# Westville & Durban TIMES

PRINT & ONLINE FREE COMMUNITY NEWSPAPER

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# DON'T STOP THE DANCE



Jaimee Coxwell, Leah Momsen, Bridget Crisp, Georgia Vermaak, Shanay Paideya

**Returning to the Playhouse Opera for one weekend only, from 9 - 11 September after a Covid-induced break of two years, the fabulous dance showcase Shall We Dance is delighted to be back on stage.**

Everyone involved is absolutely thrilled and super excited to be working towards a Shall We Dance showcase again as the dance community, like the rest of the creative industries, has been hard hit by Covid – dance studios were not operational for much of lockdown, dancers were not able to rehearse, compete or perform for more than two years, and participants and audiences are somewhat out of practice.

So it is with much celebration and joy that Shall We Dance celebrates its 28th year this year. The typically annual showcase extravaganza of Durban's diverse dance scene will be on stage for five performances only. Dance styles featured this year include beautiful ballroom; sensational Latin American; fast paced adage; traditional and contemporary Ballet; toe-tapping Irish; dazzling Bollywood; smooth tap and some elegant show dancing.

The annual extravaganza is presented by the South African Dance Teachers' Association, the show is directed by dance stalwarts Caryl Cusens and Neville Letard.MC this year will be singer / performer, Marion Loudon.

Special guests are Cape Town couple, Keanan McClune and Chantelle le Roux who are the 2021 SADTA All South African Ballroom and Latin American Champions. Also on the bill are specialist exhibition dancers from Gauteng, Gerhard van Rooyen and Bianca Prinsloo.

A number of Dance studios from around Durban with a total of 80 dancers have been hard at work behind the scenes, not only choreographing their performance but also creating, the phenomenal array of colourful costumes which the Durban audiences get to witnesses.

For the first time on stage this year, there will be youthful dancers from Glenwood Boys High and Durban Girls High – who have taken dance as an extra-curricular activity.

Each year, the showcase introduces some fabulous tracks that accompany the action. Music is a big part of Shall We Dance, with carefully planned eclectic musical choices to support the dance programme – gleaned from contemporary artists as well as ever-greens.

Ticket prices range from R100 / R150. Booking is through Webtickets or instore at Pick n Pay Supermarkets or Hypermarkets.

Performances are: 9 Sept – 18.30 | 10 Sept – 14.30 & 18.00 | 11 Sept – 11.00 & 15.00

For more info like the Facebook page, Shall We Dance SA.



Tony Fourie & Cindy Melson, Menzie Khanyase & Jade Terblanche, Chanel Conradie & Braigen Yunnie, Nkululeko Khumalo & Liz Snyman, Taurin Yunnie & Teegan Canham


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**176-186 Rochdale Road, Springfield Park**
Total Site Extent: ± 5 300m² | Warehouse 1 GLA: ± 2 600 m² | Warehouse 2 GLA: ± 1 400 m² | Rear Yard Area: ± 2 000 m² | Excellent height, mezzanine levels, admin offices | Sought-after area




LUKE | 071 351 8138

**HIGH EXPOSURE COMMERCIAL PROPERTY**
**45 Adelaide Tambo Drive, Durban North**
Extent: ± 1 269 m² | GBA: ± 382 m² | Double storey offices | High exposure position next to Spar | Ample off-street parking




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**± 1 200 M² WAREHOUSE & RETAIL SHOPS/ OFFICES IN PROSPECTON INDUSTRIAL**
**38 Prospecton Road, Prospecton Industrial**
Site Area: ± 1 970 m² | Zoned: Limited Commercial | Corner site with excellent exposure Double volume warehouse/factory facility | 25 Onsite parking bays | Frontline shops/offices plus further offices on first floor | Can accommodate 8 tenants | Sold Vacant Occupation




