

**EXCLUSIVE**

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**YOU**



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**WINNING LETTER**  
 'The mulberries would leave us with purple-stained mouths and fingers'

**I'LL TAKE MY CHILDHOOD ANY DAY**

**B**EING products of a broken home, and with a single mother trying to raise four children, we didn't have many toys. We'd play all the usual childhood games, including *tok-tokkie*, usually on hot summer nights while the boys disgusted us by eating flying ants. By day we'd eat fruit directly from trees in our gardens. The mulberries would leave us with purple-stained mouths and fingers, and the figs would give most of us a tingling rash on our lips, but this didn't stop us.

There was a clear gurgling stream across the road from our house and we'd dam it up with massive boulders and create a natural pool in which we'd happily swim all summer long.

We'd sit in our bedroom and play *Pretty Belinda* and *Sitting on the Dock of the Bay* on an old gramophone.

Compared with children of today with their cellphones, tablets, TVs and gadgets, we had nothing, but then again we had so much more. We had the freedom to enjoy our childhood to the fullest.

BEV ROSS, EMAIL

**TALK TO US**

• Email [letters@you.co.za](mailto:letters@you.co.za) • SMS 36489  
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Letters should be no longer than 200 words. Opinions expressed here are not necessarily those of YOU's editorial team. We can't undertake to reply to all letters. The sender of the winning letter receives R300.

**H**AVE a picture of myself, somewhere in my teens, with posters on my bedroom wall. One was a YOU poster of Brad Pitt, and I had such a laugh when I saw it again recently.

We've come a long way with Brad. We were there from the early beach-blond days to the somewhat scraggly 54-year-old he's become. And we've followed all the ups and downs of his love-life in great detail over the years.

So what to make of his rumoured new love? There was much discussion in the YOU office when the name Neri Oxman surfaced. Is she like Angie? Is he on the rebound? Is it too soon? Read more on page 6.

Of course, there are lots of serious things going on but it was fun to escape a bit. We also had a laugh at George and Amal's odd courtship and whether it was creepy that he wrote her emails in the voice of his dog (page 10).

I'd love to hear your thoughts on these and the other great reads in this issue. Email [letters@you.co.za](mailto:letters@you.co.za).

*Charlene*



**LET HIM GO, HANNES**

Speaking as an adopted daughter, my heart is broken for Hannes Maré, the adoptive father of Eben, who has rejected him (YOU, 12 April).

Eben, you don't deserve one cent from your biological father. Hannes gave you everything, including the love of a father for all those years.

Sure, you could find your biological family and be friends, but to expect to inherit from his estate? Sounds as if you're just desperate for money in the bank.

Hannes, stay proud of yourself as a dad. Let Eben go and one day when he comes to his senses he'll beg for your forgiveness. You'll always be his father.

JUSTINE, EMAIL

■ I'm sorry to say this, Hannes, but Eben is only after his biological father's money. Pieter Andre Bezuidenhout didn't contribute to Eben's success as a professor. Now greed has replaced the gratitude he should have for you and Eugenie.

I hope you find comfort and peace.

JOY KRIEL, GAUTENG

**SMELLY PROBLEM**

I'm at my wits' end with the men who collect items from residents' refuse bins.

I assist them by putting plastic and glass containers aside for recycling and leave them outside my bin, but they still tear open the rubbish bags and empty all the refuse into my bin. I'm washing out my disgusting, smelly, germ-laden bin every two to three weeks.

What a waste of water if all the residents in South Africa were to do this.

JENNIFER, SMS

**MY VISION FOR OUR NATION**

South Africa has been through so much. Even in modern-day SA there's still a barrier between the racial groups that seems to be unbreakable. The people of South Africa may say they love one another but their actions prove otherwise.

The ghosts and demons of the past divided the country, but South Africa can be united through the same love that's ever so absent.

If only we could look to the future and use the past as stepping stones and a foundation for a better tomorrow, surely we can be united and a rainbow nation as it was intended to be.

ASHWELL BARNES, EMAIL

**A WIDOW'S PLEA**

My husband committed suicide in early September due to depression. He couldn't find work for two years. I tried everything in my power as his wife to save him but I failed.



## Farewell, Mam' Winnie

Winnie Madikizela-Mandela has been vilified by many but blindfolds must be removed and the following considered. She had the love of her life torn from her for 27 years, was branded every vile name imaginable, and was banished to Brandfort for decades.

She was harassed, beaten and incarcerated. What would you do if you walked in her shoes?

Yes, she was a flawed human being, but let us not forget that she didn't sit on the fence. Rather she faced hatred and oppression head-on while trying to be a mother and keeping a long-distance relationship alive.

**PETER BACHTIS, EMAIL**

■ Winnie's turbulent life was a profile in courage. Beset by adversity, she fought fire with fire.

History will record that Winnie was the ultimate warrior and her death will serve to remind generations of our people of a generous and fearless personality, and of a life of nobility and patriotism, service and sacrifice.

Africa is poorer today, poorer for the death of this political colossus.

**FAROUK ARAIE, BENONI**

■ Winnie was a dedicated woman who was also a loving and caring mother. She ran her race and she won it with



flying colours. Rest in peace, mama.

**GODFREY MALIBE, ACORNHOEK**

■ Winnie's death leaves a lot of unanswered questions. Why are women still undermined in our country, even after we had anti-apartheid women who fought not only for their individual freedom but for the freedom of the whole black race?

Why are women still seen and treated as the inferior sex? Why are we women still relegated to lower-paying jobs?

Why are women still raped and subjected to abuse, in a free country? Why are they still judged on what they're wearing rather than their personality?

Why are they still denied the rights to make decisions that may lead to their own progress?

Women deserve more than what they're offered.

**MATLOU MOKWELE, BUFFELSHOEK**

everyone out there is to please tell your partner you love them, and tell them you appreciate them. You never know when it will be the last time you see them or talk to them.

I'd appeal to anyone going through depression to talk to someone. Anyone. There's someone out there who'll help, or offer guidance, or even just love.

If I could turn back the clock I'd do it in a heartbeat.

**GRIEVING WIDOW, EMAIL**

He decided he couldn't fight anymore and took his own life. This has been the hardest thing for me to accept and understand. I've now had to take the role of both mother and father, and it's not easy.

I loved my husband with every fibre of my being. I miss him so much and wish I could tell him one more time that I love him. He has left a gaping hole in my life, and now I have to pick up the pieces.

Depression is a silent killer. My plea to

## IN BRIEF

To Lynette, who has collected 400 dolls (YOU, 5 April): you need to get a decent adult hobby. No 66-year-old woman should be dressing and telling stories to dolls.

**AURORA, KZN**

We live a fantastic life in a retirement village. No one handles our grant and we aren't treated like children.

**CONTENT, SMS**

When, oh when, will supermarkets stop selling sweets and chocolates at the cash tills? It's a nightmare for mothers with children.

**ANGELA, SMS**

Dear No-Brainer Wendy, don't judge people just because your plant-based way of eating worked for you (YOU Say, 12 April)! Genetics most definitely play a part in plus-size families.

**FELLOW FATTY, SMS**

Reading about Elon Musk's father, Errol (YOU, 12 April), made my skin crawl.

**NATALIE, SMS**

Mary, Mary, quite contrary, how does your garden grow? Answer: It doesn't. I live in Cape Town.

**MARGARET LEWTHWAITE, SMS**

Start planting fruit trees and veg and herb patches no matter how small your garden. Delegate responsibility to each person in the family and find joy through being in contact with nature.

**DIANNA, SMS**

Here's hoping Prince Harry cleans that awful bum fluff off his face before he ties the knot with Meghan Markle. I don't think it will make for good wedding photos to look back on.

**SMOOTH TALKER, SMS**

## Supper sorted!

Not sure what to make for dinner? Be inspired by scrumptious dishes the whole family will love from YOU The 100 Best Readers' Recipes: Chicken (R40) and YOU The 100 Best Recipes: Stews (R42). Enjoy meals such as mayonnaise chicken with coriander, chicken satay bake, lamb shank potjie, beef olives and winter prawn curry. Yum! Contact Johan Terblanche on 021-406-4962 or johan.terblanche@media24.com to order your copies.



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Brad has finally found love with Neri Oxman (FAR LEFT) after his split from Angelina Jolie (BELOW).

# BRAD'S BRIGHT NEW BEAUTY

Whip-smart, highly educated and a total knockout! Meet Brad Pitt's new girlfriend the architectural designer Neri Oxman COMPILED BY NICOLA WHITFIELD



in Boston – one of the finest tertiary institutions in the world – where she teaches media arts and sciences.

Brad became intrigued with Neri after admiring a range of her 3D-printed chaises lounges at MIT – and in November last year he caused a flurry at the school when he dropped by one of her classes soon after they'd reportedly started dating.

The star posed for pictures with a group of her students, which were posted on social media. Brad stood alongside Neri in another picture – although that one has been taken down.

The pair have been quietly dating for six months, *Us Weekly* magazine reports, and Neri is the first person Brad has considered letting into his life since he and Angie (42) went their separate ways in September 2016.

“Brad is absolutely smitten,” a source close to Brad told the publication. “Their chemistry is off the charts.

They [became] romantically involved almost right away.

“He’s going to great lengths to make sure they’re not spotted by prying eyes.”

But if the insider is to be believed, this hasn’t stopped them from taking secret trips.

“Brad and Neri have travelled internationally on several occasions,” the source added.

Apparently this has included a visit to the Design Indaba in Cape Town earlier this year, where Neri was a featured speaker – but can this be true? Brad incognito enough to be in our backyard without us realising it? Perish the thought!

**I**T WAS bound to happen sooner or later: one half of the couple who made us mourn the death of love when they split is dipping a toe in the love waters again.

And the person Brad Pitt is said to have fallen for is one hell of a woman: gorgeous enough to be likened to his

luscious-lipped ex, Angelina Jolie, smart enough to be labelled a genius and talented enough to have artworks on permanent display at some of the top museums in the world.

Neri Oxman (42) is also seriously stylish, gloriously single and a good match for Brad (54).

Their shared love of architecture is top of the compatibility pile. He loves designing and remodelling homes and she’s an award-winning architectural designer.

She’s also a professor at the Massachusetts Institute of Technology (MIT)



Brad dropped in on one of Neri's classes in November last year.



**B**RAD is happier than he's been in a year and half.

"Separating from Angelina was very sad and shocking for him," a source told American magazine People. "But he's more like the old charming Brad now."

Angie and Brad are still negotiating the terms of their divorce and the custody of kids Maddox (16), Pax (14), Zahara (13), Shiloh (11) and twins Knox and Vivienne (9), and are doing everything in their power to ensure the process is as painless as possible.

Brad kept to himself for months but now ventures out to more functions – and spends more and more time in Boston.

Us Weekly reports that Neri "dumped the very wealthy man she'd been dating almost immediately" after meeting Brad and things moved quickly.

The actor has a key to her apartment and has been spotted going in and out of the building several times.

"Neri doesn't cook so they've been ordering in a lot and Brad does a lot of the

## 'Being around Neri is intoxicating – Brad is glowing around her'

cooking," the insider says.

Yet another source says it's completely understandable that he's smitten. "Being around Neri is intoxicating, as if you're flying high above the mountains. Brad is glowing around her."

An architect who's seen Neri lecture and knows her work told People, "She's a genius and gorgeous."

Which seems totally true. In fact, the professor appears positively perfect – if a little intimidating.

### FIRST, A BIT OF BACKGROUND

Neri was born in Haifa, Israel, to an American dad and Israeli mom and did her mandatory military service in the Israeli army before applying to medical school. She studied in Jerusalem and London before moving to America in 2005 and joining MIT, where she became an associate professor in 2010.



LEFT: Singer Björk wearing a mask created by Neri's Mediated Matter research group.



