

the Soapbox

Fashion | Food | Art | Design

FREE COPY

RAAK

Transforming the way we think about food.

NMMU Choir

Taking on a Brave New World.

Glaskas

Oos-Kaapse draai met 'n vyf-stad teater toer.

Hub on the Hill

PE's friendliest shopping destination.

Re-discover the City

The revamped Donkin Reserve.



© The Soapbox

Fruits of the Vine

A tasting session with Robyn Martin of For the Love of Wine.

Ernest Hemingway, had a great appreciation for alcoholic beverages in general but he singled out wine as 'one of the most civilized things in the world and one of the most natural things of the world that has been brought to the greatest perfection'. He was of the opinion that 'it offers a greater range for enjoyment and appreciation than, possibly, any other purely sensory thing.'

The reason for it being it is such a highly developed and refined product, is because humankind has loved to make wine for millennia.

Well, to say that humans merely 'love' wine is a gross understatement. The first form of wine was made 8000 years ago, in one form or another. The invention of wine predates the invention of writing, which only surfaced a measly 5500 years ago. So let's think about that for a second. We were enjoying wine for a period of 2500 years before we decided to work on this whole 'writing' thing.

Wine inspires more than mere love. We're talking about a Passion for wine, with a capital 'P'. The

human race has had 8000 years to perfect wine making, enough time to elevate it to an art form.

Perhaps it is because it comes on such a pedestal that most laymen see fine wine appreciation as something daunting and deeply unapproachable.

True lovers of wine, however, believe in bringing wine virgins into the fold rather than working to keep them out.

Robyn Martin, the charming owner of For the Love of Wine, is one such enthusiast working to broaden your horizons. "We make it very accessible for you to begin your love affair with good wine. When you

Art & Galleries

come in to our establishment to do a tasting, you are not expected to be an authority on those wines. The purpose of the tasting is to pick up on the jargon that surfaces when we introduce you to the characteristics of the wines. You can experiment and choose what you want to sample, and we will make a point to give you some background on what you are drinking. Every time you pick and choose a different wine, you'll get a different piece of information. Eventually you'll start using the same terminology as the person who first guided you."

Robyn believes the secret to their success lies in their down-to-earth approach to a very complex and detailed subject matter.

"We are very chilled, very relaxed here. I would say that we've got attentive service, but not silver service. That is to say we're here the whole time (we check up on you now and then to make sure you have what you need), but we don't do the whole "the glass comes from the right, and you take it with the left" kind of service. It's more about people coming to learn, and not be intimidated. Since taking that approach, people now principally come in to learn more about wines.

Port Elizabeth has a very young wine drinking culture. Therefore when farmers seek new

markets, they target Joburg first, then Cape Town (because they're there anyway). Durban's wine culture is even smaller than PE's. We have a few big reps in PE that house somewhere between 30 and 50 different labels and they have big backing. So the farms on their portfolios have the support of a strong infrastructure where they are very vigorously promoted.

For the Love of Wine specializes in bringing some of the best kept secrets of the SA wine industry to PE.

"You may know a lot about wine, and know of many wines, but I promise you that you'll find something on our shelves that you've never seen or tasted before." says Robyn.

"Port Elizabethians have little exposure to wines from Darling and the Swartland, and even the Outeniqua and Upper Langkloof. I'll bet you didn't know that even Barrydale produces wine. South Africa has somewhere in the region of 650 wine farms and more and more are popping up every time I travel to the Cape on business. Most restaurants' wine list represent about 30 farms, max. You have to remember that it's one wine from this farm and one from that one. Most farms have 3 ranges within a farm's portfolio. Most of the time you just don't get to see those other 2

ranges. We try and select those wines that aren't easily available, by finding the tiny boutique guys where you have to go down to Cape Town with a trailer to fetch it. "

"Don't think that wine is snobbish, don't think it's pretentious, it's not. It's just a beverage that has got heart and soul and quality and tears and sweat behind it. The winemakers and owners of the farms aren't in it for the awards. The people who make it, do so with the hope and ideal that the person who's going to be drinking that glass will say 'Ooohh, that is so NICE!'. That's all they want. If you like it, drink it, if you don't, don't drink it. If you have to put ice in it, fine. just enjoy wine the way YOU like to enjoy it. It's not scary, or snobby."

