

the Soapbox

Fashion | Food | Art | Design

FREE COPY

Ginger Pops

Happiness is all in the ingredients.

Nelson Mandela University

All charged up for the future.

Rhubarb and Lime

Chef Bergen chases winter away.

Design Indaba 2013

Jaw-droppingly, inspirational.

Music Across Borders

Making beautiful music together.



© The Soapbox

Going Green.

Feeling good with the Bridge Street crew.

Sustainability is a hot topic currently being bandied about, but what does it really mean? Ask anyone, and they might say that it's something to do with the environment; perhaps saving Rhinos. Or maybe even about recycling.

But to be exact: sustainability is the potential for long-term maintenance of well being. Simply put, it's about feeling good, and keeping it that way.

It is a mindset that must be embraced and made one's own in order to be truly effective. And the best place to start thinking in sustainable terms, is the home. We spend the majority of our time in them so it's logical that we attempt to change habits in an environment we frequent the most.

The Soapbox visited the Bridge Street building in Brickmakerskloof and we were pleasantly surprised to find a group of experts that could advise us on issues of sustainability in the home, all conveniently housed under one roof.

Our first stop was with architect Dal Venables. Dal and his team at DMV Architecture have designed and overseen a number of projects in and around the City (such as the Royalston Residential Estate and Private Game Reserve) and were responsible for the design of the Bridge Street Building. "The center has been in existence for 2 years now," explains Dal, "and we believe that we have succeeded in creating a space that set

out to do exactly what it was designed to do. Sustainability of the building was a key factor for us, and we are thrilled to see it filled with the right mix of tenants."

Dal believes that the sustainability of spaces can be measured in very tangible ways. "A sustainable building needs to be a place where people want to spend time in. I think that a good measure of its sustainability is if people love the space and will continuously to want to make use of it." This overriding principle should be at the forefront of one's mind when considering making changes to the home environment. If you won't feel happy while in it, then to you it won't be sustainable.

The next obvious way to create sustainability in the home is to focus on its function. James Hart of Inside Living gave us some insight into good

kitchen design. "All our products are sourced in Germany and the quality is unsurpassed," he said. James spent many years in construction before opening the PE branch of Inside Living, and is an excellent judge of workmanship. A lot of thought went into Inside Living's product ranges as he pointed out some outstanding features that he has on offer. "As you get older, you don't want to stoop to open low drawers. All these lower drawers have higher than normal handles to allow you to pull them open without straining yourself. All these products are sourced and shipped fully assembled from Europe. And they are assembled by machine. Not a single South African hand has turned a screw in any of what you've seen so far. The Germans have taken precision to another level."

Taking the above into consideration, you would be surprised at the price tag. "A lot of people look at the level of workmanship and imagine that we must be very expensive. The truth is that we are EXTREMELY competitive with our pricing," said James with a grin.

Colors play an important part in the ambiance of a room. Given that we paint just about every vertical and horizontal surface of the internal superstructure in a home, the correct choice of paints are often a make-or-break affair.

Earthcote specialises in coating solutions and is located directly across the foyer and shares the floor with DMV Architects and Inside Living. Inside, Joshua Hart introduced us to a very special paint company that focuses on sustainability. "Earthcote is a family run business based in the Western Cape and sources just about all their raw materials in South Africa. They also have some pretty cool names for some of their colors," as he playfully points out to a shade called 'Pap en Wors' and another called 'Polished Velskoen'.

Joshua is keen to show off their special range of Envirolite paints. "Most paints have something called VOCs, otherwise known as Volatile Organic Compounds. Basically when you smell fresh paint, you are inhaling VOCs. Some VOCs can be quite toxic to humans, and it can irritate those with sensitive eyes and skin."

The Green Building Council of South Africa gives out 'Green Star' ratings for VOC levels. The South African rating is currently ahead of Europe and defines a safe VOC level at 16grams per litre or less. "Envirolite is special because it has a ZERO % VOC rating," States Joshua proudly. "You just can't beat Envirolite as it can be mixed to any shade you wish and is very well priced when compared to other domestic paint brands.

