



RECIPE
5-Ingredient Chicken Tikka Rice Soup

- INGREDIENTS**
Oil
5 (500g) uncooked chicken breasts, cubed
1 tbs chicken spice
1 tsp each salt and pepper, optional
1 cup Basmati Long Grain White Rice
2 cups store-bought tikka masala cook-in sauce
½ cup frozen peas
Serving Suggestions:
Fresh coriander leaves

METHOD
Heat a large oiled pot with a lid, on medium-high heat.
Add the cubed chicken, chicken spice and salt and pepper, if using. Sauté the chicken until lightly golden brown.
When browned, add the Spekko India Gate Basmati Long Grain White Rice and mix before adding 4½ cups of warm water and stirring once more. *Chef's Tip: Leftover rice can be used instead.
Add the tikka masala cook-in sauce, cover with a lid and lower the temperature. Allow the rice to simmer for 10 to 15 minutes or until just cooked.
Mix in the frozen peas before covering with a lid and allowing to cook for 5 to 8 minutes.
Remove the pot from the heat and garnish the soup with fresh coriander. Serve while hot.
FOODIES OF SA



FORMER Lawhill student and now Second Mate Ainsley Olivier is aboard a vlcc that rounded the Cape recently carrying crude oil from the Arabian Gulf to Europe. Another successful local officer in a very worthwhile career that requires much initiative and a sense of duty. **RIGHT:** Presently anchored off Richards Bay waiting to load over 50 000 tons of South African coal is IVS Gleneagles. Her chief mate is former Lawhill student Tyron Campbell, a local officer who has done exceptionally well in his career.

Emotional waypoints on life's voyage

PORT POURRI



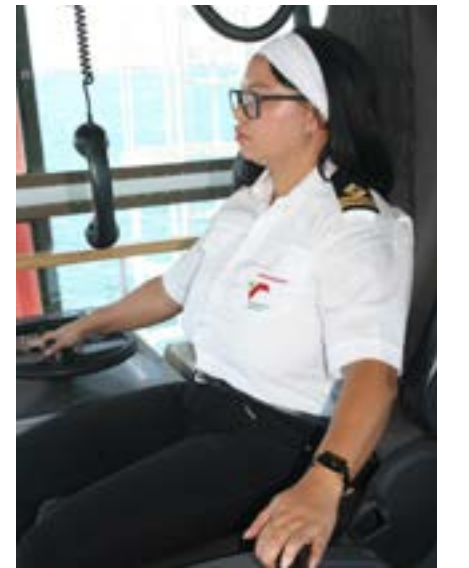
BRIAN INGPEN

MANY remarkable, emotional experiences remain embedded within my being: a rich experience in faith; my first and last day at school (the first filled with tears, and the last with absolute ecstasy); our wedding 50 years ago; the birth of our twin sons; the passing of our beloved parents (accompanied by those deep emotions associated with partings); our sons' weddings; the arrival of our grandson and several other amazing waypoints in life.
Recently, I added another emotional experience. I boarded the harbour tug Umbilo commanded by Captain Samantha Joubert, a former student at Lawhill Maritime Centre in Simon's Town. I also met Captains Ntshela Tetyana and Xoliswa Madotyeni (masters of other tugs, and also former Lawhill students), while Captain Wandile Zulu (yet another ex-Lawhill student) commanded the tug Usiba that with Umbilo assisted the chemical tanker Alfred N to berth at Eastern Mole.
Another four ex-Lawhill students are tugmasters in Cape Town but were off duty that day. Yet another Lawhill alumnus is a local pilot, and several other ex-Lawhill tugmasters and tug

chief engineers are based in other ports.
All did well while following the maritime courses at Lawhill, all successfully completed their tertiary maritime studies and doing time at sea as cadets, some on anchor-handling tugs in the west African oilfields and off Mossel Bay – a sector in which the complexities of tug-handling are evident. Others went to sea in container ships or bulkers, and some of the tugmasters were aboard SA Agulhas as cadets for the voyage to Britain, passing under Tower Bridge to moor alongside HMS Belfast for Prince Charles (now King Charles III) to board.
The polar supply ship loaded equipment for the Ranulph Fiennes expedition to Antarctica before returning to South Africa for a rousing send-off for the expedition down south.
These former Lawhill students qualified as officers-of-the-watch and, subsequently, were recruited as trainee tugmasters for the Transnet National Port Authority's training scheme to qualify further as Masters: Harbour Operations.
After completing that training, their promotion to tugmaster followed as vacancies occurred.
Then came such encouraging emails from two other former Lawhill students serving in extremely responsible ranks at sea. After completing their maritime studies courses and their cadetships, they remained on ocean-going ships.
Chief Mate Tyron Campbell arrived in Richards Bay last week aboard the



