

the Soapbox

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Traditional Kung Fu

Shun Wu Tang Martial Arts Academy.

Roger Ballen

Children and the paces that surround them.

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Negotiating Preoccupations with the Past.

For the Love of Wine

Delicious new wines for your cellar.

Mastertons

A legend will ride again.



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The Weaving of a Dynasty

Behind the Factory Gates at Hinterveld.

Very few businesses can claim a heritage like Hinterveld can. In September this year, the Stucken Group (to which Hinterveld belongs) will celebrate 150 years in the fibre and textile industry. Starting in 1863 in Bremen, Germany, they have grown into a sixth generation textile dynasty. The family has been trading in wool from the very beginning, but have since evolved into just about every aspect of its production from raw natural fibre to finished goods. You don't get to be in business for a century and a half without being the best at what you do.

Hinterveld (based in Uitenhage) is the latest evolution of the group, where six generations worth of knowledge and experience is brought to bear in

the art of processing, spinning, dyeing and manufacturing the 'Diamond Fibre', Mohair. Traditionally Mohair brings up connotations of old fashioned, itchy, fluffy blankets found in farmhouses which the world has long forgotten. But, you couldn't be more mistaken as Mohair is timeless in its beauty and practicality.

Ask anyone who has to work off the land to make a living: every little comfort makes a huge difference in your quality of life, in that it serves as such a morale boost after a long day. It is quite telling in the old term for farm coffee: 'Boeretroos'. Blankets made from Mohair are the first choice for farmers, for a whole host of fantastic qualities that make it highly sought after.

Mohair is a 'hair' from an Angora goat and is not to be confused with wool from a Merino sheep. It has a natural ability to absorb moisture hence keeping you dry and enabling the product to breathe which will keep you cool in summer. With its superior insulating properties it will keep you warm in winter and being exceptionally light weight, it is perfect for bedding applications.

On top of that, it has flame retardant qualities, is crease resistant and one of the most durable of the natural fibres. It holds dyes extremely well (so if looked after, it will keep its saturation of colour). Finally, it is a natural fibre with a natural lustre or sheen! Hence, the nickname 'Diamond Fibre'.

It's no wonder that mohair is the fabric of choice for many of the world's leading fashion houses and bespoke suit makers (as in brands that James

Fibre Arts

Bond would wear). Port Elizabeth is the epicentre of the global Mohair production. 50% of the world's mohair is grown in a 200km radius around the City. Mohair, Silk, Cashmere, Alpaca etc are all speciality fibres which demand premium prices.

The path of Mohair from the goat to finished product is a lengthy one and involves many processes and is touched by many hands.

To capture the process in a nutshell: The fleece is shorn ('harvested') twice a year from the Angora goat on the farm where it is classed and baled. It is sold on the auction which is held at the 'Wool and Mohair Exchange' in North End. (There are 14 Mohair auctions per year.) The Buyers, who represent local and international companies, buy the 'greasy or raw' mohair where after it is processed at a primary processing plant (Gubb & Inggs owned by the Stucken Group). The mohair is washed and combed before it is transformed into a 'mohair top'. The processed fibres will then be sold to a spinning mill who will turn it into usable yarns which have various applications (knitting and weaving). Hinterveld buys their yarns from Mohair Spinners SA (also part of the Stucken Group).

What sets the Stucken Group apart is that they are able to maintain a strict eye on quality from beginning to end thanks to the vertically integrated nature of the business from raw fibre to finished woven fabric. Starting out as wool traders in the mid 1800's, subsequent generations have added to the group's capabilities and expertise as they have moved up the vertical chain.

Hinterveld has recently collaborated with the internationally acclaimed Port Elizabeth designer Laduma Ngxokolo, known for his MaXhosa

knitwear range by adding a blanket collection 'MaXhosa by Hinterveld'. The collection features Xhosa cultural colours in contemporary designs. Laduma was awarded the prestigious first prize in the Society of Dyers and Colorists (SDC) International Designer of the year competition in 2010; was awarded the Marie Claire Prix De Excellence Emerging Designer of the Year and was chosen as the Nelson Mandela Metropolitan University Alumni Rising Star of the Year. His men's knitwear range went on to be nominated the 2010 Design Indaba's most beautiful object in South Africa. Since then he has been featured in prominent magazines such as Vogue and GQ.

On a side note: to most of us, choosing clothing or bedding based on the fibre composition is done with casual indifference. Simply put, most of us don't care. Trends however indicate that many more people globally are raising their awareness about what we clothe ourselves in and sleep under. Just as healthy living proponents proclaim that 'the body is a temple' and that we should treat what we put in it with care, so to should we care what we clad our 'temples' with.

