

CAPE TIMES  
**Legals & Tenders**

715 Tenders 715 Tenders 715 Tenders 715 Tenders

**PUBLIC PARTICIPATION PROCESS NOTICE**  
Basic Assessment Process for the Proposed Car Park Extension Project  
At Koeberg Nuclear Power Station on CapeFarm Duynfontyn no. 1552, Western Cape  
Advisian Project Ref. Nr.: C00278  
DEA Ref. Nr.: In the process of being issued

Notice of a Public Participation Process (PPP) is hereby given in terms of the Environmental Impact Assessment (EIA) Regulations (2014) published in Government Notice R. 982, made under Section 24 (5) and 44 of the National Environmental Management Act (NEMA), Act No. 107 of 1998 (as amended).

**PROJECT DESCRIPTION:**  
Eskom is proposing an extension to an existing car park within the Koeberg Nuclear Power Station (KNPS) site on Cape Farm Duynfontyn No. 1552. The Car Park Extension Project will provide an additional 200 permanent (paved) and 200 temporary (gravel) parking bays with an expected development footprint of approximately 11 000m<sup>2</sup>.

**PROJECT AUTHORISATION PROCESS:**  
In accordance with the 2014 EIA regulations the proposed project requires an Environmental Authorisation from the Competent Authority, namely the National Department of Environmental Affairs (DEA) - due to potential environmental impacts associated with the proposed project activities. The project is therefore subjected to a Basic Assessment Process in terms of applicable Listed Activities in Listing Notices 1 and 3, which includes a Public Participation Process.

**DRAFT REPORT AVAILABLE FOR REVIEW:**  
The draft Basic Assessment (BA) Report will be available for a 30-day review and comment period, from 27 October to 28 November 2016.  
Hard copies of the draft BA report will be available at the following venues:  
• Koeberg Public Library (Address: Merchant Walk, Duynfontein, Melkbosstrand. Tel: +27 21 553 2514);  
• Westfield Public Library (Address: Westfield Circle, Dassenberg, Atlantis. Tel: +27 21 572 7619);  
• Thosang Community Centre (Address: 1 Nottingham Street, Sherwood Park, Atlantis. Tel: +27 21 572 0289);  
• Avondale Public Library (Address: Civic Centre, Grosvenor Avenue, Atlantis. Tel: +27 21 572 3529); and  
• Koeberg Visitors Centre (Address: on the Koeberg Nuclear Power Station site. Tel: +27 21 550 4667)  
An electronic version of the application is available for download from the Advisian Website: <http://www.advisian.com/advisian-environment-society>

**OPPORTUNITY TO PARTICIPATE:**  
Should you be interested in the proposed project you are invited to register as an Interested and Affected Party (IAP). To register as an IAP please submit, in writing, your complete contact details, your interest in the proposed project (direct business, financial, personal, etc.) and any comments or enquiries relating to the project or draft BA report to the Advisian Environmental Assessment Practitioner (EAP) before Monday 28 November 2016.

Advisian EAP: Ryan Jonas  
Email address: Ryan.Jonas@advisian.com  
Postal address: PO Box 398, Bellville, 7535  
Tel nr.: +27 10 593 3942

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**ARMAND'S FITNESS REGIME**

# Local hunk's tips for eating healthy and working out

Armand Aucamp needs no introduction as one of South Africa's hottest hunks in the television and film industry. Annette de Wet asked the 29-year-old to share his favourite workouts and the secret to maintaining that six-pack

doing it for over a year now. One has to restrict carbohydrate intake to about 20g/day. It switches your body from being a "sugar-burner" to a "fat-burner". Energy levels shoot through the roof and moods stabilise like never before.

I don't really ever cheat because I believe in the lifestyle and do not view it as a "diet". If I do feel like a treat, I will have some 90% Lindt chocolate.

