



RECIPE

Lamb chops and lemony couscous salad

INGREDIENTS

Couscous:
2 cups couscous
2 cups boiling chicken stock
¼ cup olive oil
Salt and finely milled pepper
2 lemons, rind finely grated and juice of 1
1 small clove garlic, crushed
A handful parsley, chopped
A handful chives, chopped
2 rounds feta, chopped
¼ cup toasted hazelnuts, chopped
A handful fresh rocket



Lamb chops

8 lamb chops
3 tbs harissa paste
3 tbs olive oil
Juice and finely grated rind of a lemon
4 cloves garlic, peeled and grated
Salt and pepper

METHOD

Chops
Mix the harissa, olive oil, lemon juice and rind and garlic to make a rub. Coat chop and season with salt and pepper.

Heat a large non-stick pan, add the chops to the pan fat side first. Make them lean up against each other and render the fat down for 3-4 minutes or until brown and crispy. Then turn chops onto their sides and cook 3-4 minutes on each side.

Leave them to rest for 5 minutes before serving.

Couscous
Pour the stock and 2 tbs olive oil over the couscous, cover and leave to steam for 10 minutes.

Fluff it apart by scraping it with a fork. Season well with salt and pepper.

Add the rest of the oil, lemon juice and rind, garlic, parsley and chives.

Serve topped with feta, toasted hazelnuts and rocket.

| SPAR



CHIEF Mate Tyron Campbell aboard the bulk carrier IVS Sunbird. | SUPPLIED



QUALIFIED sailing day-skipper Nqobile Khuzwayo who will sail from Cape Town to Maputo aboard the yacht Maiden.

More good news of sea-going successes

PORT POURRI



BRIAN INGPEN

FOLLOWING the Russian landgrab in Ukraine – a defiant breach of international law and the UN charter that could have cataclysmic repercussions in time – shipping markets, especially the gas tanker market, will spike as global jitters set in. Among the targets of new sanctions could be Russian-owned ships, including those flying flags of convenience.

Moscow-chums in Pretoria, though, are unlikely to act or even pontificate against Russia's actions, allowing the Russian-flagged polar vessel in Cape Town to prepare unhindered for her forthcoming Antarctic trip.

And the Russians arriving shortly to board her for the voyage down south will also pass through without question.

South Africa's status as a respected champion of human rights and the

rule of law has dissipated amid political expedience.

Let's turn to good news in the wake of the glad tidings brought by last week's column. Captain Nicole Gouvias took command of the 272m containership Monte Azul, currently on Maersk's US East Coast-South America service. Her promotion to master is special as she is the first female former student of the Lawhill Maritime Centre at Simon's Town School to command such a vessel, and the second South African woman to command the large ships.

Captain Gouvias began her sea-going career when she joined Safmarine as a cadet and graduated *cum laude*, from the Maritime Studies Department at Cape Peninsula University of Technology at Granger Bay. She obtained her Master's Certificate in April 2018, opening the way for her service as chief mate on the containerships, and leading to her well-deserved promotion to master.

Her fine career is exemplary to all those aspiring to command, and especially to those young women who share the ambition that she has realised after much hard work, and long, tiring hours at sea.

Also achieving heights in the

maritime world is Kelly Mars, (née Klaasen), who having passed through the maritime studies courses at Simon's Town and at Granger Bay went to sea as a marine engineer. As the first South African female to qualify as a marine engineer, Kelly gained the Seafarer of the Year Award in 2010.

Such was her progress, however, that she moved through the ranks to gain her chief engineer's certificate.

She married a shipmaster and the family have moved to Singapore where she is a superintendent for Maersk's fleet operated from that thriving south-east Asian maritime hub.

Originally from the rural village of Tsomo in the Eastern Cape and later moving to Motherwell in Gqeberha, Blondie Jobela saw the sea for the first time when she was 11-years old. Less than 10 years later and also having completed studies at Simon's Town and the marine engineering course at Granger Bay, she was serving in some of the world's largest cruise ships. She is a second engineering officer aboard cruise ships operated by Royal Caribbean Cruise Lines.