Textile developers spend billions of dollars a year developing synthetic materials which mimic the 'look' and properties of natural fibres e.g. Mohair, silk and wool etc. The reason for this is to manufacture less expensive synthetic equivalents. Nylon, polyester etc are made from petrochemicals (crude oil, basically), which is a highly unsustainable resource. Natural fibres may cost more, however they are generally more durable.

Natural fibers are a sustainable resource. We can always breed more Angora goats and Merino

sheep, but can't make more crude oil. Natural fibres, on average, have a lower carbon footprint than synthetics and Mohair and Merino Wool are able to be produced locally. In South Africa and especially in the Eastern Cape, the natural fibre industry creates jobs as they are more labour intensive to produce thus allowing more job creation and therefore adding to the greater good of society as a whole.

This is what makes places like Hinterveld so important: When you purchase a Hinterveld product, you are getting far more than just another soulless, mass produced artifact. It is the product of a textile dynasty that has woven itself into the community and grown with it, employing three generations of the same families in their operations. It was made with great personal care and love. Handle a Hinterveld mohair product and you can almost feel the emotions of those involved in its manufacture.

The sense of pride and passion can be seen clearly in the eyes of those who work there. It electrifies the air and binds them together in ways more profound than blood could ever do. The family's guiding principle can be seen on large signboards in huge, clear letters all over the group's facilities: "Nothing is more important than quality. Nothing at all".

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Lovers of Wine Review

New finds at The PE Wine Show

This past weekend we enjoyed such a treat at The PE Wine Show, hosted at the lovely Boardwalk Conference Centre. These are just a few of the wines that really stood out to me:

Quoin Rock Méthode Cap Classique

A Chardonnay Pinot Noir Blend with beautiful structure and finesse, predominant ripe apple on the nose with light detail of biscuit on the finish.

Amani Chardonnay

A full yet flinty expression that flows into lime; pine nuts; roasted almonds and sweet winter melon. This well-rounded wine is the perfect example of soft complexity.

Whalehaven Cabernet Franc

A must this winter! This red brings a rich, ripe mouth feel filled with raspberries, soft, savoury tannins and a well balanced finish... Beautiful!

Idiom Zinfandel

Something for a hearty stew this nippy season with aromas of fynbos; sage; rosemary and mint. Revel in the intense, evolving flavours of blackberries and raspberries. Delicious!

Stop by the store to taste these new wonders of wine. We will be hosting our own 'Exclusive Wine Show' at the end of September!

For the Love of Wine: Cnr of Stanley & Bain Str. Richmond Hill
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Blueberry Crumble Muffins

For muffins

110g butter/marg, softened
150g white sugar
2 large eggs
75ml cream
5ml vanilla essence
140g self-raising flour
Pinch of salt
100g coconut
1 cup frozen blueberries

Serving: 6 muffins

Preheat oven to 180 and grease 6 giant muffin tins. Cream butter and sugar together until light and fluffy. Add eggs, one at a time until well incorporated. Add cream and vanilla. Add remaining ingredients and lightly fold in the blueberries. Pour mixture into muffin trays and sprinkle with crumble mixture. Bake for 25 minutes - serve warm.

For crumble

½ cup chopped walnuts
60g brown sugar
60g coconut

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Art at the Athenaeum



Roger Ballen's Playpen

Images of children and the spaces that surround them.

The name 'Roger Ballen' stretches across the generation gap. If you're a young fan of Die Antwoord, then you'll immediately recognise his distinctive visual style in their black and white music videos. If you're a parent of said young Die Antwoord fan, then you'll remember him from 1980's when the Apartheid security police were hounding him, for taking photos of less than stellar looking samples of white genetic supremacy in the Transvaal.

NMMU School of Music Art and Design, in association with the Athenaeum, are hosting Roger Ballen's thought provoking "Playpen" exhibition together with supporting programme and exhibitions by local and emerging artists at the Athenaeum and Johan Carinus Art Centre. "Playpen", curated by Christina Naurattel, comprises a unique selection of work spanning Ballen's artistic career from 1979 to 2011 exploring images of children, toys, drawings and the spaces that surround them.

Ballen has been introduced to a new generation of mainstream youth. With more than 30 million viewings on YouTube, Ballen's recent video collaboration with the South African rap-rave group Die Antwoord, for the song "I Fink U Freeky," has taken him in new directions. Ballen's well-known works include the photographic series "Dorps, Small Towns of South Africa" (1982-1986), "Platteland, Images from Rural South Africa", "Outland", "Shadow Chamber" and "Boarding House".

