and preparing new material for upcoming arts festivals and shows in the Netherlands, adding fresh sounds to her repertoire.

Luna enjoys revisiting her older songs, re-imagining them with her current artistic approach. Fans can expect an intimate night filled with soulful melodies, quirky stories, and a glimpse into her creative evolution. Check out her website at [www.lunamusic.co.za](http://www.lunamusic.co.za) for updates on her exciting developments for the rest of 2025 and some thrilling débuts in 2026.

Join us at the Cottage Club for an evening of soulful music and heartfelt storytelling - a perfect way to celebrate Women's Weekend and support a talented artist who's always evolving.



## Bush Diva: A Celebration of Feminine Power

On Saturday, August 9th, Bush Diva, accompanied by her piano Esmeralda and the cosmic multi-instrumentalist Luke Verrezen, will take the stage for a very special Women's Day show. This performance is a heartfelt tribute to the feminine in all its facets - a celebration of strength, vulnerability, and everything in between.

Bush Diva's set will feature a mix of her own original songs and powerful covers by some of the most influential women songwriters of our time. Her music has always been about connection, emotion, and empowerment, and this performance promises to be an experience filled with laughter, tears, and everything in between. The show is open to all genders - a reminder that women's stories and voices belong to everyone.

## The Heart of the Cottage Club

The Cottage Club, located at 33 2nd Crescent, Fish Hoek, has long been a champion of local talent and a hub for live music lovers. As it prepares to celebrate its 22nd birthday on August 22nd, it's a perfect time to support and enjoy the vibrant local scene. The upcoming line-up promises nights filled with passion, talent, and community spirit, and these Women's Weekend performances are a shining example.

Whether you're there to soak in Luna's soulful melodies or to be moved by Bush Diva's empowering tribute, one thing is certain: this weekend is about celebrating women, music, and the incredible local artists who make our community so special.

So mark your calendars, gather your friends, and come celebrate Women's Weekend at the Cottage Club - a place where music, support, and community come together to create unforgettable moments. Let's raise a glass to women who inspire, uplift, and remind us all that our voices are powerful, no matter our age or stage of life.

Arrive early at 6.30pm; the shows kick off at 7pm. Bring your own eats and drinks - glasses and crockery are provided - and settle in for an evening of authentic, raw, and uplifting music. Tickets are just R200 cash at the door, but space is limited. To secure your spot, contact Bill at 082 393 2568 - act fast!

See you there!

# Did You Know?

This month we look at some trivia all about the fairer sex.

- Nicole Kidman is scared of butterflies?
- Marilyn Monroe had six toes on one foot?
- Marilyn Monroe appeared on the first cover of *Playboy* in 1953?
- Oprah Winfrey was the first billionaire among African-American woman?
- You can get a wedding Insurance. If your wedding rings are lost or some other catastrophe should happen some companies will cover it for you?
- The largest mass wedding in history was held in The Olympic Stadium in Seoul, South Korea where 35 000 people were married?
- Zola Budd, a South African long distance runner with a world record, trained and raced barefoot?
- The film *Mary Poppins* was shot entirely indoors?
- The first Arabic country to have women police officers was Oman?
- At the age of five Shirley Temple won an Oscar in 1934 and became the youngest person ever to win the prize?
- The first Miss Hawaii was crowned in 1948?
- Country and Western musician Dolly Parton once lost a Dolly Parton look-alike contest?
- The scientific name for kissing is philematology?
- Kissing is healthier than shaking hands?
- Women can hear better than men?
- La Giaconda is the real name for Mona Lisa?
- The Black Widow female spider sometimes eats the male after mating?
- Women blink nearly twice as much as men?
- The LAPD (Los Angeles Police Department) had the very first policewoman?
- Helen Shapiro was only 14 when she had a Number One hit with 'You Don't Know' in 1961.
- *Friends* star Jennifer Aniston lived in Greece for a year during her childhood?
- Harrods in London has a dress code. Kate Winslet was once refused permission to enter Harrods

department store because of her attire?

