



### Big Blue - Seafood and Sushi Bar:-

Big Blue is located on the 4<sup>th</sup> floor of the Maputo Shopping Centre with dazzling views of the harbour that makes for a perfect venue for sundowners and fresh seafood. The rotating sushi bar offers all the freshest fish caught in the Mozambique waters. You can sit at the Sushi bar and choose variations on different coloured plates or be seated at a table and enjoy from a selection of sushi on the menu. A very popular dish is the Dragon Boat, consisting of the chefs selection of 24 pieces for two people to share at a very reasonable price of 745mts. On the menu you will find Cold Starters that includes Avocado Ritz for 145mts and Linefish Carpaccio for 165 to name a few. Moving to Hot Starters you can enjoy Fresh Clams for 135mts and the most tender Calamari Cutlets for 145mts. They also have a selection of cheeses for the connoisseurs. Fresh salads made from only the best ingredients are available and will entice your taste buds.

Mains include Whole Garoupa that is steamed Chinese style and served with mushrooms and bean sprouts for 295mts, or you can feast on Pink Langoustines that are steamed and served on Italian seafood risotto for 495mts. They have a specialized section that caters for two people, here you will find Arroz De Marisco that is a selection of seafood and aromatic rice simmered in the legendary Lisbon sauce for 495mts. No Seafood restaurant would be complete without a Riviera Seafood platter that includes Crayfish, Calamari, Clams, Linefish, Mussels, Crab and Prawns for a price of 1250.00mts.

They serve a different dish of Bachalhau for every day of the week at a price of 395mts, after enjoying your meal you can top it off with one of their delicious desserts from Poached Pears for 135mts to Meringue and Nougat Parfait for 185mts. They have a selection of both South African and Portuguese wines as well as a bar that offers a wide variety of drinks.

On special - They have a kg of Mozambique Medium Prawns for 495.00mts, this special will run from Saturday 22 March until Thursday 27 March. For any further queries please contact Alleric on 82 305 0052

### LOOKING FOR A FUN WAY TO SPEND YOUR SATURDAY IN MAPUTO....

*The Mcel Paper Rally* - Show your skill as a team, following the Cryptic Route Map through our beautiful city. Meet the challenge by answering Questions for extra points. Win some great prizes in celebration of 95 years of Clube Naval.

Date: 29 th March 2008

Start: 08:00 am from Club Naval

Teams: 4 Team Member's per car (representing their Company). (Max 2 Cars per Company)

Registration: By the 25th March

Contact: Dora: 82 654 9346 - dora\_dapalma@yahoo.com





**2002 Nissan Xterra 4X4 XT for \$11,500:** 67,000 miles, V-6 engine, 5 speed – transmission, air conditioning, power window, door locks and steering, dual air bags/passenger side air bag, CD/AM-FM Stereo, adjustable roof rack, cruise control, anti-lock/power brakes, first aid kit, tinted windows, anti-theft alarm system, left-hand drive, excellent condition. Tel: 82 329-8060 or email: [adamschu@gmail.com](mailto:adamschu@gmail.com) .



**Toyota 4Runner, 1999 SR5**  
V6, 4WD, automatic, left-hand drive complete with sun roof, set of off-road tires, set of road tires, CD player.  
Excellent condition! 93,000 miles, serviced regularly in Nelspruit by Phillip.  
Runs great and handles Maputo potholes plus trips to the beach! Available in July. \$12,500 OBO. The car has been in Mozambique for 4 years (one more year to become tax exempt). Email Deborah at [deborah\\_hooker@hotmail.com](mailto:deborah_hooker@hotmail.com) or call 82-328-6390

# Huge Community Yard Sale

**Saturday, April 26<sup>th</sup>  
From 8 to 12  
At the Marine House**

**Rua 3.503 Sommershield II #118**

**AERA will be selling table space for \$5 each**

**Marines will be selling drinks and food**

**Sign up for a table in CLO**  
For information please e-mail [clomaputo@state.gov](mailto:clomaputo@state.gov) or call 21-49-2797 x4615



THE Department of Home Affairs (R.S.A) has announced extended hours at ports of entry over the Easter holidays.

