



newcastle express

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Amajuba paves way to creating jobs



Pictured: The first phase of construction for D1331 and P233 in Ward 26, Madadeni, has been launched.

The chronic condition of roads and general infrastructure within many townships often result in poverty because of the limited opportunities provided by poor roads, while improved road systems allow communities to develop economically and in turn improve livelihoods.

In what has been hailed as a "great achievement", the KwaZulu-Natal MEC for Transport, Community Safety and Liaison, Siphon Hlomuka, launched the first phase of the construction for D1331 and P233 in Ward 26, Madadeni, on 30 January. The upgrades of both these roads will see communities benefiting with

access to surrounding schools, the Madadeni Provincial Hospital and other facilities in the area.

The upgrade is set to create approximately 230 job opportunities while empowering contractors within wards 6, 26 and 31 in the Newcastle Municipality. Attending the launch was Amajuba District Mayor, Ndabuko Zulu, accompanied by the provincial delegation from the Department of Transport, Community Safety, and Liaison.

The contractor appointed to commence with the construction of the first phase of the D1331 and P233 were also introduced to the community. The first phase of the

project is estimated to run into millions.

Hlomuka used this opportunity to applaud the Department of Transport, Community Safety, and Liaison for the project, saying that it would provide much-needed relief to the community of Madadeni. Protests involving complaints about the condition of the roads are anticipated to come to a halt.

Many residents have been up in arms about the state of the rural roads and the difficulties that they have been dealing with as a result. The launch of the project has brought a sense of relief to those affected.



KZN MEC for Transport, Siphon Hlomuka, was in the township with other officials to solidify the launch of the project.

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CRIME ROUND-UP

Armed robbery suspect on the run
Amangwe SAPS is investigating a case of attempted murder, after a Moyeni, Loskop resident was held up at gunpoint at his home on Tuesday evening, 23 January. Police said that the resident was asleep when the armed suspect kicked open the door. "The victim managed to overpower the armed man calling for help. The community assaulted the suspect," said a police spokesperson. "The suspect was taken away, but never reached the hospital. No arrests have been made."

Couple injured after shooting
The police are investigating a case of attempted murder after a couple from the Ngonyameni location Amangwe, was attacked and injured in a shooting on Thursday evening, 25 January. It is alleged that two armed men gained entry to their home. A police spokesperson said: "The suspects assaulted the woman and then dragged the man outside, where he was shot in the stomach. The injured man was rushed to hospital. The motive for the attack is unknown and no arrests have been

made."
Woman sustained gunshot wound in robbery
A case of armed robbery and attempted murder is being investigated by SAPS, after a woman sustained a gunshot wound to the hip. It is reported that two unknown armed men gained entry into their home in the Nkomokazini location in the early hours of Friday morning, 26 January. "The men then robbed the couple of cash and fled the scene. No arrests were made," said police.

Elderly man found dead
Ekuvukeni SAPS is investigating a case of murder after Thulisile Zwane, 75, from Nazareth, after he was found dead at his home on Friday morning, 26 January. "The details of the incident are unknown. Only Zwane had several bruise marks all over his body. No arrests were made," said police.

Double murder investigation in Estcourt
Estcourt SAPS is investigating two cases of murder, after the bodies of two men were found on the R103 on the Ngwenya road on Saturday morning, 27 January. "Both men were about 30 years old and were found with multiple gunshot wounds to their bodies. The motive of the killing is unknown," said police.

11-year-old raped, cops investigating
Estcourt police are investigating a case of rape of an 11-year-old child. Police said that the incident was happened in the Bhekuzulu area near Giyana. Two suspects are sought in the incident.

3 dead after vehicle capsizes



On Monday morning, 29 January, Monday KwaZulu Private Ambulance Service responded to the N11 near the Chelmsford Dam junction, Newcastle, for reports of a collision. When emergency services arrived, they found that a bakkie had lost control and overturned.

Paramedics assessed the scene and found that one patient sustained serious injuries. The patient was treated on scene and then taken to hospital. Three other occupants sustained fatal injuries and succumbed to their injuries before emergency services arrived.

Hijacking numbers down over festive season, survey

Fidelity Services Group confirmed that while vehicle hijackings were increasing in general, that they had not experienced any particular spike in the number of vehicle hijackings nationally over the festive season.

Wahl Bartmann of the group said: "Fortunately no spikes in hijackings were recorded from our perspective over the festive season. However, we are gearing up as the available data indicates that a spike in hijackings may occur from January and February."

He said that vehicle hijackings were largely a "business" driven by demand and supply. "As a result, hijackers target specific vehicles for a specific purpose and market. The demand for Toyotas, VW, Ford, and Nissan remains high on the black market."

Based on the Fidelity SecureDrive base for 2023 and into the New Year, the most high-risk models include Toyota Fortuner (GD6 and D4D), Hilux (GD6 and D4D), Corolla Cross, RAV 4, VW Polo, especially hatchbacks, Nissan NP 200, and Ford Ranger, both double and single cabs.

"Hijackers typically hijack utility vehicles and trucks for the cargo. Most hijackings target victims at, or close to, their residences and/or places of work," said Bartmann. "A recent trend was identified in which the hijackers kidnapped the victims to assist with the location of the tracking device and to delay the reporting of the incident." He confirmed that about thirty percent of all stolen and hijacked vehicles were taken across the border into neighbouring countries. He advised the public to always be aware of their surroundings and look out for any vehicles that may follow them. "If they suspect that they are being followed, they should drive to the closest police station immediately or at least to a busy centre where there are other people around."

"Do not offer any resistance during a hijacking. Remember that perpetrators are always armed and would not hesitate to fire when confronted. Additional perpetrators may stand out of view and fire should you fight back. A hijacking can happen at any place and at any time. The best response is to be alert and aware of any suspicious activity near you," said Bartmann.

ERRATUM: APPLICATION FOR A MINING PERMIT AND ENVIRONMENTAL AUTHORISATION

DMR Reference Number:
KZN 30/5/1/3/2/10950 MP

ZN Geo Services would like to amend the content noted below which was published on the 21st of November 2023.

DBAR Availability: The Draft Basic Assessment Report (DBAR) will now only be available for public comment between the 13th of February 2024 and the 15th of March 2024. All other previously published details and information remain the same.

Interested and affected parties who wish to participate by contributing comments or concerns, or who would like to obtain more information, should please contact Ms Hloniphile Dlamini of ZN Geo Services through the following methods:
E-mail: projects@zngo.co.za
Cell/ Mobile: +2773 470 2961 or +2783 467 3532.

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New councillor sworn in



Newly-appointed councillors for the Amajuba District were sworn in by Magistrate Kamlesh Gurlal

The Speaker of Council in the Amajuba District, SO Zulu, officiated the swearing in of a new councillor on 25 January, representing the Democratic Alliance (DA). This follows the resignation of Cllr JS Thusi of the DA.

Cllr ES Kunene took his oath of office before the Speaker, Magistrate Kamlesh Gurlal, and the full council. New councillors are required by law, to swear or affirm their faithfulness and obedience to the Republic, the Constitution and council before the magistrate in a council Meeting, or at any

time by arrangement before the speaker and the magistrate in the speaker's office.

Zulu, together with the Amajuba mayor, Ndabuko Zulu, welcomed Cllr ES Kunene who can now participate in the official business of council and wished him well in serving the people of the Amajuba District Municipality and upholding his sworn oath.

Kunene was further elected as the chairperson of the Municipal Public Accounts Committee (MPAC) which was also a position held by the former councillor.

Coalition election fever sweeps through Newcastle

Ahead of the 2024 make-or-break national elections, political parties in Newcastle have given a new meaning to coalition elections.

The ruling Inkatha Freedom Party says it will not field a candidate in Wednesday's by-election, and will rather see the northern KZN town's deputy mayor have a go at the polls in line with a coalition agreement. The issue became heated in a bittersweet tussle for power-sharing. IFP mayor, Xolani Dube, has confirmed that the IFP will not field a candidate in the race to win the Ward 31 seat.

Instead, the IFP has now thrown its weight and colours behind supporting its coalition partner, Team Sugar SA, will be lobbying votes for the TSSA led by deputy mayor, Musa Shukela Thwala. The IFP pulled out of the by-elections to leave the ward open for its coalition partner in the local council.

The deal-making came after the TSSA threatened out of coalition with the IFP.

A collapse of the coalition would leave the way clear for the ANC – which was ousted from power in 2021 – to regain political control of the council.