### THEN SHE GOT RIGHT DOWN TO IT

She founded the Mediated Matter research group at the MIT Media Lab, working with "25 affiliates and visiting students across several fields including computational design, architecture, marine science, molecular biology and physics", according to architecture magazine Surface.

### IF YOU THINK THAT'S IMPRESSIVE...

Neri has her own official website where she's described as having "coined the term for and pioneered the field of Material Ecology, which considers computation, fabrication and the material itself as inseparable dimensions of design. In this approach, products and buildings are biologically informed and digitally engineered by, with and for nature."

### BUT OOH, THE FUN SHE HAS!

One of her best things in the lab is a water-jet cutter so sharp it can cut through human bone. "The laser is very feminine and elegant and the water-jet cutter is masculine," she told Fast Company magazine. "To be here at 2am all by myself – it's really exciting!"

### SHE'S BEEN MARRIED

Classical Argentinian composer Osvaldo Golijov (57) and Neri were married in 2011 and divorced a few years later. Clearly there are no hard feelings – Neri described him as an "incredible influence" on her work and career after the split. ■



SOURCES: US WEEKLY, PEOPLE, DAILY MAIL, BOSTON.COM, W MAGAZINE, COSMOPOLITAN

## AND THERE'S THIS AMAZING THING WITH SILKWORMS

One of Neri's most famous creations is The Silk Pavilion, which showcases her desire to combine nature and technology. The artwork (LEFT) is a geodesic dome "built partially by a hi-tech 3D printer and reinforced by the threads of 6 650 silkworms", the website Boston.com reports.

"We've managed to motion-track the silkworm's movement as it's building its cocoon," Neri told architecture magazine, Dezeen.

"Our aim was to translate the motion-capture data into a 3D printer connected to a robotic arm in order to study the biological structure in larger scales."

Some of her other works can be seen at the Museum of Modern Art in New York and at institutions around Europe.

Just call her next-level Neri.

## SHE'S A STYLE ICON TOO



Neri was at the top of the list of "50 most talented, funny and beautiful Jewish women in the world", compiled by Shalom Life, a now closed Jewish-focused publication. People she pipped at the post include Wonder Woman star Gal Gadot, Dianna Agron of Glee and Eva Green of Penny Dreadful.

The Boston Globe Magazine included her on its list of most stylish Bostonians of 2012.

"I appreciate good tailoring as much as good details of construction," she says. "To wear a beautiful garment is like wearing a new idea – I see them as the same thing. Opening my closet is a form of meditation. I pick whatever is right for the day. It's usually only a matter of seconds before I'm out of the house."

## SHE SPOKE ABOUT BRAD BEFORE

... but not in flattering terms. In an interview last year with W magazine, she was asked about male dominance in the field of architecture. "For the same reason we have the Brad Pitts and George Clooneys, it's human nature to idolise stereotypes," she said. "Such singularities are useful to the common perception of heroism. It's a phenotype of human culture and how we develop stereotypes and perceptions."

Brad, you're going to have to up your game.



# A BEAUTIFUL SOUL IS GONE

Loved ones of 7de Laan's Bronwyn van Graan are devastated by the pregnant actress' shock death

BY COLIN HENDRICKS PICTURE: MISHA JORDAAN



Bronwyn's parents, Terry and Felicia, are battling to pick up the pieces of their lives.

**S**HE was a successful actress, happily married to the man she loved and eager to fulfil her biggest dream – to become a mom.

But the new life she so longed for ended up costing Bronwyn van Graan her own life, leaving her husband and parents stunned and heartbroken.

Bronwyn, who'd had a miscarriage two years ago, had an ectopic pregnancy (see box) – and the bubbly 39-year-old died alone on the floor of her Johannesburg flat recently after suffering catastrophic internal bleeding.

The death of the actress, who played a social worker on 7de Laan, has shattered her former colleagues on the soapie.

Vinette Ebrahim, who plays Charmaine in the show, expressed her sorrow on Facebook. “The empty space you’ve left behind will be sorely felt,” she wrote. “Thank you for being the beautiful soul you were. Fly with the angels, sweetheart.”

Bronwyn had a steady stream of acting

jobs and even appeared in the BBC series *Holby City*. She was an acclaimed stage actress too and won a Naledi Theatre prize for her role in the play *Shirley, Goodness and Mercy* in 2007.

On the weekend of her death she was due to record a final episode for a radio soapie on the station RSG.

But when her husband, Grant Spreadbury (37), tried to call her that morning there was no answer.

Grant, a DJ for special events, was with Bronwyn's parents at their home in Bellville, Cape Town. He and Bronwyn were due to move to the Western Cape and she was still in their flat in Northwold, Joburg, with their beloved pitbull, Manny, while she finished up her work.

Now Grant has the grim task of packing up the flat they lived in for eight years.

He's too heartbroken to speak to us but Bronwyn's parents, Felicia (66) and Terry (65), welcome us into their home, where a picture of their smiling daughter is propped up on a table alongside a bunch of pink and white flowers.

“As a parent you don't expect to bury

your child,” Felicia says tearfully. “It should be the other way around.”

Bronwyn and Grant were planning to stay with his parents in the town of Swellendam while they built a new life for themselves in the pretty Overberg town.

Now Grant is alone with Manny, who's battling to understand why his “mom” isn't coming home.

“He's in mourning,” Felicia says. “He's struggling to settle at night and calms down only when he's given one of Bronwyn's jerseys to sleep with.”

**G**RANT mentioned to his parents-in-law that Bronwyn seemed to be suffering from morning sickness and was nauseous and tired, but Felicia says her daughter seldom complained about anything.

“I often confided in her if I was having problems but she was always upbeat. I called her after Grant told us she wasn't feeling well but she said she was all right.”

Bronwyn had an iron deficiency but was otherwise healthy, Felicia adds.

“She loved children and badly wanted



to be a mom. After her miscarriage two years ago she was very upset.”

She poured all her maternal love into Manny, her dad adds, and even created an Instagram account for him.

Then she started to suspect she was pregnant again, and she and Grant dared to hope their dream of becoming parents might come true.

Instead, tragedy followed.

Felicia and Terry were in church when they received a message from a family member telling them to go home immediately.

“Initially we were told Bronwyn had collapsed but when we got to the house we found out our daughter was dead,” Felicia says. “Everything fell apart.”

When Grant hadn’t been able to get hold of his wife, who was just a few weeks pregnant, he’d asked a friend to check up on her. Bronwyn always kept the door to the flat a little bit open for Manny to get in and out so when the friend’s knocking went unanswered he walked in – and found her sprawled on the floor of the bathroom.

Paramedics were called but it was too late. They estimated that by then Bronwyn had been dead for four hours.

Grant, his dad, Robert, and Bronwyn’s parents left for Johannesburg straight-away.

“The four of us cried all the way there,” Felicia says. “It was awful thinking what was waiting for us on the other side.”

They went straight to the flat where they found Manny running up and down in anguish.

Bronwyn’s body had been taken to the morgue in Milpark and the family managed to get closure when they went to identify her remains.

“She looked as if she were sleeping. She looked so beautiful,” Felicia recalls.

“It was good to see her and also to see that she had no marks on her body after

SUPPLIED



ABOVE: Bronwyn was known for playing a social worker in the Afrikaans soapie 7de Laan. RIGHT: She was a talented and acclaimed theatre actress. Here she’s pictured on stage in the play Betesda.



NICOLA HANEKOM

she’d fallen in the bathroom.”

The family later found a message Bronwyn had written to a colleague on her phone – and it was clear all hadn’t been well.

“She said she’d had to lie down all day,” Felicia says, referring to the day before Bronwyn’s death. “She said she wasn’t feeling well and felt as if she was slipping in and out of a trance.”

**B**RONWYN’S body was flown to Cape Town for the funeral, which was held at the Church of the Transfiguration in Bellville. Friends, family and colleagues – among them 7de Laan’s Christo Davids, who also appeared with her in Shirley, Goodness and Mercy – packed the church to the rafters.

Felicia and Terry – who have an older child, son Clem (48) – are battling to pick up the pieces of their lives now.



LEFT: Bronwyn and her husband, Grant, with Manny, whom she treated as her baby. ABOVE: Manny even had his own Instagram page which Bronwyn created.

“Every now and again we break down,” Felicia says. “Everyone says I’m being strong but I keep getting these beautiful messages about Bronwyn from people who loved her. I know they mean well but they break my heart each time.”

Terry will miss everything about his daughter. “Her stories, her cheerfulness, how she could joke about anything and the times she woke me up with coffee in the morning when she was visiting us,” he says, his eyes welling up.

Everything reminds Felicia of Bronwyn now – even bananas.

“I always kept overripe ones for her so she could make banana bread for us when she came to visit. I’ll miss that.

“I miss her so much.” ■

## ECTOPIC PREGNANCIES

This type of pregnancy occurs when a fertilised egg is implanted outside the womb, usually in one of the fallopian tubes, says Dr Lindi Murray, a gynaecologist from Cape Town.

An estimated 1% of pregnancies are ectopic. Although all women are at risk, ectopic pregnancies are most common in women with a history of endometriosis, previous ectopic pregnancies, sexually transmitted diseases or abortion. They are dangerous because the fallopian tube isn’t designed to sustain pregnancies and will rupture and cause bleeding, which can be life-threatening.

Vaginal bleeding and lower abdominal pain are the main symptoms. If you suspect you may be pregnant, it’s vital to see a doctor as soon as possible to rule out an ectopic pregnancy.

Surgery is usually needed to terminate an ectopic pregnancy. A laparoscope is inserted through a cut in the abdomen to remove the embryo and surrounding tissue. Sometimes it’s necessary to remove the fallopian tube as well. It’s possible to conceive with only one fallopian tube.

EXTRA SOURCE: HEALTH24



SUPPLIED



Power couple Amal and George Clooney. BELOW: The human rights lawyer is on the cover of US Vogue's May issue, in which she speaks about her relationship with the actor and director.



# WE FOOLED AROUND & FELL IN LOVE

Amal and George have opened up about the adorable way they got together COMPILED BY NICI DE WET

In an interview with US Vogue magazine she opened up about how he stole her heart – and it was all thanks to his beloved cocker spaniel, Einstein.

Amal recalls how, after meeting the Money Monster star at a party at his Lake Como home in Italy in 2013, he bombarded her with emails pretending he was Einstein. The pooch claimed to be trapped and in need of legal help and she was the only one who could provide it.

Amal was intrigued and charmed and agreed to have dinner with him at a London restaurant. Things developed from there and the relationship “felt like the most natural thing in the world”, she says.

“I always hoped there could be love that was overwhelming and didn’t require any weighing or decision-making.”

Until George came along she’d all but given up on finding a worthwhile partner, she adds.

“I was 35 when I met George. It wasn’t obvious it was going to happen for me.”

George was smitten from the get-go.

“Of course she was beautiful but I also thought she was fascinating and brilliant. Her life was incredibly exciting – the clients she was taking on and the superhuman work she was doing. I was taken with her from the moment I saw her,” he tells the magazine.

He says they stayed up all night talking after the party on the night they met.

“I got her email address and we started writing. [But] I didn’t know if she wanted to go out with me – I thought we were just buddies,” he told US talk-show host David Letterman in February.

But they were far more than that. A few months after showing off his dog-impersonating skills and their London date, the double Oscar winner whisked her off to Africa for a safari holiday. And while there he had an epiphany: this was someone he could marry.

Until then he’d dismissed the idea of walking down the aisle again – after his

**E**XPENSIVE jewellery, exotic flowers, fabulous holidays ... When it comes to wooing a woman, George Clooney with all his money and Hollywood heart-throbness could pretty much do anything.

But according to his wife he opted to fall back on his goofy sense of humour – and it worked a treat.

Amal Clooney (40), the high-flying human rights lawyer who took gorgeous George off the eligible bachelor list, has done a rare thing: afforded a public look into her deeply private life.





