

Shape up with pears

ANASTACIA SAMPSON

Many women want to be slim and pear-shaped. "Pear shape" is when you have a flat tummy, bigger bottom and stronger, rounder thighs. This is considered a healthy female body shape.

A much bigger, rounder middle measurement in females (and males) is linked to higher incidents of developing diabetes and other health issues.

To get a pear-shaped body is easier for some than it is for others. Still, eating pears could help you get into better shape. The pear is a great fruit to help you maintain a healthy body or help you get one.

As they consist of more than 80% water, pears are super foods that are low in calories but can still keep you full with their healthy fibre.

It has been said that a medium-sized pear has a fabulous 5g of fibre, which is sure to help you keep regular and prevent constipation. There are so many different varieties of pears and we usually see them with their unique shape. These are sometimes referred to as European pears.

Some are bumpy; others smooth-skinned and some have freckles. When you munch into a pear, some are soft and mushy and others hard and crunchy.

Pears can also claim to be antioxidant suppliers. Anti-inflammatory diets welcome pears as part of the menu. An average large pear generally provides more than 10% of your daily vitamin C and vitamin K requirements, while a medium sized pear delivers about a 100 calories.

Pears are known to be one of the earliest cultivated fruits. They are easy to store and keep well for long periods. Consuming a pear is as easy as consuming an apple. In fact there are pears that are shaped like apples. These are known as "apple pears" or Asian pears. Records show that pears are known to have originated from China.

Pears have come a long way and, despite their shape, all varieties are proudly healthy.

You too can become healthier with pears in your diet, no matter what your shape is.



PROUD MOMENT: AbaThembu chiefs with University of Cape Town history professor Anne Kelk Mager and her co-author, Anglican priest Phiko Velelo, at the launch of their book, 'The House of Tshatshu' at the Queenstown and Frontier Museum
Picture: ABONGILE SOLUNDWANA

'House of Tshatshu' launched

Book chronicling rich history of Amatshatshu sees light

ABONGILE SOLUNDWANA

University of Cape Town history professor Anne Kelk Mager and co-author Anglican priest Phiko Velelo launched the book *The House of Tshatshu* based on Komani and Whittlesea at the Komani Library on Tuesday.

The Rep reported ("Books give insight into Komani history", October 12) that a lengthy profile had been issued about the book which explored power and politics.

Mager said she spent eight years writing about the Amatshatshu history spanning 200 years. "I did my research in the archives

in Bhisho, Cape Town, Pretoria and London. A lot of the information on colonialism is stored in Cape Town and London. I also had to work with people whose trust I had to first win by doing everything the correct way."

She said it was wonderful and resourceful to have worked with Velelo as the co-author as it was quite a complex journey to compile the book.

"The AmaTshatshu are a great group of AbaThembu who broke away from the Great House many generations ago. They have a very powerful history. They were dispossessed three times and had their name proscribed.

"That is some of the worst colonial treatment that any people in this greater Eastern Cape area went through," Mager said.

Velelo said, "I met Mager at a court case where the AmaTshatshu were fighting for their chiefdom. She saw my document which I was feeding the lawyer who was presenting for the AmaTshatshu clan.

"At that time, she had already started doing her research on Maphasa and his father, Bawana, who was a chief of the AmaTshatshu."

He said the book was published by UCT press which committed to bringing out a Xhosa version if

enough copies were sold.

"The book was launched in Cape Town last Wednesday. The Komani launch is our second and the third will be in Johannesburg at Wits University," Velelo added.

He said black people were not writing their own historical stories because they were not fond of doing research and that he was happy to have been given a chance by Mager to gain the experience of having written a book.

The AbaThembu chiefs jointly expressed their gratitude to the writers about the historical work, adding that chiefs were not given recognition in the struggle.

Local contractors demand their share of work

ABONGILE SOLUNDWANA

Enoch Mgjijima Contractors Forum chairperson Sydney Mpiti claims the department of public works has said that 30% of the work meant to benefit local contractors at the Komani Office Park Extension and Bulelani Senior Secondary School projects, was still available.

Komani contractors prevented work from progressing at the two sites last Monday and Tuesday, in order to get the department's attention.

Mpiti said: "We were dissatisfied with

the sluggish manner the department was bringing local economic development to local contractors.

"At the meeting, department officials said the two projects had not yet reached the 60% mark and that there were packages set aside for us."

He said the department had informed them that they were currently "breaking down the packages", which would be advertised.

Komani Office Park Extension is a R124m triple-storey building for the departments of education (DoE) and sport, recreation, arts and culture's

(DSRAC) new offices in the Komani Hospital area.

The Bulelani Senior Secondary School building, being built in Ezibeleni, is worth almost R50m.

Public Works communications director Vuyokazi Mbanjwa said Chris Hani District Public Works officials met with the contractors last Tuesday.

There were two work packages set aside for Small Medium Micro Enterprises (SMMEs) and the Integrated Contractor Development Programme (ICDP) in the Komani Office Park Extension for the DoE and DSRAC

projects. "One has been awarded and another one will be advertised next month.

"In the Bulelani project, there are three work packages set for ICDP, with two at the adjudication stage and one to be advertised before the end of this month," Mbanjwa said.

She said the local contractors currently employed at the Bulelani school project were Express Builders from Berlin, and a 4RGA Electrical sub-contractor from East London.

Local contractors at the Komani Office Park Extension, included (for

work package one) Cosy Rock Trading from Komani; Power Connection Electrical sub-contractor from East London; and an Air Fire Solutions JV air-conditioning sub-contractor from East London.

"The fire detection and prevention systems sub-contractor and work package two are still to be appointed," Mbanjwa said.

The main contractor at Komani Office Park Extension was Schauman Builders, from Bloemfontein, and Express Builders, from Berlin, at Bulelani Senior Secondary School.

SUDOKU NUMBER 16

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	5	7		8		1		
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	3	6						2
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Name:

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ANSWER NR 15

5	2	4	9	8	3	6	7	1
1	7	3	2	6	4	9	5	8
6	8	9	5	7	1	2	4	3
4	6	7	8	9	2	3	1	5
9	5	2	1	3	7	8	6	4
8	3	1	6	4	5	7	9	2
2	9	5	7	1	8	4	3	6
3	1	6	4	2	9	5	8	7
7	4	8	3	5	6	1	2	9



SEND in a completed Sudoku #16 for a chance to win one of five 'two coffees with muffins' from Sasol at 2 Cathcart Road. Drop off the solution before 10am on Tuesday, October 23, at The Rep offices, 24 Prince Alfred Street in Komani, or scan a copy and send it to sonjar@timesmedia.co.za. Please include your contact number and full names. Please produce your ID when you collect your prize from The Rep offices. The winners last week were Lindiwe Gongotha, Lizelle Terblanche, Berenice Levack, Tony Hustler.