Ahead of the local polls, the IFP leads with 18 seats, ANC-22, EFF-8, TSSA-6, DA-5, ActionSA-3 and the NFP, PA and ATM each have one seat.



IFP mayor, Xolani Dube

Mayor condemns vandalism of water infrastructure that deprives residents of right to services

The mayor of Amajuba District Municipality, Ndabuko Zulu, has strongly condemned vandalism of the water infrastructure supplying this basic service to the eMadlangeni and Dannhauser areas. Zulu said that these acts undermine and disrupt the municipality's efforts to ensure water security to communities needing their services.

"Over the past months, we have witnessed several criminal acts and incidents in most of our plants whereby irresponsible and uncaring criminals stole cables and destroyed one of the most important component areas of the infrastructure.

"The recent incident, which has been handed over to SAPS, took place at the Utrecht Water Treatment Plant whereby criminals forcefully entered our plant, held our staff and security personnel at gunpoint, tortured them and helped themselves to copper cables that were meant for the upgrade and refurbishment of this plant. They then drove away with a truck fully loaded with these items," said Zulu.

He labelled these acts as barbaric, aimed at undermining the efforts of the Amajuba District Municipality as a Water Service Authority (WSA) and further denying citizens their constitutional right to access of water.

The mayor further condemned the recent abuse and torture of the staff and security personnel by "heartless criminals", who do not only stop at stealing but go as far as abusing unsuspecting and innocent employees, some being women, who wake up every day and make an effort to ensure that the residents have water.

"There can never be any kind of justification for these criminal and ugly incidents. We cannot have people who find joy in

destroying the water infrastructure and stealing of cables. The recent abuse and torture of our employees and security guards rendering their service through our contracted service provider goes beyond cruelty.

"Vandalism takes the municipality back in its service delivery plans and targets. As soon as water infrastructure is damaged, the municipality must make necessary and urgent steps to restore water supply and that is not accommodated in our budget. We cannot also exhaust our already-strained budget into unrealistic security measures just because of people who do not care," said a disappointed Zulu.

He cautioned residents that the ongoing water challenges will not be resolved if "uncaring crooks" make the water plants their playground, where they come to steal and destroy whenever their criminality needs to be catered for.

"We call upon our communities to close all corners for criminals whose acts seek to cause water production and supply disturbances.

"We do not need to remind the respected residents that it is them who suffer mostly from this and they would normally go on the roads to protest about water shortages while criminals causing problems are walking freely amongst us. Let us unite against these acts and report all suspicious acts to the police or to our local leaders."

The municipality said that under the guardianship of Mayor Zulu, they would not rest until all water challenges are addressed. This can only be achieved if residents stand on the side of the municipality and ensure that all obstacles such as vandalism of infrastructure and stealing of cables are stopped.



NEWCASTLE MUNICIPALITY NOTICE NO. CS02 /2024 DRAFT ANNUAL REPORT 2022/2023

The public is hereby informed that the Annual Report for the Newcastle Municipality for the 2022/2023 financial year was tabled at a Council meeting held on the 30 January 2024

Notice is hereby accordingly given in terms of section 21 A of the Municipal Systems Act, No 32 of 2000 read with section 127(5) of the Municipal Finance Management Act, No 56 of 2003 (MFMA), that the Annual Report is available for public inspection at all Newcastle Municipality offices and libraries, as well as the municipal website www.newcastle.gov.za.

Public comments and representations may be made to the Municipal Manager by no later than the 1 March 2024 for the consideration by the Municipal Public Accounts Committee (MPAC) and Council, before final adoption of the Draft Annual Report in terms of section 129 of the MFMA.

Any person who cannot write but wishes to make representations may come during office hours to the Office of the Manager: Monitoring & Evaluations – Office B658, Civic Center, and Murchison Street, Newcastle – where the person will be assisted to transcribe such comments/representations.

Enquiries may be directed to the Manager Monitoring & Evaluations, Miss. S J Fakir at (034) 328 7670, or via e-mail on Shelina.Fakir@newcastle.gov.za

Z.W MCINEKA
MUNICIPAL MANAGER
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Sharné to grace the stage once again

Sharné Dheochand is getting ready to strut her stuff on the Catwalk for the 2024 Miss Grand Pageant.

No stranger to Newcastle residents and the catwalk, Sharné Dheochand aims to participate in the Miss Grand 2024 Pageant. The pageant that takes place later during the year, is an annual female beauty pageant which was founded in 2015 by Commonwealth Pageant South Africa led by Anel de Swardt.

The aim of this prestigious event is to select the country's representative to compete in the Miss Grand International pageant. The Newcastle model, who entered Miss Grand in 2022 and was placed fourth runner-up, says that she loves everything about pageantry, especially meeting new people and taking on new challenges.

The intense preparation for the event began two years ago. "Mentally, physically, and most importantly, emotionally. I make sure to maintain a healthy diet which includes exercise. First on the list is a workshop of preliminary interviews, which I will be attending along with the other contestants on 16 March," she said.

When asked if she ever gets stage fright, she said that if anything, she gets "stage happy" as modeling is her passion. When she is not busy prepping for the pageant, she takes pride in her modeling school as well as her make-up business. She thanked everyone who has supported her on this journey.

Football's flags fly at half-mast over deaths of fallen legends

By Marlan Padayachee

Scores of iconic sportsmen, sportswomen and officials have brought a nation to a standstill with their breathtakingly stellar performances on the field of play. Among this pantheon of legends was world-class footballer, Bernard Hartzel, blackballed by apartheid, the soccer legend nicknamed Dancing Shoes swerved around his obstacles and hit countless hat-tricks to succeed in his colourful career.



Bernard Hartzel, football fans mourned the death of the ace dribbler they dubbed the Dancing Shoes. Image: Orlando Pirates

He died recently, aged 73, but not without a fan following of glowing tributes from the soccer el-supremo of FIFA, Kaizer Chiefs and Orlando Pirates, and peers like Ralph Hendricks and Vincent Pillay of Verulam Suburbs and Smiley Moosa. Social media buzz shifted into overdrive as tributes – even from the Merebank Football WhatsApp chatline – went into overdrive when SA Football Association confirmed the striking forward's death from his daughter, Candice. His death followed that of the passing away of best-known Berea FC manager, Don Mudaly's wife, Faith, long-time supporter of her salesman husband's skillful and shrewd management of some of the country's foremost footballers in the Federation Professional League (FPL) – including Cape-based soccer recruits like Keith America – and some epic cup finals in Durban. Streams of mourners at the St Anthony's Church on last Friday, within the landmark Warwick Avenue Triangle – the home of Currie's Fountain Stadium where the couple gave off their time for football – learnt that Faith Mudaly was a "loving soul who cared for all and sundry... a tower of strength during their trials and tribulations."

The world of broadcasting took a knock when one of SABC's pioneering presenters, Adrian Stead, finally went off the airwaves. Ex-SABC presenter, Ashraf Garda, paid tribute to the veteran broadcaster on Facebook. Hartzel's death drew local, national and global responses. Speaking from Robertsham, Johannesburg, Ralph Hendricks, football legend and former educator who retired 15 years ago as a principal and recipient of the Gauteng Legend Award, said: "Bernard Hartzel was always concerned about his health and physical fitness... a teetotaler who never smoked. His whole life was football, always training a few times a day... a likeable, modest man who never spoke about his personal achievements." Equally in the same league like Hendricks, a midfielder general who was recruited at Verulam Suburbs by manager, Balu Parekh, in the 1970s, former Orlando Pirates teammate, Smiley Moosa, ranked Hartzel highly, saying he was "an exceptionally talented forward striker, one of most outstanding players and was powerfully built... the best dribblers who scored goals with both feet." Despite his fame on the field, Hartzel battled the odds of separate residential zones for Coloured, Indian and African people. Born in

