

FESTIVAL MOOD IS IN THE AIR!

I am extremely proud to welcome you to our second edition of **The C Factor** and certainly hope that our launch edition has whet your appetite for what's still to come at your favourite shopping centre!

In July we launched Dynamic Karting, a go kart facility which is a first for Chatsworth. The facility operates from the roof top parking on a daily basis and has been very well received by the community.

In September we ran a 'Green is the New Black' campaign where shoppers stood the chance of winning one of two fully installed solar water heating systems valued at R 15 500 each. Going green, reducing our carbon emissions and caring more about our environment is vital and it's simple if we remember the three following rules: Reduce, Reuse, Recycle. Read about what you can do in this issue.

Chatsworth's Got Talent which is proving to be a very popular event in the community, takes place during October, so we look forward to your support for the youth in our community. This campaign is very close to our hearts as community development and upliftment is of prime importance for us. Contestants will also be competing for their share of R 20 000 in cash prizes, so the best of luck to them all!

The festival of lights in November this year is one of the biggest celebrations in the Hindu calendar.

Deepavali or Diwali as it is now commonly referred to, symbolises the triumph of good over evil, from darkness into light. New clothing, bright and colorful fireworks that light up our skies and delicious sweetmeats and delicacies all encompass the joyous celebrations.

There are three main aspects of Diwali: The first is the celebration of light; the second is that Diwali marks the beginning of the New Year for Hindus and a day for "starting afresh"; and the third is the worship of Mahalakshmi (the Goddess of wealth).

May the divine light of Diwali shine with peace, prosperity, happiness and good health in your life!

Nishtha Sanichur
Marketing Manager



*Chatsworth
Centre wishes
all our
Hindu shoppers
& tenants a
blessed and
prosperous
Diwali.*

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Naidoo with his family on
location in Chatsworth

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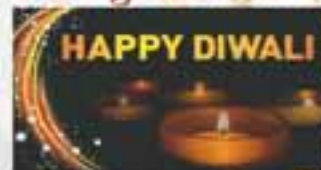
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CHATS WORTH CENTRE

Warmly Welcomes You



WEDNESDAY IS
**BARGAIN
DAY** AT
CHATS WORTH
CENTRE

Most stores are encouraged to have a sidewalk sale of their bargains for the week every Wednesday so make sure you stop by to grab a good deal of the week!

Whether it's something for the home, a new pot here and there, a special outfit for 'that' occasion or just wanting to make the best of a good bargain, make every Wednesday a **MUST** visit Chatsworth Centre day! That way you won't miss out on our bargains each week – what's more you can be the one to spread the word on the latest hot buys in Chatsworth Centre!

Whatever Your Needs
CHATS WORTH CENTRE **HAS IT ALL**

And when done with your shopping, don't rush home. Instead, enjoy all that Chatsworth Centre has to offer your taste buds. With the mouth watering variety there is really no excuse to stay at home and cook! It's the perfect excuse to make Wednesday takeaway night too, with our wide choice of restaurants and takeaways on offer. Whether it's a good curry, grilled chicken, bunny, pizzas and burgers – we have it all. Vegetarians too are catered for in our vegetarian restaurants offering delicious home cooked traditional foods that will have the family begging for more Chatsworth Centre takeaway nights!



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Back in the day Diwali was a festival celebrated with the extended family and a culmination of weeks of preparation and homemade goodies. **Niyanta Singh** looks at what's changed in today's modern age of living.

DIWALI

Let's bring back the good old days!

Diwali means 'row of lights' and the most popular legend of Diwali is that of Lord Rama, from the epic Ramayana. In the legend, Prince Rama and his wife Sita are banished from their home in Ayodhya by their father, the king. Rama, Sita and Rama's brother, Lakshmana, go and live in a forest. After many years, Sita is kidnapped by Ravana, a ten-headed demon who takes Sita to the island of Lanka. With the help of Hanuman, the monkey warrior, Rama rescues his wife. The people of Ayodhya light diyas in rows to guide Rama and Sita back from the forest to Ayodhya. On their return, Rama is crowned king. Diwali celebrates the return of Rama and Sita.





Don't we miss those days – when Diwali used to be a festival lovingly prepared for well in advance, in the good old fashioned way? Kitchens used to be a hive of activity, with mothers rushing around getting the ingredients organised and then the aunties, nanis and dadis would arrive with their ingredients and containers ready to begin preparing the sweetmeats and savories amid children rushing in to pinch a piece of the finished product before being chased out to play outside.

Today's Diwali is still celebrated with family, but modern convenience and living means the practice of visiting everyone in the neighborhood with plates of sweetmeats is no longer done as intensely as before. Store bought sweetmeats have replaced the sweat and toil in the kitchen preparations for Diwali. However, the traditional favorites of shopping at Chatsworth Centre for gold jewelry, fine clothing, lamps and fireworks continues with the same excitement and

anticipation of the day. Virasha Ramgoolam, a mother of two of Silverglen said she was fortunate to be a stay at home mother and still tried to keep old traditions alive. "I still bake and make most of my Diwali goodies and I encourage everyone to get together. I drive the children around to drop off parcels and it's still a blast with fireworks. I just want my children to remember the good old times we had," said Ramgoolam.

On the other side, working mother of four, Indrani Pillay of Havenside welcomes the modern convenience. "I just order everything for us to eat at home and I buy chocolates in boxes to hand out. Diwali has lost its essence because we are all too busy with our lives. Two of my children are in university, one in Johannesburg and one in Cape Town and they are always writing exams around Diwali so they never make it home. I just mark the day by doing the prayers and that's it for us," says Pillay.

DR VISVAKUREN NAIDOO, THE POST/CHATSWORTH CENTRE /PHOENIX PLAZA BURSARY AWARD WINNER



“It’s important to have your priorities straight, focus on studying and leave partying behind. Use your time efficiently. I believe that every student should work while they study because it teaches you the value of money and time” – Dr Visvakuren Naidoo

Everyone loves heroes, especially those who emerge from our dusty communities and go on to spread good in the world. We’re not talking Bollywood heroism here, but more the real kind that makes us proud of our community of Chatsworth. And that is what Dr Visvakuren Naidoo is all about – the first winner of the The Post/Chatsworth Centre /Phoenix Plaza Bursary Award in 1991.

