

the Soapbox

Fashion | Food | Art | Design

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Shannon Hope

Exclusive interview - realizing her dreams in 2013.

Hub on the Hill

A bold statement in self-improvement.

Oh!41 Creative Hub

A Valentine's Market in the heart of Central.

Mooi-Mooii

Fashionistas for the Cinderella on the street.

La Brilliance

Local art gallery, taking art off its pedestal.



© The Soapbox

The Music Kitchen

Serving up the Perfect Evening, this Valentine's day.

Hey you! The guy reading this article, listen up: Valentine's Day is on its way, and you need to decide what you're going to be doing for the evening. The thought of what constitutes a perfect evening out should be at the forefront of your mind. Remember that the wrong choice made here can make or break your future with that hottie you were lucky enough to snag recently.

But let's be honest for a second. If you love her, this shouldn't be a once a year thing. This should be an almost every-day kind of thing. However, choosing the correct blend of food and entertainment can be a minefield for most gents. Should it be a study in excess: a 'Lil' Wayne' diamond studded bling-y teeth evening flowing with bottles

of champagne costing more than your home loan? Maybe it should be a demonstration of soppy earnestness: a slightly kitsch 'Jak de Priester' music video consisting of an admission of love in your VW Golf parked overlooking the beach? I suppose it's down to the girl, really. Some girls like to be wined and dined but believe me, the keepers are those who can enjoy an awesome down-to-earth night out. But where to go for the perfect evening in Port Elizabeth?

Some guys get it horribly wrong and stick with the belief that the more formal and expensive the evening, the more their dates would enjoy themselves. You may be one of them. For the record this is a proven expensive exercise in

futility. In all the years that you went to school did you enjoy wearing a tie? No? So what makes you think your date wants to be similarly constrained, figuratively speaking? What sort of message does a 5 star restaurant (where the steak hides under a button mushroom) send to someone you're desperate for, but isn't quite yours just yet? Those are the kinds of places where monocles drop into soup bowls with a damp clatter if you so much as even SNEEZE wrong. See, it's not at all about what YOU think will impress a girl. It's about what appeals to the lady that matters. Good taste should always be the order of the day.

I once had a mate who was exceptionally good with the fairer sex. When I asked him where he took his dates for dinner, all he said was the "Spur". And he had a good point: people don't go to the local Spur for the food (although it is rather enjoyable), rather it's the environment that makes it

special. It's comfortable; it's familiar and above all; it's fun. By taking his dates to the Spur he was guaranteed a place where his date could relax, and the great kinds of romantic and unforgettable conversations that last until 4am, could begin.

Now take a moment to imagine that awesomely comfortable vibe at your local Spur. Now lose the screaming kiddies, the salad bar and the university students forced to sing a school cheer-type birthday song for a highly embarrassed customer. And DEFINITELY lose the Rugby on flat-screen TVs. Add in some Music hot enough to melt even the chilliest set of underwear and you get the Music Kitchen. It's a veritable Spur on Steroids.

Good restaurateurs and chefs pride themselves in being able to pin down rich flavours that will entice and reward their clientele. Mark Dorward of the Music Kitchen takes it one further by pairing an amazingly mouthwatering, down-to-earth menu with the right kind of music that will cap the most perfect of evenings. "The local live music scene has grown considerably over the past few years, and I hope that I had something to do with that."

The Music Kitchen's past and present line-ups read like a who's who of some of the best South African talent currently on the circuit. Big name artists like Arno Carstens; Karen Zoid; Zebra and

Giraffe; and Albert Frost stand alongside stalwart Eastern Cape locals such as Tony Cox; Robin Auld and a host of other Port Elizabeth based talent. Mark has displayed a shrewd knack for finding just the right balance between old favourites and fresh faces. "People who've never been to the Music Kitchen will ask me what kind of musical acts we have on and whether or not they'll enjoy it," explains Mark, "my response will always be 'trust me, you'll be blown away'".

January saw the popular Standard Bank Ovation Award 2011 winner Shannon Hope of Durban, play at the Music Kitchen for the ninth time on a whistle stop tour of the Eastern Cape.