- Soviet cosmonaut Valentina Tereshkova became the first woman in space on June 16, 1963.
- Junko Tabei became the first woman to climb Mount Everest on May 16, 1975.
- Soviet cosmonaut Svetlana Savitskaya became the first woman to walk in space in 1984.
- Twelve women have won two Best Actress Academy Awards, but they were all topped by Katharine Hepburn who won four Best Actress Academy Awards.
- Meryl Streep has been nominated for no fewer than 17 Academy Awards. She won three.
- Dame Naomi Christine James was the first woman to sail single-handed around the world via Cape Horn.
- In 1908 Therese Peltier of France became the first woman to pilot an aircraft.
- In 1964 Geraldine "Jerrie" Mock became the first woman to successfully fly around the world.
- In 1872 Victoria Woodhull became the first woman to run for the office of President of the United States of America.
- In 1849 Elizabeth Blackwell became the first woman to earn a medical degree and become the first female physician.
- Marie Curie was the first woman

to be awarded a Nobel Prize.

- Author Danielle Steel has sold an amazing 800 million books.
- Over the course of three Olympic Games, Russian gymnast Larissa Latynina won no fewer than 18 medals (9 gold, 5 silver, and 4 bronze).
- Nancy Wake, who served as a British agent during World War II, was the most decorated female soldier. She was awarded 12 medals. She passed away in 2011 at the age of 98.
- Women have faster blood flow to the brain than men.
- The longer a woman's legs, the less likely she is to develop Alzheimer's.
- Women can tell by looking at a man's face whether or not he likes babies.
- Women are more likely than men to hate the colour orange.
- A Pueblo Indian woman divorces her husband by putting his moccasins outside the front door.
- Women own only 1% of the world's land.
- Only 5% of Hollywood feature films are directed by women.
- The women of the Tiwi tribe in the South Pacific are married at birth.
- The two highest IQ's ever recorded both belong to women.

Happy Women's Month all. ■



# Q & A

Questions and answers about everything and anything. Send your question via e-mail to [matt@hipe.co.za](mailto:matt@hipe.co.za)

**Q**- My friend told me that Coca-Cola contains cocaine. Is this true?



**A**- The answer is a simple no. There is no cocaine in Coca-Cola. But that wasn't always the case.

It was named back in 1885 for its two 'medical' ingredients - extract of coca leaves and kola nuts. In fact it was first developed and sold as a tonic rather than a soft drink.

So the original Coca-Cola formula did indeed contain cocaine. How much cocaine has always been open to speculation.

Coca-Cola didn't become completely cocaine-free until 1929, but by then there were only infinitesimal amounts of cocaine in it.

So you can drink your Coke and not worry about becoming a cokehead.

**Q**- Which place has the longest name in the world?



**A**- The town with the longest name in the world is Llanfairpwllgwyngyllgogerychwyrndrobwlllantysiliogogogoch.

It's a large village and community on the island of Anglesey in Wales. The good news is that the short form of the village's name is Llanfairpwllgwyngyll.

The place with the longest name is a hill, 305 metres high, close to Porangahau, south of Waipukurau in southern Hawke's Bay, New Zealand.

Taumatawhakatangihangakoauauotamateaturipukakapikimaungahoronukupokaiwhenuakitanatahu is a Māori name and it's the longest place name in any English-speaking country in the world.

**Q**- Can you name some great all-girl bands?



**A**- There have been a number of all-girl bands.

One of the great South African all-girl groups was the Stockley Sisters, consisting of Miriam and Avril Stockley. Clout were not technically an all-girl band but most of the band, including lead singer Cindy Alter were.

Another great South African all-girl group was Joy. Consisting of Felicia Marion, Thoka Ndlozi and Anneline

Malebo they had a huge hit in 1980 with *Paradise Road*.

Listed below are some other all-girl groups, present and past.

