



RadioToday

Radio Times

Vol 2 September 2025

A unique friendship

Rev. Dr. Alan Maker & Thom Kight

Legend of the airwaves

The voice of motorsport - Roger McCleery

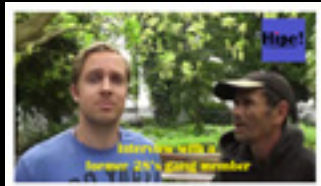
Fact or Fiction?

We take a look at some urban myths

Keeping it Real



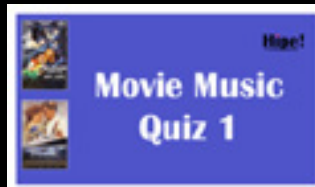
Click on any video below to view



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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A unique friendship



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Every nuclear cloud has a silver lining

Great things happen despite disasters and, in fact, sometimes great things happen because of disasters.

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Murphy's Law of Change

While Ryan Murphy is not against change, in fact he sometimes thinks it's a good thing, he is against change just for the sake of it. "If it ain't broke, don't try and fix it," he says.

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The Perfect Match

It's not just about finding a companion says Amanda Lighthouse, it's about finding the perfect match.

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

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So, here we are - edition two of Radio Times is out there to be read.

Putting together a magazine is not as easy as it may sound. Thankfully there are some special people that contribute to putting everything together. I couldn't do it without them.

We were all sad to hear the news that Graham Lawrence, presenter of Radio Today's BallyOnAir, passed away on 1 September. He will be missed. Our condolences to his family.

On Heritage Day, 24 September, Michelle and I will be doing our first live outside broadcast from The Galley Restaurant in Fish Hoek. So if you're in the area, do pop and visit us.

Time to put this issue to be, and then start again with the October issue. No rest for the wicked.

Until next month, stay safe and stay healthy.

Matt



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Honouring the ancient roots of our land

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Wonder where sporting nicknames originated?

Front Cover

Rev. Dr. Alan Maker takes a walk with one of his daughters.

fact or FICTION?

These are stories that you've all probably heard at some time or another. Scary stuff that makes you want to sleep with the light on. But are they fact, or merely urban legends asks

RAYMOND FLETCHER.

It's amazing just how quickly a story can spread these days. With the Internet, e-mail, SMS, and social media such as Facebook and Twitter, a story can be shared around the world within minutes.

What's even more amazing is just how often these stories turn out to be nothing more than rumours or hearsay. At least once a week there will be a story doing the rounds about how some famous celebrity has just died and it's being covered up.

Some stories are told so often that

they go on to become urban myths or legends. And the strange thing about urban legends is that many people will swear that they are true.

Another thing with urban legends is that they seem credible and you will often hear the story from more than one source.

"I know that this story is true," someone will tell you, "because I heard it from a friend who heard it from his uncle."

What makes an urban myth seem even more real is that it will be set in

a location that you are familiar with. It may be in a town, city or other place that you know.

Yet nearly every urban myth turns out to be exactly that - a myth. Let's look at a few popular urban myths that have been around for years and let's see if there's any truth to them.

The Ghostly Hitchhiker

If you happen to be travelling at night in the Little Karoo near the town of Uniondale, you may see a young girl hitchhiking. But only if it is after dark.

If you stop and give her a lift there will be a strong smell of apple blossoms in the air. While you are driving she will suddenly vanish into thin air, leaving only the smell of apple blossoms. You have just met the famous Uniondale ghost.

The story goes that she was riding on the back of a motorcycle with her fiancé when they had an accident. He was okay but she died. Now she is forever trying to get back to him, trying to find her way back to Uniondale.

A lovely story but almost certainly a myth. Just about every country in the world has exactly the same story - girl dies in accident, tries to hitchhike back home, vanishes from your car. In fact the story goes so far back that the original accident happened in a horse-drawn wagon.

The Murdered Roommate

Two girls share a flat together. One of them goes out to a party while the other

stays at home to study.

After a few hours the one who went out partying comes home to get a jacket before going to another club.

She knows that the jacket is one a chair in her friend's bedroom so, not wanting to wake her friend up, she goes quietly into the bedroom without switching the lights on. She feels her way around, finds the jacket, and leaves.

When she gets home the next morning she finds her friend murdered on the bed. Written in blood on the wall is a message that says, "Aren't you glad you didn't turn on the lights?"

A scary story but also one that is not true. It did the rounds for a number of years but no such murder was ever reported anywhere.

Good Doggie

A young student who lives alone in a flat near her university wakes up one night and has a feeling that there is someone in the room with her.

She slides her hand out from under the blanket and feels on the floor next to the bed. When she feels something licking her hand she is immediately reassured. Her small dog must be under the bed and that was the noise that she had heard. With a smile she goes back to sleep.

The next morning she wakes up and goes through to the bathroom. Hanging from the shower is her dog with its throat cut. There is a note on the mirror that reads, "Humans can lick too."

Another story that has been told all

over the world and once again nothing more than a myth.

The Hook

A young couple are making out in a car in a secluded spot. The car radio is on and a news report says that a dangerous criminal has escape from a nearby asylum. The report also mentions that he had lost a hand in an accident and it had been replaced with a steel hook.

The girl gets scared and insists that her boyfriend take her home. Naturally he doesn't want to go home and tells her that everything is safe. But she is not taking no for an answer.

When they arrive back at her house the boyfriend gets out to open her car door for her, and promptly faints. She gets out to see what has happened and there, stuck in her door handle, is a steel hook.

This myth has featured in countless books and movies. It's a great myth and nothing more.

Sunshine on my shoulders

During the late 1970s and early 80s John Denver was a popular folk singer. He had many number one hits that included songs such as Annie's Song, Take Me Home Country Roads, Leaving On A Jet Plane and Grandma's Feather Bed.

He died on October 12, 1997 when he crashed his private plane. He was 53 years old.

Denver was a very laid back man and it was reflected in the songs that he sang. Yet an urban myth about him was that he

was a United States Marine Corp sniper during the Vietnam War. And not only was he a sniper but that he had killed a number of the enemy. One of his biggest hits was a song called Sunshine On My Shoulders.

A line from the song goes, "Sunshine on my shoulders makes me happy, sunshine on my shoulders makes me smile."

According to the story this song was all about his sniping exploits in Vietnam. Most snipers like to shoot with the sun behind them. Not only does it illuminate the target but it also makes it more difficult for the target to see them because they would be looking into the sun.

So sunshine on his shoulders would have made Denver happy and would probably have made him smile as he was taking aim at his target.

There's just one slight problem with this story; there is no evidence that John Denver ever served in the military.

His father was in the United States Air Force and Denver spent his early childhood growing up on military bases. But during the Vietnam War he was busy making music, and not sniping people.

Cokelore

Popular soft drink Coca-Cola has been around for more than 100 years. So it's no surprise that it has attracted a number of urban myths during this time. In fact so many myths that it has been given its own name - Cokelore.

One of the popular myths is that if he drink Coke and eat Pop Rocks candy, you know the type that explodes in your

mouth, it will cause serious stomach damage.

And you've probably heard the story of it you leave a tooth in a glass of Coke overnight it will have dissolved by the next morning.

Another popular story is that if you take aspirin with Coke you will get high. None of the above stories are in the least bit true.

Something that is true, however, is that the original formula for Coke contained cocaine. They only stopped using this in the 1920s.

Goodbye Kidney

A man on a business trip was relaxing in a bar and having a few drinks when a beautiful woman approached him. She asked if she could buy him a drink and he said yes.

Minutes after finishing his drink he began to feel strange and passed out. When he woke he found himself in the bathroom of a hotel room. He was in a bath that was filled with ice. There was a phone next to the bath and a note with a phone number on it.

The note said that he shouldn't try and get out of the bath because one of his kidneys had been removed, probably to be sold at a great price on the black market.

A scary story and one that appeared on television, the Internet, and even a few movies. This story has been circulating for years and many people still believe it is true. Even though there have been no reported cases anywhere in the world.

The American National Kidney Foundation has even asked supposed victims of the crime to contact them, but to this date they haven't had any takers.

Lights Out

There was a story circulating in the Western Cape a few years ago about a new gang initiation.

Gang members would drive around with a new recruit at night with the lights of the car switched off. If another car flashed their brights at them, to indicate that their lights were off, they would then follow the car, stop it, and kill the occupants.

The story was so bad that a large security company even sent an e-mail to all of their clients warning them about it. Yet not a single incident was ever reported to the police and they knew nothing about it. Neither, it appears, did any of the gangs.

On the odd occasion some urban legends turn out to be true. Let's take a look at three local urban legends that did turn out to be fact. They actually happened.

What are you up too?

In a small town just outside of Durban was a large company that catered for the building industry.

One of the products they supplied was timber. This included building batens, roof trusses and other timber products. Much of this was cut to size. This resulted in large amounts of sawdust.

Members of the public were allowed

to come and collect sawdust for free.

There was a middle-aged Zulu gentleman that would arrive every day, Monday to Friday. He would collect a wheelbarrow filled with sawdust.

The gentleman would have to wheel his barrel out through the main gate where it would be liable to be checked by security.

The security officer was convinced that this man was up to no good. He firmly believed that the man was stealing from the company and then concealing the items in the sawdust.

The company sold items such as tools, electric drills and other small, yet expensive, items. Every day the security officer would do a thorough search of the contents of the wheelbarrow. Yet he could never find anything.

When the security officer left the company to go on pension, he moved to what was then known as the Northern Transvaal. About five years later he went back to the small town to visit his son.

While in the town he bumped into the man that would collect sawdust every day. He asked if the man remembered him.

"Yes sir, you used to be the security officer," the man said.

"Can I ask you something," the former security officer said. "What were you up too? I just need to know. I can't do anything about it now, but it has always troubled me. What was going on?"

"I was stealing wheelbarrows," the man said with a smile.

Every day the man would enter through the shop entrance, walk out into the yard, and take a brand new wheelbarrow. He would then push it down to the timber cutting section of the yard, fill the wheelbarrow with sawdust, and then push it to the security exit.