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**± 7 000 M² OF MULTI-LEVEL WAREHOUSES/ FACTORIES IN ROSSBURGH**
**336 South Coast Road, Rossburgh**
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**± 3 675 M² RETAIL AND COMMERCIAL FACILITY IN DURBAN CBD**
**181 Anton Lembede (Smith) Street, Durban CBD**
Ground Floor Retail: ± 1 875 m² | Upper Floors Workshops, Offices & Storage: ± 1 800 m² | Vehicular ramp access to upper floors | Existing national car dealership premises (Thekwini Motors) | Sold vacant occupation



MUHAMMAD | 079 458 4256

**2 X BACHELOR APARTMENTS ON DURBAN BEACHFRONT**
**Section 29 (Door 201) & Section 32 (Door 205) SS Marlborough, 27 O R Tambo (Marine) Parade, South Beach**
Extent: ± 39 m² each | 1 Bedrooms | 1 Bathrooms Kitchen | Tenanted | Combined Gross Annual Income: ± R111K | To be offered individually & Combined




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**2 BEDROOM APARTMENT ON DURBAN BEACHFRONT**
**Section 119 (Door 1405) Golden Sands, 95 Snell Parade, North Beach**
Extent: ± 75 m² | 2 Bedrooms | 2 Bathrooms | Tenanted | Gross Annual Income: ± R96K



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**2 BEDROOM APARTMENT ON DURBAN BEACHFRONT**
**Section 100 (Door 133) Marine Sands, 237 O R Tambo (Marine) Parade, North Beach**
Extent: ± 56 m² | 2 Bedrooms | 2 Bathrooms | 1 Undercover parking bay | Tenanted | Gross Annual Income: ± R102K




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**± 21 000 M² VACANT LAND CLOSE TO UKZN**
**Erf 3054 Westville**
Extent: ± 2.1727 Ha | 5 Km from UKZN | ± 4 km from Westwood Mall | Easy access to M13, King Cetshwayo Highway



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**2 X UPMARKET JOINT PROPERTIES WITH 23 ROOMS**
**11 Ferndale Road & 33 Nimmo Road, Morningside**
Property 1 – 11 Ferndale Road | Site Extent: ± 1 236 m² | 11 En-suite bedrooms | 11 Parking bays | Property 2 – 33 Nimmo Road | Site Extent: ± 2 044 m² | 12 En-suite bedrooms | 11 Parking bays | All bedrooms fully equipped for guest accommodation | Sold individually/combined



TOM | 083 636 7800

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**RESIDENTIAL DEVELOPMENT OPPORTUNITY**
**46 Edgely Road, Durban North**
Extent: ± 3 887 m² | Flat development land | Zoned: Special Residential 400 | Possible 9-unit development opportunity | Located in sought-after Durban North



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**INDUSTRIAL PROPERTY WITH HIGH POWER**
**24 Halifax Road, Westmead**
GLA: ± 5 394 m² | Large yard | Separate configurations | Ample off-street parking & offices




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**HIGH EXPOSURE MANUFACTURING FACTORY**
**16 Trafford Road, Westmead**
Extent: ± 3 599 m² | High exposure site | Large power supply | Good access & great height




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**WELL POSITIONED INDUSTRIAL PROPERTY**
**Section 2 SS 57 Gillits Road, Westmead**
Extent: ± 1 396 m² | Yard: ± 1 590 m² | Large power supply | Good access & great height



LUKE | 071 351 8138

**3 BEDROOM DUPLEX WITH GARDEN**
**Section 11 SS Grantham Park, 28 Hunters Way, Umgeni Park, Durban North**
Extent: ± 167 m² | Sought-after complex | Night guards | Close to amenities | Near the Soofie Saheb Mosque




MUHAMMAD | 079 458 4256

**3 STOREY INDUSTRIAL BUILDING**
**105 Sydney Road, Congella**
Extent: ± 1 342 m² | GBA: ± 3 600 m² | 2 Road frontages | Goods hoist services all floors | Roller shutter access to ground floor | End-user opportunity