ABOVE: On a dinner date in New York where Amal is lecturing at Columbia University. RIGHT: With their twins, Ella and Alexander, in Venice, Italy, last year.

three-year marriage to American actress Talia Balsam (now 59) ended in the early '90s he just didn't think it was for him.

"Some giraffes walked up to Amal. They just came out of the blue. I took a picture of her and she was smiling. I said to my buddy Ben, 'You know, I think I should ask her to marry me.' And Ben said, 'I think that's a good idea.'"

They tied the knot in Venice in September 2014 and three years later welcomed twins Ella and Alexander. The tots, who turn one in June, are already trying to talk, says Amal, who's fluent in English, French and Arabic.

"We've had some 'Mamas' and 'Dadas'. George was careful to ensure 'Mama' was the first word."

**'I always hoped there could be a love that was overwhelming'**

**H**OME is a nine-bedroom mansion in the village of Sonning in Berkshire, England, although they have a smaller place in Los Angeles and in summer they fly off to the Italian villa.

Mornings are reserved for quality time with the twins, Amal says, and the babies like to cuddle up in their parents' bed.

"When I was nursing it was much more complicated and I had all manner of weird cushions and pillows and machines on the bed," says Amal, who was born in Beirut, Lebanon, but moved to the UK with her family when she was two.

George has nothing but praise for the wife he clearly adores. In his talk with Letterman he calls her "a remarkable human being and now a remarkable mother".

"I suppose this is something you should assume she'd be wonderful at as well – but when you see it in person you feel incredibly proud but also incredibly small."

In September, while attending the

Toronto Film Festival to promote the film *Suburbicon*, which he directed, George spoke about how he was dealing with fatherhood. "I cry more than they do!" he joked. "I cry four times a day right now because I'm so tired."

But he wouldn't trade this for anything in the world. "Look, I'm 56 years old," he says now. "I didn't think it was going to happen for me. I thought my life would be focused on my career, not relationships, and I'd sort of accepted that."

"And then I met Amal and I thought, 'Well, I have this incredible relationship, this is wonderful.' And then all of a sudden we have these two knuckleheads around who make me laugh every day."

"Is there a perfect age to become a parent? Look, I left it so late that I'm the last person to talk to about child-raising because I'm no expert. All I can do is play catch-up and hope I'm not on a walker when I'm chasing my grown kids around!"

**D**ESPITE his and Amal's busy schedules they make sure they carve out couple time. Earlier this month they were spotted having a romantic dinner in New York, where Amal is lecturing at Columbia University. Amal, who was an adviser to former UN secretary-general Kofi Annan, is a visiting lecturer and a senior fellow at the law school's Human Rights Institute.

Having represented WikiLeaks founder Julian Assange and former Ukrainian prime minister Yulia Tymoshenko, Amal has called her position at the law school an honour, saying she's looking forward to getting to know the next generation of human rights advocates studying there.

She and George made a sizeable donation to the student-led Never Again movement, which organised the March for Our Lives protest in Washington, DC, recently.

The demonstration, prompted by schoolkids in the wake of the shooting at Marjory Stoneman Douglas High School in Florida that left 17 dead, was aimed at galvanising the US government into tightening gun laws.

"Amal and I are so inspired by the courage and eloquence of these young men and women," George said at the time.

"Our family will be there to stand with this incredible generation of young people from all over the country. And in the name of our children, Ella and Alexander, we're donating \$500 000 [R6 million] to help pay for this ground-breaking event. Our children's lives depend on it."

Meanwhile George has made a return to the small screen. The actor, who first shot to fame in medical drama series *ER*, is set to produce, direct and star in six-part mini-series *Catch-22*, based on the iconic book of that title by Joseph Heller.

Set in Italy during World War 2, it tells the story of a US Air Force bombardier who tries to fulfil his service requirements so he can go home.

The series is a passion project for the star, who recently said he needn't work again. "Acting used to be how I paid the rent but last year I sold a tequila company for a billion f\*\*\*king dollars," he said, referring to Casamigos, the enterprise he owned with Rande Gerber, husband of supermodel Cindy Crawford and one of his best friends. "I don't need money."

Seems his beautiful family are enough for him these days. Talk about a charmed life! ■

SOURCES: VOGUE, INDEPENDENT.CO.UK, PEOPLE.COM, CHICAGOTRIBUNE.COM, DAILYMAIL.CO.UK, WMAGAZINE.COM



Amal (back row, second from left) and George took part in the March for Our Lives protest on 24 March, in which schoolchildren and supporters called for tighter gun control in the USA.





# USE YOUR LOAF

It's okay to eat bread as part of a healthy diet – as long as it's the right kind and you have no more than two slices a day, dieticians say **BY LINDSAY DE FREITAS**

**A** SLICE of toast with avo, a roll with ham and cheese ... They used to be staples in South African households but these days, thanks to trendy low-carb diets, bread is strictly off the menu. But have we been depriving ourselves needlessly?

With the recent hike in VAT, bread is looking like an appealing option. Brown bread won't be taxed, but is that the kind you should opt for?

Johannesburg-based dietician Toni Brien says it's possible for bread to be part of a healthy diet. Although it's a bad rap, bread ticks many nutritional boxes – a quality loaf is low in fat, and wholegrain varieties are a great source of complex carbs (which keep you feeling fuller for longer), protein, fibre, vitamins and minerals, Brien points out. So by all means, she says, go ahead and eat it every day.

But, as with everything, moderation is key. "I usually tell clients not to have more than two slices a day," she cautions.

Before you rush out to stock up on bread, there are things you need to bear in mind. It's important to realise not all loaves are equal, says Kirby Hendricks of Alex Royal Dietetics in Cape Town.

Wholemeal or multigrain, rye or sourdough – which is best?

**SOURDOUGH** The advantages of this bread is that the slices are big, it's low-GI and it has a low carbohydrate content, Brien says.

"The long fermentation process used when making sourdough bread allows the bacteria to break down the carbs and gluten in the bread, making it easier for you to digest, and releasing the nutrients so they're easier to absorb," Hendricks explains.

When reading the list of ingredients, check that wholewheat flour or rye wholemeal, grains and seeds feature prominently. Also check that yeast wasn't added to speed up production.



### Nutritional information per slice of average sourdough bread

**Energy** 286kJ  
**Carbohydrates** 13g  
**Protein** 2,2g  
**Fat** 0,8g  
**Fibre** 0,8g



**RYE** It has more carbs than sourdough but don't let that put you off – because of its heavier texture (due to its lower gluten content), rye keeps you feeling fuller for longer. It also contains more protein and less fat than many of its rivals, and is a good source of fibre.

But be sure to look for bread that's 100% rye so you know what you're getting, Hendricks adds.

Wholegrain rye (which has added grains) has a higher fibre and vitamin content than light rye and also a lower GI. The slices tend to be quite small though, Brien points out. "Many of my clients have complained that they have to eat quite a bit to feel full," she says.



### Nutritional information per slice of average 100% rye bread

**Energy** 470kJ  
**Carbohydrates** 22,2g  
**Protein** 3g  
**Fat** 0,4g  
**Fibre** 3,2g



**WHOLEGRAIN BREAD** Don't be fooled: wholegrain and multigrain aren't the same. "Wholegrain refers to the grain itself not being refined and being used in its whole state, while multigrain means a particular bread contains a number of different grains," Hendricks explains.

Wholegrain bread is a rich source of carbohydrates, protein, unsaturated (good) fats, vitamins and minerals, as well as fibre. Brien says these breads are low-GI because the seeds and grains take longer to digest so you feel fuller for longer.

"They're usually low in sugar and salt and high in fibre," Hendricks adds.

4/5



**Nutritional information per slice of average wholegrain bread**

**Energy** 449kJ  
**Carbohydrates** 19,4g  
**Protein** 4,5g  
**Fat** 1,2g  
**Fibre** 3,7g

**MULTIGRAIN** It might sound super-healthy but multigrain bread is often just white bread with various grains (such as oats, cornmeal, barley, wheat or flax) thrown in for added nutrition. So be sure to check the ingredients list.

But if it's a choice between multigrain and plain old white bread, definitely go with a multigrain loaf. It tends to have more fibre and a lower GI than white bread, Hendricks says.

3/5



**Nutritional information per slice of average multigrain bread**

**Energy** 435kJ  
**Carbohydrates** 16g  
**Protein** 4,7g  
**Fat** 2,5g  
**Fibre** 4,4g

**WHOLEMEAL/WHOLEWHEAT BREAD** This is made by recombining white flour with the bran and wheat-germ removed during milling, giving the bread a plain brown appearance.

It has more fibre, vitamins and minerals than many white breads and is fortified with iodine and folic acid.

But while it's low in total kilojoules, sodium and carbohydrates, it has a higher GI than wholegrain breads, Hendricks warns.

2/5



**Nutritional information per slice of average wholemeal bread**

**Energy** 538kJ  
**Carbohydrates** 23,6g  
**Protein** 3,8g  
**Fat** 2,1g  
**Fibre** 2,8g

**HIGH-FIBRE WHITE** For kids who are picky eaters this is a good compromise. "It's white bread made from white (refined) wheat flour and fortified with fibre from oats or legumes," Hendricks explains.

But it's not the ideal choice.

"It's not a wholegrain product and therefore lacks the full range of vitamins and minerals," Hendricks cautions.

It also contains more sugar than wholegrain bread.

**Nutritional information per slice of average high-fibre white bread**

**Energy** 378kJ  
**Carbohydrates** 16g  
**Protein** 3,2g  
**Fat** 0,8g  
**Fibre** 3,1g

**Nutritional information per slice of average gluten-free bread**

**Energy** 426kJ  
**Carbohydrates** 20g  
**Protein** 1,2g  
**Fat** 1,4g  
**Fibre** 2,4g

**GLUTEN-FREE** These breads are made from alternative flours (such as potato, rice or legume flour) to avoid the wheat protein that triggers gluten allergies.

But, Brien says, as gluten-free flours usually contain fewer vitamins and minerals they're not recommended for those who can tolerate gluten.

2/5



1/5



### KNOW YOUR BREAD

- Look for a bread where each slice has less than 500kJ of energy, less than 150mg sodium and 3-4g fibre, dietician Kirby Hendricks says. And read the ingredients list.
- The glycaemic index (GI) tells us how the carbohydrates in a particular food affect our

blood glucose levels. Look for bread with a GI value of 55 or less – this means it will digest slower so you'll feel fuller for longer. Breads that have a high GI are quickly metabolised and can cause blood-sugar crashes.

- Because bread is a carbohydrate, add at

least a protein and a fat to turn it into a complete meal, Hendricks says. Good protein choices include chicken and boiled eggs. Fat options include cottage cheese, avo and seeds. Greens such as lettuce, spinach and cucumber add extra fibre.





**ABOVE and RIGHT:** Jaco Vermeulen and Michéle Smit are delighted about their upcoming nuptials. They plan to tie the knot in Pretoria in September. **INSET:** Michéle's engagement ring.



# WE'RE SO LUCKY TO HAVE EACH OTHER

Jaco and Michéle both have health challenges – and that makes their upcoming wedding extra special **BY JACO HOUGH-COETZEE PICTURES: SHARON SERETLO**

LOVE stories don't get more heartwarming than this.

A man with a rare syndrome who wasn't expected to live past his 13th birthday falls for a woman he's known most of his life. She too has had challenges

and her share of hard knocks over the years.

Both had been in relationships before and when those ended they all but gave up on finding their soulmate – but Jaco Vermeulen and Michéle Smit are getting their happily ever after now.

On 12 September – a month after Jaco celebrates his 49th birthday – the pair will walk down the aisle and say their vows in front of their loved ones.

They can't wait. A wedding means a lot to everyone, Jaco says. But when you're disabled it means even more because

you don't think you're ever going to get there.

"It's really true, my love," says Michéle (32), placing a hand on her fiancé's leg.