Her two younger brothers have followed in her wake; one is a second mate and the other a third engineering officer at sea.

Destined for command one day is Tyron Campbell who, while at Lawhill Maritime Centre, demonstrated his responsible nature and maritime interest that, after he had finished school, led him to Granger Bay and to sea as a cadet, also aboard Safmarine containerships.

After gaining his watch-keeping certificate, he joined Grindrod's bulk fleet where his first ship was IVS Orchard, a bulk carrier, besides carrying conventional bulk cargoes, was also equipped to carry logs.

Tramping aboard bulkers is different to the scheduled containership services with the bulkers often calling at ports off the usual routes and carrying a variety of cargoes from grain, pet-coke and titanium slag, to mineral concentrates, logs and salt, the latter cargo requiring special anti-corrosion coating of the holds' plating.

He is completing a seven-month stint as chief mate aboard IVS Sunbird that discharged 10 000 tons of wooden pallets at Reunion before heading to Maputo to load ferrochrome. The vessel will call at Richards Bay and Saldanha Bay where she will load parcel cargoes of pig iron and zircon sand for Mediterranean ports.

Entering the maritime world is

Nqobile Khuzwayo, 19, completing her Grade 12 year at Lawhill Maritime Centre.

Her home is in Durban where, aged 15, she was introduced to sailing through the youth training organisation Sail Africa, taking to it like the proverbial gull to water.

Enjoyment from sailing and her growing skills in the sport brought her a prestigious three-year bursary to attend Lawhill – sponsored by the General Botha Old Boys' Association as well as by Phil and Anne Wade of Marine Inspirations that assists young people in the sailing world.

Nqobile qualified recently as a Day Skipper and captains the Lawhill sailing team, attributes that gained her selection to sail from Cape Town to Maputo aboard the 17.7m yacht Maiden that, with an all-female crew, is on a circumnavigation in aid of the Maiden Factor Foundation that supports girls' education.

Lawhill Maritime Centre, hard work and determination are common threads in these and many other success stories in the maritime world.

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WEDNESDAY | OCT 12

05:00 Graceful Ageing 05:30 Health Matters with Dr. Larry Santora 06:00 DW: In Good Shape (R) 06:30 Cape Town Daily (R) 07:30 Umhlo: Firetalks (R) 08:00 The Faith Show 08:30 Off the Pitch (R) 09:00 Ekse (R) 10:00 Mental Health Matters (R) 11:00 Proe (R) 11:30 A Walk with Mel (R) 12:00 Al Jazeera International News 13:00 Democracy Now (R) 14:00 BBC Life Clinic 14:30 A Thousand Suns 15:00 TED 15:30 Raggs 16:00 Sprouts 16:30 The Faith Show 17:00 Ekse (Live) 18:00 Homegrown 18:30 Street Talk 19:00 Cape Town 20:00 Al Jazeera International News 21:00 Cape Rugby TV 22:00 Money Talks – Profits Over Patient Safety 23:00 Ubuntu Bethu (R)

CRIME

Murder of German tourist a 'demonic act'

TSHWARELO HUNTER MOGAKANE AND
JONISAYI MAROMO

THE killing of a German tourist during an attempted hijacking outside the Kruger National Park, has been labelled a demonic act aimed at creating poverty for communities living within Mpumalanga's lowveld tourism hub.

According to police, three armed men stopped the four tourists travelling in a Hyundai Staria along the R538 road toward the KNP's Numbi Gate in Hazyview on Monday afternoon.

"The suspects, who were in a VW Caddy, are said to have instructed the tourists to open the doors of their vehicle, but when the driver reportedly locked all the doors, apparently one of the suspects shot him in the upper body through the window.

"It is further said that the (targeted) vehicle drove in reverse for about 100m before crashing into the wall of the Heroes Academy. Unfortunately, the driver died on the spot as a result of the shooting.