Ballen has been shooting black-and-white film for nearly a half-century. A New York native, he has lived in South Africa for more than 30 years-during this time he has worked as a geologist and photographer. The artist's photographs of rural South Africans in their homes quickly became distinguished for their interior arrangements and the events that transpired among the people, animals and furnishings within. Early in his career, Ballen met and was inspired by prominent photographers, including Henri Cartier-Bresson, Elliott Erwitt, André Kertész and Paul Strand.



67 beaded quotes of Nelson Mandela

An exhibition showcasing local talent by the MBDA.

Traditional iconic Nguni beadwork has been given a poignant twist in the exciting new permanent exhibition at the Athenaeum Gallery at the corner of Castle Hill and Belmont Terrace, Central. The colorful beadwork has been transformed into works depicting quotes by Nelson Mandela that draw on his political and activism musings over 67 years.

The project was part of the MBDA's ambit of socio-economic development through public art. Beaders, brought together by Ndileka Qangule, entered into a workshop driven process assisted by a team offering artistic guidance consisting of Jacques Nel; Paula Paton and Leminah Chifdaza. "The beaders went through various drawing and design phases. Through the workshopping process the concepts and initial designs were developed into 30x30cm beaded panels that now form part of the first of a permanent collection for the Athenaeum and a photo-book, which celebrates both personal reflections on and experiences of the legacy of Nelson Mandela," said Jacques Nel, of Numb City Productions.

"The process was cathartic, and we believe, drew on the natural talent of the beadworkers and expanded it into the realm of art. The piece speaks for itself – splashes of vibrant colour are marked by deep commentary on socio-cultural and political experiences," added Nel. "The group certainly processed aspects of their own lives while reflecting on national changes through the lens of Nelson Mandela – the outcome is both animated and introspective."

Fritz Schultz was responsible for photography and The Trinity Session was in charge of the project management of the work, and accompanying book. This colourful collection is truly worth a visit. Check it out over a cup of coffee in the newly opened Green Leaf café and take in the glory that is the 'Grand old Dame' of Arts and Culture in PE, the recently renovated Athenaeum (dating back to the 1850's!).





Negotiating Preoccupations with the Past

An award winning exhibition by Ethna Frankenfeld.

Revered Port Elizabeth printmaker, Ethna Frankenfeld, was the overall winner of the third Nelson Mandela Metropolitan Art Museum Biennial Exhibition and Award.

The Biennial Exhibition and Award is designed to promote artistic excellence in the Eastern Cape and attracts artists from a wide array of artistic disciplines and backgrounds. Nineteen artists were selected to participate in the final exhibition; from these, eight artists were short-listed as finalists for the award. Ethna managed to beat off some stiff competition to win, as submissions arrived from as far afield as Umtata and Middelburg. These submissions represented many different media including video; ceramics; painting; printmaking; sculpture; textiles and photography.

Her award exhibition takes the form of a retrospective exhibition that explores the themes that have preoccupied her throughout her career. Ethna's work is often autobiographical, using personal experiences to comment on the social, political climate of the world around her. Her work speaks of the highs and lows of life: sensuous enjoyment, sexual adventure, pride and lust, taboos and dangerous encounters, death and loss.

Ethna's 2010 work *Abandoned, Bound, Corrupted, Silenced* (which won her the 2010 Biennial Award: a solo exhibition at the Nelson Mandela Metropolitan Art Museum) also forms part of the exhibition. These prints deal with the abuse of women in traditional and contemporary society.

Ethna's exhibition opened to a packed crowd in the Lorimer Hall at the Nelson Mandela Metropolitan Art Museum. Make the time to take in Ethna's exhibition, you won't regret it.

Nelson Mandela Metropolitan Art Museum
1 Park Drive, Port Elizabeth / (041) 506 2000



Events Guide
Sponsored by
The Granary

Friendly Stranger:

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

// Thursday: Marc Kock

// Friday : Quintin Weyer (Hands In Pockets)

// Sat : special guests

18th July : Yo Grapes (jhb) R50 entry

7th August : Guy Buttery R80 entry

21 June - 31 July The Generations of Jazz Exhibition

6 July Savoy Market Day

28 July Brak River Valley Run

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

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) |
| Thursdays: | Four Winds Music Club - Local is Lekker |
| 5 July | - Spanish & Latin Guitar Show
"Gitanos De La Duende" 7pm - R80pp |
| 6 July | - Super Rugby Tour - Stormers vs
Southern Kings - R150 pp |
| 7 July | - Natasha Meister - Blues Guitar at its BEST
(Sunday Lunch) 1pm - R50 |
| 12 July | - LIVE MUSIC |
| 13 July | - LIVE MUSIC |
| 19 July | - Wayne Kallis (Something Special) |
| 26 July | - Rob Thompson Blues Rock Trio - R60 pp |
| 31 July | - Comedy Night & Hugo Kleinhans - R30 pp |



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Good things are worth waiting for.