The C Factor caught up with him to find out how life has turned out...

Visvakuren Naidoo had the second best Matric results in the country at the time, yet, surprisingly, received only one bursary – a R3000 bursary award initiative which he used as a kick start to study medicine.

Today the soft spoken single doctor runs his own practice in Chatsworth and spends much of his spare time giving back, tutoring medical students and junior doctors in the community and assisting in medical outreach clinics. It’s a feel good story – call it karma, uBuntu or the circle of life. It’s an aspiring story of uplifting each other as we go along, building our community, brick by brick, skill by skill. One of three children, Visvakuren admits he was a reserved teenager. “My mother was a housewife and my father a teacher who took care of us along with some of our extended family, so financially it was tough. I took on part time jobs as a shelf packer to help financially where I could, and the rest of my time I spent studying, even on the bus.

That approach clearly paid off as he finished his matric with flying colours, and went off to study medicine at UKZN.

SURVIVING THE FINANCIAL BURDENS

Although the R3000 bursary was not enough to pay for his university fees, Visvakuren was glad that he had something that could relieve his parents of the financial burden and used his bursary money to buy first year textbooks.

STAYING OUT OF TROUBLE

With drugs a prevalent challenge in Chatsworth, Visvakuren recalls how he resisted pressure from his peers. “Many thought that I was living a boring life, but it’s important to get things into perspective, life doesn’t mean going out to restaurants or frivolously wasting your time. Fun to me meant playing sport with friends. It’s all about individual choices and the friends you choose to keep.”



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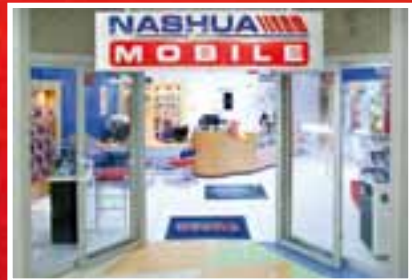
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AYURVEDA JUST WHAT GRANNY'S BEEN TELLING YOU ALL THESE YEARS!

Ever wondered why your grandmother insisted you eat almonds during exam time or why at the slightest sign of a cold your mother would recommend some ginger milk?

Well, they are simply following age old Ayurveda recipes handed down from generation to generation – and seem to be taking modern medicine and the word by storm due to their success.

Now a buzz word even among cosmetic companies, the words Ayurveda combines the Sanskrit words ayur (life) and veda (knowledge) and is based on an approach that treats illness using plants and ingredients found in your kitchen and garden to restore good health.

"According to Ayurveda, people were expected to live for about 100 years without any health problems or diseases. But people have changed their diets and that's where the problem lies. Ayurveda is easy to follow – if you eat according to your body type, you will have no problems," says Ayurveda expert Dr Ram Garg.

*Almonds are high in protein and boost your memory power.
Turmeric in milk when you have a cold is especially beneficial as it is a natural antiseptic.*

So the next time you reach for your medicine cupboard, consider these Ayurveda remedies first:

INSOMNIA

Blend a cup of warm milk with four to five dates and a pinch of cinnamon powder. Sip at bedtime. Dates balance the nervous system and milk contains a natural compound that promotes sleep.



PERSISTENT COUGH

Grate a piece of ginger and mix the juice with a little honey. Have this mixture three times a day. Ginger produces heat in the body and stimulates mucus to come out while honey soothes the throat.



MUSCLE PAIN

Make a poultice of heated mustard oil and turmeric with a pinch of salt. Apply to the affected area and leave on for about two hours. Turmeric is a natural anti-inflammatory and antiseptic. Mustard oil with its warming nature improves circulation and is a natural anti-bacterial agent.



.... and granny told you so!

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CRAZY
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"The darker your henna, the more your husband and mother-in-law love you..." so goes the old housewives tale! So once you're done with all your beauty treatments, it's time to begin the customs and rituals that will bring out your inner goddess

Blushing Bride, HOT LOOK!

Your big day is around the corner and with all the preparation on the event, flowers and venue taken care of, it's now time to focus on the most important star attraction - YOU!

The C Factor put together these easy steps to help take the stress out of the big day's make over routine for you so that you can be the stunning bride that you are meant to be...

BRIDAL BEAUTY MUSTS...

- 1** There's nothing more unsightly than unwanted hair! Book into a salon and embrace the pain of getting everything waxed – yes girls, we mean everything! A full-body wax is perfect as you will welcome the smooth hairless silhouette of your waist peering through your sari, and your henna will hold better on hands and feet with no hair.
- 2** Your face will need some special care, so wax or thread your eyebrows and upper lip depending on which you prefer (although beauticians swear that threading provides a cleaner, more refined finish!). Do this a week before so that any skin irritations have time to calm down and heal before the nuptials.
- 3** A rejuvenating facial can be done at least 48 hours before the big day to allow your skin to absorb the treatment and recover from any breakouts.
- 4** A manicure and pedicure a day before the wedding is ideal in ensuring it stays fresh and chip-free.
- 5** No matter what your eating habits, from at least 2 weeks before, try to eat healthily. Include lots of fresh fruit and vegetables in your diet and avoid all oily, greasy and fried foods. This will improve your skin from the inside and bring out inner radiance.

PERFECT BRIDAL HENNA...