**What is your secret to having body confidence?**

This ketogenic diet for sure. Even if I do not work out, it is so easy to maintain a lean physique. I am currently trying to bulk up slightly for a new role, hence the workouts, so as a maintenance diet it is also incredible.

**Are you good in the kitchen?**

I like to bake something sweet every now and again using alternative ingredients, such as almond flour, erythritol (sweetener) and coconut products, which are all grain/wheat/carbohydrate and sugar-free.

**What is the craziest fitness or diet trend you have ever tried?**

I tried going vegetarian for a couple of weeks... never again!

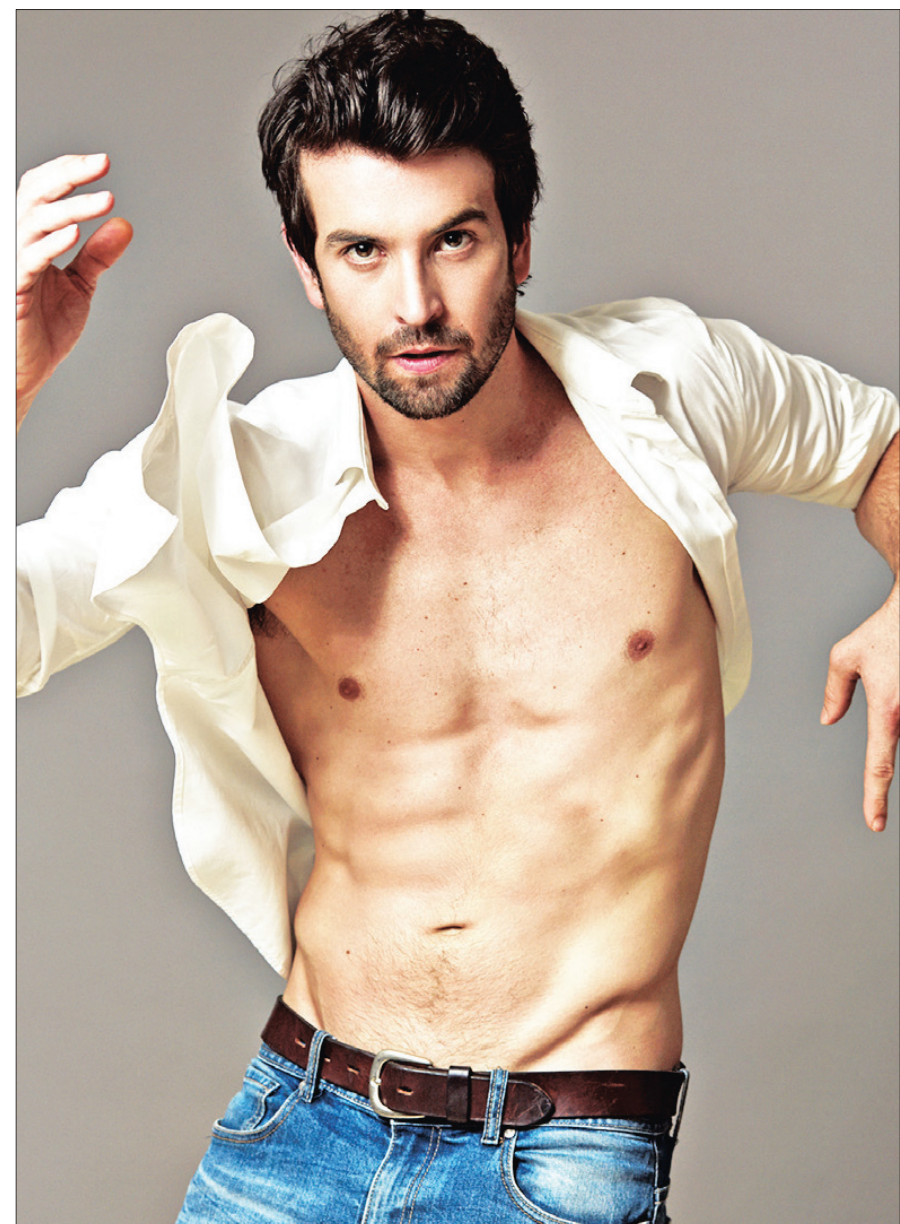
**What would be your biggest fitness inspiration tip to our readers?**

Understand why you want to improve your lifestyle. Just following a diet or something blindly will almost always end up in failure.

