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METRO

## WEATHER GAUTENG

**TODAY'S FORECAST**  
Mostly clear

**JOHANNESBURG** 12 | 24



### LOCAL TEMPERATURES

	Min	Max
Pretoria	13	26
Vereeniging	10	25
Nelspruit	15	26
Polokwane	14	26
Cape Town	17	22
Durban	19	28
Port Elizabeth	16	24
East London	19	25
George	16	22
Bloemfontein	12	27
Kimberley	14	28
Upington	16	34

### JOHANNESBURG 5-DAY FORECAST

Sunday	Partly cloudy	12	25
Monday	Partly cloudy	11	22
Tuesday	Cloudy with rain	13	22
Wednesday	Partly cloudy	14	23
Thursday	Partly cloudy	12	23

### Coming phases of the moon

Full moon	April 19
Last quarter	April 27
New moon	May 5
First quarter	May 12

Moonrise 13:45 | Moonset 00:46

### GAUTENG TODAY

Sunrise 06:23 Sunset 17:54 Humidity 40%  
Wind direction WSW

### INTERNATIONAL TEMPERATURES

Harare	16	25	Toronto	9	14
Lagos	28	34	New York	16	24
Cairo	18	35	Brasilia	19	26
Jerusalem	17	29	Moscow	2	5
Rome	10	17	New Delhi	34	44
Madrid	8	23	Beijing	15	21
Paris	4	10	Tokyo	10	17
London	4	9	Sydney	16	25
Berlin	2	9	Auckland	13	17



A bicyclist enters the Midtown Greenway bicycle and pedestrian trail during the spring snowstorm in Minneapolis, U.S., April 11, 2019. REUTERS/Annabelle Marcovici

More forecasts, [weatherSA.co.za](http://weatherSA.co.za)

## The Brief

### PANDA ROMANCE IN THE AIR, BUT LOVE TAKES TIME



SOMETIMES love takes its time, but Berlin Zoo is hoping this is the year for panda romance. The zoo's two giant pandas, 8-year-old male Jiao Qing and 5-year-old female Meng Meng, arrived from China in June 2017.

After nearly two years munching bamboo in neighbouring enclosures, they were brought together for the first time yesterday as keepers confirmed that Meng Meng is in heat – a phase that lasts for 72 hours per year, at most. Their efforts weren't immediately rewarded. Zookeeper Norbert Zahmel said Jiao Qing was afraid at first, but then tentatively approached his prospective mate. He said that "they still need to practice a bit".

The zoo says panda pregnancies last 155 days and produce one or two cubs. | AP

Positive thinking is a valuable tool that can help you overcome obstacles, deal with pain and reach new goals.

#### AMY MORIN

is a psychotherapist, mental strength trainer, and international bestselling author



ICYMI | IOL.CO.ZA

### THE ROYAL MOVE

IT SEEMS that the Duke and Duchess of Sussex are making the most of their move to Frogmore Cottage. After undergoing a £3-million renovation, the royal couple have installed a few creature comforts for themselves and their future. | IOL

## PROGRESS

# Turning disability into ability

Lehlohonolo Mafela, 26, who was born without arms, wrote his final exams by holding his pen in his mouth

#### SAMEER NAIK

sameer.naik@iol.co.za

LEHLOHONOLO Mafela has never let his disability hold him back.

The 26-year-old from Matshpe in Mafikeng may have spent his entire life without arms, but it never discouraged the North West University (NWU) student from chasing his dreams.

"Because you are disabled it doesn't mean the world owes you anything," he says. "If you want things to happen in your life, stand up and make them happen. Anything is possible."

While Mafela may have faced challenges in his life, his positive attitude, hard work and self-determination are the reasons he has achieved so many of his goals.

He was among hundreds of students at NWU in Mafikeng to graduate in economics this week.

Mafela had to use his mouth and toes to write throughout his university and school career.

"It is quite a challenge, but something I have become very accustomed to since I have been doing it for most of my life.

"I have found it much easier to use my mouth and write though, so when I wrote my final exams I only used my mouth and it did the trick," he says, giggling.

"I wouldn't say that not having arms was my biggest challenge.

"My biggest challenge was not being able to stay on campus, where I would have had unlimited internet access and resources like the library. That would have helped me perform far better."

"Every day, I had to travel more than 30km from my rural village to campus and that took a toll."

But Mafela is no stranger to challenges.

"All these challenges I face encourage me to work harder, push harder and to give my all, even when sometimes I feel like I have nothing left in the tank.

"What motivates me is seeing myself being better today than I was yesterday, witnessing my self-development as an individual.

"I come from a disadvantaged background and me and my family have struggled all our lives. It hasn't been an easy journey.

"But what pushes me is thinking about the future. One day when I have children I want them to live a better life than I have had."

Mafela dreams of working in the production sector, but before he starts, he says has some unfinished business at NWU.

He has now enrolled for his Honours degree.

"I want to join the workforce, but due to high unemployment I have been applying here and there. I was unable to get a job. So, I have registered for my Honours degree."

The university management is thrilled with Mafela's achievements and says he has set the bar high.

"They can do anything that they want to do, and they can achieve."

"I think Lehlohonolo has actually set the pace," said NWU deputy vice-chancellor Professor Marilyn Setalento.

"If they didn't know, they know today, that the sky is the limit. You are able to do anything that you want to do and want to achieve."