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**± 2 800 M² INDUSTRIAL PROPERTY**
**28-32 Che Guevara (Moore) Road, Congella**
Site Area: ± 1 362 m² | Ground Showroom & Workshop: ± 1 360 m² | Mezzanine Level/ Residential/Office: ± 100 m² | Close to the Port | Corner Site: Excellent Exposure | Sold vacant occupation



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**2 X UPMARKET 3 BEDROOM HOMES ON 1 PROPERTY**
**490 Musgrave Road, Musgrave**
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**INDUSTRIAL WAREHOUSING**
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**DOUBLE STOREY OFFICE**
**Section 1002 Pebble Beach, Sibaya**
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**STAND ALONE WAREHOUSE WITH GOOD HEIGHT**
**41 Cordova Close, Briardene**
Extent: ± 1 200 m² | ± 1 000 m² Warehouse | Stand alone with decent yard | Great height | Fantastic, high demand area



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**OFFICE BLOCK WITHIN BALLITO BUSINESS PARK**
**Corner of Moffat Drive & Stewart Drive, Ballito Business Park, Ballito**
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**Auction Date & Time: 22 September 2022 | 11h00 | Auction Venue: Mount Edgecombe Country Club, Gate 2, 1 Golf Course Drive, Mount Edgecombe | Terms: R50 000 refundable registration deposit. Strictly by EFT. FICA Documents are required | Auctioneer: Andrew Miller**