Michéle is hearing-impaired and doesn't talk much but Jaco is only too happy to tell us every detail of their fairytale romance.

He didn't realise the woman who'd been right under his nose since she was a little girl was the one for him, he says. But after a whirlwind romance that began in Kosi Bay on the Wild Coast of KwaZulu-Natal he asked her to marry him – and she said yes.

Their wedding will be one to remember, Jaco says.

"Tissues will definitely be needed."

JACO has Hallermann-Streiff syndrome, a rare congenital disorder that affects growth, cranial development, hair growth and dental development. In Jaco's case, it's also affected his sight – he has just 25% vision in one eye and 5% in the other.

Fewer than 200 people have the condition worldwide and when Jaco was first diagnosed his mom, Miemie, was told he probably wouldn't live beyond 12 or 13.

He surpassed all expectations al-

The article on Jaco that appeared in YOU 28 years ago, in 1990.

## Maxi-hearted mini-man

Touching story of a courageous misfit





though his growth is severely stunted. At the age of 21 – when YOU last did a story on him – he weighed 39kg and was 1,47m tall. He hasn't grown much since.

Jaco adjusts his thick glasses. "Not all that much is known about my syndrome," he says. "After I was born they told my mom she may have been exposed to the measles virus during pregnancy but to this day doctors don't really know what caused it. But it doesn't affect brain function or intellectual ability."

Jaco, who went to a school for the visually impaired in Pretoria, is a motivational speaker and has a business that converts VHS tapes to DVD format.

Michéle, who attended a school for the hearing-impaired also in Pretoria, has a diploma in hairdressing and worked in a salon for a year before it closed down.

Jaco smiles and rubs a hand over his bald head. "Just look at how beautifully she does my hair every day," he says.

Michéle now makes placemats and table decorations she sells at flea markets. She has just 30% hearing and wears a hearing aid to help her cope – and when she's tired of listening to him she just removes the gadget, Jaco quips.

Their easy manner and affectionate gestures speak volumes about their love. They're lucky they found each other, he says. Life now has more meaning than ever.

JACO has known Michéle since she was five years old, he says, chatting to us in the Pretoria home he shares with his niece Chantal Oosthuizen.

Michéle's father, Hennie, and Jaco's uncle Seef Breytenbach both worked at Telkom and are good friends.

The two families regularly went on holiday together and 12 years ago, during one of their getaways, Jaco suddenly started seeing Michéle in a different light.

"I realised she'd become a real beauty."

They started chatting more often and once or twice attended functions together, "but we were nothing more than close friends".

Both had been burnt in the love department. In 2014 Jaco was in a relationship that lasted just more than a year while Michéle had been engaged to someone for a while.

But just before the families were due to set off for a camping trip to Kosi Bay in



The couple had been going out for five months when they became engaged.

February 2016 she called Jaco to tell him she'd broken things off with her fiancé – and a spark was ignited between them.

"I just knew it," Jaco says. "I thought, here comes trouble!"

Jaco and Michéle both enjoy walks in nature, and loved exploring the beautiful hiking trails around Kosi Bay.

During one excursion they sat down on a bench overlooking a gorge and he put a hand on her leg and said, "You know I love you, right?"

She nodded.

"So will you go out with me?"

Caught off-guard, Michéle didn't respond immediately. She just sat there, staring into the distance.

"She was quiet for so long I started wondering if should carry on waiting or if I should just jump off the cliff right there," Jaco recalls.

But to his relief she eventually agreed.

"We've been together ever since," Michéle says.

It wasn't long before they started talking about marriage. But even so it came

as a surprise to Michéle when just six months later – on his birthday – he popped the question.

The couple had spent the morning horse-riding on an adventure farm near Pretoria and Jaco had booked a table at the farm restaurant for lunch.

He was planning much more than a meal though. First a waiter placed a bouquet of flowers on their table, followed by a bottle of champagne.

"I thought, 'What's going on here?'" Michéle recalls. "The next thing he's right beside me on bended knee, asking me to marry him. I just burst into tears."

Jaco, ever the gentleman, had asked her dad's permission beforehand.

"Sjoe, that day I was sweating," he says. "I've known him for a long time but asking for his daughter's hand isn't remotely the same as asking for a beer!"

Michéle says Jaco's loving nature is special to her. She still lives with her parents and her dad is planning to build a flat on his property for the couple after the wedding.

"He wants to keep an eye on us to make sure his daughter's in good hands," Jaco says.

The wedding will be an intimate affair with 40 guests, he adds.

Is he planning a honeymoon? "Of course," he says cryptically. "But I can't talk about that just now."

Neither Jaco nor Michéle can drive so they're dependent on others to get around and Jaco has regular gigs as a motivational speaker in and around Pretoria. His message is usually to stay positive and believe in yourself.

"I also tell them I'm happy with my life because I have a lot to be grateful for."

And these days that's largely due to Michéle.

"She's everything to me," he says. "She's the reason I wake up in the morning."

Tissues will be needed indeed. ■



LEFT: Jaco proposed to Michéle in 2016. RIGHT: He has a business that converts VHS tapes to DVD format.

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# SYRIA GETS TOXIC



TOP: In the wake of a horrific chemical attack on civilians in the rebel-held Syrian town of Douma, British prime minister Theresa May (ABOVE LEFT), French president Emmanuel Macron (ABOVE MIDDLE) and American president Donald Trump (ABOVE RIGHT) launched a retaliatory strike against the Syrian government.



## The use of chemical weapons on Syrian citizens has grave implications for world peace

COMPILED BY JANE VORSTER

**C**HILDREN convulsing and foaming at the mouth as they struggle to breathe, infants wailing in agony and doctors looking frazzled and helpless because there are just too many patients needing their help.

Once you see the horrific footage it burns into your brain and you never forget it. The world is used to harrowing footage coming out of Syria but a video clip of the aftermath of the recent attack caused an international storm of protest aimed at the Syrian government.

Residents of the small town of Douma – the last rebel-held stronghold near Syria’s capital, Damascus – are used to having to hunker down in basements as bombs rain down, but as yellow canisters fell from the sky earlier this month it soon became clear this was no “routine” attack. Instead of a loud bang there was a sinister hissing noise and a strange smell filled the air.

“It was spicy,” Umm Nour recalls. “Like chilli. I was vomiting and coughing. No one could breathe. Around me people were just falling to the ground.”

She was lucky to make it out alive with

her husband and seven-year-old twin daughters but many weren’t so fortunate. It’s estimated more than 40 people – mainly children – died in the gruesome attack while hundreds more were injured.

Experts believe President Bashar al-Assad’s forces used chemical weapons on the citizens of Douma – possibly sarin gas in conjunction with chlorine. How could a government do this to its own people?

In recent months American president Donald Trump has adopted a more hands-off approach to the Syrian crisis but the sickening footage seemed to prompt a dramatic about-turn. In his trademark style the volatile president unleashed a Twitter storm of fire and fury in which he threatened Assad and hurled insults at Syria’s allies, Russia and Iran.

“President [Vladimir] Putin, Russia and Iran are responsible for backing animal Assad in a MINDLESS chemical attack in Syria,” he tweeted.

After almost a week of sabre rattling, nobody was surprised when news broke that America, working with its allies Britain and France, had retaliated by launch-

ing 105 missiles on three suspected chemical weapons sites in Syria.

“I think we dealt them a severe blow,” said Lieutenant General Kenneth McKenzie, director of the joint chiefs of staff. “We’ve attacked the heart of the Syrians’ chemical weapons programme.”

But instead of cheering, the rest of the world felt puzzled. What was this really about? Was the attack really in retaliation for what happened to the children of Douma? Or was there something else at play?

And as Russia responded by promising there would be consequences for the allied strike, many wondered whether Syria could be the spark that pushes us closer to World War 3.

### THE RETALIATORY STRIKE

In the early hours of the morning of Saturday 14 April people in the Syrian cities of Damascus and Homs awoke to the sound of the US-led attack. Before the strike Trump explained this was a direct punishment for the use of chemical weapons, which were banned after World War 1.

Last year America launched 57 Tomahawk missiles at a Syrian airbase follow-



Medical staff at a Syrian hospital struggle to help young victims of the attack.



**Forty people - mainly children - died in the gruesome attack**



**ABOVE LEFT:** Despite Syrian president Bashar al-Assad's increasingly brutal attacks on his people, Russian president Vladimir Putin (ABOVE RIGHT) continues to defend him.

**ON THE BRINK OF WORLD WAR 3?**

Even Trump has said things aren't looking good.

"Our relationship with Russia is worse now than it's ever been, and that includes the Cold War," he tweeted.

As tensions between the two old foes escalated, the state-run Russian TV channel Rossiya-24 advised citizens on how to prepare for a nuclear war.

Viewers were told to pack rice, because it can be stored for up to eight years, as well as medicines containing iodine which helps the body to "deal well with radiation".

But experts reckon this is just a thinly veiled attempt to rattle the West.

They point out the allies alerted Russia about the exact time and location of the strike. The Russians could have taken aim at the invading warplanes but instead they only attempted to shoot down a few of the cruise missiles. This suggests they're keen to avoid open conflict.

But British defence expert Michael Clarke warns Russia has other methods to make the West pay.

"Cyber warfare is highly likely," he says. "A Russian attack in the next two to three weeks is a high threat."



**A father flees the ravaged town of Douma, carrying his injured daughter.**

He says Russia has the capacity to strike a serious blow to a country's infrastructure by launching a cyberattack targeting the transport or health system or air traffic control.

"It could affect everyone," he warns.

**IS THIS REALLY ALL ABOUT SYRIA?**

While France has long been committed to supporting opposition forces in the Syrian civil war, Britain has been reluctant to get involved in recent years. So many were surprised when British prime minister Theresa May sent troops to help the USA.

She later conceded the strike wasn't only about protecting innocent Syrians.

"We can't allow the use of chemical weapons to become normalised - within Syria, on the streets of the UK, or anywhere else," she said.

This seemed to be a reference to the recent poisoning of ex-spy and double agent Sergei Skripal and his daughter, Yulia, in Salisbury, England (YOU, 22 March).

Britain maintains Russia carried out the poisoning using a nerve agent it had developed in a secret programme in which Putin was "closely involved".

Although Russia denied any involvement in the poisoning, Britain, America and the EU proceeded to boot out more than 100 of the country's diplomats - the biggest Western expulsion of Russian diplomats since the height of the Cold War.

A few weeks before the strike, UK foreign secretary Boris Johnson said he and others were fed up with Russia.

"A feeling has suddenly crystallised when years of vexation and provocation have worn the collective patience to breaking point, and when across the world - across three continents - there are countries willing to say enough is enough," he said.

So maybe the recent allied strikes weren't really about Syria's children after all. Maybe it was just a show of force. A game of political chess. A way of trying to show Russia who really calls the shots.

The allure of such strikes, says Kenneth Pollack, a former CIA analyst, is that they fool people into believing America and its allies have done something to help the Syrians.

"No, we didn't," he says. "Five hundred thousand of them have died, and we've done nothing." ■

SOURCES: CNN.COM, THETIMES.CO.UK, USATODAY.COM

ALAMY/MAGAZINEFEATURES.CO.ZA, ABCA PRESS/MAGAZINEFEATURES.CO.ZA, INPRA/REX FEATURES, GREATSTOCK/PLASHNEWS, GREATSTOCK/CAMERA PRESS, AAI/PHOTOSTOCK SA



# LET'S TALK ABOUT DYING

At Death Cafés guests are encouraged to eat cake and discuss the end of their lives

BY MARLISE SCHEEPERS PICTURES: SHARON SERETLO



TOP LEFT and FAR LEFT: Some of the confectionery entered into a competition at Pretoria's Death Café. LEFT: Susan Marais with her Bible-shaped cake, which won first prize. ABOVE: Nthabiseng Motloutsi's coffin cake came third.

