



RadioToday

Radio Times

Vol 3 October 2025

Talking with kings

'LOBY' does its first outside broadcast

Living life deliberately

We pay tribute to the remarkable Stan Hill

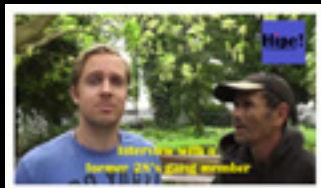
Too old, says who?

Senior citizens that break all the rules

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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We pay tribute to the remarkable Stan Hill.

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

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

I can't believe that it's already October. And can you believe that the Christmas decorations are already starting to appear in the shops.

In September, 'Living Our Best Years' did its first Outside Broadcast or OB. We're glad to report that it was a great success and, hopefully, it was the first of many.

Most new magazines only last for one issue. Then people realise how much work is involved. This is now issue three of the magazine, so we're ahead of the curve.

Only the November issue to do, then we get to the Christmas edition, and it's going to be a bumper edition I can promise you.

Until next month, stay safe and stay healthy.

Matt



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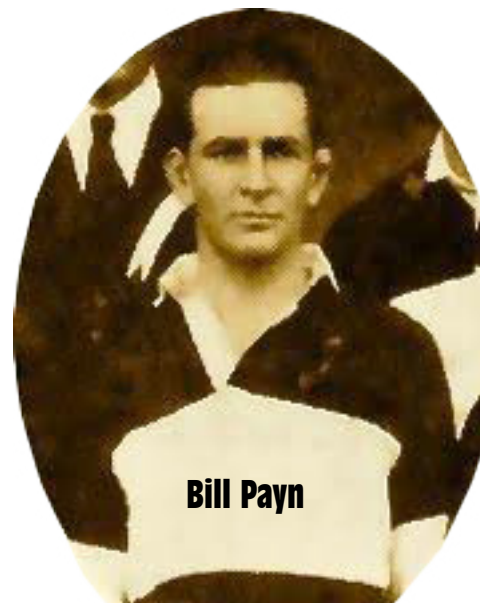
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The LOBY presenters, Matt Tennyson and Michelle Human, at the outside broadcast in Fish Hoek, Cape Town.

Too old, says who

When someone claims that you're too old to do something, just smile and reply "According to who?" **Matt Tennyson** looks as some extraordinary senior citizens.

In South Africa a vehicle that was manufactured on or before 31 December 1965 is classified as a vintage. This immediately increases their value.

This is often the case with many things. Old furniture can be classified as an antique and can fetch ridiculous sums of money. A bottle of wine can be regarded as a rare vintage and can cost so much that you'd be circumspect about actually drinking it.

Even something like an old comic book increases with value as it becomes older.

Take for example the very first edition of the popular

'Archie' series. The first issue was published in December 1942. It cost US10 cents (R1.74). These days that very same comic would set you back in the region of US \$35,000 (R608,391).

It seems that the older something gets, the more valuable it becomes. Except for people that is.

Many senior citizens are regarded as being of no benefit to society. They are often held in disdain by the younger generation.

I once heard someone make the following statement; "Old people are an irritation. They are nothing

more than oxygen thieves and are of absolutely no value to society. In fact when people reach the age of 60 they should be put down."

I often wonder if he still thought the same when he turned 60. I somehow doubt it.

Yes it's true, some people can become hard work as they get older. More often than not they are slower than they used to be, sometimes more forgetful. Their hearing is not as sharp as it once was and often you have to repeat things. These are all part and parcel of getting old.

Yet all across the globe, there are older people who really are proving age is but a number by pushing their bodies to the limit.

People in their 60s, 70s, 80s, 90s, and even older are breaking world records by defying the odds. Some are becoming the oldest people to box, weight lift, and dance, while others are breaking grounds by following new passions like gaming and skydiving.

The oldest man in history, with fully verified modern records, was Jiroemon Kimura of Japan, who lived to the age of 116 years and 54 days, from 1897 to 2013.

The world's oldest woman in recorded history, and the oldest verified person ever, was Jeanne Calment of France, who lived to be 122 years and 164 days old. Born in 1875, she lived a remarkably active life, maintaining her habits of eating chocolate, smoking, and cycling well into her old age before she died in 1997.

Talking about Jeanne Calment, she became the oldest actress to appear in a film. At age 114, played herself in the film *Vincent and Me*.

The oldest verified man to father a child was Les Colley, an Australian who had his ninth child at 92 years and 10 months old. Erramatti Mangamma, who gave birth at the age of 74 through in-vitro fertilisation via caesarean section in the city of Hyderabad, India, is believed to currently hold the record for being the oldest living mother. She delivered twin baby girls, making her also the oldest mother to give birth to twins.

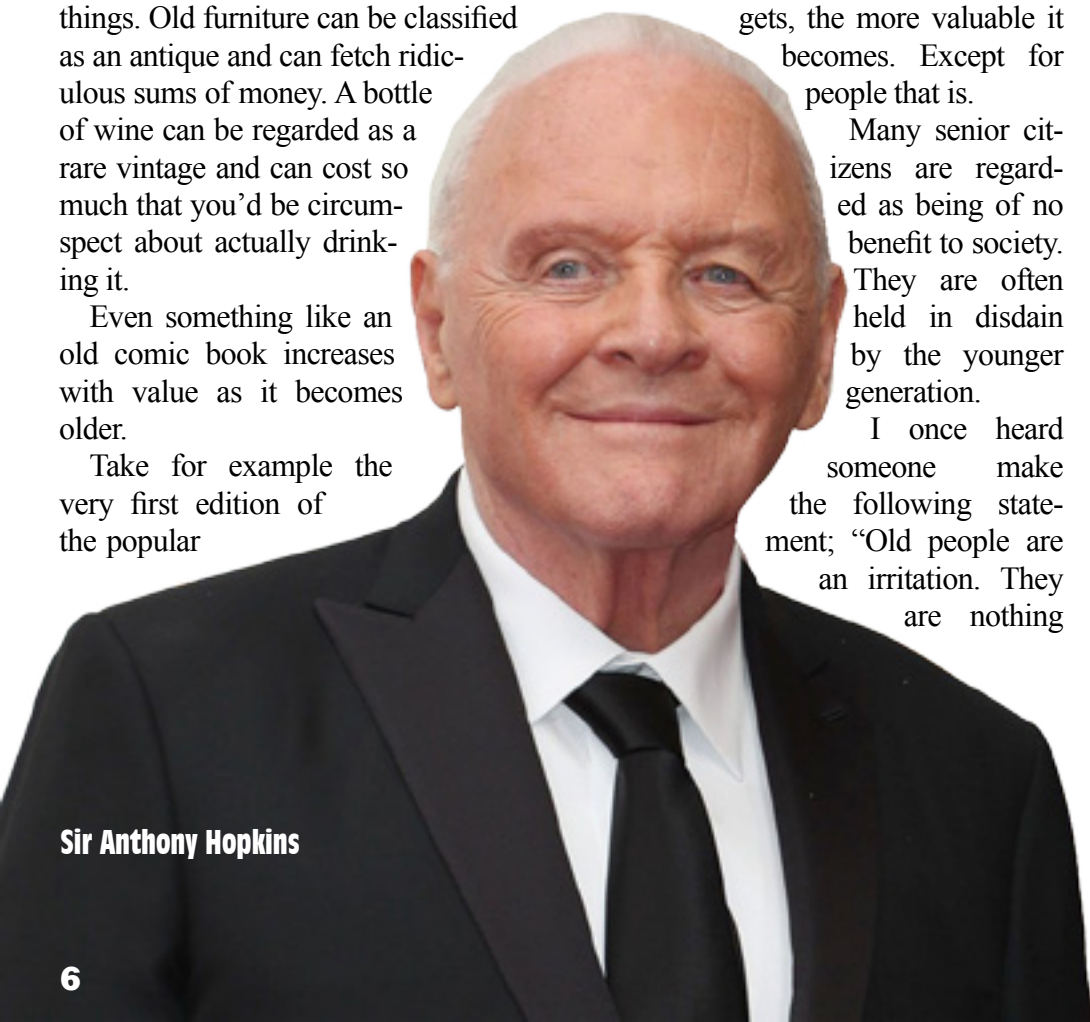
When it comes to athletics some seniors have shown that although they not be as fast as they once were, age has not stopped them from competing.

The world's oldest marathon runner was Fauja Singh, who ran his last marathon at age 100, though he is widely considered the oldest to complete a full marathon. He set a new standard for endurance and is widely regarded as the oldest person to have completed a marathon at that age.

When talking about marathons one needs to look no further than South Africa's Wallace Henry Hayward. Better known as Wally, he won the Comrades Marathon five times.

The Comrades is an annual ultra-marathon that alternates between Durban and Pietermaritzburg. The distance is 90 kilometres. This is the same as running two marathons and then a bit.

He won the race for the first time on his first attempt in 1930 at age 21. The



Sir Anthony Hopkins

following year he broke a bone in his foot while training for Comrades and was told by a doctor that some chest pain he was feeling was due to a strained heart. At age 23, he was told to never run again.

He put running aside for a few years until a specialist told him the diagnosis was “rubbish” and told him to go home and put on his running shoes. By 1938 he was competing again.

Twenty years later he competed again and won it from 1950 to 1954, except for 1952 when he chose to rather represent South Africa at the 1952 Summer Olympics in Helsinki. He finished tenth in the Olympic marathon event.

In 1988 he returned once again to participate. He beat half the finishers with a time of 9h44m. In 1989, Wally finished 1min 57sec before the cut-off time at the age of 80. He held the record for the oldest finisher of the Comrades Marathon for 34 years, until it was broken in 2023 by Maros Johannes Mosehla, who was 83 at the time.

Current age-group records for marathons include Ernest Van Leeuwen from the United States. On 6 March 2005 he completed a marathon in a time of 6:46:34. He was 92 years old at the time.

