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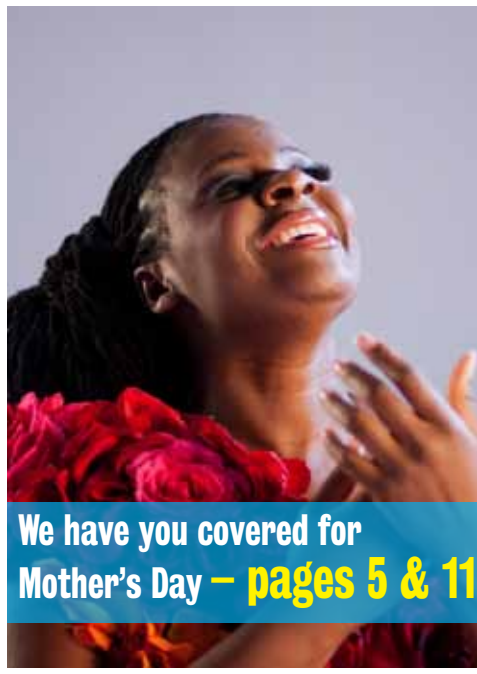


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An SA legend finally makes his Artscape bow

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We have you covered for Mother's Day – pages 5 & 11



Dashing Don Vino to sax up the Baxter – page 6



Feldman reviews 'Mother's Day' at the movies – page 8

MOTHER'S DAY
AT THE RACES

Sunday, 8 May 2016
Kenilworth Racecourse

Join us for a scrumptious buffet lunch in the Somerset room at R250 pp.

All Mothers will receive a complimentary drink and a chocolate.

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Seen at The Suidoosterfees 'Kristalvlakte' Red Carpet Launch at The Fugard

Pictures by: Abdurahman Khan



















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★ ★ ★ mother city fine dining ★ ★ ★

Webersburg: Not just about world class cabarnet sauvignon

By Bianca Coleman

When we drank that bottle of Webersburg cabernet sauvignon a couple of weeks ago, there was a lot we didn't know.

Like how beautiful the estate is, and that it has a 219 year wine making history. Or that the cab sav is its flagship wine – for good reason – and the wine maker Matthew van Heerden is also the viticulturist ("good wine begins in the vineyards"). His chardonnay has been named best in the world, and he has been nominated as one of the top 10 wine makers in that same world.

Webersburg is a boutique winery producing small, limited quantities. Van Heerden's philosophy is one of minimal intervention, which sees the wines languishing long in the barrel and being allowed to mature in the bottle before release. Every wine maker I've met prefers to do this, but market and consumer demands have wines on the shelves long before they should be. With this year's harvest barely in, I've already seen a 2016 vintage for sale, and it made me shudder.

For a small winery, Webersburg's wines are quite affordable and available by the bottle or glass at the SugarBosch Bistro. The farm lies against the slopes of the Helderberg Mountain, between Stellenbosch and Somerset West, and the view from the bistro is gorgeous, overlooking a dam and vineyards.

Chef Nadia Roux's menu is small and reflects typical bistro fare, with daily specials along with a handful of main meals for lunch (breakfast is also served). These include wild mushroom risotto, two burgers (meat and vegetarian), line fish, and steak. For a starter or a light meal, choose from sesame chicken salad, mussels in creamy blue cheese and chardonnay sauce, or a snack platter – arancini, vegetable crisps with beetroot hummus, honey and balsamic chicken wings, boerewors skewers – served with a glass of wine.

We chose to start with the salad of the day to share, which was beetroot carpaccio with little balls of walnut and paprika crusted goat's cheese, served on leaves and drizzled with tarragon dressing. To start the meal, that is; we had really begun with flutes of brut rose MCC which we sipped while watching the ducks on the dam.

For her main course my friend had the line fish of the day – red stumpnose – which is prepared with a herb and parmesan crust, and served with crushed baby potatoes, baby veggies and beurre blanc. The fish was perfectly cooked, and its crust had a lovely contrasting crunch. A glass of sauvignon blanc accompanied.



Sirloin at Webersburg

I had the 250g sirloin steak, which was also excellent. It was served with crinkle cut fries and a small side salad. I chose the wild mushroom and truffle jus, and a glass of the Bordeaux blend to go with it.

For dessert, we again shared, this time a slice of rose-scented pink velvet cake with cream cheese icing and pistachio nuts. My coffee-loving friend said her espresso was very good. She also mentioned numerous times how lovely it was to get out of town to relax in such a beautiful setting. SugarBosch has a Mother's Day breakfast and high tea planned for this weekend. From 8am until 11am on Sunday, a table will be laid out continental style with an array of freshly baked breads and pastries, charcuterie and local artisanal cheeses, homemade muesli and rusks with yoghurt and fresh fruits. The hot breakfast menu includes French toast, a fluffy omelette, eggs Benedict and a chef's special breakfast. The cost is R160 including tea, coffee, or juice.

Double chocolate brownies, shortbread with white chocolate and lavender, mini savoury quiches, and smoked salmon pancake roulade are just some of the goodies on offer for tea, which costs R250 and will be served until 3pm on Sunday.

Acknowledging that our winters are mild and still have glorious sunny days, SugarBosch has just launched gourmet picnics on Sundays. The baskets contain Portuguese style roasted chicken pieces, croissants filled with slow roasted beef brisket, baby potato salad tossed with Greek yogurt, a selection of local cheese and charcuterie platter, double chocolate brownies, and homemade shortbread, and lots of other fabulous treats. A bottle of Webersburg wine is included in the price of R450 per basket for two people sharing. There are vegetarian and children's options. Pick a spot in the garden, overlooking the magnificent dam, or in front of the elegant Cape Dutch Manor House under the large oak trees and enjoy.

** Webersburg is situated on Annandale Road, Stellenbosch.*
Sugarbosch Bistro is open daily from 7.30am to 3pm. Picnic baskets can be collected from 12pm onwards, but must be pre-ordered 24 hours in advance by contacting 021 881 3636; or emailing Webersburg at info@webersburg.co.za.

Rob van Vuuren ponders the meaning of 'Life' in new stand-up show



Rob van Vuuren
– Photo credit: Danielle Bischoff

'Life', directed by Tara Notcutt, is the new stand-up comedy show from multi-award winning comedian Rob van Vuuren that is running at the Baxter Golden Arrow Studio until May 28.

Following on from the critically acclaimed smash hit, 'WhatWhat', van Vuuren turns his comedic scalpel to the meaning of life itself and dissects the kind of questions that reveal and possibly even solve the mysteries of existence.

Questions like "How do you get a 5 year old to school on time?" and "Why does the Wi-Fi say always on when it never is?" finally get the stage time they deserve.

Peter Tromp got some 'Life' lessons from the one man laugh factory.

Tell us about your latest show, 'Life'. What can audiences look forward to?
A rip roaring, snot flying, no holds barred laughathon of epic proportions. A hilarious cynical truth bomb detonating on your funny bone.

How would you say your comedy has evolved over the years to where you find yourself presently?
I'm much better now than I was in the beginning. That's life, I guess.

Is comedy in South Africa too focused on politics?
I think the real question is, is politics in South Africa too focused on comedy?

When did you first become aware of your comedic "powers"?
When i levitated a man straight out of his seat and on to the floor with the sheer force of my jokes. He was very drunk though, so that helped.

Your biggest inspiration in life...
My family.

The most nervous you've ever been on stage...
The nerves are always the same.

"Last night a show changed my life." Which show?
'Life'. I do it every night and every night it changes my life. It could change yours too.

Drinks are on us. What are you having?
I'd like a craft beer that has been lovingly created by a hipster who has wept through his beard into his micro-brewery until it has exactly the right taste combination of pretentiousness and desperation.

Easiest way to your heart...
Through my chest cavity with a wooden stake. Old school.

** Book at Computicket.*

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A South African legend finally makes his debut at Artscape



John Kani in 'Missing...' – *Photo credit: Oscar O'Ryan*

Artscape Theatre in collaboration with the Baxter Theatre Centre and JK Productions, is gearing up to present the much anticipated John Kani's 'Missing...', to be staged from May 9 to 14 at the Artscape Theatre.

Dr Kani, the legendary playwright, actor and director, is making his directing and acting debut at Artscape. 'Missing...' premiered at the Baxter Theatre Centre in 2014 and is also a celebration of his life's work, which will run concurrently with the set work production, 'Nothing But The Truth'.

Director Janice Honeyman once again teams with Kani on the play. The story follows the life of Robert Khalipa (played by Kani) who has been living in exile in Stockholm, Sweden, for over 30 years with his wife, Anna Olson (Susan Danford) and their daughter Ayanda (Buhle Ngaba). Anna has inherited her father's large electronic and communications company and Ayanda is a young doctor working in a hospital in Stockholm. Something that Robert has been waiting for all his life in exile has finally happened: Mandela has been released. South Africa is on the road to democracy. Going home has become a reality. Instead of a celebration, this new situation becomes the cancer that threatens to break the Khalipha family apart. To add insult to injury, Robert is not called home by the ANC to be part of the negotiations and the country's future. What follows is a plot filled with intrigue, lies, backstabbing, conspiracy and political in-fighting. A young comrade, Peter Tshabalala (played by Apollo Ntshoko) is Robert's assistant in the ANC office in Stockholm and he plays an important role in the isolation of Robert by the organisation. How can the release of Nelson Mandela be the reason for this family's break up?

