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Issue 155 Tel: 071 190 7191 westvilletimes.co.za September 2022

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Eye Can Walk Ambassadors and Main sponsor, From left to right: Zahra Dada (actress), Allie J (Rj, MC), Lloyd Paul (Rj), Mishan Valjee of Rockstreet Clothing Company (anchor sponsor), Anasia Govender aka Annalakshmi(MC, comedienne, singer), Razeen Dada (actor, producer)

WALK OF LIFE

Are you up for the challenge? Do you think you could complete a walk with a slight visual impairment? KZN Blind and Deaf Society challenges all Corporates, Organisations, and the Public to the 5km or 8km Eye Can Walk on Sunday, 9th October 2022 at Kings Park Athletics Stadium.

However, the challenge isn't the race, the participants will walk in pairs, with one participant blindfolded and the other leading, so that they get to experience a small glimpse of some of the challenges that Blind people encounter while walking on public roads. But not to worry, there will be peep holes in the blindfold to assist you and of course, the KZNBDS team and our marshals will be there to keep a watchful eye on all participants.

The event will attract people from different: cultures, ethnic groups, backgrounds, abilities, and perspectives in the significance of creating Ubuntu and caring for the visually impaired community. Be part of this unique walk and raise awareness towards the Blind Community and how they experience challenges on a daily basis. All participants will receive a T Shirt and a medal. Cost is R70 for the 5km and R90 for 8km. Email fundraising@bdskzn.org.za for entry forms or enter online on https://www.eventtiming.info/entryonline.php?id=447