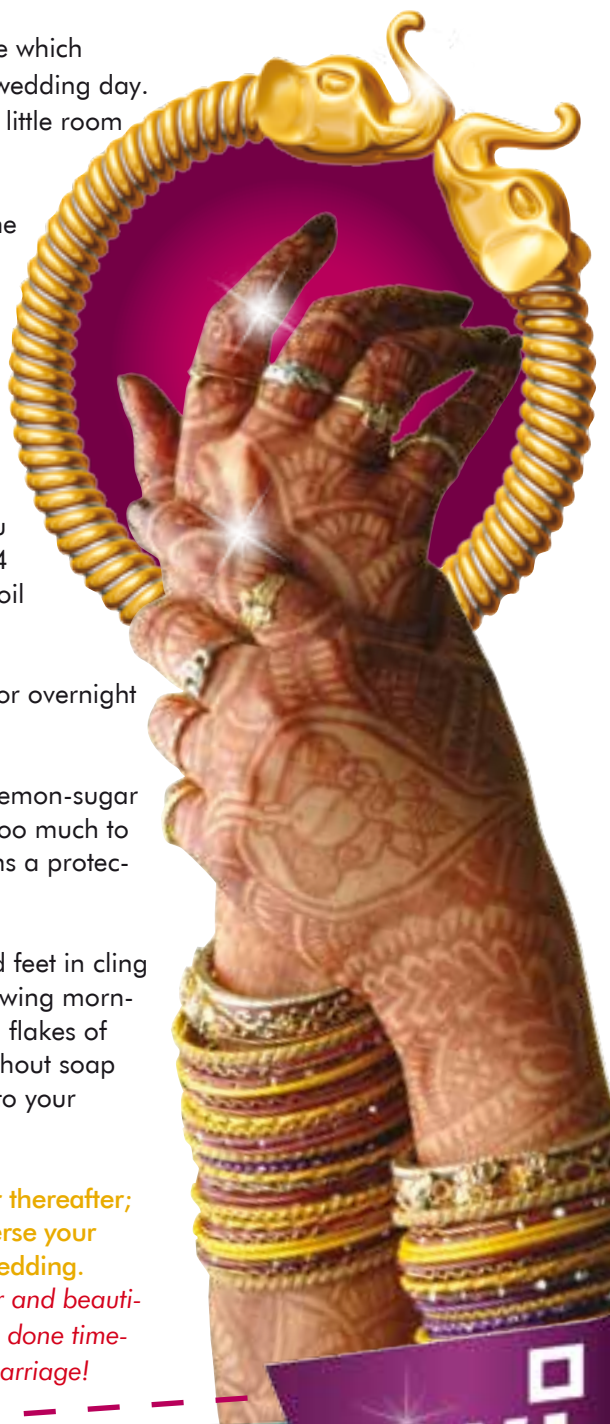
- To begin, use the highest quality henna available which should ideally be applied 48 hours before your wedding day. Try using an experienced henna artist so there is little room for error.
- Take care of everything that needs to be done for the day, including visiting the loo and having your supper as you don't want to smudge your henna or ask someone else to feed you!
- Select the design for both your hands and feet beforehand, and make sure that your artist is familiar with the pattern in advance.
- Prepare a lemon and sugar paste just before you can apply your henna. Mix half a lemon with 3/4 tablespoons of sugar, add a drop of Eucalyptus oil and have this ready with some cotton-wool.
- Ideally leave your henna on for at least 6 hours or overnight to ensure the darkest and richest color.
- As the henna begins to dry, gently apply a little lemon-sugar paste to keep it moist, but don't smudge or put too much to cause it to drip. This seals in the henna and forms a protective layer thereafter.
- Once the sugar seal is dry, wrap your hands and feet in cling film and leave this on all night. Remove the following morning and brush off the henna gently, removing all flakes of henna. Rinse your hands and feet thoroughly without soap and pat dry. Apply some Eucalyptus oil or Vicks to your hands and work it in. Leave this on from now.

Remember not to wash dishes or shampoo your hair thereafter; get someone else to do it for you. In fact don't immerse your hands in water or use any chemicals till after your wedding. On the morning of your wedding, visit your hairdresser and beautician as early as possible to get your hair and make-up done timeously. Now you're ready to take that leap of faith at marriage!



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THALI VEGETARIAN RESTAURANT

WHAT DO A PHARMACIST AND A CHARTERED ACCOUNTANT HAVE IN COMMON?

Well, they are business partners who share a passion for vegetarian food. In a bid to create a little piece of Chennai in the middle of Chatsworth, Pretoria based chartered accountant Mark Jeewan and Chatsworth based Jeremy Deokynarain and joined forces

➔ to open up the Thali Pure Vegetarian restaurant in the heart of Chatsworth Centre. Having travelled extensively through India, Mark said the name of the restaurant was easy to stumble upon – Thali – which means a plate or tray of a variety of food that typically includes rice, dhall, vegetable curries, roti, papad, curd, small amounts of pickle and a sweet dish to top it off.



“We decided to go vegetarian as there are not many vegetarian restaurants around in the area. While we largely cater for the Hare Krishna devotees by serving food that is prepared by initiated devotees and offered to God, our food does not cater only for this group,” explains Mark.

With his mother Budhra Devi Dasi as head chef and Hari Valabh assisting her in the kitchen, the restaurant’s menu boasts an extensive range from soya fish biryani, to paneer makhani, toasted soya polony and cheese sandwiches, to good-old fashioned snacks like samoosas, vedas and bhajia. Taking the restaurant to a new level, Mark has also catered for international events such as the Anup Jalota concert and the

➔ recent Zee TV concert and teamed up with celebrity chef Asha Maharaj who has endorsed their menu. “We’ve been approached by international food company Arla to produce an instant paneer recipe and have been working on it for a year now so there’s exciting things ahead for us and that includes a menu change, among other things!” added an upbeat Mark.



WITH CELEBRITY CHEF, ASHA MAHARAJ

WHAT'S COOKING

DIWALI SWEETNESS

CHANA MAGAJ

WHAT YOU NEED

- 1 CUP GHEE
- 1 ¼ CUP GRAM OUR
- 1 TBS MILK
- ¼ TEASPOON NUTMEG
- ¼ CUP ALMONDS
- 1 ¼ CUP ICING SUGAR
- 1 CUP MILK POWDER

METHOD

1. HEAT GHEE ON MODERATE TEMPERATURE
2. COMBINE GRAM OUR AND MILK AND RUB TOGETHER
3. ADD TO GHEE AND COOK GENTLY WHILST STIRRING UNTIL LIGHTLY BROWNED
4. REMOVE FROM HEAT AND ADD THE REST OF THE INGREDIENTS INCLUDING MILK
5. MIX UNTIL A DOUGH LIKE TEXTURE IS FORMED THEN PAT INTO A DEEP TRAY TO SET UNTIL COLD
6. CUT INTO PIECES INVITE FRIENDS AND FAMILY AND ENJOY!



