

# TIME out

We find out what our colleagues get up to after hours.

## TOP SHELF

WE ASKED COLLEAGUES TO TELL US ABOUT THE BOOKS THEY'VE ENJOYED READING RECENTLY.



**MPHO MASIFI**  
Corporate Safety Officer:  
Transnet Freight Rail



### New Day New You by Joyce Meyer (FaithWords)

I received this book as a gift from a dear friend and I have cherished it ever since. It helps to heal my soul, especially after a difficult day at work. The author reminds me that I need to take time out and give it back to our Creator. In this book, she encourages me to count my blessings and thank God for everything, to keep my head up and keep smiling even when times are hard. I'm growing every day, learning that good things don't always come to those who wait. I am learning that nothing will come my way without hard work. I have learnt that I must be positive, be the best I can be, learn from those who know better, and let God do the rest.

### WHAT'S YOUR ALL-TIME FAVOURITE SONG?

*Mystery Train* by Elvis Presley. It was recorded at Sun Studios in Memphis, in 1955. Bob Dylan said that it was like hearing a voice from another planet, and it certainly was.

It's an ethereal wail about loss and pain that never fails to astonish and move the listener – even 60 years later.

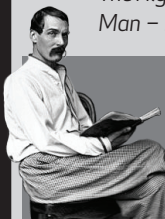


### WHAT DO YOU DO TO UNWIND?

Reading mostly. My second great passion is film.

### WHAT ARE YOU READING RIGHT NOW?

*The Highly Civilized Man* – Richard Burton and the Victorian World by author Dane



### WE'D LIKE TO HEAR FROM YOU

Whether you ride bikes on the weekend or you're SA's next braai master, we want to know. Email: [one@mikatekmedia.co.za](mailto:one@mikatekmedia.co.za) or SMS 38090.



## 5 MINUTES WITH....

### Sean Badal

Multimedia Manager: Corporate and Public Affairs Transnet...

...shares his love of writing and cinema and tells us why George Orwell is his literary hero.

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### WHAT ARE YOUR CINEMATIC INFLUENCES?

Most of my favourite films are from the 30s, 40s and 50s. It's very depressing to watch the vacuous dross on screen these days when compared to cinema of that period. As a director, visual stylist and all-round cinematic genius, Orson Welles looms large. I am also very fond of the neorealism of modern Iranian cinema. Their output has been quite astonishing for a country with such limited filmic resources. Mohsen Makhmalbaf is one of my favourite directors.

### WHAT IS YOUR FAVOURITE FILM?

*The Third Man*, a 1949 film noir starring Orson Welles. It's set in an occupied post-war Vienna, and is a darkly cynical examination of corruption and betrayal. It has the added benefit of a screenplay that was written by one of my favourite

authors, Graham Greene. A mesmerising film.

### WHAT'S YOUR FAVOURITE PLACE TO EAT AND WHAT'S YOUR BEST DISH?

In Fordsburg mostly, because of its proliferation of Indian restaurants. I frequent a vegetarian restaurant called Shayonas the most. The Dosa Hut is also pretty good.



### YOU'RE A RENOWNED AUTHOR OF FOUR BOOKS – WHAT MOTIVATES YOU TO WRITE?

It's a compulsion I guess. Not sure why anybody would otherwise isolate themselves and spend so many lonely hours without sight of any real reward other than the completion of a book! George Orwell put it best when he said: "Writing a book is a horrible, exhausting struggle, like a long bout with some painful illness. One would never undertake such a thing if one were not driven on by some demon whom one can neither resist nor understand." 🍷