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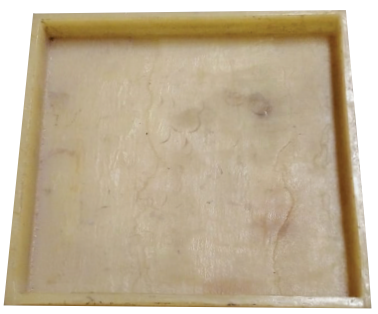
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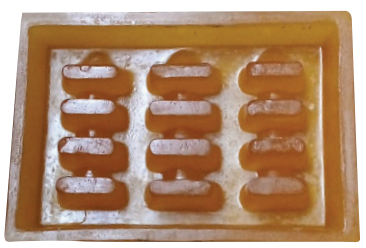
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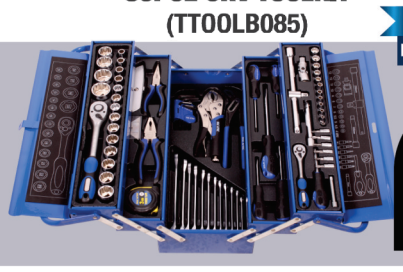
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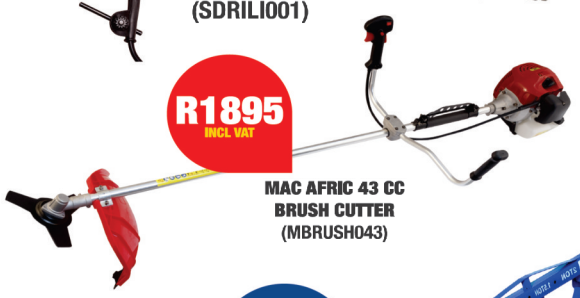
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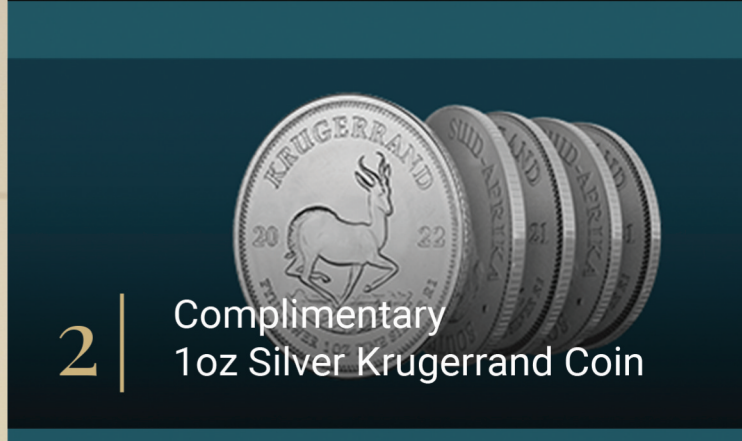
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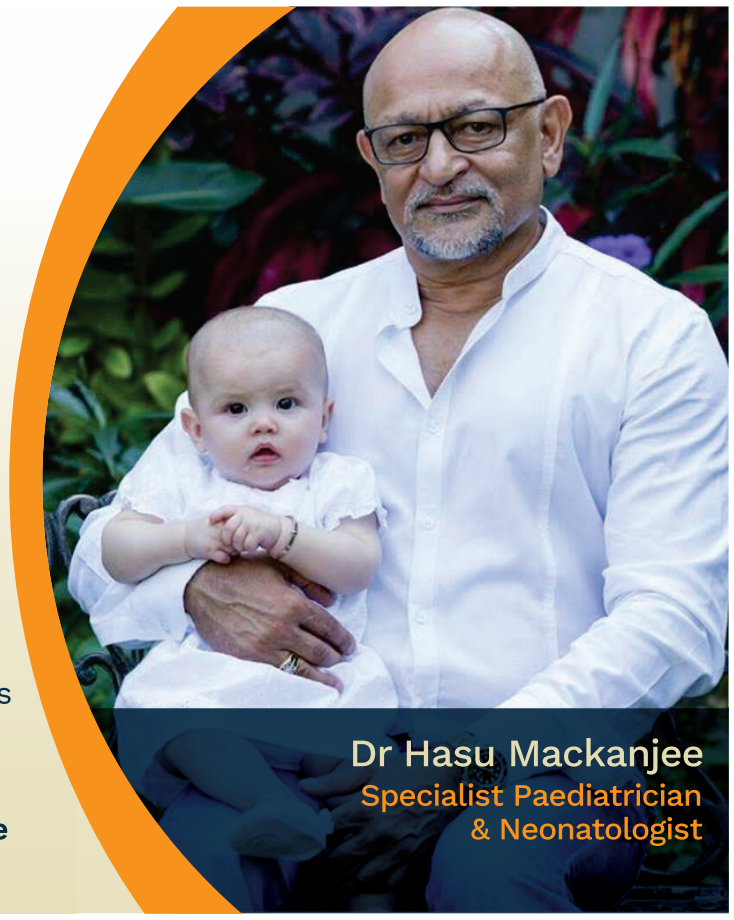
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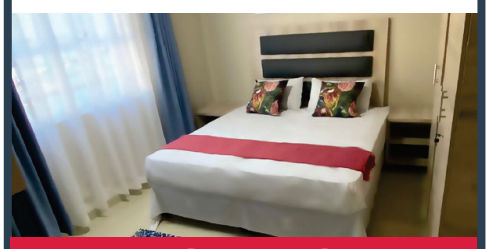
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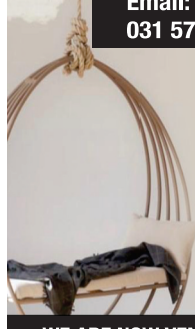
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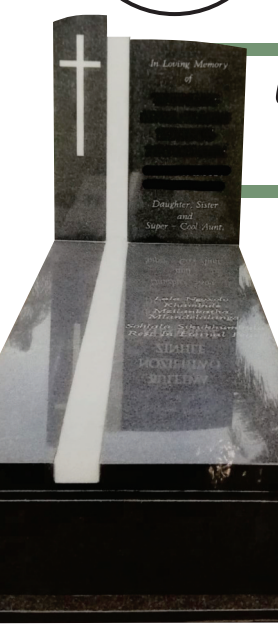
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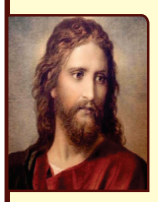
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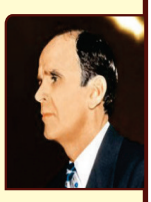
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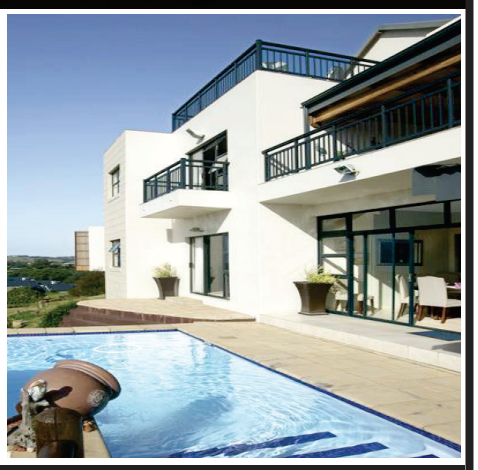