On 10 December 2017 Betty Jean McHugh from Canada finished a marathon in a time of 6:47:31. She was a sprightly 90 years old.

And senior citizens also hold some



WALLY THE WONDER: Hayward ran his last Comrades Marathon in 1989 at the age of 80.

unique records. The oldest international rugby union player was Colin Stanley, who played for Saudi Arabia at age 58. Cricketer Matthew Brownlee made history after making his debut for the Falkland Islands against Costa Rica in a T20 International match that took place at Guacima on March 10, 2025. He was 62 years old.

George Hood, a 68 year old man, broke the record for the longest plank when he held it for eight hours.

A plank is like a super-strength test – you rest on your forearms and toes while keeping your whole body straight like a board, staying as still as you can. If you can do it for longer than a minute I would be impressed.

In 2011, he broke the record for the first time when he held the plank for over one hour. He lost his title a few years later, but in 2020 he gave it an-

other shot and held the plank for an incredible eight hours.

While on the subject of planking, I must mention DonnaJean Wilde, a 58 year old grandmother from Alberta, Canada. She planked for 4 hours 30 minutes and 11 seconds, achieving the longest time in an abdominal plank position by a woman. But she didn't stop there. The following year she went on to break another record, the most push ups in one hour by a woman – 1,575.

At 102, Irene O'Shea became the world's oldest skydiver. When O'Shea turned 100 years old, she went skydiving to celebrate. Every year since she has made the jump, and on her 102nd birthday, O'Shea made history. The Australian native became the oldest woman to skydive when she jumped from 4,267 metres.

At the age of 106 years and 327 days, Alfred “Al” Blaschke became the oldest person to tandem skydive. This was the second time he had broken the record, reclaiming it after it was broken by someone else.

Albert Hughes Jr. set out to become the oldest boxer in the world, and he started training with his military veteran son. But Hughes' son committed suicide before the match even took place. Although Hughes wanted to quit, he said he decided to fight anyway because it was what his son would have wanted.

In December 2019, Hughes won his match against a 43-year-old boxer. Hughes earned the title of the old-

est boxer that day. So how old was Hughes Jr? He was 70 years old.

At the age of 92 years and 99 days, Dwan Jacobsen Young from the USA wowed everyone by waterskiing 1 km (0.6 miles) across Bear Lake in Idaho.

Dwan first learned to waterski in 1961 when she was 29 and has been hitting the water every summer since. Her advice? “Do not be afraid to try a new sport when you are older. You are more capable than you think.”

Ice hockey can be a rough sport and it's not for the faint hearted. So one has to admire Mark Sertich.

In 1932, Sertich was 10 years old when he first played hockey and fell in love with the sport. He won himself his first pair of skates and taught himself how to skate on ice. Sertich has been playing ever since.

In fact, at 87, he was named the oldest person to play hockey. Today, he is 98 and he's still keeping up with the young players on his tournament team in Minnesota.

In 2017, Betty Goedhart became the oldest female flying trapeze artist at 84 years old. She remembers being fascinated with the sport since seeing the circus as a child, but Goedhart didn't start practicing until she was 78. At the time, she said she was “terrified” to try trapeze, but she slowly improved and broke the record.

Jim Arrington is the world's oldest body-builder at 87 years old. He's a great-grandfather from California who loves body-building. He has

competed in 62 competitions and won 16 of them. In 2018, he was named the oldest body-builder in the world, and he is still lifting today.

“Just about anything works for a while, then your body adapts and requires new challenges,” Arrington told Guinness World Records. “Body-building is hard work! You need to set goals, but most of all, you need to love the training. No body-builder is satisfied with how they look. If you want to compete, Compete! If you don’t, you never will.”

At 94 years old, Johanna Quaas is the oldest gymnast in the world. She was born in Germany in 1925 and started practicing gymnastics on her childhood playground. Decades later, Quaas is still performing and even competed in amateur competitions in Europe. Although she can still do a headstand, she says her favourite thing to do is the parallel bars.

The oldest singer to have a number-one single on the Billboard Hot 100 is Brenda Lee, who reached the top spot at age 78 in 2023 with her 1958 song *Rockin’ Around The Christmas Tree*. Her success broke the previous record held by Louis Armstrong, who was 62 when his song *Hello, Dolly!* hit number one in 1964.

The oldest actor to win a competitive Academy Award is Anthony Hopkins, who won the Best Actor Oscar for his role in *The Father* at the age of 83 in 2021. He made history with this

win, surpassing Christopher Plummer as the previous record-holder for the oldest competitive acting winner.

The Academy Honorary Award is a prize presented outside the main competitive categories to honour achievements not covered by the existing Oscars. This award often gives credit for lifetime achievements and performers who left an undeniable mark on Hollywood history.

With this in mind, it makes sense that the oldest Academy Award-winning actor is Mel Brooks, who received the Academy Honorary Award at 97 in 2023. However, art director and production designer Robert F. Boyle is the oldest recipient ever at 98, earning that title in 2008.

Brooks has left his mark on Hollywood and is one of just 21 entertainers to win the EGOT, which includes an Emmy Award, a Grammy Award, an Academy Award, and a Tony Award. As one of the most impactful comedians of all time, it’s a testament to Brooks’s appeal that he’s still working today, even as he inches ever close to 100 years old.

Maybe you won’t be breaking any world records soon, but just because you’re getting on in years doesn’t mean you have to stop living.

So the next time that someone tells you that you are “too old,” just smile at them and reply, “According to who.”

How to deal with insults

When a younger person insults an elder person, these are the best responses.

- **They are uninformed.** Not knowing the names of the latest Oscar nominees does not mean we are uninformed. Uninformed is not knowing the name of the latest rap singer. Though we forget names, we remember the complexities of living those who are younger are still struggling to comprehend.
- **Once the body goes, the mind follows.** Moving slowly does not mean we have lost our marbles. Check out any book written by Stephen Hawking or Stephen Fry.
- **They’ve lost the capacity to be intimate.** Our ability to love is not diminished by age, nor is it confined to what happens below the belt. Intimacy with age takes on different forms.
- **They’re going deaf, so speak loudly and slowly.** We may not hear well, but we know how to listen and when to remain silent.
- **They’re always cranky.** We do get cranky. Do not take it personally - physical pain and understanding the inevitability of aging have that effect.
- **The elderly need guidance.** Do not treat us as children, no matter how much our bodies are failing or how long it takes to process information. We may not think as quickly as we once did, but the quality of our deliberations and depth of our insights are undiminished.
- **They glory in their dependency.** We do not become dependent to make your life miserable. We are more reluctant to ask for help than people are willing to give it.
- **They can’t make decisions on their own.** We have made important decisions throughout our lives. Even some - believe it or not - that had a very positive effect on the lives of others. Allow us the dignity of continuing to do it, at least for ourselves.
- **Their knowledge is outdated.** In this fast-paced digital, cyber-connected, social-mediatized world, you may believe that our knowledge is irrelevant. But our wisdom, just as it has been since the beginning of time, is not. It comes from living.
- **They behave strangely.** Our attitudes and behaviours are the products of our history. So, when we say or do something you do not understand, do not dismiss it out of hand, cut us some slack. After all, we’re old.

LOBY goes live

Radio Today's 'Living Our Best Years' does its first outside broadcast - and gets to interview a king and a queen.

It seems like a contradiction of terms to say that 'Living Our Best Years' was going to do its first *live* broadcast.

After all, 'Living Our Best Years' - which is also known as 'LOBY' - is broadcast every week from Monday to Friday. As the show is not pre-recorded it can be said that it is indeed broadcast live every morning.

LOBY is presented by Matt Tennyson and Michelle Human on Monday, Thursday and Friday. On Tuesday and Wednesday Matt goes solo. The show is presented from Matt's small office at his home.

"I'm not saying that it's small," says Matt, "but you've got to go outside to change your mind."

To assist with broadcasting LOBY, Matt and Michelle make use of a mixing desk (pictured overleaf), two microphones, and two headsets. They also have a high-speed Internet connection. Finally, they have a dedicated cellphone line (076 292 3971). This means that listeners to the show can send a Whatsapp or SMS message directly to the show to request songs or dedicate messages.

This all works well. The problem was that they were planning on doing

their show from a different location. In broadcasting this is known as an 'Outside Broadcast' or 'OB'.

The aim was to do an OB from Fish Hoek in the South of Cape Town. To celebrate Heritage Day the Rotary Club South Peninsula would be hosting an event at The Galley restaurant in Fish Hoek. This event would highlight the Khoisan people.

The Khoisan are an indigenous group in southern Africa recognized for their click languages and considered one of the continent's oldest ethnic groups, with a history of over 100,000 years.

The term "Khoisan" is an umbrella term for the San (hunter-gatherers) and the Khoikhoi (pastoralists), who were once the largest human population. Today, their populations are significantly reduced, with most survivors residing in the Kalahari region of Botswana, Namibia, and South Africa.

The first thing Matt and Michelle would need is a laptop computer. This would contain the software needed to do the broadcast, as well as all of the music that was going to be played. There was, however, one small problem.

Michelle's laptop computer was, to



THE KING IS ON AIR: One of the highlights of the outside broadcast was an interview with King Ghoza.

be putting it mildly, rather old.

"I think it still operates off of steam," Matt said with a straight face.

They had attempted to use the laptop to connect to the show on a number of occasions, all of which had not been successful. The only solution was to purchase a new laptop.

The relevant software was loaded on to the new computer and everything was good to go.

Matt disconnected the mixing desk and microphones from the main computer at the office and it was loaded, along with the headsets, into a suitable bag. He also downloaded music onto a memory stick which could be plugged into the laptop.

Besides doing the broadcast, they would also be filming the event. So the camera and tripod also had to be transported to the location.

