Managing editor
Johan van Wyk

Editorial support
Louise van Niekerk

Editorial panel
Sandle Keswa
Phetole Rapetswa
Dineo Poo
Peggy Mosupa
Talita Fourie

Design and layout
Cyril Maphumulo

Research
Peggy Mosupa

Philatelic artists
Thea Clemons
Rachel-Mari Ackermann
Cyril Maphumulo

Philatelic Business Development Officers
Charl Poole: Western Cape Region including the Southern Cape Region (George Area)
Tel: +27 (0) 21 590 3452 • Mobile: +27 (0) 83 308 2641
Fax: +27 (0) 86 536 8632 • Email: charl.poole@postoffice.co.za

Gert Theron: Central Province and Wits
Tel: +27 (0) 11 760 3223 • Mobile: +27 (0) 79 421 0788
Fax: +27 (0) 86 665 2223 • Email: gert.theron@postoffice.co.za

Ashraf Ali: KwaZulu-Natal and Eastern Cape
Tel: +27 (0) 31 336 3348 • Mobile: +27 (0) 83 602 7563
Fax: +27 (0) 86 663 9340 • Email: ashraf.ali@postoffice.co.za

Vusi Caku-caku: North East and North Central
Tel: +27 (0) 12 845 2905 • Mobile: +27 (0) 82 703 8539
Fax: +27 (0) 86 537 0128 • Email: vusi.caku-caku@postoffice.co.za

Address correspondence to:
The Editor, Setempe, Private Bag X505,
Pretoria, 0001, SOUTH AFRICA
Tel: (national) (012) 845 2814/15
(international) +27 12 845 2814/15
Fax: (national) (012) 804 6745
(international) +27 12 804 6745
Email: sa.stamps@postoffice.co.za
Website: www.postoffice.co.za
Buy our stamps online: www.virtualpostoffice.co.za

Agents for Philatelic Services
Local
• The Stamp Shop, Port Elizabeth, Tel: 041 365 2548
• Sandton Stamps & Coins, Sandton, Tel: 011 783 8309
• Glen Carpendale, Pretoria, Tel: 012 333 4741
• Mr. Thematic, Johannesburg, Tel: 011 425 5520 or 083 268 7266

Overseas
• Harry Allen, England, Tel: 0044 1202 711 447
• Herrick Stamps Company, USA, Tel: 001 516 569 3811

Opinions expressed in Setempe are not necessarily those of the South African Post Office or of Philatelic Services.

Information published in Setempe may be reproduced, provided its source is acknowledged and copies are sent to the editor.

Setempe is published by the Philatelic Services of the South African Post Office, Cnr James Drive and Moreleta Street, Silverton, Pretoria, SOUTH AFRICA.

Please note: Stamp images published in Setempe are from the original artwork and are subject to change.

ISSN 1560 9626
The South African Renal Society has won the bid to host the prestigious (23rd International) 8th World Congress of Nephrology (WCN 2015). The event, to be held at the Cape Town International Convention Centre from 3 to 7 April 2015, is expected to attract between 5 000 and 6 000 delegates from all corners of the world. To coincide with WCN 2015 and raise awareness of kidney health, the South African Post Office will issue a set of five stamps and a commemorative envelope on 3 April 2015.

Nephrology is a branch of medical science that deals with the study of the normal working of the kidneys, as well as its diseases. The kidneys are vital for a healthy life. Their complex network of blood vessels and intricate network of tubes and tubules cleanse the blood of waste products and excess water. The kidneys maintain the fluid, electrolytes, and acid-base regulation that are altered by several disease conditions, as well as drugs and toxins.

The biennial World Congresses of Nephrology – an initiative of the International Society of Nephrology (ISN) – are premiere educational events in nephrology that rotate between continents and are organised in collaboration with local and regional nephrology societies. The congress is aimed at the international nephrology community, as well as other healthcare professionals involved in multidisciplinary nephrology care; thus enabling professionals from all parts of the world to exchange views on a wide variety of topics affecting nephrology and those suffering from kidney disease around the world.

WCN 2015 will be hosted by the South African Renal Society in partnership with the African Association of Nephrology, and the Renal Care Society of South Africa.

By bringing together practicing physicians, academics, scientists, international health authorities and clinical researchers, the congress offers a global forum for a free exchange of science and medical knowledge and strategies.

The aims of the South African Renal Society are to promote the profession of nephrology, facilitate cooperation and contact between all interested parties in the field of nephrology and related subjects, and to provide guidelines for the optimal care of renal patients.