Décor is often the last factor to be taken into sustainability, but serves as the first point of call for any visitor to a room. We end off our tour with Ann Bateman of FAB Interiors. She assured us that sustainable home decor makeovers need not break the bank. "Having a space that you enjoy being in doesn't have to cost the earth. Some of the best work I have done has been on a tight budget. That forces you to be creative and results in much more satisfying results." Ann brings close to 20 years of experience in decorating to the table, and has worked on many notable sites in the City. "I want people to understand that my showroom is a place where ideas are exchanged freely. Potential clients must not feel like they are obligated to use my services or buy anything when they come in. That anxiety is often a huge stumbling block to creativity."

The good folks at Bridge Street Center 'walk the talk' in terms of sustainability. The beauty of coming to a centre like this is that you have an entire suite of collaborating experts that work very well together under one roof.

You can find there experts at;
1 Bridge Street, South End. Port Elizabeth.

NMMU, all charged for future of motoring.

Nelson Mandela Metropolitan University (NMMU) is home to the country's first electric vehicle technical centre.

The multi-million venture launched last month will see the top technology station eNtsa develop infrastructure, research, technology and other competencies needed for the future of these new generation vehicles. NMMU's Dirk Odendaal, currently co-ordinating the establishment of the new centre, says:

"Experts anticipate that 10% of the world's vehicles will be powered by alternative energy sources by 2020 so it is imperative that South Africa is not left behind but starts working towards this future."

NMMU will be working with a number of key stakeholders from Government, including the Technology Innovation Agency, and the auto industry.

eNtsa's outstanding track record along with the university's location close to South Africa's "Detroit", made NMMU as ideal choice for the new electric vehicle technical centre.



© NMMU

The centre will not replace established electric vehicle initiatives but rather facilitate and identify what is still needed to take the industry forward.

"Electric vehicles and e-mobility will radically change our industries and challenge our current perception of transportation," says Mr Odendaal, co-ordinator of NMMU's Uyilo Electric Vehicle Technology Programme.

UP A GEAR ... Nelson Mandela Metropolitan University Vice-Chancellor Prof Derrick Swartz is excited about the new Uyilo electric vehicle technology programme that the university will facilitate for South Africa.

For any further information contact;
Debbie Derry (Snr Communications Manager)
041 5043057

RHUBARB and LIME

recipe of the month

Rhubarb and Lime
No. 7 Park Lane, St. Georges.
Burgin Gill: 082 699 1071

Gourmet Butternut Soup with Sour Cream & Chilli

(Serve 4-6)

- 2kg butternut, peeled & roughly cubed
- 6 potatoes, peeled & roughly cubed
- 1 large onion, roughly sliced
- 3 cloves garlic, slightly crushed & sliced
- 1L chicken stock (can use veg stock instead)
- 1-2 green chillies, thinly sliced

Sweat off onions & garlic in some olive oil. Add chillies to onions & lightly braise off (this is to release their pungent flavours). Add butternut & potatoes and stir together to ensure the chilli is well infused. Add the chicken stock and top up with water to cover the veg. Bring to the boil for about 5min then turn down to a simmer and cook for about 45min. Test with a sharp knife if butternut is soft. Once cooked, adjust the seasoning and pour into a food processor - blitz until smooth.

To serve, add a quenelle of sour cream, ground black pepper and a chunk of rustic ciabatta bread.



For good old fashioned quality at fair prices
with an excellent variety in braai meats
for those sizzling summer days.

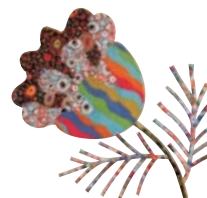
*We specialize in Quality Boerewors, Burger Patties,
Cumberland Pork Sausages, Tasty Cheese Grillers
as well as Home Cured Smoked Gammon and Bacon
for the Christmas table.*

Contact Tony / Lizzi Lilley: (041) 367 2401
Email: settlersbutchery@axxess.co.za
Physical Address: 20 Van Eck Str. Lorraine, PE



Aztec EVENTS & CATERERS

123 PARLIAMENT STREET,
CENTRAL, PE, 6001



Khanya 079 528 8930 **Loyiso** 083 9595 289, 071 854 0793

khanya.aztecevents@yahoo.com
loyisoaztecevents@yahoo.com

Find us on Facebook
Aztec Events & Caterers



Follow us on Twitter
@AztecHeartsFood.