**C**AKES decorated with tombstones, skulls, corpses and angels of death – it's enough to give most people indigestion. Yet the guests tuck into them with relish.

And it's not just the confectionery that's macabre – the teatime chatter is also decidedly morbid. "Come enjoy a morning of tea, cake and chat about one of the most feared topics," reads the invitation to the Death Café event hosted by Centurion Hospice in Pretoria.

Death Cafés may be a new concept for Gauteng, but they're already held in many cities around the world.

Leukaemia sufferer Jon Underwood came up with the idea in 2010. The British man, who died last year aged 44, believed because we're so scared of death we've outsourced all decisions about it to doctors, nurses, priests and undertakers. The result, he argued, was that we've lost control of one of the most significant events we ever have to face.

Now more than 6 000 Death Cafés are hosted around the world in venues ranging from cafés to cemeteries. For the past few years one has been held regularly in Cape Town – an event known as Mortal

Monday Death Café – and now the concept is catching on in Gauteng.

Jon's idea for Death Café was for strangers to come together to "eat cake, drink tea and talk about death" so they could make the most of their finite lives.

**A**T TODAY'S event, about 30 women and a few men, from teenagers to pensioners, mill around.

Johannesburg psychiatric counsellor Aderyn Exley and psychologist Hanneljie Edeling are here to facilitate. To kick-start the conversation they've brought objects ranging from plastic animals to jewellery.

A rubber snake stands out as a potent symbol of death for Sally Thompson, who works at HospiceWits. "It reminds me of Cleopatra who poisoned herself with snake venom. She died in style," she says.

Looking at an angel figurine prompts another guest, Sebrena Sodalay, to open up about a relative who has advanced breast cancer. "Death brings humility and humanity out in you," she says.

Exley and Edeling do most of the talking. They urge guests to consider questions such as, "What legacy will you leave behind?"

They also touch on practical matters such as getting your will in order.

Edeling urges people to have candid discussions with their doctors so they can be sure their wishes are carried out if they're no longer capable of making decisions for themselves – for example if they're hooked up to a ventilator.

"Speak to your family and choose someone who can make decisions on your behalf," Exley advises.

All this serious talk has made everyone peckish. Luckily there are 12 cakes waiting to be cut – the handiwork of the patrons – and prizes are lined up for the best ones. The winning cake, iced in black and shaped like a Bible, was made by Susan Marais (56), a teacher from Pretoria.

She dedicated it to her mom, Tienie Bothma, who died of organ failure two years ago at 84. "When I baked the cake it helped me process her death," she says.

Riva Schoeman, a GrootFM DJ and one of the judges, says the café has an important role to play in helping people confront one of life's most daunting issues.

"People avoid the topic but it's so important to speak about death," she says. "An event like this makes you realise how short life is. Every day is valuable." ■

EXTRA SOURCE: GUARDIAN.CO.UK



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# YOU

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**MATCH MADE IN HEAVEN**  
THIS SEASON'S HOTTEST ITEMS  
& THEIR PERFECT PARTNERS





**MATCH MADE IN HEAVEN TREND ONE**

# Shades of grey

It's the new black and there are so many stylish ways to wear it. We love it when it's combined with dusty pink

▲ Earrings R29,99, The Fix

▼ Knit by Mango R699, spree.co.za



▼ Poloneck R180, Woolworths



▼ Bomber jacket R179,99, MRP



▲ Faux fur snood R399, Poetry



► Coat R499,99, The Fix



▼ Bag R799, Foschini



▼ Pants R399, Woolworths



◀ Heels by Madison R649, Zando.co.za



**Poloneck** from R169 and **beret** R179, Miladys. **Jeans** R160, Jam Clothing. **Cardigan** from R149,99, Pep. **Coat** by C-Inch R729, spree.co.za. **Brogues** R550, Woolworths. **Necklace** R359, Colette by Colette Hayman. **Bag** R999, Accessorize.

MODELS: MAKE FROM FULL CIRCLE MODEL MANAGEMENT, YEM/ FROM BOSS MODEL MANAGEMENT. MAKE-UP: CARLA GERBIE FROM ONE LEAGUE AGENCY, SHANNAZ ALEXANDER, ASSISTANTS: RAEEGAH FREDERICKS, JOODI SCOTT



MATCH MADE IN HEAVEN TREND TWO

# Berry hues

From cherry reds to deep burgundy, these shades add oomph to your wardrobe and look great with navy

✓ Bag by Style Republic R299, spree.co.za



> Hat R250, Foschini



> Earrings R279, Zara

✓ Skirt R149,99, MRP



< Dress R199,99, The Fix

< Blazer R999, Poetry



✓ Heels by Dune R1 699, Edgars



▲ Pants R379, H&M



▲ Boots R299,99, MRP

Top R75, Jam Clothing  
Pants by Style Republic R499, and coat by C(inch) R729, spree.co.za.  
Shoes R199, Ackermans. Watch R229 and headband R129, Miladys.



**MATCH MADE IN HEAVEN TREND THREE**

# Roaring red

The colour is bold and speaks for itself. Jazz it up with leopard print, a classic that's always in style



▲ Sunglasses by G Couture R279, zando.co.za



▲ Faux fur coat R1 699, Zara



> Shawl by Style Republic R299, spree.co.za



> Leggings R329, H&M



▲ Faux fur coat R799, H&M

**Knit top** by Only R349, spree.co.za. **Dress** R499 and **earrings** R149, Cotton On. **Pantihose** R69,99, Jet. **Heels** R199,99, The Fix. **Necklace** R159, Miladys. **Scarf** R319, Zara. **Sunglasses** R89, Exact. **Sling bag** R799, Accessorize.

> Dress by London Hub R639, zando.co.za



< Boots R599, Foschini



▼ Clutch R1 799, Zara



< Court shoes by Dune R1 299, Edgars





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Model is wearing Stayfast Foundation in Caramel







MATCH MADE IN HEAVEN TREND FOUR

# Strike out!

Team hot pink, dark green and a dash of gold for a bold effect



< Sleeveless jacket by Style Republic R699, spree.co.za

< Cardigan by Trenerly R999, Woolworths



> Jacket by Mango R949, Edgars



> Earrings R199,50, Colette by Colette Hayman



> Bag R1 399, Charles & Keith



> Top by Country Road R999, Woolworths



< Jumpsuit R139,99, MRP



> Parka R1 999, Billabong



**Bodysuit** R119,99 and **heels** R199,99, The Fix. **Pants** R450 and **blazer** R699, Foschini. **Coat** R1 499, Forever New. **Tights** R250, Falke. **Earrings** R299, Accessorize. **Bag** R999, Steve Madden.

< Heels by Footwork R499, spree.co.za





MATCH MADE IN HEAVEN TREND FIVE

# Nice in neutrals

The trick to nailing these shades from head to toe is to play with textures



✓ Earrings R150, Poetry



✓ Faux fur stole by Mango R699, spree.co.za



< Poloneck R329, H&M



▲ Cardigan R299,99, The Fix



✓ Skirt R629, H&M



> Bag R759, Zara



▲ Knit by Mango R699, spree.co.za



> Knee-high boots R599, Kingsmead



▲ Jacket R315,50, Zara

**Knit** from R299, Milady's. **Pants** R779, Zara. **Sneakers** R349, Cotton On. **Faux fur snood** R59,99, Pep. **Knitted turban** R140, Woolworths. **Clutch** R80, MRP.



**YOU**

**MATCH MADE IN HEAVEN TREND SIX**

# Safari switch-up

Celebrate Africa by teaming bush neutrals with bright oranges and yellows



<Necklace R399  
Accessorize



✓Sunglasses by Dolce & Gabbana R3990, Luxottica



<Blouse by Mango R599, Edgars



<Dress by Style Republic R449, spree.co.za

✓Boots R749, zando.co.za



▲Bangle R35,99, MRP

>Skirt R599, Poetry



✓Bag R139,99, MRP



>Jersey R279,99, The Fix



**Top** by Mango R649, Edgars. **Pants** R899, **coat** R1199 and **hat** R301,62, Woolworths. **Tights** R250, Falke. **Heels** R199,99, The Fix. **Scarf** R699, Accessorize. **Necklace** R249,50 and **bag** R779,50, Colette by Colette Hayman.



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**YOU**

> Parka by Only & Sons R1 299, spree.co.za



**MATCH MADE IN HEAVEN**

# For the guys!

We didn't forget about trends for men. Go for a rugged outdoor look this winter by wearing a camo, mustard or olive green jacket with complementary muted colours

> Jacket R1 699, Jeep



**WEAR IT WITH**



▲ Sunglasses by Ray-Ban R1 999, spree.co.za

> Watch R89,99, MRP

**WEAR IT WITH**

> Beanie R199, Old Khaki



> Sweatshirt R319, Makro



**WEAR IT WITH**



▲ Moon bag by Style Republic R199, spree.co.za



▲ Hoodie R179,99, MRP

▼ Pants R379, H&M



▲ Shirt R450, Old Khaki

▼ Pants R550, Old Khaki



▲ Backpack by Style Republic R299, spree.co.za

▼ Boots by Urban Art R799, spree.co.za



> Sneakers by New Balance R2 399, spree.co.za



▲ Top R329, Jeep

< Jogging pants R199,99, MRP



< Boots R1 699, Jeep



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## CURLS

Curly hair can become unruly when exposed to extreme cold or heat. Products specifically designed for curly hair help tame frizz and retain the natural curl pattern. Tighter curls require more moisture while looser curls need lightweight products.



< Tigi Foxy Curls Contour Crème **R325 for 200ml**



▲ Marc Anthony Hydrating Coconut Oil & Shea Butter Curl Cream **R164,95 for 175ml**

▼ Redken Curvaceous High Foam Lightweight Cleanser

**R382 for 330ml**



## DRY HAIR

Several things can cause dry hair – overusing styling tools, holding sprays or dyes, using the wrong products, overteasing your hair – and harsh weather can make matters worse. Use hydrating or restorative shampoos and conditioners to reintroduce moisture.

▼ Avon Advance Techniques Daily Shine Leave In Conditioner **R67,90 for 250ml**



▲ Pure Beginnings Balancing Conditioner **R109,95 for 250ml**



< Indola Innova Hydrate Shampoo **R208 for 300ml**

▼ Renew Permanent Hair Colour Crème in Blackcurrant **R64,99**



## WIGS OR EXTENSIONS

They're a great way to switch up your look, but overuse could be bad for your hair – the adhesives used to secure wigs and the weight of extensions pulling on hair roots could cause hair loss. Avoid wearing wigs and extensions for too long, don't sleep with a wig on and make sure your extensions aren't fastened or clipped too tightly to your hair.



< Toni & Guy Waver **R385**



> GHD Platinum Styler **R3 100**



< ClipinHair clip-in hair extensions in Off Black **R1 700 for 120g**

## DYED HAIR

Colour-treated hair is especially prone to dryness and breaking, even so during winter. Use products that will help strengthen your locks while keeping the colour looking rich. Try not to use too much heat while styling.

▼ Hannon Intense Red Infusion Shampoo **R185 for 250ml**



▲ Revlon Colorsilk Gorgeous Brunette ColorStay Moisturizing Shampoo **R65,99 for 250ml**

# Cold comfort

Winter weather and heated interiors can take their toll on your locks so it's time to offer it extra protection. These tips and products will help you limit the damage





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**YOU**

# Make it **match**

The monochromatic look – wearing matching colours on your eyes and lips – is taking the beauty scene by storm. Here are hot tips on how to achieve this trendy look



## **Pretty in pink**

You can wear this colour on formal and informal occasions but be sure to choose the right shade. Match light pinks with a light skin tone – they'll blend better and won't appear too harsh. If you have olive skin, go for a darker pink – it will blend with the warmth of your skin tone and won't make it look washed out. If you want your colour to stand out, use a product with shimmer. Leave cheeks bare so you don't look as if you're trying too hard.