- The Shangri-Las
- Martha and the Vandellas
- The Crystals
- Salt-N-Pepa
- The Shirelles
- The Ronettes
- The Andrews Sisters
- Atomic Kitten
- The Supremes
- The Pointer Sisters
- Bananarama
- The Bangles
- Spice Girls

## Famous Women - Answers

- |  |   |
|--|---|
| 1. Mrs Sirimavo Bandaranaike of Sri Lanka. | 12. Queen Elizabeth I.                        |
| 2. Stella Rimmington.                      | 13. Florence Nightingale.                     |
| 3. Helen Sharman.                          | 14. Annie Lenox.                              |
| 4. The North Pole.                         | 15. Nadia Comaneci.                           |
| 5. Mother Teresa.                          | 16. Enid Blyton.                              |
| 6. Venus.                                  | 17. Princess Caroline and Princess Stephanie. |
| 7. Barbie.                                 | 18. Debbie Harry.                             |
| 8. Judy Garland.                           |   |
| 9. Eva Braun.                              |   |
| 10. Mary Ann Evans.                        |   |
| 11. St Catherine (The Catherine Wheel).    |   |



# Making waves

*Young women paddlers shine on their journey to the World Championships in Hungary. By Michelle Human.*

**M**et Alajah Krogscsheepers and Isabella Strydom. Two extraordinary young women whose passion for canoeing is propelling them from local waters to international recognition.

Both ladies are under the age of 18 and they've already achieved what many athletes dream of - podium finishes, national representation, and a spot at the upcoming World Championships in Hungary.

Growing up in the Southern Peninsula of South Africa, with a vibrant paddling community, these girls have shown that age is just

a number when it comes to making a difference. Their journey isn't just about racing - it's about breaking barriers, inspiring other young women to pursue their dreams, and proving that with hard work and passion, anything is possible.

When we think of sports that combine strength, skill, and stamina, canoeing might not be the first to come to mind. But for these two incredible young women, paddling isn't just a sport — it's a passion that's taking them from their home wins to the world stage. As part of our Women's Month celebration, we're celebrating their inspiring jour-

**Bella**

**Alajah**



ney, their achievements at the South African Canoe Marathons, and their bright future ahead.

South Africa has a rich history in canoeing, with the sport growing rapidly over the past decade. According to the South African Canoe Union, participation has increased by over 30% since 2015, with more young women stepping into the sport and making their mark. South Africa now boasts a vibrant and growing community of paddlers, and young athletes are excelling in international competitions, showcasing South Africa's talent.

## Meet the Young Trailblazers: A Journey to Hungary

Recently, these two young paddlers participated in the South African Canoe Marathons held in Upington. They competed in the Under-18 categories, both in K1 (single kayak) and K2 (double kayak) long course races. Their impressive results earned them a spot to represent South Africa at the upcoming ICF Canoe World Championships in Gyor, Hungary, in September 2025.

Their journey is nothing short of inspiring. We caught up with them for an exclusive interview, and their enthusiasm, dedication, and fun-loving attitude shine through in every word.

## Thrilling Moments and Dream Canoes

One of their most memorable experiences was their first downwind paddle — a moment that brought both excitement and a little adrenaline. A down-

wind is when you paddle with the wind behind you, catching “runs” that propel you forward like a wave, making the ride exhilarating and fast.

If they could paddle with a fictional character, it would be Superman or Harry Potter — imagine the possibilities of super strength or magic to boost their speed! And their dream canoe? “The lightest possible, with a motor,” they said, giggling. “And maybe a compartment to hold snacks — because races are long, and you get hungry!”

## Challenges and Lessons Learned

Every athlete faces hurdles, and for these young women, balance was a key challenge early on. “I was very unstable at first,” one of them shared. “But with training and practice, I learned how to sit properly and ride the waves.” Their determination paid off, and now they're ready to take on the world.

Staying motivated during long training sessions can be tough, especially in winter mornings, but their coach, Pete Cole, keeps them going. “He's always pushing us to do our best,” they said. “Whenever we start to lose focus, he reminds us why we're working so hard.”

## The Power of Women in Canoeing

Supporting women in sport is vital for growth and diversity, and these young paddlers are part of a wave of female athletes breaking barriers. They look up to their teammates — Kira, Jade, Melani, Holly, and Geor



gia — and to inspiring coaches like Graeme Solomon of [Bamboo Warehouse Racing](#).

Their message to fans and supporters? “Please cheer us on! We’re training twice a day, in all conditions, to represent South Africa and make our country proud.”