The security officer would search through the sawdust, hoping to find evidence that the man was stealing. What he never realised that what the man was stealing was always in plain sight - the brand new wheelbarrow.

It cost how much?

Back in the days before the Internet and social media, the classified ads section of the newspapers was where you searched for bargains.

A man was looking through the motoring section of the classified ads when he saw an unusual ad.

"Porsche 911. Immaculate condition. Full house. Leather seats, radio/tape. R1."

The ad also gave a phone number. The man was convinced that it was either a printing error, or that someone was playing a joke.

He called the number and a young woman answered the phone and confirmed that there was indeed a Porsche 911 for sale, and yes, the price was One Rands.

The man took down her address and decided to drive through, even though he was still convinced that it was a prank of some sort.

He arrived at the large house and was

met by an attractive young woman. She then showed him the car. When asked, she told him that only three people had responded to the ad and that he was the only person to actually arrive to view the car.

True to her word, it was a Porsche 911 and in immaculate condition. He paid her the One Rands and she handed him the papers for the car, as well as the transfer documents.

He said that he was ecstatic over the deal, but wanted to know what the story behind it was.

She told him that she had been married for seven months and that her husband was overseas on business. His pretty young secretary had accompanied him on the trip.

She had received notification through his lawyers that he was divorcing her. The lawyers gave instructions that she was to sell the house and its contents as soon as possible. Because they were married in community of property, he would get 50 percent of any sales made.

He owned his own successful company, while she was a housewife. She went on to say that her husband loved his car more than he loved her. It was his pride and joy.

"So I'm selling it and I will make sure that he gets his 50 cents from the sale," she said.

That wasn't so clever, was it

The last story concerns a man that worked for a company in Durban. He lived in Kloof, an area about 25 kilome-

ters away.

One his colleagues had been promoted and was moving to the head office in Johannesburg. A going-away party had been arranged for a Friday evening and it was attended by the management.

He had enjoyed a few more drinks that he should have and left the function at about 7.30 pm. He felt a little bit tipsy but he was confident that he was still more than okay to drive.

On the drive home, just before Pinetown, he had driven straight into a roadblock. When he was given a breathalyser test it showed that he was over the legal limit. He was told to get out of his vehicle and one of the traffic officers drove it a short distance to the side of the road. There was a caravan parked there and a doctor and assisting nurse would then take a blood sample.

There were about six people in the caravan waiting to have blood drawn. He took a seat and waited his turn.

There was a loud crash. Someone had driven into the last car in the roadblock at speed. All the traffic officers ran to see what had happened. The doctor and the nurse also decided to go and investigate in case someone had been injured.

Sitting in the caravan, the man had a thought. No-one had taken his name at that stage, and he was sure that none of the traffic officers had taken down the registration number of his vehicle.

He stood up and went outside, happy to notice that there was nobody around. He opened his car door and the keys were still in the ignition. He started the

car and drove off. He felt relieved that no-one had stopped him and he was feeling confident that he had managed to get out of the situation.

When he arrived home he parked in his garage, locked it and went inside. He told his wife what had happened. He said that he didn't think anything further would happen, but he told her that if anyone from the traffic department arrived or phoned, she was to tell them that he had flu and had been in bed all day.

About half an hour later the doorbell rang and she answered it to find three or four traffic officials standing there.

When asked, she confirmed that her husband was indeed Mr So-and-so, and that he did drive a White Ford Sierra with the registration number NPN00000.

When they asked to speak to him, she told them that he was asleep and had been in bed the entire day with flu. They then asked if she knew where his vehicle was and she told them that it was probably locked in the garage. They then asked if they could see the vehicle.

They all went outside and she opened the garage door and almost fainted.

There was indeed a White Ford Sierra in the garage, exactly the same as her husband drove. There was, however, one small problem. This car had a set of blue lights mounted on top of it.

At the time the NPA (Natal Provincial Authorities) were responsible for traffic matters. So they were basically the traffic police for what was then Natal.

Their standard vehicle for traffic duties was the 2.0 litre Ford Sierra, all of which were white in colour. In his inebriated state, her husband had left the caravan at the road block, climbed into a traffic officer's car, and driven home. When he parked the car he obviously didn't notice the blue lights on top of it.

Needless to say he was arrested, taken off to spend the weekend in prison, and had a list of charges to face when he appeared in court on the Monday.

I know that this is a true story because I spoke to both the person that was arrested, as well as to the traffic cop that owned the vehicle that was driven off.

So there, a few urban legends debunked and a few that turned out to be true.



What a silly way to die

The only two certainties in life, it is said, are the fact that you will pay taxes and that you will die. Yet some people, such as the ones mentioned here by Shona Pietersen, died a rather ironic death.

Back in 1996 Canadian singer Alanis Morissette had a hit single titled *Ironic*. The opening line to the song went; "An old man turned 98, he won the lottery and died the next day..." Ms. Morissette then went on to claim; "Isn't it ironic, don't you think?" And it probably was.

The people listed below may not have won the lottery, they did, however, suffer rather ironic deaths - don't you think.

Aeschylus

He was a Greek playwright back in 500 BC. Many historians consider him the father of Greek tragedies.

How Aeschylus died

An eagle dropped a tortoise on his head.

Yes, you did read correctly and no, this is not the plot for a TV cartoon. Eagles, as you probably know, need to crack the hard shell of a tortoise before they can eat them.

They grab the tortoise in their talons, carry them up high, and then drop them onto a rock. Poor old Aeschylus was a chrome-dome (he was bald).

Some short-sighted eagle mis-

took Aeschylus' head for a rock and dropped a tortoise on it. The tortoise shell didn't crack open, but Aeschylus' head did.

Attila the Hun

By all accounts not the nicest man to ever roam the earth. In fact Attila and his armies gave a whole new meaning to the words 'rape and pillage'.

By 450 AD Attila hordes had conquered all of Asia from Mongolia to the edge of the Russian Empire.



How Attila cashed in his chips

From a nosebleed on his wedding night.

In 453 AD, Attila married a young girl named Ildico. Despite his reputation for ferocity on the battlefield, he tended to eat and drink lightly during large banquets.

On his wedding night, however, he really cut loose, pigging out on food and drink. Sometime during the night he suffered a nosebleed, but was too drunk to notice. He drowned in his own blood and was found dead the next morning.

Attila had lived through hundreds of battles, slaughtered thousands of people, and was probably one of the most feared men of his generation. And yet it was his own nose that killed him.

Tycho Brahe

He was an important Danish astronomer of the 16th century. His groundbreaking research allowed Sir Isaac Newton to come up with the theory of gravity.

How Brahe expired

He didn't get to the toilet on time.

Back in the 16th century social etiquette was somewhat different to these days. It was considered an insult to leave a banquet table before the meal was over.

History tells us the Brahe enjoyed the odd pint or two. Truth be told, he drank like a fish.

To make matters worse, Brahe suffered from a serious bladder condition.

Attending a banquet one night, Brahe did not go to the toilet beforehand. As per usual he drank far too much during dinner and halfway through the meal he was really dying to go to the little astronomer's room – with dying being the operative word.

He was too polite to ask to be excused and he sat there holding it in. His bladder burst and over the next 11 days he died a slow and painful death.

Francis Bacon

Bacon was one of the most influential minds of the late 16th century. A statesman, a philosopher, a writer, and a scientist, he was even rumoured to have written some of Shakespeare's plays.

How he snuffed it

Stuffing snow into a chicken.

One afternoon in 1625, Bacon was watching a snowstorm and was struck by the wondrous notion that maybe snow could be used to preserve meat in the same way that salt was used.

Being a scientist he was determined to find out. He bought a live chicken from a nearby village, killed it, and then, standing outside in the snow, attempted to stuff the chicken full of snow to freeze it. The chicken never froze, but Bacon did.

Horace Wells

He pioneered the use of anaesthesia

in the 1840s.

How he kicked the bucket

He used anaesthetics to commit suicide.

While experimenting with various gases during his anaesthesia research, Wells became addicted to chloroform.

In 1848 he was arrested for spraying two women with sulphuric acid. In a letter he wrote from jail, he blamed chloroform for his problems, claiming that he'd gotten high before the attack.

Four days later he was found dead in his cell. He'd anaesthetized himself with chloroform and slashed open his thigh with a razor.

Jerome Irving Rodale

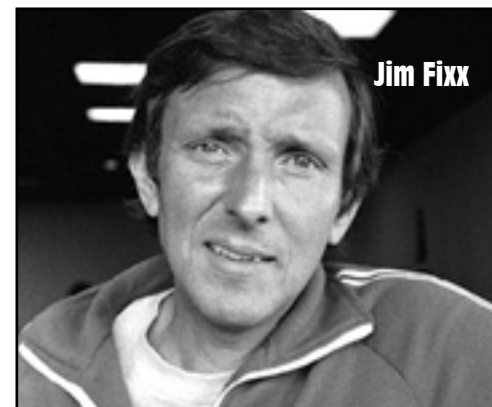
Founding father of the organic food movement, creator of "Organic Farming and Gardening" magazine, and founder of Rodale Press, a major publishing corporation.

How he gave up the ghost

On the "Dick Cavett Show", while discussing the benefits of organic foods.

Rodale, who bragged; "I'm going to live to be 100 unless I'm run down by a sugar-crazed taxi driver," was only 72 when he appeared on the "Dick Cavett Show", an American television talk show, in January 1971. Part way through the interview, he dropped dead in his chair.

Cause of death: heart attack. The



Jim Fixx

show was never aired.

Jim Fixx

Next time you almost run over a jogger, blame Jim Fixx. He was the author of the best selling "Complete Book of Running," which started the jogging craze of the 1970s.

Fixx ran almost every day of his life and everyone naturally assumed that he was fit and healthy and would live to a ripe old age.

How he popped his clogs

A heart attack....while jogging.

Fixx was visiting Greensboro, Vermont when he walked out of his house and began jogging. He'd only gone a short distance when he had a massive coronary.

His autopsy revealed that one of his coronary arteries was 99% clogged, another was 80% obstructed, and a third was 70% blocked....and that Fixx had already suffered three other attacks in the weeks prior to his death.

You think this would have been a sign telling him to slow down?