'Missing...' has been performed to great acclaim in Johannesburg and Pretoria and has just returned to Cape Town, following its success at the Iberoamerican Festival in Bogota, Columbia.

Dr Kani was honoured with a Lifetime Achievement Award at the 2015 Fleur Du Cap Theatre Awards, and can currently be seen on the big screen in 'Captain America: Civil War'.

Peter Tromp caught up with the acting legend over the phone.

Do you think one can learn to become a great actor, or is it something innate?

You learn in university to sharpen an existing talent. You have to have that little spark that carries you through the highs of Hollywood, or the dark lows when the work seems nonexistent.

'Missing...' is coming back to Cape Town in May. What can audiences look forward to upon the production's return?

We had a wonderful intervention at the Baxter when load shedding occurred during the show, and we performed via candlelight. It reminded me of the protest theatre with Athol Fugard in the 50s township halls. It reassured me that we need this kind of theatre right now that questions what's going on in our country, so audiences can look forward to a production performed with conviction by the entire cast.

What are the challenges of starring in a play that you wrote?

I have a rule in the rehearsal room after the director has taken over: "The author is not available." I talk to the director about my vision for the play and once I'm comfortable that they will dignify that vision, I become the actor at the director's disposal. So it's a relatively straightforward process for me.

It's barely believable, but you will be making your directing and acting debut at Artscape in May. How are you feeling upon your Artscape debut? What was your main reason for not engaging in a professional relationship with the institution?

Well, it's simple: I've never been invited. Luckily that situation has been rectified by the Artscape board and here I am. 2015 was a good year for me, being honoured in various forms, perhaps most notably by The Market Theatre, who renamed their main theatre after me. I also had my debut at the KNNK, of all places. They say a prophet is never appreciated at home, but my people are appreciating me and that makes me very happy.

South Africa is going through a myriad of problems right now, many of which you address in 'Missing...'. What role does the arts have to play in the current climate of uncertainty in our country?

In 1994 we were told that protest theatre was dead. It became mostly about comedy and celebrating ourselves, but recently I asked myself whether it's time to bring the format back. It's our job as artists to say, "Hold up!", when we feel things are not going the way they are supposed to. We as citizens also need to be realistic, and confront the question: "How did we hope that in 22 years we would turn things around?"

If you watch 'Missing...', Robert asks, "What have we done to our country?"

The arts have the smallest budget in the cabinet, discussed at 10.15pm when ministers are barely awake, or many have left. The contribution of the arts for social cohesion is vital, but we need institutional support. We need to re-establish its prestige and importance so the younger generation can reconnect with what it means to be South African and realise there is a world of flesh and blood beyond their computer screens.

Three words you feel describe you best as an actor...

Honesty, truth and trust. I'll give you another one: hope.

** Performances will take place nightly at 7.30pm. Book at Computicket.*

Unflinching look at police brutality and post-apartheid dichotomies

SHOW: I SEE YOU
CAST: DESMOND DUBE, BAYO GBADAMOSI, JORDAN BAKER, LUNGA RADEBE, SIBUSISO MAMBA, AMAKA OKAFOR, AUSTIN HARDIMAN
DIRECTOR: NOMA DUMEZWENI
VENUE: THE FUGARD STUDIO THEATRE FROM MAY 6 TO 28
REVIEWER: PETER FELDMAN

(This review originally appeared in The Next 48hOURS: JOBURG, for the production's run at The Market Theatre)



Bayo Gbadamosi (Ben) and Jordan Baker (Skinn) in 'I See You' – *Photo credit Johan Persson*

'I See You' is a provocative and hard-hitting slice of theatre from playwright Mongiwekhaya who puts under the microscope crucial issues facing post-apartheid South Africa.

This production hits where it hurts in dealing with police brutality, troubled individuals and the new generation of born-free South Africans who know little about their past.

Monngiwekhaya, who makes his writing debut with this collaboration between the Market Theatre in Johannesburg and the Royal Court Theatre in London, has based his play on a true story. The dialogue is often vivid and angry and switches between English, Afrikaans and vernacular African languages, but the picture he conveys is alarmingly clear and so close to home to be cruelly uncomfortable.

A young black student, Ben (Bayo Gbadamosi), who is in his first year of law studies at Wits, meets a rough, low-life Afrikaans girl Skinn (Jordan Baker) at a club. She needs a place to stay for the night and becomes somewhat overfriendly towards him.

They get into his car and while driving they are stopped by two policemen on patrol. One is the stocky, muscle-bound Buthelezi (Desmond Dube) and the other Masinga (Sibusiso Mamba) who become intrigued by the two occupants.

Buthelezi has a troubled past and is at war with his wife, Tina. He is a Struggle veteran who fought for freedom and doesn't understand the new generation and their ideals. His anger at life is overflowing as he decides to take Ben into custody on a trumped up charge of drunk driving.

Meanwhile, Skinn, with her own problems, has run off into the night and is desperately seeking help to extricate Ben from a frightening situation. Her ex-boyfriend James (Austin Hardiman) is trying to get hold of Skinn, but she is not answering her cell phone.

The play centres on the abuse handed out to the unfortunate Ben, who Buthelezi sees as a "coconut" a person who is black on the outside, but white on the inside. He is vengeful and jealous of the new generation who are succeeding in life while he retains his position as a sergeant in the police force.

The policeman hurls venom at the student, riling him for not being able to speak his mother tongue, Xhosa. Buthelezi's partner Masinga, who is involved on the side in what appears to be a corrupt drugs deal, is a passive observer.

Skinn manages to make contact with the new Station Commander (Lunga Radebe), but he has faith in his men and believes they are playing it by the book.

The scenes are harrowing and Desmond Dube's uncontrolled rage gives the work a sharp, unsettling edge. There is little humour in this situation as unbridled ferocity saturates the unfolding drama. The police are once again placed in a serious light and this production offers little respite.

Bayo Gbadamosi is excellent as Ben and one can feel his pain. Jordan Baker shines as the girl from the wrong side of the tracks who wants to do something sincere in helping Ben out of his predicament, while Radebe and Mamba are satisfactory in their roles. The players, a mix of British and local talent, work well, though I was concerned with Austin Hardiman's unsettling Afrikaans accent.

Amaka Okafor has small roles as club DJ and a doctor.

Director Noma Dumezweni, who makes her directorial debut, has done a sterling job here and is a force to watch.

'I See You' was developed by the playwright during the Royal Court's new writing project in South Africa, which began in 2013. The project was supported by the British Council and Connect ZA and is presented as part of International Playwrights, a Genesis Foundation project.

Interesting to note that this play opened in London in February as part of the 60th anniversary year of the Royal Court Theatre.

** Book at Computicket.*

The Guide

Your guide to the best of what is happening in and around Cape Town.
To list your event, email:
listings@48hours.co.za

Music Exchange: Celebrating the women that entertain the world



By Martin Myers
@martinmyers

Wow, May already! It feels like just last week was the New Year's Day cricket test at Newlands. I time speeding up? Your guess is as good as mine. Sure feels like it, though.

Speaking of which, it's Mother's Day already. Can you believe it?

An event, or show, that caught my eye this week is the one at GrandWest Casino and Entertainment World, out in Goodwood, this Saturday, May 7. "South Africa's songbirds entertain Mothers on their Special Day – A Soul Sisters Mother's Day Concert Celebration," is what the posters are promising.

The line-up is clever and well curated. Top female singers, all backed by a 12-piece band, headed up by Camillo Lombard. The headline act is none other than Cape Town's very own Three Tons of Fun.

Sthe, Michelle and Bee have created musical fun that after nine years together sees no signs of slowing down. This trio creates a fun festive feel to any event they are involved in. The audience is automatically swept along on a journey of vibrancy and nostalgia, with Three Tons of Fun belting out cover versions of beloved songs, as well as original songs from their debut album, 'Larger than Life'. That's the commitment, promise and practically guaranteed delivery.

Multiple awarding winning Diva Judith Sephuma is also on the stellar bill. Best known for her critically acclaimed debut album, 'A Cry, A Smile, A Dance', Judith's worked with artists the world over, including the likes of Oliver Mtukudzi, Kenny G, Kabomo and Michael Bolton, to name only a few. Most recently she released her sixth jazz album titled 'One Word'.

Vicky Sampson will forever be remembered as the songstress who brought a continent together at the opening and closing ceremonies of the World Cup in 1996, all thanks to her iconic 'African Dream' performance. Since then she's continued to wow audience across the globe with her distinct voice. And now it's The Mother City's chance to welcome their baby home, albeit only for one night. "I'm so looking forward to entertaining the Cape Town audiences once again," she enthused as we were heading to print.

Rounding off the show is the youngest winner of 'SA Idols', the fourth season, Jody Williams. Add Cape Town diva Salome Johansen, runner up on 'SA's Got Talent 2010' Maddy Abrahams, and last but not least, Can Skylark. Tickets range from R165 to R250. Available from Computicket, or the box office, this not-bad-at-all-line-up of female talent, all from The Mother City, is a rare treat.

This got me thinking: who are the most powerful female artists in South Africa? The list should include Sibongile Khumalo and Yvonne Chaka Chaka. And don't forget Karen Zoid and Lira and in Cape Town an unsung icon is Sophia Foster, who is working with young, raw, unheralded talent that will flourish in years to come.