Matt and Michelle arrived in Fish Hoek at 09.00, an hour and a half before the show. The computer, mixing desk, microphones and headsets were all set up and music was loaded onto the laptop. They connected to The Galley's Wi-fi signal and everything was ready to go.

The Galley Restaurant is located right on the beach in Fish Hoek and the initial plan had been to set up outside. However, the Cape Town weather was not playing along. The wind was howling at almost gale force.

"It looked like a sand storm," says Michelle. "Luckily we were able to set up inside the restaurant."



IN THE MIX: The four-channel mixing desk that the LOBY team use for their show.

The camera was set up and it would be operated by Jude, Michelle's youngest son.

As the clock ticked down towards 10.30 Matt and Michelle sat behind their microphones, headsets on, filled with a mixture of excitement and apprehension. The big test was about to come - would they be able to connect to Radio Today and would everything work.

At 10.30 Matt clicked on to the link to connect to Radio Today. The LOBY theme tuned played and then Matt turned on his microphone.

"Welcome to Radio Today, and welcome to Living Our Best Years or LOBY. In celebration of Heritage Day



HEALTH AND WELLNESS: Michelle interviews a Khoisan traditional healer.

today's show is coming to you live from The Galley Restaurant in Fish Hoek," Matt announced.

Mario Petrella, who presents shows on Radio Today, Rocking Today and Rebel Rock Radio, was in attendance and he gave Matt a thumbs up. The signal was coming through loud and clear.

Able to finally breathe a sigh of relief, Matt and Michelle began to do their show. A few requests for songs were received via the Whatsapp line.

A number of members of the Khoisan people were interviewed on air. The highlight of the show was when Michelle did an interview with King Ghoea, the king of the Khoisan. He had flown up from the Eastern Cape in order to attend the event.

If you're talking to the king, it makes sense that you need to talk to the queen as well. Michelle also conducted an interview with Queen Belinda.

The show was also going out in the restaurant via DsTV and, as the restaurant was filled to capacity, it meant that a lot of people were listening to the show. Quite a few people approached Matt and Michelle and asked about Radio Today.

Currently Matt is developing a QR Code that anyone can photograph. Clicking on the code will then take people directly to the Radio Today website.

After the show finished at 12.00, Michelle continued doing interviews. They were recorded and will later be available as podcasts. While interviewing some traditional healers, Michelle was given a glass of buchu and other herbs.

King Ghoea and Queen Belinda were presented with a Radio Today coffee mug in appreciation of their contribution to the show.

Now that they know everything will work, Matt and Michelle are planning a number of other outside broadcasts in order to promote Radio Today.

Lastly, a big thank you to Rotary Club South Peninsula for their sponsorship of the event and also for sponsoring Radio Today for the broadcast.

Let's look forward to the future as we continue to promote and grow Radio Today.

Staying safe online

October is celebrated around the world as Cybersecurity Month. Michelle Human looks at frequently asked questions as well as online safety.

We've all received those e-mails at some stage. The type where the sole purpose is to scam you out of money. Not only are they becoming more frequent, they are also becoming more sophisticated.

The early types of scams were commonly known as 'Nigerian 418 scams'. Mostly because the majority of these scams originated in Nigeria. They were named after Section 419 of the Nigerian Criminal Code.

Most 419 scams start with a message - often an e-mail - claiming you've been chosen for a lucrative opportunity. It might look something like this: A wealthy individual needs help

moving millions out of their country. You've been selected for a secret business deal.

They would claim that they wanted to transfer millions of dollars into your bank account so that it would look like a business transaction. You would then have to transfer the money into a South African bank account that they would open. For your troubles you would be allowed to keep a few million dollars for yourself.

It looked to good to be true - and it wasn't in the least bit true. If you replied to them they would establish contact and let you know how grateful they were for taking up their offer.

Then the scam would start.

They would let you know that they had to pay a certain sum for the transfer to go through. You would be asked to deposit money into an account in order to pay the fees for the transfer. It could be an amount ranging from R5,000 to R20,000. If you could afford it you would be tempted to so do. After all, you would be receiving millions.

This would continue as they claimed to need more and more money to make everything happen. Finally you would realise that there was never any millions and that you had been taken for a ride - an expensive ride at that. Then they would disappear and you would not hear from them again.

Over 70% of scams in South Africa involve some form of phishing - where scammers pretend to be trustworthy entities to steal personal information.

Phishing (pronounced: fishing) is an attack that attempts to steal your money, or your identity, by getting you to reveal personal information - such as credit card numbers, bank information, or passwords - on websites that pretend to be legitimate.

These days common scams include the 'Courier Service' scam. This is where you are sent an e-mail or SMS from a courier company, informing that there is a parcel for you. However, you need to pay a small amount before it can be delivered. It's usually a small sum of money, say R35.00. Just remember, it's not the money they're

after. They want to steal your information such as bank account numbers, passwords, and so on. This way they can clean out your bank account.

October is celebrated around the world as Cybersecurity Month - a dedicated time to raise awareness about online safety and equip individuals with the know-how to protect themselves in the digital world.

In South Africa, as more people, including our experienced explorers (55yrs and older) embrace technology, understanding cybersecurity becomes more important than ever.

Our seasoned digital navigators - those with years of life experience - are increasingly active online.

They are asking many questions, some of which may seem amusing or curious, but all highlight the need for ongoing digital literacy. For example:

- "Why do I need a password? Can't I just open my email with my name?"
- "What is this 'cloud' I keep hearing about? Is it a real cloud that will rain on my phone?"
- "If I click on a link by mistake, will my computer get sick?"
- "Can I really get scammed just by opening a message?"

These questions reflect a sincere curiosity to learn and stay safe.

They show that, regardless of age, everyone benefits from understanding how to navigate the online landscape securely.



Facts About Cybersecurity

- A single weak password can be cracked in seconds! That's why strong, unique passwords are essential.
- Cybercriminals are active 24/7, but many scams are most common during holidays or tax season when people are more distracted.
- Most data breaches happen because of human error, like clicking on a 'wrong link' or using the same password everywhere.
- Your smartphone can be more vulnerable to hacking than a computer if not properly protected with updates and security settings.

Why Cybersecurity matters

Cyber threats are changing quickly, with scams, viruses, and data breaches affecting individuals and organisations alike. Cybersecurity is not just about protecting computers; it's about safeguarding personal information, finances, and peace of mind. Everyone, especially those new to the digital world, should be aware of simple steps to stay safe:

- Use strong, unique passwords for every account.
- Keep your software and devices updated.
- Be cautious when clicking links or downloading attachments.
- Avoid sharing personal information on untrusted websites or social media.
- Regularly back up important files.

- Join Us for Cybersecurity Workshops

To help communities stay informed and confident online, find out more about workshops throughout Cybersecurity Month. These sessions are designed for all levels of experience and cover topics such as recognizing scams, creating strong passwords, and protecting personal data.

Whether you're just starting out or looking to brush up your skills, these workshops are a great opportunity to learn in a friendly, supportive environment.

Learn more and get involved

Interested in becoming more cyber-savvy?

Contact us to find out about upcoming workshops and resources:

Robyn - 076 893 7588
robynjillwilliams@gmail.com

Michelle - 064 130 3066
contact4humans@gmail.com /
michelle@hipe.co.za

Join us in celebrating Cybersecurity Month - empowering everyone to explore the digital world safely and confidently!



How to...

How are YOU?

*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.

Last month we looked at saying hello. This month we will learn to ask the question, "How are you?"

- Afrikaans - hoe gaan dit met jou
- Arabic - kayf haluk
- Bosnian - kako si
- Chinese - Nǐ hǎo ma
- Croatian - Kako ste
- Czech - Jak se máte
- Danish - hvordan har du det
- Dutch - Hoe is het
- French - comment vas-tu ?
- German - Wie geht es dir
- Greek - Ti kánete

- Hebrew - meh shlomch
- Hindi - aap kaise hain
- Irish Gaelic - conas atá tú?
- Italian - Come stai
- Japanese - Genkidesu ka?
- Korean - eotteohge jinaeseyo
- Malay - apa khabar
- Maori - kei te pehea koe
- Nigerian - Báwo ni?
- Norwegian - hvordan har du det
- Polish - Jak się masz
- Portuguese - como vai
- Russian - Kak vy
- Sotho - u phela joang
- Spanish - ¿Cómo estás
- Swahili - habari yako
- Swedish - hur mår du
- Tamil - Eppaṭi irukkiṛkaḷ
- Xhosa - Unjani
- Zulu - unjani

Chow for now. ■

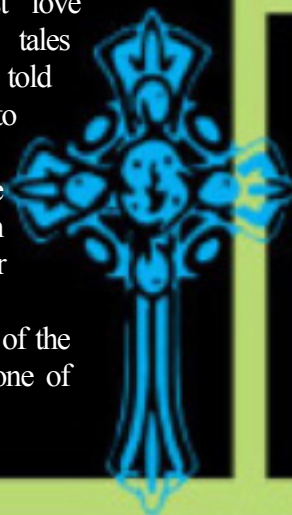
Nope it ain't true

By Janine Cassidy
Comments by Matt O'Brien

Don't you just love those old wives' tales that seem to get told from generation to generation.

Every culture seems to have them and people swear that they are true.

These are some of the better ones, but none of them are true.



If you want to hide a corpse after a murder, give it to a pig. They will eat everything, even the toenails.

Come on, not even a pig could swallow this story.



There's a code you can punch into your cellphone that will make all your calls free from then on.

Yeah right. The only thing you can punch into your cellphone is an over-priced recharge voucher.



There are liqueur-style chocolates on sale in Amsterdam that have human blood in them.

So who sells these chocolates? The Count Dracula Chocolate Company?



Nuclear bomber pilots wear an eye patch so that in an atomic flash one eye will still be able to see.



If you're that close, having one working eye will be the last thing you need to worry about.



Bikinis are illegal in Turkey.

If you see the size of some of the ladies, it may be an idea to ban them worldwide.