A unique friendship

It was a friendship that spanned decades. One defined by loyalty, kindness and a commitment to serving others.

The enduring connection between Rev. Dr. Alan Maker and Thom Kight & Company is a story of mutual respect, community service, and a friendship that spanned decades.

Rev. Dr. Alan Maker began his ministry at St. Columba's Presbyterian Church the same year Tom Keight welcomed his last born into the world. While the precise details of their early encounters have faded over time, what is clear is that their paths crossed frequently during Tom's tenure with the Doves Group.

During these formative years, Rev. Maker, along with several other ministers, encouraged Tom to pursue his dream of establishing a family-owned funeral business.

In 1981, Tom's vision came to life with the founding of Thom Kight & Company. The support of Rev. Maker and the St. Columba's congregation during this period was unwavering. It was also during this time that Tom earned the affectionate title of "The Gentleman Undertaker", a reflection of his dignified approach to service and

deep compassion for the families he served.

As the years passed, their professional relationship evolved into a genuine friendship. Though Tom was not a golfer, he often attended charity golf days organized by Rev. Maker, where he contributed wines, gifts, and prizes in support of various causes.

Beyond these events, Thom Kight & Company regularly sponsored church fundraisers and even Rev. Maker's popular "Let's Fly a Kite" segment on Radio Today.

Acts of generosity were commonplace in their friendship. Tom's red Nissan Sani 4x4 became a trusted companion for Rev. Maker on his many trips to Zimbabwe, where he worked tirelessly to support the growth of a local church.

The same vehicle became part of cherished family memories for the Maker family, including holidays to the Kruger National Park. On one special occasion, when Alan's daughter, Sue, turned seventeen, Tom ensured her evening was unforgettable by providing his Rolls Royce for her

celebratory dinner.

Rev. Maker was also a familiar presence at the Thom Kight offices. With characteristic humour and warmth, he would visit for a haircut - offered by one of the company's qualified morticians - even though, like Tom, he had very little hair to trim.

When Rev. Maker retired in 2006 and later relocated to Hermanus in the Western Cape, the friendship endured. Tom and his wife, Diana, made trips to visit him and Margie, even joining in on family festivities during their stays.

In 2015, the Kight family faced a profound loss when Tom passed away suddenly from a massive heart attack. True to their decades-long friendship,

Rev. Alan Maker travelled to Johannesburg to stand beside the Keight family during their time of grief, participating in a heartfelt service of thanksgiving for Tom's life - a gesture the family cherishes to this day.

Tom's son, Neil Keight, who stepped into the role of Managing Director to carry forward the Thom Kight & Company legacy, continued to keep in touch with Rev. Maker over the years.

Their connection remained strong until Alan's passing in 2024, closing a remarkable chapter in a friendship defined by loyalty, kindness, and a shared commitment to serving others.

What began as a professional relationship grew into a bond that transcended business - a story of two men whose integrity and compassion left an indelible mark on their families, their community, and the generations that follow.



Rev. Dr. Alan Maker

- Born 1942
- Educated at Clifton and Durban High School
- B.Com from Natal University
- B.D. with first class honours from Rhodes
- D.Min from Princeton
- Minister of St. Columba's Presbyterian Church for 35 years
- Moderator of the General Assembly of the Presbyterian Church of Southern Africa in 1985
- Served on too many church and society committees to mention
- Member of Marylebone Cricket Club (MCC) since 1976
- Presenter on Radio Today.

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Every Radioactive Cloud has a Silver Lining

Throughout history our world has been subject to terrible disasters. Yet this has always been balanced by the great things that happen. Great things happen despite disasters and, in fact, sometimes great things happen because of disasters.

BY
RAYMOND FLETCHER

One of the definitions of the word 'tragedy' is 'An event resulting in great loss and misfortune'. And let's face it, the world has seen enough tragedies to put any soap opera to shame.

Throughout history there have been natural disasters, epidemics, accidents and wars that have caused havoc and often resulted in huge loss of life and caused billions in damages.

While no tragedy or disaster can ever be regarded as good, especially where lives are lost, good things have sometimes transpired because of these tragedies and disasters. Take the 'Black Death' for example.

The Black death, also known as 'The Plague', was probably the most devastating pandemic in human history. It lasted for two years, between 1348 and 1350, and killed an estimated 100 million people. It is also thought to have killed 30–60% of Europe's population.

So how, you may well ask, could one of the deadliest pandemics in human

history have any positive outcomes?

Before the plague Europe had been overpopulated. So much so that many European countries were ravaged by poverty, famine and disease due to poor sanitation and overcrowding.

The Plague left behind a sudden shortage of labour, thus landlords were forced to compete for workers by offering higher wages and better treatment. A lower population also brought cheaper land prices, more food for the average peasant and a relatively large increase in income among the lower classes over the next century.

Nuclear Fail

Turning to more modern history the Chernobyl tragedy is another classic example.

Nuclear power is a double-edged sword. It can have devastating effects, as witnessed by the atomic bombs dropped on Hiroshima and Nagasaki during World War Two. Yet many countries throughout the world rely on nuclear power as a source of energy.

While nuclear power is a fairly cheap and clean source of energy, you have to remember that they are using the same basic ele-

ments that are used in constructing nuclear weapons. There is always the possibility that something can go wrong. And in 1979 it came pretty close to doing just that.

On March 28, 1979 the Three Mile Islands power plant in Pennsylvania, United States suffered a partial nuclear meltdown. It was the worst accident in U.S. commercial nuclear power plant history, and resulted in the release of small amounts of radioactive gases and radioactive iodine into the environment.

The incident was rated a five on the seven-point International Nuclear Event Scale.

The positive thing to come from this incident was that it resulted in new regulations for the nuclear industry.

Then on April 26, 1986 the accident that people have been fearing for years finally happened.

The Chernobyl nuclear power plant was situated in Ukraine which, at the time, was part of the Soviet Union.

Nuclear power uses sustained nucle-

GHOST TOWN: The city of Prypiat was once home to nearly 50,000 people. Since 1986 it has stood abandoned and is now little more than a decaying shell. The Chernobyl nuclear plant can be seen in the background.

ar fission to generate heat and electricity. The nuclear reactor that creates the nuclear fission has to be kept cool at all times.

Engineers at the Chernobyl plant were planning an experiment. If there was a power failure they wanted to see if they could keep the cooling pumps going by using power from the reactor.

Now I'm no nuclear scientist, but even I know better than to go around fooling with things like this.

The experiment was a failure. Two huge explosions blew off the reactor's roof, the highly radioactive contents were spewed into the atmosphere, air was sucked in which ignited carbon monoxide gas and the reactor was set on fire for nine days straight.

100 times more radiation was released than in the Hiroshima and Nagasaki bombings combined.

The city of Prypiat was built in 1970 to house workers for the Chernobyl Nuclear Power Plant. At the time of the disaster it housed just under 50,000 people, including more than 5,000 children.

They were exposed to the effects of the radiation and Soviet authorities only decided to evacuate the city on the second day of the disaster.

Besides those that died in the initial explosion, the International Atomic Energy Agency claimed that up to 4,000

people eventually died as a result of the radiation. A book released in 2010, however, challenges this figure.

Chernobyl: Consequences of the Catastrophe for People and the Environment was published by the New York Academy of Sciences. And those that wrote the book know what they are talking about. The authors include Russian biologist Dr. Alexey Yablokov, former environmental advisor to the Russian president; Dr. Alexey Nesterenko, a biologist and ecologist in Belarus; and Dr. Vassili Nesterenko, a physicist and at the time of the accident director of the Institute of Nuclear Energy of the National Academy of Sciences of Belarus.

Its editor is Dr. Janette Sherman, a physician and toxicologist long involved in studying the health impacts of radioactivity.

The book concludes that based on records now available, some 985,000 people died, mainly of cancer, as a result of the Chernobyl accident. That is between when the accident occurred in 1986 and 2004. More deaths, it projects, will follow.

Taking all of this into account, how could Chernobyl have had even the slightest positive effect? Well it did help bring the Cold War to an end.

When the disaster first happened the

Russians did what they normally did with things like this - they kept quiet. They stuck to their communist policy of "ignore the disaster and hope it will go away." The only problem was that you can't just explode a nuclear reactor--and release a cloud of death in the process--and expect nobody to notice.

Officials in Sweden raised worldwide alarm about the huge levels of radiation sweeping over Europe from Russia, and The Kremlin was forced to break its customary silence after 48 hours.

Russian president Mikhail Gorbachev was forced to be completely honest, and give journalists "unparalleled information," and access to nuclear officials and doctors. This was the turning point of "Glasnost," Gorbachev's policy of freedom of the press that had gotten mostly lip service up to that point.

Once the average Soviet citizen was exposed to the western media they soon discovered that their government had been lying to them for years. And the mighty Soviet empire began to crumble like a deck of cards.

So Chernobyl helped end the Cold War which, for decades, had always carried the threat of nuclear attack and retaliation that could easily have wiped out our planet. ■

Murphy's Laws of Change

While Ryan Murphy is not against change, in fact he sometimes thinks it's a good thing, he is against change just for the sake of it. "If it ain't broke, don't try and fix it," he says.

What is it with people? Why do they always want to change things?

Fair enough, sometimes change can be a good thing and let's face it, sometimes change is necessary. Often, however, people want to change things just for the sake of change. I believe in the old policy of "if it's not broken, don't try and fix it."

I suppose that in a way change is very much like evolution. That it to say there are some changes that we have no control over. As they evolve, they change and there's little we can do about it.

Take the human body for instance. When I stand and look at myself in the mirror I realise that I am no longer a teenager. My face is starting to look a little weathered and I no longer have that look of innocent youth.

Like it or not, getting older is something that we cannot change. Yet sometimes it can work to your advantage.

When I started high school there was a girl in my class by the name of Michelle. Now there's no nice way of saying this - Michelle was no beauty queen.

She looked like a stick insect, had dry mousey hair, and her skin was so bad that she was given the nickname 'Pizza Face'. Everyone, guys and girls, teased the hell out of poor Michelle. Except for one guy.

There was a boy in my class that started dating Michelle. We all thought he was crazy and we used to tease him as well. But maybe he knew something we didn't.