> LOV The Sophisticated Eyeshadow in Aphrodite Kiss **R134**



> Rimmel Magnifeyes Mono Eye-shadow in Superstart Sparkle **R79,95**

> Clarins Ombre Iridescente Eye-shadow in Silver Rose **R340**



< Yardley BB Lip Colour in Pink Marshmallow **R99,95**



> Bodyography Expressions Eye-shadow in Devoted **R220**



< Rimmel Exaggerate Full Colour Lip Liner in You're All Mine **R109,95**



> BioNike Silky Touch Compact Eyeshadow in Taupe **R115**

< Maybelline Vivid Matte Liquid Lipstick in Nude Thrill **R179,95**

< LOV Best Dressed Eye Pencil in Antique Amber **R149**

< Catrice Kohl Kajal In Choc-waves **R39**

> Yardley Stayfast Eye-shadow Stick in Gilded **R129**

> Yardley Stayfast High Definition Lipgloss in Coco Kisses **R119,95**

> LOV Unexpected Eye-shadow in Black Orchid **R129**

## **In the nude**

If the colour matches your skin tone exactly it will have less impact. So choose a colour two or three shades darker than your skin tone. Pick matte rather than shimmer as it's more vivid, and fill in your waterline with a brown eye pencil so you don't look washed out. Add highlighter to your cheeks to keep your make-up from looking dull.

MODELS: OLE MORAPEDI FROM OGGORGEOUS PRODUCTIONS, CERI FROM ALUSHI MODELS; MAKE-UP: THE MAKEUP ISSUE







## Ultra violet

Purple is bold and daring, so if you go for this colour make sure you pair it correctly. For the eyes, keep it matte or it can look tacky. Do the opposite for your lips for balance by applying a glossy or satin lipstick. To avoid a colour overload don't wear matte on your eyes and lips at the same time. Leave your cheeks bare as purple can be overwhelming.



▲ Palladio Pop Shine Brilliant Lip Balm in R95

> Rimmel The Only One Matte Lipstick in Run The Show R124,95



> LA Girl Inspiring Eyeshadow Palette in Get Glam & Get Going R119,95



▼ LA Girl Matte Flat Velvet Lipstick R49,95



▼ Revlon Ultra HD Metallic Matte Lipcolour in Crush R179



< Almay Intense i-Color Party Brights in 125 R240



< L'Oréal Lip Paint Matte Liquid Lipstick in Wuthering Purple R161,36



< Revlon Ultra HD Metallic Matte Lipcolour in Glow Flamme R179

> Palladio Crushed Metallic Eyeshadow in Eclipse R99

▼ Yardley Stayfast High Definition Lipgloss in Perfect Pout R119,95

< Yardley Stayfast Eyeshadow Stick in Gilded R129

▲ LA Girl Glazed Lip Paint in Gleam R49,95

▼ Yardley Quad Eyeshadow in Wanderlust R129,95

## Good as gold

Gold is striking but, unlike purple, it's a toned-down shade, so you can afford to use more. For lighter skin tones go with a richer hue so the colour stands out. The opposite applies for darker skin tones. Line your upper eyelids with black eyeliner to make the eyes pop but leave your cheeks bare or you'll risk looking like a disco light.







# Glow-getter

Keep summer's radiance going through winter with these top tips and products

## PROTECT YOURSELF

Sunscreen isn't just for summer - it should always be part of your daily beauty routine. Dangerous UV rays still cause skin damage, wrinkles and skin cancer despite cooler temperatures.

✓ Celltone Sunscreen SPF50 **R180 for 75ml**



△ Celltone Xtra Hydrating Treatment **R250 for 100ml**

✓ Neutrogena Hydro Boost City Shield Hydrating Lotion SPF25 **R109,95 for 50ml**



△ Nimue Sun-C SPF30 Body Spray **R528 for 150ml**



## WEAR A MASK

The concentrated ingredients in masks achieve results quickly and efficiently. Treat yourself to one once a week after cleansing.

✓ Optiphi Classic Hydra-Derm HA Masque **R659 for 75ml**



△ Skin Republic Brightening Vitamin C + Collagen Face Mask Sheet **R49**

✓ Almay Problem Solution Firming Hydrating Mask **R165 for 100ml**



△ Six Brightening Enzyme Peel **R365 for 50ml**

GETTY IMAGES/GALLOIMAGES



## WASH WELL

Keep your skin clear of dead skin cells and grime by washing it twice a day. In winter use cleansers with added moisturising properties and halve the number of times you exfoliate as your skin is drier and more sensitive.



▲ Johnson's Daily Essentials Gentle Exfoliating Wash **R54,95 for 150ml**



▲ BioNike Defence Radiance Milk Cleanse **R139,95 for 200ml**



▲ Lamelle Lumi-nescence Brightening Cleanse **R409 for 150ml**



◀ Celltone Moisturising Facial Wash **R149,90 for 125ml**

Your skin will love you if you take shorter showers, dial down the temperature and keep hydrated by drinking lots of water.

## KEEP HYDRATED

Intense hydration for your body is a must in winter if you want to avoid flaky or papery skin. Choose moisturising body washes and always apply cream after stepping out of the shower.



▲ Eucerin UreaRepair Plus Replenishing Body Wash **R149,95 for 400ml**



▲ Clere Cocoa Butter Body Crème **R25,95 for 500ml**



▼ Vaseline Intensive Care Cocoa Glow cream **R45,95 for 500ml**



▲ Palmer's Olive Oil Body Lotion **R59,95 for 400ml**

## FAKE IT

Sometimes you just need to fake it! Make-up products with a subtle shimmer can give you an instant summertime glow.



◀ Sisley Phyto Blush Twist in Papaya **R765**



◀ Gosh Mix & Fix Colour Drops **R229 for 30ml**



▲ Maybelline Master Strobing Stick in 100 **R165**



◀ Maybelline Face Studio Blush in Brown **R144,95**

## DON'T FORGET ABOUT NIGHT-TIME

The best time for your skin to repair itself is while you sleep. Night creams work by supplying your skin with all the nutrients it needs. In winter, invest in a richer moisturising night cream. If you have oily or blemish-prone skin but suffer from dry skin in winter, switch to a hydrating cream for normal skin.



▲ Elizabeth Arden Flawless Future Night Cream **R725 for 50ml**

▼ Eucerin Even Brighter Night Cream **R275 for 50ml**



◀ Six Whilst You Sleep Booster Elixir Serum **R242 for 10ml**



▲ Filorga Sleep & Lift Ultra-Lifting Night Cream **R1 095 for 50ml**





# CHICKEN NIGHT!



As food prices spike, try these recipes that take this affordable meat from everyday to excellent

RECIPES & STYLING: ESTHER MALAN, GALLIOVA FOOD WRITER OF THE YEAR  
 PICTURES: JACQUES STANDER

## THAI ROAST CHICKEN WITH NOODLES

**SERVES 4-6**

**Preparation: 15 min**

**Cooking: about 1 hour**

- ▮ 1 whole chicken
- ▮ 250ml (1c) chicken stock

### RUB

- ▮ 15ml (1T) Thai red curry paste
- ▮ 30ml (2T) mayonnaise
- ▮ 15ml (1T) soft butter

### NOODLES

- ▮ 340g egg noodles

- ▮ 15ml (1T) oil
- ▮ 1 onion, sliced
- ▮ 5cm ginger, peeled and julienned
- ▮ 2 garlic cloves, crushed
- ▮ 2,5-5ml (½-1t) dried chilli flakes
- ▮ 4 spring onions, chopped
- ▮ handful of bean sprouts
- ▮ 125g sugar snap peas, halved lengthways
- ▮ handful of fresh coriander, shredded
- ▮ generous squeeze of lime juice
- ▮ 100g peanuts or cashew nuts, roughly chopped

Preheat the oven to 190°C. Keep a deep roasting pan and a sheet of foil handy.

**1** Use meat scissors to remove the spine of the chicken. Open out the carcass and

place on a work surface, skin side up. Press down with the heel of your hand until the breastbone cracks and the chicken is flattened.

**2** Pour the chicken stock into the roasting pan.

**3 Rub** Mix all the ingredients and liberally rub all over the chicken. Put the chicken in

the stock, skin side up.

**4** Cover with foil and roast for 30 minutes. Remove the foil and roast for another 15-20 minutes or until the chicken is cooked through.

**5 Noodles** Boil the noodles according to the packet instructions. Drain well and set aside.

**6** Heat the oil in a

deep saucepan and fry the onion, ginger and garlic until soft and fragrant. Add the noodles and the rest of the ingredients and mix. Stir-fry for a minute until the noodles are warm, then remove from the heat. **7** Carve the chicken into portions and serve with the noodles.





## POACHED CHICKEN WITH NUTTY BARLEY SALAD

**SERVES 6**

**Preparation: 15 min**

**Cooking: 10 min**

**Resting: 20 min**

- 750ml (3c) chicken stock
- 6 garlic cloves, bruised
- 1 onion, quartered
- a few thyme sprigs
- 2 bay leaves
- 6 chicken breast fillets

### SALAD

- 500ml (2c) barley, cooked according to package instructions
- 250ml (1c) crushed wheat, cooked according to package instructions
- 1 can (410g) lentils, drained
- 50g almonds, roughly chopped
- 50g sunflower seeds, toasted
- handful of fresh parsley, chopped
- juice and grated zest of 1 lemon
- 1 garlic clove, crushed

- 2 rounds feta cheese, crumbled
  - salt and freshly ground pepper
- TO SERVE**
- fresh basil

**1** Put all the stock, garlic, onion, thyme and bay leaves in a large pot and bring to the boil. Simmer for 5 minutes. Add the chicken and simmer for another 5 minutes. Remove the pot from the heat, cover with a tight-fitting lid and set aside for 20 minutes (the heat of the stock will continue to cook the chicken). Remove the meat from the stock and set aside.

**2 Salad** Mix the ingredients.

**3 To serve** Cut the chicken breasts into strips. Spoon the barley salad onto a plate and arrange the

chicken strips on top. Serve hot or cold, garnished with fresh basil.



To roast the chicken instead of poaching: Season the fillets with salt, freshly ground pepper and a pinch of ground cumin. Put the chicken on a baking sheet, drizzle olive oil and lemon juice over and roast at 200°C for 15 minutes.

**YOU** LIFESTYLE



## BIRYANI-STUFFED CHICKEN WITH BOMBAY POTATOES

**SERVES 4**

**Preparation: 20 min**

**Cooking: 1¼ hours**

### BIRYANI RICE

- 15ml (1T) oil
- 15ml (1T) butter
- 1 onion, chopped
- 4 garlic cloves, crushed
- 5cm fresh ginger, grated
- 375ml (1½c) basmati rice
- 2 cloves
- 1 cinnamon stick
- 2 bay leaves
- 2,5ml (½t) dried chilli flakes
- 5ml (1t) each turmeric and ground cumin
- 10ml (2t) roasted masala
- 10ml (2t) salt
- 750ml (3c) water

### CHICKEN

- 6 chicken breasts, with skin and bones
  - salt and freshly ground pepper
  - 15ml (1T) oil
- ### BOMBAY POTATOES
- 30ml (2T) oil
  - 1 onion, chopped

- 2 chillies, chopped
- 15ml (1T) roasted masala
- 5ml (1t) cumin seeds
- 4 potatoes, cooked until done but still firm, then quartered
- handful of fresh coriander

▸ salt

### TO SERVE

- fresh coriander
- plain yoghurt (optional)

Preheat the oven to 190°C. Line a baking sheet with foil and grease with nonstick spray. Keep a few cocktail sticks handy.

**1 Biryani rice** Heat the oil and butter in a saucepan and fry the onion, garlic and ginger until golden brown. Add the rest of the ingredients. Bring to the boil and simmer until the water has evaporated. Add more water if the rice isn't cooked yet.

