

■ CELEBRATION

Use Heritage Day to learn things

The only Miss SA hopeful from Soweto tells how she will be spending the big day

STAFF REPORTER

BUSISIWE Mmotla is the only Top 10 Miss South Africa finalist representing Soweto at the 2020 Miss SA pageant on Saturday, October 24, in Cape Town.

A qualified teacher and fitness fanatic, Mmotla talks about how she will be spending Heritage Day, what Cape Town has taught her and tells us about her Miss SA journey.

Do you know how you will be spending Heritage Day?

I will be spending the day with family and friends and am sure we will celebrate at home.

What does the day mean to you?

Heritage Day for me means a celebration of all the different creeds and cultures in South Africa in an effort to bring the nation together. This is a day that enables one to feel proud of who they are without feeling judged or stereotyped to the notions that exist about their culture and how diverse it is by seeing how we are more alike than we are different.

What would be your perfect Heritage Day meal and who would you share it with?

A good pap served with braai meat, chakalaka and a cold drink. I would share it with my family and friends because we are such a diverse group. My family is made up of different tribes because of inter-marriage and that to me is amazing because when we are together, we all just speaking in different languages and we are just trying out new foods from across the



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country. **Being a Top 10 finalist has now sunk in, has the journey been what you expected? What has surprised you?**

It has not sunk in but the journey has not been what I expected at all

because it has shown me a different side to the pageantry world, that it is not all about beauty but hard work and practice. I have been surprised by the amount of planning that goes into making everything happen. The photo shoots, training and coaching are well

How has Cape Town been and what have you been up to?

Cape Town has been phenomenal. Something about the ocean and its blueness makes one very self-reflective. I have reflected on this whole journey.

It has been the most important thing for me since I was 20.

Is this a first visit for you and/or what are your impressions of the city?

This is my second visit. The first time I was working so I never went sight-seeing. Cape Town is both beautiful and calming. I am torn between moving here and returning to Joburg. This city forces you to take in every moment and to slow down.

You are now really getting to know fellow competitors – any funny stories or anecdotes about them that you can share?

I am getting to know them slightly better. Not many anecdotes or funny stories but I can tell you that my fellow competitors are such beautiful, amazing women. Because we all are different, we have something to teach the other.

Anything else you would like to add?

I just want to wish everyone a happy Heritage Day. It is because of our differences that we are so strong. If we were all so similar and did not have different tribes, it would be easy for our culture to be stuck in a regressive position.

Let's use this day to celebrate these differences and use it as a chance to learn new things.

The crowning of Miss SA 2020 on October 24 will be screened live on M-Net and Mzansi Magic and streamed for an international audience.

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■ NATURE



SCIENTISTS are finding out how the hummingbird adapts to cold. | ARNULFO FRANCO AP ANA

Humming in spite of frigid air

HUMMINGBIRDS naturally drop their body temperature to near freezing point to survive cold nights, making it the lowest body temperature reported so far in any bird or non-hibernating mammal.

This was the finding of a University of Pretoria (UP) professor of zoology who was part of a team that recently published a study revealing that tiny hummingbirds living in the Andes Mountains in Peru drop their body temperature from 40°C to 3.3°C, near freezing point," says UP's Professor Andrew McKechnie.

He explains that these tiny nectar-feeders go into a state called "torpor" to save energy on bitterly cold nights. "Torpor is the most effective means of energy conservation used by mammals and birds. It is a state of inactivity devoid of movement and with the purpose of reducing energy requirements either in the cold or in very dry climate levels," he said. The birds studied live in the region at an elevation of about 4 000m. Six species were studied.

While all the species lowered their body temperatures to different degrees, all dropped below 10°C at some point, according to Prof McKechnie.

Torpor is critical for the survival of these hummingbirds, because they are often unable to store enough energy during the day to last through the night. They feed on the nectar of flowers that grow in abundance. But, Prof McKechnie adds, the nectar is sometimes not very rich in energy.