**Mpumalanga:**

- Lebombo will be open for 24 hours from March 19 to 25 and from April 29 to May 5.
- Oshoek will operate from 07h00 until 00h00 from March 10 to 20 and from 06h00 to 22h00 on March 21.
- Mahamba will be open from 07h00 until 00h00 on March 20 and from 06h00 to 22h00 on March 24.
- Mananga will be operating from 07h00 to 20h00 from March 20 to 24.

TDM ADSL modem for sale. We used it for about 2 months but due to telephone cable problems we gave up on the ADSL option.

As it is still new we are selling it at the original price of Mtn 800.00

Contact: Theresa on 847152630

**HONEY COLLECTION:-**

**NEW OFFICE**

Rua Egas Monis 43 (Our new office)

**Opening Party:**

Date: 29/03/08 - Time: 11h00 till 17h00

Tickets: 2 Types of Goodiebags will be available.

1<sup>st</sup> Choice – Adore, Glamour catalogues and a Honey pen (R85)

2<sup>nd</sup> Choice – Adore, Glamour catalogue, Honey Pen, Mascara and a lipgloss (R125) (Value of bag R400)

Contact: Maxie Cowie - 82 870 7660



**Last minute Easter Special at Quilalea for Mozambique residents**

**Valid until end of March 2008**



**Still limited availability for Easter Weekend!**

Per person sharing or in a single room – **\$ 1,550**  
(Must show Mozambican passport or DIRE on check-in)

**Includes:**

- Return flights: Maputo-Pemba
- Return transfer: Pemba-Quilalea by plane (plus short road & boat trip)
- 3 Nights stay in an air conditioned luxury sea-facing villa
- All meals and picnics
- Snorkeling

Use of non-motorised boats/canoes and dhow excursions within the sanctuary  
Medical evacuation insurance cover from Pemba Airport & Laundry

**Excludes:**

- All drinks
- Sanctuary fees of \$25 per person
- Domestic departure tax of \$10 per person per flight payable direct
- All motorized activities and yachting, Diving & PADI diving courses
- Big game fishing
- Any items of a personal nature

Please contact **DANA TOURS** for further details  
Tel: +258 21 497483  
[info@danatours.net](mailto:info@danatours.net)

Conditions apply



Need to do some exercise.....

PHYSICAL gym —  
Av.Margnal (Opp Fish Market)

Tel.21 388771

Cel. 82 3149930

email: [info@physical.co.mz](mailto:info@physical.co.mz)

or [www.physical.co.mz](http://www.physical.co.mz)

Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	SPINING 45	AEROBICA	SPINING 45		SPINING 45	
		GAP-45			ABS 15	
Instructor	VANESSA	VANESSA	EDMUNDO		EDMUNDO	
	7:15 STEP	SPINING	LOCALIZADA	SPINING	CARDIO	
	7:45 LOCALIZADA					
Instructor	NISHA	EDMUNDO	NISHA	NISHA	LUCINDA	
	8:15 CARDIO MIX	LOCALIZADA	STEP	GAP	TAE BO	08:30- 09:30
	8:45		ABS	ALONGAMENTO		SALSA
Instructor	DARIO	NISHA	DARIO	LUCINDA	LILIANE	DARIO
			HIDROGINASTICA		HIDROGINASTICA	
Instructor			ARISTIDES/LUCIN		ARISTIDES/LUCIN	
			TARDE			
	17:30 GAP	TAE BO	BASIC STEP	LOCALIZADA	SPINING	
Instructor	QUETINA	LILIANE	QUETINA	NISHA	EDMUNDO	
	18:00 HIDRIGINASTICA		HIDROGINASTICA			
Instructor	ARISTIDES		ARISTIDES			
	18:35 SPINING	STEP	SPINING	STEP INTERMEDIO	ALONGAMENTO	
		INTERMEDIO		ABS-45		
Instructor	EDMUNDO	SELEMANE	NISHA	NISHA	EDMUNDO	

## YOUTH LEADERSHIP



A Dynamic Course by Toastmasters International  
The Youth Leadership Program is based on the belief that every young person has the potential to become a good communicator and leader, but this potential needs to be developed. The program's unique design enables participants this potential through practical experience.