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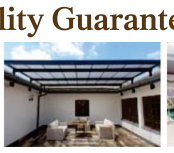
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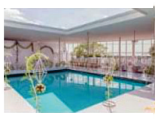
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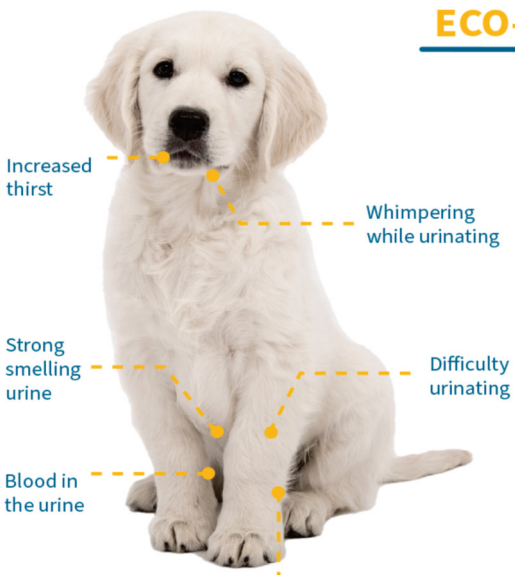
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Think Pink



IN THE PINK-Gearing up for this event are Noluthando Cele, the Junior Marketing Manager from Davenport with Sam Chigumbura who is the Head of National Fundraising for CANSA. Photo: S&A Marketing

It is back, so dust off the takkies, pull out your favourite pink running outfit and get on the road to lend your support for breast cancer awareness by participating in the sixth installment of the Davenport Square CANSA Shades of Pink fun run/walk on Sunday, October 30th with registration being at 7.30am at Davenport Square where there will be a fun warm up session with Kubz Fit DanZ before the main event which starts promptly at 8am

The 5km fun run/walk will start from the Davenport Square, Miladys parking area in Glenwood, and then will follow the route along Bulwer Road, through to Penzance Road, Esther Roberts Road and end back at Davenport Square.

Breast Cancer Awareness Month is observed in October every year. According to the South African National Cancer Registry, one in 27 women in South Africa will be diagnosed with breast cancer, and according to the Cancer Association of South Africa, one in eight stands the chance of getting some type of cancer.

A leader in the fight against cancer in SA, since 1931, the purpose of the Cancer Association of South Africa (CANSA), is to offer a unique, integrated service to the public and to all people affected by cancer. The objective of this fun run/walk is to promote awareness of those with breast cancer who are part of our families and communities and drive the message to promote, as well as create awareness, and encourage women to get checked regularly.

Funds raised from this event will go towards fighting against cancer and will be donated to CANSA and close to R100 000 has been raised so far from this event since its inception to "fight this fight".

Cost to enter for the 5km fun run/walk is just R100 for adults with children under 12 free to enter.

It is time to get off your couch and lend your support to this worthy cause. A bonus to the first 100 participants who enter will receive R100 Davenport Square voucher to spend as well as the first 400 participants will each receive a t-shirt. The t-shirts can be collected from 24 -28 October 2022 between 8am & 3pm at the Centre.

The race is open to everyone, and they may enter online at https://www.quicket.co.za/events/188491-davenport-square-cansa-shades-of-pink-fun-runwalk or pop into the management offices at Davenport Centre for more details.

Let's see a "Sea of Pink" on Sunday, October 30 - be it Champagne pink, Pink lace, Piggy pink, Pale pink, Baby pink, Spanish pink, Cameo pink or Orchid pink – Celebrate your favourite shade of Pink at this worthy cause!

For more information email Noluthando Cele at ncele@broll.com or call - 073 471 9920 or Adeela Haffejee at ahaffejee@broll.com or 084 417 9651 during office hours.

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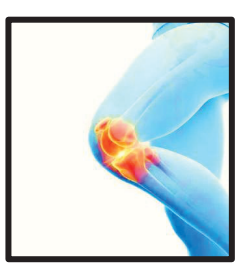


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Tourism month: Local is lekker!



Photo: Sharon James – Case Closed Owner.

As we celebrate Tourism month in September, local businesswoman, Sharon James, encourages fellow South Africans to travel domestically in order to support local businesses, sustain jobs and ultimately to support the recovery of tourism post Covid-19.

Tourism month aims to foster awareness of tourism's social and cultural value and the contribution that this sector can make to the South African economy. "Tourism month is a crucial period, from a domestic perspective, in order to grow a culture of travel amongst South Africans to gain a better understanding of the affordable, exciting and world-class attractions that are available right on our doorstep," says Sharon.