Time magazine just published their 100 Most Influential list and the music list includes Nicki Minaj, as well as Adele. Beyoncé is another that comes to mind, and let's not forget Ellie Goulding, Katty Perry, Lana del Ray and Taylor Swift and Mariah. The ladies are ruling supreme, it would seem.

So soul sisters do rock, and these are just some of the ladies we see on stage, never mind the business executives inside the entertainment space - the likes of Marlene Le Roux at Artscape and Lara Foot at The Baxter. Others include: Sophia Doherty, marketing director at Big Concerts; Lesley Wells, manager of Moreira Chonguica and CEO of Morestar Entertainment; Justine Kemlo, Music Compiler at Smile FM; Karen Visage and Meegan Kieffer, Marketing at Good Hope FM; Jeanette Gombert and Jina Min, both at Real Concerts; as well as Michaele Codd, at Gallo Music Publishers; and finally Tracy Fraser, the CEO of Warner Music South Africa.

Look, and listen, around. We're all in very good hands and company too.



Judith Sephuma will be performing on Saturday in celebration of Mother's Day

Congratulations to
The Next 48hOURS on their
12th birthday.

Wishing you many more years of success.



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THEATRE

Rob Van Vuuren: Life
The multi-award winning comedian Rob van Vuuren unpacks the mysteries of life in his latest show, Life. Directed by Tara Notcutt.
Until 28 May
R100
Baxter Golden Arrow Studio, Rondebosch, Tel: (021) 685 7880

Missing
Back by popular demand, Missing – by South African theatre legend John Kani – is a drama about how Mandela's release breaks apart the family of an exiled anti-apartheid activist. Acclaimed actress Susan Danford reprises her role as Kani's wife, and the multi-award-winning Janice Honeyman directs.
Until 14 May
R80
Artscape Arena, DF Malan Street, Foreshore, Cape Town, Tel: (021) 410 9800

Nothing but the Truth
Nothing but the Truth is a thought provoking story of South Africa's recent past to give people a better education about apartheid and the struggle for freedom of the people.
Until 14 May
R40
Artscape Arena, DF Malan Street, Foreshore, Cape Town, Tel: (021) 410 9800

Alan Committie in Love Actually
The acclaimed comedian Alan Committie explores the differences between men and women in this comedy. Love Factually takes a look at everything from Tinder and text breakups, online attractions, being single and the apparent burden of children.
Until 14 May @ 8pm
R100 – R170
Theatre On The Bay, Link Road, Camps Bay, Tel: (021) 438 3301

Love At First Fight
This romantic dance/comedy stars Ash Searle recognized for productions including Big Boys, Chicago, Bon Soir & So You Think You Can Dance; and Vanessa Harris who is acclaimed for Buddy Holly, We Will Rock You & the Rocky Horror Show. This couple expose the foolish facts of a committed relationship, the highs and lows, while displaying their flawless & agile dance choreography to keep audiences engaged.
Until 7 May @ 8:30pm – 9:30pm
R125
Kalk Bay Theatre & Restaurant, 52 Main Road, Kalk Bay, Tel: (021) 788 7257

Kaapse Stories
This delightful musical revue celebrates the joyful, resilient spirit of the colourful people who populate the city that lies at the foot of Table Mountain. Couched in the recent history of the Cape, "Kaapse Stories" deftly relates stories of Cape Town and her people, their struggles, victories and personalities, all with a hefty dose of comedy.
Tuesday, Thursdays & Saturdays
7:00 pm for 7:30pm
R450 per person (incl. Drink on arrival & 4 course dinner)
Richards Supper Stage, 229a Corner Main Road, Corner Glengariff, Tel: (021) 434 4497

ART

Clare Menck
Menck's latest solo exhibition signals a shift in this established mid-career painters' development. Acknowledged as one of South Africa's finest painters, Menck is also one of a handful of painters who have specialised in the genre of self-portraiture.
Until 8 May
FREE
Erdman Contemporary, 84 Kloof Street, Gardens, Tel: (021) 422 2762

Of Movement and Experience
A rotating exhibition "in black and white", Of Movement and Experienceexplores expressions of change through printmaking and drawing by iconic artists working during particularly challenging eras. Featured artists include Peter Clarke, Dumile Feni, Marlene Dumas, Sam Nhlengethwa, Diane Victor, Käthe Kollwitz, Deborah Bell, Walter Battiss, Sandile Goje and others.

Sax man to get the Baxter grooving with a little help from his friends

There will be saxes, trumpets, all that jazz and more in an entertaining evening of music with 'Cape Horns', taking place for two nights only at the Baxter Theatre on Friday and Saturday, May 6 and 7, at 8pm.

Hosted by flamboyant saxophonist Don Vino, 'Cape Horns' promises a relaxed and entertaining evening of music, offering something for just about everyone with a vast of array of sounds.

From Gospel to Jazz, Big Band to Pop, and celebrating the much-loved but often forgotten Lang-arm, it will set out to get the audience dancing before the closing curtain. 'Cape Horns' will some of Cape Town's most notable brass music stars, while providing a platform for the next generation of talent.

Trumpeter Ian Smith of VJR fame and director of the acclaimed Delft Big Band will join the line up with saxophonist Heinrich Isaacs, who is known for his Gospel jazz expertise, as well as fellow saxophonist Didier Richards, a popular performer with the South African Navy Band who has also played with the likes of the legendary Pacific Express.

Among the rising young stars on the programme are the Elsies River High School Band, who recently performed at the Cape Town International Jazz Festival, with the Cape Argus commenting about their "slick" performance. Capetonian icon Alistair Izobell is directing.

"The sounds of a saxophone or trumpet are about so much more than just great jazz," says Don Vino. "We wanted to show off the sassy brassy sounds and are bringing audiences a great night out with music that will make you want to get up and dance. There's pop, jazz, Gospel and more, and I am especially excited there will be a feature of lang-arm, which is a favourite that will take you down memory lane. There will also be a few surprise guests joining us."

Don Vino has performed with jazz and gospel bands in and around Cape Town since he was fifteen. His illustrious career has seen him tour to the USA, Europe, Dubai and Australia and included playing with the likes of Grammy Award winners, Kirk Whalum and Lady Smith Black Mambazo; with Percy Sledge, Tevin Campbell, Lloyd Cele, Loyiso Bala, Jimmy Dludlu, Victor Masondo, Judith Sephuma, PJ Powers, Tony Schilder, Bebe Winans and Jimmy Earl Perry, among others.



Don Vino

Don Vino has also appeared in many musical theatre shows and is a sought-after musical director, having worked on productions such as David Kramer's 'Three Wise Men'; 'Kat and The Kings' and 'Blood Brothers', as well as Alistair Izobell's 'adio Classics' and 'Slick Swing'. Most recently he performed in David Kramer's latest show, 'Kanala'. With Jonathan Rubain, Don Vino presented the successful ;Intimate Nights; and ;Intimate Nights Chapter 2;, with a third instalment coming up at the Baxter in July.

He is a regular performer at the Cape Town International Jazz Festival and has also been the Artisic Director for ESP Afrika and the Festival's Training and Development program since 2011. In 2015, Don Vino debuted his first solo show 'From Elsies to the World', which ran for two sold out nights at the Baxter Theatre.

He performs as part of popular band Top Dog SA, who recently released their Khoisan jazz album, 'Griqua DNA'. For the past six years, Don Vino has been leading an NPO community music school in Delft, training underprivileged youth of the local community to read and perform music.

** Tickets cost R130. Bookings can be made at Computicket.*



ART

Until 30 May
FREE
Eclectica Modern, 9 Cavendish Street, Claremont, Tel: (021) 671 7315

Bit by Bit Mosaic

Full day workshops that are perfect for beginners – 'you will be amazed at what you can achieve after just one day,' says owner Kerry Atherstone. What a fantastic way to spend the day; relax, learn an amazing skill and you get to take home your project.
R400 per person including lunch.
Observatory, Cape Town, Tel: 079 042 3908

Big Tree Mosaics

Join Michelle McConnell, who started her journey into the art of mosaics after an inspirational trip to Turkey, at her home studio in Durbanville.
9:30am – 12:30pm & 6pm – 8pm
R60 – R90
42 Primula Crescent, WellwayPark East, Durbanville, Tel: 073 653 2688

Fiddlewood Pottery Studios

Classes are small and intimate giving student's ample individual attention as they learn the tricks of the trade. Beginners are more than welcome to come and learn about pottery basics such as; glazing, firing, hand as well as wheelwork.
10am – 12:30pm, 7:30pm – 10pm & 5pm – 9:30pm
R410
Fiddlewood Pottery Studio 88, 1st Avenue, Harfield Village, Claremont, Tel: (021) 671 2515

MARKETS

Muizenberg Market

Situated under the magical Tokai Mountains, the Muizenberg market offers a totally diverse shopping experience. From fresh fruit and vegetables to little delicious cakes of all colours and sizes, fashion at incredibly low prices and great gift ideas, this market will not disappoint.
Every Sunday @ 8am - 5pm.
Sunrise Circle, Muizenberg, Cell: 076 037 0862, www.milnertonfleamarket.co.za