**The stamps**

Designed by Marli Heunis, the stamps have a red and blue colour scheme inspired by diagrams showing oxygenated blood (red) and deoxygenated blood (blue). The stamps draw attention to steps that can be taken to lower the risk of chronic kidney disease (CKD). These include:

**Regular medical check-ups:** In most cases, CKD cannot be completely prevented, but early detection can help you to manage the disease. If you have a long-term condition, such as diabetes, that could potentially cause CKD, it is important to manage it carefully. Follow the advice of your doctor and keep all appointments relating to your condition. People with diabetes are advised to have their kidney function tested every year.
Regular exercise: Exercise helps to lower blood pressure and reduces the risk of other diseases such as diabetes, high cholesterol and heart disease. This in turn reduces the risk of developing CKD, while helping to maintain a healthy weight. At least two and a half hours of moderate-intensity aerobic activity per week, such as cycling or fast walking, is recommended.

A healthy diet: Eating a balanced diet will also help to prevent conditions such as high blood pressure, diabetes, overweight, obesity and heart disease, which will reduce the risk of CKD. A balanced diet includes plenty of fresh fruit and vegetables (five portions a day), fish, raw nuts and whole grains, as well as drinking plenty of water, limiting your salt and sugar intake and avoiding saturated fats.

Stop smoking: Smoking increases the risk of cardiovascular disease, including heart attacks or strokes, and it can increase the likelihood that any existing kidney problems will get worse. If you stop smoking, you will improve your general health and reduce your risk of developing other serious conditions, such as lung cancer and emphysema.

Limit alcohol intake: Drinking excessive amounts of alcohol can cause a rise in blood pressure as well as in the cholesterol levels in the blood. Following the recommended alcohol consumption limits is the best way to reduce the risk of developing high blood pressure and the risk of CKD. Recommended limits for alcohol intake are three to four units of alcohol a day for men, and two to three units of alcohol a day for women.

Acknowledgement:
Dr. Albert van Schoor (PhD), Senior Lecturer, Department of Anatomy, University of Pretoria

References:
www.sa-renal.org/news.asp
www.theisin.org/isn-information/world-congress-of-nephrology
www.nhs.uk/Conditions/Kidney-disease-chronic/Pages/Prevention.aspx
www.kidneyfund.org/kidney-health/kidney-failure/

Please note: Stamp images published in Setempe are from the original artwork and are subject to change.
MARLI JOUBERT —
AN ARTIST WITH A TOUCH OF HUMOUR

Marli Joubert designed the set of five stamps highlighting healthy living to prevent kidney disease in anticipation of the 8th Nephrology Congress held in Cape Town in April, which will be held in Cape Town in April. She likes adding a touch of humour and a story to her work and this is how she approached the difficult subject of nephrology.

What is your background as an artist? Where did you study?
I've been drawing and painting since I can remember. I had wonderful art and design teachers throughout my life, from the after-school art classes I attended when I was six years old, to the design lecturers at the North West University in Potchefstroom where I studied. I am still learning a lot as a designer at FCB Joburg.

In which medium do you prefer to work?
At the moment I am a graphic designer and I therefore do most of my work on the computer, but pen and ink will always be my true love.

What have been some of the highlights in your art career?
I have won a few industry awards during my student and professional careers, but for me the main highlight is when the work I do is produced and sent into the world. Even more so if it makes a difference.

What challenges did you experience when you had to create artwork specifically for stamps?
The theme of the stamps I had to work with was quite challenging. Nephrology is not a well-known subject and creating artwork for such a small format was a little tricky.

How does your normal work process differ from creating artwork for stamps?
Other than adapting to the smaller format, the process was quite similar. Idea generation and rough sketches had to be approved first and presented; changes were made and artwork was refined to get to the final product. This is the process I follow at work as well.

In your opinion, what is the most important aspect of artwork that has to be taken into account when designing stamps?
Design-wise, the artwork should be striking and single-minded. I loved designing the stamp sheet where all the stamps were combined to create a bigger picture.

How did you approached the stamp project, for example the research and finding reference material?
Because nephrology is such a difficult subject we decided to broaden the topic to healthy living. I tried to keep the concepts depicted on the stamps quite simple so that the meaning would be clear to everyone. This meant that my research was not so much about the subject, but about how the basic concepts of healthy living could be easily digested. Each stamp on the sheet represents a small window in a big house, with each window depicting a different aspect of how to lead a healthy lifestyle.