If you pick up a hamster by the tail its eyes will pop out of its head.

If a lion roars at you and attacks, you can shove your hand down its throat, grab its tail and turn it inside out.

In India they nod their head when they mean 'no' and shake it when they mean 'yes'.

They must really battle with that classic Afrikaans saying, "ja-nee?" (Yes, no).



It is illegal not to wear a shirt in Monaco.

So what do you do when you go to the beach? Swim in your Armani suit?



If you get a strong smell of oranges for no reason it means that you're about to have a brain haemorrhage.

This must be fun if you work in an orange orchard.



If you have all your teeth pulled out you will never suffer from arthritis.

Another lie. You will now become a toothless old hag with arthritis.



Murphy's Law

Murphy tells us how he ended up becoming a journalist, how he landed his first foreign assignment, and how he discovered where Africa was.

Some readers have asked how I became a journalist. Well this is the story.

I was educated at a small rural school in Sligo, Ireland, where anyone with an IQ of over 50 was regarded as gifted. While most schools had guidance counsellors, ours had a parole officer.

My biggest worry as a youngster was what to do once I had finished school. Being the only one in my family that actually managed to finish high school I wanted something better for myself. It was during a trip to Dublin that my future was decided.

I was on a visit one Tuesday to Dublin. I used to think of these visits as educational trips, although my teacher used to call it "playing truant." We just interpreted things differently.

I was walking down the street, taking in the sights, when I tripped and fell head over heels.

Unfortunately for me I fell straight through an open doorway and found myself in a local pub. Not that I would ever voluntarily frequent an establishment such as this.

Now that I did find myself in this den of iniquity I realised that it would be bad manners not to order something to drink. If there was one thing my ma

taught me it was good manners.

So I ordered myself a pint of Guinness. Now in all honesty I thought that Guinness was a soft drink. That's my story and I'm sticking to it like glue.

I was halfway through my third Guinness when I noticed a man sitting in the corner. Well it was more like he was slumped in the corner.

He was totally off his face and the reek of whiskey hung round him like a curtain. I asked the barman who this person was.

"He's a journalist for one of the local newspapers," the barman told me. "He comes in here every day and drinks himself into a stupor. He claims that he is doing research for a story he's working on. All I can say is that he's been working on the same story for a very long time."

I couldn't believe my ears. This eejit was actually being paid to hang around pubs. It was then that I had my epiphany. I knew exactly what I wanted to be when I finished school. I was going to become a journalist.

The fact that I couldn't write and that my spelling was atrocious did not even come into the equation. A journalist was what I wanted to be, a journalist I would become. Could you, in your

wildest imagination, think of a better job.

Three months later I officially finished my school career. I like to think that I passed with flying colours although this may not have been the case.

The headmaster told me that he would give me a school leaving certificate on condition that I never besmirched the school with my presence again. I thought it was a fair deal.

I wrote off and applied to a few newspapers, informing them that the great Murphy had finished school and was now available. Needless to say, I never had a reply from most of them.

One rather small Dublin newspaper, however, did contact me and ask me to come through for an interview.

I began work the following Monday, not having a clue as to what I was doing. Still, I wasn't going to let a minor thing like that get in my way.

One of the older journalists was kind enough to take me under his wing and show me the ropes.

Before too long I started getting the hang of things and it was a proud moment in the Murphy clan when my first story appeared in the newspaper under my by-line.

I would be sent to do the stories that none of the other journalists wanted. My big break came a mere five months after I had joined the newspaper. During the morning editorial meeting the editor informed us that genocide was taking place in Rwanda and that the place was going to hell in a hand bas-

ket. He said that it was important we assign someone to cover the story as it was international news.

"Right," he said. "Which of you wants the assignment?"

There was dead silence and everyone suddenly seemed to be very busy looking at their shoes, examining their fingernails, or staring at the ceiling.

"I'll go sir," I said.

"Good for you young Murphy," the editor said, looking at me as if I was mad.

I had no idea at the time that none of the other journalists wanted the assignment because they realised the dangers. I was too young and naive to worry about things like that. I was off to Africa on my first trip outside of Ireland.

And where was Rwanda? Well I knew that it was somewhere in Africa. And where exactly was Africa? I wasn't really sure. Geography hadn't been one of my strong subjects at school.

I went to our local library and took out an atlas so I could get a better idea of where Rwanda, and Africa, was. The atlas had to be returned to the library within two weeks. I had no idea that it would be eight months before I saw Ireland (and the library) again. Needless to say I had to pay a pretty stiff fine for the overdue book.

Next month I will tell you all about my first foreign assignment. I'll also tell you about the first time I met Matt Tennyson, the editor of **Radio Times**. It's just a pity it wasn't the last time I met him.

Living Life Deliberately

Mike de Bruyn pays tribute to the remarkable Stan Hill, a man who lives life deliberately.

I have known Stan Hill for just a few years, and regardless of how deep I delve into his life, I fail to scratch more than the surface of this person.

I wanted to find a word that would describe Stan, Awesome, Amazing, Stunning etc have all lost their meaning with their incessant overuse.

I found Biophile, and while it lauds Life and Nature, it doesn't quite cut it, and then I found Henry David Thoreau's *To Live Deliberately* and there, I found Stan Hill, a man who has lived, and is living his life deliberately.

Stan cut his teeth with Metallurgy, Electrician, Lift Mechanic and his employment azimuth with IBM as customer engineer and also the IBM South Africa Telecommunications Manager, for 14 years before embarking on his successful business, which once sold, left him in the position to Live Life Deliberately from there on in.

He bought in Spain and has been able to live in both countries for half of each year, but the real value of his investment has been in theatre, and his incomparable hobbies.

Stan spent many years "on the boards" playing leading roles in many

acclaimed productions which ranged from farce to comedy to drama to musicals.

He played Benedick in Shakespeare's *Much Ado About Nothing* produced by Robert Mohr and Henry Higgins in the acclaimed production of *My Fair Lady*. *The Merry Widow* saw him with Leonore Veenemans where he played San Brioché. He played Tartuffe in the Moliere Classic *Tartuffe* with Timothy Heale.

He played numerous roles in Joan Blake's *Non-U-Review* and worked with many leading producers including Peggy Ingles, Marjorie Gordon, Leonard Schach, Joan Blake and Robert Mohr.

He wrote and was the interlocutor (chairman) of many Old Time Musical Hall shows. These riotous shows ran for many years.

His last stage appearance was with Rex Garner in *Beyond Reasonable Doubt*.

He appeared in numerous television advertisements, with his radio career beginning in 2014 when he gave an audition CD to James, the program manager, at Radio Today in the Rose Garden. He then compiled and began broadcasting *Anything Goes*, the show

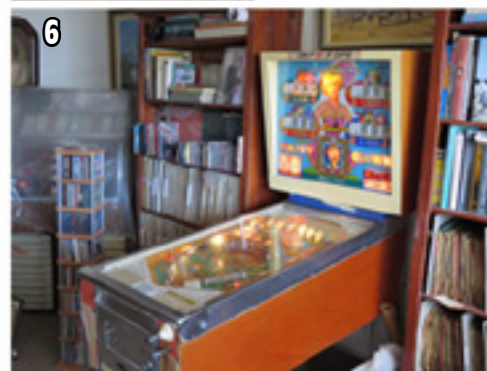
with a difference, which has been running ever since.

But Stan didn't stop there, his passion for sound and intricate equipment could never be satiated, he rebuilt a full museum of sound equipment from the earliest Original Edison Wax Cylinder Players early 1900s, Horn Gramophones, and Wire Recorder.

Various Tape recorders including Philips the first in SA, Akai and more. Many Radios from 1934 including the

Bedside, Tallboy and Bakelite radios, car radios from 1950/60s, ex Army walkie talkies from WW11, all the historic Turntables (78, 33&1/3, 45 rpm) - even a four player Pinball Machine and an AMI Juke Box, all working absolutely perfectly.

But that was not enough for Mr Hill, He maintained his beautiful Tiger Moth aircraft and rebuilt his exquisite Austin 7 piece for piece, finishing and presenting it in his 92rd year.



1. Stan's Austin 7.
2. Tiger Moth aircraft.
3. AMI Juke Box.
4. Stan as Professor Henry Higgins.
5. Stan in one of many theatre productions.
6. Stan's fully restored pinball machine.

Helmeted Guinea Fowl

By Bruce Munro.

A very common game bird over most of South Africa. They like open grassland, vleis, savannah, cultivated lands, edge of scrub land and bushveld regions.

They are highly gregarious especially when not breeding with flocks numbering several hundred birds. They forage on open ground, scratching for food with their feet and bill. A wide range of food is eaten from seeds, bulbs, tubers, berries, insects, snails, millipedes and fallen grain in winter when available.

They run fast when disturbed and fly well, taking to the trees uttering a cackling alarm note. They also have a soft “kek” contact call during the day but are noisy at dusk and dawn making a raucous “kek - ek - ek- kaaaaa” call.

Breeding takes place from October to April. The nest is a scrape on the

ground lined with dry grass usually in a dense cover of grass or bush. Clutch of 6 - 19 eggs are laid usually by two females sharing a nest. The eggs are creamy white to light yellowish brown in colour. Incubation is between 24 and 30 days with fledglings taking 4 weeks to leave the nest.

The isiZulu name is iMpangele and in Afrikaans die Gewone Tarentaal.



Braai Day Competition

The winner of the National Braai Day Competition, which was run on ‘Living Our Best Years’, was Kim Abrahams of Cape Town.

Thank you to those of you that entered the competition, and watch out for more competitions coming soon on the show.



Reading Matters

Sue Grant-Marshall's podcasts of her book show, 'Reading Matters' are proving increasingly popular.

In recent weeks she's interviewed gutsy investigative journalist, Jeff Wicks, whose book on the murder of whistle-blower Babita Deokoran 'The Shadow State' is currently, often on the lips of radio and TV hosts across SA. Deokoran and Wicks' names are also featuring at the Madlanga Commission of Inquiry into criminality in the police force.