Marabastad to mixed-race parents on 5 March 1950, an apartheid section of Pretoria, he was classified Coloured. From the ghettos, this teenage wonder rose spectacularly above the social handicaps and waltzed into top-notch national teams before displaying his dance-like dribbling skills with SA glamour clubs and Tampa Bay Rowdies in the USA. I witnessed his sheer magic with the ball on the field and will always remember his nifty footwork and charm on the dance floor at the Miss FPL beauty pageant preceding cup finals at the Pelican Hotel in Chatsworth in the 1970s, then a big star at Cape Town Spurs. Over and above from receiving the highest tribute from Gianni Infantine, president of the world soccer authority, FIFA, and many officials and ex-teammates, the Durban delegate of his first team, Sundown's, Steven Govender paid this tribute: "Hartzel was a dazzling star in the 1970s. What a sensation when he played for Cape Town Spurs. He could have walked in to top UK Premier League clubs." His unique trademark, which earned him the Dancing Shoes image, was his deft dribbling skills and fancy footwork, swerving his body with the ball and sending opponents the wrong way around and shooting for goals, massing more than 50 in one season. Dancing Shoes was in a class of his own – he literally danced around the ball and mesmerised hard-tackling defenders who fell the other way as he propelled his athletic body towards ramming home the ball into the goal posts – so much so the White-only clubs attempted to declassify him and re-register him as a privileged citizen, like the way Mayfair Rangers recruited Percy Owen. At 17, he was the most sensational and spirited player. UK giants Leeds United gave him trials, but tough immigration rules, work permits, plus homesickness scuppered his dreams. However, before that Germiston-born Albert Johannsen became the first player of colour in for Leeds' 1965 FA Cup Final. Pat Pillai, among the first batch of broadcasters of colour to make it on SABC TV, said Adrian Stead's untimely departure "leaves a void in the entertainment industry... his legacy as a consummate professional and a genuinely kind soul will continue to inspire those in the industry for years to come... bid farewell to a talent that illuminated our screens and enriched our lives."

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Arries turns up the heat



Arbor Park Primary held their annual Inter-house Athletics meeting on 26 January. It was a blistering hot day, but not as hot as the competition between the Arries sports stars. The learners did well showing great sportsmanship.

Faya is new deputy-head prefect

Drakensberg Primary School has announced Aphelele Faya as their Deputy Head Boy for 2024.

Faya looks forward to a great year ahead as a prefect.



Ready, steady, let's get cooking



Grade 11 Consumer Studies learners from Ferrum High School had mouths drooling as they continued with their practicals. The hallways were engulfed with the fresh, mouth-watering smell of decadently filled pastries. The practicing chefs learned all about baking with yeast.

Kicking her way to black belt

Mianell Malan, a learner from Drakensburg Primary, has done her school proud by graduating to a black belt in karate and received a trophy for 'Best Girl Fighter'.

The karate star received the best rating for 2023.



Newcastle High congratulates achievers



Congratulations to all Grade 8 to 11 learners of 2023 from Newcastle High School, who received awards for their outstanding achievements in academics and culture. Principal Govender said that all learners were valuable gems who make the school shine. He wished the learners every success for the 2024 academic year.

Athletics skills on show



Some great talent was identified at this year's annual inter-house athletics meeting on with the learners at Newcastle High School on Friday. Along with their academic skills, learners also displayed excellent athletic expertise.

THE COMMENT PAGE

letters
to the
editor



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NB: All letters MUST be accompanied by the writer's correct name and contact details or it will not be published. A non-de-plume will be accepted only for publication purposes. NB: All views reflected in the letters column and cartoons are the opinion of the writer and do not necessarily reflect the views of the Editor

KZN Legislature ECD oversights an eye-opener as funding crisis hits hard

School functionality oversights, as part of the KwaZulu-Natal (KZN) Legislature programme, have revealed an ongoing funding crisis when it comes to Early Childhood Development (ECD) in the province. This, as numerous facilities visited by MPLs were found to be facing similar challenges including a severe lack of funding for food, with children at Madiba creche in uThukela not being fed since the start of the school year.

Further issues include being unable to pay educator salaries, carrying out maintenance and being unable to pay utility bills. At some centres MPLs also found that toys were broken, mattresses were old and dirty and – at Thuthukani crèche in uThukela - we discovered a single, unsafe pit toilet for 38 little learners.

The situation is largely the result of ECDs being the victims of a poorly managed function shift from KZN's Department of Social Development (DSD) to the province's Department of Education (DoE). This took place without sector funding automatically moving with it. The result is that some ECDs are only paid every three months, leaving them in a helpless position that has contributed to a never-ending vicious cycle.

This while education district officials blame head-office for non-payments, leaving ECDs nowhere to turn to. Many parents who send their children to ECDs are unemployed and cannot afford to pay fees. This leaves many centres without any other form of income and completely dependent on government funding.

The DA commends the many ECD educators and staff who are doing their best

under extremely trying conditions. Unfortunately, they are being let down by an ANC-run government that does not have their best interests at heart.

This week's oversights – and the DA's own recent interactions with some 30 KZN ECD principals – has confirmed that the DoE is yet to find its feet when it comes to this important sector. This to the detriment of millions of young learners.

The DA has made several suggestions with regard to improving conditions within KZN's ECDs. These include:

- Ensuring that learners are fed through the National Schools Nutrition Programme (NSNP) – an appeal that has fallen on deaf ears;
- Reducing the amount of paperwork and bureaucracy that exists, which is creating yet another stumbling block for ECDs and preventing them from being paid on time, and;
- Addressing the lack of social services available to ECDs, vital for screening of learning difficulties and to identify victims of abuse.

This week's ECD oversights should be an eye-opener for all MPLs and shows them the reality of bad governance and poor financial management within the DoE. ECD plays a critical role in the lives of our children. Without a solid educational foundation, many will be denied the opportunity to achieve their dreams.

Dr Imran Keeka
MPL, DA KZN Spokesperson on Education



on the
couch

Apostle Dr Nomusa Dlamini

with

By Bronwyn M Singh

A trailblazer, pastor, community builder and a woman who has the community at heart as her core focus, Dr Apostle Nomusa Dlamini is hailed as the 'Mother Theresa' of the Amajuba District. She recently sat with the Newcastle Express to talk about her passion and what drives her.

NEWCASTLE EXPRESS (NE): Tell us more about yourself and what drives you?

DR NOMUSA DLAMINI (ND): I am Woman of God who dedicated her life to Jesus Christ and is a born-again Christian. I am also a life coach, community builder, radio personality, motivational speaker, marriage officer, leadership consultant, and brand builder. I am a pastor and the founder of the Power of The Holy Ghost Church, deputy president of African People First (APF), which is the political party that I serve. I am a mother and wife to Pastor B Dlamini. I see myself as a woman of purpose who strives to see change in our country and who always has new ideas on how to empower our communities especially women and the youth.

NE: You have a honorary doctorate. Tell us more about this.

ND: Yes. I was honoured by being given a doctorate in different theologian seminars/schools around South Africa and other countries and I am thankful to be recognised as a woman who has made a good impact in South Africa and beyond.

NE: You are the deputy president of African People First. This must be challenging...

ND: Indeed. I am leading in a national executive structure as the national deputy president of APF which I love the most because its puts people first. We have many initiatives that are focused more on youth. Our main aim is to make sure we provide free and compulsory quality education for all high school learners and that they will be given free driver's license and work skills before they leave school.

What I love the most is that APF is more on people and community development and we have a lot that has to be implemented which brings light in our communities at large. I am happy that I am serving in this organisation. APF registered for elections this year as we wish to be part of decision-making concerning the future and the state of our country as we are community builders making change and impacting our communities.

NE: You have a coaching programme that aims to empower ordinary people. How

did this come about?

ND: My coaching programmes which started under the Lempilo Foundation aims at empowering women, youth and leaders as we service them with counseling, stress management, job hunting, empowerment, events planning, student mentorship, leadership coaching, workers coaching and many more other work we do in the coaching journey. Our main aim is making a difference in people's lives.

NE: What do you enjoy most like about your job?

ND: I love community development or building work. I find that it brings me closer to people and gives them hope in life to be able to continue living well in the journey, especially in this country which faces many ups and downs. My job is very important to me as I continue with my call to stand for God's people and be their voice in every cycle of life.

NE: Tell us more about your leadership roles.

ND: My leadership role is very important to me. Having a positive attitude helps me to remain constant. I believe that what I do is what God has called me to do so I cannot be a chosen leader who can allow any distraction to cause a hindrance to me. Women in leadership roles should strive to work and make sure they have a mentor and a coach who can guide them, especially with regards to productivity and fruitfulness, therefore you can't go wrong.

NE: What made you choose theology as a subject to pursue?

ND: I chose theology because I wanted to know more about God and understand the Bible. As the word says 'people perish because of lack of knowledge', so I did not want to be a religious leader who will perish and preach things which is not in line with God's word but wanted to study so that I can be an informative leader and be able to give God's children relevant milk - (word) relevant for them in the relevant season.

NE: Who do you admire most and why?