"Just like the glass of Savannah you have, its the glass of wine you have. People must just start enjoying it. It should be fun."



For more information or bookings;
contact Robyn Martin : 072 566 292

Come upstairs for a glass of wine :)
Cnr. Stanley & Bain Str. Richmond Hill



Popsiebelle gift's are perfect for little people who love adventuring.
contact: ingrid@popsiebelle.com web: www.popsiebelle.com



theartgallery

ON STANLEY

You are invited!

STUDENT EXHIBITION

GALLERY HOURS:
TUE & WED: 5 - 9 P.M
THURS & FRI: 1 - 9 P.M
SAT: 12 - 3 P.M

For any queries:
Shirley Pittaway 082 933 3158
1st Floor, 20 Stanley St.

Heritage & Food

Re-discover Nelson Mandela Bay: The Donkin.

The Donkin Memorial is a true 'grande dame' of the City. Built by a heartbroken widower in tribute to his young wife who never got to see the City named after her, this dramatic monument is once again a shining jewel that graces our skyline.

Recently revamped, it's the perfect place for a picnic; a game of Frisbee or just a quiet stroll. During the week, local day-care centres bring their young charges for romps in the park.

The square contains some very meaningful architecture, starting at the bottom of the stairs that begins in Chapel Street. This long winding footpath (which represents the path to freedom through a voting queue) culminates at the top of the hill under the giant flagpole which stands next to a life sized stainless steel silhouette of Nelson Mandela.

Look out for the beautiful mosaics which are embedded in the stairs and in the surface of the plaza next to the pyramid. For R5 you can even climb to the top of the lighthouse and take in a breathtaking panorama of the harbour and the surrounding classical architecture.

The main complex houses a delightful coffee shop, as well as a beautiful new tourism office staffed by very helpful locals.

The square has security cameras which keep a watchful eye on the public. While quite safe, obvious safety precautions that you would take anywhere, should be followed (So no fanning yourself with those R200 notes).



© The Soapbox



Think about it, 99% of a cup of coffee is water (assuming you're drinking it black that is). So it makes sense that if the quality of your water isn't great (i.e. it's dirty and gritty, noticeably tainted by chlorine, is overly alkaline or has any one of a number of problems we sometimes experience here in South Africa with our tap water), this will carry through to the cup of coffee you're drinking, and ultimately your experience in drinking it. Coffee is all about the experience!

The quality of your water is paramount, so always ensure that you use only filtered or bottled water when brewing your next cup. Distilled or RO (reverse osmosis) water can also be used when brewing coffee, but be careful not to use water that has been softened too much. Exceedingly soft water's low mineral content (TDS level – Total Dissolved Solids) and lack of ions will result in swelling of the coffee fibres, which leads to prolonged extraction times and thus, an over-extracted cup. This will be noticeable in the cup taste, especially if trying to pull that perfect espresso.

So quality water = a quality cup of coffee!

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



Rhubarb and Lime

No. 7 Park Lane, St. Georges.
Bergen Gill: 082 699 1071

Homemade Granola

- 2 cups oats
- ½ cup pumpkin seeds
- ½ cup sunflower seeds
- 2 Tbsp white sesame seeds
- ½ cup dried cranberries
- 4 dried apricots, thinly sliced
- Handful of dried banana chips
- 3 Tbsp butter, melted
- 2 Tbsp honey

First 'dry fry' the oats and seeds until very lightly toasted. Mix in cranberries, apricots and banana chips and place onto a baking tray. Melt the butter and honey together and pour over your seed mixture. Mix well and bake for 15-20 minutes on 180°C. (stir the granola every 2-3 min. to prevent it from burning and browning too much)

Serve with fresh fruit and creamy Bulgarian yoghurt. Yum!

Hub ON THE Hill

WINTER WELCOME

SWUSHH
DELI DIVA
URBAN STRIDE
ISIS DESIGNER GOLDSMITH
new STEPHEN VOS HAIRDRESSER
new BRONZ'D TANNING BOOTH
new SIMONĒ BEAUTY
new FOX & HEROINE

Beat the winter blues by spending some 'Me Time' at the Hub on the Hill!

An image makeover can be yours with the following June specials:

The legendary Stephen Vos Hairdresser has just opened his brand new salon and is offering a dynamite Brazilian Blowout for just R600. (T's and C's apply)

There's also no excuse for being fishbelly white this winter with the Hub's new Bronz'd Tanning Booth. It's the only booth of its kind in PE! It boosts Vitamin D efficiency, and offers variable strengths for specific body areas.