Check out our featurette of Shannon inside this issue and catch our exclusive interview with her on: the-soapbox.co.za or youtube.com/SoapboxInterviews

February will also see the acclaimed Blues artist Matt Woosey from the United Kingdom perform at the venue as part of his South African Tour.

Unlike other venues across the City, the food is definitely not an afterthought. The menu is simple, delicious and unpretentious. "We're known for our delectable Spare Ribs; prawns and our home-made burgers." Says Mark. "Although we aren't above shaking things up a bit". Hungry patrons will also no doubt, be happy

to hear that the venue will open for lunch shortly.

Tuesday nights are trivia nights under the banner of 'Eat, Drink and Think'. It provides an evening of cerebral fun for groups of friends and there's even a chance to pick up a prize or two depending on the evening. If you're busy Tuesdays, then Wednesday nights offer amateur musicians the chance to get up on stage and 'Sing for their Suppers'. Musicians that pull it off are invited back, those that don't are still invited back but as spectators. Thursday nights see the institutional 4 Winds Folk Club play, with a line up of talented musicians that perform for the sheer love of music. So no matter what night of the week your hot date is, you can be sure that the Music Kitchen will deliver a fantastic evening out.

The Music Kitchen is a place where Port Elizabethans earn their reputation as "the Friendly City". The venue coaxes and invites you to relax and is the quintessential 'PE' kind of place where complete strangers reach across between tables to introduce themselves. It's a place where the Port Elizabeth magic happens on a regular basis.

For the full article, go to www.the-soapbox.co.za



Upcoming gigs at The Music Kitchen

- | | |
|-------------|--|
| Tuesdays: | Trivia Night - EAT DRINK & THINK |
| Wednesdays: | Sing for your Supper (Muso's Only) |
| | Steak Special (R50 - 300g Steak & Chips) |
| Tuesdays: | Four Winds Music Club - Local is Lekker |
| 1/2 Feb - | Centre Stage CCR Tribute (New look Creedence Clearwater Revival back by popular demand.) |
| 6 Feb - | Ha Man (South Africa's SPONTANEOUS and multi-artistic CELLIST.) |
| 22 Feb - | Lucas Reunion (A four piece Modern Rock band currently located in good ol' Port Elizabeth.) |
| 23 Feb - | Mat Woosey (Acclaimed British Blues artist, dubbed 'a Master at what he does' by BBC 6 Music's Tom Robinson) |



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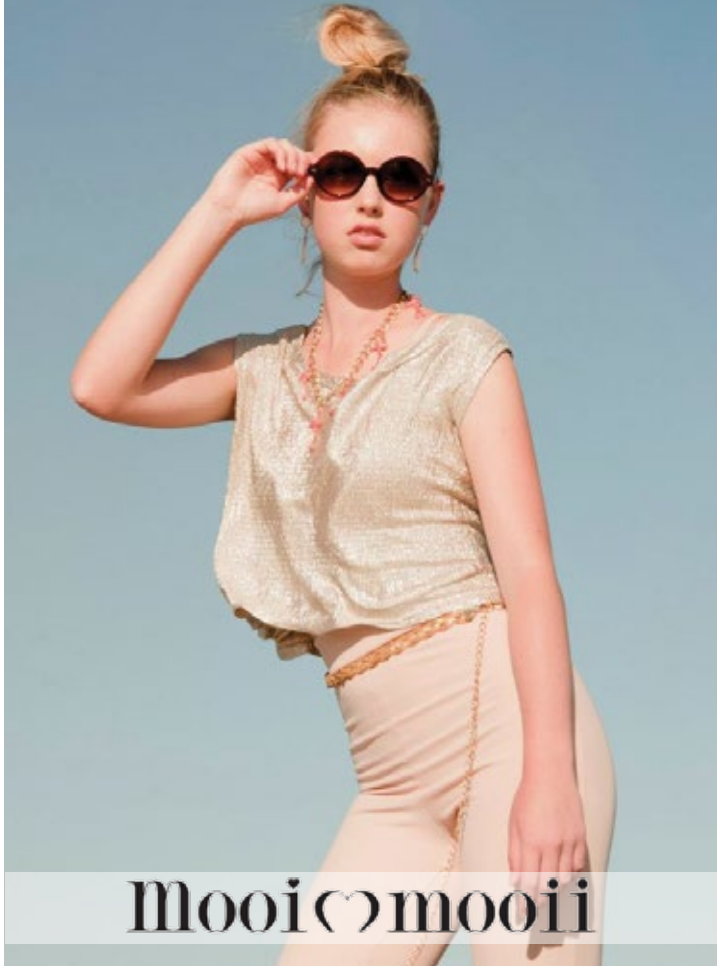
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Mooi & Mooii

Mooi-Mooii smartens up The Soapbox.