By the time we were in Matric Michelle had changed. Her body filled out, her skin cleared up and she was by far the best looking girl in our school. In fact she went on to become a model. Suddenly every guy in school, myself included I admit with shame, wanted to date Michelle.

None of us stood a chance. She not only continued to date the same guy but they eventually ended up getting married. The last time I saw them they had two kids and three grandchildren, and she still looked stunning.

But on the whole I'm against change just for the sake of change. Often a company will proudly advertise that they've come up with a 'new and improved' version of a popular product. Sometimes what they're

saying is they have come up with a method to make production of the product cheaper. The product is often not as good as the old version, but hey, it's cheaper for them to produce and hence they can make more money from it.

Many companies have found out the hard way that change is not always a good thing. Coca-Cola and Pepsi both discovered this when they tried to change their product.

When Coca-Cola came out with New Coke it failed badly. So badly that they quickly had to revert back to the old Coke.

I don't think I've been to a country in the world where the people don't drink Coke. So why try and change it then? I just don't see the reason.

When Pepsi came out with Pepsi Crystal (it had no sugar in it and was a clear liquid) it failed big time. Fair enough, come up with a sugar-free version, but why change the colour of it?

Microsoft Windows XP had been the Windows version for five years and most people were happy with it.

Then Vista hit the scene. Many users were loathe to change over. They were even more reluctant to change over when they discovered that the new operating system was far less user friendly than XP.

Most new computers came with Vista installed as the operating system and many users paid money to have their new computer downgraded to XP.

Microsoft finally admitted their mistake and allowed computer manufacturers to offer XP on new computers. It also led to the hastened production of Windows 7.

You would have thought that Microsoft would have learnt their lesson after the Vista debacle, but no.

For some reason they thought taking out the useful "Start" button from Windows 8 would be a step in the right direction.

The decision failed so badly that users stuck with the operating system had to rely on apps to restore the iconic button.

Many users paid to change their OS back to Windows 7. It also led to the hastened production of Windows 10.

Back in the mid-90s I had an old Nokia phone. I could use it to phone someone or send a short text message if needed. The battery would last for days before it needed to be recharged.

These days I have a Samsung Galaxy S26 Ultra and I also have a Galaxy tablet and Smart Watch. The problem is my phone also thinks it's a tablet. It can do almost everything the tablet can.

Look, I can't deny that it's an incredible phone. I can use it to take high-quality video and photographs, use it as an MP3 player, a games platform, and a GPS. It can connect to the Internet and I can download and watch videos, tune in to Radio Today, and much more.

There's very little it can't do (ex-

cept sometimes make phone calls - the reason why I have the thing in the first bloody place.)

The problem is that the battery doesn't last nearly as long as my phone from 20 years ago did. With so many apps running in the background the battery needs to be recharged far more often than my old Nokia did.

This can be fun when you need your phone in an emergency in the middle of nowhere and you only have 3% battery power left.

The best was a brewery. Their most popular beer was bought by a market that was mostly illiterate. They changed the logo and colour of the tins that their beer came in. It was still exactly the same beer, just in a different tin. The people stopped buying the beer and changed to a different brand. All because they did not recognise the tin anymore.

And then of course you get those companies that have a successful product and then, for some reason, want to branch off in a different direction.

Take Oakley fop example. Now Oakley have always made pretty good sunglasses. In 2005 however they decided to combine the best of both worlds. They brought out Oakley Thump - sunglasses with a built-in MP3 players. First of all they were bulky, they looked ridiculous, and the sound was not that great. The worst was the nearly R6,700 price tag. And that was 20 years ago. It's no won-

der they were soon removed from the market.

When you think of chicken wings you don't think of McDonalds. So when they brought out their "Mighty Wings" they didn't sell that well. They still had still had 10 million tons of unsold, frozen chicken wings to try to get rid of after the initial run of the ill-fated product. The surplus prompted a deep discount followed by discontinuation.

There was a Portuguese restaurant that I would frequent. I would always go there for one thing - Trinchado.

Trinchado is a Portuguese-inspired South African dish that is made with tender rump steak, lots of chilli, garlic, olives and wine. It was served with a fresh Portuguese roll and chips.

One evening I went for my usual Trinchado and immediately noticed that it was different. The meat, which was always so tender, was tougher than an MMA fighter. When I questioned the owner he said that he had changed his meat supplier. The next time I went it was the same story. I never went back there.

Many people that I knew that would always eat there complained of the same thing. Six months later the restaurant closed.

So if you want to change something to make it better, go ahead. But remember, if it ain't broke, don't try and fix it. More often than not you're just going to make things worse.



Just say HELLO

Sawubona, unjani? Ukhuluma isiZulu na? Well how about Arabic, French, Hindi or Swahili? Let's show you how.

Sometimes it's the little things that can make a difference. Let's say you're travelling or in an area where English is not the first language. And let's say you need help or information. Being able to speak a few phrases of the local language will often make the locals more inclined to offer you assistance.

This is how you would say good morning in a number of languages. Over the next few months we will look at other phrases such as goodbye, thank you, how are you and so on.

- Afrikaans - Goeie more
- Arabic - Salam wa aleikum
- Bosnian - Merhaba
- Chinese - Nǐ hǎo
- Croatian - Bog
- Czech - Ahoj
- Danish - Hei
- Dutch - Hallo
- French - Bonjour

- German - Guten Tag
- Greek - Kalimera
- Hebrew - Boker Tov
- Hindi - Namaste
- Irish Gaelic - Dia dhuit
- Italian - Buongiorno
- Japanese - Konnichiwa
- Korean - Ahnyong
- Malay - Apa khabar
- Maori - Kiaora
- Nigerian - Bawoni
- Norwegian - Hei
- Polish - Dzień dobry
- Portuguese - Bom dia
- Russian - Privet
- Sotho - Dumela
- Spanish - Hola
- Swahili - Habari
- Swedish - God dag
- Tamil - Vanakkam
- Xhosa - Molo
- Zulu - Sawubona

Chow for now. ■

The Perfect Match

It's not just about finding a companion says Amanda Lighthouse, it's about finding the perfect match.

Best Friends, Loyal Companions & Soul Mates

The perfect match – easy, effortless and irresistible, yet such a rare diamond to unearth, but in my 8 years of rescuing and re-homing dogs, I have struck gold every time, with soul mate matches that are written in the stars and made in heaven.

My formula for success? Dogged determination, a refusal to give up and deep wells of faith, combined with experience, instinct and a feeling of peace in the heart as the final stamp of approval.

Amanda's Ark is a Last Chance Café for dogs and cats who are at risk of losing their lives or continuing in their suffering, due to irresponsible ownership, decisions made in fear, abandonment and neglect.

Trusted Guardians

Not that you can own a living soul, we are Trusted Guardians and it is our duty, as stewards of creation, to protect the vulnerable from harm and give from a whole heart, to those who are in need.

And in this act of giving, of pure unconditional love, when humanity

is at its best, stretching out our hand and stretching ourselves, deep bonds are formed, binding us together in a symbiotic relationship of mutual upliftment.

It is said that we don't choose an animal, they choose us, but I think the truth goes even deeper, with an invisible cord connecting us, ensuring that we find each other, despite the seemingly infinite possibilities.

When You Know, You Know

I don't know exactly how it works, I just know that when you know, you know, and this inner knowing has never failed me.

Sometimes these matches are so unlikely that it defies belief, but the formula transcends age, distance and all barriers, as two souls are brought together, each holding the key to a piece of the other's heart.

Such is the special bond shared between friends, soul mates and cherished companions, as our destinies are weaved together in an unbreakable cord that connects us in this life and maybe even the next.

Happy Ever After

I am reminded of Dulcie, an active woman in her 80's and Rosie, an over-bred malnourished Pittie cross with joint issues. Love at first sight, Dulcie insisted she had to have her, re-named her Lexy and described their time together as the best years of her life.

And Rooney, a misunderstood Bo-

erboel-cross left behind when his family moved, resulting in years in kennels and his rescuers losing hope and considering euthanasia, but with a little help and a new perspective, his perfect home came with a second family who adore him.

Lastly, Frankie, a Scottish Terrier and Lassie, a small Collie-type dog, claimed by Rupert and his wife Shaun, who on meeting Frankie immediately said "We'll take him!" and the same with Lassie a few years later, both of whom went from a challenging start to being cherished.

The Reward of Rescue

Animals are so precious, always so happy to see us,



they unflinchingly want to be everywhere we are and would give their lives for us in a heartbeat, and we owe them the same level of commitment.

Yet, their loving and protective nature is all too often taken for granted, easily discarded and not even seen, and they fall through the cracks, locked away in cages, homeless, scarred and scared, at the mercy of a kind stranger who just can't look away.

Despite having almost 100 animals, looking towards has been the most rewarding, fulfilling and meaningful labour of love and act of service I have ever undertaken and I am surrounded by so much love that my heart is overflowing.

Help Save A Life

With no regular support, rescue is getting harder and saying no often means death or continued suffering, so we have to say yes, and without help, it's impossible.

If you are able to offer your home and your heart to a precious soul in need, please contact me to explore a perfect match, I have a broad selection from cute and cuddly to big and burly, you will definitely make a new friend and maybe even find your soul mate!

A Forever Home welcomes a new family member, Fostering provides a lifeline whilst a Forever Home is found or helps families stay together whilst a plan is made, and Virtually Adopting enables you to become an

Ark Angel who joins with us to sponsor an animal's care.

URGENT Funding Angels Needed

- R500 per month covers basic needs;
- R1,000 includes vet bills and staff costs;
- R1,500 covers boarding fees;
- Any amount, no amount is too small.

You will receive regular updates, your heart will feel good and you will directly contribute towards saving a life.

As we continue in faith and hope, together we can restore faith in humanity, making a profound difference to all those whose lives we save and touch.



Amanda Lighthouse
Chief Servant & Rescue Angel
084 287 5050

www.Amandas-Ark.com

DONATE

Legend of the airwaves

Any South African with even the slightest interest in motorsports will be familiar with the voice of Roger McCleery.