Complete the new you with Isis Designer Goldsmith's special of 15% off all jewellery this June!

Also, don't forget about Deli Diva's new baby wear range called Faery Gentle, where Junior can look just as good as Mum.

Make sure to check out the exclusive Fox and Heroine in-house; as well as Swushh's new Walmer outlet, only at the newly opened Pop Shoppe!

For more information, please contact Robyn: 073 618 4939

22 Raleigh St, Richmond Hill

The NMMU Choir takes on a Brave New World

Homegrown choir lays down tracks for major international video game franchise.

Recently, the Nelson Mandela Metropolitan University choir found themselves a part of a fantastic project that literally spanned the globe.

Have you ever heard of the critically acclaimed video game franchise; *Civilization*?

For those of you who don't, well, it's a pretty big deal with a massive international following. It uses authentic historical elements (famous leaders, nations, resources, military units), to simulate non-historical empires. Schools abroad use it as a teaching tool. Our NMMU choir has just recorded 5 tracks for the upcoming expansion to the latest release, *Civilization 5: Brave New World*.

American cellist and EP Philharmonic Orchestra Cello instructor, Caleb Vaughn-Jones (who was a featured performer in the music recordings for the original release of *Civilization V*), took on the role as one of the music producers for this project.

"This was a AAA-game project" he explains. "In November 2011 I was approached by the games composers, Michael Curran and Geoff Knorr, about finding a choir who could sing in Zulu as this expansion has an aspect that focuses on Shaka Zulu. I had heard the NMMU choir at a workshop I attended, and thought: 'these guys can really sing'."

The three of us were able to check out the wide variety of performances that the NMMU choir has on Youtube, which left us feeling confident that they would be able to handle the challenge of learning this new music. An added bonus was that they could also sing in Latin and Swahili (We had additional tracks that needed to be sung in those languages as well). So that made them ideally suited for this project."

It's the attention to detail that makes the *Civilization* franchise stand out. "We had a bunch of traditional poems in Swahili which we wanted to put to music. They were very relevant to the game as they were stories about the Arabic invasion of East Africa (which really happened in history). It was translated by a friend of mine from Kenya who speaks Swahili, but it was quite challenging as it was a very old form of Swahili. She would sing them for me in Swahili in my flat in Jeffreys Bay, and I would record her and send the audio to the composers in the US. They would then take that, and write the music. They would send it back to us and we would review and comment on it. Sometimes there

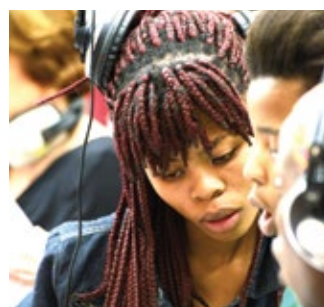
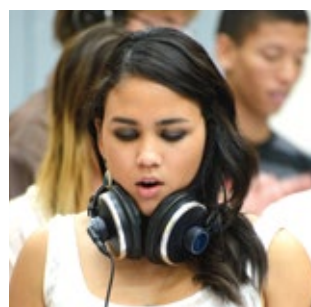
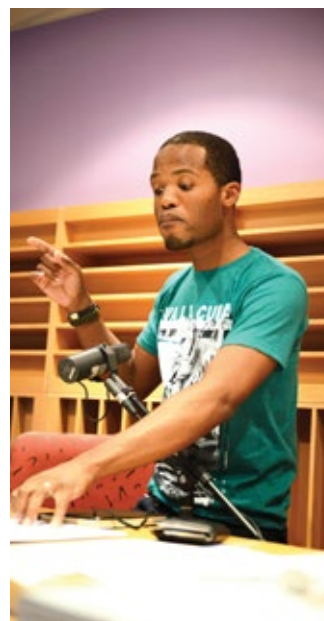
would be multiple exchanges back and forth on a daily basis."

The recording took place at the end of April at the SABC studios in PE. "We started at around 12 noon, and ended close to midnight. We did 5 tracks in all. These 5 tracks were the culmination of 5 months of intensive planning and international collaboration. The music was written in the US, then was sent to the orchestra which recorded their section in Prague. Those recordings

made their way down to Port Elizabeth where the NMMU choir performed to them and the final tracks were produced."