If you understand the fitness and health aspects and implications of something, it is so much more sustainable. And the ability to succeed will also boost your morale and confidence.

**On a final note, what are you going to be snacking on this summer?**

I love sparkling water with fruit or iced coffee with almond milk, ice and espresso. It is also hard to say no to a good braai consisting of lamb chops, ribs and rib-eye steaks.



POSTER BOY: Actor Armand Aucamp shares his active lifestyle routine.

## Cruise effortlessly into a bolder you this summer

Annette de Wet

PICHULIK is a brand designed for the woman who is not afraid to be bold by Katherine-Mary Pichulik.

The designer established the brand in 2012 after an inspiring trip to India.

I love the fact that you can wear a plain white outfit or black maxi

dress, and by just adding one piece of jewellery your outfit gets a complete lift.

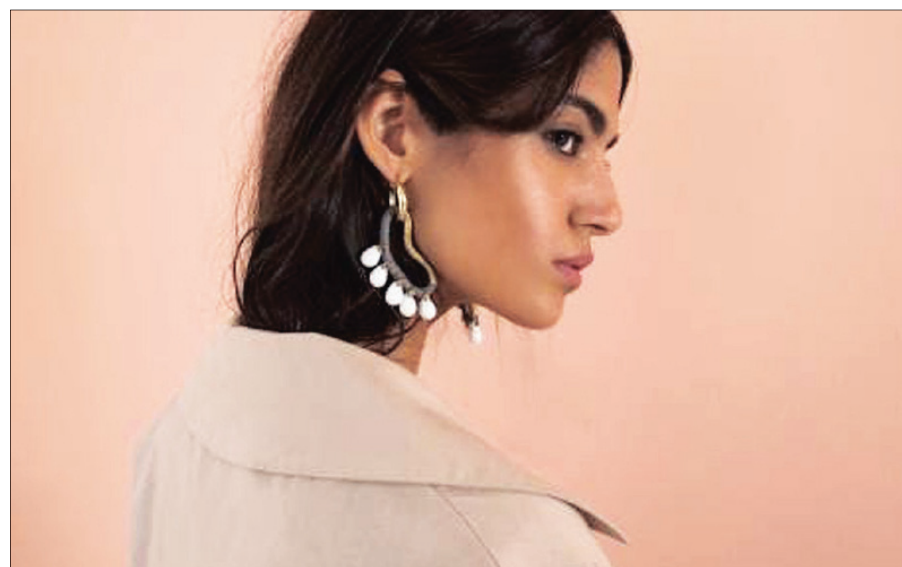
I would recommend adding a PICHULIK piece to take your outfit from daytime to night, or if you want to pull off a statement summer look at a New Year's Eve party.

What makes this brand unique is that every garment is hand-crafted

locally in Cape Town.

It is also invested in "The Brave Women", which is a series of an archive of intimate portraits of courageous women with inspiring success stories.

If this brand was a person, according to Pichulik, "she would have a wicked sense of humour and a strong, yet inspired presence".



CRAFTY: From daytime to night, PICHULIK jewellery pieces are a companion to bring out the best in an outfit. Pictures: XANDRE KRIEL

FLUIDITY: This look pays tribute to the classic resort signature of movement and softness, also staying true to the mood of effortless glamour.



STATEMENT PIECES: Influences of Indian ceremonial jewels come through in the PICHULIK jewellery.



EARTHY: Natural hues take the lead in a blend reminiscent of desert landscapes, with lots of deep colours.