Milnerton Flea Market

Cape Town's most diverse outdoor market and famous landmark for bargain hunters! Enjoyendless variety of used items ranging from household goods and bric-a-brac, to collectables and antiques at bargain prices.
Open weather permitting from 8am Saturdays, Sundays & Public Holidays
Ample free parking
Marine Drive (R27), Metro Industrial
For further info visit www.milnertonfleamarket.co.za

Woodmill Market

Hosting 30 diverse stalls with boutique wines, craft beers and home-made foods. Local musicians entertain crowds, and kids are welcome.
Fridays
Free
WoodmillMarket,Vredenburg Road, Stellenbosch, Email: nikki.vanniekerk@steinhoff.co.za

MARKETS

Noordhoek Community Market

High quality vendors including The Foodbarn, African Juice Bar, Angel Chefs, Buddy's Burgers, Cape Point Kitchen, Jacki A's, Kitchen Cowboys and Passion Foods, in a child-friendly setting with views out over Noordhoek to the sea.
Thursdays
Free
Cape Point Vineyards, Silvermine Road, Noordhoek, Cape Town,Tel:(021) 789 0178

V&A Market on the Wharf

Cape Town's only permanent market has an array of local and international fresh, artisinal and gourmet food stalls, on-site demo kitchens, children's entertainment and more.
Daily
Free
Noble Square, V&A Waterfront, Dock Road, Cape Town, www.marketonthewharf.co.za

The Watershed Market

The Watershed Market is host to ceramics, art, furniture, textiles, fashion and jewellery on sale . It also has facilities for exhibitions, live entertainment and workshops events.
Daily
Free
Watershed, V&A Waterfront, Dock Road, Cape Town, Tel 021 408 7840

Tokai Forest Market

This market has a little bit of something for visitors of all ages. It also provides an opportunity for some family quality time and adventure. There is a great deal of fun to be had for each member of the family, from activities for the kids to shopping for the teens as well as culinary highlights for the foodies.
Every Saturday
@ 9am – 2pm
Tokai Forest, Open Road/ Spaanchemat River Road, Tokai

Fashion in the Village Market

The monthly market is the passion project of Cape Town local and fashion guru Kim Speer, who also runs the weekly Friday night Blue Bird Garage Food and Goods Market out of the same space (an old converted postal plane hangar in the heart of the suburb). While she gives much of her attention to the regular evening event, she launched the vibe daytime clothing and design fair in an effort to find expression for her long-time love of beautiful attire.
Every 1st Saturday of the month @ 11am – 4pm
Blue Bird Garage, Muizenberg, Tel: 082 3312471

Durbanville Saturday Market

Every 1stSaturday of every month
With over 200 stalls you will find everything from crafts, food and plants. Bring the kids and enjoy the market under the ancient oak trees while listening to soulful music play in the background.
8:30am – 2pm
FREE
Gardens of Rust enVrede Estate, Wellington Rd, Durbanville, Tel: 072 173 1040

City Bowl Market on Hope

Pull in and get your fill of exotic eats and wholesome treats. Along with Food from around the world - breakfast and lunch Smoothies, gourmet coffee, delicious desserts, beer, wine, ginger beer, live music, beautiful clothing &jewellery, and more.
Every Thursday & Saturday
14 Hope Street, Gardens, Tel: 073 2708043

Bay Harbour Market (Hout Bay)

An inspiring destination for breakfast, lunch and dinner, this weekend market kicks off with Friday Nite LIVE!, offering live music, at least 26 culinary experts catering to everything from Tunisian cuisine, Seafood platters, Oven-fired Pizza to gourmet Sandwiches, speciality soups and everything in-between.
Dates & times: Friday Nite LIVE: 5 pm to 9 pm; Sunday: 9.30 am to 4 pm.
Extended trading hours on: Saturdays 10.30am-6pm
31 Harbour Road, Hout Bay, Cape Town

EVENTS

Applewood Harvest Festival

A day that celebrates apples and autumn, the Applewood Preparatory school hosts the the Applewood Harvest Festival in Elgin with locally produced craft cider, an artisanal and gourmet food market, live entertainment and activities such as hay-diving and tractor rides perfect for the whole family. Start off the fun with the 11km trail run or the 5km fun run to take in the surrounding farmlands.
7 May @ 9am to 3pm (market and fair) | 8am (trail run)
R10 (donation per family entering) | R100 (trail run) | R50 (fun run)
Applewood Preparatory School, Elgin,
Tel: (021) 848 9121

Riebeeck Valley Olive Festival

The Riebeek Valley Olive Festival returns with olive-related offerings, craft beer, live entertainment, food and wine. A weekend Olive Passport provides a tasting glass, complimentary shuttle services and access to all the participating venues. Children under 18 enter for free.
7 & 8 May
R125
Riebeeck Valley

Mother's Day Brunch and High Tea

A choice of home-cooked brunch or high tea on the elegant terrace and garden sur-

EVENTS

rounds of a large Cape Town home. With fruit and pastries, sandwiches and quiches, crudites and dips, scones and cakes and more from the gourmet kitchen of chef Denise Levy.
8 May
R350
Ginger & Lime Food Studio, 2B Avenue Disandt, Fresnaye, Tel: 072 0411038 / 0832516282

MUSIC

Soul Sisters Mother's Day Celebration

Soul Sisters Mother's Day Celebrations presents a woman-only line up of trio Three Tons of Fun, award winning Judith Sephuma, Vicky Samson and Idols winner Jody Williams.
7 May
R165 – R250
Grand Arena, Grandwest, Tel: (021) 505 7777

Real Music at Weinhaus + BierGarten

A live performance from a different band each week. Bands in the past have included Andy Lund and The Mission Men, Crossfire Collision, Stoker, Wolftown and The Rescue
Tuesday to Saturday
Free
Weinhaus + BierGarten, 110 Bree Street,Cape Town, Tel: 021 422 2770

The Barleycorn Music Club

Cape Town's oldest music club provides a stage for up-and-coming Cape Town talent. A proven springboard for the likes of David Kramer and Freshly Ground, audiences can be assured of varied and original performances. Full bar and pub food kitchen available.
Mondays
R 20 (members) R 30 (non-members),
Villager Football Club, 11 Lansdowne Rd, Claremont,Tel: 082 493 1564

NIGHTLIFE

Babylon: The City of Sin

Gary Poole, DJ Willy, Waggy, Tyrone Paulsen & Garth B.
6 May @ 9pm
R60
The River Club, Observatory

Society Fridays

Society Friday's is all things music. From the best deep house bass lines to some rolling techno, we play it all. If commercial music doesn't tickle your fancy then Friday nights at Tiger are for you! With guest DJ's weekly from all over. SA and occasionally the coolest internationals.
Every Friday @ 9pm
Tiger Tiger, 103 Main Road, Claremont

Tiger Tiger Saturdays

Tiger Saturday's are all about friends, drinks and making memories. Our resident has all the best hits from old school to current to make sure it's a fun vibe for everyone.
Every Saturday
Tiger Tiger, 103 Main Road, Claremont

KIDS

Le Bonheur Crocodile Farm in Paarl

Monday – Sunday: 9am – 5pm(Open throughout all seasons)
A kid-friendly destination offering prime croc viewing close to Cape Town
Almost every little tyke has pored over picture books etched with sketches of the prehistoric-looking crocodile. But despite living in 'wild' Africa, very few Cape Town-born kids have actually seen one of these intriguing creatures in the flesh. Le Bonheur in the tiny hamlet of Simondium just outside Paarl delights and enchants youngsters' imaginations by giving them this rare opportunity.

World of Birds

Is the largest bird park in Africa and one of the few large bird parks in the World. Over 3 000 birds (and small animals) of 400 different species are uniquely presented in more than 100 spacious landscaped walk through aviaries, allowing you the most intimate closeness with nature.
Daily @ 9am – 5pm
Adults R95, Children R45, Pensioners and Students (with card) R55
Wildlife Sanctuary, Valley Road, Houtbay 7806. Tel: 021 790 2730

Artjamming

Create a masterpiece (or mess) on a blank canvas, while listening to funky music. Artjammers are provided with a menu of 12 different size canvases, easels, a selection of non-toxic acrylic paints, brushes and tools to freely express themselves. Great idea for children's parties!
R130
Cape Quarter, Cavendish Square, The Paddocks, V&A Waterfront &Willowbridge Centre, www.artjamming.co.za

Acrobranching

Acrobranching gives you and the kids the chance to unleash your inner-ape and go swinging through the tree tops. This is another fantastic holiday activity for the entire family if the weather decides to play along. The Acrobranch Park in Constantia consists of three courses, each some equipped with zip lines, sing bridges and Tarzan swings.
3-6 years- R100 | 7years and older – R140 | Adults – R180
Constantia, Tel: 081 8511765

Bugz Family Playpark

An activity-filled park in Kraaifontein with a huge outdoor playground and an impressive indoor play area suited for children from 2 to 10 years old. There are pedal cars, jumping castles, rowing boats, swing horses, mini tractor rides, a choochoo train as well as free play areas, horse rides and magic shows.
Kraaifontein, Tel: (021) 988 8836