Roger McCleery started in the motor industry at Caltex in the transport department, moving to Honda in 1963 as Public Relations and Sales Manager of motor cycles. In 1975 he moved to Alfa Romeo as firstly PR and then Marketing Director before moving to Nissan as Sales Director.

From 1985 he has had his own PR Company – Motoring Media Promotions.

Motorsport wise he has been involved since 1955. He won the Western Province Motorcycling Championships six times.

He has commented on radio and at racing circuits since 1969 and on TV since 1976. He has had motoring pro-

grammes on Radio 5, Radio Highveld, and Radio 2000 since 1973.

Between 1980 and 1993 he served as the South African representative on the International FIM (International Motorcycle Sport) bringing motorcycle and motocross Grands Prix to South Africa.

Roger hosts a one hours show, Motoring Today, every Tuesday evening from 18.00 to 19.00.



A letter from the CEO

Every editors delight, to publish a spring day magazine, and I am sure Matt Tennyson is absolutely delighted.

But wait a drop dahlin's there is so much more, Matt has a whole bunch of new announcements to tell you about, Three genre choices from Hooligan to Dignified and a genre in between for the softer rock and pop, but stopping short of the Rat Pack.

Rebel Rock Radio derived from the vagaries of Covid when an entire team of Hard Rock presenters were embargoed from the studios at Mix Fm due to the roads curfews, and it was my pleasure to create an online station for them to work from home.

Leon Economides, James Daubeney, Mike Tymvios, Simon Cretney, Phil Greyling, Mark Biaggio, and a number of others, went with the flow, and Rebel Rock Radio survives to this day.

RRR is a hard Rock station, and therefore we have a softer genre offering as Rocking Today, and off course, our seniors offering as Radio Today.

Something for everybody from 55 years old to 95 years old.

Why three ? Because we have such a broad age spread in our listenership, we simply have to try and make more people happy to be listening to Radio Today in one of its forms.

Its a tad more than a year since the Rev Dr Alan Maker went to his maker, and Matt has prepared a fitting tribute to Alan with deep love and respect to him.

Those kind folk who have contributed to our Buy Us A Coffee fund are sincerely appreciated and we have decided to send those who have contributed more than R 100 a Radio Today Coffee Mug, sounds crazy ? Yes, the mugs cost us almost that, but our appreciation must be expressed.

Our Shopping Cart is active and folk are welcome to simply buy a coffee mug or two, or a Radio Today garment, Even a REBEL Rock Radio T Shirt,

You can visit the shop on this link directly <https://rt1485.com/OpenCart/> click on Radio Today Goodies Tab at the top LHS of the page.

Also in the shop are our excellent Internet Enabled FM Radios,

These Radios are normal FM capable radios but with the ability to stream Radio Today from the Web.

It is worth noting that if you have a Smart TV or a Smart Phone, you can be streaming Radio Today directly on there, and if you have a recent Car, with Bluetooth, it will also be able to stream Radio Today wherever you are, however if you are like me, keeping

to the old skedonk, that absolutely nobody, wants to hijack, not even the classic car collectors, then these radios are great, at home or in the car or wherever you might be, we will still be your companion 24/7 North Pole to South Pole !!

You can visit the shop on this link directly <https://rt1485.com/OpenCart/> click on Radio Today Internet Radio's Tab at the top LHS of the page.

Please remember, there are many many senior folk who would be really happy to have this connection, where they have no DSTV or no ability to operate a smartphone, but would be able to switch on a radio, in the form they recognise, and enjoy the company.

Many who are infirm and bedridden, think on this, a gift of a radio that works with today's systems is a gold-en gift.

Then there's this publication itself and I am really proud of the work that Matt and Michelle, our own presenters and also the driving force behind Hipe Publication, have brought to Radio Today.

The 24th of September is National Braai Day and while it falls on a Wednesday it makes no difference to pensioners, we don't really see a variation between public holidays or normal days, however this year we wish to host the folk of the DEOPR Caring Facility Formally JAFTA (Johannesburg Association For The Aged) around a braai at our home alongside the Crocodile River at the Cradle of

Mankind.

Nothing ostentatious, just a great day for deserving people to have a day out in the sun.

We will welcome any small contributions or donations for this, we will need a bus for some 80 folk, and whatever else may be in mind.

Please use our Buy Us A Coffee tab on the Radio Today Website and please use "Braai" as the reference if you choose to make a contribution.

24 September is also National Heritage Day and Radio Today will be broadcasting the morning show 'Living Our Best Years', hosted by Matt Tennyson and Michelle Human, live from The Galley Restaurant in Fish Hoek, Cape Town. They will be on air between 10.30 and 12.00, so if you're in the area, pop on down and visit them.

[A contribution to the National Braai Day for the DEOPR Caring Facility](#)

Thank you for being our companions.

Mike de Bruyn
Radio Today CEO



RadioToday

Honouring the Ancient Roots of Our Land

*September is Heritage Day in South Africa. According to **MICHELLE HUMAN** it's the perfect opportunity to explore the diverse history of the land we call home.*

As we celebrate Heritage Month this September 2025, it's a special opportunity for all of us to reflect on the rich history of South Africa and the people who have called this land home for thousands of years.

This year, we're shining a spotlight on the Khoisan people—the original inhabitants of our country. Their stories, traditions, and resilience are an important part of our shared heritage.

The Oldest People on Earth

The Khoisan are recognized as the world's oldest continuous population group, having lived in Southern Africa for over 100,000 years. That's longer than any other community in the world. Archaeologists have found thousands of ancient tools and paintings that tell of their early ways of life—living off the land, hunting, gathering, and adapting to some of the harshest environments. Their resilience over so many generations proves how deeply connected they are

to the land and how much they have contributed to the story of humanity.

Their Language and Art

The Khoisan are famous for their languages, which include a remarkable number of click sounds—some with over 100 different clicks! These sounds helped them communicate across the vast open spaces of the land. Today, these clicks still feature in some South African languages like Xhosa and Zulu.

They also left behind some truly beautiful rock art. Some of these paintings are more than 2,000 years old, and they show scenes of hunting animals, dancing, and spiritual ceremonies. These images are like a picture book of their history, telling stories of their daily lives and beliefs through art that has survived for thousands of years.

Sacred Dancing and Spiritual Beliefs

One of the most fascinating traditions of the Khoisan is their trance

dance. Imagine community members gathering around a fire, singing, clapping, and stomping in rhythm. During these dances, healers would enter a trance, believing they could communicate with spirits to bring healing or protection to their people. These dances weren't just entertainment—they were sacred rituals that helped strengthen the community and maintain spiritual balance. They show us how music, movement, and faith are deeply woven into their way of life.

Living Close to Nature

The Khoisan were true pioneers of living in harmony with nature. Their diet was simple and balanced - they gathered berries, sour plums, and honey, and hunted animals like springbok and kudu. Along the coast, fishing provided a vital source of food, and they collected seafood like shellfish. In the desert, they found plants like the tsamma melon, which could hydrate them during long dry periods. They understood which plants had healing properties and respect-

ed the land by taking only what they needed. Their way of life is a wonderful example of sustainability and caring for the environment - lessons we can still learn from today.

The Land and Its Names

Many of the place names around the Western Cape, including areas near Fish Hoek, have origins in the Khoisan language. These names often tell us about the land's features or what was important to the people who lived here long ago. It's a reminder of how connected they were to their environment and how their history is woven into the very fabric of our land.

Celebrating Khoisan Heritage on 24 September, 2025

On 24 September, from 10am to 3pm, Rotary South Peninsula-Cape Town, along with The Galley Restaurant and Radio Today, will host a special celebration at Fish Hoek Beach. This event is a wonderful chance



for friends and families alike to learn more about the Khoisan's history and traditions. Expect music, storytelling, traditional food, and cultural displays that bring their stories to life. It's a lovely way to honour the first peoples of South Africa and remember their contributions.

Why It Matters

As we enjoy this Heritage Month, let's take a moment to honour the Khoisan—the original custodians of our land. Their stories of resilience, respect for nature, and community spirit remind us of the importance of preserving our history and culture. Their legacy is a valuable part of who we are today.

If you'd like to learn more about our shared history, you can contact Dr. Jane White, Past President of Rotary South Peninsula-Cape Town, at Janewhite55@gmail.com or +27650411385.



KHOISAN HERITAGE DAY ON FISH HOEK BEACH

24 SEPTEMBER 2025 (HERITAGE DAY)
VENUE: FISH HOEK BEACH

ABOUT THE EVENT

Join us in celebrating Khoisan AHeritage Day on Fish Hoek Beach with a community

- Traditional music & dance performances
- Authentic buffet-style food displays
- Live radio broadcast from the beach
- A vibrant community gathering honoring South Africa's First Peoples



Radio Today's 'Living Our Best Years' show will be broadcasting live from The Galley Restaurant between 10.30 am and 12.00 noon.

National Anthems

1. The British National Anthem shares its tune with that contained in which German composer's *Jubilee Overture*?
2. What is the National Anthem of the USA called.
3. Which country has as its anthem *The Soldier's Song*?
4. Which country has as its anthem *La Marseillaise*?
5. *Storm Over the Tantras* is the national anthem of which country?
6. Which country's anthem's first line starts with "Yumi, yumi, yumi"?
7. Scotland has no official national anthem, but contenders include *Scotland the Brave*, *Flower of Scotland* and which other possibility?
8. Who wrote *Nkosi Sikelel' iAfrika*?
9. What is the name of the National Anthem of Zimbabwe?
10. Which country's national anthem is *Kimigayo*?
11. Which country's national anthem, with 158 verses, is the longest in the world?
12. Which country has the shortest national anthem?
13. What is the name of the Namibian national anthem?
14. *Jana Gana Mana* is the national

This month we're asking about the National Anthems of countries.

- anthem of which country?
15. *Bilady, Bilady, Bilady* (My Country, My Country, My Country) is the national anthem of which country?
16. Which country has the national anthem *HaTikvah*?
17. Which country's national anthem begins "God of Nations at Thy feet"?

Answers on page 45



7

Eating Right

For good looks you need good health, and for good health you need good food. Allison Farr tells us more.