CAPTAINS Samantha Joubert, Ntshela (Lucky) Tetyana and Xoliswa Madotyeni, tugmasters in Cape Town and among eight local tugmasters who attended Lawhill Maritime Centre in Simon's Town prior to their tertiary maritime studies and spending time at sea to qualify as Officers-of-the-Watch. Recruited by TNPA for training as tugmasters, they qualified and were promoted to command tugs in Cape Town harbour. Most of the eight ex-Lawhill tugmasters in Cape Town and those commanding tugs in other ports were holders of TNPA bursaries while at Lawhill Maritime Centre, affirming the value of TNPA's laudable investment in young people. | BRIAN INGPEN



CAPTAIN Samantha Joubert manoeuvring her tug, Umbilo, under the flair of the bow of the inward chemical tanker Alfred N to connect the towing line. Diverted from the Suez Canal/Red Sea route, the tanker called at Cape Town recently en route from Houston to Muscat. | BRIAN INGPEN



FOLLOWING a similar career to other tugmasters, Captain Wandile Zulu, another former Lawhill student, now commands the Cape Town harbour tug Usiba. | BRIAN INGPEN

This country has many outstanding young people who are thriving in their careers as epitomised by these officers and numerous others.
Another memorable waypoint on life's voyage.

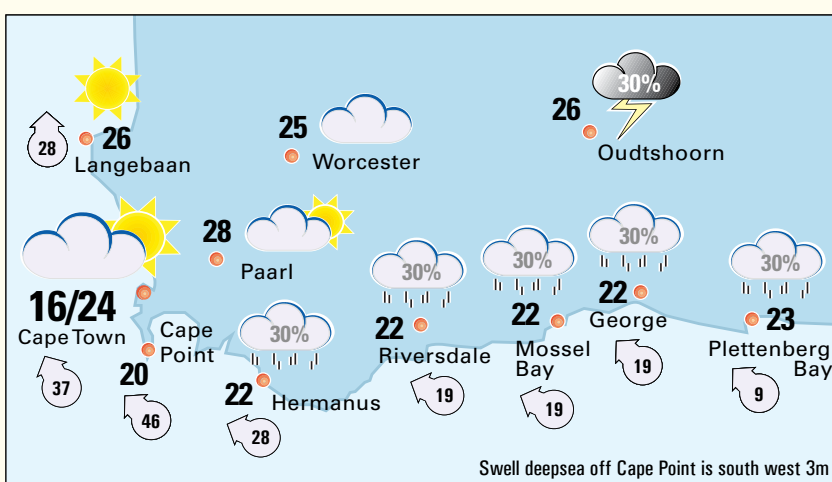
Ingpen (brian@capeports.co.za) is a freelance journalist and author of 10 maritime books.

supramax bulkier IVS Gleneagles, carrying 56 000 tons of US coking coal for the South African steel industry. (A supramax bulkier is a ship of between 50 000 and 60 000 tons deadweight, between 190 and 210m in length, and carrying minerals, grain, fertiliser, steel, timber and other such products.)
IVS Gleneagles has since discharged her cargo and is in the anchorage waiting to load a cargo of South African coal for Mauritius.
The second email came from Ainsley Olivier, second mate aboard a 274m tanker en route from the Arabian Gulf to Europe via the Cape. Although the vessel's laden draught could have allowed her to pass through the Suez Canal, she, like hundreds of other ships, has been diverted because of the Houthi rebels' attacks on shipping in the Gulf of Aden and the Red Sea.
The tanker's voyage from the Gulf to Italy will take about 40 days, more than double the time had she transited the Red Sea and Suez Canal. Obviously, such an extended voyage increases the shipping cost of her crude oil cargo.
The young officers would have passed through the busy shipping lanes off South Africa because of the diverted traffic now using the Cape route. Adding to the need for extreme vigilance by bridge watchkeeping officers are the