TARGET GROUP: Middle and High school.

COURSE OBJECTIVES:

Overcome the nervousness everyone feels when asked to speak before an audience, Organize and present their ideas logically and convincingly., Listen carefully to others ideas, Offer advice that will help others improve their speaking and leadership skills, Participate in – and even lead – group discussion or meeting.

METHODOLOGY: Audio & visual lectures with active participation.

DURATION: The participants will determine their own pace within giving guidelines.

PROGRAM CONTENT:

### General Information Session

Ice Breaker - Speaking with Conviction

Organize Your Speech - Vocal Variety

The use of Gestures - Using Visual Aids

Graduation (Format is up to the participant and can mean more costs)

For more information, contact Theresa Rabie at [theresarab@gmail.com](mailto:theresarab@gmail.com)  
847152630



Vilankulos rooms to rent:

3 suite with hot water for rent

1000 mts each room

Swimming pool available

50 meters from the beach.

Located next to Aguia Negra -  
Vilankulos - Inhambane (Moz)

Bookings +258 828236190 (Hugo) or  
+258 82 6199317 (Silvia)



From 17 to 31 of March

Daily meal

<b>Monday 17</b>	
Beef ragout with oriental 7 spices.....	190,00Mt
<b>Tuesday 18</b>	
Beef filet with onion.....	190,00Mt
<b>Wednesday 19</b>	
Chicken Filet with spinach and feta.....	190,00Mt
<b>Thursday 20</b>	
Fish filet with vegetables.....	200,00Mt
<b>Friday 21</b>	
Brazilian Picanha.....	220,00Mt
<b>Monday 24</b>	
Exotic shrimps.....	200,00Mt
<b>Tuesday 25</b>	
Stroganof with mushrooms.....	190,00Mt
<b>Wednesday 26</b>	
Baby chicken with lime.....	190,00Mt
<b>Thursday 27</b>	
Fried Fish Filet with Russian salad.....	200,00Mt
<b>Friday 28</b>	
Grilled sausages with potato puree and Dijon mustard.....	190,00Mt

<b>Monday 31</b>	
Cannelloni with chicken and spinach.....	200,00Mt

Suggestion of the month

Baby chicken, Mexican way.....	190,00Mt
Home made Lasagna .....	200,00Mt
Iced pineapple with creme.....	65,00Mt

An extra delivery charge of 100,00Mt will be charged on less than 5 meals ordered.

AV. 23 DE JULHO 470 - MAPUTO, MOÇAMBIQUE  
CELL: 56 82 30 7380 - 011 258 21 31 46 00  
EMAIL: RICARDO.CATERING@GMAIL.COM

Centro Cultural Franco-Moçambicano

Av.Samora Machel n°468 - CP 491- Maputo- Moçambique

Tel. : (+258) 21 31 45 90 / 21 31 45 99 - Fax : (+258) 21 31 46 00  
Email : info@ccfm Moz.com

Brazz Brothers & Women Unite

On the 9<sup>th</sup> of April 20h30, a concert, the sound of folk & jazz!  
A mixture of songs and dances of the African Women Unite, with the sound of Norwegian folk and jazz of the Brazz Brothers will certainly make the public vibrate on the evening the 9<sup>th</sup> of April.

Venue: CENTRO CULTURAL FRANCO MOCAMBICANO

TICKETS: 200MT

Beat Bag Bohemia - On the 4<sup>th</sup> April at 20h30

Percussion quartet

A quartet of international contemporary music...  
Featuring: Kesivan Naidoo: Battery (RSA)  
Rolando Lamussene: Djembe, mbira (Mozambique)  
Conradin Peter Zumthor: Battery (Switzerland)  
Lucas Niggli: Battery, composition (Switzerland) - Tickets: 150MT