Sue's looking forward to interviewing Dr Don Pinnock, criminologist and author of 18 books, and his co-author, Colin Bell, wildlife conservationist who holds an economics degree, about their extraordinary book, 'The Last Lions.' Glossy pictures from world famous photographers, as well as fascinating stories about lions, make this a must-read book.

Sue will also interview Gareth Crocker about his second book, 'Now you Bleed' in his Ruben Ellis series. Crocker's debut novel, 'Finding Jack', about a Vietnam war dog, was published in New York and raced to the top of international bestseller lists.

Sue will review Springbok rugby star, Eben Etzebeth's book, 'Unlocked'. He's the most capped player in SA rugby history and the book reveals the personal side of his story and

what it took to become a world champion.

Sue Grant-Marshall's Reading Matters show airs on Tuesday's and Sundays at 11h00. Listen live on Radio Today 1485.com. You will also see our various shows and Sue's podcasts.



Angels in Africa

A tale of hardship, corruption, and sometimes despair that would defy belief were it not chillingly true and, ultimately, life changing. By Ryan Murphy.

With electronic books, or e-books, becoming more popular by the day I was pleased to see that *Angels in Africa* has been produced in this format.

Angels in Africa is the type of story that once you start reading you don't want to put down until you get to the end.

What made the book even more special to me was the fact that not only do I know the author; I know both of the main characters in the story.

Matt 'Mad Matt' Tennyson (Radio Today presenter and editor of **Radio Times**) had been a conflict journalist covering wars around the world for more than 20 years. Then, after the death of his closest friend, he had decided to call it a day.

Now, five years later, he was once again heading into a war-torn African country. And he wasn't going alone.

At the age of 57 Mario D'Offizi had decided to embark upon a new career. He had spent most of his working life as an advertising copywriter but he had become disenchanted.

"I wasn't happy with the advertising industry," Mario says. "I used to tell people that when I went to work the first thing I did when I got to the office was take my soul and put it in my bottom drawer. And

hope that I remembered to take it with me again when I left in the afternoon."

When Tennyson gets information about atrocities committed by rebel forces against a church group in the DR Congo, he decides to investigate and film a documentary. He takes D'Offizi with him.

"It was quite strange, because in situations like these you always have this image of the wise old veteran taking a young apprentice under his wing and showing him the ropes," said Mario. "I was ten years older than Matt. In our case he was the seasoned veteran and I was the novice."

It is D'Offizi's first assignment as a journalist and his baptism of fire. And what a baptism it turns out to be.

The pair travel from Cape Town to Lusaka in Zambia before crossing Zambia by bus and entering the DR Congo on foot.

Journalists and cameras are not that welcome in the DRC so Tennyson and D'Offizi decide to pose as missionaries.

Naturally they are about as convincing as if they had painted themselves grey and tried to cross the border disguised as a pair of elephants.

From the outset everything goes wrong. They have to deal with the sinis-

ter secret police, corrupt immigration officers and a church pastor who may not be who he appears to be.

Their problems start even before they cross the border post at Kasumbeles. Matt is marched away at gunpoint and led into a small office where he is informed that their passports are not in order.

Matt points out that they have a valid visa and that their health certificates are up to date.

He is informed that they need a 'special permit' that will cost US\$10 each. With an assault rifle pushed into the back of his head Matt is forced to pay over the \$20 bribe.

Matt's first thought was, "Damn I've missed this crap. It's good to be back."

When they finally arrive in Lubumbashi they are accommodated in a run-down hotel that, unknown to them, is also a brothel and drug den.

They have to share a small room that looks more like a jail cell than a hotel room. The only furniture in the room is a small, rickety coffee table and a three-quarter bed. Matt and Mario have to share the bed.

"I know I wanted to

get to know Mario better on this trip," says Matt. "But this was pushing it a bit far."

Angels is a story that will have you gasping in horror one minute and then screaming with laughter the next.

The book takes its title from four people that Tennyson and D'Offizi meet on their trip; Pastor Enoch, a Zimbabwean priest, 'Michael' a Congolese journalist, Kaluji, a smuggler, and Lena, an old lady they meet on a train.

These four total strangers provide help, support and inspiration and come to be regarded by Tennyson and D'Offizi as 'angels'.

Angels in Africa is a book I would recommend to anyone. It is a story about never giving up and about the human spirit. It is a book that will touch you deeply.

I give this one 10 out of 10.



Make a donation to Radio Today or 'Buy us a Coffee' and we will send you a free copy of *Angels in Africa*.

City Grooves

What do Johannesburg, Rio, New York, Bangkok and Barbados have in common? They all feature in the titles of songs.

With our music section this month we thought, why not do songs that have a country or city in the title.

Now this was not as easy as it initially sounded. Fair enough, most of us can think of at least one song that mentions a country or city in the title - but how about 10 songs? Or 20 or 30?

So sit back, make sure your seats are in the upright position and that your trays are folded as we prepare for a quick tour around the world.

And where better to start than in our own continent of Africa. The first song that sprang to mind was **Africa** by

American group Toto. It was included on their 1982 album *Toto IV*, and reached number one on the Billboard Hot 100 chart in February 1983.

Remember the 2010 World Cup held in South Africa, and remember the theme song. It was **Waka Waka (This Time For Africa)** by Shakira and featured local group Freshly Ground.

In 1976 Julian Laxton had a local hit with a song titled **Johannesburg**.

Moving up to the other end of Africa we had Crosby, Stills, and Nash singing about the **Marrakesh Express**. Marrakesh, in case you were wondering, is a major city in Morocco.

In 1986 all-girl band The Bangles were asking everyone to **Walk Like An Egyptian**.

Now let's head off to Europe and Russia is where we will start off in the old *Soyuz Sovetskikh Sotsialisticheskikh Respublik*. In English this was known as the Union of Soviet Socialist Republics or simply USSR.

The Beatles released one of their early

hits, **Back In The USSR**, written by Paul McCartney, in 1968.

Barcelona, capital of Spain was featured in a song by the same name, sung by Freddie Mercury, the late lead singer of Queen, and opera singer Montserrat Caballé.

British band Ultravox did pretty much the same thing with a song about the capital of Austria, **Vienna**.

In 1976 Welsh singer Bonnie Tyler was **Lost In France**. Then we can move across the channel to England where we will find Lindisfarne admiring the River Tyne with **Fog On The Tyne**.

Lastly before we leave England, let's take a walk with Ralph McTell along the **Streets Of London**.

The last stop in Europe is in **Bel-fast**, Northern Ireland. German group Boney M sang about this once troubled city.

Our next destination is the Far East where we find that German group Alphaville were **Big In Japan**. The song was off their 1984 album *Forever Young*.

Then it's off to Thailand where we will spend **One Night In Bangkok**. The song was originally sung by the British actor and pop-dance singer Murray Head on the 1984 concept album for the musical *Chess*.

What would any trip be without a visit to the Caribbean islands where our first stop will be on the island of **Kokomo**, which is said to only be seen by those of pure heart.

Montego Bay was a song by Bobby Bloom in 1970. Bloom wrote this about the city in Jamaica. Another song released in 1970 was about a London bus driver that has had enough and escapes the city to head back to **Barbados** on Coconut Airways.

The next continent we're going to visit is South America. **Rio** was a 1982 song by Duran Duran.

In 1978 Andrew Lloyd Webber and Tim Rice released the musical *Evita*. The show tells the story of Argentine political leader Eva Perón, the second wife of Argentinean president Juan Perón. **Don't Cry For Me Argentina**, sung by Julie Covington, who played the lead role of Eva Perón on the original 1976 album, went on to become a huge hit.

No music tour would be complete if we didn't touch down in the US of A.

Neil Diamond's song **America** was featured in the movie *The Jazz Singer*. Diamond also played the lead role in the film. **Acapulco**, in Mexico, was also featured in the movie.

Simon and Garfunkel also had a song titled **America**. It was nothing like Neil Diamond's song however.

In 2004 punk rockers Green Day asked if you wanted to become an **American Idiot** while in 1979 Supertramp wanted you to have **Breakfast In America**. Then there was The Boss, Bruce Springsteen, who was **Born In The USA**.

Ace Frehley, lead guitarist of KISS, released a solo album in 1978 and ac-



cording to one of his songs on the album he was back in the **New York Groove**.

British artist Sting claimed that he was an **Englishman In New York**.

Irish supergroup U2 sang about the **Angel Of Harlem**, while an other Irish group, The Pogues, did a Christmas number called **Fairytale Of New York**.

Not quite sure what the Beastie Boys were up to but according to them there was **No Sleep 'Till Brooklyn**.

Chicago was the setting for Paper Lace's 1974 hit **The Night Chicago Died**. The song was about a shoot out between the police and notorious gangster Al Capone. It was, however, not based on a true story as there never was a shoot out between Capone and the police in Chicago.

In 1991 Marc Cohn was **Walking In Memphis**. The song is about Memphis, Tennessee the city that was home to Graceland, the mansion of the late Elvis Presley.

Pussycat became the first Dutch group to have a UK #1 hit with **Mississippi**, a river in the USA.

The Eagles had a smash hit in 1977 with **Hotel California**, a place where you could check out any time you liked, but you could never leave.

Tony Christie could have been lost when he asked (**Is This The Way To Amarillo**) and Dionne Warwick may have been in the same situation when she asked **Do You Know The Way To San Jose**.

Billy Joel was living in **Allentown**,

where they were closing all the factories down while Bruce Springsteen was walking the **Streets Of Philadelphia**. I somehow doubt if he was looking for work though.

The Beach Boys wished that everyone could be **California Girls** while the Mamas and the Papas were **California Dreamin**.

Then of course there are those places where we're not really sure where they are.