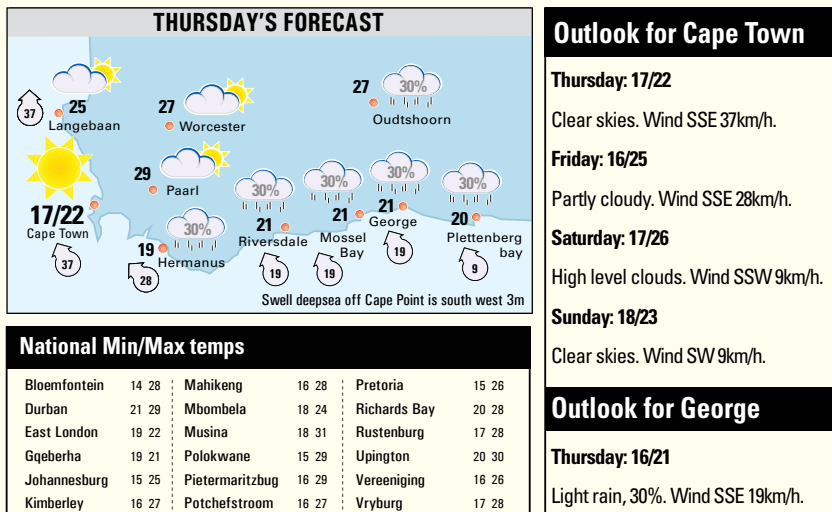
numbers of fishing vessels operating in fishing grounds from Cape Recife to north-west of Cape Columbine.
Catching up with those four tugmasters, learning of others who also have risen to command or chief engineer status, hearing from two other most competent and decent ships' officers was a most moving experience.
And many other former Lawhill students who also have put in a major personal effort have similar success stories.
Credit for many of the successes must also go to Transnet National Port Authority, who assisted promising young people to attend Lawhill Maritime Centre, who supported them during their tertiary maritime training, and who employed them on the tugs, trained them and had confidence in them to promote them to command multimillion-rand tugs.
In addition, several former TNPA bursary holders have excelled in other spheres ashore and at sea, affirming the value of corporate social investment in young people – in this case by TNPA.
But what an energising experience for this old codger to meet and to hear from former students displaying such maturity and competence, and who have a deserved sense of achievement.

NEWS 24/7 IOL.CO.ZA

WEATHER OUTLOOK



Today's Forecast
Cape Town City: 16/24 - Partly cloudy.
Cape Flats: 16/23 - Partly cloudy.
Alexander Bay: 15/23 - Cloudy.
Beaufort West: 19/23 - Thundershowers, 60%.
Calvinia: 11/29 - Thundershowers, 30%.
Clanwilliam: 14/31 - High level clouds.
George: 17/22 - Light rain, 30%.
Grabouw: 13/23 - Light rain, 30%.
Hermanus: 16/22 - Light rain, 30%.
Langebaan: 14/26 - Clear skies.
Malmesbury: 14/30 - Partly cloudy.
Mossel Bay: 18/22 - Light rain, 30%.
Oudtshoorn: 18/26 - Thundershowers, 30%.
Paarl: 13/28 - Partly cloudy.
Plettenberg Bay: 18/23 - Light rain, 30%.
Riversdale: 16/22 - Light rain, 30%.
Robertson: 16/23 - Cloudy.
Springbok: 16/28 - Cloudy.
Sutherland: 10/23 - Thundershowers, 60%.
Vredendal: 11/30 - Partly cloudy.
Worcester: 15/25 - Cloudy.



National Min/Max temps

| | | | | | |
|--------------|-------|------------------|-------|--------------|-------|
| Bloemfontein | 14 28 | Mahikeng | 16 28 | Pretoria | 15 28 |
| Durban | 21 29 | Mbombela | 18 24 | Richards Bay | 20 28 |
| East London | 19 22 | Musina | 18 31 | Rustenburg | 17 28 |
| Gqeberha | 19 21 | Polokwane | 15 29 | Ugungton | 20 30 |
| Johannesburg | 15 25 | Pietermaritzburg | 16 28 | Vereeniging | 16 26 |
| Kimberley | 16 27 | Potchefstroom | 16 27 | Vryburg | 17 28 |

International Min/Max temps

| | | | | | |
|--------------|-------|-------------|-------|----------------|-------|
| Atlanta | 10 22 | London | 6 10 | New York | 8 13 |
| Buenos Aires | 20 24 | Los Angeles | 12 20 | Paris | 6 12 |
| Frankfurt | 3 13 | Mecca | 24 35 | Perth | 14 30 |
| Hong Kong | 23 24 | Nairobi | 17 24 | Rio de Janeiro | 23 26 |
| Jerusalem | 17 24 | New Delhi | 23 38 | Rome | 9 14 |