You are very much what you eat, and if the right eating habits are acquired during your adolescent years, you'll be set for life.

You will also have no problem controlling your weight. There is no substitute for fresh produce: packaged, processed and convenience foods are never of the same nutritional value, no matter what anyone says.

The type and quality of food not only affects your health but also determines your vitality level, your moods and your thinking capacity.

Adolescence is a time of swift and dramatic change; energy needs are at an all-time peak in order to cope with growth spurts and body development.

Energy is released when food is burnt up and the amount of energy a food produces is measured in calories.

If you take in more food than you release as energy, you will store it as fat.

Don't make the mistake of thinking only in terms of calories. It is the type of food that's really significant. Sugar - sweets, chocolates, pastries, biscuits, jams, tinned fruits - provide calories but no nutrients whatsoever. Fats - butter, meat fat, oils - have twice as many calories as lean meat, fish, vegetables, grains and cereals yet have minimum nutrient value. A healthy balance of nutrients is very important during teenage years.

Three things influence our eating pattern:

- hunger
- appetite
- habit

When it comes to hunger, the body sends automatic hunger signals to the brain and indicates that eating is necessary. These pangs of hunger don't mean that you are starving, but that the body is ready for more food.

The good news is that you can go for a long period of time before you start starving. In fact the more you eat, the more your stomach expands and the more you want to eat.

Appetite is stimulated by the sight, smell and taste of food. It is regulated by the brain, and you have probably often had a great longing for food when you smell something really good cooking.

Habit influences your choice of food. Very often we will continue to eat the type of foods that we enjoyed as a child. A lot of people also eat out of habit and not out of necessity. Many of us also enjoy eating what we like to call 'comfort' food because it makes us feel good.

What should you eat?

Eating well is really a matter of common sense. There is no need to tamper with food too much; the nearer the natural state the better the nutrients are. Refined products such as white flour and bread, white sugar and treated cereals are empty foods. So is everything made from them - sweets, pastries, cakes, biscuits and many puddings.

Nutritionists divide food into three categories according to type and function. They are proteins, carbohydrates and fats.

Proteins can be found in meat, fish and poultry, in dairy products - milk, yogurt, cheese and eggs - in grains, nuts and seeds, and in some vegetables.

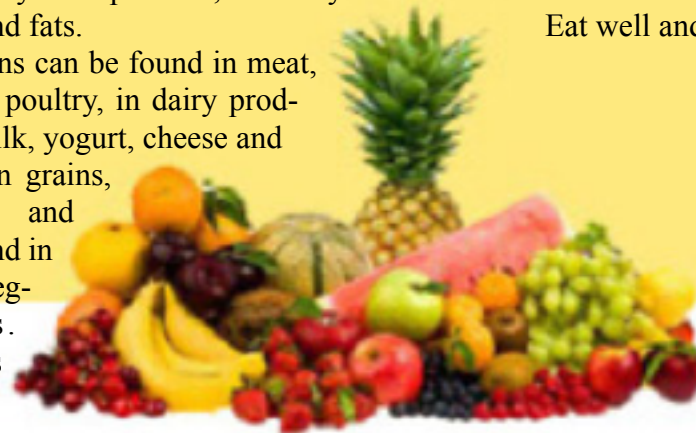
build and repair body tissue, provide energy, help the digestive system and supply essentials to the blood.

There are three different types of carbohydrates - sugars, starches and cellulose (fibrous matter). The sugars are fruits, honey and, of course, sugar. They provide energy quickly. Starches are the whole grains, cereals, pasta and rice, root vegetables, such as potatoes, carrots, turnips, etc. beans, peas and other seed vegetables. The cellulose starches are most vegetables.

There are two types of fats - saturated and unsaturated. Saturated fats are solid at room temperature and come mostly from animal sources - butter, lard, etc. Unsaturated fats are liquid and come from vegetable sources - olive oil, corn and various seed and nut oils.

When deciding what you should eat consider the following. Fresh is best, eat masses of vegetables and fruit, eat whole grains, eat more fish than meat, cut sugar to a minimum, cut back on fat, and avoid processed and refined foods.

Eat well and eat right.



The Weather

Rain, sunshine and even a little fog. Let's look at a few songs that deal with the weather.

Everywhere you go, you always take the weather with you. Or so said Australian band Crowded House in their 1991 hit song, **Weather With You**.

And seeing how this month is the official start of Spring we decided to find a few songs that have something to do with the weather in the title. And

we were able to find quite a few.

I'll Follow The Sun was a song by The Beatles. Although the song was written long before it was only released in 1964 because they felt it didn't fit in with their early image.

Raindrops Keep Falling On My Head was written by Hal David and Burt Bacharach. It was recorded by BJ Thomas in 1969 and used in the movie Butch Cassidy and the Sundance Kid.

The Carpenters, comprising of brother and sister duo Richard and Karen Carpenter, had many number one hits. **Rainy Days And Mondays** was a hit for them in 1971.

Albert Hammond will probably be best remembered for his 1973 hit **The Peacemaker**.

Yet in 1972 he recorded **It Never Rains In Southern California**, a song that made it to number five on the Billboard charts.

Not many

people will know the name Henry John Deutschendorf, Jr. Probably because he is better known as country singer John Denver. In 1974 he had a number one hit with **Sunshine On My Shoulder**.

Formed in 1951, the Everly Brothers were an American musical duo, known for steel-string acoustic guitar playing and close-harmony singing, and consisted of Isaac Donald "Don" Everly and Phillip "Phil" Everly. They had a hit in 1957 with **Crying In The Rain**.

English band Lindisfarne had a number one hit in 1972 with **Fog On The Tyne** and it would go on to become their theme tune. The Tyne, by the way, is a river in North East England.

This band first went under the name Daddy. But they decided to change their name to Supertramp and hit after hit followed. **It's Raining Again** was a 1982 hit for the band. The end of the song incorporates the old nursery rhyme "It's Raining, It's Pouring".

Most people will remember the Eurythmics for their 1983 smash hit **Sweet Dreams**. **Here Comes The Rain Again** was also released by the group in 1983 and it managed to peak at number four on the charts.

Celtic Rumours, from Durban, had a hit on the local charts with **Slow Rain**. Lead singer Kevin van Staden had a great rock voice. Sadly he was killed in a car accident while working on his solo debut album.

Blame It On The Rain was a huge hit for Milli Vanilli in 1989. Yet there was a lot more to the group than met the eye. The group was fronted by dancer/models Robert Pilatus and Fabrice Morvan. After three number one hits they were awarded a Grammy for Best New Artists. Then it was discovered that neither of them could actually sing. All they were doing was lip syncing and they were stripped of their Grammy.

Australian hard rock band AC/DC released **Thunderstruck** in 1990. Since then the song has gone on to become popular with many sporting teams around the world.

Along with Sipho Mchunu, Johnny Clegg formed the band Jaluka. They had numerous hits both locally and on the international charts. One of their hits was **December African Rain**.

Katrina and the Waves won the 1997 Eurovision Song Contest with the song **Love Shine a Light**. Yet they are still best remembered for their 1985 hit **Walking On Sunshine**.

Phil Collins has probably done it all. He's a singer, songwriter, multi-instrumentalist, music producer and actor. Besides having a very successful solo career he is also the drummer and lead singer for Genesis. In 1989 he had a hit with **I Wish It Would Rain Down**.

Last, but by no means least, let's not forget those four Irish siblings The Corrs and their hit **Summer Sunshine**.

Now let's all enjoy a bit of sunshine.



Did You Know?

This month we look at some general trivia.

- Glenn Miller (1944), Buddy Holly (1959), J.P. Richardson (1959), Ritchie Valens (1959), Jim Reeves (1964), Otis Redding (1967), Jim Croce (1973), Ricky Nelson (1985), and John Denver (1997) were all singers that died in plane crashes.
- The brain uses more than 25% of the oxygen required by the human body.
- Velcro was invented by a Swiss man who noticed they way burrs attached themselves to clothing.
- Goldfish can suffer motion sickness.
- The distress term 'Mayday' comes from the French term '*m'aidez*' meaning "help me".
- The most common name in Italy is Mario Rossi.
- Roosters can't crow if their necks are fully extended.
- The three largest landowners in England are the Queen, the Church of England, and Trinity College, Cambridge.
- All gondolas in Venice have to be painted black unless they belong to a high official.
- Rhinos are thought to have inspired the myth of the unicorn.
- The sport with the highest ratio of officials to participants is tennis. A singles match should have 13: ten line umpires, one net official, one foot-fault official and a chair umpire.
- The quartz crystal in a wristwatch vibrates 32,768 times a second.
- The US has more bagpipes than Scotland.
- There's no sand in sandpaper.
- Elvis Presley never gave an encore.
- The movie *Gone With the Wind* was set in the US Civil War, but didn't feature a single battle scene.
- Flamingo tongues were a delicacy in ancient Rome.
- The YKK on a zip stands for Yoshida Kogyo Kibushibibaisha, the world's largest zip manufacturer.
- Before 1800AD there was no such thing as separate shoes for left and right feet.
- In the British House of Commons MPs can wave their order papers and shout "hear, hear" to signal approval of a speech, but they're not allowed to clap.
- The record for finishing a Rubik's cube is 16,5 seconds.