"The suspects reportedly sped off in their vehicle without taking anything from the tourists," said Mpumalanga provincial police spokesperson Selvy Mohlala. The police are yet to make arrests.

Tourism authorities in the province have expressed deep sadness over the fatal attack.

Kruger Lowveld Chamber of Busi-

ness and Tourism chairperson Oupa Pilane said businesses in the lowveld had offered a reward of R50 000 for information that will lead to the successful prosecution of the assailants.

"This incident is not a true reflection of what the people of Mpumalanga are renowned for. We are assisting the police in their investigations and our thoughts remain with the family as they mourn this tragic loss," said Pilane.

Mpumalanga Tourism and Parks Agency chairperson Victor Mashego said the sector was reeling in shock.

"We are shocked and taken aback by what has transpired where four tourists were mugged and unfortunately in the process, one of them was shot and killed.

"As the agency responsible for tourism in the province, we want to urge our communities, especially the surrounding areas that have become hot spots to come together and help us deal with this demon.

"Tourism crime is a demon of poverty that seeks to suppress our people not to be economically liberated or to have income household. As the agency, working together with the Department of Economic Development and Tourism, we have put in a lot of effort to make sure we revive the sector and have seen beautiful numbers since the lifting of Covid-19 regulations," said Mashego.

He added that the incident happened a month before Lufthansa's leisure airline was scheduled to start flying from Frankfurt, Germany, directly to the Kruger Mpumalanga International Airport.

"Working with law-enforcement, we have installed surveillance cameras in that stretch of the Numbi Gate to secure the area. This unfortunate incident happens while we have put in place all those resources.

Tourism Minister Lindiwe Sisulu, reacting to the news, which has already grabbed international headlines, said she would engage her Cabinet colleagues in the security cluster to discuss the safety of tourists in South Africa.

"I would like to convey my heartfelt condolences to the family and friends of the tourist who was killed. I also call on law enforcement agencies to leave no stone unturned in bringing to book the perpetrators," she said.

"Our country receives a large number of tourists from all over the globe, including Germany.

"This high number of tourists is one of the ways our tourism sector has been able to recover from the impact of ... the pandemic."

"We must work hard to protect this industry. This (murder) has a negative impact on the socio-economic benefits of the sector, particularly tourism's contribution to GDP, job creation ..."

HEALTH

Vaccines: adverse events after immunisation probed

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MORE than 6 000 adverse events following immunisation (AEFI) were reported to the South African Health Products Regulatory Authority (Sahpra) following the use of either Pfizer (Sahpra) following the use of either Pfizer or Janssen (J&J) JCovid-19 vaccines.

A total of 2 771 clinical investigations were either concluded or are under way.

This was revealed by Health Minister Joe Phaahla in a written parliamentary response to EFF MP Naledi Chirwa's question.

Chirwa wanted to know the total number of adverse effects caused by Covid-19 vaccines that have been

reported to the government. She also asked about the number of probed AEFIs.

According to Phaahla, between May 17, 2021 and August 8, 2022 there were 6 561 minor and severe cases.

He said only severe and serious AEFIs were investigated and a total of 2 771 clinical investigations were either concluded or are under way.

"Following investigation, the case files are sent to the National Immunisation Safety Expert Committee for assessment.

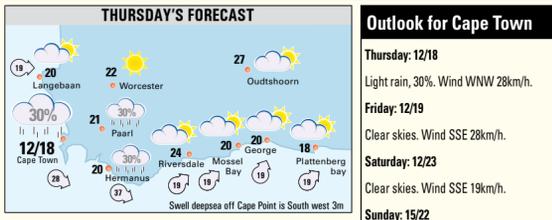
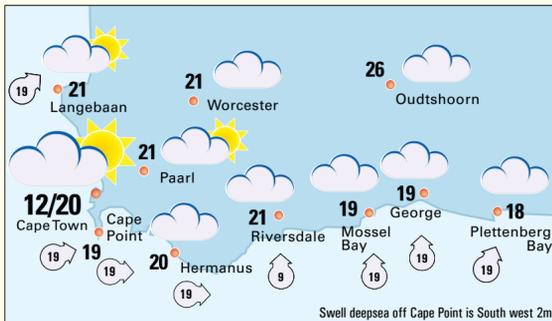
"In assessments completed up to September 2, 2022 there were 81 AEFIs that have been linked to the use of a Covid-19 vaccine (Pfizer 52

and J&J 29). These events include immunisation stress-related reactions (fear of vaccination) and vaccine product-related reactions or were related to the immunisation programme," said Phaahla.