COOKING DEMONSTRATION WITH ASHA MAHARAJ
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HOT

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Sensational Islands

MAURITIUS

Whether it be a romantic honeymoon or a fun-filled Mauritius package holiday, Mauritius beckons one and all with her azure blue waters, swaying palms and balmy sunny days. This truly is an island paradise where visitors are welcomed with a smile by the genuine warmth and hospitality of the Mauritian people. Let the scent of vanilla and tropical flowers wash over you as you prepare to relax and unwind. Mauritius is a year round holiday destination. The combination of beauty, excellent service and diverse experiences is guaranteed to entice you back to the shores of Mauritius, time and time again

SEYCHELLES

Once you arrive on the main Seychelles island of Mahe, you're in for the vacation of a lifetime. Praslin and La Digue are found relatively close to Mahe. The stunning turquoise waters of the Indian Ocean invite the adventurous to come see what's below her surface, and the mountainous interiors of the granitic Inner Islands beckon those curious to know what lies beyond. Seychelles is a "pinch me because I'm not sure I'm awake" kind of place. The natural wonders here are inspiring, the warm weather encouraging, and it's just simply the kind of place you never want to leave.

BALI

Bali is a magical place – beautiful, peaceful. Bali is a land that seems to have a magnet at its very heart. It is warm and tropical, with beauty etched into every inch. Architecture that integrates the indoors with the outdoors. The word "paradise" is used a lot in Bali and not without reason. The combination of friendly, hospitable people, a magnificently visual culture infused with spirituality and spectacular beaches with great surfing and diving have made Bali Indonesia's unrivalled number one tourist attraction.

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Depart: 13 Dec - Return: 04 Jan	R8 260
Depart: 14 Dec - Return: 01 Jan	R7 650
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Depart: 16 Dec - Return: 05 Jan	R9 420
Depart: 17 Dec - Return: 07 Jan	R9 680
Depart: 18 Dec - Return: 09 Jan	R8 199
Depart: 19 Dec - Return: 10 Jan	R7 999
Depart: 19 Dec - Return: 03 Jan	R7 999
Depart: 20 Dec - Return: 01 Jan	R8 650
Depart: 20 Dec - Return: 04 Jan	R8 790
Depart: 21 Dec - Return: 08 Jan	R8 260
Depart: 23 Dec - Return: 11 Jan	R7 230
Depart: 23 Dec - Return: 12 Jan	R8 500
Depart: 24 Dec - Return: 12 Jan	R7 230
Depart: 24 Dec - Return: 14 Jan	R7 120
Depart: 25 Dec - Return: 09 Jan	R7 270
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DEPART: 13 NOV - RETURN: 12 DEC

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CHENNAI - MYSORE - BANGALORE
COCHIN - ALLEPPY - MUMBAI

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DAILY, TOURS AS PER CONFIRMED ITINERARY, TRAVEL INSURANCE FOR MAX UP TO THE
AGE OF 65 YEARS AND ESTIMATED AIRPORT TAXES

25 DAYS NORTH AND SOUTH INDIA WITH MUMBAI

DEPART: 13 NOV - RETURN: 9 DEC

VISITING: JAIPUR - AGRA - MATHURA
HARDIWAR - RISHIKESH - DELHI
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CHATSWORTH BRANCH
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Govender with last year's top student, Talya Roopan who scooped 7 As.



We often think that schools in northern suburbs and those in the private sector are 'better.'

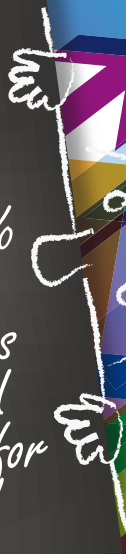
It's a misguided belief that we have to pay a fortune in order to get good quality. This is all the more reason we should be shouting from the roof tops and beating our drums in pride at having an award winning public school right here in our community of Chatsworth.

Wingen Heights Secondary caters for students from formerly disadvantaged communities and despite all the social challenges including drugs, the school has managed to produce a string of top matriculants and is ranked among the top 100 schools in the country!

The C Factor spoke to Principal Gordan Govender who has been credited with steering Wingen's success for over a decade.

THE WIND BENEATH WINGEN!

Wingen achieved a 98.5% pass rate with 60% obtaining a bachelor pass last year and produced students in the top 10 for the past five years!



What are some of the challenges the school deals with?

Gordan Govender: The majority of our students come from impoverished or under privileged backgrounds so we have to deal with financial challenges with school fees and other issues like transport to school, nutrition and coping skills.

How do you address these?

Gordan Govender: We have a welfare club that arranges lunches for needy learners and we also arrange for uniforms and meal hampers from time to time. School fee exemptions are granted in special cases. Academically we arrange extra lessons in Maths on a Saturday to help learners experiencing problems in this area and also have a full time registered school counselor to guide learners with their careers.

What about the drugs issue, how is this handled?

Gordan Govender: We have zero tolerance for drug abuse and have a clear policy on substance abuse which parents sign and acknowledge when they register their child at our school. Drugs are a minimal issue at our school as we also have regular checks and engage with SAP to conduct sporadic searches. There have been a few cases and these were handed over to the SAP. We also have regular meetings with parents as they play a major supportive role and need to work closely with the school in tracking the progress of their children.

WINGEN'S TOP EXAM TIPS:

DEVELOP A POSITIVE MENTAL ATTITUDE

Don't entertain negative thoughts which will make you anxious. Practice a relaxation technique to calm you such as breathing, meditation or exercise at least 30 minutes each day.

STAY FOCUSED AND PLAN YOUR REVISION PROGRAM

Avoid any distractions when studying. Cell phones should be put away. Have a revision time table allocating adequate time to each subject and stick to it. It's best to study for one hour and take a 10 minute break and reflect on what you have revised.

GROUP STUDY

Engage in group study after school and over week-ends so that common problems can be resolved and seek the assistance of your teacher or tutor if necessary. Teachers are always willing to help.