It's tough being a modern girl. Society expects you to show up looking like you just stepped off a Milan catwalk. Well, what if you haven't the faintest idea about what's hot and what's not?

Fear not, Ladies, because help is at hand in the form of Sam and Lauren, the talented young designers behind the Mooi-Mooii fashion label. Legends before their time, local fashion students refer to them in hushed tones as "the Stretch Queens" because they are renowned for their mastery over difficult-to-work stretch fabrics.

Like two fairy godmothers out of a Disney movie, they stand ready to give the ordinary Cinderella-on-the-street the full Boutique experience at a price that won't leave your piggy bank broke.

"We want you to feel special by putting the 'fun' back into 'functional'," says Sam, "We'll pick out a range of outfits that we feel will look great on you and offer you practical advice on how to enhance your unique look".

"Dress it up, dress it down, wear it if you're young, wear it if you're old. It's always on trend and ready to wear." Says Lauren. The Mooi-Mooii look is never pretentious.

Feel free to pop in at No 1 Havelock Square, Central.

Sam 081 024 8711

Lauren 073 053 9183

 Find us on Facebook!

{ Oh!41 CREATIVE HUB }



The Oh!41 Local Market is a new and innovative market which aims to revive and re-invent the public market scene in Nelson Mandela Bay, situated in the historical Havelock Square in Central Port Elizabeth.

The market will celebrate, grow and uplift the creative, hand-made, organic goods produce industry through creating a space for artists, local designers, gourmet merchants, and local farmers to showcase and sell their speciality goods- thus creating a positive and fun experience for people, while simultaneously educating the public and garnering support and participation. This is in line with a growing trend in urban revitalisation and gentrification of city centres.

The Oh!41 Creative Hub is a space which embraces innovative thinking, combined with creativity, curiosity and communication.

It is a space where designers can collaborate with each other, allowing them the freedom to create in a safe space and enhance a unified strategy for the growth of the creative sector in the inner city. The Oh!41 Creative Hub aims to be a creative new engine for the public, which will connect talented and creative people and provide an enabling environment for them to grow their own small businesses. It will create a cluster of creative industries and adopt a vibrant creative culture within a beautiful urban setting.



NEXT MARKET : 23 FEBRUARY 2013

Hope to see you all there :)

FOR MORE INFORMATION



AMY-LEIGH

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{ Oh!41 CREATIVE HUB }

The Oh!41 Creative Hub invites you to join us for the perfect Valentine's Picnic in the park, situated in Havelock Square Central.

The park will be transformed into the perfect romantic setting where couples can come celebrate the special day. There will also be live music and a photobooth for couples to enjoy.

What each couple will receive on the special day: A picnic blanket and basket filled with a three course meal for two accompanied with a bottle of champagne and Vouchers for the Mooi-Mooii and O-So-Lovely clothing boutiques.

For more details, contact: Amy-Leigh Weldrick.
072 852 0991 / amy@aengus.co.za

A VALENTINE'S DAY PICNIC

DATE: THURS, 14 FEB
TIME: 18H00 FOR 18H30
PLACE: HAVELOCK SQUARE,
CENTRAL

PICNIC BASKETS: R280 PER COUPLE
Limited Bookings!! Book now.

Menu:

Rocket Salad
Seasonal Fruit Salad
A Cheese Platter with
home-made Fig Jam.
A Deliciously filled Baguette
Chocolate Mousse
Red Velvet Cupcakes

Drinks:
Home-made Lemonade
Champagne





La Brilliance knocks art off its pedestal.

"Art can be intimidating," says gallery owner Blanche Du Toit Fisher "but it doesn't have to be." For the uninitiated, art can be utterly bewildering.