Discover a unique Two Oceans Aquarium in the Waterfront

One of the top tourist attractions in Cape Town and over 3000 living sea animals, including sharks, fishes, turtles and penguins can be5 seen this spectacular underwater nature reserve.
Adults – R138, Pensioners & Students (14-17) – R107, Kids (4-13) – R66
Open: Daily @ 9:30am – 6pm (incl. Public Holidays)
Two Ocean Aquarium Cape Town, V&A Waterfront, Cape Town, Tel: (021) 418 3823

Beautiful Butterfly World

Visit this Winelands paradise and be privileged to see resting butterflies, exotic spiders and scary scorpions up close.
Monday – Friday @ 9am – 3pm
Route 44, Klapmuts (near Stellenbosch and Paarl), CapeWinelands, and Tel: (021) 875 5628

Noordhoek Farm Village

Renowned for long white sandy beaches, vast wetlands and ancient milkwood forest, Noordhoek epitomizes a relaxed, unhurried lifestyle that is sought after by many environmentalists and artists, so don't be surprised to find horses, pigs, cows, hens, ducks and rabbits roaming the gardens and open public spaces.
Noordhoek Farm Village,Noordhoek, Tel: (021) 789 2812

Paintball

Teamwork, stealth and strategy are all part of what makes it so exciting. Hiding behind trees, belly crawling through the grass or strategising with their team will soon make them forget about their computers.
R130
Monday – Sunday: 9:15am-12:45pm, 1:15pm – 4:45pm
Area 51, Imhoff Farm, Kommetjie, Cape Town, Tel: (021) 790 7603

Camel Riding

If the paintball sounds a bit too hectic then why not take your kids for a camel ride at Imhoff Farm next door to the paintball.
Tuesdays – Sundays and public holidays: 12pm – 4pm
Short rides: R60 for adults, R40 for children, outride: R200
Please be aware that rides are not offered when it is raining or in stormy weather.
Imhoff Farm, Kommetjie, Cape Town, Tel: 082 3443163

Pirate Boat

Craving adventure on the high seas? Set sail aboard the Jolly Roger and enjoy the live pirate show out at sea. Children will love the authentic looking pirate ship and the sense of adventure that the crew helps to create.
Daily cruises: adults: R150, children: R75, sunset cruise: children: R130, adults: R260.
Opening times: Subject to weather conditions
V&A Waterfront Harbour, Cape Town, Tel: (021) 421 0909

Cool Runnings Tobogganing Park

We've swapped sunshine and beaches for the lure of snow here in Cape Town but that doesn't mean we have to miss out on the winter sports they get to enjoy elsewhere.
Opening Times: Tuesday – Friday: 12pm -6pm, Saturday-Sunday: 9am-6pm
Off Carl Cronje Drive, Opposite BellvilleVelodrome, Tel: (021) 949 4439

Cape Town Museums

The musty smell of old photographs and historic artefacts in well-lit showrooms offers a welcome retreat from the rainy weather outside.
25 Queen Victoria Street, Cape Town, Tel: (021) 481 3900

The Science Centre

A world of discovery under one roof, the Science Centre features a wide variety of interactive displays and exciting activities for your enjoyment.
Monday to Saturday 9am - 4:30pm; Sundays & Public Holidays 10am - 4:30pm
370B Main Road, Observatory, Cape Town, Tel: (021) 300 3200

Clay Café

The Clay Café makes for a memorable day of creativity and recreation for children and parents alike.
Monday – Sunday @ 9am – 5pm
Old Dairy, Oakhurst Farm, Main Road, Hout Bay, Tel: (021) 790 3318
Green Point Park
Perfect for a family outing with scooter, bikes and picnic baskets.
Open Daily @ 7am – 7pm
Green Point Park, Bay Road, Green Point, Tel: (021) 417 0111

Monkey Town

Monkey TownMonkey Town is a sanctuary for 28 exotic monkey species from all over the world. Guided tours, feeding-time talks, touch farm yard, play-park and restaurant. There is also interaction with tame monkeys under guided supervision.
R 85 adults | R 70 pensioners, students & teens | R 50 children | R 25 U3
Mondeor Rd, Somerset West (Turn off from N2),Tel: (021) 858 1060

Bounce World

Bounce World is the largest indoor inflatable play area in South Africa.
Saturdays and Sundays
R 80 Adults & kids under 4 Free

City ballet's new season a feast for the senses



Rosamund Ford and Craig Pedro in 'The Miraculous Mandarin' – *Photo credit: Pat Bromilow-Downing*

With Coppélia, plus a triple bill of neo-classical ballets by Ashley Killar, Cape Town City Ballet's upcoming season promises a feast for the senses. "With this season, we are delighted to once again show our loyal audiences the versatility of our dancers by expanding the repertoire through our special collaboration with Ashley Killar, while at the same time also treating fans to a perennial classic such as Coppélia," says Chief Executive of CTCB, Prof. Elizabeth Triegaardt.

'Shades of Love', a programme of three contrasting ballets choreographed by Killar, will be on stage at the Artscape Theatre from May 7 to 22. Danced to magnificent music by Benjamin Britten, Béla Bartók and Maurice Ravel, 'Shades of Love' includes 'Towards Illusion', 'The Miraculous Mandarin' and 'Sarabande' - each ballet portraying varying aspects of love.

Audiences are advised that due to its adult subject matter, 'The Miraculous Mandarin' will be replaced at matinee performances by Glazunov Variations and pas de deux from 'Beauty and the Beast' and 'Romeo and Juliet'. (Tickets for evening performances of 'Shades of Love' range from R120 to R220 and for matinees from R100 to R180.)

Following the run of 'Shades of Love', the production of 'Coppélia' will enjoy a short season from May 25 to 29. Based on the well-known story by E.T.A. Hoffmann, 'Coppélia' is family fun at the ballet personified. The magical tale focuses around Dr Coppelius, a mechanical doll-maker, and his fascination for his favourite doll, Coppélia, and the romance between Swanilda and Franz.

Accompanied by the Cape Town Philharmonic Orchestra at selected performances, the orchestra's young resident conductor, Brandon Phillips, will take his bow conducting the CTCB for the first time. (Tickets for performances accompanied by the orchestra range from R110 to R160 and for performances danced to recorded music, only R50.)

** Bookings are open and tickets for both productions are available through Computicket, or Artscape Dial-a-Seat on 021 421 7695.*

KIDS

Montague Arena, 15 Montague Drive, Montague Gardens, Cape Town, Tel: (021) 552 3165

INDOOR ACTIVITIES

Indoor Climbing @ City Rock

Get in touch with your inner Spiderman and tackle the climbing walls of City Rock. There is a range of
R70 – R150
Monday – Thursday @ 9am – 9pm, Friday @ 9am – 6pm, Saturday, Sunday & Holidays @ 10am - 6pm
Corner Collingwood & Anson Road, Observatory, Cape Town, Tel: (021)447 1326

Bizzy Bodies

Cape Town's biggest indoor play gym is also its busiest, offering active play experiences for children aged 9 months to 12 years.
Monday – Saturday @ 10am – 5pm
23 Bell Crescent, Westlake Business Park, Westlake, Tel: (021) 702 0505

Cave Golf

This 18 hole indoor mini-golf course offers just the right blend of fun and frustration. A two-player game should take about half an hour, perfect for rainy days.
Open Daily @ 9am – 4:30pm
Next to Scratch Patch, Dock Road, V&A Waterfront, Tel: (021) 419 9429

Stadium Bowling

Ten Pin Bowling is a great activity to be enjoyed with friends and colleagues.
Monday – Thursday @ 9am – 10pm, Friday – Saturday @ 9am – 12am & Sunday @ 10am – 10pm
Stadium on Main Shopping Centre, Main Road Claremont, Tel: (021) 671 1893

Scratch Patch

For a very unique experience search through the sea of colourful gemstones beneath you feet while picking out your favourites. This is a great activity for people of all ages.
Monday – Friday @ 8:30am – 4:45pm
Saturday – Sunday @ 9am – 5:15pm
Dido Valley Road Simonstown, Tel: (021) 786 2020
Monday – Sunday @ 9am – 5:30pm
V&A Waterfront, Tel: (021) 419 9429

OUTDOOR FUN

The Boulders Penguin Colony

Welcome to paradise: penguins and beautiful beaches in a seaside village. Penguins live almost exclusively in the southern hemisphere, but yes, you will also find them in South Africa, in the seaside village Simon's Town in False Bay between Fish Hoek and Cape Point - an easy hour's drive from Cape Town.

Movies

Still showing:



'Ratchet & Clank'



'Captain America: Civil War'

Review of the week

FILM: MOTHER'S DAY
CAST: JENNIFER ANISTON, KATE HUDSON, JULIA ROBERTS, JASON SUDEIKIS, BRITT ROBERTSON, TIMOTHY OLYPHANT, HECTOR ELIZONDO, JACK WHITEHALL, JENNIFER GARNER, AASIF MANDVI, SARAH CHALKE, CAMERON ESPOSITO, ANOUSH NAVART, JON LOVITZ
DIRECTOR: GARRY MARSHALL
CLASSIFICATION: PG
REVIEWER: PETER FELDMAN



Julia Roberts in her Anna Wintour style red wig with Jennifer Aniston in 'Mother's Day'

Released in time to capitalise on Mother's Day, this cinematic offering from renowned director Garry Marshall has a star cast but little else.

It is a clichéd-riddled production from beginning to end, providing its audience with more schmaltz than substance as we encounter a group of characters facing their impending Mother's Day showdown.