Over the past few months travel restrictions have been lifted and borders have opened up. In line with this, the appetite for travel has increased and local travelers who have remained grounded for so long are now ready to get out and explore once again.

"I love travelling and want to keep my things safe while on my adventures but hated that the only option was to wrap my cases up in plastic. So, I combined my passion for travelling with my love of protecting our environment and started Case Closed reusable case covers in 2020. We manufacture a range of reusable suitcase covers as a stylish alternative to plastic-wrapped luggage. I love that we help travellers protect the environment and their belongings whilst standing out from the crowd by easily identifying their luggage so that they can hit the road faster to explore their destination. We're proudly South African and we practice what we preach - our suppliers and producers are all local, because local is lekker!"

As South Africa's tourism sector gradually recovers from the impact of the COVID-19 restrictions it is encouraging to note that domestic flights have increased substantially relative to 2020, with some routes back to around 70% of pre-COVID volumes.

"This Tourism month let's collectively make a conscious effort to support local businesses, whether opting for the berg, bush or beach – the options available to us are endless. From botanical gardens and wine estates to game reserves and heritage sites, we can each play a part in growing the economy of our beautiful, rainbow nation," concludes Sharon. SA's attractions & destinations by province: www.sa-venues.com/tourist_attractions_south_africa.htm

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Cooperation over confrontation to win the rhino war

In September we celebrate the wonder of books and reading with National Book Week (5-11 September) and International Literacy Day (8 September). It is also a month that reminds us of the critically endangered status of the world's rhino population as we observe World Rhino Day (22 September).

Local author, Ashling McCarthy's first book 'Down at Jika Jika Tavern', explores the realities of rhino poaching in Zululand, through the eyes of a young anthropologist. "The story creates awareness of social drivers that lead people to engage in illegal activities, such as social inequality, environment and wildlife crime. It also explores issues of culture and faith," explains McCarthy. The story is told from the position of a diverse cast of characters, some of whom must challenge their long-held assumptions and preconceptions.

As an avid reader, Ashling admits that reading is possibly one of the most important activities in her life. "I'm never without a book because I love learning about the different ways in which people experience life," she says.

Combining her love of reading and wildlife conservation, Ashling shares two recent reads that take the reader behind the scenes of the battle to save South Africa's rhino. Two books, two men, and two vastly different strategies to reach the same goal: saving our rhino population from poachers so that future generations may enjoy them.

'Rhino War' by Johan Jooste (and Tony Park), tells the story of how a retired military general was called out of retirement and into a very different kind of war being waged within (and on the outskirts) of the Kruger National Park. Jooste is tasked with 'militarising' the rangers and creating a world-class anti-poaching unit.

Whilst doing this, he must also address the very real issue of low morale amongst rangers. Men and women are expected to risk life and limb to protect South Africa's rhino, yet are not valued enough to receive adequate training and resources, as well as crucial psychosocial support. Jooste calls it a war, and this is evident in the very real danger both rhino and rangers find themselves in, every day.

He reveals that the number of 'contacts' between poachers and rangers in the park, was greater per year than the number of contacts at the height of conflict during the war in South West Africa. Yet, it is rangers, not trained soldiers, who are tasked with protecting our rhino. And it is the rangers that Jooste consistently mentions as the real heroes of this ongoing war.

In 'Saving the Last Rhinos: The Life of a Frontline Conservationist', Grant Fowlds and Peter Spence share how the Fowlds family rewilded their dairy farm into a Big Five game reserve in the Eastern Cape. It was on this reserve, Amakhala, that Fowlds became intimately involved with rhino poaching when two of their rhino were murdered for their horns.

In time, fighting against rhino poaching would become a large part of Fowlds' life. Today, his partnership with Project Rhino and its Rhino Art programme, which uses art as a vehicle to engage with school children around the importance of protecting rhino from poaching, has reached over 700 000 children. Project Rhino also works with local communities, many of whom live on the boundaries of game reserves, to increase conservation awareness, and encourage anti-poaching of wildlife.



Ashling McCarthy

"Both Jooste and Fowlds employ a strategy of cooperation, rather than confrontation, in the fight against rhino poaching," says McCarthy. Jooste forged relationships between South Africa and Mozambique to address the cross-border activity that saw Mozambican poachers entering Kruger. He teamed up with private reserves surrounding Kruger to share information for a more organised and structured approach. And he crucially ensured that his rangers felt appreciated and recognised for the work they were doing. Fowlds' work engaging with school children and communities, and including them in conservation strategies, is vital to changing the narrative that many who live on the borders feel: that a rhino's life is more valuable than theirs.