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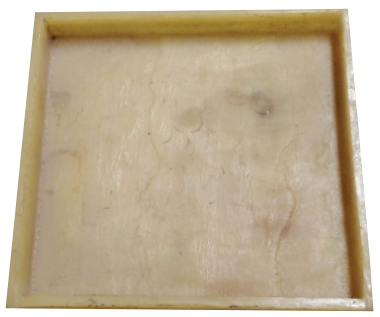
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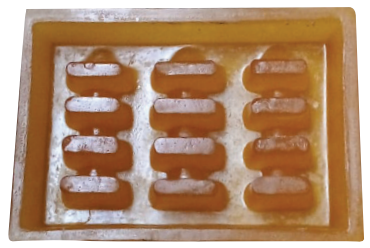
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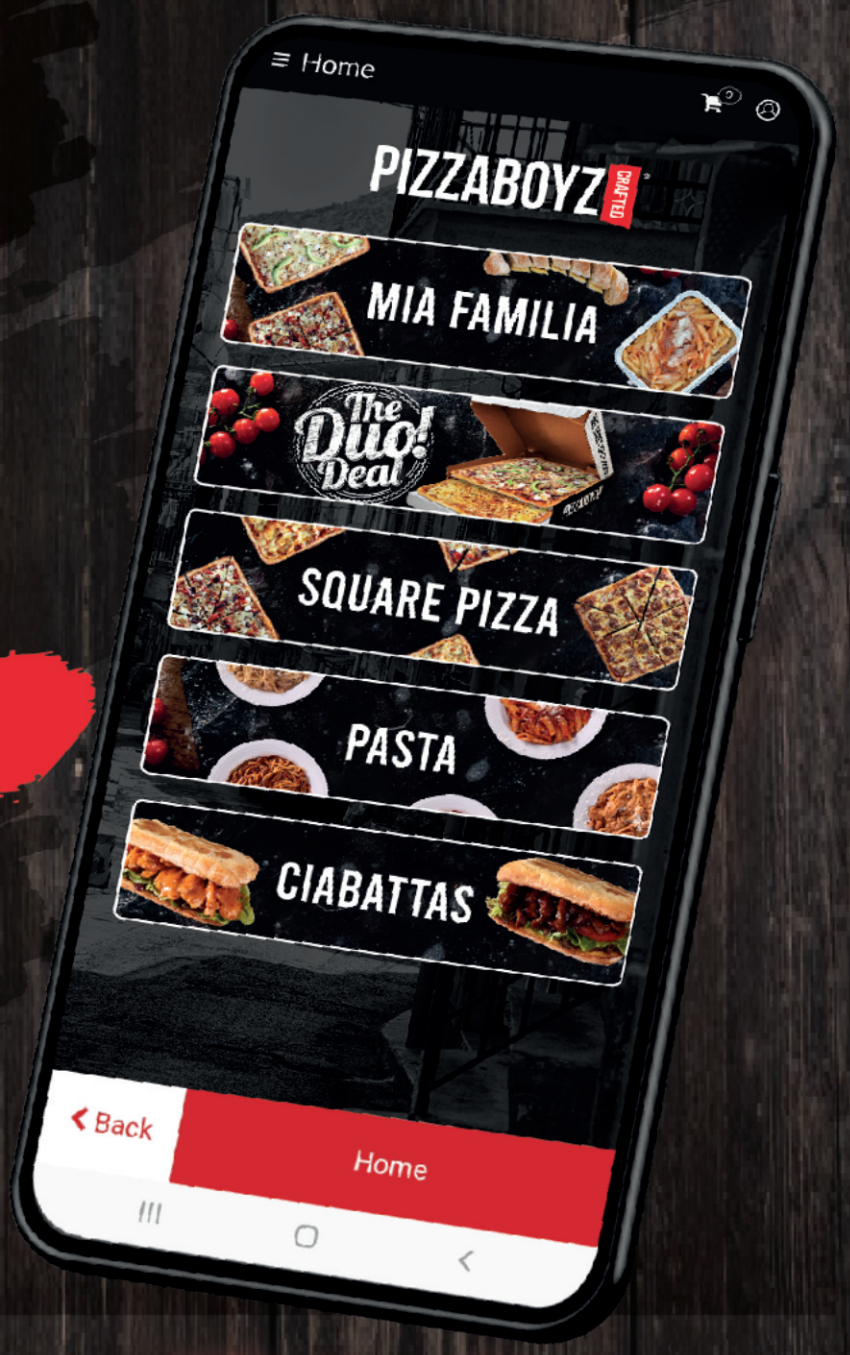
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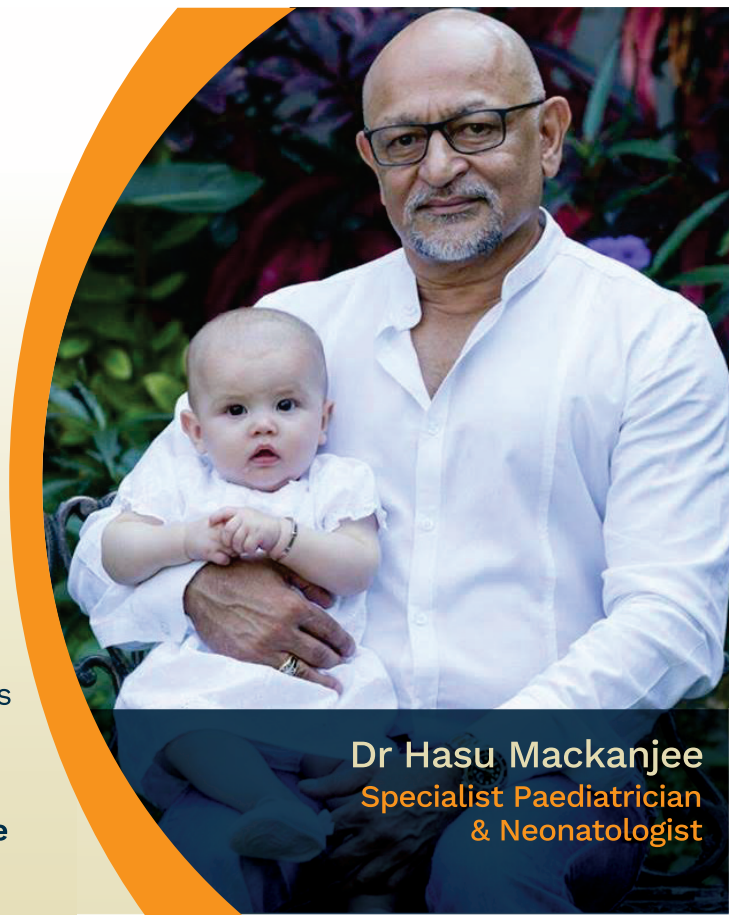
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# SCIENCE BECOMING MORE INCLUSIVE FOR LOCAL GIRL LEARNERS

120 local Grade 7 learners to take part in MAHLE F1 in Schools design and engineering challenge.