It's not a bun, it's a Bagel.

A bagel is something you often see in movies about New York. They are as iconic to the city as sticks of French Baguettes are to Paris.

A bagel is unique because of its special texture. It is dense and chewy without being tough. You can get bagels in Port Elizabeth from major chains, but don't be fooled. They are usually just made from ordinary roll dough shaped to look like a bagel. True bagels are boiled in malt syrup before baking (this gives them their amazing shine).

So where to go for a genuine bagel in Port Elizabeth? The Como Caffé in Heugh Road, Walmer is a 'Little Italy in New York' themed deli and hands down serves the best breakfast bagels in the city. The bagel was marked 'new' on the menu so I decided to give it a try. I must admit that my previous experiences with bagels did not leave me expecting very much.

I am happy to report that I was served an authentic bagel with a perfectly poached egg, tomato relish and rocket. The bagel was deliciously dense, yet tender. The tomato relish was full flavored and didn't have any of the sourness usually found in freshly made tomato condiments. The rocket that came with my bagel was just the right counterpoint to the rest of the meal.

A breakfast bagel might not sound like haute cuisine. But then, good food doesn't have to be overly complex in order to be appreciated.

Como Café

[Cnr. Heugh Rd & 4th Ave, Walmer / 041 581 2798]

Music & Markets

Music Across Borders.

The South African Music Alliance recently put on a show called Music Across Borders and featured chamber music played by 3 prominent international artists. If you're not sure what chamber music is, then think of it this way: Chamber music is to a symphonic orchestra as 7's Rugby is to a full Rugby match. It's on a much smaller scale and thus more exciting. It is in some ways faster paced. There is a much stronger connection to the individual performers.

The trio consisted of Dr. Quinton Morris (currently the Director of Chamber and Instrumental Music and Assistant Professor of Music at Seattle University in America) on the violin; Mr. Caleb Vaughn-Jones on the cello (a past member of Dr. Quinton Morris' Young Eight Octet and currently a full time cello teacher with the Eastern Cape Philharmonic Orchestra) and Ms. Mariel Ilusorio, an acclaimed Juilliard trained musician (currently based in Grahamstown), on the Piano.

The performance was spectacular yet at the same time I found it honest and down to earth. This was my first time at a chamber music concert, and I can't wait for the next one!

Music Across Borders are planning a year long program of concerts to help stimulate the classic music scene in Port Elizabeth.



www.twotonemusic.co.za
www.youtube.com/twotoneshows



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 and organic goods produce industry, through creating a space for; artists, local designers, gourmet merchants, and local farmers to showcase and sell their speciality goods.



NEXT MARKET : 13 APRIL 2013

Hope to see you all there :)

FOR MORE INFORMATION



AMY-LEIGH

072 852 0991

amy@aengus.co.za



www.designindaba.com

Design Indaba was in PE... yes, really!

As a design student, one learns about 'great designers', (as well as write lengthy essays on them), one so good he's referred to as the 'God of Graphic Design' aka Steven Heller. Well, Heller and the other 'Gods' of design were present at this years Design Indaba; Paula Scher, Seymour Chwast and Louise Fili – just to name a few... (okay, enough with the name dropping)

The role of a designer has changed somewhat over the last few decades. Contrary to popular belief, designers (I'm not talking about 'graphic' desktop publishers here folks!) are people who comprehend popular culture to the degree that they are able to reflect and comment on it visually. The philosophy of a designer is not in essence defined to a style but rather a way of understanding, exploring and questioning objects - while taking careful consideration to their context and the cultural associations embedded in them.

For the most part, the Design Indaba was jaw-droppingly, inspirational. It really changed my outlook in regards to design as a tool for expression as well as to make a valuable contribution in society. Innovation was a non-negotiable; simplicity a quality in design and the boundaries between disciplines were blurred to the extent that designers became engineers.