DON'T TAKE STIMULANTS

Get enough sleep and DO NOT take medication to keep awake or study. Eat healthy, discuss problems affecting your studies with your parents, friends or teacher rather than letting it all build up.

REVIEW PAST PAPERS

This is essential. Sit down and answer the past three year's examination papers under exam conditions and mark your work. Check where you went wrong and seek help if you do not understand the work. Remember the more papers you work through the better your final performance.

FUTURE FIT

Schools out (well almost anyway!) and you're not sure which direction to head off to. The formal sector is cutting jobs faster than creating new ones. But there's hope yet. Choose the correct career field, and you can bank on a good future. The C Factor went behind and beyond to speak to experts who all agreed the following are the demand hotspots right now:

IT, ENGINEERING AND THE GREEN GAP

'You can't go wrong with a qualification in information technology, electronics or electrical engineering. This will provide a strong basis for securing your place in tomorrow's growth industries,' advises top recruitment agencies. On the green side - specialise in harnessing alternative energy sources such as solar and wind power and you're bankable.

SERVICE SECTORS – MEDICINE, EDUCATION AND SOCIAL SERVICES

The demand for nurses and doctors, specialists in particular, as well as social workers, continues to outstrip demand. Huge strides have been made in improving the working conditions and entry level

salaries for doctors and nurses in particular. Gazing into the crystal ball of the future, it is predicted that advances in the fields of robotics will render some surgeons redundant – but it is hard to conceive of an entire medical sec-

tor devoid of human caregivers and specialists at any given level.

There is an ongoing sense of urgency in ensuring top talent is recruited as teachers. As the custodians of any nation, ongoing measures are being taken to incentivize existing and would-be teachers, where demand far exceeds supply.

From food styling to being a chef to taming tresses – nothing is stopping you from forging an empire. The only limitation is your will power to succeed – so pursue your dreams and make it happen!

FINANCIAL AND BUSINESS SERVICES – ACTUARIES, ACCOUNTANTS, FINANCIAL ADVISERS, SALESPeOPLE, MARKETING AND PR AND ADVERTISING

Are you good with numbers? Lucky you, because whether it's measuring the statistical probability of something happening, steering the finances of a company, helping people decide on investment or financial planning or ensuring a

return on investment for a product through getting the message out and ad-spend, everyone needs to either make money, or look after it. And in some way, shape or form, that's what you'll be doing.

THE BOTTOM LINE

The highlighted careers are just that – snapshots of possibility. Many of the most successful people in the world today are entrepreneurs. What did they get right? They took an idea – not necessarily a product – and looked at how it was new, different or could be sold more effectively, found a good location, made sense with a realistic business plan and persevered.





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A GOOD BUSINESS BEGINS WITH A GOOD BUSINESS PLAN

So... you've been thinking about starting your own business and want to take the final leap. The first thing you need is a sound business plan – a crucial aspect many people overlook when applying for startup capital. Here's a guide to get you started so that you don't waste valuable time and money.

THE CRITICAL BITS

Every business plan must have an executive summary, business overview, company management outline, market analysis, sales and marketing strategy, and financial statements and cash flow projections,' says Bisson Girran, Operations Manager at The Small Enterprise Development Agency (Seda) in Durban. As part of the Department of Trade and Industry, Seda allocates funds to start-ups and small business based on business plans. The good news is they'll also help you formulate yours if you come unstuck. Take a look at what a good business plan should cover:

- **EXECUTIVE SUMMARY** – this is important as it outlines your success strategy.
- **BUSINESS OVERVIEW** – spells out the what, where, why and how it relates to your business. Describe the products or services you'll offer, your location, why you're a cut-above, and how you'll get there, including productions processes, capacity and current constraints.
- **MANAGEMENT OUTLINE** – provide an organogram of company ownership and structure.
- **MARKET ANALYSIS** – who are your competitors? Where are the gaps for growth? This is your feasibility study.
- **SALES AND MARKETING STRATEGY** – outline your pricing strategy and how you'll promote yourself.

- **FINANCIAL STATEMENTS AND CASH FLOW PROJECTIONS** – this is a summary of where you're at financially and what kind of profit you expect to make by when. These would be strengths, weaknesses, opportunities and threats relating to your venture.

SUPPORTING DOCUMENTATION

Attach your company credit records, identity documents, any documentation relating to copyrights, trademarks and copies of your company registration to your proposal. You'll be advised if anything further is required. Demonstrate knowledge of your industry and a determination to succeed – it shows confidence in your plan.

FATAL EXCEPTIONS

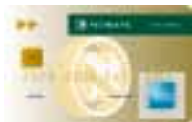
Avoid overstating your cash flow projections and outline what contingent plans you can put in place in the event things don't go so well. Also don't ask a consultant to write up your plan without providing input; if questions are put to you and you don't understand the contents of your own business plan you're unlikely to get the finance you're seeking.

REMEMBER!
Plan, research and be realistic
about your expectations
when drawing up your
business plan!



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GREEN

IS THE NEW BLACK!

Although water covers nearly 70% of the earth's surface, 97.5% of it is salt water which we cannot drink! This means that only 1% of the planet's water can be used – not counting the glaciers which cannot be accessed. South Africa is facing a water shortage and is ranked number 30 amongst the driest countries in the world!

We've heard about it, but let's face it, not many of us seem too bothered with it. 'Going Green and being environmentally friendly' is something we often associate with the rich who don't have much else to worry about! The truth is going green is about saving our environment. We are running out of clean drinkable water, our air is making us sicker and the amount of land where we can grow food on is shrinking. Going green

means using fewer chemicals, less energy (which will save you money too) and reusing, recycling and reducing the amount of waste in the environment. In this first part of our series on Going Green, we feature the following tips on how you can save money on your water consumption and make a difference to saving our planet – after all, it's the only one we have! *Let's make a start, let's Go Green in Chatsworth and lead the change!*

TAKE SHORTER SHOWERS

Every minute less spent in the shower can save up to 23 litres of water, depending on the efficiency of your showerhead. The less water you use, the more money you save.

FIX THE LEAK

If you have a leaking tap, fix it immediately – it could be wasting up to 2,000 litres of water per month, and running up your water bill! Don't keep tightening the tap as this will wear out the washer and make the leak worse.