What do you enjoy most about art?
Art and design is like a playground where possibilities are endless. I really enjoy adding a bit of humour and a story to my work.

Which styles of art and artists inspire your work?
I was really inspired by other stamp designs from all over the world. As a designer my absolute heroes are Louise Fili and Jessica Hische.

What does it mean for you as an artist to have your work on a set of South African stamps?
It is a great honour and I am really looking forward to seeing the end result. I think it’s really wonderful that the Post Office provides young designers with opportunities to contribute to our country’s stamp designs.
The South African Post Office commemorates the life and legacy of Nelson Mandela with a special souvenir folder Available at your local post office or from www.virtualpostoffice.co.za at R50.

A donation will be made to the Nelson Mandela Foundation to ensure the continuity of Mr Mandela’s work
Buy your stamps at our online post office
www.virtualpostoffice.co.za

Welcome to the South African Post Office’s New Virtual Post Office, where you can securely & conveniently transact.
No Queues, No Fuss!

No more completing numerous forms, using fax machines or driving around - simply click and browse or buy! Philately Online brings the stamps to you electronically, allowing you to shop anytime anywhere, 24 hours a day, seven days a week thus saving you time and money.

Telephone: Customer Contact Centre on 0860 086 860
Online: Complete the Contact Us form on www.virtualpostoffice.co.za
Fax: 0866 861 847
Stamps: To track any of the stamp orders, contact Philatelic Services on tel: +2712 845 2813/15
e-mail: sa.stamps@postoffice.co.za
South African Post Office

Coffee Table Books

Post Office buildings reflecting South African history

Post Office History
Coffee Table Books
R250 each

8th Definitive Coffee Table Book
R400

8th Definitive
Coffee Table Book

Postage stamps reflecting South African history

Contact: Customer Services: Tel: (012) 845 2813/15 • www.postoffice.co.za • Fax 086 687 9123
or 086 688 5368 • Address: Private Bag X505, Pretoria, 0001 • sa.stamps@postoffice.co.za
Buy online at www.virtualpostoffice.co.za
Date of Release - 09 October 2014
**2014 stamp issues**

**People of the Post Office (World Post Day)**
Stamp issue date: 9 October 2014  
Artwork: Marcus Neustetter  
Stamp size: 35 x 35 mm  
Stamp sheet size: 200 x 150 mm  
Paper: 250gsm +/- 12gsm Tullis Russell  
Print quantity: 200 000 sheets  
Colour: CMYK  
Printing process: Offset Lithography  
Printed by: The Lowe Martin Group, Canada

**South African Ceramic Vessels**
Issue date: 13 November 2014  
Photographer: Sascha Lipka  
Philatelic artist: Rachel-Mari Ackermann  
Stamp size: 23.68 x 30.225mm  
Booklet size: 60 x 150mm (flat)  
Paper: Avery Dennison B100 PS1 gloss back adhesive, 210gsm  
Gum: PS1 self adhesive  
Print quantity: 250 000 booklets  
Colour: CMYK  
Printing process: Offset Lithography  
Printed by: Southern Colour Security Print, New Zealand

**UNI World Indaba**
Stamp issue date: 5 December 2014  
Artwork: Anande Nöthling  
Stamp size: 29.07 x 38 mm  
Stamp sheet size: 105 x 75 mm  
Perforation gauge: 13 x 13 1/4  
Paper: PVA gummed 102 gsm  
Phosphor: Yellow/green  
Gum: PVA gummed  
Print quantity: 20 000 sheets  
Colour: CMYK  
Printing process: Offset Lithography  
Printed by: Cartor Security Printing, France

**2015 stamp issues**

**Animal Poaching Awareness**
Stamp issue date: 3 March 2015  
Artwork: Alan Ainslie  
Stamp size: 28.28mm x 43.29mm  
Stamp sheet size: 124mm x 157mm  
Perforation gauge: Not applicable – self adhesive  
Paper: Avery Dennison Kraft Back PSA  
Phosphor: Yellow/green phosphor tagged  
Gum: WLK6 pressure sensitive adhesive  
Print quantity: 50 000 sheets  
Colour: CMYK + Phosphor  
Printing process: Offset Lithography  
Printed by: Southern Colour Security Print, New Zealand

