

Michael James Organisation INSOLVENCY AUCTION SYDENHAM
Auction Dates: Wednesday, 19 March 2014 @ 11:00
Venue: Flat 12 & 13 Bella Vista, 37 Militar Avenue, Sydenham
Viewing: Sunday, 16 March between 14:00 - 16:00
Two 2-BEDROOM UNITS
Centrally situated apartments situated opposite the stadium.

WOODLANDS DAIRY
JOIN AND BE PART OF THE DRIVE TO BECOME THE MOST ADMIRED DAIRY COMPANY IN AFRICA
POSITION AVAILABLE
Senior Clerk (UHT & ESL Production)
Key Performance Areas: The successful candidate will be responsible for the daily/monthly reconciliation and capturing of production and stock figures.

NOTICE OF BASIC ASSESSMENT: PUBLIC PARTICIPATION PROCESS
DEA Reference No: (12/9/11/L1390/1)
Project Title
Proposed Remediation of Transnet National Ports Authority's (TNPA) Vulindlela Site, Port of Port Elizabeth, Eastern Cape.



TOP WRITER: Sunday Times columnist Kanchana Moodliar MEDICAL EXPERT: Colette Kell co-authored the book

Diabetes book for Indians

Cultural group at higher risk

Balisa Ntloko ntlokok@timesmedia.co.za
DIABETES awareness advocates and co-authors of You Can Be Sugar Free: Indians vs Diabetes, Dr Colette Kell and Kanchana Moodliar, believe there is a higher risk among South African Indians to become diabetics than other races in South Africa and in the world.

With a wide range of experience in the medical field, Kell approached Moodliar, who had a keen interest in the wellness industry and knowledge about the Indian market. Through this "perfect partnership", the idea of their book was born. Kell, 34, is a homeopath and treats a number of South African Indian patients who suffer from polycystic ovary syndrome and who are often prone to diabetes. Kell realised that she "drew a blank from patients" when she asked them whether they had diabetes or not. However, if she asked them if they had "sugar", patients would respond immediately, as though they knew what she was talking about. "You Can Be Sugar Free: Indians vs Diabetes is the first book that takes race, diet, progress, lifestyle and culture into consideration [in order] to help people see how easy a small regular change can prevent diabetes in the long run," Moodliar said.

Anyone interested in hearing about diabetes-related issues is invited to attend the free book launch. Following last year's launch in Durban, the Bay is the second city to launch the book. The two authors said they have planned to launch the book across the country. The self-published book would also be available during the lunches at R150. Moodliar said their talks would be "an easy way for people to know facts about diabetes, that would help them live more prosperously as far as their health is concerned. We will challenge your current habits and help you make the necessary changes like exercise." She said they chose to hold the launch in Malabar because of the high concentration of South African Indians – their target group – in the area.

Group to host launch
THE Malabar Diabetes Support Group will host Dr Colette Kell and Kanchana Moodliar's book launch at the Malabar Community Centre's minor hall on Tuesday March 11 at 7pm. The support group is an associate member of Diabetes Branch South Africa, Port Elizabeth Branch, and was relaunched in 2012 to educate and advise diabetics and their families on how to live a healthier lifestyle.

ACRO CONSORTIUM
On behalf of Coega Development Corporation (Pty) Ltd, offers the following on site construction vacancy for the proposed construction development of the Alterations and Additions to the CDC Construction Village Phase 1C – Port Elizabeth
Construction Manager
The above full time position is to be filled immediately for current project under construction for project duration of a minimum of 6 months with possible extension to 12 months. Relevant qualification and a minimum of 5 years experience relevant to the specific post is a pre-requisite

NOTICE OF ENVIRONMENTAL IMPACT ASSESSMENT PROPOSED SEAVIEW LOW COST HOUSING DEVELOPMENT
Notice of an Environmental Impact Assessment (EIA) and associated Public Participation Process is given in terms of Section 54 (3) of the EIA regulations published in Government Gazette No. R543 under Section 24(5) of the National Environmental Management Act (Act no. 107 of 1998) that an application has been submitted to the Department of Economic Development, Environmental Affairs and Tourism (DEDEAT) for the construction of the Seaview Low Cost Housing Development and associated infrastructure.

nelson mandela bay MUNICIPALITY
NOTICES
INTERRUPTION TO ELECTRICITY SUPPLY: GREENACRES SUNDAY, 9 MARCH 2014
Residents are kindly requested to note that the electricity supply to Greenacres and surrounding areas will be interrupted between the hours of 14:00 – 17:00 on Sunday, 9 March 2014 due to maintenance on the Greenacres 11 kV switchboard.

Department of Agriculture, Forestry and Fisheries
Senior Agricultural Food and Quarantine Technician (2 Posts) (Ref 19/2014)
Directorate: Inspection Services
Salary: R212 106 per annum
Centres: Port Elizabeth and Bloemfontein
Requirements: Applicants must be in possession of a National diploma or Bachelor's (B.Sc.) degree in Agriculture with Plant Pathology, Entomology, Plant Production, Horticulture, Botany, Biotechnology, Plant Genetics and/or Crop Production (Agronomy) as a major subject(s) (you are required to furnish a credit certificate and/or statement of results).

CLOSING DATE: 14 MARCH 2014
APPLICATIONS: Applications may be posted to URS Response Handling, P.O. Box 11506, Tierpoort, 0056 or submitted electronically via email: daff@ursonline.co.za or via fax: 086 654 1824 or online: www.ursonline.co.za or deposited in the URS Response Handling boxes at any one of the Department of Agriculture, Forestry and Fisheries' offices indicated below.
Pretoria: Reception, Agriculture Place, 20 Steve Biko Street (formerly Beatrix Street), Arcadia, Pretoria, Gauteng.
Cape Town: Reception (Ground Floor), Forestry Building, 3 Martin Hamersslag Way, Foreshore, Cape Town, Western Cape.

HEALTH BRIEF
Cancer treatment costs rising
THE cost of treating cancer has risen significantly in South Africa in recent years, as more and more people are being diagnosed with the disease. This is largely due to the rise in 'lifestyle cancers' as a direct result of the increasing adoption of 'Westernised' lifestyles.