A huge thank you to Boomtown and sponsors who brought the Design Indaba to Port Elizabeth's Little Theatre, housed in the Athenaeum. However, there downside to report... the say the "attendance was poor" would be an understatement. I understand that the simulcast has a hefty price attached, but initiatives such as this one; bringing the worlds top designers together on your doorstep, is definitely something not to be missed if you are in the creative field!

fox & heroine
for the heart & home

lee-anne vd Berg
0843160074
foxandheroine@gmail.com
www.facebook.com/foxandheroine

UNDERCULTURE
Contemporary Fine Arts
Paintings
Commissions

www.underculture.co.za
082.887.1612

SWushh

CLOTHING
IT'S WHAT YOU WEAR

A stylish fashion boutique that piques the senses of a woman that knows what she wants. We offer a wide selection of fashion accessories, fragrances, jewellery and handbags, and services tailor made to meet your needs

BRING THIS ADVERT, SPEND R200 (OR MORE)
AND GET R50 OFF YOUR PURCHASE

Robyn Dougans
073 618 4939
robyn@swushh.co.za

Hub on the Hill
22 Raleigh Street
Richmond Hill

Love STORY

GO AND DO THE SAME

LUKE 10:37

There are many people struggling in our community and most of us want to be able to help or contribute, but very often don't have the right channel through which to do so. Love Story aims to be the connection between those who want to be generous and those who need to receive. We're involved in many projects including soup kitchens, creche support and development, clothing and toy distribution and hospital handouts to name a few. We rely solely on the support of the public. To contribute, please call:



Elaine Watson
079 444 5666
www.lovestory.org.za
www.facebook.com/groups/goanddothesame



- COFFEE & TEA SPECIALISTS - ESTD 1924



114 Russell Rd, Central PE / 041 585 4044
info@mastertons.co.za / www.mastertonscoffee.co.za



Dirk Moggee

c: 084 437 3299 e: info@dirkmoggee.co.za w: www.dirkmoggee.co.za

booklets
business cards
flyers
glass
wood
vinyl
doors
estate agent boards
yupo jelly
folders
variable data
labels
letterheads

The ReproHouse Est.2001
QUALITY DIGITAL PRINTING

1 Valley Road, South End Port Elizabeth
Tel: 041 505 5200 Fax: 041 585 2833
sales@reprohouse.co.za

Introducing
Wide Format Printing
onto virtually ANY flat surface
SUBJECT TO TESTING OF SUBSTRATE

Editorial & Gigs

Editor: Greig Timkoe 083 263 4792
Creative Director: Reino Erasmus 083 3841 506
Photography: Reino Erasmus
Layout / Design: Hengst Creative Studio info@henstdesign.com
Printers: Repro House sales@reprohouse.co.za

Supporting the arts is a sound financial investment in your city.

In an age of double dip recessions, there is a perception that support for the Arts is an incredible extravagance. On the contrary, supporting the Arts is essential to keeping the local economy healthy.

Firstly, local artistic initiatives form the cornerstone of the city's tourism industry. Most tourists base their stays around art. Well organized initiatives mean that these tourists stay longer and spend more at local businesses.

Secondly, supporting the Arts makes for better future citizens. Students with an education rich in the arts have higher pass rates; lower drop-out rates; and even better attitudes about community service.

Thirdly, research has documented the growing importance of access to culture and entertainment in a community in determining quality of life. Investing in the creative arts gives Port Elizabeth an edge in attracting and retaining talented businesspeople and entrepreneurs. It will also help us to hold on to our best local talent (Zolani Mahola, the lead singer of Freshly Ground is a good example of a talent that PE has lost).

Getting involved is extremely simple! All you need to do is attend more local theatre productions; art exhibitions and music events. We will keep you up to date with the best and brightest PE has on offer.