- Nintendo was established in 1889 and started out making playing cards.
- Himalaya means 'home of snow'.
- Goat meat contains up to 45% less saturated fat than chicken meat.
- Sheep buried in snowdrifts can survive for up to two weeks.
- If you were locked in a completely sealed room, you'd die of carbon dioxide poisoning before you'd die of oxygen deprivation.
- Carnivorous animals will not eat another animal that has been hit by a lightning strike.
- Sir Isaac Newton was an ordained priest in the Church of England.
- Dalmatian dogs are born pure white and only get their spots when they're a few days old.
- It is physically impossible for pigs to look up into the sky.
- Camel-hair brushes are made from squirrel hair.
- Mozart never went to school.
- To see a rainbow, you must have your back to the sun.
- South African used to have two official languages. Now it has eleven. Zimbabwe has 16 official languages, while India has 22. The country with the most official languages is Bolivia with 37.
- The national anthem of Greece is 158 verses long.
- Thomas Edison, the inventor of the light bulb, was afraid of the dark.
- Huge wine jugs were often used by the ancient Greeks as coffins.
- Bugs Bunny was originally called 'Happy Rabbit'.
- The average four-year-old child asks over 400 questions a day.
- 215 pairs of jeans can be made with one bale of cotton.
- The word Sunday is not in the bible.
- Russian president Vladimir Putin has a black belt in judo.
- Millions of trees are accidentally planted by squirrels that bury nuts and then forget where they left them.
- 90% of women who walk into a department store immediately turn to the right. No one knows why.
- Couples who marry in January, February or March had the highest divorce rate.
- 80% of women wash their hands after leaving a public toilet. Only 55% of men do.
- In China the bride wears red.
- People who work at night tend to weigh more than people who work during the day.
- There's an average of 178 sesame seeds on a Big Mac bun.
- In the vast majority of the world's languages, the word for 'mother' begins with the letter 'm'.
- Mexico City has more taxis than any other city in the world.
- The largest toy distributor in the world is McDonalds.
- The average person drinks 70,000 cups of coffee in a lifetime.

Say my name

Ever wonder how some bands came up with their name. Here's how a few of them came about.

AC/DC

The band took their name from a sewing machine that had these letters on it. Obviously in reference to 'alternating current/direct current', it has nothing to do with the other slang reference of bisexuality.

The B-52s

This Georgia band took their name from the popular hairstyle, not the U.S. Air Force bomber plane.

Chicago

This band was originally named The Chicago Transit Authority, but shortened it to Chicago after they were threatened with legal action by the City of Chicago, which happened to use the same name for their public transportation department.

Crowded House

Whilst recording their debut in Los Angeles, the band was put up in a very small and very cramped house.

Deep Purple

They named themselves after the guitarist's mother's favourite Elvis Presley song, *Deep Purple*.

Depeche Mode

The band's name means "hurried fashion."

The Doors

There are two versions. The name originates from a William Blake poem, or else from Aldous Huxley's book, *The Doors of Perception*.

Duran Duran

Named after a character from the science fiction movie *Barbarella*.

Echo & The Bunnymen

"Echo" was the name of a drum machine used in their music during their early days.

Fleetwood Mac

Named after the rhythm section of the band, Mick Fleetwood and John McVie.

Guns 'n' Roses

An amalgam of two bands on the L.A. music scene, L.A. Guns and Hollywood Roses. Slash was originally in the former, and Axl Rose fronted the latter.

Jethro Tull

Named after the agricultural pioneer of the Industrial Revolution.

Lemonheads

Named themselves after a packet of sweets.

Ned's Atomic Dustbin

They took their name from an episode of *The Goon Show*.

Pogues

Shortened from the original name "Pogue Mahone", which is Irish-Gaelic for 'Kiss my ass'. There is a Canadian band with a similar punk-celtic style of music, named The Mahones.

Ramones

Took their name from a pseudonym Paul McCartney would use on tour when checking into hotels - Paul Ramon.

Simple Minds

Taken from a line from *Jean Genie* by David Bowie.

Styx

They took their name from the river that runs through Hell.

Thin Lizzy

These Irish rockers derived their name from a popular nickname for the Model T Ford.

Thompson Twins

Taken from the *Tintin* comic novels by Belgian artist Herge.

Toto

They named themselves after Judy Garland's dog in *The Wizard Of Oz*.

T'Pau

They took their name from the *Star Trek* TV series. T'Pau was a Vulcan diplomat, judge, and philosopher who became one of the leading figures in Vulcan history.

UB40

In the United Kingdom this was a form one had to fill out to apply for 'dole', or public welfare/assistance.

Wet Wet Wet

This Scottish group took their name from a line in a Scritti Politti song and Scritti Politti took their name from an Italian political pamphlet.

Wham

They took their name from a pop art painting by Roy Liechtenstein.

ZZ Top

The "ZZ" portion came from blues artist ZZ Hill, and the "Top" portion was originally meant to be "King", to emulate another blues icon and hero, BB King. Since the name was too similar, the band changed it to "Top", which has an approximate connotation to 'king'. ■

Q & A

Questions and answers about everything and anything. Send your question to us via Facebook or email matt@hipe.co.za

Q - Which is the biggest selling music album ever?



A - *Thriller* by Michael

Jackson is regarded as best-selling album ever.

It has sold between 65 and 110 million copies to date. It was released in 1982 and then re-released after his death in 2009.

Other top-selling albums include *Back in Black* by AC/DC (1980) and *Dark Side Of The Moon* by Pink Floyd (1973), both of which sold more than 50 million copies.

Michael Jackson also had huge success with some of his other albums including *Bad* (1987 - 30 to 45 million), *Dangerous* (1991 - 32 million), *HISTORY: Past, Present and Future, Book I* (1995 - 20 million) and *Off The Wall* (1979 - 20 million).

Q - Where was the atomic bomb first used, and who dropped it?



A - The first atomic bomb was dropped on the Japanese city of Hiroshima on August 6, 1945.

This took place in World War Two. The bomb was called 'Little Boy'.

The aircraft used was an American Boeing B-29 Superfortress bomber flown by Colonel Paul Tibbets. The aircraft was named 'Enola Gay' after Colonel Tibbets' mother, Enola Gay Tibbets.

Between 90,000 and 166,000 people in Hiroshima, mostly civilians, would die as a result of the bomb.

Three days later, on August 9, 1945, a second bomb, 'Fat Man', was dropped on Nagasaki. Shortly after this Japan surrendered, ending the war.

Q - Which shark is the most dangerous?



A - A good question and not one with a simple answer I'm afraid.

Despite what you see in the movies, humans are not the natural prey of sharks. When a shark does injure a human, it is often because it has mistaken that person for a seal, a sea lion or one of its usual prey animals.

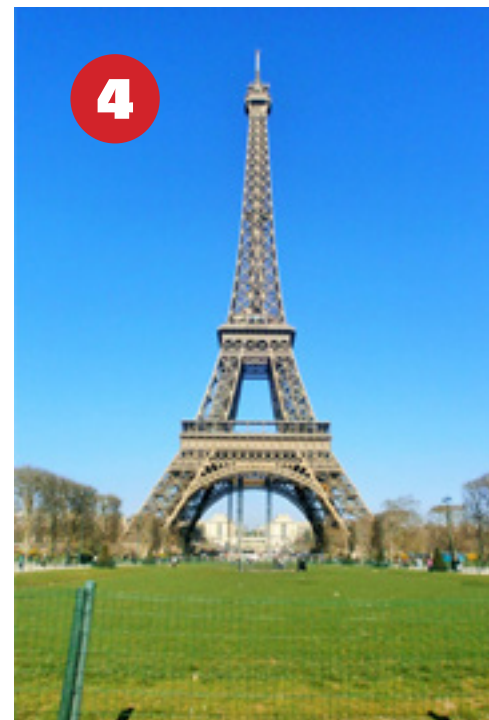
Well over half of all lethal attacks on

humans over the centuries have come from just three species of sharks: the great white shark (*Carcharodon carcharias*), the tiger shark (*Galeocerdo cuvier*) and the bull shark (*Carcharinus leucas*).

Of these "Big Three" species, the largest of them, the great white shark, (pictured at left) is by far the most dangerous, as it has been responsible for more unprovoked attacks and deaths than the other two species put together. The great white occupies the top slot on the list of ten most dangerous sharks, with the tiger shark coming in a distant second.

National Anthems - Answers

1. Carl Maria von Weber.
2. *The Star-Spangled Banner*.
3. Ireland.
4. France.
5. Slovak Republic.
6. Vanuatu.
7. *Scots Wha Hae*.
8. Enoch Sontonga.
9. *Blessed be the Land of Zimbabwe*.
10. Japan.
11. Greece.
12. Uganda (Eight bars of music).
13. Namibia, Land of the Brave.
14. India.
15. Egypt.
16. Israel.
17. New Zealand (God Defend New Zealand).



The Name Game

When we talk about birds, sharks, bulls, lions, cheetahs, tigers and beasts it would be easy to imagine we're watching something on the National Geographic Channel. But these are all the nicknames of sports teams and players.

BY STIX MKHIZE

It appears that we are never quite satisfied with the name given to someone or something. What's the bet that your favourite, or least favourite, teacher at school had a nickname? We often tend to shorten names. Most guys that are named Richard will be called Dick. In similar fashion Anthony becomes Tony, William becomes Bill, Florence becomes Flo and Rebecca becomes Becky or even just Becs.

Yet it is when we come to nicknames that we can get really creative. Sports teams and sporting personalities are not excluded from this process. After all the South African national soccer team is better known as Bafana Bafana. Our rugby team is known as the Springboks or amabokoboko and the SA Sevens rugby team are the Blitzbokke.

The cricket team are the Proteas and



even the South African Paralympic team has a nickname – Amakrokoko-roko.

South Africa is not the only place where national teams have nicknames. The Australian rugby team are known as the Wallabies, New Zealand have the All Blacks, Argentina has the Pumas, and most French national teams are known as *Les Bleus* (The Blues).

Fans have also given local sports team nicknames. Take soccer for instance; Kaizer Chiefs (Amakhosi), Orlando Pirates (The Buccaneers), Moroka Swallows (The Birds), Ajax Cape Town (The Urban Warriors) and Mamelodi Sundowns (The Brazilians).

Rugby fans will often refer to Western Province as *Die Streeptruie* (The Striped Jerseys). The old Northern Transvaal rugby team were known as *Die Blou Bulle* (Blue Bulls), and long before the Natal rugby team became The Sharks they were nicknamed *The Banana Boys*.

What is really interesting, however, are the nicknames given to individual sporting personalities. Think of a sport, no matter how obscure, and you will find players with nicknames. Actor and former governor of California, Arnold Schwarzenegger, was once a competitive body builder. He was known as 'The Austrian Oak'.

One of South Africa's greatest middle-distance runners was Matthews "Loop-en-Val" Motshwarateu. He was given the nickname 'Loop-en-Val' (walk-and-fall) because of his running

style. It always looked as if he was about to fall over from exhaustion.