ND: I admire my family, Mpume and Ntuthuko as well as my grandchildren Lelo, Asanda, Mpilo and my dear husband. I love my family, they are my pillars as I continue to celebrate God for granting me them.

NE: Favorite food?

ND: Green salads, vegetables, fruits as they are healthier.

NE: Favorite book or series?



Image of the Week

The moon over Ladysmith skies, taken by Lindy Gillit. Each week, we showcase an image that captures the essence of KZN and encourage the community to submit their snaps for print consideration. Whether it is a landscape shot, an image showcasing Durban's magnificent architecture, an action photo or portrait that is relevant to our city, we welcome your submissions. Email: newcastleexpress@tabloidmedia.co.za.

hollywood & bollywood gossip
recipes • travel • health & beauty
motoring • technology • garden
out & about • @ home • news

...all this & more in:

WOZZA

WEEKEND

online exclusive!

entertainment



These **12** Reality Shows are the Real Deal

Reality bites, but these shows don't...

Whether they're dating through walls, baking masterpieces, or competing in superhuman feats of strength, we love to watch what happens when people stop being polite... and start getting real.

Shows like *The Real World* and *Survivor* ushered in a new era of reality TV in the '90s and early 2000s, and audiences have been fascinated by the adventures of ordinary people thrown into extraordinary situations ever since.

These days, there are plenty of reality TV options to choose from — from the adventurous and dramatic to the soothing and heartwarming. We've rounded up 12 of our favorites, so you can take a break from reality and lose



yourself in, well, reality.

Squid Game: The Challenge

This reality competition sees 456 competitors zip up those iconic tracksuits to take on physical and mental challenges inspired by the hit series *Squid Game*, all to try and score a massive \$4.56 million prize — the largest cash prize in Netflix television history.

The stakes here aren't life and death, but there's plenty of nail-biting suspense as alliances are formed and tested and players are put through their paces.

Don't freeze (unless you're playing Red Light, Green Light) on your way to adding this show to your queue — you'll want to be ready when it returns for Season 2.

woza weekend online exclusive!



Love Is Blind

Is love really blind? Contestants aim to answer that question — after they pop the “Will you marry me?” question. In this love experiment hosted by Nick and Vanessa Lachey, dating hopefuls get to know each other in “pods.”

Based on their emotional connections, several couples get engaged, sight unseen. Once they’ve put a ring on it, the couples take a romantic getaway, then live together in their home cities to test their bond. Will their love survive real-world complications like finances, family issues, and disapproving friends? We find out at the altar, where they tie the knot or untangle themselves in a dramatic fashion. Season 6 arrives Feb. 14 — yep, right on Valentine’s Day — to pull you back into the pods all over again.

Selling Sunset

If you’re in the market for a glitzy real estate show, you’ll feel right at home. Selling Sunset follows a glamorous group of agents from The Oppenheim Group, a high-end brokerage firm in Los Angeles owned by twins Jason and Brett Oppenheim.

All-star agents like Chrishell Stause, Mary Fitzgerald, and Heather Rae El Moussa have become household names. The show is in its seventh season, and each installment offers up more expensive mansions, more personal drama, and more gorgeous — and always memorable — fashion choices. The spin-off, Selling the OC, heads south to Orange County to feature a new group of agents. It’s a different zip code but the same energy.



Love on the Spectrum

This heartfelt docuseries centers around young adults on the autism spectrum who are searching for love. They navigate the joys and pitfalls of dating and relationships, from fairytale first dates to first heartbreaks.

You’ll be rooting for the relatable and loveable cast every step of the way. Season 2 arrived in January, and you’ll recognize familiar fan favorites from the first season like James, Abbey, and Dani. You can also catch the two-season Love on the Spectrum Australia.





The Ultimatum: Queer Love

A spin-off to *The Ultimatum: Marry or Move On*, *Queer Love* follows five queer couples on the precipice. One partner is ready for marriage; the other is not — so they turn to a social experiment to determine their fate. The duos temporarily split up, and each person moves in with a new partner for three weeks.

Then, they return to their original relationship for three weeks. Ultimately, they must answer the ultimatum: Will they say “I do” to their partner, fall for their trial love, or walk away alone?

There are love triangles, love squares, and a lot of feelings more complicated than geometry.

Chef's Table

This Emmy-winning docuseries invites you to dine with culinary stars from around the world. Each episode features a different dazzling chef, each with their own specialty and story.

Just a few on the menu: a charismatic Tuscan butcher, a “food anthropologist” who re-creates regional Turkish dishes, and an award-winning “mozzarella maven.” Each chef shares a look into their kitchen and their life.

Their stories are as rich, unique, and layered as their dishes, and they all leave you with food for thought. You can also tune in to the tasty spin-offs *Chef's Table: Pizza*, *Chef's Table: BBQ*, and *Chef's Table: France*.



Is It Cake?

A meme inspired this mouthwatering game show series. Skilled bakers craft incredible, edible confections that look like handbags, exercise equipment, camping gear, and other common objects. These elaborate designs are definitely not a piece of cake to create!

The contestants' goal is to trick a panel of celebrity judges, so they can't tell which objects are the cakes and which are the fakes. The winner of each episode cakes it all — a \$5,000 cash prize. The show's second season, *Is It Cake, Too?*, serves up even more sweetness.



The Great British Baking Show

This beloved series is a competition show known for its very friendly competition. A talented batch of amateur bakers rise to the occasion and vie to impress the judges with their sweet treats — all while being sweet to each other.

Longtime judges Prue Leith and Paul Hollywood often steal the show, and new co-host Alison Hammond brings her own

exciting, encouraging energy into the tent. Come for the delicious confections, stay for the feel-good vibes. It's the ultimate comfort food.

Queer Eye

Queer Eye has been serving up makeovers and warm-fuzzy feelings for eight seasons, with a ninth already on the way.

The Fab 5 — Antoni Porowski, Jonathan Van Ness, Tan France, Karamo Brown, and

Bobby Berk (who's saying farewell to the series after Season 8) — each lend their expertise to help the episodes' "heroes" level up their lives with food, grooming, fashion, relationship advice, and home design. But this show isn't just about surface-level makeovers.

The Fab 5 go deep with each of their charges and inspire heartwarming transformations. By the time the credits roll, there won't be a dry eye in the house — or on the couch.



woza weekend online exclusive!



Physical: 100

In this Korean series, 100 fierce competitors go head-to-head in grueling physical challenges — called quests — to test their strength, balance, agility, endurance, willpower, and strategy skills.

Only the strongest survive to the next round of the tournament. Every participant has a plaster cast of their torso. If they're eliminated, they must destroy the cast with a sledgehammer, also shattering their hopes

for glory and a cash prize. (Talk about a crushing defeat.)

The first season was a smash, and it's coming back for Season 2. Flex your viewing muscles accordingly.

The Mole

This 2022 show is a reboot of the cult classic reality competition, which ran on ABC from 2001 to 2008. Like the original, the series gathers 12 contenders who

complete challenges to earn cash for a group pot.

The twist: One of them is the titular mole, tasked with sabotaging the assignments and purposefully losing money. The contestants have to dig in to the clues and suss out the saboteur. There's a lot of bickering and backstabbing along the way — and there's bound to be even more when The Mole returns for Season 2.



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entertainment

Badland Hunters

What to know about the Korean action film...



In postapocalyptic Seoul, Don Lee slays and fillets his prey...



An earthquake has destroyed Seoul, leaving nothing but rubble in its wake. The survivors live in dire straits, fighting each other for scraps of food and fleeting essentials. There's only one doctor left in town... but not just any doctor. This one's gone bad, and no one can stop him. When he kidnaps a teen girl to use as yet another test subject to experiment on, a kindhearted but ruthless hunter will do anything — and fight anyone — to get her home safe.

Badland Hunters is the feature directorial debut of martial arts choreographer Heo Myeong-haeng (Believer, D.P.) and was co-written by D.P. creator Kim Bo-tong and Kwak Jae-min (Amanza). Action flick darling Don Lee, aka Ma Dong-seok, stars in the film — his Netflix debut — alongside Lee Hee-jun and K-pop singer Lee Jun-young.

When will Badland Hunters be released?
Stream it now.

Who's in the cast of Badland Hunters?

