

Accommodation To Let

Furnished rooms en suite with shower and bath.
Own entrance to garden. Use of kitchen, lounge, garden
barbecue area and swimming pool.
Wi-Fi, TV and maid, electricity facilities inclusive
R4000 p/m
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Happy Birthday Mandela! I like many others am grateful for the honour and privilege to have met you - at the launch of the Mail & Guardian

Who says people hibernate in winter? In St Francis there has been so much activity - from the boat news of increased criminal acts and land invasions, to the good news of the R4-million library for Sea Vista and to all the good deeds done on Mandela Day.

I spent my 57 months at SuperSpar where the grocery store's Deli staff were on hand to feed around 100 invited Sea Vista school children to a hearty meal of soup and bread. It was such a special moment to see the mostly happy faces with beaming smiles receive meal and enjoy eating their free lunch.

However, it was sad when that one mother commented that her apparently ungrateful children were unhappy that they had walked all the way expecting ice creams! They were also upset that they didn't get their photo taken!

I asked businesses and organisations to post or inform us what great things they had done. It sadly appears that there were very good deeds done and that less locals in St Francis Bay and other Kouga towns observed this day, as in previous years. This pessimism is so sad, when in fact one considers people celebrating and commemorating this special day all over the world. I personally like to think of all the people forgetting themselves and helping

Editorial Column



others on this day - in the true Nelson Mandela spirit.

Besides the above stories we have so much of interest and lots of top news in this edition, notably *Something our local fishermen will love - St Francis 'chokka' (aka calamari)* has been voted "the best in the world" by Johannesburg jet set island! (See p14)

Till next time,
Keep happy, warm and well,
Bov- The Editor

Delightful Guest House For Sale



In the heart of the village area of the beautiful Eastern Cape town of St Francis Bay is a most delightful guest lodge within a short distance of the town's amenities.

The self-catering lodge is in a quiet side street, offering a peaceful, fairly secluded spot with five bedrooms all ensuite. Two rooms are connected by a door to make a family unit with two single beds in one of them.

Each room has an ensuite, tea and coffee station and fridge. There is fully-fitted open plan kitchen, lounge and dining room, plus a laundry with washing machine and dryer.

All the rooms and lounge and dining area have a lovely bright African décor with items such as zebra and giraffe wooden game animals and clay pots, all of which have a big appeal for overseas guests.

The front doors lead out to a cosy thatched lapa with a BBQ area, and a swimming pool. A housekeeper is available for cleaning and to

do the laundry.

Within a very short walking distance is one of the town's top seafood restaurants offering delicious sushi, a trendy brewery restaurant, which offers live entertainment and has popular home-made craft beers that are sold nationally, a popular local pub, cute coffee bars, two shopping centres, a tennis court, bowling club, a golf course and a squash club.

And not least, the main beach, with white sandy shores and blue ocean water, is a mere three minutes' walk down a path across the road. There are good surf spots nearby plus other lovely amenities to enjoy in the area after a short car drive, such as boating on the canals or on the Kramme River; visiting the lighthouse, which is a national monument, and watching the rescued penguins in nearby Cape St Francis.

Offers from R2.7-million. For more info, contact Brad by SMS to: 614 066 353 368

Competitive Rates

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Contact **Charles Black** confidentially at

083-411-8126

or

charles.ths@gmail.com

www.thehumansanctuary.org

Chokka Recipe (from p3)

Here's the 'Crumbed Line Caught Chokka' recipe with compliments of urbanlodge restaurant, Chef Jack.

Crumbed Line Caught Chokka (Yields: 10 portions)

- Lemon puree
- 5kg lemons
- 200ml cream
- Mango achar
- 400g Ridge mango
- Achar Paste
- 30g coriander seeds
- 30g cummin seeds
- 10g black pepper corms

- 10g masala
- 50ml oil
- Chokka
- 250g flour
- 30g salt
- 50g chili flakes
- 800g cleaned and portion chokka



Method:
Lemon puree

1. Peel the lemons, place in water and bring up to the boil then strain. Repeat this process 3 times.
2. Juice the rest of the lemons.
3. Place hot lemon skins into the blender and blend using the lemon juice to season.
4. Mix lemon base with cream and lemon juice to thin down. And sugar to season.

Curry Paste

1. Toast all spices together until aromatic. Add oil to for paste. Mix paste through achar.

Mango achar

1. Cut all mangos into brunoise - about 3mm pieces.
2. Mix curry paste into mango, place in a jar and leave to sit overnight.

Chokka

1. Season the flour with salt and chili flakes.
2. Dust the chokka in the flour and deep fry.
- To Serve:
 1. Place the achar on the base of the plate.
 2. place deep fried chokka on top of the achar.
 3. Pipe lemon puree onto the chokka, finish with micro basil.

LANDSCAPE PHOTOGRAPHY
Professional landscape photographer available for assignments. Tel: 0823300642

WORD PUZZLE RESULT:

dhre, slert, abile, demt, cleat, drest, slere drat, dray, dyat, dnat, dyac, odily, evrad, hasts, hoad, hoed, hoed, hoed, roard, redd, reed, roed, leed, yard, dard, dard, dard, dard, dard, deary, death, deat, dier, drest, dyard, nered, hardy, hared, haid, hayed, hoard, hoard, hydra, ratod, rayed, roady, reddy, rard, larod, leatly, leatly, leatd, roard, ashore, darded, deatod, deatod, hared, hared, headed, headed, hared, hared, hydra, reyled, roard, toard, thrad, toard, toard, achored, earthead, hearted, hydrate, redated, rethead, theardy, treaded, hydrated, threeded, dehydrate

SPIRITUAL THOUGHTS

"Fear thot not, for I am with thee: be not dismayed, for I am thy God; I will strengthen thee."

... yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness."
lsa 41:10

"Give, and it will be given to you. A good measure, pressed down, shaken together, and running over, will be poured into your

lap. For with the measure you use, it will be measured to you." Luke 7:38

"And thou shalt rejoice in every good thing which the Lord thy God hath given unto thee, and unto thine house" Deut 26:11

"And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son." John 14:13
... no good thing will He withhold from them that walk uprightly." Psa 84:11

ALCOHOLICS & NARCOTICS ANONYMOUS MEETINGS

Mon - AA Humansborg 7:00pm
Tuesday - AA St. Francis Bay 5:30pm
Friday - NA Jeffrey's Bay 7:30pm
Please call 083-411-8126 or 079-826-8845 for details

With the increase of drug and alcohol abuse in Kouga, we hope that these meetings will offer hope to those who are suffering from the disease of addiction and their loved ones too.

ALCOHOLICS ANONYMOUS

Alcoholics Anonymous Meetings - Mon & Tues.
Narcotics Anonymous Meetings - Thurs
Call or SMS 082-084-3711 / 083-411-8126 for more information.

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