Irish group the Boomtown Rats sang about a **Banana Republic**. There are quite a few countries that could qualify for this title.

Along similar lines Kenny Loggins sang about the **Danger Zone**. It was a hit from the movie *Top Gun*. Personally we know a few cities that could be classified as Dangers Zones.

Scottish artist Gerry Rafferty had a hit with **Baker Street**, but we're not sure where exactly it is.

Funkytown was a hit by Lipps Inc. Not sure where Funkytown is, but we hope that you live there.

We found plenty of other songs that featured cities or countries in the title, but we couldn't include all of them.

In closing we would like to leave you with a few travel songs to ease you down the road.

First up is **Leaving On A Jet Plane** by John Denver. Then we have **Road To Nowhere** by Talking Heads and **King Of The Road** by Roger Miller. Finally Sheena Easton used to take the **Morning Train**.

The Peter Pan of Pop

With sales of over 250 million records worldwide and a career that spans more than 60 years, Harry Webb is Britain's most successful solo vocalist. Harry who you may well ask? Read on.

He's known as the 'Peter Pan of Pop'. Harry Rodger Webb was born in Lucknow, India on October 14, 1940. Which means that this year he will be 85.

Yet even though he is Britain's most successful solo vocalist, few people would recognise the name Harry Webb. Maybe because Harry Webb is better known as Cliff Richard, or Sir Cliff Richard to be precise.

His father bought him a guitar at 16 and he formed the Quintones vocal group in 1957. He then sang in The Dick Teague Skiffle Group and almost overnight became the UK's No. 1 rock 'n roll star.

This was despite the bad press he received for being "too sexy" during live performances.

He became lead

singer of a rock and roll group, The Drifters (not to be confused with the US group of the same name).

1950s entrepreneur Harry Greator wanted the up and coming Rock 'n' Roll singer to change from his real name of Harry Webb. The name Cliff was adopted as it sounded like cliff face, which suggested "Rock."

He chose the surname Richard as a tribute to his musical hero Little Richard.

He has had more than 130 singles, albums and EPs that have made the UK Top 20, more than any other artist

and holds the record (with Elvis Pres-



ley) as the only act to make the UK singles charts in all of its first six decades (1950s–2000s).

He has achieved 14 UK No. 1 singles and eight US No.1 hits and is the only singer to have had a No. 1 single in the UK in six consecutive decades: the 1950s through to the 2000s.

Richard is the biggest selling singles artist of all time in the UK, with total sales of over 21 million and has reportedly sold an estimated 250 million records worldwide.

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

He is one of the very few performers to reach No. 1 on the charts with two different recordings of the same song (Living Doll).

His record number of 66 Top 10 single entries spans an incredible 51 years and at one stage he held the dual record of being the youngest (19 years old – 1958) and oldest (59 years old – 1999) British singer to top the charts.

He was awarded the Outstanding Contribution to British Music trophy at the 1989 BRIT Awards, was made an Officer of the British Empire (OBE) in 1980, and was knighted in 1995.

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

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

In 2008, Richard's 51st year in the music business saw the release of the eight-CD box set *And They Said It Wouldn't Last (My 50 Years in Music)*.

In September, a single celebrating his 50 years in pop music, titled "Thank You for a Lifetime" was released. On 14 September 2008 it reached No. 3 on the UK music charts.

On 11 November 2008, Richard's official website announced that Cliff and the Shadows would reunite to celebrate their 50th anniversary in the music business

On 14 October 2010, Richard celebrated his 70th birthday and to mark the occasion, he performed a series of six concerts at the Royal Albert Hall, London. To accompany the concerts, a new album of cover versions of swing standards, *Bold as Brass*, was released on 11 October.

The official party celebrating Richard's 70th birthday was held on 23 October 2010, with guests including Cilla Black, Elaine Paige and Daniel O'Donnell.

He was among the performers at the Diamond Jubilee concert held outside

Buckingham Palace in June 2012.

On 30 June 2012, Richard helped to carry the Olympic torch from Derby to Birmingham as part of the torch relay for the 2012 Summer Olympics in London. Richard said that his run with the Olympic torch would be one of his top 10 memories.

Gold Albums

- Today (1961)
- The Young Ones (1961)
- 40 Golden Greats (1977)
- Love Songs (1981)
- Private Collection 1979-1988 (1988)
- The Album (1993)
- Songs from Heathcliff (1995)
- Real as I Wanna Be (1998)
- Wanted (2001)
- Cliff at Christmas (2003)
- Something's Goin' On (2004)
- Two's Company - The Duets (2006)
- Love... The Album (2007)
- Reunited – Cliff Richard and The Shadows (2009)
- Bold as Brass (2010)
- Soulicious (2011)
- The Fabulous Rock 'n' Roll Songbook (2013)
- Just... Fabulous Rock 'n' Roll (2016)
- Rise Up (2018)
- Music... The Air That I Breathe (2020)
- Christmas with Cliff (2022)
- Cliff with Strings – My Kinda Life (2023)

No. 1 Singles

- Living Doll (1959)
- Travellin' Light (1959)
- Please Don't Tease (1960)
- I Love You (1960)
- The Young Ones (1962)
- The Next Time/Bachelor Boy (1962)
- Summer Holiday (1963)
- Lucky Lips (1963)
- The Minute You're Gone (1965)
- Congratulations (1968)
- Power to All Our Friends (1973)
- We Don't Talk Anymore (1979)
- Living Doll (1986)
- Mistletoe And Wine (1988)
- Saviour's Day (1990)
- The Millennium Prayer (1999)
- Rise Up (2018)

Film

- Serious Charge (1959)
- Charlie Drake Stirs it Up (1960)
- The Young Ones (1961)
- Summer Holiday (1963)
- Wonderful Life (1964)
- Finders Keepers (1966)
- Thunderbirds Are Go (voice as a singing marionette) (1966)
- Two a Penny (1968)
- His Land (1970)
- The Case (1972)
- Take Me High (1973)
- Run for Your Wife (cameo role as a busker) (2012)

Did You Know?

This month we look at some general trivia.

- The first sport to have a world championships was billiards in 1873.
- The first in-flight movie was shown on a Lufthansa flight on April 6, 1925.
- Leonardo da Vinci invented an alarm clock that woke the sleeper by rubbing his feet.
- Kiwis lay the largest eggs (relative to body size) of any bird.
- Human babies born in May are on average 200 grams heavier than babies born in other months.
- Mel Gibson broke his school record for the most hidings in a single week - 27.
- The first novel written on a typewriter was *The Adventures of Tom Sawyer*.
- Screwdrivers were first used to help knights put on armour.
- The wristwatch was invented in 1904 by Louis Cartier.
- Dido and Emily Watson were banned from watching TV as children.
- Sylvester Stallone was kicked out of 14 schools in 11 years.
- Jodie Foster was mauled by a lion when she was a child.
- We use 17 muscles to smile and 43 muscles to frown.
- It takes the typical person seven minutes to fall asleep.
- 15 million blood cells are produced and destroyed in the human body every second.
- We use 54 muscles every time we step forward.
- The surface area of a human lung is equivalent to a tennis court.
- In an average lifetime a person will walk the equivalent of three times around the world.
- Every year more than 100 people choke to death on ballpoint pens.
- The colour red has been found to promote the hunger reflex in humans. This is why so many fast-food establishments use the colour in their logos and decor.
- There are twice as many left-handed men as there are left-handed women.
- Women can detect smell better than men.
- The average person opens the fridge 22 times a day.
- If you live to 70, your heart will have pumped 248 million litres of blood.

- While sleeping, one man in eight snores, and one in ten grinds his teeth.
- Anthropologists know of no human society whose children don't play hide and seek.
- Your tongue is the only muscle in your body that is attached at only one end.
- Christopher Lee was the only member of the cast (and crew) of the *Lord of the Rings* movies to have actually met J.R.R. Tolkien.
- Lipstick contains fish scales.
- More people are killed annually by donkeys than in aeroplane crashes.
- The colder the room you sleep in, the more likely you are to have a bad dream.
- Nobody knows where Mozart is buried.
- Roman emperor Caligula once decided to go to war against the Roman god of the sea, Poseidon, and ordered his soldiers to throw their spears into the water.
- In ancient China, doctors only got paid if the patient stayed in good health. If the patient's health deteriorated the doctor had to pay him.
- Mexico once had three presidents in a single day.
- The Wright brothers' first flight was shorter than the wingspan of a 747.
- Arm wrestling is one of Helena Bonham Carter's favourite pastimes.
- A snail can sleep for three years?
- Almonds are a member of the peach family?
- An ostrich's eye is bigger than its brain?
- February 1865 is the only month in recorded history not to have a full moon?
- In the last 4 000 years, no new animals have been domesticated?
- If the population of China walked past you, eight abreast, the line would never end because of the rate of reproduction?
- Leonardo Da Vinci invented the scissors?
- The average person's left hand does 56% of the typing?
- The cruise liner, QE 2 moves only six inches for each gallon (4,5 litres) of diesel that it burns.
- The microwave was invented after a researcher walked past a radar tube and a chocolate bar melted in his pocket?
- The winter of 1932 was so cold that Niagara Falls froze completely solid?
- There are more chickens than people in the world?
- Women blink nearly twice as much as men?
- Marilyn Monroe appeared on the first cover of Playboy in 1953?
- You are not allowed to eat ice cream while standing on the sidewalk in Carmel, California? It is an offence.
- The LAPD (Los Angeles Police Department) had the very first policewoman?

A close shave

Standing with a razor-sharp deadly weapon in his hand, Matt O' Brien squints at his image in the mirror through bloodshot eyes and wonders "Do I really need to shave this morning?"

Most men have a morning ritual. It's not fun and few men I know enjoy it in the slightest. It's called shaving.

Why is it that we men grow fungus on our face? Is it some sort of a curse?