International study shows post-Covid is an exciting time to showcase Science and Maths career opportunities.

Science, Engineering and Maths prove just as popular among girl learners as with boys.

Durban learners are being encouraged to experience career opportunities in the fields of Science, Technology, Engineering and Maths (STEM), even though access to resources and inclusiveness are still regarded as some of these fields' biggest challenges across the world.

It was recently reported in BusinessTech that to put the importance of STEM literacy into perspective, some form of STEM education will be required from 80% of prospective jobs in South Africa. Problem-solving, critical thinking, basic arithmetic, science principles, and a foundational use of computers and applications will set underprivileged individuals up for success. Students entering post-secondary studies or a new job with confidence in STEM, such as basic computer skills, will help them to keep up with expectations.

MAHLE, the international automotive components manufacturer, working in association with the Centre for the Advancement of Science and Mathematics Education (CASME) are actively promoting the fields of Maths and Sciences and providing better access to quality learning resources.

The MAHLE F1 in Schools engineering challenge is giving more than 120 Grade 7 learners a chance to experience STEM-based careers through an exciting project management, design-and-build challenge.

20 primary schools entered the competition in February and have been chosen to participate in the six-month-long learning event. Learners were chosen after submitting "inspiring motivational letters".

Teams of six learners are now working on a design for a miniature scale F1 race car, which they will build, brand and market before a final race event at Hillcrest Primary School in August. Winning teams stand to win up to R7 000. Trophies and medals, not to mention automotive gear, tech gear tog bags, headphones, and stationery will all form part of the winnings.

MAHLE said that the objective was to "inspire learners to learn about aerodynamics, design, manufacture, branding and graphics, sponsorship, marketing, leadership, teamwork and apply them in a practical, imaginative and competitive way".

"Each team has at least two girl learners, which is another feat," said Jolene van Heerden, Communications Manager for MAHLE in South Africa. She said: "Some schools are still setting up their technology departments and have decided to enter. Teachers are giving the learners a great learning opportunity with no experience and showing us that they are up to the challenge."

Jolene encouraged educators and parents to inject fun into the teaching and learning of STEM subjects, both inside and outside of the classroom. "Your passion for the subjects will be felt by learners," she said.

MAHLE hopes to eventually turn the MAHLE F1 in Schools challenge into a national competition, and that the winning team will then be able to compete on an international stage.

Jolene concluded: "Yes, STEM-related industries are still male-dominated, but I am happy to see that things are starting to shift. MAHLE has always believed the change needs to start at the grassroots level, therefore, we focus on educating and inspiring the girl child from Grade 6 already to start them thinking of a career in the STEM industry. Through the competition and our work with Science2Go (another project MAHLE supports with CASME) we are starting to see more girls interested in these fields and selecting Science as one of their subjects in Grade 10."

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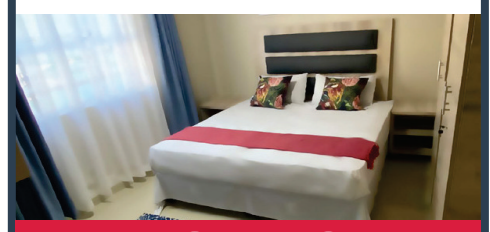
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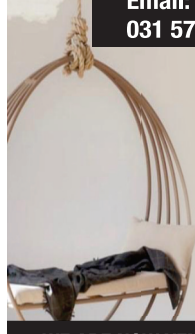
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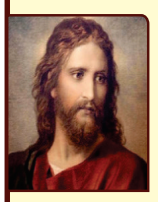
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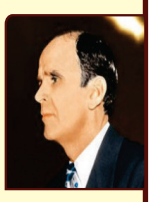
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**Acts of the Prophet**