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

Storage levels 25th March 2023-2024

| | Capacity MI | 2023 | 2024 |
|-----------------|-------------|-------|-------|
| Berg River Dam | 130 010 | 73.9% | 73.9% |
| Steenbras Lower | 35 517 | 55.2% | 61.3% |
| Steenbras Upper | 31 767 | 92.3% | 84.8% |
| Theewaterskloof | 480 188 | 56.4% | 65.8% |
| Voelvlei | 164 035 | 39.1% | 61.0% |
| Wemmershoek | 58 644 | 69.7% | 73.9% |
| Total Storage | 898 221 | 57.9% | 67.2% |

Outlook for Cape Town
Thursday: 17/22
Clear skies. Wind SSE 37km/h.
Friday: 16/25
Partly cloudy. Wind SSE 28km/h.
Saturday: 17/26
High level clouds. Wind SSW 9km/h.
Sunday: 18/23
Clear skies. Wind SW 9km/h.

Outlook for George
Thursday: 16/21
Light rain, 30%. Wind SSE 19km/h.
Friday: 15/20
Cloudy. Wind SE 19km/h.
Saturday: 16/26
High level clouds. Wind ESE 9km/h.
Sunday: 17/26
Clear skies. Wind SSW 19km/h.

Yesterday's Reading
Barometer: n/a
Humidity: n/a
Temp: n/a
At Cape Town International Airport:
Min: n/a Max: n/a
Wind at 6pm: n/a

Tides Table Bay

| Today | Tomorrow |
|---------------------|---------------------|
| High: 04:09 & 16:25 | High: 04:36 & 16:56 |
| Low: 10:21 & 22:23 | Low: 10:48 & 22:51 |
| Sunrise: 06:55 | Sunrise: 06:56 |
| Sunset: 18:46 | Sunset: 18:45 |
| Moonrise: 19:50 | Moonrise: 20:19 |
| Moonset: 08:43 | Moonset: 09:42 |

Moon Phases

| | |
|---------------|--------|
| Last Quarter | Apr 2 |
| New Moon | Apr 8 |
| First Quarter | Apr 15 |
| Full Moon | Apr 24 |

UV Levels Very high

Best time to Fish 01:02 - 03:02
13:17 - 15:17

NATION

Election: Independent Media and IOL to Release Bi-Weekly Poll Surveys

STAFF WRITER

INDEPENDENT Media and IOL are pleased to announce a groundbreaking initiative aimed at providing the South African public with valuable insights into the upcoming national elections scheduled for May 29.
Beginning this week, Independent Media and IOL will be releasing results of poll surveys conducted by African Innovation Research SA (AIRSA), a subsidiary of African Innovation Solutions.
The decision to conduct these bi-weekly polls stems from our commitment to fostering transparency, understanding, and engagement among citizens during this critical juncture in South Africa's democratic process.
By gauging the mood of the nation and the electorate, we aim to offer comprehensive analytical data that will not only enrich our content but also empower the public with a

deeper understanding of prevailing sentiments and trends leading up to the elections.
Adri Senekal De Wet, Editor-in-Chief of Independent Media, expressed enthusiasm for this collaborative endeavour, stating: "At Independent Media, we believe in the power of information to shape perspectives and drive meaningful dialogue.
By partnering with AIRSA and IOL, we are reinforcing our commitment to providing our readers with timely, accurate, and insightful analysis, ensuring they are well-informed as they prepare to make their voices heard at the polls."
Echoing these sentiments, Lance Witten, Editor of IOL, emphasised the importance of leveraging data-driven insights to empower citizens in the decision-making process.
"As journalists, it is our duty to serve as custodians of truth and guardians of democracy. Through this initiative, we are not only offering our

readers unparalleled access to the pulse of the nation but also reaffirming our unwavering dedication to journalistic integrity and public service," Witten said.
The polls conducted by AIRSA will cover a wide range of topics pertinent to the electoral landscape, including but not limited to voter preferences, key issues, and sentiments towards political parties and candidates.
The findings will be rigorously analysed and presented in a comprehensive manner, enabling readers to navigate the complexities of the political landscape with clarity and confidence.
We invite all stakeholders, from policymakers to ordinary citizens, to engage with these poll surveys and contribute to a more informed and vibrant public discourse.
Together, let us harness the power of knowledge to drive positive change and uphold the principles of democracy that are at the heart of our nation.