- Don Lee (Train to Busan, Eternals) as Nam San, a huntsman
- Lee Hee-jun (Chimera) as Yang Gi-su, the only surviving doctor in Seoul
- Lee Jun-young, aka Jun (D.P.), as Choi Ji-wan, Nam San's sidekick
- Roh Jeong-eui (Our Beloved Summer) as Han Su-na, a teen who lives with her grandma
- An Ji-hye (Project Wolf Hunting) as Lee Eun-ho, a soldier
- Jang Young-nam (It's Okay to Not Be Okay) as Teacher, a volunteer for a safe haven organization

What happens in Badland Hunters?

It's been three years since a massive earthquake decimated Seoul, turning it into an apocalyptic wasteland. Many survivors now live in the Bus District, where there's no fresh drinking water, rogue gangs harass the villagers, and massive crocodiles prowl. Nam San

(Don Lee), a huntsman, kills the deadly reptiles to feed the villagers — if they're willing to cough up one of their few remaining belongings in exchange. He roams the village for food alongside his pal Choi Ji-wan (Lee Jun-young), a younger and far less formidable trapper.

Over the years, Nam San has grown close with a teen girl, Han Su-na (Roh), whose life he saved during the earthquake. When Su-na and her grandma are offered shelter and clean water at an apartment complex nearby, they jump at the chance. But all is not what it seems: Within this apartment complex, there's a mad doctor, Yang Gi-su (Lee Hee-jun), who conducts deadly experiments on humans. When Sergeant Lee Eun-ho (An Ji-hye) informs Nam San and Ji-wan, the trio set out to find Su-na — before it's too late.

Where does Badland Hunters take place?
The series takes place in Seoul, South Korea.

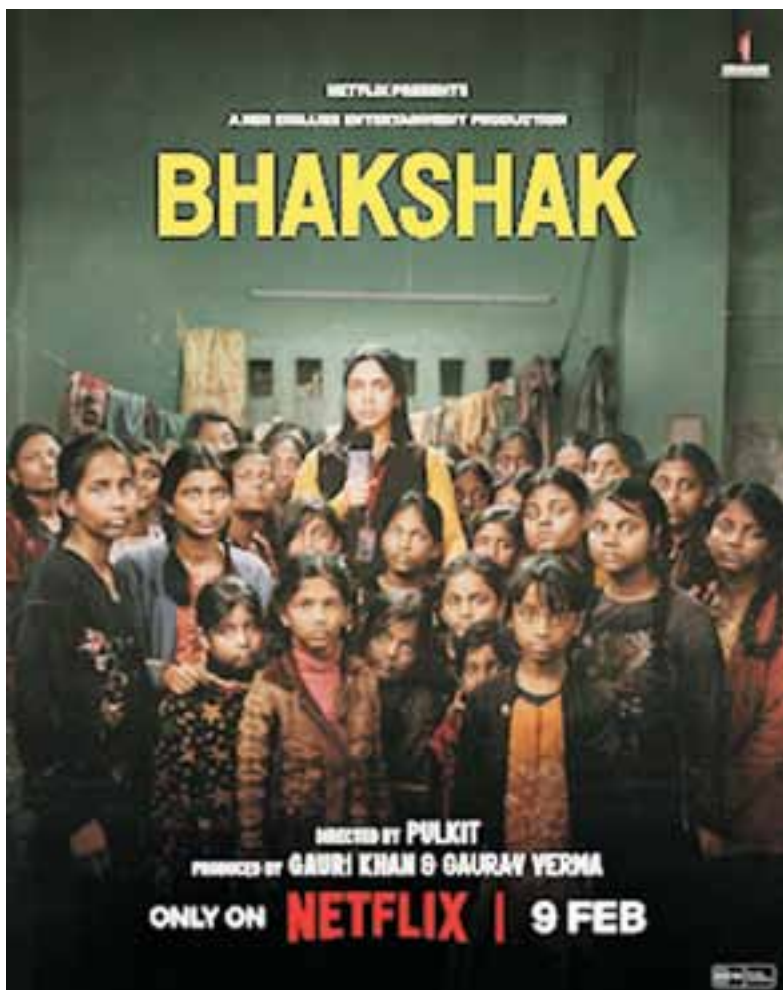
woza weekend online exclusive!



Upcoming Bollywood Movies on OTT

The Bollywood industry had some of the most movies getting theatrical releases in the past years, but then OTT changed the whole ballgame altogether. With access to readily available content on OTT platforms, people's media-consuming traits changed. People started watching more movies on OTT platforms than in theatres. And OTT platforms like Netflix, Amazon Prime, Voot, Disney+ Hotstar, Sony Liv provide fresh content for their audience every week, ensuring that people have something to watch all the time. This means fresh never-before-seen content served right on your favourite OTT platform. And here are some upcoming Bollywood movies to watch out for.

Bhakshak



A local reporter faces tough times but digs into a troubling situation. They're investigating cases of abuse kept quiet at a shelter for young girls, determined to bring the truth to light.

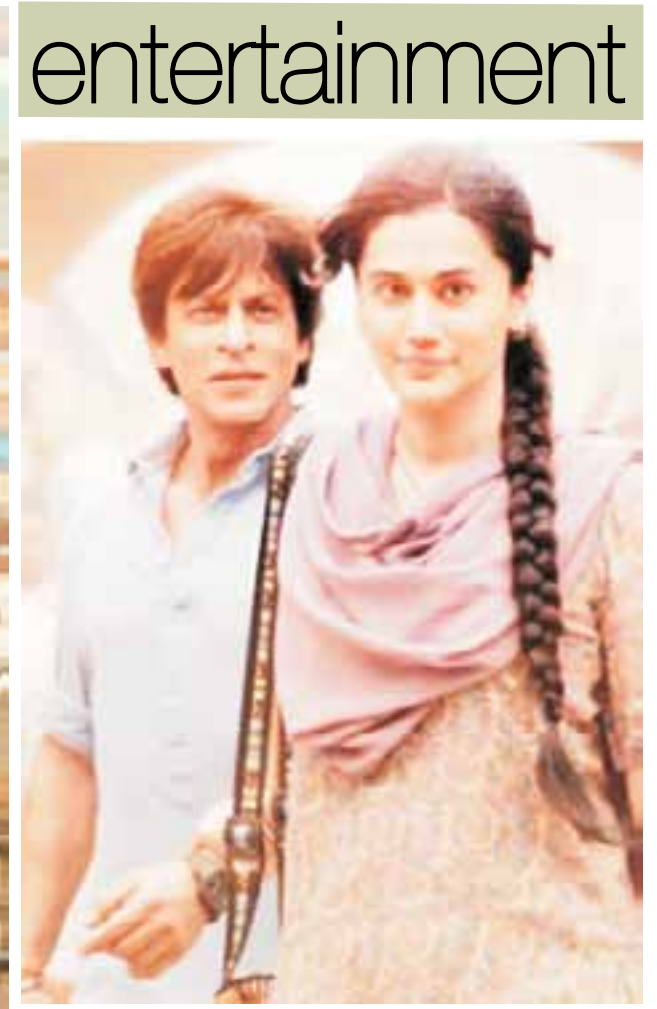
the role of an investigative journalist who wants to bring to light a heinous crime, laying bare the ground reality of crimes against women.

Where to watch: Netflix from 09 February

Bhakshak explores the journey of an unwavering woman's quest to seek justice. Bhumi Pednekar as Vaishali Singh portrays

Cast – Bhumi Pednekar, Sanjay Mishra, Aditya Srivastav

woza weekend online exclusive!



Dunki

DUNKI is a delightful collaboration between two of the most loved artists of our generation, SRK and Raju Hirani, and this time they are all set to treat the audiences with another charming gem, full of heart and humor, Dunki! Set in a small town in Punjab, Dunki goes into

flashback to tell the tale of four characters with modest means who want to immigrate to London to get over their difficulties in life. When they are about to give up, Hardy (Shah Rukh), an ex-armyman, comes into their lives to make their dream a reality by taking a circuitous, illegal route. Along the way, he develops a soft corner for Manu (Taapsee Pannu) only to realise that her wish to

cross over to a foreign land is stronger than her love for the man who gave her the belief.

Where to watch – Disney+Hotstar February 2024

Cast – Shahrukh Khan, Vicky Kaushal, Taapsee Pannu, Ryan Cretney, and Priya Sindher

Chakda 'Xpress



Sometimes the hardest thing a girl has to do is to allow herself to dream. But if she gives herself that permission then nothing and no one can stop her from becoming what she wants.

Ask Jhulan Goswami (Anushka Sharma). Who, against all odds, rose above misogyny, politics and a million discriminations, to become the highest wicket taker in the history of women's cricket. And

an inspiration to an entire generation of sportswomen.