"It gives me goosebumps when I realise that people all over the world will be listening to these tracks in their living rooms. Something that we made together right here in PE."

Look out for *Civilization 5: Brave New World*, which will be released in July 2013.



Photo's courtesy of Caleb Vaughn-Jones

Music & Lifestyle

Glaskas en hul Oos-Kaapse draai.

Vir die gene wie nou nog nie weet wie Glaskas is nie, sies! Glaskas is een van die 'coolste' jong Afrikaanse sang groepe in Suid Afrika en nie te min, van die Oos-Kaap afkomstig!

Dié groep het hul eerste indruk op die Afrikaanse musiek bedryf gemaak nadat hulle in 2004, die Jip Rockspaaider kompetisie verower het. Kort daarna het Glaskas hordes gelok na optredes by feeste soos die KK&K, Oppikoppi, Aardklop en Innibos. Glaskas het vier albums onder die blad, 'n SAMA nominasie, 'n Ghoema nominasie asook 'n paar VONK Musiek toekennings. Hul liedjies het ook deelgemaak van Bakgat, Bakgat 2 en Superhelde se klankbane.

Groeplede, Deon Meiring (voorsanger en kitaar), Francois Kleynhans (baskitaar) en Lolke-Louis 'Buddah' Claassen (dromme) het The Music Kitchen deelgemaak van hul vyf-stad teater toer en ons redaksie span het gaan inloer om hul opinie oor die toekoms van Afrikaans te kry.

Een kenmerk van die groep se musiek is hul taalgebruik. "Afrikaans is n rym arm taal en dit kan soms moeilik wees om musikaal daarin te skryf, veral om die ritme en metrum te behou", se Deon. "Die mooiste gedigte in Afrikaans rym nie, so hoekom moet lirieke rym?... Ek dink halfrym of woorde wat glad nie rym nie kan lirieke meer betekenisvol maak", voeg Deon by. "Dit is ons passie om Afrikaanse musiek te ontwikkel"

Hou Glaskas dop op:
facebook/glaskas
Twitter: @Glaskas
Instagram: GLASKAS



© The Soapbox

halo yoga

If you can breathe, you can do yoga!

Halo Yoga has been featured in the Herald La Femme as well as interviewed on Bay TV with an exclusive peek into the studio.

Introducing something new and exciting!

yoga TONE

Fusion style yoga

combining light aerobic equipment, with yoga poses

Increase balance & flexibility · Deep toning

Natural strength increase · Improves yoga practice

Sun Salutations are used as warm ups &

all classes end with a few minutes of rewarding relaxation.

Angela de França / 079 362 6867 / haloyoga@gmail.com
88 Villiers Rd, Walmer / www.facebook.com/haloyoga



Pop into the Pop! Shoppe this June for an unforgettable shopping experience.

Don't miss our exciting fashion show on the 27th of June!

Pop Thursdays!

Stop by for our exciting mystery blitz events every Thursday evening from 6.30 pm to 8.30 pm.
(shops open till late)

Follow us on Facebook where we will be announcing the theme of each week's event!

R35 gets you a glass of wine and yummy finger snacks (food will be on sale should you want something a little more substantial!)

For more info: 082 570 1225

196 Main Rd, Walmer

Editorial & Gigs

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

This issue is dedicated to those who successfully followed their hearts.

These folks have found a way to make a living off what they feel the most passionate about: From spreading one's love for wine; to getting a piece of music as authentic and perfectly performed as possible; to bringing one's love for the environment to a wider audience.

We dedicate this to them, because it is a very difficult goal to achieve. The hard, cold reality is that successfully making a living from what you love to do may be one of the most difficult, perilous ways of earning a living. Passion is a powerful driving force for change, but it can also be your downfall if not managed correctly. Passion without being tempered by logic and good old common sense is about as useful as a screwdriver made from chocolate.

These people are successful because they're willing to work harder than anyone else at what they do. It takes huge amounts of self-belief; talent; dedication and discipline to make it work.