### Surprising Facts About Canoeing

Did you know that canoeing isn’t just about brute strength? Many people believe it’s all about arm power, but core strength and balance play a bigger role. “It’s like riding a bike,” one athlete explains. “If your core isn’t strong, you can’t stay steady on the water.”

And here’s a fun myth: canoeing is often seen as a slow, relaxing sport. Wrong! It’s incredibly demanding physically, especially in marathon races where endurance and strategy are key. Plus, the sport is becoming more high-tech, with lighter boats and better training gear, making it more exciting than ever.

### Growing the Sport in South Africa

The future of canoeing in South Africa looks bright. With increased investment, youth programs, and international exposure, the sport is projected to continue its upward trajectory. The ICF (International Canoe Federation) reports that global participation in canoe and kayak events has doubled in the past decade, and South Africa is poised to be a major player.

### Final Words: Support and Inspiration

These young women’s journey is a testament to the power of dedication, teamwork, and dreaming big. Their story is just beginning, and they’re eager to make their mark at the World Championships in Hungary.

As they say, “The harder you train, the faster you go — and the more you enjoy the ride.” So next time you see a canoe gliding across the water, remember — it’s more than a sport. It’s a story of passion, perseverance, and the unstoppable spirit of women making waves.

### Support their journey. Supporting Their Dream:

As these young athletes gear up for their international debut, they’re also reaching out for support from their community. To help cover expenses like travel, accommodation, and equipment for the World Championships in Hungary, they’ve launched a fundraising campaign on BackaBuddy. Thanks to the generosity of friends, family, and supporters, they are currently almost 65% of the way to their target. Every contribution, big or small, brings them closer to representing South Africa on the global stage and making their country proud.

If you’re inspired by their story and want to cheer them on from afar, you can visit their [BackaBuddy page](#) to donate and help turn their dreams into reality. Celebrate women in sports. And keep paddling forward!

## Photo of the month



**HOT COFFIN:** No it’s not a coffee shop and yes, it does say ‘Coffin Shop’. Radio Times editor Matt Tennyson took this pic on a trip to Zambia.

# Top of their Game

CATHERINE RANDALL reflects on women that have achieved the pinnacle of their particular sports.

This is the first time I've ever written an article and I think I could have been given an easier assignment.

"Just pick a few different types of sports and then tell us who you think was the best woman ever in those sports. As simple as that."

Simple? It was anything but simple.

It did get me thinking though and in the process of investigating I learnt quite a bit.

So these are the sports I've chosen. What I've done is select five women in each and then give you my choice as to who I thought was the best ever. See if you agree with me.



## Gymnastics

My top five were:

- Larisa Latynina - Russia.
- Nadia Comăneci - Romania.
- Věra Čáslavská - Czechoslovakia.
- Svetlana Khorkina - Russia.

The person I've gone with is Svetlana Khorkina. She was born on 19 January 1979, and has achieved a total of seven Olympic medals in 1996 Summer Olympics, the 2000 Summer Olympics and the 2004 Summer Olympics.

She also won twenty World Championship medals besides her Olympic appearances. She was the first gymnast

and is still the only female gymnast to win three all-around titles at the World Championships.

Khorkina was named vice-president of the Russian Artistic Gymnastics Federation in December 2005, after her retirement from professional gymnastic.

She became the ambassador for the 2014 Sochi Winter Olympic Games

and is a member of the political party of United Russia since 2003. Khorkina served her duty as a deputy for the

## Swimming

My top five were:

- Jenny Thompson - USA
- Karen Muir - South Africa
- Dara Torres - USA
- Kristin Otto - Germany
- Dawn Fraser - Australia

By no means an easy choice. Any of them would have done justice to the title of Top Female Swimmer.

Our own Karen Muir was only 12 years old when she broke a world record and from the age of 12 to 17 she broke a total of 15 world records.

Australia's Dawn Fraser was another legend. Among her many accomplishments was that she became the first female swimmer to cover 100 metres freestyle under a minute in October 1962.