Star names such as Julia Roberts, saddled with an ill-fitting red wig Anna Wintour style, Jennifer Aniston, Jason Sudeikis, and Kate Hudson, all slog their way through an ensemble comedy awash with Hallmark-card sentimentality.

After a brief voiceover from a never-seen character (Penny Marshall) about the daily struggles of motherhood, we're introduced to an unwieldy cast of upper-class moms in the Atlanta area, all of whom share some roughly sketched troubles that come to a head in the week before Mother's Day.

A constantly irritating Jennifer Aniston plays Sandy, a stressed and divorced mother of two, who is still in contact with her ex-husband (Timothy Olyphant), and who has a fit when he announces he is to marry a sexy twenty-something airhead half his age.

Her constantly exercising best friend is Jesse (Kate Hudson) who lives next door to Sandy's sister, Gabi (Sarah Chalke). Both siblings have been keeping their children and spouses secret from their bigoted Texas parents – Jesse's husband Russell (Aasif Mandvi) is Indian, while Gabi is married to a woman (Cameron Esposito).

Also in the film's orbit is Jason Sudeikis playing it straight as Bradley, a physical trainer facing his first Mother's Day without his dead wife (Jennifer Garner) who is glimpsed in home movies singing karaoke at a military base.

Elsewhere, Kristin (Britt Robertson) cares for her newborn while working in a bar. She has rejected marriage proposals from the baby's father Zack (Jack Whitehall) , a stand-up comedian, because of childhood abandonment issues.

Roberts plays a TV personality who sells a cheap line in jewellery on the Home Shopping Network and reconnects with her long-lost daughter.

It takes a long time to get the story into full swing. One could, therefore, forgive director Marshall and his team for relying on well-worn and familiar conflicts to stimulate interest. Weddings, reconciliations and moments of clarity enter the script without any surprises.

An unattractive element to the narrative involves Jesse and Gabi's parents, a pair of racist Texas red-necks named Earl (Robert Pine) and Flo (Margo Martindale) who drink beer, hate foreigners, and travel around

in an RV, clad head-to-toe in Stars and Stripes. Earl, who uses chicken wings as toothpicks, and the overblown Flo are ghastly caricatures.

In a city where a major slice of the population are people of colour, it's not unreasonable to ponder over the fact that so few men and women of colour feature.

Overall, the film's craftsmanship is adequate and production designer Missy Stewart floods the sets with a generous helping of floral greenery. On the acting side, though, it's difficult to fault the cast, given the scraps they're forced to feed on.



Shay Mitchell and Timothy Olyphant in 'Mother's Day'

FILM: BAD NEIGHBORS 2: SORORITY RISING
CAST: SETH ROGEN, ZAC EFRON, ROSE BYRNE, CHLOË GRACE MORETZ
DIRECTOR: NICHOLAS STOLLER

Life is good for Mac Radner (Seth Rogen) and pregnant wife Kelly (Rose Byrne), until the unruly sisters of Kappa Nu move in next door. As loud parties continuously disrupt the peace, the couple turn to former neighbour and onetime enemy Teddy Sanders (Zac Efron) for help.

Now united with the fraternity stud, the trio devises schemes to get the wild sorority off the block. Unfortunately, the rebellious young women refuse to go down without a fight.

Released in 2014, the original comedy 'Neighbors' struck a chord with audiences who enjoyed the film's tale of the uproarious battle between a young couple and the fraternity that moved in next door. Naturally, the film's hearty box-office and critical acclaim spawned discussions of a follow-up between its creators-director Nicholas Stoller and producers Seth Rogen, Evan Goldberg and James Weaver.

Determined not to suffer the same fate as the trite comedy sequels of the past - ones that ended up as overstuffed re-hashings of the originals-the team underscored that bigger doesn't mean better. Comments Rogen, who stars in and produces the film: "The conversation wasn't how to escalate it; that's where a lot of sequels go wrong. It was how to evolve it.

We weren't trying to add more and make a bigger version of the first; we wanted to explore what the next thing was that would happen in these people's lives."

In an effort to avoid the pitfalls and tropes of sequels gone wrong, the creative team extensively researched sequels they felt had parallel themes and found their greatest inspiration from a surprising source. Notes Stoller: "This is like a gross R-rated dirty disgusting 'Toy Story'...but 'Toy Story' nonetheless. It's about growing up, getting older, and what is both funny and bittersweet about that process and how it relates to every character in the movie."

A few years after taking down the frat that moved in next door, reformed partyers Mac and Kelly find themselves entering a new phase of life. With baby no. 2 on the way, the couple is preparing to move their growing family out of the college town and head toward the last bastion of full-blown adulthood.

Now that Stella (Elise Vargas) is entering the phase in which toddlers discover the power of the word "No!", Mac and Kelly are faced with the notion that their beautiful daughter will one day grow to become a rebellious teen and look at them with the same disdain for adults that they once did. Sums Stoller: "The film is about the terror and fear all parents feel that they are doing a bad job as parents and that one day their kid's going to hate them."



Chloë Grace Moretz (left) and Seth Rogen (centre) in 'Bad Neighbors 2'

FILM: REGRESSION
CAST: ETHAN HAWKE, EMMA WATSON, DAVID THEWLIS LOTHAIRE BLUTEAU, DALE DICKEY, DAVID DENCIK, PETER MACNEILL, DEVON BOSTICK, AARON ASHMORE
DIRECTOR: ALEJANDRO AMENÁBAR

Minnesota, 1990. Detective Bruce Kenner (Ethan Hawke) investigates the case of young Angela (Emma Watson), who accuses her father, John Gray (David Dencik), of an unspeakable crime. When John unexpectedly and without recollection admits guilt, renowned psychologist Dr. Raines (David Thewlis) is brought in to help him relive his memories and what they discover unmasks a horrifying nationwide mystery.

Regression is a Canadian – Spanish – American psychological thriller horror film directed, produced and written by Alejandro Amenábar.



Ethan Hawke and Emma Watson in 'Regression'

LABIA Gardens Tel (021) 424 5927
Fri 06 – Thurs 12 May R45 (Subject to Concessions) www.thelabia.co.za

Daily 1.45, 6.15, 8.30pm THE JUNGLE BOOK (10-12PGV)	Daily 6.00pm SPOTLIGHT (10-12PGL)
Daily 11.30am, 8.15pm 10 CLOVERFIELD LANE (13V)	Daily 11.30am, 6.15pm EYE IN THE SKY (13V)
Daily 1.45, 8.30pm QUEEN OF THE DESERT (7-9PG)	Daily 11.30am, 4.00pm EDDIE THE EAGLE (7-9PG)
Daily 12.00, 2.00, 4.00, 8.30pm IRRATIONAL MAN (13SV)	Daily 4.15pm BOERE OP DIE AARDSDREMPEL (PG SUBTITLES)
Daily 1.45, 6.00pm (no 6.00pm Tues, Thurs) DEMOLITION (16DL)	Daily 4.00pm (except Tues) ANOMALISA (13DLNS)

European Film Festival 2016 coming to four SA cities

The European Film Festival heads to Cinema Nouveau screens in four cities from May 6 to May 15.

Ster-Kinekor will be screening 11 feature length films from across the continent at Cinema Nouveau theatres in Johannesburg, Pretoria, Cape Town and Durban during the festival. These multi-awarded films, which have been the toast of the international film festival circuit, have never been screened before in South Africa.

This, the third local edition of the European Film Festival, sees the introduction of documentary films, with three non-fiction offerings on the programme.

Festival Director Katarina Hedrén says: "We wish to contribute to the ongoing story of Europe. This story is one of a diverse continent in an interconnected world, which seems to be spinning faster and not always in the right direction."

Topping the list of films at the 2016 European Film Festival is 'Amy' (UK), directed by Asif Kapadia, which won the 2016 Academy Award and BAFTA for Best Documentary Feature. The documentary tracks the life of the gifted but self-destructive jazz-soul singer until her tragic death from alcohol poisoning in 2011, aged just 27.

Other decorated offerings on the European Film Festival menu are the dramas 'Macondo' (Austria), 'Body' (Poland), 'Montanha' (Portugal), 'Flowers' (Spain), 'Something Must Break' (Sweden) and 'Labyrinth of Lies' (Germany). Also gracing the silver screen during the festival will be the musical comedy 'Belgian Rhapsody' (Belgium), biopic 'Chocolat' (France) and documentaries 'Fire at Sea' (Italy) and 'A Family Affair' (the Netherlands).



'A Family Affair', Tom Fassaert's disquieting personal portrait, is part of the lineup

The European Film Festival is coordinated by the Goethe-Institut South Africa, hosted by Ster-Kinekor Cinema Nouveau, and organised in partnership with the European Union and 11 other European cultural agencies or embassies in South Africa: the General Representation of the Government of Flanders, the French Institute, the Italian Cultural Institute, the Camões Institute, the British Council, and the Embassies of Austria, Belgium, the Netherlands, Poland, Spain and Sweden.

Says Norbert Spitz, Director of the Goethe-Institut, on behalf of the European partners: "Katarina Hedrén has put together a selection of feature films and documentaries that allows us to discover unconventional, surprising and moving portraits of life in the multifaceted place that Europe is."