Port Elizabeth in general, lacks a culture of buying art for pleasure, but Blanché is determined to knock art off its pedestal. "I believe that if a piece speaks to you, then you should get it. Art appreciation is just like wine appreciation. Don't worry too much about what the experts say. If YOU like it, then that's all that matters. It is about YOUR enjoyment, no one else's."

"You would be amazed at the high quality of some of the works that pass through my gallery that are painted by complete unknowns. Compared to other large cities in South Africa, our artworks are incredibly affordable."

An artist herself, Blanché is intent on spreading her love for art to others. "I will be presenting art workshops for corporates, just putting a brush to canvas along with a glass of wine can be incredibly therapeutic" and she will also be offering separate art classes for kids.

Find us at: 14 Todd Street, North End.
(3rd floor of Colonial Antiques. Follow the signs)

Blanché Du Toit Fisher
079 883 0789 / 041 368 5942
blanchedutoit@vodamail.co.za

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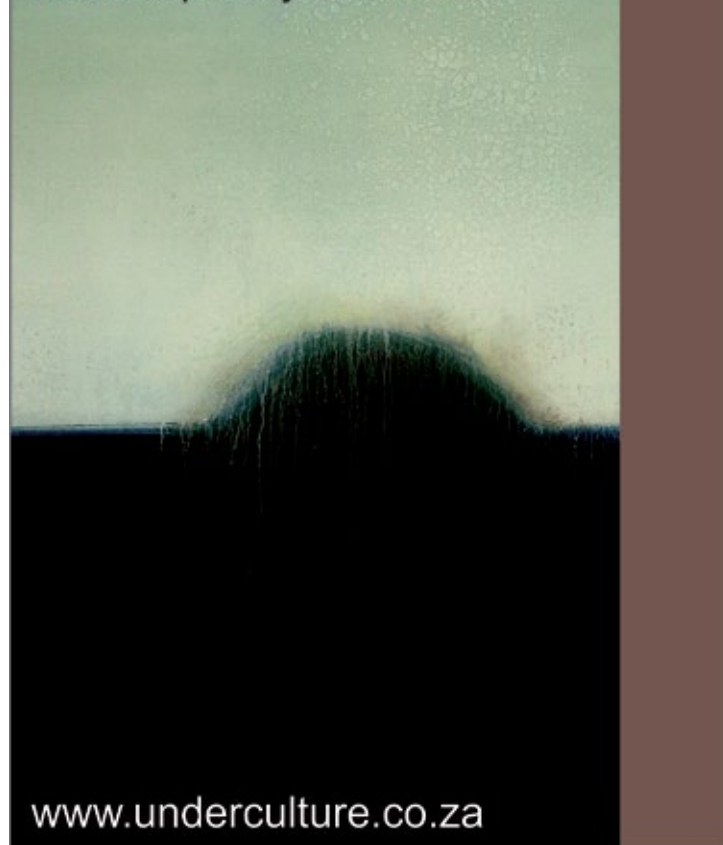
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UNDERCULTURE Contemporary Fine Arts



Shannon Hope - Exclusive Interview.

How do you describe live musical performances to someone on paper?

I'm not talking about the notes or the scale, that's what sheet music is for. I'm talking about describing the feelings of utter aural ecstasy you get when you hear a live performance.

Shannon Hope is a talent that you should have heard of by now. And if you haven't... where have you been?

Some artists are great in studio, but terrible in real life. Take Beyonce for example. Watch her last performance at the Party in the Park, London. She didn't translate well into a live performance at all. Other artists like the White Stripes are good in studio but can only truly be appreciated live.

Shannon Hope falls into the latter category. Her life is a wellspring of inspiration, but the details that bring about the music are irrelevant. When she sings about loss, it's really about your loss. When she sings about success and triumph, it's actually about your victories.

She'll be back in March at the Music Kitchen. Don't miss her this time round. Catch our exclusive video interview with Shannon Hope as well as extra content about her plans for 2013.