The movie "Chakda Xpress" portrays the inspiring journey of Jhulan Goswami, a renowned fast bowler in women's cricket who is widely recognized as one of the best in the world. The film highlights the immense struggles and hardships that Jhulan had to overcome to achieve her dream, showcasing the determination and perseverance that made

her a successful Indian cricketer. Through her story, the movie sheds light on the challenges faced by women in the world of sports and how they must work tirelessly to achieve their goals.

Where to watch – Netflix

Cast – Anushka Sharma, Atul Sharma, Philip Gascoyne, Sammy Jonas Heaney, Manoj Anand, Dave Bannister, Haroon Rafiq



The Mommy Club

Season 2 of the record-breaking reality show **The Mommy Club** premieres on Showmax on 19 February 2024, with new episodes every Tuesday.

The Mommy Club, a reality series about glamorous moms who seemingly have it all, is an all-access look at the lives of the one percent and the people who help them build their empires and raise their heirs.

Season 2 introduces two new cast members who will be bringing the fabulosity, class, glamour and wealth that viewers love to see: Nozipho Ntshangase and Jabulile Sande. The new faces are set to join returning cast members Her Majesty, Mrs Mops, Nunurai and Ratile. Nozipho is an energetic, forward and enthusiastic Zulu Thirty-nine-year-old Jabulile Sande has a new love for luxury and all things first class.

returns for Season 2

The mother, who is married to a Ugandan man, spends her life between the two countries. She owns an FET College, which is an artisan training centre. "I joined The Mommy Club because I have been in my shell for so long and I wanted to challenge myself. I have been suffering from anxiety and depression so me taking this step was one of the things I did to reclaim my life and just have fun," she shared.

Season 1's 2023 launch set a then-record for most first-day social media views on Showmax and trended

on Twitter every week, becoming one of the most watched titles on Showmax in 2023.

"The second season of The Mommy Club is going to be very exciting; we have two new powerful ladies who are going to shake things up," says Zinzi Velelo Alake, POP24 executive producer.

"The new season is going to delve more into the lives of the mommies as wives and mothers and also give us an inside look at how their helpers relate to them as opposed to how they are in their personal lives as wives and moms to their own children."

The Mommy Club is the second Showmax reality show from POP24, which followed on from the success of This Body Works For Me.



woza weekend

online exclusive!

The Postcard Killings

Everything you need to know about the thriller



Stockholm

- Joachim Król (Run Lola Run) as Bublitz, a detective in Munich
- Steven Mackintosh (Lock, Stock and Two Smoking Barrels) as Pierce, a detective in London
- Naomi Batrick (A Very English Scandal) as Sylvia, an American traveling across Europe
- Ruairí O'Connor (The Morning Show) as Mac, Sylvia's boyfriend, who's traveling with her
- Dylan Devonald-Smith (The Bastard Son & The Devil Himself) as Pieter, a Dutch traveler who meets Sylvia and Mac on a train
- Eva Röse (Maria Wern) as Hoglund, a detective in Stockholm

What happens in *The Postcard Killings*?

Jacob (Morgan) has been a cop for 30 years, but nothing prepares him for the murder of his daughter, Kimberly, and son-in-law, Tom, who were killed while on their honeymoon in London. The deaths are gruesome and ritualistic, and Jacob soon finds out they're the work of an unknown serial killer who sends postcards to journalists after he kills. As he and his ex-wife Valerie (Janssen) come to grips with the sinister slayings, Jacob sets off across Europe to track down his daughter's killer. Along the way, he teams up with German detective Bublitz (Król) and ex-pat journalist Dessie (Jumbo).

Is *The Postcard Killings* based on a book?

Yes. It's based on the bestselling novel *The Postcard Killers* by James Patterson and Liza Marklund.

Is *The Postcard Killings* based on a true story?

No, the film is entirely fictional.

Where does *The Postcard Killings* take place?

The Postcard Killings takes place in London, Munich, and Stockholm.



Jeffrey Dean Morgan stars as an NYPD officer who combs Europe to track down his daughter's killer.

When a young American couple is murdered overseas by a sadistic killer, a grieving New York cop is determined to find answers. Based on a novel by James Patterson and Liza Marklund, the crime thriller *The Postcard Killings*, from Cannes Film Festival Best Screenplay winner Danis Tanovic (*No Man's Land*), stars Jeffrey Dean Morgan, Famke Janssen, and Cush Jumbo.

When will *The Postcard Killings* be released?

Stream it now.

Who's in the cast of *The Postcard Killings*?

- Jeffrey Dean Morgan (*The Walking Dead*) as Jacob, a detective from New York City
- Famke Janssen (*Locked In*) as Valerie, Jacob's ex-wife
- Cush Jumbo (*Stay Close*) as Dessie, a journalist in

woza weekend online exclusive!



Showmax's university drama

Showmax has just dropped the trailer for **Wyfie**, a university drama premiering on 12 February 2024, with two episodes every Tuesday.

Wyfie

From multi-award winners Homebrew Films (Trompoppie, Magda Louw), *Wyfie* follows four mismatched first-year roommates at Pantera res at the fictional Eike university.

With SAFTA winner Johan Cronje (Wonderlus, Nêrens, Noord-Kaap) as series director, the R18 series stars Beata Bena Green (Arendsvlei, 7de laan) as Shay, Celeste Loots (One Piece, Trompoppie) as Amanda, Kristen Raath (7de Laan) as Kyla and Mienke Ehlers (Dinge van 'n Kind) as Mia, opposite the likes (Die Onderonsie, upcoming Showmax film *Matilda & Matthys*), Marguerite van Eeden (Vaselinetjie), Elzet Nel (Trompoppie), and Chelsea Thomas (Amber in Spinners).

Johan is joined on the directing team by first-time director Eva du Preez (a Silwerskerm winner and two-time SAFTA nominee as an editor, with credits like *Kanarie* and *Trompoppie*) and rising star Emilie Badenhorst (2023 Silwerskerm Best Short Film and Best Direction winner 'n Doop om Stilte).

"University is a very interesting time in your life,

celebration of the friendships you make as you move out of home and in with other people for the first time.

"When you get to university, you make friends with people from all walks of life, and people you never thought you would meet," he says.

"And then these weird, amazing friendships develop."

While Marcel expects *Wyfie* to be labelled 'an Afrikaans Euphoria', he says the writers' room drew more inspiration from their own experiences and university culture.

"Many of the members of our writing team lived in the university koshuise like I did, so this is 100% where the inspiration for *Wyfie* comes from. It's obviously fictional, but many of my experiences form part of the story, and many of the traditions we had in the dormitory – just transformed by bringing in just a little bit of the *Wyfie* culture."

Johan's always been intrigued by the traditions that surround universities, and especially koshuise. "It's always fascinated me – how young people can become so addicted to and adoring of these traditions, as well as this new space they find themselves in."

during which you discover a lot about yourself and the world you are trying to tackle as an adult," says Johan.

"It's a period of growing up where you begin to reconsider your own identity. This creates a beautiful space to explore stories of renewal and discovering life."

For head writer Marcel Spaumer, *Wyfie* is also a





"UNIVERSITY IS A VERY INTERESTING TIME IN YOUR LIFE, DURING WHICH YOU DISCOVER A LOT ABOUT YOURSELF AND THE WORLD YOU ARE TRYING TO TACKLE AS AN ADULT," SAYS JOHAN.

One of Wyfie's big talking points is going to be its soundtrack, from 2023 SAFTA winner Peach van Pletzen (Ludik), featuring the last recorded songs from Angie Oeh, who tragically passed away from cancer in August 2023, aged just 24. The series is dedicated to her.

"Angie was the inspiration for the series' title," says Johan.

"Having her as part of the soundtrack is incredibly valuable to me, sad and beautiful at the same time, because the music she and Peach created for Wyfie is haunting. It's some of her last work ever, so I just feel very, very lucky that we can use her music in this series."

"I knew that I wanted to make Angie's voice a big part of the sonic landscape and identity of the series," says Peach.

"She is the original wyfie after all. Her first single's title is Dis Jou Wyfie – it's a song she wrote, recorded, and produced herself. The track has built up a cult following and is now a kind of anthem for the misfits. Angie made a bigger impact than people realise; the fact that the series is called Wyfie serves as a testament to that."



"When Angie came to the studio and put the ideas on the mic, I could immediately feel that we were working on something special," says Peach.