He added that causality assessment outcomes are shared with the provincial health departments to provide feedback to the vaccine injured parties, regardless of the outcome.

"The purpose of causality assessment is to ensure that high levels of vaccine confidence are maintained in the immunisation programme, and it is therefore essential to identify if an AEFI was causally linked to the use of the vaccine or whether the AEFI was coincidental to vaccination."

WEATHER OUTLOOK



National Min/Max temps

Bloemfontein	11/33	Mahikong	19/34	Pretoria	17/35
Durban	18/27	Mbombela	18/33	Richards Bay	24/31
East London	18/25	Mosina	18/35	Rustenburg	19/35
Gqeberha	14/21	Polekwanjo	14/31	Ujigton	14/34
Johannesburg	15/33	Pietermaritzburg	17/30	Vereeniging	15/33
Kimberley	13/35	Potchefstroom	18/35	Vryburg	18/37

International Min/Max temps

Atlanta	10/28	London	6/19	New York	12/16
Buenos Aires	14/20	Los Angeles	17/29	Paris	10/23
Frankfurt	12/21	Mecca	29/41	Perth	8/18
Hong Kong	27/31	Nairobi	14/28	Rio de Janeiro	20/24
Jerusalem	15/28	New Delhi	23/33	Rome	14/26

Report fires to the emergency services on (021) 480-7700

Storage levels 3rd October 2021-2022

Capacity-Mt	2021	2022
Berg River Dam	130 010	99.8%
Steenbras Lower	35 517	97.7%
Steenbras Upper	31 767	98.3%
Theewaterskloof	480 188	99.9%
Voelvlei	164 095	99.4%
Wemmershoek	58 644	97.9%
Total Storage	898 221	99.5%

Today's Forecast

Cape Town City: 12/20 - Partly cloudy.
Cape Flats: 10/20 - Partly cloudy.
Alexander Bay: 10/20 - Fog, clear skies.
Beaufort West: 9/27 - Clear skies.
Calvinia: 0/22 - Fog, clear skies.
Cianwilliam: 7/22 - Partly cloudy.
George: 11/19 - Cloudy.
Grabouw: 9/19 - Cloudy.
Hermanus: 14/20 - Cloudy.
Langebaan: 6/21 - Partly cloudy.
Malmesbury: 7/21 - Partly cloudy.
Mossel Bay: 11/19 - Cloudy.
Oudtshoorn: 13/26 - Cloudy.
Paarl: 8/21 - Partly cloudy.
Plettenberg Bay: 12/18 - Cloudy.
Riversdale: 10/21 - Cloudy.
Robertson: 8/23 - Cloudy.
Springbok: 9/22 - Clear skies.
Sutherland: 4/22 - Clear skies.
Vredendal: 8/23 - Partly cloudy.
Worcester: 7/21 - Cloudy.

Tides Table Bay

Today	Tomorrow
High: --- & 12:08	High: 00:37 & 13:04
Low: 05:56 & 18:34	Low: 06:53 & 19:22
Sunrise: 06:16	Sunrise: 06:15
Sunset: 18:51	Sunset: 18:52
Moonrise: 14:07	Moonrise: 15:18
Moonset: 03:49	Moonset: 04:30

Moon Phases

Full Moon	Oct 9
Last Quarter	Oct 17
New Moon	Oct 25
First Quarter	Nov 1

UV Levels

High

Best time to Fish 07:58 - 09:58
20:34 - 22:34