WASH FRUIT AND VEGETABLES IN A BOWL OF WATER OR HALF-FILLED SINK

This can reduce water consumption by 30 litres each time.

RUNNING THE WATER

Whenever you turn a tap on and are waiting for cold water to run, catch the cold water in a jug or bucket and then use it – for watering plants, filling the kettle, or any other purpose. This can save you up to 4 litres of water each time.

GARDENING

Don't water the garden during the heat of the day; instead water in the cool of the evening or in the morning. That way you will use water more efficiently as it won't dry up so easily by the sun.

GO EASY ON THE TOILET FLUSH

Reduce the flush on your toilet whenever appropriate. You can save about 8 litres per flush.

USING A FULL LOAD ON YOUR MACHINE

Use your washing machine with a full load. Reducing the number of washes you do can save huge amounts of water. Using your machine with half a load uses up water less efficiently and consumer unnecessary energy.

Remember top-loading machines can use up to 240 litres per wash!

GO EASY ON THE CAR WASHING

When washing the car, use a bucket and sponge rather than a hose. Use just six buckets and you'll save more than 150 litres per wash!

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Happy Colouring!

IN A NUTSHELL: GETTING THAT 'BECAUSE I'M WORTH IT' HAIR THIS DIWALI!

So you're all ready to change your hair colour this Diwali. Great. Just don't forget the following tips to keep it lasting longer and healthier!

ALWAYS USE A SHAMPOO FOR COLOUR TREATED HAIR

- These protect the colour and won't strip the natural moisture from your hair which regular shampoos do!

APPLY A WEEKLY HAIR MASK

- This will prevent colour fading, and will maintain your colour longer

OIL, WASH, AND CONDITION YOUR HAIR AT LEAST TWICE A WEEK

- This will prevent it from becoming dry and brittle

DO NOT BLOW DRY YOUR HAIR USING THE HOT SETTING

- Use the cool setting instead or dry it naturally.

DO NOT BRUSH YOUR HAIR WHEN IT'S WET

- Wet hair is very fragile and brittle and can break easily. Use a wide toothed comb instead.

USE A LEAVE-IN CONDITIONER FOR YOUR COLOURED HAIR

- Leave-in conditioners offer manageability all day long, and as most of these contain sunscreen, they protect your hair from harsh UV rays too.



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CHATSWORTH'S GOT TALENT 2012

PLAY DATES

CHATSWORTH CENTRE PLAY DATES OCTOBER 2012

Due to the success of Chatsworth's Got Talent in 2011, Chatsworth Centre has decided to host the talent competition once again. The event includes two audition weeks, a quarter final, semi final and final event which takes place on the 27th October 2012. The event runs in two categories, i.e. music and dance, and contestants will be judged according to each category.

"Chatsworth's Got Talent is an event that was created to give talented individuals in the community an opportunity to showcase their talent. The aim is to provide these individuals with a stepping stone in helping them realize their potential and encourage them to take their talent to the next level," says Chatsworth Centre's Marketing Manager, Nishtha Sanichur. The event is hosted in conjunction with Rajiv Mothie of Big M Productions and the School of Performing Arts. "This affiliation gives the event credibility and gives contestants the confidence they need to perform in the event. As a community centre we strongly believe in contributing to the development and upliftment of the youth in our community and by providing them with the platform to showcase their talent, it allows them to be heard and seen by the

Sweets, Treats & all things Nice

Be the talk of the town this Diwali by having the most scrumptious Diwali platter! We will be hosting sweetmeat demonstrations with the popular **Asha Maharaj** the week before Diwali.

Watch press for details, limited seats are available for the demos.

Contestants are competing for the grand prize of **R 12 000** in Cash as well as the opportunity to star in a local movie production!

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FOCUS ON DRUGS IN OUR COMMUNITY

Chatsworth Centre is committed to maintaining awareness of Drug Abuse in our community, through regular focus on the issue. It's not just a social responsibility but also aimed at saving lives and families. **The C Factor** spoke to Sam Pillay, Director of the ADF (Anti-Drug Forum) about Methadone – a drug used to help recovering addicts which is now being abused.

WHAT IS METHADONE?

It's a prescribed drug that's meant to shut down receptors effectively, which is why it's usually used to treat drug addiction.

SO HOW DOES ONE BECOME ADDICTED TO METHADONE IF THIS IS THE CASE?

Unfortunately these drugs are abused because they are so easily available. Although one needs a prescription, patients often go "doctor hopping" to get many prescriptions or buy it on the black market. A recovering addict can quickly become addicted when Methadone is not taken correctly, which is what we are seeing.

WHY DO ADDICTS RESORT TO SUICIDE LIKE THE RECENT CASE THAT MADE HEADLINES?

Some addicts are battling with their addiction and go to rehabilitation facilities which are sometimes unable to help. They are put in beds and left alone, which does not solve the problem. As a result, patients get frustrated, helpless and resort to suicide. Addicts need interactive help to succeed.

WHAT IS THE BEST WAY TO OVERCOME THE ADDICTION OF THIS DRUG?

Don't use Methadone at all due to its addictive nature! It's only effective if used in a controlled environment. There are other effective methods of detoxing which we offer. Psycho-social sessions and therapy is very important. Detoxing is necessary but staying off is another concern. Sessions on relapse prevention, coping mechanisms, goal settings, building relationships etc. are vitally important for the patient to understand so that they can maintain their sober status.

WHAT DRUG DOES ADF USE TO HELP ADDICTS RECOVER?

Anti-craving meds called Naltrexone together with psycho-social therapy sessions after detoxing is the most effective method of rehabilitation that we use. Naltrexone has an anti-craving and non-addictive component which is specifically composed to eliminate cravings. It was originally designed to combat alcohol addiction, and now serves as a detoxification tool used internationally by heroin addicts.