Adds Lola Gallant, Brand Manager of Cinema Nouveau: "As the festival exhibitor, we are delighted to be partnering with the Goethe-Institut and its partners to host the third annual European Film Festival.

As Cinema Nouveau, we pride ourselves on providing a platform to screen a wide variety of foreign-language films.



'Amy' is director Asif Kapadia's filmic account of the deceased musician

We believe the eleven films, lined up for this year's festival, which would otherwise not be accessible to local cinema audiences, are must-see content for any film lover."

The European Film Festival screenings will take place at Cinema Nouveau Rosebank, Brooklyn, Gateway and V&A Waterfront. Bookings opened on April 15, with tickets priced at R55. To book visit www.cinemanouveau.co.za or www.sterkinekor.mobi, or call 0861 668 437.

** For more information on the programme and festival trailer, visit www.eurofilmfest.co.za.*



OUTDOOR FUN

February – March:
8am – 6.30pm
April – September:
8am – 5pm
October – November:
8am – 6.30pm
December – January:
7am – 7.30pm
Conservation fee: Adults, R45 adults; children under the age of 12, R20 @ free entrance for WILD card holders.
Sanparks,
Tel: (021) 786 2329

The Company's Garden

Featuring a historical city park, a rose garden, a fish pond, an aviary & numerous trees of botanical and historical significance.
Summer: 7am – 7pm & Winter: 7am – 6pm
Queen Victoria Street, Cape Town, Tel: (021) 400 2521

De Waal Park

A cool retreat in summer, dogs delight in the pond around the Victorian fountain while the children enjoy themselves in the playground.
Open daily @ 8am – 6pm
Upper Orange Road, Gardens, Cape Town, Tel: (021) 400 2521

Trafalgar Park

This park is situated in Woodstock & is a safe place for children to play.
Open Daily: 8am – 6pm
Corner Victoria Road & Searle Street, Woodstock, Tel: (021) 400 3031

Arderne Gardens

The Arderne Gardens, with its Japanese garden, shady glades and romantic nooks, conjures up happy memories for many Capetonians as a place to bring young children or take precious wedding photographs.
Open Daily @ 9am – 4pm
Main Street, Claremont, Tel: (021) 689 4185

Rondebosch Park

This is an open park with big trees, and features a variety of flora. There are pathways for gentle walks and its lawns provide ample space for picnics.
Open Daily @ 8am – 6pm
Corner Campground Road & Sandown Roads, Rondebosch, Tel: (021) 689 4185

Maynardville Park

This district park features rolling expanses of lawn populated with trees and a vibrant eco-system of birds. The garden includes the famous Maynardville open-air theatre. There is also a water feature and children's playground.
Opening hours: daily 8am – 6pm
Corner Church & Wolfe Street | Wynberg | Cape Town | +27 (0)21 689 4185

Wynberg Park

Wynberg Park is where the spring of the Krakeelwater River begins. This district park features a conifer garden, children's playground, duck pond, lawns, and ideal for walking dogs, picnics and braais.
Open Daily @ 8am – 6pm
Corner Klaassens & Trovato Link Roads, Wynberg, Tel: (021) 689 4185

Durbanville Rose Garden

This district park is a historical site, and is also home to numerous farm graves. It features 500 varieties of rose bushes. Visitors and tourists are invited to enjoy tea among the rose bushes at the park's Tea Room on Sundays during flowering season.
Size: 1.5 hectares
Opening daily
@ daily 8am – 6pm
Durban Road, Durbanville, Tel: (021) 970 3129

Abseil Africa

Enjoy a 112m controlled decent from the top of Table Mountain, not only experience a surge of adrenalin but also witness Cape Town's beautiful beaches and breathtaking views from above.
R695pp (excluding cable car fee)
www.abseilafrica.co.za,
Tel: (021) 424 4760

City Rock

When the weather is keeping you inside, go to CityROCK, one of Cape Town's indoor climbing gyms. With its bouldering cave, lead wall, and 10m high climbing area you won't even know it's raining outside.
21 Anson Street,
Observatory,
Tel: (021) 447 1326

Fynbos Horse Trails

Enjoy a full or half day guided horse tour through the beautiful vineyards beneath the Hawequa Mountains.
www.fynbostrails.com, Tel: 082 3358132

Snail tails and trails



Snails on mealie meal

With the rains come the snails, and my garden gets covered with literally thousands of them in winter, yet I'm loath to poison the destructive little creatures. So instead of poisoning them, I eat them.

Snails have male and female sets of sex organs, so they can both impregnate and become pregnant at the same time. They need a partner; they can't do it by themselves, but they can get each other pregnant as partners.

Occasionally, you run across them in the garden when they're doing exactly that, and when those babies come, oh boy - there are thousands of them all over the place, they grow so fast.

Ducks and chickens love eating snails, but funnily enough geese don't. I was taught by a very good Italian friend to purge and then prepare them for the pot.

Maria Marzio, a good family friend, used to plunder my garden for snails, and I let her until I got to taste what she did with them. Then we got Quack, our pet duck who was wonderful with pest controlling our garden, but we were left without snails for the pot for about two years. Then Quack took off to find himself a wife - no, he never landed in my pot, although I did have obscene thoughts of dark plump juicy cherries, honey and soy sauce on some days when he bit me. Needless to say, there have been snails in my pot ever since.

Let's cook!

Before we even get started, it is most important that only fresh, live, organic snails be used. If you have put snail bait down, don't even consider using them - you will just die!

You will need:

- a very large pot with a tight-fitting lid
- mealie meal
- lots of garden snails that fit the criteria

Give the snails a little shower to get rid of any visible dirt; don't soak them in water! Place a layer of mealie meal in the bottom of the pot. Take care not to overcrowd the pot; rather use two pots if necessary, as we want healthy snails. The snails eat the mealie meal and will purge themselves in the process. Keep changing the mealie meal every day for about three days.

Discard any dead snails!

On the fourth day, remove the snails and put them into the sink; sprinkle them liberally with salt. The snails will start to foam and give off their slime. Rinse them well in cold running water.

Place a large pot of water to boil with 1 cup of vinegar. Add the snails in batches and cook them for about 7 minutes; remove and continue to cook the rest. When they are all cooked, remove them from their shells.

Serve with garlic and parsley butter or in a rich garlicky, wine-infused tomato sauce with lots of freshly chopped parsley. Make sure you have lots of whole-wheat bread for mopping up, those buttery garlic juices.

If you have gone mad collecting snails, freeze some in an airtight container to serve with a sauce of your choice - lovely with creamy polenta.

Fooding around with Jenny Morris



@jennymorrischef

A 'fresh' look and feel for the Good Food & Wine Show

Gourmets and good-life lovers: Get ready for the Good Food & Wine Show, the continent's premier culinary event and exhibition platform, taking place at the Cape Town International Convention Centre (CTICC) from Friday to Sunday, May 27 to 29.

Under the expert guidance of new owners, Fiera Milano Exhibitions Africa (FMEA), one of the world's leading operators in the exhibition industry, the Show has undergone a transformation that extends to new offerings, highly interactive content and immersive experiences for the whole family. To ensure that a memorable event is enjoyed by all, Hannerie Visser has been appointed as the Show's curator.

In keeping with the 'Fresh' theme of this year's show, eight focus areas will be introduced. These include Wellness; Lifestyle; Wine; Beer & Alcohol; Kids; Market and Streetfood; Baking and Gourmet. Under each, audiences will get to interact with exhibitors, uncover the latest trends and take part in entertaining and informative hands-on experiences.

A highlight of every Show is catching the celebrity chefs in action at the Chefs Open Theatre. This year, visitors will, at no additional cost, get to see local and international chefs such as George Calombaris, Adriano Zumbo, Jenny Morris, J Something, Sarah Graham and Siba Mtongana demonstrating their culinary prowess.

Those wanting to put their own culinary talents to the test can cook alongside these gastronomic greats in the Cooking with The Chefs Theatre. Alternatively, they can add to their résumé of recipes at the Masterclasses on offer at the Chefs Table.



George Calombaris will be rocking the Chefs Open Theatre

** Tickets can be booked via Computicket and will also be available at the door.*

Early bird special: R126 up until May 20 (Pre-sales at Computicket only, valid for one day entry only and can be used either on Friday or Saturday or Sunday)

For more information, visit www.goodfoodandwineshow.co.za.

Four part sensory journey of flavours and scents at the Table Bay

Buoyed by the success of its first Valentines Sensory Dinner in February, The Table Bay will be hosting four seasonally inspired, senses-evoking dinner experiences as part of an exciting journey to create a signature fragrance for the hotel with Cape Town based bespoke fragrance perfumer, Tammy Frazer.

Each dinner, hosted personally by The Table Bay's Executive Chef Jocelyn Myers-Adams and perfumer Tammy Frazer, will be a sensory meander of tastes, flavours and scents. The seasonally-inspired dinners will be paired with invigorating fresh and natural scents to enhance the flavours of the food and complete the sensory experience for guests.

The scents will be delivered in various ways to accentuate how they are perceived while complementing the flavours and aromas of the food. From a cool hand towel and a hand dip to a fragrance-spritzed stick of candy floss and vapour, the way in which the scents are delivered will be carefully planned to enhance the experience.