Australian Ian Thorpe is regarded as one of the best swimmers of modern times. His nickname was 'Thorpedo'. One of the best nicknames for a swimmer must go to Eric Moussambani from Equatorial Guinea. At the 2000 Summer Olympics in Sydney, Australia, he swam his 100 m heat in a time of 1:52.72. He had only taken up swimming eight months before the Olympics. His time was more than twice that of his faster competitors and he had to stop and rest a few times along the way. Yet the crowd went wild and Eric received a standing ovation when he finally finished. The media gave him the nickname 'Eric the Eel'.

Let's take a look at some other sports and at some of the nicknames given to players and competitors. I'll tell you how some of them were given their nickname but what I really want is for you to find out for yourself how the others came about their nickname. Send me an e-mail at editor@hipe.co.za and the person that gets the most right will win a prize. Now let's see how much you know.

Soccer

Two of South Africa's greatest players were Doctor Khumalo and Mlungisi Ngubane. Khumalo was nicknamed '16V' because of his speed and strength while Ngubane was better known as 'Professor' due to his ability to read a game. But can you tell me how the fol-

lowing players were given their nicknames?

- Andrew 'Jaws of Life' Rabutla.
- Bernard 'Dancing Shoes' Hartze.
- Jomo 'The Black Prince' Sono.
- Helman 'Midnight Express' Mkhalele.
- Leonard 'Wagga Wagga' Likoebe.
- Nelson 'Teenage' Dladla.
- Pule Patrick 'Ace' Ntsoelengoe

Rugby

Former Springbok lock forward Rudi "Vleis" Visagie was given the nickname because of his size and weight. He tipped the scales at 138 kg. It's obvious to see where 2007 Rugby World Cup hero Percy Montgomery acquired his nickname 'Monty'. What can you tell me about the following nicknames?

- John 'Bakkies' Botha.
- Tendai 'Beast' Mtawarira.
- Johan "Big Joe" van Niekerk.
- George 'Kitch' Christie.
- Henry 'Lem (Blade)' Honiball.
- John 'Barney' Smit.
- Mahlatse 'Chiliboy' Ralepelle

Cricket

Vinnige Fanie De Villiers and Alan 'White Lightning' Donald both received their nicknames due to the speed at which they bowled.

Indian cricket legend Sachin Tendulkar is known as 'The Little Master' because of his height and his reputation as a batsman. Yet Tendulkar was not the first Indian cricketer to be given this

nickname. The honour actually goes to Sunil Gavaskar. How about the following?

- Joel 'Big Bird' Garner.
- Donald 'The Don' Bradman.
- Gary 'Gazza' Kirsten.
- Muttiah 'Murali' Muralitharan.
- Brian "The Prince" Lara.
- Lasith 'Slinga or Slinger' Malinga.
- Harbhajan 'The Turbanator' Singh.
- Michael 'Whispering Death' Holding.
- Lance 'Zulu' Klusener.

Golf

Due to apartheid Sewsunker 'Papwa' Sewgolum never achieved the heights that he could have. This South African of Indian origin beat Gary Player to win the 1965 Natal Open. As a baby he was given the nickname 'papwa' which meant 'small child'.

Gary Player himself was known as 'The Black Knight' because he always wore black on the golf course. And you don't have to be a genius to see where Colin Montgomerie got his nickname of 'Monty' from. Yet how about the following golfers?

- Ernie 'The Big Easy' Els.
- Greg 'The Great White Shark' Norman.
- Arnold 'The King' Palmer.
- Eldrick 'Tiger' Woods.

Tennis

The tennis courts have seen some characters over the years. One of the greatest players was Björn Borg. The Swede earned the nickname 'Ice Man' because he never showed any emotion during a match. Probably one of the most entertaining players to watch was John McEnroe. His nickname 'Superbrat' was as a result of his explosive temper and outbursts on the court. So how did the following earn their nickname?

- Boris 'Boom Boom' Becker.
- Pete 'Pistol Pete' Sampras.
- Martina 'Swiss Miss' Hingis.

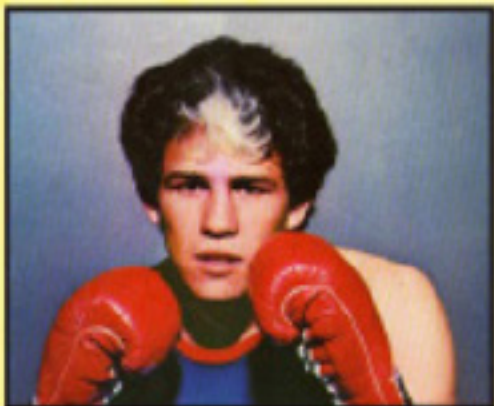
Motor Racing

Motor racing, whether on two wheels or four, is one of the fastest and most challenging sports. South African multiple rally and touring car champion Sarel van der Merwe was often called 'Super Van'. But he also had another nickname – 'Sideways Sarel'. This was because of his ability to take a car through a corner literally sideways.

Another world rally champion was the late Colin McRae. He earned his nick-

Martina 'Swiss Miss' Hingis





THE SILVER ASSASSIN: The late Charlie Weir was given his nickname due to his streak of white hair. His hair was not dyed but the white streak was as a result of a childhood accident.

name of 'Colin McCrash' due to some of his spectacular crashes. World Formula One champion Michael Schumacher was nicknamed the 'Rain King' because of his ability to handle a wet track. Yet where did the following nicknames come from.

- Gianclaudio 'Clay' Regazzoni.
- Valentino 'The Doctor' Rossi.
- Gilles 'The High Priest of Destruction' Villeneuve.
- Keijo 'Keke' Rosberg.
- Ayrton 'Magic' Senna.
- Andreas 'Niki' Lauda.
- Alain 'The Professor' Prost.

Boxing

Boxing is probably the sport where some of the coolest nicknames have been given. Perhaps the greatest boxer ever to have climbed into the ring was Muhammad Ali. His nickname was simply 'The Greatest'. Yet he was born Cassius Marcellus Clay and his early nickname was 'The Louisville Lip'. He was given this nickname because he was born in Louisville, Kentucky, and

was a master and talking to his opponents before and during a fight to try and psyche them out.

South African boxer, the late Charlie Weir, was called 'The Silver Assassin' because of a white streak that he had in his hair. So how about the following nicknames?

- Dingaane 'The Rose of Soweto' Thobela.
- Kallie 'Die Boomstraat Bek' Knoetze.
- Elijah 'Tap Tap' Makhathini.
- 'Baby Jake' Matlala.
- Michael 'Jinx' Spinks.
- "Marvelous Marvin Hagler.
- Ray 'Boom Boom' Mancini.
- Floyd 'Pretty Boy' Mayweather, Jr.
- Jake 'Raging Bull' LaMotta.
- Sugar Ray Robinson.
- Sugar Ray Leonard.
- Thomas 'The Hit Man' Hearns.
- 'Smokin' Joe' Frazier.
- 'The Brown Bomber' Joe Louis.

So what are you waiting for? Drop me an e-mail before the 25th of September and you could be a winner. ■

Spoilt for choice

Not only can you listen to Radio Today. Now you can also choose to listen to Rocking Today and Rebel Rock Radio.

Anyone that listens to Radio Today is all too familiar with the music and great shows offered by the station.

Yet sometimes you may want a little more. Maybe you're in the mood to travel back 40 to 50 years and listen to the music of the 70s and 80s. Or maybe you're looking for a little hard rock music.

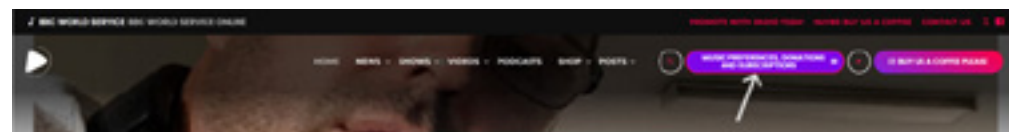
Well we've got you covered. For those of you nostalgic for the rock and pop music of the 70s and 80s there's Rocking Today. And for those old school rockers you can listen to Rebel

Rock Radio.

On Rocking Today you can catch the following shows between 19.00 and 22.00:

- Monday: Monday Blues Meets Rock with Mario
- Tuesday: Classic Rock with Mario
- Wednesday: Bad Company with Matt and Karen
- Thursday: The Human Touch with Michelle
- Friday: The Mix Bag of Rock 'n Roll.

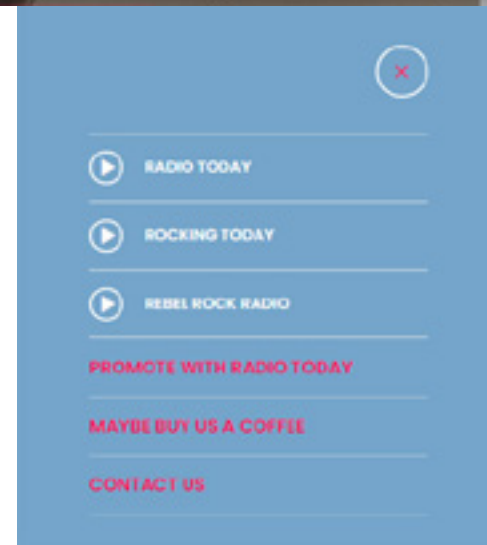
So what are you waiting for, make your choice.



To choose a station to listen to, go to our website at www.rt1485.com and at the top right hand side of the page click on "Music Preferences, Donations and Subscriptions" (shown above).

This will open another box (shown on the right). Here you can choose from Radio Today, Rocking Today, or Rebel Rock Radio.

It's as easy as one, two, three - and that's how many stations you have to choose from.





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: 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 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



**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 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
07.00-10.00: From Coppers Farm
10.00-12.00: 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: Fall In/Aantree
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

E-mail
editor@hipe.co.za



Online Magazines

Flip book magazines with pages that can be turned.



E-Books

Produced in any electronic format required.



2D & 3D Animation

Produced in any video format.



Video Production

Scripting, storyboard, filming and editing done to any video format required. We also do aerial and underwater video and stills.



Still Photography

If you're thinking digital media then think Hipe Media.