There is nothing I enjoy less than standing in front of the bathroom mirror at some unholy hour of the morning with a deadly weapon in my hand. A razor blade is, well... razor sharp.

And I'm expected to drag this thing all over my face? Do I really have to use this edged implement that close to my throat and jugular vein?

I have a baby-soft skin. I also have a beard that is so tough it makes steel wool feel like satin. By the time I have finished shaving in the morning it looks as if I've gone 15-rounds with Count Dracula - and lost.

More than one morning I've collapsed due to sheer blood loss. Or I leave home with bits of toilet paper stuck all over my face. It's just not on.

To add to my woes, my beard seems to grow quicker than a bribe going into a politician's pocket. I get five o'clock shadow by 10.30am.

So this article is aimed at all you guys out there that suffer the nicks and

cuts of shaving.

And while the article is aimed at men, there are plenty of women who shave their legs. So you can take a few tips from here as well.

Be prepared

Just like the Boy Scouts, your motto should be, "be prepared."

Proper preparation is the key to a smooth shave. You need to moisten and soften your face before you even think of applying soap.

For the best results, this should be done with a warm, moist towel or facecloth held to your face. At the very least, splash warm tap water on your face.

Women should try soaking in the bath for a few minutes before shaving their legs.

Go with the grain

Follow the grain of your beard. Move the razor in the direction that the hair grows.

Usually that means shaving down on the face and neck, and up on the lower neck. Shaving against the grain will often cause a shaving rash.

Shave in the shower

This is the ideal place to shave. You can kill two birds with one stone and even spend a few extra minutes in bed.

The steam and hot water from the shower will soften and moisten your skin and beard, making it easier to shave.

Do this just before you get out of the shower. Your skin will love you for it.

Keep it simple

I'm a sucker for anything I see advertised on television. So every time I see some fancy new razor on TV, I rush out and buy it. I have enough razors to shave the entire population of Africa.

My latest razor looks something like Darth Vader's light-sabre. It vibrates, has rotating titanium blades (about 14 of them), glows in the dark, and is supposed to give you the closest shave ever. Right.

The first time I used it I ended up looking like Freddy Kruger from *Nightmare on Elm Street*. The thing ripped half my face off.

I spoke to an old-school Italian barber and he advised me to stay away from razors that have more than one blade.

He said that the first blade pulls up the skin around the hairs, then the additional blades shave off the nubbin of skin. So instead of shaving your beard, you're actually shaving your skin.

No wonder I ended up looking the way I did.

This barber says that you should stick to a single-blade razor.

Froth your foam

Many men think that the foam out of a can is moist enough and you can just slap it on your face, straight onto your dry skin, and then attack with the razor. No way!

You need to add moisture or it's just like shaving dry skin. Splash some water on your face, and don't be shy with it, before adding your shaving foam.

Be sharp

Look, I know that razor blades can be expensive. So we often end up using razor blades way past their sell-by date.

The thing is, dull blades will scrape your skin instead of shaving you. You're going to end up getting shaving rash.

Once a blade is no longer sharp, throw it away. It's time to get a new one.

Go electric

There are some pretty funky electric razors on the market and you're bound to find one that suits you.

They don't shave as close as a normal razor, so they're less likely to irritate your skin.

Ignore the cheap stuff

We've already discussed the budget, or lack thereof. But you've got to stay



This will at least allow your skin a bit more time to heal itself.

For the bearded one

Just to show that I haven't forgotten those of you that have already stopped shaving and are cultivating face fungus, here is

away from the cheap aftershave.

Cheap aftershave is nothing but alcohol. Not only is it going to burn like hell, it's also not going to do much good.

A good aftershave, such as an aftershave balm, will refresh the skin, cleanse it of bacteria, and heal it from the damage done by shaving.

Use sunscreen

This may sound dumb, but think about it. Use a sunscreen as an aftershave lotion every day and you can look younger while preventing skin cancer.

Give it up

If nothing else works, consider growing a beard and moustache. Growing a beard will cure razor burn and shaving rash quickly.

If you have a job where you need to be clean shaven, then give up shaving over the weekends.

something for you.

Just because you've stopped shaving doesn't mean that you have to stop taking care of your face.

You need to wash your face and beard daily. Skin builds up on the chin just as dandruff would on the scalp if you don't wash it.

The best thing is to shampoo your beard at the same time you shampoo your hair. This will keep your beard clean and free of dead skin, fleas, and other creepy crawlies.

I recently saw a man with a huge bushy beard and I swear he could have survived for a month on the bits of food stuck in his beard. Trust me when I say it looked revolting.

So, in closing, follow these tips and it should make the ritual of shaving just a little better.

Here's to a close shave without the pain.

10 Essential Foods

Food. You can love it or hate it, but we all need it. Eating well in today's world is essential.

Take a look at 10 fabulous foods that you can eat every day.

1. Nuts

The best way you can eat nuts are raw. There are many types of nuts such as Walnuts, Pistachio, Almonds, Macadamia, Pecans, Hazelnuts and many others.

All nuts are good for you, containing loads of Omega 3 fatty acids and they're packed with plant sterols.

2. Pomegranate

They taste great and are packed with antioxidants. In fact more than any other fruit juice. A few glasses of juice a day has even been shown to reduce cholesterol.

3. Flax seeds

This true super food has loads of Omega 3. The best method to take it is in capsule form which you will find at supermarket, health shops and pharmacies.

4. Salmon

This is the king of fish when it comes to nutrients. It is full of Omega 3 and for those who do not like real meat it is the next best thing.

5. Probiotic

Yogurt is a great source of probiotics, which are good bacteria.

6. Tomatoes

Tomatoes are definitely an every day food. If you are not keen on raw tomatoes then there is always tomato sauce and chilli sauce, or use them cooked in your meals.

7. Whole Grains

There's more to grains than just oats. Things like whole wheat, brown rice, whole rye, wild rice and popcorn are also whole grains.

8. Dark Greens

Steam, microwave, boiling lightly or even raw are a few methods of eating them.

9. Berries

Rich in antioxidants these little balls of wonder are powerful disease fighters.

10. Chocolate

Yes, you read that correctly. For all you chocoholics you can feel a little less guilty, but this does not mean packing in as much as you can. Chocolate is full of flavonoids called polyphenol antioxidants.

Conspiracies, chicanes, controversy ... and cheats

Mention the word sport and the word controversy is often not far behind. There have always been more cheats than champions. Stix Mkhize delves a little deeper.

One of the really cool things about being a sports journalist is that you'll always have something to write about.

If you can't write about how great a game was or how well the players did, just dig a little deeper and you're bound to come up with something controversial.

Bribes, matching fixing, doping - there is always something going on.

It seems that sport has seen its fair share of controversy over the years and it seems that no sporting disciplines are excluded.

Thugby

Take rugby for instance. Now any sport where you have 30 people on a field and the object is to tackle the person with the ball and you can be sure that people will get hurt from time to time.

While rugby is not a dirty sport *per se*, there have been players known for their 'enthusiasm'.

In fact it was former French rugby captain and coach Pierre Berbizier that said, "If you can't take a punch, you should play table tennis."

And when it comes to punching, it seems that some rugby players would

be equally at home in a boxing ring as on a rugby field.

During the 1991 Rugby World Cup quarter-final French fullback Serge Blanco was bumped to the ground by England's Nigel Heslop well after Blanco had taken a fair catch.

French flanker Éric Champ took exception to this and knocked Heslop out cold with a single punch.

During the British and Irish Lions 2001 tour match against Australian state side the New South Wales Waratahs, fullback Duncan McRae punched Lions Fly half Ronan O'Gara multiple times as he lay prone on the ground.

He received a red card and subsequent seven week ban for the offence. Not really a problem because it was the Australian off-season, so McRae never missed a single match.

In 2009 at a rugby derby involving two of Romania's top teams a mass brawl broke out involving both teams, the referee and more than a few spectators.

Two players received a red card at the time and nine players were later suspended by the Romanian Rugby Federation.

During the 1974 Lions tour of South Africa, punching became policy. Lions' captain Willie John McBride instigated a policy known as the '99' call and it was a case of "one in, all in."

This meant that if any Lions player became involved in a fight during

a game, all other Lions were expected to join in the melee or hit the nearest Springbok.

By doing so, the referee would be unable to identify any single instigator and so would be left with the choice of sending off all or none of the team.

In this respect, the '99' call was extremely successful, as no Lions player was sent off during the tour.

The tour was marred by on-pitch violence, which the match officials did little to control and the relative absence of cameras compared to the modern game made citing and punishment after the fact unlikely.

The test match in Port Elizabeth became known as the "battle of Boet Erasmus Stadium", one of the most violent matches in rugby history. There is famous video footage of Lions fullback J.P.R. Williams running over half of the pitch and launching himself at Johannes van Heerden.

It is understandable that tempers will sometimes fray and punches will be thrown during a hectic rugby match, but things such as biting, kicking and stamping should never happen.

In a 1927 match involving French teams Quillan and Perpignan, the Quillan hooker Gaston Riviere received such a kicking that he died from his injuries.

Welsh fullback JPR Williams was the victim of stamping by touring New Zealand prop John Ashworth in 1978. After receiving 30 stitches from his father, a qualified doctor, he returned



to the game.

A player for Welsh club Pontycymer was jailed for 15 months after stomping on an opposition players head during a rugby game in 2005.

It's just not cricket

While cricket is known as 'the gentleman's game' it has often seen incidents that were anything but gentlemanly.

Take the infamous Bodyline series for example. England were about to embark on their 1932-33 Ashes tour of Australia.

England were very worried about

'The Don'. Australian Donald Bradman was the world's best batsman at the time, and probably the greatest of all time. The previous year he had destroyed England during the Ashes series.

England's captain, Douglas Jardine, had a plan however. He had observed that Bradman seemed to have a problem with balls pitched on his leg side.