Ashling offers talks to high school learners (aimed at grade 10 – 12) where she discusses the power of using creative writing to explore social challenges and also provides tips and advice for aspiring writers.

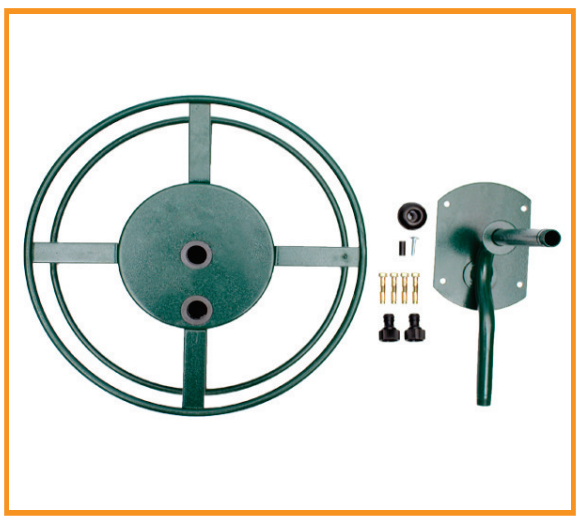
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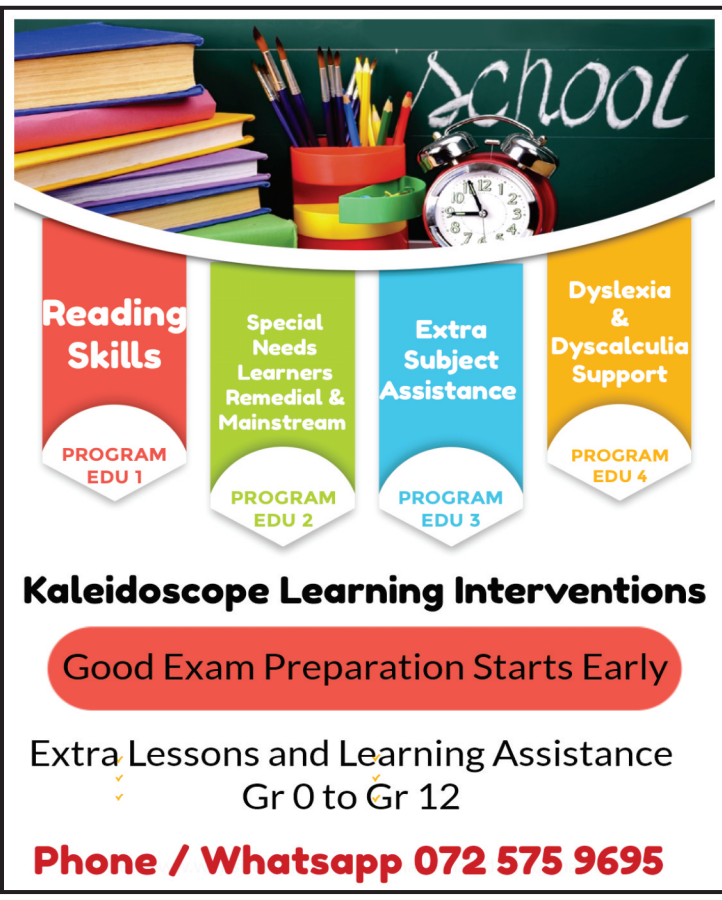
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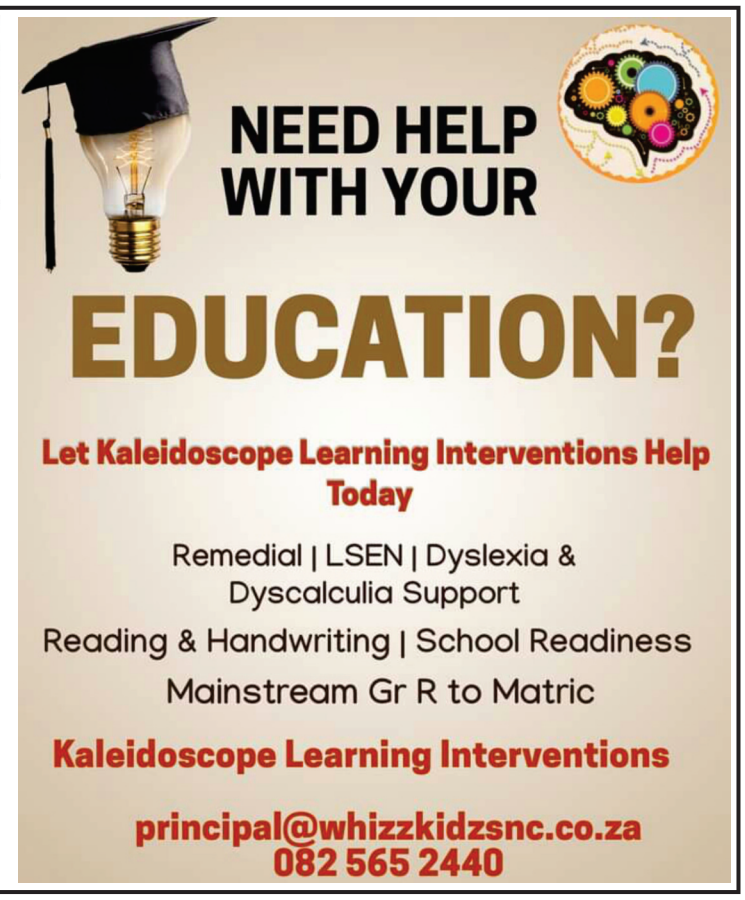