Three courses will be presented with three fragrance accords at each of the four sensory dinners, with Myers-Adams and Frazer working closely on the scent notes that will feature in each meal. The 12 fragrance accords, aligned with the seasons and The Table Bay's emphasis on local sourcing and fresh produce as interpreted in Myers-Adam's unique way, will ultimately make up the signature Table Bay fragrance.

"We are commencing with an incredible journey to create a signature scent for The Table Bay. It is a creative and exciting process that our guests can be part of while experiencing an orchestra of flavours and scents during beautifully composed dinners," says Sarah Prins, the Public Relations Manager at The Table Bay.



Executive Chef Jocelyn Myers-Adams

Frazer, the granddaughter of Graham Wulff, inventor of Oil of Olay, creates organic and natural perfume products. This includes handcrafted, customized fragrances for leading hotels across the world such as Shanti Maurice in Mauritius which is scented with its signature fragrance SOMA. The fragrance was custom made exclusively for the hotel and is produced in a perfume, a soft furnishing spray, burner oil and hand soap. Frazer Parfum also creates scents for skincare such as EcoCert organic skincare brand Terres D'Afrique.

The creative journey that will culminate in the development of The Table Bay's signature scent is somewhat different to that which Frazer has used for other hotels, with the interplay between the seasons and food, as well as the experiential aspect with the guests being a differentiator.

According to Prins, guests can book for one, or all four sensory experiences.

The dinners will be staged at The Table Bay's lavishly furnished Atlantic on Saturday, May 7, June 4, August 27 and October 29.

** To preserve the intimate and interactive atmosphere of the dinners, places will be limited so booking is essential. Cost per person is R450.*

For more information or to book, call the hotel's reservations team on 021 460 5988; or drop them a mail at TableBayDining@suninternational.com.

Gadget Buddies



The Samsung Galaxy A5 (2016)

By Imran Khan

Samsung Galaxy A5 2016

Samsung has rolled out countless models of Smartphones over the years, guaranteeing it market share in South Africa. When the Galaxy series first arrived we were blown away and asked ourselves if Samsung could do anything better.

Well, they have made so many improvements to the Galaxy series and with the latest S7 model considered the best entry in the series, they have not seized to amaze. However, not everyone wants the flagship Smartphone because, to be honest, we probably don't use all of the functions daily anyway. So Samsung has released the new Samsung Galaxy A5 this year with the hope of giving us a powerful device and just the essentials. The A5 (2016) runs Android 5.1 and packs a 1.6 gigahertz octa-core processor. It features a beautiful rich colour AMOLED 5.1 inch display with Corning Gorilla Glass 4. So it's the not the same A5 that came out in 2014, and we are glad that Samsung has revised the design or this handset. You get so much phone for the money and the kicker for us is always the added extras that come as part of the package.

Vodacom is running a 'Mothers Day' special on the A5 2016 edition plus a free Galaxy Gear Fit watch for R399 on a uChoose Flexi 200 contract. Enquire in store for more. (Prices correct at time of print.)

Celluon EPIC Bluetooth Laser Keyboard

The humble keyboard that was born from the typewriter has been revamped and given a futuristic personality by technology developer Celluon. Their latest device is a laser keyboard which projects onto any surface. It features a full QWERTY keyboard and a laser tracker that tracks your hand gestures, which removes the need for a traditional mouse. We tried it out and were really surprised at how effortless it was to set up and use. It works on both Windows and Mac OS devices and offers an interesting alternative to the standard keyboard. Although it was exciting to use, we did miss the sound of hitting keys on a traditional raised keyboard. This was more apparent while playing games.

It is a great alternative though, if you want a full keyboard on the go; or to add that next level of chic to the apartment.

Get yours this weekend from 'Techable' (www.techable.co.za) for around R1543.05.



Celluon Epic Bluetooth Laser Keyboard



The Lumen: designed by South Africa Inventor Guy Jackson

The Lumen

There is an interesting musical instrument called a 'Handpan' which is popular among percussionists, yet very rare. If you search the keyword 'Handpan' on YouTube, you will find various videos of musicians playing the instrument.

It gives off a sound like no other instrument - deeper than a steel drum, and up until now has only been acoustic. South African inventor Guy Jackson has been developing an electronic handpan called 'The Lumen' and has successfully raised over a million Rand through crowd funding on Indiegogo. He has created the first electronic handpan which features the same layout as a traditional instrument and has a built in speaker system. Being electronic you can change the key of the instrument, or even the type of instrument that you would like to play on the pads. The device will offer four hours of playing time and charge via USB. It will also have Midi outputs so that you can record samples or plug the device into a mixing desk or PA System. Although it is a South African invention, it is priced in dollars and a 'Lumen' will cost around $599 to $699.

It is estimated to be ready for shipping in February 2017. Check it out on www.indiegogo.com and make a pledge.

Your guide to spoiling that most special of ladies on Mother's Day

Some would say the secret to success in life is to plan early. Don't wait until the last minute to put a plan into action to spoil that most special of ladies in your life. Use our handy guide to make sure you have no worries come Mother's Day on Sunday, May 8. Leave a smile on your mom's face in 2016.

Taj – Cape Town

Show your mom how much you love and appreciate her with an afternoon at the five star Taj in Cape Town. The Taj will be hosting a 'Pretty in Pink' theme afternoon tea. Highlights on the day include Pink Velvet Cake, Pink Macaroons, Strawberry Baked Yoghurt and an assortment of fresh fruit and treats to dip into the decadent Chocolate Fountain.

Bookings: 021-819-2000
Time: 2pm
Price: CORRECTION – last week we reported a price of R95; it is actually R250. We apologize for any inconvenience caused.

Spoil Your Mom This Mother's

The Square Cafe is just the place to unwind and catch up over an amazing meal. Its bold design and sleek interior make for a contemporary retreat in the conveniently located Century City precinct. The restaurant is open for breakfast, lunch and dinner. If you're more on-the-go, try the Harvest Table - a daily selection of home-style dishes which you're welcome to take away or enjoy at the restaurant.

Bookings: 021 204 8000
Time: 12pm
Price: R295 per person / R110 for children under 12 years

Savour The Elegance of Grande Provence

Surprise your mom with a breakaway to Grande Provence Heritage Wine Estate in the picturesque Franschhoek Valley for an elegant luncheon at The Restaurant on Mother's Day.

Executive Chef Darren Badenhorst is going all out to make Mother's Day extra special with a wide range of his signature dishes for moms to tuck into. For mains, feast upon the succulent 18-hour sous-vide Karoo lamb neck, complemented with toasted pearl barley, pickled butternut, local river cress and wild sprouts. There is even a vegan option of carrot and pine nut purée with charred cauliflower gratin, baked rosa tomatoes, ice pickled radish and vineyard sorrel. For dessert, get lost in the "chocolate forest". As a special treat, all moms will receive a chocolate gift and wine-tasting for two.

Bookings: 021 876 8600
Time: 12pm
Price: R395 per person

Vibrant Mother's Day Awaits At The House of J.C. Le Roux

Treat your mom to an unforgettable Mother's Day at The House of J.C. Le Roux and discover their beautifully crafted bubblies before sitting down for lunch at this world-class sparkling wine destination in Stellenbosch.

Enjoy fragrant autumnal butternut soup or a delicious butter chicken phyllo pastry cup with salad for starters. The main course is either West Coast line fish or sirloin beef medallions enjoyed with a glass of J.C. Le Roux of your choice. And for the cherry on top – end the meal with either Oreo cheesecake or the sticky toffee pudding.

Bookings: 021 865 8200
Time: 12pm
Price: R255 for two courses or R295 for all three



Class it up for your mom at the Taj Cape Town

The Nederburg Experience

The Red Table restaurant, at the Nederburg historic manor house, will be laying out a gastronomic feast, prepared by Chef Edmore Ruzoza. Select the biltong, gorgonzola and fig tartlets, or deep-fried camembert with strawberries and balsamic cream, for starters. Mains will be a choice between herb-crusted rack of lamb, seared Norwegian salmon or porcini wild mushroom open lasagne. Dessert will be a divinely decadent black forest gâteau, served with berry compote and white chocolate shavings.

There will definitely be a wide range Nederburg wines as well, offered by the glass or by the bottle.

Bookings: 021-887-5155
Time: 12pm
Price: R350

A day to spoil mom

The Radsson Blu Le Vendome Hotel will be preparing a special buffet menu just for moms. Executive chef, Craig Carmichael, has pulled out all the stops for this menu. Tuck into stir-fried squid with rocket and orange salad, marinated fish and sweet pimentos and papaya and cabbage coleslaw for starters. Decadent mains, meanwhile, will include roasted suckling pig, vegetable ratatouille, potato dauphinoise and green beans with toasted almonds.

Bookings: Megan on 021 433 0347
Time: 12pm
Price: R385 pp

Mother's Day at Trees Restaurant

Sundays are family days where mom often has to plan and prepare the meals. Give your mom a chance to relax and enjoy a meal fit for a Queen. Michelin-trained Executive Chef Stefan Schmidt have put together a menu that will fend off the winter chills. The main course is a buffet of note and will include a selection of mouth-watering deliciousness such as slow braised beef olives, roast chicken stuffed with lentils, couscous and leeks, local fish, baked vegetable moussaka and Joostenberg pork infused with apple, caraway and sage.

Bookings: 021 465 7050
Time: 12pm
Price: R285pp

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