"Angie's voice is one of the most hauntingly beautiful I have ever recorded. Being able to work with Angie was a time that will stay with me forever. We lost her during the process, and there's a lot of emotion around some of the music, and I had to finish most of it after she left. She left her voice with me and that is a great gift and honour for me. She was very proud of the

work and so am I. For me, Wyfie is a show of contrasts," says Peach.

"It's loud and in your face, but also tender and soft. Almost like people at that age: you decide you know exactly who you are and find out how wrong you are when life starts chipping away at that student identity. It's a microcosm and a bubble. I wanted to embrace the bubble and pop it too."

"People should watch Wyfie because we weren't afraid, because we weren't shy," says Johan.

"I referred to it in pre-production as a story that should not be ashamed; it's a very honest story and it's not afraid to show university life the way it really is. I believe people want to recognise themselves on screen, and a lot of that comes down to you [as a TV creator] not hiding what life is really like. Anyone who has experienced res life will be able to relate to the story and characters of Wyfie."

Wyfie is one of 20 Showmax Originals premiering in February alongside the relaunch of the new Showmax.

entertainment



Tshedza Pictures introduces
new teen drama

Youngins

Off the back of creating two hit Showmax Originals in 2023 (*Adulging S1-S2* and *Outlaws*), Tshedza Pictures kicks off the new year with its third Showmax Original, *Youngins*, a teen drama set at a fictional boarding school named **Olifantsfontein High**.

Ayakha Ntunja (Thembi on *MTV Shuga S3*) stars as Amo, the sweet and determined new girl who knows what she wants out of life, with Kealeboga Masango (Zinhle on *Rhythm City*) as Buhle, an absolute firebrand and the “it” girl at school. The five are joined by Thabile Tau as Sefako, head boy at Olifantsfontein High; Amo Telekelo as Palesa, a grade 10 learner who is all about being out and proud of her sexuality; Tshepo Matlala as Tshepo, the class clown; Lihle Ngubo as Zinhle, a grade 9 learner with a damning secret; and Katlego Moloke as Alex, a non-binary grade 10 learner.

Also look out for the likes of SAFTA winner Loyiso MacDonald (Kagiso on *The Queen*) as Principal Mthembu, DStv Mzansi Viewers Choice Award winner Sanna Mchunu (*Zodwa on Gomora*) as Matron Lulu, and Keneilwe Matidze (*Petronella on Reyka*) as Pearl “Miss SA” Buthelezi. “We grew up in an era when television was dominated by youth dramas like *Party of Five* and *Dawson’s Creek* that shaped our coming of age,” says Tshedza Pictures exec producer Phathu Makwarela. “Over the years, television became focused on all-family viewing and saw a decline in youth dramas. *Youngins* is our response to the generation that is coming of age and needs content that speaks to them authentically.”

“Tshedza Pictures always approaches each show with a desire to make it different,” Phathu adds. “We have never produced a youth drama before and we took great consideration in creating a writers’ room that reflects the audience that we are talking to. *Youngins* is a window into the lives of Generation Z viewers that much of society is struggling to keep up with, as the world around them is rapidly changing by the day.”

Youngins director Themba Mfebe (*Adulging*) agrees: “*Youngins* is a show written by young writers who live the true authentic lives of the viewers. This show is an unvarnished view of a generation that is defining itself right before our eyes.” *Youngins* premieres on Showmax from 12 February 2024, with three new episodes streaming every Thursday onwards.



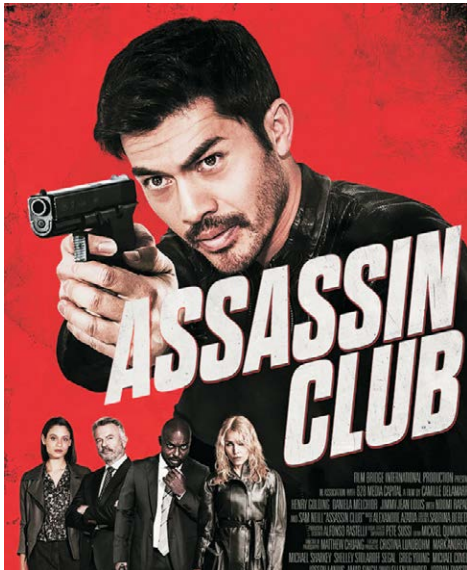
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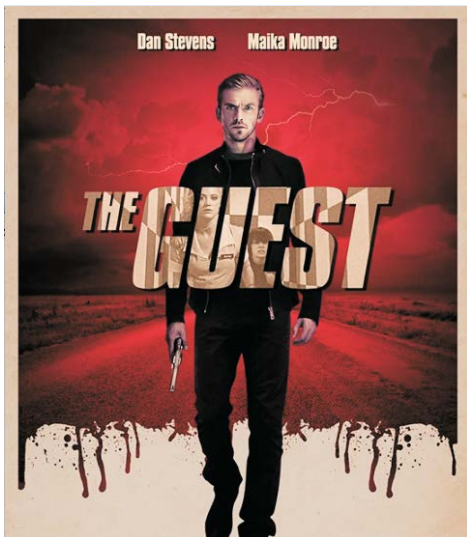
Assassin Club

Henry Golding and Noomi Rapace drive this action thriller. An assassin is given a contract to kill seven people around the world, only to discover the targets are also assassins. **Friday 09 February M-Net Movies 2 (106) 20:00**



The Guest

Things are not what they seem in this action thriller. A soldier introduces himself to a family as a friend of their late son, but behind his helpful demeanour lurks a dark danger. **Friday 09 February M-Net Movies 3 (107) 21:40**



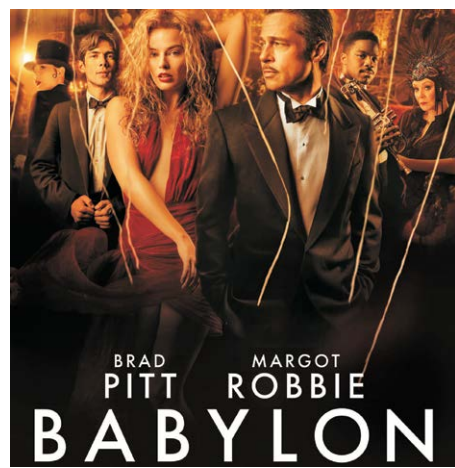
Mamma Mia!

The talents of Oscar winner Meryl Streep and Amanda Seyfried tell the tale of a bride-to-be looking for her real father through the music of iconic 70s pop group ABBA. **Saturday 10 February M-Net Movies 3 (107) 18:15**



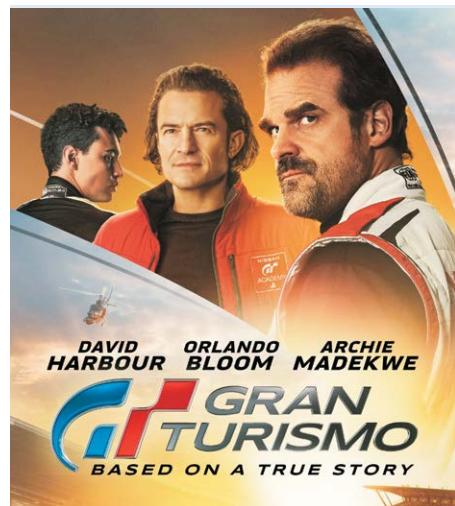
Babylon

An ensemble cast drives this black comedy-drama. The film chronicles the rise and fall of multiple characters during an era of unbridled decadence and depravity in early Hollywood. **Saturday 10 February M-Net Movies 1 (104) 21:45**



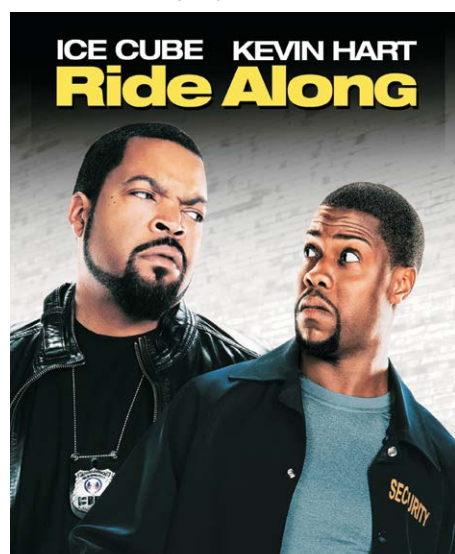
Gran Turismo: Based On A True Story

District 9 director Neill Blomkamp helms this inspiring underdog film based on a true story. An avid gamer has his dream turned into a reality by becoming a professional racecar driver. **Sunday 11 February M-Net (101) 20:05**