In this issue, we introduced you to two very different families. Each family did very different things, but shared very similar values.

Respecting the past without being constrained by it, these two groups worked hard to combine the best from past with the best of the present. They are tasked with the temporary care of a legacy built up by previous generations. Their legacies are maintained and grown with the close attention of people who care deeply about the quality of their work.

This issue of the Soapbox is dedicated to those who fall in love with their work and give their lives over to it. These are the people who immerse themselves in what they do; and never complain about their jobs no matter how hard they may be. They dedicate their lives to mastering their skills, often by doing the same things over and over again for years at a time. These are the people who always yearn to achieve more.

Always look ahead and above yourself. Always work towards perfection, even if it means improving bit by bit. Always strive to elevate your craft.

Keep moving forward!



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Rhubarb & Lime, The Music Kitchen & Como Caffé,
POP! Shoppe and RAAK.**



© Ross Chamock

Shun Wu Tang Martial Arts Academy

Forging the next link in an ancient unbroken chain.

When you hear that Chinese Kung Fu is an ancient art form, you don't really grasp just how old it really is. Written evidence goes back almost 250 years before the birth of Christ (The Roman Empire was in its infancy), and oral traditions have it go back as far as 4000 BC.

Imagine an unbroken chain of dedicated practitioners stretching back to a time before the New Testament had been written. The Shun Wu Tang Martial Arts Academy is one such link in a chain that traces its roots back to a time of great turmoil in Chinese History. The origins of the style of Kung Fu taught by the Shun Wu Tang Martial Arts Academy can be traced back to the Taiping Rebellion (around about the year 1850).

The rebels were religious extremists, securing uncontested victory after uncontested victory. It seemed that the Imperial government would lose the war. The rebels were finally contained in a battle by a group calling themselves the Xiang army. They were led by a brilliant general, called Zeng Guofan, who succeeded in turning ordinary villagers into a military force to be reckoned with.

A large portion of their success could be attributed to the practical and effective style of Kung Fu they practiced. After the war the country lay in ruins, and many demobilised troops travelled to other countries to seek better futures.

Many of the Kung Fu masters of the Xiang army found themselves in Taiwan and passed their knowledge on to the Taiwanese martial arts

community. The Su clan continues to practice that highly practical form of Kung Fu, and it is taught in South Africa through the Shun Wu Tang Martial Arts Academy.

The current Grandmaster of Shun Wu Tang, Master Su Jin Miao, spent many years as a martial arts scholar, instructor and practitioner in Taiwan. He has served his country in many roles, even being chosen as a bodyguard to the former Taiwanese president, Chiang Kai-Shek.

"What makes Shun Wu Tang Kung Fu so effective is that it's a truly holistic discipline that covers all the bases: Flexibility; strength; agility; speed and mental well-being," says Clifton James, the resident Kung Fu 'Shifu' or 'Teacher' at the PE branch of Shun Wu Tang. "We still teach the traditional battle formation drills that were taught to militiamen 150 years ago. Passing the style down to a new generation with a high degree of fidelity is of great importance to us. We know that these techniques work as we were shown their applications first hand by Master Su who had to use them in the line of duty. He has always stressed to us that we are more than just a school. We are part of a very special family with a unique heritage."

"It has changed my life no doubt about it," says Cedric Vanderlinden, a fine artist and student at the school, "who I was before I started and who I am now are two very different people."

"This will change your life for the better," comments Architect, Nikhil Tricam. "I learnt a great deal about humility, and how one fits into the greater scheme of things, a greater family. I also learnt that hard work gets you places, not words."

"For me," says quantity surveyor, Mpumzi Mbula-wa, "it gave me a deep understanding of struggle against an obstacle, and how to overcome it. What makes this place different from a sporting environment, is that you don't have to be physically gifted when you join up at Shun Wu Tang. In a sport, if you lack the necessary physical talent, you'll be left by the wayside. Here, no matter how uncoordinated or unfit you are, they'll establish your starting point, and it's left up to you to push that boundary back by yourself. It's an incredibly nurturing environment to be in."

"I was that overweight and clumsy kid," said Cedric. "I remember being dismissed outright by so many in just about any sport I tried. My first night at Shun Wu Tang, my seniors said to me 'we will teach you how to use your weight'. At that moment it was a recognition that I would be on my own personal journey."

"Be warned though," says Nikhil, "forget about the idea of becoming 'perfect'. It won't happen. The syllabus is measured in decades, not years. What counts is your will and drive to push your personal boundaries. Your greatest opponent, will always be yourself."

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