Latest edition of The Soapbox available at:
Exclusive Books, Masterton's, Friendly Strangers, Rhubarb & Lime, The Music Kitchen & Como Café

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

5 April - Cat Stevens Tribute - R50
 6 April - Dave Goldblum - R50
 12 April - Michael Buble Tribute - R90
 19 April - Lucas Reunion
 20 April - Super Kings Rugby Tour & Wayne Kallis
 24 April - Claire Venn Coastal Tour - R30
 26 April - Stuart Reece Acoustic Album Launch - R80
 27 April - The Brothers - R80



69 Mangold Street, Newton Park. PE
 (041) 364 1964 / mark@themusickitchen.co.za



Events Guide
 Sponsored by
 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

12 April - Ironman 2013
 20 April - Alliance Française of Port Elizabeth
 (Great show Stone Aged Souls)
 20 April - "Happy Feet" Fun Run in Celebration
 of International Penguins Day

1 April - Transforming the Everyday into Art
 2 June (end) - The Explorers
 14 July (end) - Exploring the Art of EC

Do you gave a gig? If so, please contact us to be included for FREE



© The Soapbox

It's all in the ingredients.

Ginger Pops doesn't make cake. She makes happiness.

"Baking and decorating cakes is extremely hard work," she said, "but it's all worth it when I see the reaction on a satisfied customer's face. I especially love the expressions on the faces of little kids when they see their cake for the first time."

Rebecca is the owner of the Ginger Pops patisserie. Operating from a studio in Kamma Park, she specializes in wildly fantastic, custom made cakes and cupcakes; French Macrons and cake pops amongst other things.

"Most people don't realize that your emotions find their way into the food you make. If you've had a bad day, you get careless with your ingredients and that affects the final product. Of course, if you put a lot of love into your food, then you'll put more care into it. So at the end of the day, love really does make food taste better."

The winding road to becoming the owner of Ginger Pops began many years ago. She showed an interest in food from a very young age. "I liked to cook as a child. Mom taught me how to fry eggs when I was 5. I also baked my very first cake when I was 8 (under my Mom's supervision! I had to measure out and mix everything myself). I also sold my first cake when I was in grade 8. My very first customers were friends of mine from school. I can still remember what they ordered, a chocolate chiffon cake. It was my first favorite recipe. It was soft and light; not too rich but absolutely decadent when drenched with chocolate ganache. A real little slice of heaven!"

It may come as a surprise to some of her most loyal customers that not many people around

her thought she would go into the cheffing industry. In fact, just one man predicted her future correctly.

"No one bar my late Grandpa Henry said that I was going to be a chef. It would drive me nuts!" she laughed. "I suppose it was teenage defiance at the time, but I'd always say 'No Grandpa, I'm not!' and stamp my foot in a huff. My high school English teacher was married to a chef, and said that it would be a mistake if I ever became one. I think she had insight into how much work went into the industry. She thought my talents would be better served if I became a writer or an artist. At the time I thought I'd end up as an occupational therapist or some other career where I could use my hands."

"My first chef job in the UK was at a great restaurant called "Zuma" in Knightsbridge, London. Ironically it had absolutely NOTHING to do with South Africa. They served very posh Japanese-fusion cuisine. They had a French patisserie chef, and he came up with some of the most amazing desserts I have ever tasted."

The thing about the cheffing industry worldwide, is that it is a relentless high pressure, high stress environment. "I had co-workers that gave me a hard time. I hated it at the time, but in retrospect, I realized that I learnt the most from them."

Eventually, Rebecca felt that she needed a break from the mainstream cheffing industry. "I learnt so much on the job as a chef, but i never felt that i was cut out to be one."

It was on a visit home to South Africa that Rebecca first started to exercise her creative muscles. "I had bought some plastic icing to play with and made little Totoros for one of my Mom's friends." ("Totoro" is Japan's equivalent of Disney's Mickey Mouse)

"I put them on some brightly colored cupcakes with others toppers that I had made and she was elated. That moment of seeing how much joy she got out of something I had made, really pushed me in the direction of wanting to start my own patisserie. Hands down, my best baking experiences have been when I made cakes for friends, family and loved ones."

"I strive to make all my work not only look good but taste good too. My wish is that every Ginger Pops creation will brighten someone's day."



REBECCA LILLEY
Pâtissier & Cake Decorator

074 498 332

beckmakescakes@gmail.com
www.facebook.com/gingerpops