The ADF is currently based at Croftdene Mall, 120 Croftdene Drive, but will soon be moving to premises opposite the Chatsworth Youth Centre. They can be contacted on 031 401 1429 / 403 1150 and Pillay is available on cell: 082 954 4835





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8pc chicken cubes, 8pc steak cubes,
4pc kebab, 4 x roti, 2 litre coke
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MIDI FAMILY PACK

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cubes, 6pc steak cubes, 3pc kebab,
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With Yashika Ramautar

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The first
glimpse
of Beti B,
Aaradhya
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MEET BETI B

The highly anticipated first glimpse of Aishwariya Rai and Abhishek's baby, Aaradhya, fondly called "Beti B" by grandfather, Amithabh Bachchan, has finally been published! The photos were captured last week, while Aishwariya was on her way to Chicago to meet with Abhishek, who is busy shooting *Dhoom 3*. Aishwariya's attempts to shield her famous daughter's face from prying cameras failed, as a renowned Indian photographer seized the opportunity and captured the baby's face. The flashing cameras seemed to bother Aaradhya, who squinted away, but little does she know, that soon she will have to embrace the paparazzi as the Bachchan's are India's most photographed family. Aaradhya seems to have more of her father's features than her mother's, but only time will tell!



Proud parents Twinkle and Akshay Kumar

BABY GIRL FOR AKSHAY KUMAR!

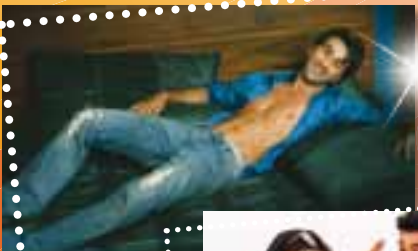
Bollywood superstar, Akshay Kumar and wife, Twinkle Khanna welcomed a new addition to their family, with the birth of their baby daughter this week. Twinkle, daughter of legendary actor, Rajesh Khanna who sadly passed away recently, had a natural delivery at Breach Candy Hospital in Mumbai, after going into labour in the early hours of the morning. Akshay was busy promoting his new film "Oh My God" and is said to have rushed to his wife's side, canceling all future professional commitments to be with his newborn and wife. The couple already have a 10-year old son, Aarav, so the arrival of a daughter rounds off the Kumar family ever so perfectly.



Sultry Priyanka Chopra

BARFI OFF TO OSCARS

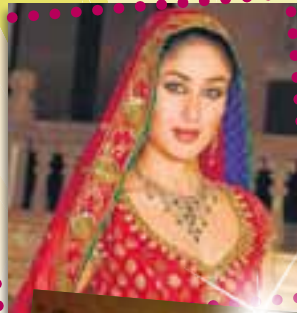
Bollywood blockbuster movie, Barfi, currently on cinema circuit, is off to the Oscars. Barfi, starring Priyanka Chopra and Ranbir Kapoor, has been nominated as India's entry in the category of Best Foreign Language film. In the film, sultry Priyanka abandons her sex appeal and superbly portrays an autistic girl, 'Jhilmil' who falls in love with hearing and speech impaired 'Barfi', brilliantly played by Ranbir. The movie breaks most stereotypes by showing that love overcomes any physical or mental disabilities and should be sought from the heart. Lets hope that this movie has what it takes, to finally bring home the coveted trophy and world recognition it deserves.



Bollywood
hearth-throb
Ranbir Kapoor



Priyanka and Ranbir as they appear in Barfi



Blushing bride-to-be,
Kareena Kapoor



Bollywood royal couple, Kareena and Saif Ali Khan

TO WED, OR NOT TO WED!

Invitations to Bollywood royal couple, Kareena Kapoor and Saif Ali Khan's wedding have already been sent out, yet Kareena remains mum about the upcoming nuptials. Saif's mother, legendary actress, Sharmilla Tagore, is in full swing with wedding preparations, rumored to be on 16 October and Kareena's wedding trousseau is almost complete. Acclaimed designer, Manish Malhotra has acknowledged that he is designing Kareena's trousseau, yet the couple remained tight-lipped in recent interviews. Kareena said, "Whenever Saif and I do it, our fans will hundred per cent know. Nobody knows about my wedding. I want people to talk about my film rather than my wedding. Whenever we decide it is the right time, we will tell the world about it, and currently, this is not the right time." So now we will just have to wait and see if wedding bells do ring for Kareena and Saif next month.

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night's rest too!**

**That's why they trust
Huggies® unique Dry Comfort range
to help baby sleep through the night.**

**SECURE LOCK DRY SYSTEM MEANS
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HUGGIES®
Disposable Nappies
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**No more uncomfortable wet nappies at night
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A good mom is a tired mom...right? Wrong!

Being a good mom is a 24-hour job – it means caring for baby during the day and especially throughout the night, as most babies wake up several times a night for a feed and nappy change. Many moms think that not getting a decent night's sleep and then waking up tired and low on energy each morning is just something that moms have to do...

Wrong!

Doing the best for your little one means doing the best for you too! Waking up throughout the night is not good for you or baby. It means being a tired, frustrated mom during the day – and no fun for baby! What's more as a Working mother it can affect your performance at work too.

That's why clever moms use Huggies® Dry comfort Nappies. The unique Lock Dry system is specially designed to keep baby dryer for longer. Its proven leak-proof technology ensures that baby won't have to wake during the night because of a wet, uncomfortable nappy. This means baby will sleep longer and wake up less often, and when baby sleeps longer, Mom does too!



Where is... IN CHATSWORTH CENTRE



EASTERNWEAR

DESIGNER EAST	031 403 9406
DESIGNS OF INDIA	031 401 1086
SK NAIDOO SARRIE BOUTIQUE	031 401 8153
AVTAR	031 401 2409
SABAH COLLECTION	031 401 8637

MENSWEAR

AMERICAN'S MENSWEAR	031 401 0224
MARKHAM	01 403 7815
TRUWORTHS MAN	031 401 6678

WOMENSWEAR

DOLCE COUTRE	084 439 2262
FOSCHINI	031 401 5723
LESLEY ANN CREATIONS	031 403 0495
BRIDAL BOUTIQUE	031 4031645
MILADY'S	031 403 7713
NU IMAGE	031 403 5681
GASP	031 401 9632
MAMTA	073 111 4757
EXECUTIVE LADY	031 401 7437
NEW FEELING	071 716 5500
OOH LA LA	086 178 8911