Some hummingbirds have to drink up to three or four times their own body mass each day to obtain sufficient energy. Some of the birds remained in torpor for just three hours, while others remained in that state for up to 13 hours. Researchers measured the body temperatures by catching 26 hummingbirds representing the six species with mist nets and kept them in tents that were adapted to serve as aviaries. | Staff Reporter



Hot or iced coffee: Which do you prefer?

ICED coffee has become the latest favourite for caffeine junkies around the world with market researchers Mintel reporting that, in 2013, 20% of adult US consumers drank iced coffee. But why are coffee drinkers switching from hot to cold, and which is better?

First, we need to distinguish between cold-brewed coffee and iced coffee. Cold-brewed is concentrated coffee that never gets exposed to heat, whereas iced coffee is hot-brewed coffee served chilled and over ice.

Hot coffee is generally served in smaller cups to retain heat while with iced and cold-brewed coffees, you can prepare them by the gallon and can serve it in larger cups.

Naturally, on hot days most people prefer to drink something cold but some people still like to enjoy their cold refreshment even in winter. | Staff Reporter



SA skateboarder tops global challenge

FRESH from achieving yet another Guinness record, South African skateboarding superstar Jean-Marc Johannes has reached the Global International Podium, for the virtual Pro Skate competition hosted by the ministry of sport affairs of Indonesia.

The Kemenpora Extreme video Challenge Indonesia's Global Skateboarding Event saw skateboarders worldwide send in videos showcasing them performing tricks.

Out of more than 200 videos, Johannes achieved the top rank and an official international podium for South Africa in 2020.

"I'm very happy to have made another international podium for my country after breaking a Guinness World Record, and I'm looking forward to resume practice for the Olympic events of 2021. I have now achieved the most international podiums and Guinness World Records in history for South Africa in street skateboarding", said Johannes, who continues to train for the Olympics scheduled for Tokyo next year. | Staff Reporter



Don Mattered

Join Yolisa on her magic train journey

THE Gautrain management agency has celebrated Literacy Month this September by launching its fifth edition children's book called *Yolisa's Magic Map*.

The book is aimed at 10- to 13-year-olds and comes in three languages: English, isiZulu and Sesotho, available online and in hard copy. It aims to encourage children to read while teaching them about important landmarks in Gauteng and the Gautrain.

The book follows the exciting adventures of young Yolisa as she travels across Joburg on the Gautrain and makes new friends along the way. Story themes to look out for in this colourfully-illustrated children's book includes freedom of movement, the convenience of using public transport and the magic of riding the Gautrain.

The book was launched by Dr Donato Mattered, who is better known as "Bra Don".

Mattered is one of South Africa's most prolific poets, storyteller, journalist, public speaker and political activist. | Staff Reporter



DPWI AND AGRISETA COLLABORATE ON R66 MILLION ARTISAN DEVELOPMENT TRAINING

The Department of Public Works and Infrastructure (DPWI) in Partnership with Agriculture Sector Education and Training Authority (AgriSETA) will provide Artisan Development Training to 400 Expanded Public Works Programme (EPWP) participants.

The R66 million Artisan Development Programme training project which is funded by the National Skills Fund (NSF) of the Department of Higher Education and Training (DHET) will be implemented over a multi-year period. The training will commence in the current financial year (2020/2021) until 2023 or until completion of the Project, whichever comes first.

AgriSETA will provide technical support and manage the implementation of the Project to ensure that participants acquire qualifications in technical fields such as Bricklayer, Plumber, Carpenter, Stonemason, Chef, Glazier, Air-conditioning and Refrigeration Mechanic.

AgriSETA will also be responsible for sourcing relevant workplaces for all 400 trainees as well as to certify all accreditation requirements of training and appointment of service delivery agents for the duration of the project.

This project is aligned to the National Skills Development Strategy (NSDS) III and the National Skills Development Plan 2030 which prioritises artisan development programmes to address technical skills shortage.

For more information on this project visit our website on www.epwp.gov.za - Facebook@epwp.publicworks, Instagram@expandedpublicworksprogramme, twitter@epwpza.