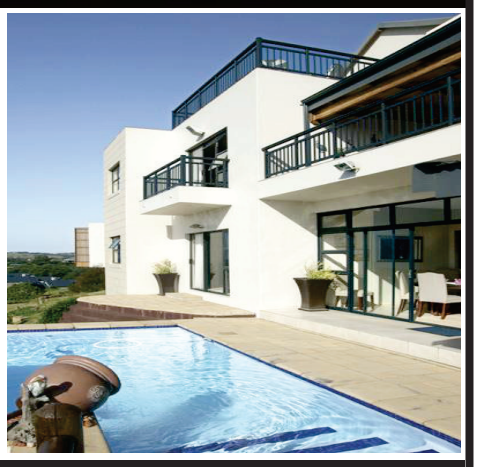


**Behold, I will send you Elijah the prophet before the coming of the great and dreadful day of the LORD Malachi 4:5**

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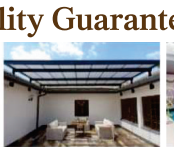
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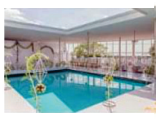
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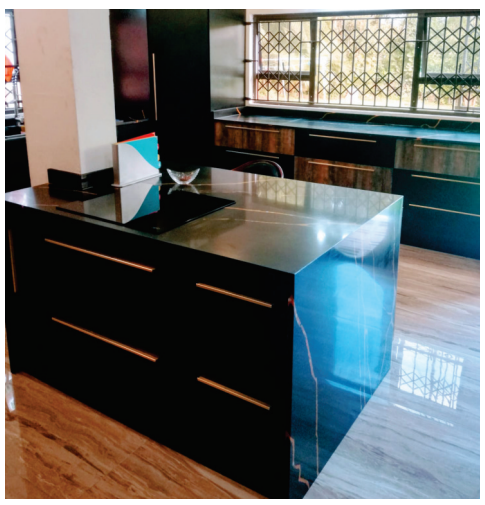


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# ARTERY UNBLOCK

**By-passing a by-pass, unblocking arteries, lowering cholesterol...naturally**

According to a report released by the Medical Research Council (MRC) in July 2007, based on studies between 1997 and 2004:

*In South Africa, 195 people a day die due to some form of heart and blood vessel disease (cardiovascular disease);
* About 33 people a day die due to heart attacks;
* About 60 people a day die due to strokes;
* The highest rate of heart and blood vessel disease in SA is found in the Indian community, followed by the Coloured community, and thereafter the Black and White communities have similar rates.

These statistics are indeed shocking, but South Africans are fortunate to have been introduced to a highly effective, natural remedy, ARTERY UNBLOCK, about 11 years ago.

In this short period, hundreds, if not thousands of people, locally and abroad, have benefited, with some even totally avoiding a by-pass.

> In August 2011, a Moulana in Benoni needed a triple by-pass. He was forced to stop teaching and was virtually bed-ridden.

After completing a month's course of ARTERY UNBLOCK he went back for a check-up. The cardiologist did an ECG, Echo Sound, and put him on the treadmill.

"Mr...., everything's clear, and you're 100% fine. I want to see you only after 6 months."

He thereafter used to go every 6 months, and every time the cardiologist said to him: " Come again for a check up after 6 months."

The Moulana continued teaching, etc., just till a few days before his demise.

> Mr. Desai of Port Elizabeth says:

"Cholesterol was 6.8...After 2 weeks of ARTERY UNBLOCK, I tested again and it was down to 4."

> Mr. Ebrahim of Mayfair, Johannesburg relates his experience:

"I used to get extremely tired when climbing the stairs to my office at the business. I had to sit down and wait before I could continue with prayers.

I was eventually admitted for insertion of a stent. It was so clogged and hard, that the specialist was not even able to insert the stent.