**2 Chicken** Loosen the skin on each breast and stuff the biryani rice between the meat and the skin. Secure with a cocktail stick. Transfer to the prepared baking sheet.

**3** Season with salt and pepper and drizzle the oil over. Roast for 40 minutes or until golden brown and done.

**4 Bombay potatoes** Heat the oil in a pan and fry the onion and chillies until golden brown. Add the spices and stir-fry until fragrant. Add the potatoes and coriander and fry until heated through. Season with salt.

**5 To serve** Cut the chicken from the bone and serve with the potatoes, coriander and yoghurt (if using).

(Turn over)



## CAULIFLOWER RISOTTO WITH CHICKEN AND BUTTERNUT

SERVES 4

Preparation: 10-15 min

Cooking: 35-40 min

### BUTTERNUT

500g butternut, cubed  
15ml (1T) olive oil  
salt and freshly ground pepper

### RISOTTO

15ml (1T) butter  
4 garlic cloves, crushed  
4 chicken breast fillets, sliced  
2 cauliflower heads, processed in a food processor to the consistency of rice

250ml (1c) cream  
handful of spinach leaves, shredded  
125ml (½c) grated hard Italian cheese (such as Grana Padano)  
grated zest of 1 lemon and 15ml (1T) juice  
salt and freshly ground pepper

### TO SERVE

hard Italian cheese, grated  
lemon wedges (optional)

Preheat the oven to 200°C. Grease a baking sheet with nonstick spray.

**1 Butternut** Arrange the butternut on the baking sheet. Drizzle the oil over

and season with salt and pepper. Mix to coat the butternut and roast for 20 minutes or until done.  
**2 Risotto** Heat the butter in a deep saucepan and fry the garlic until fragrant. Add the chicken and stir-fry until done.  
**3** Add the cauliflower and cream, reduce the heat then add the spinach. Mix well and cover the pan. Steam for 5 minutes or until the spinach has wilted.  
**4** Stir in the roast butternut, cheese, lemon zest and juice. Season with salt and pepper.

**5 To serve** Top with more grated cheese and serve with lemon wedges (if using).



## DUKKAH-CRUMBED CHICKEN BITES

SERVES 4-6

AS A SNACK

Preparation: 20 min

Chilling: 30 min

Cooking: 15-20 min

### CRUMBS

375ml (1½c) breadcrumbs  
5ml (1t) cumin seeds, toasted  
10ml (2t) coriander seeds, toasted and ground  
5ml (1t) dried thyme  
pinch of cinnamon

### CHICKEN BITES

4 chicken breast fillets, cut into bite-size pieces  
salt and freshly ground pepper  
125ml (½c) flour  
2 eggs, whisked  
oil for deep-frying

### TO SERVE

mayonnaise, sweet chilli sauce or mustard (optional)

shake off excess flour.

**3** Dip the chicken pieces in the whisked egg one at a time, then roll in the crumb mixture to coat. Repeat with all the chicken. Arrange in a single layer on a plate and chill in the fridge for at least 30 minutes.

**4** Heat enough oil for deep-frying in a pot. Fry the chicken in batches until golden brown and done. Drain on paper towels.

**5 To serve** Serve with mayonnaise, sweet chilli sauce or mustard for dipping if you like. ■

**1 Crumbs** Mix the ingredients well.

**2 Chicken bites** Season the chicken with salt and pepper. Roll in the flour to coat and



For an extra kick, add 5ml (1t) dried chilli flakes to the crumb mixture.





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# PIZZA WITH PIZZAZZ

BY CARMEN NIEHAUS PICTURES: JACQUES STANDER

Yummy variations on the old favourite are showing up as popular party food

## PHYLLO PASTRY PIZZA WITH BUTTERNUT AND BLUE CHEESE

**MAKES 2**

**Preparation: 20 min**

**Baking:**

**40 min (butternut);**

**10 min (pizza)**

- 500g butternut cubes
- 1 red onion, sliced
- salt
- olive oil

### CRUST

- olive oil spray or melted butter
- 4 sheets phyllo pastry, defrosted

### ASSEMBLY

- 230g smooth cottage cheese, sweet chilli flavour
- 100g blue cheese
- fresh sage

Preheat the oven to 190°C. Keep two baking sheets at hand – line one with foil and grease with nonstick spray.

**1** Arrange the butternut cubes and onion slices in a single layer on the unlined baking sheet, sprinkle salt and olive oil over and roast for 30-40 minutes or until the butternut is tender.

**2** **Crust** Spray each pastry sheet with olive oil spray or brush with melted

butter. Put the layers on top of one another and cut in half, then transfer to the foil-lined baking sheet.

**3** **Assembly** Put dollops of cottage cheese on each of the phyllo crusts, then add the roast butternut and onion. Crumble the blue cheese over and garnish with sage.

**4** Bake for about 10 minutes or until the blue cheese has melted and the crust is crispy. Slice and serve immediately.







**SEEDED SHORTCRUST PIZZA WITH CHORIZO AND MUSHROOMS**

This base is shaped directly on the baking sheet – be sure to use a silicone one.

**SERVES 2**  
**Preparation: 20 min**  
**Chilling: 30 min**  
**Baking: 15 min**

- CRUST**
- ▮ 125ml (½c) sunflower seeds, toasted
  - ▮ 45ml (3T) sesame seeds, toasted (optional)
  - ▮ 375ml (1½c) stoneground white bread flour
  - ▮ 5ml (1t) salt
  - ▮ 150g cold butter, broken into small pieces
  - ▮ 1 egg yolk
  - ▮ about 30ml (2T) ice-cold water

- TOPPING**
- ▮ 30ml (2T) tomato pesto
  - ▮ 125g mixed mushrooms
  - ▮ ½ chorizo sausage, sliced
  - ▮ 2 baby marrows, cut into ribbons with a vegetable peeler
  - ▮ 1 round feta cheese with black pepper
  - ▮ fresh basil

Preheat the oven to 200°C.  
**1 Crust** Grind the seeds in a food processor, add the flour and salt and mix well. Add the butter and pulse until the mixture resembles coarse flour. Keep the food processor running and add the egg yolk and just enough cold water to form a firm dough.  
**2** Remove from the food processor, shape into a ball and cover in clingfilm. Chill for 30 minutes in the fridge.  
**3** Roll out into a circle about 3mm thick. Make an edge all the way around. Blind bake the crust until done but not brown.  
**4 Topping** Spread the pesto over the crust, then top with the mushrooms, chorizo and baby marrows. Sprinkle the feta cheese over.  
**5** Bake for 15 minutes or until the crust has browned and the cheese has melted. Garnish with fresh basil.



**FLAMMKUCHEN WITH PEARS AND BILTONG**

This French/German flatbread is not strictly a pizza but lends itself to similar toppings. The base – a beautifully crispy crust – is easily made in a food processor.

**MAKES 4**  
**FLAMMKUCHEN**  
**Preparation: 20 min**  
**Resting: 15 min**  
**Baking: 10 min**

- CRUST**
- ▮ 160ml (⅔c) ice-cold water
  - ▮ 60ml (¼c) olive oil
  - ▮ 500ml (2c) stone-ground white bread flour
  - ▮ pinch of salt
  - ▮ extra olive oil
- TOPPING**
- ▮ 2 tubs (230g each) smooth cottage cheese, chive flavour
  - ▮ 1 red onion, sliced
  - ▮ 250g biltong
  - ▮ 4 pears, sliced
  - ▮ honey
- TO FINISH**
- ▮ fresh rocket

Preheat the oven to 230°C. Grease two large baking sheets

with nonstick spray and dust with cake flour.  
**1** Mix the water and olive oil.  
**2** Put the flour and salt in the bowl of a food processor. With the machine running, slowly add the water and oil mixture through the spout. Mix for at least 5 minutes until well combined and a firm dough ball has formed. Set aside to rest for 15 minutes.  
**3** Divide the dough into 4 balls. Roll each out as thinly as possible.  
**4** Put the dough on the prepared baking sheets and bake for 3-4 minutes or until done but not brown.  
**5 Topping** Arrange the ingredients except the honey on each pizza. Lightly drizzle honey over the pear slices.  
**6** Bake for another 5 minutes or until a few brown spots have formed on the crust.  
**7 To finish** Sprinkle the rocket over and serve immediately.



**SWEET POTATO PIZZA WITH CHICKEN AND CELERY**

Ideal for those who want to avoid wheat flour.

**MAKES 1 PIZZA**  
**Preparation: 10 min**  
**Baking: 20 min**  
**Grilling: 3-5 min**

- CRUST**
- ▮ 1 medium (200g) sweet potato
  - ▮ 125ml (½c) almond flour
  - ▮ 5ml (1t) psyllium husks
  - ▮ 80ml (⅓c) grated Parmesan cheese
  - ▮ 1,2ml (¼t) garlic powder
  - ▮ pinch of salt
  - ▮ 30ml (2T) olive oil
  - ▮ 1 large egg
  - ▮ extra olive oil for brushing

- TOPPING**
- ▮ 45ml (3T) barbecue sauce (optional)
  - ▮ 15ml (1T) tomato sauce (optional)
  - ▮ 180ml (¾c) pulled cooked chicken
  - ▮ handful of celery leaves
  - ▮ 1 round goat's milk cheese or black pepper-flavour cream cheese
  - ▮ handful of almond flakes
  - ▮ microherbs to garnish

Preheat the oven to 200°C. Line a large baking sheet with baking paper. Grease well with nonstick spray.  
**1 Crust** Pulse the sweet potato in a food processor until fine. Add the almond flour, psyllium husks, Parmesan cheese, garlic powder, salt, oil and egg and pulse until well combined.  
**2** Transfer to the baking sheet and shape into a rough circle about 3mm thick. Brush a little olive oil over. Bake for 20 minutes until brown at the edges.  
**3 Topping** Mix the barbecue and tomato sauces (if using) into the chicken and arrange on the crust. Sprinkle the celery leaves over and top with the cheese. Sprinkle the almond flakes over.  
**4** Heat the oven grill and grill the pizza until the cheese has melted and the chicken is heated through. Top with the microherbs and serve. ■









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# OUCH! MY PHONE IS HURTING ME!



**S**MARTPHONE thumb and text claw – they might not be official medical conditions, but physiotherapists and doctors are seeing more and more of these aches and pains since our phones have become such a huge part of our daily lives.

The amount of time we spend on our smartphones is bound to have an effect on our bodies.

Here's a roundup of the most common complaints and what you can do to minimise the strain.

**DIGITAL EYE STRAIN** Nowadays computer vision syndrome – dry, achy, itchy eyes – isn't affecting only people who work on a computer all day long. Screens have become such a huge part of our lives that chances are you're spending a few hours daily looking at one.

Thankfully there's no evidence that marathon screen sessions affect long-term vision or eye health, says Dr Joshua Dunaief, a professor of ophthalmology at the University of Pennsylvania's Perelman School of Medicine. Instead it's the short-term symptoms – headaches, eye ache and dry eyes – that are the problem.

Research indicates that many people suffer physical discomfort after as little as two hours spent staring at a digital device. And according to *Optometry Times*, a staggering 28% of the world's population spend 10 or more hours in front of some sort of digital screen.

If you work on a computer you're likely to often spend quite a few consecutive hours staring at a screen (often alternating between your phone and computer screens) and risk blurred vision, headaches, dry eyes from blinking less and general eye strain. "This is particularly the case if you have any untreated vision problems in the first place," Johannesburg optometrist Nicole Levy says.