UNISEX WEAR

BRANDS UNLIMITED	031 401 4737
IDEALS	031 401 9668
STREET GEAR	031 403 8323
MR PRICE	031 403 7492
NU SHOP	031 403 5011
SELFAS	031 402 1380
IDENTITY	031 401 5531
TRUWORTHS	031 403 8879

ACCESSORIES

KAMDARI	031 403 1645
GIFTS AND BAGS	031 822 7990

DEPARTMENT STORES

CLICKS	031 401 0209
EDGARS	031 402 0404
HUB	031 401 0450
JET	031 403 2206
PEP	031 403 0517
WOOLWORTHS	031 402 9320

REPAIRS/CLEANING/PRINTING

INTERNET CAFÉ	031 401 7581
MULTI SERVE	0727119416/0785880195
MULITCHOICE	031 401 6066072

ELECTRONS

TELKOM	031 403 0222
CELL C	031 403 3011
NASHUA MOBILE	031 402 1191
GIGA ZONE	031 401 3090
VODASHOP	031 402 1599
MTN	083 214 6741
SOUNDTECH	031 401 0365
PEP CELL	031 403 0982
8ta	tel number tbc

PHOTOGRAPHY

PANDAY'S STUDIO	031 401 9130
KONICA PHOTO EXPRESS	031 403 9408
PAL'S STUDIO	031 403 8065

OPTOMETRIST

ZA KHAN OPTOMETRIST	031 401 0900
CHATSWORTH CENTRE	031 401 8589
OPTPOMETRIST	
SPEC SAVERS	031 403 7000

GROCERY/SUPERMARKET

SHOPRITE HYPER	031 402 9860
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FOOD SPECIALITY

SEAFOOD HALL	031 401 5465
NAGIAH'S BUTCHERY	031 401 7656
NAGIAH'S EXPRESS	031 401 7451
SPICE WORLD	031 403 2201
TOP SPICE	031 403 4832

SWEETS

SWEETHEARTS-PH1	031 403 7797
SWEETHEARTS-PH4	031 402 0469

BOTTLE STORES

MIDMAR BOTTLES	031 403 5824
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FOOD SERVICES

FISH AWAYS	tel number tbc
PIE EXPRESS	031 403 4329
CHICKEN LICKEN	031 402 1557
BREAD AHEAD	031 403 0890
COPPER CHIMNEY	031 401 3812/14

DEBONAIRS PIZZA	031 403 2533
KFC	031 403 1598
CHUE CHICKEN	031 401 7887
MIA'S TAKE-AWAY	031 403 5621
MILKY LANE	031 403 4329
NANDOS	031 401 3855
JAIPUR EXPRESS	031 401 1590
AYSHAS FOODS	031 401 3785
VICTORY LOUNGE	031 403 8071
THALI	031 401 8587
KFC-PH1	031 403 1604
OVEN DELIGHTS	031 401 0123
WIMPY	031 403 7287

HEALTH & BEAUTY

ESTHER@HAIR.COM	031 403 4305
BEAUTY KINGDOM	031 401 8659
PRAVINA'S HAIR AND BEAUTY	031 403 4527
MAHESH BANG	031 401 88 88
HIMALAYA HERBAL	031 402 1466

HOME FURNITURE /ANTIQUES/ DECOR

BEARS	031 401 0385
CASH CRUSADERS	031 402 1923/4
DIAL-A-BED	031 401 6215
ELECTRIC EXPRESS	071 600 8774
JOSHUA DOORE	031 402 1240
RUSSELS	031 403 7180

FINE JEWELLERS

AMERICAN SWISS	031 403 0010
DAMJEE JEWELLERS	031 403 8404
GOLDEN JEWELLERS	031 403 0774
NWJ	031 403 0043
MAYURIS JEWELLERS	031 403 4225
STERNS	031 401 6260

SHOES

BOBAT & SHOES	031 401 4672
JHAVARY'S	031 4010544

SPECIALITY GIFTS

GIFT CENTRE	031 403 7274
NAZIRS GIFT SHOP	031 403 5553
SMOKERS TAVERN	031 811 5599
TIMEKEEPERS	031 403 5143

BOOKS & CARDS

C.N.A	031 403 7003
UNICOPY	031 401 9367

FLORIST

NAIDOO'S FLORIST	031 403 5501
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TOYS

THE TOY FACTORY SHOP	031 401 3398
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CATELOUGE STORES

VERIMARK	031 401 3114
HOMEMARK	031 403 0910

FABRICS/SEWING

FABRIC & HABBY	031 403 8218
BUTTONS & BOWS	031 403 5924

PET STORES

PETS & LEISURE	031 403 4692
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LINGERE STORES

JUST UNDIES	031 403 7699
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SPORTING & OUTDOOR

SPORTSCENE	031 401 0885
TEKKIE TOWN	031 401 0065
TOTALSPORTS	031 401 9030

FINANCIAL SERVICES

BIG SKY LOANS	031 401 9200
CAPITEC	031 402 1018
STANDARD BANK	086 010 1341
AFRICAN BANK	031 401 5461
ABSA	031 402 8200
FNB	031 402 9400
NEDBANK	031 402 9200

MEDICAL

DR LAZARUS	031 403 8383
SANBS	031 401 3654
DR S NAIDOO & PARTNERS	031 403 6512
(DENTIST)	

TRAVEL

ONE STOP TRAVEL & TOURS PH1	031 401 4800
ONE STOP TRAVEL & TOURS PH4	031 401 2819

BARROWS

SUBROYAL(Milkylane)	076 084 6766
DWARKARDS PH1	084 655 9170
NOVAMA NAICKER PH1	078 267 4615
MIRIAM BIBI SHAIK PH2	073 848 2786
PILLAY PH1	076 738 1841
RUSSEL	082 851 1258

OFFICE BLOCK

CAREERS 2000	031 401 2000
ARTHUR PALLIAM	031 403 8065
PRAVINA'S HAIR AND BEAUTY	031 403 4527
COAST TO COAST BROKERS	031 403 2255

TATTERSALLS

SHIRLEY KRUGER RACING	031 401 3263
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