

Jo shows off her versatility in TV show

Jo Galloway, who grew up in Hout Bay can be seen in SABC 3s *Sketch U Later*.

She went to Camps Bay High School and graduated from the Waterfront Theatre School.

Jo's mother, Delia Sainsbury, still lives in Hout Bay.

Jo's first stage appearance was in Andrew Lloyd Webber musical *Cats*, followed by other musicals: *African Footprint*, *Buddy Holly*, *Fangs*, *The Full Monty*, *Does My Bum Wobble?* and *Hairspray*.

Pieter Toerien gave her her break into farce, with a role in *Boeing Boeing* with Alan Comittie at the Theatre on Bay.

This was followed by *Dick and I*, *Perfect Wedding*, *Happily Ever Laughter*, and the *Fugard Fest of Comedy*.

Her foray into television was an award winning drama series called *Intersections*, on SABC 3.

Sketch U Later is a new project by Clive Morris Productions and SABC 3, a show satirising stereotypical situations in South Africa with a tongue in cheek attitude. It has a cast of eight core performers.

One of Jo's characters is the "PC woman," who thinks she is



Jo Galloway, as she usually looks, and as she appears in the TV show *Sketch U Later* on SABC 3.

diplomatic and politically correct, yet manages to be insulting through her naïve grasp of various cultures and situations, despite her good intentions.

She also plays a "holistic hippie" going through a "holistic divorce," the Johannesburg kugel, a zombie, "Stop Billing" TV presenter, a crazy gym girl, and loads more.

Jo says: "One of the challenges and amazing opportunities I have

had while working on the show, is that I have been able to write some of the sketches, and have created some really fun characters.

"This show is absolutely a collaborative effort, from cast and crew alike. Improvisation and 'jumping in' is a must for us.

Sometimes the best moments are not scripted."

The show is aired on Thursdays, at 6.30pm, on SABC 3.

Lemon Soup.

You can serve a Briam as a main meal or a snack. Essentially it is a stuffed tomato with onions, potatoes, garlic, ground ginger and paprika.

If you want something a little more "meaty" then try the Pecan Nut Gnocchi or the Pot o' Chilli made from onions with tomatoes, tomato sauce and cayenne

pepper. The breads are a doddle to make and include chapatis, Turkish flatbread or Pidadimas.

There is a huge selection of cakes – from a Chilli Cheesecake to Gingerbread People.

The desserts are definitely moreish: there is a Boozy Mango Pot using orange liqueur, but brandy works too.

Cheat's Crepe Suzettes will also go down a treat. If you're thirsty try Homemade Lemonade, Iced Tea or, if you want a shot of something stronger then slurp a Classic Whisky Sour or add some cayenne pepper to give your Hot Chocolate a bite.

There are sauces aplenty. Make Roast Tomato Sauce or Marula Jelly.

The photographer is Ryno and the drawings are by Bushby, a talented pen and ink illustrator who lives in Nelspruit, Mpumalanga, with her family.

It is an inspiring cookbook and may just persuade you to go meatless every day, and not just on Mondays.

YOUTH SPIRIT AWARD 2012

Community Newspapers

HONOURING THE WESTERN CAPE

The fifth annual Youth Spirit Award event on 21 July. The award recipients are based on evidence of the nominees' achievements and contributions to others. The Award goes to young people who are committed to challenge them to greater heights of achievement and exposure to Amy Biehl's life and work.

The nominees are selected from the nominations. At the award ceremony winners will receive prizes.

The award is presented to a nominee who is looking for inspiration and captures a true community spirit. The award is presented to a nominee who is looking for inspiration and captures a true community spirit. The award is presented to a nominee who is looking for inspiration and captures a true community spirit.

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CRITERIA

The nominee must:

- Be a resident of the Western Cape
- Be aged 15 to 25 years
- Be a member of a community newspaper
- Be active in the community
- Be a role model to others
- Be a volunteer
- Be a member of a church or other religious community
- Be a member of a sports team
- Be a member of a cultural group
- Be a member of a youth group
- Be a member of a school or university
- Be a member of a club or association
- Be a member of a trade union
- Be a member of a professional body
- Be a member of a political party
- Be a member of a social club
- Be a member of a hobby club
- Be a member of a gardening club
- Be a member of a chess club
- Be a member of a book club
- Be a member of a film club
- Be a member of a music club
- Be a member of a dance club
- Be a member of a sports club
- Be a member of a martial arts club
- Be a member of a judo club
- Be a member of a karate club
- Be a member of a taekwondo club
- Be a member of a judo club
- Be a member of a karate club
- Be a member of a taekwondo club

For more information visit the amy biehl foundation website

021 662 5052 for more information.

Apply by fax (086 611 3189), by email (info@amybiehl.org.za) or in person (100 Main Street, 7th Floor, Cape Town, 8000).

Fundraiser

Three special, fundraising performances of the Athol Fugard play, *Statements After An Arrest Under The Immorality Act* are to be held before the company

leaves to take part in the Edinburgh Fringe Festival next month. The cast features Hout Bay's Bo Petersen, Malefane Mosuhli and Jeroen Kranenburg. The special performances will be

from Saturday July 21 to Monday July 23, in the Methodist Church hall, corner of Milton and Wesley Streets, Observatory. Tickets cost R100 and R50 for students and pensioners. Call 021 447 3683.



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En pointe

Cape Town City Ballet will host an *Insight* session in the Artscape Opera House, on Thursday August 2, from 7pm.

Keith Mackintosh, Professor Elizabeth Triegaardt and Robin van Wyk will host a two-hour session for people to find out more about the company and its work, when you can get a preview of two CTCB productions.

Peter Pan and the Lost Boys is a new work, directed and choreographed by Van Wyk, which follows the familiar story of young Peter and his adventures in Neverland, based on the novel by JM Barrie. It will be staged from Wednesday August 8 to Wednesday August 15.

Raymonda, the full-length ballet choreographed by Norman Furber and produced by Triegaardt, is one of the great classical ballets, danced to the music of Alexander Glazunov, and which will be seen on the Cape Town stage after an absence of 16 years. It will be performed from Friday August 24 to Saturday September 1.

Tickets for the *Insight* session cost R30 each.

Book at Computicket or call Artscape Dial-A-Seat on 021 421 7695. Concession tickets, R20 for Friends of Cape Town City Ballet are only available at the Artscape box office.