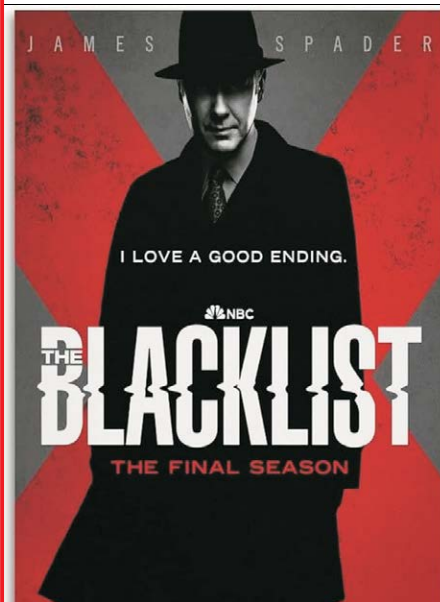


Ride Along

Kevin Hart, delivers a livewire performance in this buddy-cop comedy about a security guard trying to prove himself to his girlfriend's top cop brother (Ice Cube). **Sunday 11 February M-Net Movies 2 (106) 20:10**



NETFLIX



The Blacklist (Season 10)

The final season of the NBC series starring James Spader.



One Day (Limited Series) Netflix Original

Romantic British series about two graduates who agree to go their separate ways but meet every year thereafter.

showmax

Ted S1 | Only on Showmax | Binge from 12 February

Comedy, written and directed by Seth MacFarlane.

In this prequel to the Ted movie, Ted (voiced by Seth MacFarlane) – the swear bear who was brought to life thanks to a wish that his best friend, John (Max Burkholder,) made – is headed to school.



It's the mid-1990s, John is 16 now, and Ted is forced to navigate high school bullies and cliques alongside him.



Mini SHEPHERD'S PIE

ingredients

- . 2 medium sweet potatoes peeled and cubed
- . 1/4 cup milk
- . 1 cup all purpose or cake flour
- . 1 cup wholewheat flour
- . 1 tsp salt
- . 2/3 cup coconut oil soft but not melted
- . 5 tbsp cold water
- . 2 cup beef mince
- . 1/3 cup red onion chopped
- . 1 tbsp chutney mild
- . 2 tsp Worcestershire sauce
- . 1/3 cup frozen peas
- . 1/3 cup carrot chopped
- . 1/3 cup white mushrooms sliced

Cook

Preheat the oven to 160°C fan/180°C.

Add the potato to a pan of boiling water and cook for 10–15 minutes,

until tender. Drain and mash with the milk, then set aside.

Using a pastry blender or food processor, combine the flours, salt and coconut oil.

The coconut oil should be soft, but not melted. Add 1 tbsp at a time of cold water, until the dough comes together.

Lightly grease a muffin pan. Shape the dough into 12 balls, then roll out each one and press into a well of the muffin pan.

Place a large frying pan or skillet over a medium heat and add the beef.

Using a wooden spoon, break the meat into little pieces. Add the onion and salt, then cook for a further 3 minutes.

Add the chutney, Worcestershire

sauce, peas, carrot and mushroom. Stir and allow to cook until the beef is cooked through.

Distribute the meat filling among the pastry cases (shells), then top with the mashed potato.

Bake in the oven for 15–20 minutes. Leave to cool for 5 minutes in the muffin pan before removing to serve.

Note:

1. The pies won't rise, so you can pile them up. They may actually sink a little while baking.

2. This is an old family favourite, and the dairy can be substituted with coconut or rice milk and the flour with gluten-free flour.

3. Worcestershire sauce may contain soya, peanut, wheat or gluten. (A soya-free version is available at most health-food stores.)

This is an old family favourite, and the dairy can be substituted with coconut or rice milk and the flour with gluten-free flour.

6 servings Prep: 10 mins, Cooking: 40 mins



Batter Dipt lettuce cups with sweet chilli mayo

ingredients

Fish

- . 1 x 500 g box Sea Harvest Batter Dipt Sweet chilli mayo
- . 1/4 cup mayonnaise
- . 1/4 cup sweet chilli sauce
- . 1 tbsp fresh lemon juice
- . salt and black pepper

Lettuce cups

- . 1 bag butter lettuce or cos lettuce
- . 2 red pepper julienned
- . 1 baby cucumber julienned
- . 2 radishes thinly sliced
- . 1 pineapple peeled and diced into small chunks
- . 2 spring onions thinly sliced
- . salt and black pepper

Cook

Fish

Preheat the oven to 200°C. Lay frozen Batter Dipt fillets onto a baking tray.

Place into the oven to cook for 15–20 minutes until crunchy. Alternatively cook in an air fryer for the recommended time.

Once cooked, cool slightly and slice widthways into pieces.

Sweet Chilli Mayo

Mix all of the ingredients for the sauce together in a small bowl and then place in the

fridge until needed.

Lettuce Cups

Separate and rinse the lettuce leaves, selecting the best cup-shaped ones to hold the filling.

Fill the lettuce cups with slices of Batter Dipt, add red pepper, cucumber and radishes to each cup.

Top with pineapple chunks and spring onion and drizzle with sweet chilli mayo. Season and serve.

Tip: Use a squeeze bottle with a nozzle to make drizzling the sweet chilli mayo easier.

Spring is here and that means light, fresh meals. We love love love these lettuce cups filled with fresh veg and slices of crispy Batter Dipt. Hello sunshine! This dish is perfect for a hot day when you want to prepare something light and fresh.

4 servings Prep: 15 mins, Cooking: 20 mins



Mango yoghurt BREAKFAST POTS

ingredients

- . 1 tub thick mango yoghurt 240 g
- . granola with a hint of cinnamon
- . 1/2 mango diced
- . 60 g almonds sliced and toasted

Tap for ingredients

Cook

Alternate the yoghurt, granola, and mango in layers in four serving bowls or pots of your choice, top with the almonds and serve immediately.

A quick and easy mango yoghurt breakfast pots with crunchy granola, fresh mango and sliced almonds.

4 servings Prep: 5 mins

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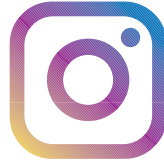
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Budding young gymnast springs into action



Juanru Stoffberg poses proudly with his trophies and medals.

Gymnastics has grown in popularity over the last decade and is one of the most comprehensive exercise programmes available for children as it incorporates several advanced skills such as strength, flexibility, speed, balance, coordination, power, and discipline.

For Juanru Stoffberg, 10, gymnastics has become a sport that he loves. The Grade 5 Huttenpark Primary School learner, who was first introduced to gymnastics by his grandfather, Hennie Stoffberg, was recently crowned Gymnast of The Year

after only one year of participating in the sport. Juanru obtained the highest average in the Newcastle Gymnastics Club for boys in levels one to three at a provincial level and has also obtained his KZN colors for the sport in a competition which took place in Pinetown in August 2023.

Speaking to the *Newcastle Express*, the little gymnast says that he enjoys doing back flips the most. "I really enjoy gymnastics. I have learned a lot and I especially love doing back flips. My coach's name is Wellington and he has taught me well and I admire him a lot," he said.

Aussie star sets sights on Midmar Mile record

Nick Sloman

[Photo: Action Photo SA]

Organisers of the aQuellé Midmar Mile have confirmed that Australian, Nick Sloman, will head up the international field taking part in this year's race. The 2019 men's champion heads back to the famous KwaZulu-Natal race after the World Aquatics Championships in Doha and has set his sights not only on regaining the title but on breaking seven-time winner Chad Ho's 2016 course record of 17 minutes.

It is a case of unfinished business as the last time Sloman competed at the aQuellé Midmar Mile, he finished one second off the record. Sloman said that the Midmar, for him, is basically just redemption for the last time he was there.

He said: "The goal was to break the record and I pretty much matched it that year. Now I've come back fitter, smarter and wiser so I have no doubt that I can break it. I'm just praying for the right conditions on the day that will hopefully help me."

The 26-year-old was part of the Australian team that clinched the bronze medal in the open-water team event at last year's World Aquatics Championships and is targeting another podium place at this year's event in Doha before competing at his first Olympic Games in Paris later in the year.

The aQuellé Midmar Mile takes place from 8 to 11 February with entries still open at www.midmarmile.com.

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