So Jardine instructed his two fast bowlers, Harold Larwood and Bill Voce, to bowl directly at Bradman on his leg side. It became known as a bodyline ball.

A bodyline delivery was one where

the cricket ball was pitched short so as to rise towards the body of the batsman on the line of the leg stump, in the hope of creating leg side deflections that could be caught by one of several fielders in the quadrant of the field behind square leg.

This was considered by many to be intimidating and physically threatening, to the point of being unfair in a game once supposed to have gentlemanly traditions.

The Australian fans, media and even politicians were furious at the underhanded tactics being used against their hero.

Still, the Australians shouldn't mutter too loudly. After all they've also been involved in a few controversies of their own. The 1981 Benson & Hedges World Series Cup is a classic example.

Australia were playing New Zealand in the third match of a five match final. New Zealand, batting second, needed six runs off the last ball of the over to tie the match.

Australian captain, Greg Chappell instructed his bowler (and younger brother), Trevor Chappell to deliver the last ball underarm, along the ground. This action was technically legal, but seen as being against the spirit of cricketing fair play.

Needless to say it was the New Zealand fans, media and politicians that were furious this time.

And let's not even go down the road of allegations of match-fixing in international cricket.

The Beautiful Game

The beautiful game, football, has seen enough conspiracies, controversies and cheats to last a long time.

In 1969 two countries, El Salvador and Honduras, actually went to war over the result of a football match. It was even known as *la guerra del fútbol* (The Football War).

To read about just some of the greatest football controversies do a search on the 1966 World Cup Final between England and Germany, the 1986 'Hand of God' goal, and the 1970 Bogotá Bracelet incident.

Football has probably provided more controversies than any other sport.

The Square Ring

World Wrestling Entertainment (WWE) enjoys worldwide popularity.

It has an international television audience numbering in the hundreds of thousands and live events are always packed.

Many people will argue that WWE is more entertainment than sport. Be that as it may it has still seen a number of controversies.

In 2007 WWE professional wrestler Chris Benoit killed his wife, Nancy Benoit, strangled his seven-year old son, Daniel, and subsequently committed suicide.

Since Benoit's suicide, numerous explanations for his actions have been proposed, including brain damage,



steroid abuse, and a failing marriage with his wife.

The murder led to numerous media accounts, and federal investigation into steroid abuse in professional wrestling.

Another incident that drew much media attention was the death of Owen Hart. At a 1999 pay-per-view event called Over the Edge, the Undertaker defeated Steve Austin to win the World Championships.

One of the fights on the undercard would see Owen Hart fight Godfather for the WWF Intercontinental Championship.

Wrestling under his Blue Blazer gimmick, Hart was to make a superhero-like ring entrance, which would have seen him descend from the arena rafters into the ring.

He was, however, released prematurely when the harness line malfunctioned, and fell more than 21 metres into the ring and died.

Criticism later arose over the WWF's decision to continue the show after Hart's accident.

In court, the Hart family sued the organization, contending that poor planning of the dangerous stunt caused Owen's death.

WWE settled the case out of court, paying US\$18 million to the Hart family. Due to the accident, the show has never been released by the company on any home media, and the event itself was retired.

Shame of a nation

Imagine the pride of a country when

its mentally disabled team goes on to win the the gold medal for basketball at the Paralympics.

Then imagine the shame of a country when it is discovered that of the 12 members of the team only two of them were in fact disabled. The other 10 were in fact completely normal.

This is not a joke. It was revealed by a Spanish journalist that 10 of the 12 members of the Spanish mentally disabled basketball team that won gold at the 2000 Paralympics were not disabled in the least.

Skating on thin ice

Now you may think that figure skating is a graceful sport, but it houses some of the worst cheaters in the history of competition.

Tonya Harding was the 1991 US



**Nancy
Kerrigan**

figure skating champion and only the second woman to ever land a triple axel in competition.

Yet she faced some serious competition in 1994. Nancy Kerrigan was not only pretty, she could skate as well.

Midway through the 1994 US Championships and Kerrigan was way ahead of Harding. No problem for Tonya.

Tonya and ex-husband, Jeff Gillooly, conspired with Shawn Eckhardt and Shane Stant to attack Kerrigan after a practice session during the championships.

Gillooly hit Kerrigan on the knee with an iron bar leaving her writhing on the ground and crying "Why, why."

The best of all was that Harding was still selected for the 1994 US Winter Olympics team. As was Kerrigan.

The US Olympic Committee tried to bar Harding from competition, but relented when she threatened legal action.

She eventually received a large fine and community service for the attack.

Harding bombed at the Olympics, failing to come anywhere. She would later go on to put on a great deal of weight, compete in women's boxing, and release her very own sex tape.

She's really a he

When Germany hosted the 1936 Olympics in Berlin they really wanted to win medals. And they were not all that worried as to how they would achieve this.

Dora Ratjen was Germany's big

hope for a medal in the women's high jump.

There was just one little snag with this, however. You see Dora was actually Hermann.

He had been coerced by the Hitler Youth into tightly binding his genitals and competing against women.

Yet even this did not help. Dora/Hermann could only manage fourth place, even against the women. Hitler, it is said, was not very amused.

The Sport of Kings

Any sport where two people are put into a ring with the sole objective of knocking the other person out is bound to produce the odd controversy or two.

Boxing is often referred to as 'The sport of king'. It could just as well be called the 'sport of some serious cheats'.

Over the years there have been plenty of controversies, conspiracies and cheats.

Take the 1997 world heavyweight title fight between Evander Holyfield and challenger Mike Tyson.

At one stage Tyson was one of the best fighters to climb into a boxing ring. Yet by 1997 he was a shadow of himself. He had already lost the title to Holyfield and this was a rematch.

Realising that he was losing the fight, Tyson went into a clinch and then bit off a piece of Holyfield's ear, spitting in onto the floor. Earlier he had already bitten Holyfield on the other ear.

Needless to say Tyson was disquali-

fied and both his career and his life went downhill from there.

In a highly controversial 3–2 judge's decision, at the 1998 Olympics South Korean boxer Park Si-Hun defeated American Roy Jones, Jr., despite Jones pummelling Park for three rounds, landing 86 punches to Park's 32.

Allegedly, Park himself apologized to Jones afterward. One judge shortly thereafter admitted the decision was a mistake, and all three judges voting against Jones were eventually suspended.

The official IOC investigation concluding in 1997 found that three of the judges had been wined and dined by South Korean officials.

This led to calls for Jones to be

**Roy
Jones Jr.**



awarded a gold medal, but the IOC still officially stands by the decision, despite the allegations.

At the 2012 Summer Olympics in London in the Men's Bantamweight early round match, Japanese boxer Satoshi Shimizu floored Magomed Abdulhamidov of Azerbaijan six times in the third round.

The referee, Ishanguly Meretnyyazov of Turkmenistan, never scored a count in each of the six knockdowns and let the fight continue on.

Meretnyyazov claimed they were slips, and even fixed Abdulhamidov's headgear during the affair.

Abdulhamidov had to be helped to his corner following the round. The fight was scored 22-17 in favour of Abdulhamidov.

AIBA, governing body for Olympic boxing, turned over the result following an appeal by Japan.

As long as we have sport we will also have conspiracies, chichanes, controversies and cheats.

Some people will cheat in order to gain fame. Others will cheat because of the vast amounts of money involved. But you can bet your last cent that cheating in sport will always be with us.

Oh, and if you're still wondering about the word 'chichane'. It's a verb that means - defeat someone through trickery or deceit.

And let's be honest, we've seen plenty of that in the sporting arenas.

The remarkable Bill Payn

Springbok rugby player, provincial colours in rugby, cricket, baseball, boxing and athletics, school teacher and Comrades Marathon legend - Bill Payn was all this and more.

Besides playing 59 games for the Natal rugby team over a period of 18 years, Cecil (Bill) Payn also played two tests for the Springboks.

Besides rugby, Payn also represented Natal at athletics, boxing, cricket and baseball in 1956.

He was also known for his wit, humour, intelligence, and his often strange exploits. Such as the time he ran the Comrades Marathon in 1922.

Now just finishing the marathon is a feat in itself. Not only did Payn finish, he finished in eighth place - and he ran the entire race in rugby boots.

The night before the race Payn had supper with his friend Arthur Newton.

After a few stiff drinks Newton persuaded Payn to run the Comrades Marathon with him the following day. Payn thought this was a good idea.

During the race, which was between Durban and Pietermaritzburg, Bill Payn first stopped off at Hillcrest where he had a breakfast of bacon and eggs.

At Botha Hill he shared a curried chicken casserole with a fellow runner and old friend 'Zulu' Wade.

At Drummon the two of them went into a pub to quench what Payn described as a "terrible thirst" with a few

beers and to celebrate having reached the halfway mark of the race.

Wade did not leave the hotel, but Payn hit the road and set off to finish the race.

He drank a tumbler of peach brandy offered to him by a little old lady next to the road near Pietermaritzburg, and as he entered the city he darted off to have tea and cake with his wife's family at the roadside.

Despite all the breaks he took along the way, Payn still finished in eighth position. He had done no training for the race, relying entirely on his rugby fitness.

And it must be remembered that he ran the entire race in rugby boots. His good friend Arthur Newton won the race.

Then, with his feet covered in blisters, he had a good night's rest before running out in a club match for his rugby team the next day.

He taught at Durban High School from 1915 to 1953. During world war two he was captured in Benghazi, Libya and served time in the Prisoner of War camps in Italy and Poland.

He passed away on 31 October 1959 at the age of 66.



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: Softly on Sundays
 14.00-15.00: Anything Goes
 15.00-16.00: Softly on Sundays
 16.00-17.00: Bally On Air Irish Music
 17.00-18.00: Softly on Sundays
 18.00-19.00: I've Got My Standards
 19.00-21.00: The Bandstand Easy Listening
 21.00-22.00: Keeping It Real
 22.00-00.00: BBC World Service



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

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