I heard of ARTERY UNBLOCK, and took it continuously for 5 months.

I thereafter went for a check-up.

I managed on the treadmill for about 15 minutes and would have carried on if the doctor himself didn't stop it. He did other tests and told me that everything is clear.

Now I am able to climb those stairs without getting tired or loosing breath anymore."

> From Stanger:

"On 1st October 2011 I had a heart attack, after which I was virtually bed-ridden. I couldn't even walk to the bathroom myself. Slipping on a kurta was a mission. My wife had to bath me. After a few weeks of ARTERY UNBLOCK I can do everything myself. Bathing, changing and driving. I'm almost back to normal!."

> From Cape Town:

"I needed a triple by-pass, but due to a weak heart muscle, it wasn't safe. After walking about 300m I used to be out of breath. After taking ARTERY UNBLOCK for a month, I can now walk quite a distance with great ease."

> From Boksburg, Gauteng, after taking only a month's course of ARTERY UNBLOCK:

"Just had blood tests interpreted. Thought I should let you know. Cholesterol is 5.02. That's the lowest it's been in 8 years!."

This highly effective natural mixture is available from a network of distributing agents countrywide. More info, reviews, precautions and agents details may be found on www.arteryunblock.weebly.com

# Spiritual Teachings in 1000 Hills



Adrian Rorvik

**The first in a series of one-day, in-person workshops conveying teachings from spirit guides will be run at Décor Art Interiors, Botha's Hill, on Saturday 27 August, facilitated by Adrian Rorvik.**

The initial workshop covers the topics of spirit guides; planes of existence beyond the physical realm; and delves into life after death, reincarnation, suicide, karma, dreams, soul-mates- and more.

This is the rescheduled date. The workshop was postponed from its previous intended date last month.

Adrian Rorvik is known to many as a radio presenter, travel writer, publicist, and "ghostbuster". He is embarking on a series of in-person workshops in KZN.

"It's all interwoven, really" says Rorvik. "I am acutely aware that we are living in challenging times when we are universally interested in exploring ways of making sense of the world around us. We have all experienced enormous uncertainty and loss in a deep and profound way, heightened by Covid, the riots and the recent floods. We are all feeling that so much is out of our control, but what we can control is how to respond to, and make sense of the challenges, anxieties and situations which life throws at us. Taking a day out to be quiet and focus on equipping ourselves with practical tools and a deeper understanding of how to do this can be hugely beneficial.

"I was invited by high guides to join a spiritual circle in 1991. Now, as we emerge from lockdown and are able to meet in person again, the time is right for me to pass on some of what I have learned to dispel misinformation and enlighten people seeking truths. The teachings are not found in any books, although The Bible and Buddhist texts are key. You will also find that I'm scant on unfathomable, esoteric terms, preferring more robust and practical explanations," he explains.

Décor Art Interiors is a treasure trove at the crest of Botha's Hill. Downstairs is crammed with furniture, décor items, collectables, present ideas and knick knacks that owner Angela Scholey sources from the East.

Angela Scholey has grown the business for over two decades and has incorporated some great initiatives. Upstairs, where the workshop will take place, are a series of retail outlets for crafters and other creatives, with a welcoming, inexpensive cosy coffee shop. Scholey built the upstairs market place using up-cycled building and décor materials salvaged mostly from the July 2021 unrest, turning a negative situation into a positive opportunity. The quaint little shops, forming an airy colourful arcade, are rented out at affordable rates, largely to help folk who lost their livelihoods during the Covid 19 pandemic, unrest and floods.

Décor Art Interiors is a member of 1000 Hills Community Tourism. The first one day workshop takes place at Décor Art Interiors, 1 Warwickshire Crescent Corner, Botha's Hill

On Saturday 27 August, from 10am to approximately 1pm.

Cost R350 per person.

The café is open for teas, refreshments and lunch.

Visit adrianrorvik.com to secure your spot, and to find out more about who Rorvik is and what he does. There is an online version available for purchase, should people not be able to join on the day.

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