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5 tips to maintaining a positive mindset



Evelyn Alessandri

In celebration of Positive Thinking Day (13 September), local Life Coach, Evelyn Alessandri, shares five tips to help you maintain a positive mindset.

"Positive thinking can impact your physical and mental health. Positive thinking isn't magic and it won't make all of your problems disappear. What it will do is make problems seem more manageable and help you approach hardships in a more positive and productive way," explains Alessandri.

Here are some tips to help you train your brain to think positively.

1. Focus on the good things

If you're faced with challenging situations or obstacles, focus on the good things no matter how small or seemingly insignificant they seem. If you look for it, you can always find the proverbial silver lining in every cloud — even if it's not immediately obvious.

2. Practice gratitude

Practicing gratitude has been shown to reduce stress, improve self-esteem, and foster resilience even in very difficult times. Think of people, moments, or things that bring you some kind of comfort or happiness and try to express your gratitude at least once a day. This can be keeping a gratitude journal, thanking a co-worker for helping with a project, a loved one for washing the dishes, or your dog for the unconditional love they give you.

3. Spend time with positive people

Negativity and positivity have been shown to be contagious. Consider the people with whom you're spending time. Have you noticed how someone in a bad mood can bring down almost everyone in a room? Surround yourself with people who will lift you up and help you see the bright side.

4. Practice positive self-talk

We tend to be the hardest on ourselves and be our own worst critic. Over time, this can cause you to form a negative opinion of yourself that can be hard to shake. To stop this, you'll need to be mindful of the voice in your head and respond with positive messages, also known as positive self-talk. Research shows that even a small shift in the way you talk to yourself can influence your ability to regulate your feelings, thoughts, and behaviour under stress. Here's an example of positive self-talk: Instead of thinking "I really messed that up," try "I'll try it again a different way."

5. Start every day on a positive note

Create a ritual in which you start off each day with something uplifting and positive. Here are a few ideas:

- Tell yourself that it's going to be a great day or any other positive affirmation.
- Listen to a happy and positive song or playlist.
- Share some positivity by giving a compliment or doing something nice for someone.

Positive thinking isn't about burying every negative thought or emotion you have or avoiding difficult feelings. "The low points in our lives are often the ones that motivate us to move on and make positive changes. When going through such a time, try to see yourself as if you were a good friend in need of comfort and sound advice. What would you say to her? You'd likely acknowledge her feelings and remind her she has every right to feel sad or angry in her situation, and then offer support with a gentle reminder that things will get better," says Alessandri.

Evelyn recently launched Positivity Cards to help people live a happier and more authentic life by bringing awareness to the choices you make and actions you take. "Each card in the 52-card deck has a positive focus for the week. Decide on a day of the week to pick a card, display it on the stand and place it where you will see the card every day," explains Alessandri.

The Positivity Cards retail for R340 and are available online via www.evelynalessandri.com

"This Positive Thinking Day I encourage you to consciously make an effort to think positively. Let go of negativity and choose to fill your day with uplifting practices like a morning affirmation, making a list of things to be grateful for and mindful reading. You will see a boost in your mood and even your productivity," concludes Alessandri.

For further information email evelyn@evelynalessandri.com or visit www.evelynalessandri.com

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