I've picked Jenny Thompson. Former American competition swimmer Jennifer Beth Thompson was born on February 26, 1973, and is regarded as one of the most decorated Olympians in history. She won twelve medals which include eight gold medals. She first won the 50 metre freestyle at the Pan American Games in 1987 when he was just 14 years old. Thompson achieved her first world championship in 1991. Besides her international appearances, she also swam for the Stanford Cardinal swimming and diving

Russian State Duma from 2007 to 2011.



team in National Collegiate Athletic Association. Thompson received the *Honda Sports Award* in 1995 as the outstanding college female swimmer of the year. She was named as the Female World Swimmer of the Year in 1998 by Swimming World Magazine and also became the Female American Swimmer of the Year thrice in her career.

**Kristin Otto was the first woman to achieve six gold medals at a single Olympic Games which she did at the 1988 Seoul Olympic Games.**



## Tennis

There was no ways I could pick only five women tennis players. I managed to narrow my list down to Serena Williams, Steffi Graf, Martina Navratilova, Chris Evert, Maria Sharapova, Margret Court, Monica Seles and Martina Hingis.

It wasn't easy to choose between them and in the end I narrowed it down to Martina Navratilove and my eventual choice, Steffi Graf.

She was born on June 14, 1969 in Mannheim, Germany. She won 22 Grand Slams, 107 titles and earned the sum of \$21,895,277.

Although Margaret Court won more majors, Graf is the only player (male or female) to win every Grand Slam event at least four times in singles. Her incomparable forehand, her extraordinary coordination and an unmatched zest for competition lifted Graf to her preeminent level.

Graf broke quite a few records many of which are still unbeaten to this day, including the record for the highest number of weeks with a number one ranking (an incredible 377



weeks), at one stage staying at the top spot for 186 consecutive weeks. greatest player of all time by numerous publications and polls. it is her ability to triumph on all surfaces.

Whereas other players had their favorite surfaces, for example Margaret Court was a hard court specialist and Martina Navratilova always excelled on grass court, Steffi Graf was a true all-rounder of all time, regardless of surface.

and four-time Ironman Triathlon World Champion. She holds, or held, all three world and championship records relating to ironman-distance triathlon races: firstly, the overall world record, secondly, the Ironman World Championship course record (from 2009 until Mirinda Carfrae lowered it in 2013), and thirdly, the official world record for all Ironman-



branded triathlon races over the full Ironman distance. She won the World Championship in three consecutive years (2007–2009), but could not start the 2010 World Championship race because of ill-

ness, then - while suffering from injuries so severe that her former coach Brett Sutton said she should “not even be on the start line” - regained the title in 2011.

## Athletics



As far as I was concerned there was only one person to consider - Jackie Joyner-Kersey.

Jacqueline “Jackie” Joyner-Kersey (born March 3, 1962) is an American retired track and field athlete, ranked among the all-time greatest athletes in the women's heptathlon as well as in the women's long jump.

She won three gold, one silver, and two bronze Olympic medals, in those two events at four different Olympic Games. *Sports Illustrated for Women* magazine voted Joyner-Kersey the Greatest Female Athlete of the 20th century.

After retiring as a competitive athlete, Joyner-Kersey has been involved with many philanthropic efforts and has joined the Board of Directors for USA Track & Field (USATF), the national governing body of the sport. ■

## Triathlon

I considered Emma Snowsill, Paula Newby-Fraser. Michellie Jones. Loretta Harrop for the accolade. But it was Christine Wellington that I went with.

Born on born 18 February 1977, Christine Ann Wellington OBE is an English former professional triathlete



RadioToday

# Program Schedule

## Mondays

00.00-08.00: BBC World Service  
08.00-10.00: Breakfast with Errol Ballantyne  
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 Ballantyne  
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: Nature Journal  
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 Ballantyne  
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  
19.00-22.00: Your Classical Radio  
22.00-00.00: BBC World Service

## Thursdays

00.00-08.00: BBC World Service  
08.00-10.00: Breakfast with Errol Ballantyne  
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



## Fridays

00.00-08.00: BBC World Service  
08.00-10.00: Breakfast with Errol Ballantyne  
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: JoziStyle  
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  
07.00-09.00: From Coppers Farm  
09.00-11.00: Jozi Today  
11.00-12.00: Fishing Tales with Peter Jensen  
12.00-14.00: Rock and Roll Sports  
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  
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





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