"I want to say to them, well done. They've done well for their families, for themselves and for the university."



LEHLOHONOLO MAFELE graduates at North West University this week. | Supplied

## SPORTS

# Something for everyone at Arnold Classic Africa

#### STAFF REPORTER

FOUR years ago, four South African bodybuilding and sports enthusiasts collaborated to make the Arnold Sports Festival a reality in Africa under the theme "My Sport, My Passion". It has since evolved into "There is something for everyone..."

In partnership with the Gauteng provincial government and SA Sports Confederation and Olympic Committee, City of Joburg, Crawford College and Gentle Giant Promotions, Arnold Classic Africa affords athletes the opportunity to compete in an international competition, against participants from all continents, in Africa.

Like its global counterparts, the African rendition embraces numerous sporting codes and promotes these through demonstrations, contests, record attempts and sports celebrities over three days each May.

#### MEET THE ORGANISER – WAYNE PRICE

**How did you get involved?**  
I was attending an event in the US when I heard Arnold said he wanted to expand his fitness crusade to all continents. I contacted Bob Lorimer, now president of Arnold Global International, and my journey of a lifetime began.

**What has been your favourite thing about the journey?**

The opportunity we are creating for participants and people and exposing children to different sport and activities. The opportunity to develop sport and get people active.

**How do you source the sporting codes that compete?**

Our commitment from the beginning was to work with the official structures in the country. Working with structures with the same objectives of development,



and allow to cool.

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**Step 2**  
Fry onions, carrots, aubergine, tin tomato and 120g courgette for eight minutes. Season to taste and allow to cool.

**Step 3**  
Fill a large pot with boiling water. Keep the water boiling on the stove and parboil the lasagne sheets, two to three minutes, taking care that they do not stick together.

Remove pasta from hot water and carefully start to assemble the pasta cake. Place a layer of pasta sheets at the bottom of the pan and around the sides. Pour over some béchamel sauce and spoon over the tomato and vegetable mixture. Sprinkle some feta over this.

Using a peeler, slice the remaining courgettes into thin ribbons. Layer the ribbons over the sauce. Repeat the process. Once you reach the top cover with grated cheese and place in the oven for 40 minutes. Up the oven to 200°C for another five minutes or so. Once cooked, allow to cool before demoulding. Garnish with baby tomatoes and fresh basil.

| CHANTEL MANNING

bigger and stronger and new sports contact us to be part of the event.

The tournament has a big community outreach element to

it. Tell us more about this.

Every sporting code has the same mandate, to develop future champions. Something for everyone, it's a family weekend that "come and try" programmes that encourages everyone to participate.

**What role does Arnold play?**

His fitness crusade to get people active and participate in something, even if it is not sport. He supports and attends each event all over the world showing his commitment to the Arnold Global crusade.

**What can people look forward to this year?**

An expansion of venues, linked with free bus routes. We have partnered with the SA Hall of Fame where globally recognised sporting heroes will be honoured. We will be having a special beach party. The Expo element of this year's instalment will be a lot bigger.

## 3 Things to do this weekend

### SAM SMITH THRILL OF IT ALL TOUR 2019

Fans of internationally acclaimed musician Sam Smith are in for a treat this weekend as the superstar will perform in Johannesburg today and tomorrow. This will be the soulful singer's first visit, part of his *Thrill Of It All* tour. The tour is named after his second studio album, *Thrill Of It All*, which was released in November 2017. Apart from this album, his hit songs *Stay With Me*, *I'm Not The Only One* and *Too Good At Goodbyes* have cemented him in the international music scene as one of the most popular musicians of his generation. Smith will be performing at the Ticketpro Dome, Northumberland Rd and Olievenhout Ave in North Riding. Tickets for the concert are almost sold out but there are a few still available at [www.bigconcerts.co.za](http://www.bigconcerts.co.za)

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Apart from the braai, the event aims to promote family social activities and gatherings. As will be the case in Joburg today, the event aims to host family braai picnics in every town across South Africa where kids can play games with their parents, grandparents as well as aunts and uncles. There will also be a non-toxic colour powder that attendees can play with to the festival with colour. The Randburg Family Braai & Colour Festival will be held at the Golden Harvest Park from 10am to 5pm. Entrance is R50-R500 each person. Tickets are available through webtickets.

### FOOD AND CRAFT MARKET

Sandton Market @ The Park has decided to join in on the trend and this weekend it will host their second edition of the event for the year so far. People from all walks of life are invited to attend where they can enjoy a range of unique and delicious meals and beverages. There will also be a beer garden, arts and crafts as well as live performances. There is also a supervised kid's corner for the youngsters to enjoy. Sandton Market @ The Park will be held at the Mushroom Farm Park in Sandown today from 10am to 6pm. Entrance is R10 per person. Parking facilities are available at Radisson Blu at your own cost. For more info, e-mail [info@sandtonmarket.co.za](mailto:info@sandtonmarket.co.za)

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### RANDBURG FAMILY BRAAI AND COLOUR FESTIVAL

Winter is coming but before it does, enjoy the autumn weather this weekend with your loved ones at the Randburg Family Braai & Colour Festival. The event will kick off in Joburg today before it visits other parts of the country. The festival will showcase the country's acclaimed braai skills where people from all walks of life can enjoy a delicious meal and beverages.

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