**But if it's your passion, can it really be called work?
Do what you love, and always love what you do.**



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

7 June - Faye Gatley — R60
8 June - Anton Carlets — R50
14 June - Hugo Kleinhans — Free
15 June - Wayne Kallis
21 June - Winter Solstice Celebration
with Lucas Reunion — Free
22 June - Zebra & Giraffe - R80
26 June - Comedy night — R30
29 June - Wayne Kallis - Free



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



Events Guide
Sponsored by
The Granary

Friendly Stranger:

// Wheres Wally Wednesday & Megan du Toit
(find Wally and score a free meal)

// Friday : Quintin Weyer (hands in pockets)

// Sat : special guests

06 June Andrew Warneke, bassist solo show - 7pm

08 June Marc Kock - 7pm

08 - 22 June Ceramic Exhibition - Alliance Française.

14 - 16 June Gamtoos Tourism Citrus Festival

14 - 17 June Noordhoek Divefest

15 - 16 June John Cleese Live

23 June Stars Of The Ballet Moscow

28 - 30 June The Wine Show Nelson Mandela Bay

28 - 30 June Kirkwood Wildsfees

Do you gave a gig, or know of an awesome upcoming event? If so,
please contact us to be included at no cost.



© The Soapbox

Transforming the way we think about food

Wehrner Lemmer on why RAAK tastes so good.

Sometimes real life plays out like a scene from a movie. Wehrner Lemmer, acclaimed artist, had one such moment.

It came while standing outside a shop front in Kyoto, one cold winter's day. He had a lot on his mind. The global economic crunch had taken its toll on artists everywhere. Pretty soon he would have to make some tough choices, maybe even put his life's passion, art, aside for a while and concentrate on something else to pay the bills.

He waited outside, while his wife was browsing inside the store. He didn't go in because every time they went indoors, it was so warm he would have to peel off the layers of clothing he wore. It was easier to brave the cold winter chill instead.

And then, he just happened to look up. What he saw captivated him. If this was a movie, Samuel Barber's 'Addagio for Strings' would start playing and the scene would end in a fade to white.

"The little shop's name in Kyoto was on a signboard and it was called 'Raak'. I just couldn't stop staring at it. It was so weird to see there. Something resonated with me at that moment," explains Wehrner.

Now 'Raak' is one of those uniquely Afrikaans terms that is felt deep down rather than heard and

understood. The literal translations from Afrikaans could be to 'touch' (om aan te raak); or more abstractly, 'to become' as in a form of transition (om honger te raak).

"Subconsciously, I think it hit me then. Life had to change from one state to another. From Wehrner Lemmer the artist, to becoming Wehrner Lemmer the business entrepreneur."

"Raak is a place to come for a good, healthy, basic meal. Just a really good honest meal, real honest food. Nothing pretentious. I have a hand in preparing things on my menu and everything is fresh and of really good quality," he explains.

"I brought my love for nature to this building by growing many of the vegetables and herbs I use in my menu. In the back. I do a lot of propagating of seeds and growing plants and I'm crazy about that - clean, natural, growing it myself. I try to grow most, or a lot of the things on the menu - whatever's seasonal. My veggies are not completely grown 'organically' as many people throw that word around these days. In order to call it organic it needs to be grown within highly strict parameters. I do, however, grow them myself and I don't use pesticides."

Wehrner also offers up fresh filtered water for his customers, which everyone loves. "We saw this

in Japan. You walk into the tiniest shop and you get fresh filtered water. We wanted to do the same here at Raak."

Nothing evokes a feeling of wellbeing more than reminiscing about one's childhood. A surprising house specialty is Oros. "Everyone laughed when I said I was going to put it on the menu. They all said 'you're crazy man', and I said, 'no ways'. My brother-in-law said 'of course you must put Oros on the menu!' Everyone loves it, and surprisingly it's the men who order it most often. I also offer it to the little kids, who love it. It's an important way for me to connect with them."

"My customers tell me that they get a feeling of calmness here. I'm not sure what it is, but there is something in here that brings about that feeling of 'rustigheid'. And of course I talk to all my customers and tell everyone about this whole green thing, this idea. I want people to think about the bigger picture, to leave in a state of thoughtfulness."

One can see that there is a lot of love put into a place like Raak. Just as Wehrner has a signature to his work as a sculptor, so is there a very strong 'Wehrner' stamp on the building. "I find it very rewarding. It's a huge change of lifestyle. It's definitely not a small thing. But if you enjoy it and it's a passion, it's a plus point. I definitely think I could do this for a long time."

Visit Wehrner and RAAK at:
27 Pickering St., Newton Park