**Healthy Living (8th Congress of Nephrology)**
Stamp issue date: 3 April 2015  
Artwork: Marli Joubert  
Stamp size: 38 x 38 mm  
Stamp sheet size: 165 x 110 mm  
Perforation gauge: Not applicable – self adhesive  
Paper: Self adhesive – 247 gsm  
Phosphor: Frame  
Print quantity: 30 000 sheets  
Colour: CMYK + Phosphor  
Printing process: Offset Lithography  
Printed by: Cartor Security Printing, France

---

**Fun and games Solutions**

Please refer to the Historic Post Offices Issue of *Setempe* for how to do the pyramid. These are solutions, the games should only have the top letter and the six-letter word at the bottom.
South Africa wins UPU competition in Malaysia

The South African Post Office's entry in the Universal Postal Union's (UPU) international competition for issuing postal authorities for stamps issued during 2013, emerged as the winner. The entries were exhibited and judged at the international stamp show in Kuala Lumpur, Malaysia held in December 2014.

Our winning entry featuring a variety of stamps on 32 A4 pages called "South Africa's Miniature Masterpieces of Art", was designed by Thea Clemons. The entry was included in the category for countries that issue more than 70 stamps per year.

Title page of South Africa's 32-page entry

South African stamp judged World's Most Original Format at international competition

The South African Post Office (SAPO) took part for the first time in this international competition that took place in Spain during October 2014. SAPO won the category for the "World's Most Original Stamp Format". The competition was open for stamps issued by postal administrations during 2013. Countries that took part in the competition included Brazil, Canada, Finland, Italy, Russia, Sweden and the UK.

The award certificate was presented on 31 October to Mr Mzwanele Langa, First Secretary: Political, at the South African Embassy in Madrid, who received it on behalf of SAPO.

The Best STAMP of the World

AWARD:
## CASH ORDER FORM

Account number: ____________________________________________________________

First name: ___________________________________________ Initials: _______
Surname: _______________________________________________ Title: _______
Address: ________________________________________________________________

________________________________________________________________________

Code: ___________________________ Tel no: (H) ___________________________ (W) ___________________________

Cell/Mobile no: ___________________________________________________________
Email: ________________________________________________________________

Would you like to receive news about new stamp issues and relevant information? If yes: Email: ☐ SMS: ☐

---

### NELSON MANDELA (1918 – 2013)

<table>
<thead>
<tr>
<th>Product Code</th>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHL140002</td>
<td>Nelson Mandela Souvenir Folder SF 8.7</td>
<td>R50,00</td>
</tr>
</tbody>
</table>

**TOTAL A**

### POST OFFICE COFFEE TABLE BOOKS

<table>
<thead>
<tr>
<th>Product Code</th>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHL120125</td>
<td>Post Office Buildings – SA history</td>
<td>R250,00</td>
</tr>
<tr>
<td>PHL120126</td>
<td>Postage stamps – SA history</td>
<td>R250,00</td>
</tr>
<tr>
<td>PHL103289</td>
<td>8th Definitiveinitive Coffee Table Book</td>
<td>R400,00</td>
</tr>
</tbody>
</table>

**TOTAL B**

### HEALTHY LIVING (8TH CONGRESS OF NEPHROLOGY)

<table>
<thead>
<tr>
<th>Product Code</th>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHL150300</td>
<td>1 x 5 Stamp Set Mint</td>
<td>R38,50</td>
</tr>
<tr>
<td>PHL150301</td>
<td>1 x 5 Stamp Set Cancelled</td>
<td>R38,50</td>
</tr>
<tr>
<td>PHL150300</td>
<td>1 x 5 Control Block Mint</td>
<td>R38,50</td>
</tr>
<tr>
<td>PHL150301</td>
<td>1 x 5 Control Block Cancelled</td>
<td>R38,50</td>
</tr>
<tr>
<td>PHL150300</td>
<td>1 x 5 Full Sheet Mint</td>
<td>R38,50</td>
</tr>
<tr>
<td>PHL150301</td>
<td>1 x 5 Full Sheet Cancelled</td>
<td>R38,50</td>
</tr>
</tbody>
</table>

**TOTAL C**

**GRAND TOTAL A-C**

Order Handling R10.00

---

PLEASE NOTE: PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE.
ALL PRODUCTS AVAILABLE WHILE STOCKS LAST.
POST ORDER FORM TO: PHILATELIC SERVICES, PRIVATE BAG X505, PRETORIA, 0001 TEL: (012) 845 2813/15 • FAX: (012) 804 6745