For the exclusive interview,
www.the-soapbox.co.za
www.youtube.com/SoapboxInterviews



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Events Guide

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The Granary

Manhattans:	
Tuesdays:	Half Price Cocktails
Wednesdays:	Quizz/Game night
Thursdays:	Karaoke with Big Joe
Fridays:	Live music with Greg Short
Saturdays:	Viby Tunes with local DJ
Friendly Strangers:	
Amy Scheepers	Exhibition (month)
Wednesdays:	Megan du Toit (Cottonmouth)
Fridays:	The Bos Tea Sessions (ft Hugo Kleinans)
16 Feb -	Community Chest - Dining under the stars.
16 Feb -	Mad Hatter's Tea Party at No7 Castle Hill
16 Feb -	PE Philharmonic Orchestra - Conserts in Victoria Park.
23 Feb -	River Mile Festival



Hub on the Hill

Meet the Kings of the Hill.

The dream working environment is a place that is supportive; complimentary and a lot of fun to be in. It requires a mix of businesses and personalities that are hard to combine together. But sometimes the pieces just fall into place effortlessly. The Hub is a bold, business savvy statement in self-improvement that operates in blissful harmony.

Dorothy Parker once lamented 'Where's the man that could ease a heart, like a satin gown?' Swushh Clothing; Deli Diva and Urban Stride can soothe that heartache. Swushh is run by Robyn Dougans. "I was originally in the Kings Market, but wanted to relocate to Richmond Hill and share a space with another business where our product lines would compliment each other's. Above all, I wanted to generate a creative synergy with that person." Enter Erranae Seyerling of Deli Diva and Urban

Stride Footwear. "Our collaboration works because Swushh is orientated around bleeding-edge trendiness, whereas Deli Diva and Urban Stride trades on exclusivity. I seldom get more than three of the same items in at a time." Said Erranae. "I love coming to work, because everyone here shares the same set of values in business that I believe in."

Jess C. Scott once said that 'a fit, healthy body is the best fashion statement.' Vicki Hodder runs the Studio Fitness center in the Hub. She believes in getting the maximum results in the minimum amount of time. "Conventional gyms can be intimidating places for the self-conscious among us. I offer a private environment, under my personal guidance." Her clientele ranges from young teens who want to work on certain aspects of their fitness, to the elderly who would like to maintain some sort of fitness. Vicki was one of the first people to sign up with Robyn. "We have an awesome group dynamic here, and

I think our clients can pick up on that, making them want to come back and be a part of it."

Marilyn Monroe once sang that "Diamonds are a girl's best friend". Ingrid Eckstein is the owner of Isis Designer Goldsmith, an ex-Ritter designer, all of her work is done on a one-on-one basis. "The signature Isis look is handmade luxury at an affordable price. Monochromatic, clean lines, something that makes a statement that can be worn with everything." She never feels isolated from the rest of the group, even though she spends a lot of time in her studio around the corner. "The working environment at the Hub is amazing, so it's never a chore to check in a few times a day."

Terri Guillemets once advised to 'give your stress wings and let it fly away.' Alan Mounter is the well respected owner of The Therapy Room. "Almost two decades ago, I was quite the hellraiser. One day I had enough and I decided that I needed to make some changes in my life." The epitome of the self made man, Alan has since put the lessons he learned in life's school of hard knocks to good use. "It's about spreading kindness and love. About treating people with respect and helping them to respect themselves." Alan, a Usui Reiki Master Practitioner who is also a registered Natural Healer and teacher with 17 years of experience in healing modalities. He offers foot Reflexology as well as back, neck and shoulder stress relief treatments. He also offers a series of courses in Self Mastery.

The Hub on the Hill has a special event planned for lovers on the 8th of this month. "The menu is the brainchild of Executive Chef John Burger of Flava." explains Robyn. "On offer is a delicious Citrus Chicken pita topped with garden fresh sambals, caramelized onions and glazed orange yoghurt. For desert we will be serving up a yummy rustic berry tart with a summer melon and fig coulis."

Sometimes the best laid plans are executed without a hitch. Things just fall into place like a video of a dinner plate being broken played in reverse. The Hub on the Hill is an oasis of warmth, calm, happiness and respect. It's less about 'Me' and more about 'We'.

Valentine's Day Menu designed and presented by
Executive Chef John Burger of Flava.

Flava, 17A Bain street
041 8113528 / 082 666 7098

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