We tap, we text, we scroll, we snap – most of us couldn't live without our smartphones. But all that screen time could be taking a toll on our health

BY LINDSAY DE FREITAS

## TRY THIS

- Play around with the contrast settings on your screens to see what's most comfortable for you, optometrist Nicole Levy says.
- If you work at a computer screen all day, use lubricant drops (preferably preservative free) to help prevent dry eyes.
- Adjust the brightness of your phone screen, especially at night. The blue light emitted from smartphones isn't only linked to insomnia but can also be detrimental to our eyesight, says professor of ophthalmology Dr Joshua Dunaief. "There are animal studies showing blue light can damage the retina when light is intense," he explains.
- Don't stare at any screen for longer than 20 minutes. "I remind my patients who work on a computer all day to look away every 15 to 20 minutes and to try to remember to blink every time they hit the space bar or press enter," Levy says.
- Position your screen about 40cm from your face, says Mark Rosenfield, a researcher at State University of New York College of Optometry. This applies to computers, tablets and smartphones. "If you find it hard to read at that distance, increase the size of your screen's text," he adds.

## THE SMARTPHONE EFFECT

**A recent UK study found 73% of people in their twenties reported suffering from digital eye strain**





**THUMB AND HAND PAIN** If you've spent a lot of time on your phone you've probably felt that tell-tale ache in your fingers or wrist caused by holding your hand in the same position for too long and repeating the same fine-motor movements.

There's no specific diagnosis that arises from people using technological devices, says US-based orthopaedic surgeon Dr Aaron Daluiski. But any repetitive fine-motor activity can lead to pain in the tendons or muscles, and repetitive motions of the hands or fingers can exacerbate tendinitis, an inflammation of the tendons.

Smartphone thumb, as it's called, is due to inflammation in the tendons that bend and flex the thumb and is common because of the often-awkward movements this digit has to make on a small screen clutched in the same hand.

But don't be surprised if you feel the discomfort elsewhere, even though it's your thumb doing most of the work – repetitive finger and hand motions can also lead to pain in the wrist and even the forearm as they're all connected.

## TRY THIS

- Download a voice dictation app or send voice messages so you don't have to type as much.
- If you feel pain in your fingers, hand, wrist or forearm while using your phone, take a break. It'll be pretty obvious if it's excessive smartphone use that's causing the problem.
- Do a few simple stretches every time you use your phone for a long time. Stretch your hand back by pulling your fingers gently towards your upper arm and holding for a few seconds. Then flex your hand in the other direction by turning your wrist down and pulling your fingers gently towards the underside of your arm.
- Change the way you use your phone every now and then. For example, use your index finger instead of your thumb to tap the screen.
- If you have ongoing pain that lasts for longer than a week, see your doctor as it might have progressed further than a sporadic niggly pain to tendinitis.

**NECK PAIN AND HEADACHES** These days smartphones also add to the number of neck complaints. A recent study done by New York spine surgeon Dr Kenneth Hansraj found that you put almost 30kg of pressure on your neck when you tilt your head down 60° to stare at your phone screen.

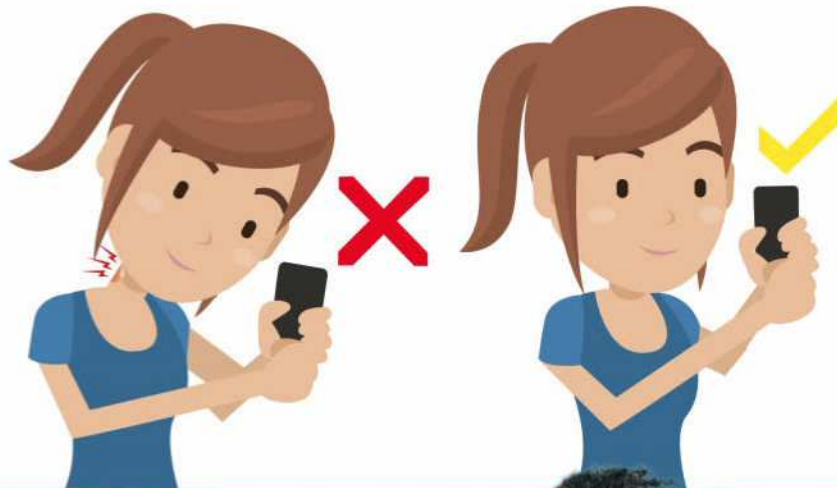
Cape Town chiropractor Dr Jason Liepner says about 70% of his cases are related to bad posture that's mostly due to cell-phone and computer use. "I also see more smartphone-obsessed young adults and children with neck issues, which shouldn't be so prevalent in their demographic."

He adds that while stress is a major source of tension headaches, it's not the only cause. "When you have your head tilted forward, your muscles prevent your head falling completely towards your chest, and if you're asking these muscles to work overtime to support your head and resist gravity they become fatigued. This can cause muscle spasm, leading to headaches and neck pain."

Liepner says bad posture also affects your breathing. "If you're hunched forward, your shoulders roll forwards and then how can you possibly inhale completely? This position doesn't allow your lungs to expand fully and fill with the maximum amount of air, which means you're not getting enough oxygen for your body to perform optimally."

## TRY THIS

When using your phone, hold it up so you don't have to drop your head forwards. Chiropractor Dr Jason Liepner suggests resting your elbows on a desk or table while holding your phone so it's positioned in line with your eyes.



## IT CAN CLOG UP YOUR PORES TOO

Our phones are a perfect breeding ground for bacteria. "Talking on our cellphone transfers heat and moisture into the screen surface, making it the perfect environment for bacteria to breed," Cape Town dermatologist Dr Nomphele Gantsho explains.

"We also store our phones in dark, warm places such as our handbags or pockets, helping bacteria to populate."

She adds that pressing our phones to our

skin while we talk stimulates the oil glands, causing them to produce more oil, which can then clog up pores. She suggests regularly wiping your phone with a microfibre cloth, a cotton bud dipped in rubbing alcohol, or a special phone-sanitising wipe.

You should also hold your phone slightly away from your face or at least not right up against your skin when you take a call, or opt to go hands free.





## ASK DR LOUISE



Write to **Dr Louise**, PO Box 39410, Moreletapark 0044, or email [info@drlouise.co.za](mailto:info@drlouise.co.za).

### LIFE WITH HIM IS UNBEARABLE

**Q** I've been married for 21 years. For the past 12 years my husband has been working with a younger woman and they've become close. She's also married. He's been out shopping with her and she constantly buys things for our kids. He visited her twice by himself after she'd had a baby. He said it was to drop off documents. She invites us around all the time and when I say no it turns into a huge fight.

They go on business trips, he begs me to bake biscuits for her at Christmas because she's asked, and she's the first person my husband calls with news about our kids.

Over the past year it's become unbearable. They're constantly contacting each other. When I ask him about it he becomes angry and aggressive and storms out. He goes out every night and comes home when we're asleep. We've been to see counsellors and it hasn't helped.

Last week the glare of his cellphone woke me and when I looked at the screen I saw he was online with her – at 11.17pm. He denied he was chatting to her and said he'd merely been looking at a message she'd sent.

I've been trying really hard for the sake of our two kids but I'm constantly depressed and have been thinking about suicide. How can I keep living with someone I don't trust? But I know what divorce would do to my kids.

**At wit's end, email**

**A** Your husband is relying on you being so docile and subservient that he can tell you anything and you'll believe it. The fact that he gets angry, shouts and storms out of the room when you confront him is his way of evading your questions and essentially silencing you.

There are norms regarding how colleagues behave with each other and your husband and this woman clearly aren't paying any heed to these whatsoever. The fact that he goes out every night and leaves you at home without any explanation also makes it clear he doesn't care about you or what you think.

But the real question is why do you allow your husband to carry on with this behaviour? There's no value in staying together for the sake of the kids. Research shows this is more detrimental to them than getting divorced. You have to think about your own life and happiness as well.

The logical thing would be to divorce your husband, although you're likely to find this difficult to do while you're depressed. It might help to consult your doctor about the possibility of using an antidepressant to support you during this difficult time and help with the decisions you have to make.

### MY SISTER IS ON THE ROAD TO HELL

**Q** I live with my single mother and my 16-year-old sister who is giving us serious problems at home.

My mom has high blood pressure and often becomes ill due to the stress of my sister smoking and stealing stuff – mainly money.

There's no peace at home. I'm 22 and she and I share a bedroom. If I have to go anywhere I'm always worried she'll take my stuff. She doesn't respect anyone and stays out until whatever time she likes.

I really think my mother is dying because of her. When we talk to her she says she will change, but she never does.

**Caro, email**

**A** Talking to your sister won't help as she's not in the right frame of mind to discuss things rationally. But intervention is definitely needed as she's on a path to prison and an extremely unhappy life.

Your mother should consider going to court to have her committed to an institution such as Girls and Boys Town South Africa. It offers care and education for children who are at risk and are difficult to discipline.

Its centres usually have a multidisciplinary team to work with the kids, using a system that rewards good behaviour and teaches self-discipline. Families are also involved in teaching these adolescents why it's important to abide by rules and help them be less oppositional and defiant.

### 'The best lightning rod for your protection is your own spine'

- US PHILOSOPHER AND POET RALPH WALDO EMERSON

### MY SON WON'T USE HIS ABILITIES

**Q** My son is in Grade 8. When he was younger he had all sorts of problems such as being slightly hyperactive and having a medical problem among other things. As parents we took this seriously and gave attention to all these issues and they eventually resolved over time.

However, my son still seems to have this idea that he lacks capabilities, while in fact he has above-average intellectual ability. He's convinced he can't be a success no matter what he tries to do.

What can I do to help him change his perspective?

**James, email**

them, and they don't even have to be verbal messages. They can be something the child feels based on a variety of factors.

As children grow up these erroneous messages are encoded in the subconscious mind – things such as "I'm not good at anything", "I'm a failure" and "I'll never be successful".

The thing about the subconscious mind is that it doesn't have the ability of the conscious mind to rectify erroneous beliefs and messages. So it would be best to have your son consult with a psychologist trained in hypnotherapy who can firstly discover what these erroneous messages are, then help him "re-program" his mind.

Your son needs to change the things he's telling himself about himself. Only then will he be free to shake off the past and change his perspective.

**A** The messages children receive as they grow up have a huge impact on



# BE MORE PRODUCTIVE

Not feeling as efficient as you'd like? Try these handy hacks to help you get that task done

GETTY IMAGES/GALLO IMAGES

**A**T THE end of your workday, do you feel as if you could've done more? Maybe written more words, responded to more emails or completed more tasks?

Many of us need a boost in productivity every now and then to help us to

work to our optimum level – and feel super on top of things and fulfilled at the end of the day.

These tips will help you make the most of your day, whether you're office-bound or an entrepreneur trying desperately to juggle your business and home life.

## EAT THE FROG

According to Australian entrepreneur Taryn Williams, "eating the frog" is key to a productive day. "We all have tasks we put off as they seem too daunting," she says. "I call it eating the frog since it's the last thing you actually want to do."

So start each day listing your eat-the-frog items and tackle them first. Afterwards you'll feel boosted and ready for easier tasks.

## TEMPLATE FOR SUCCESS

She also suggests drawing up a "no" template email for those sticky situations when you're not sure how to decline something.

"It's easy to get caught up doing things that aren't the best use of your time – so have a 'no' template that's a polite 'thanks, but I can't right now,' so you're not tempted to default to a 'yes.'"

Not having to start a "sorry but" email from scratch will help you keep your inbox clear.

## STOP MULTITASKING

You may give yourself a pat on the back for being a multitasker but, according to behavioural

psychologist Susan Weinschenk, you aren't doing yourself any favours. In fact, multitasking can reduce your productivity by up to 40%.

She explains that people can't actually do more than one task at a time and that in reality, multitasking is just switching between different tasks. "It's impossible to do them all together so your brain focuses on one of them and quickly changes that focus to another task."

Instead of rapidly switching between activities – which only prolongs the amount of time it takes to complete a task – commit your focus to one task and see it through.

## GO COLD TURKEY

If you find yourself losing time on websites that aren't essential for work, consider blacklisting them for certain time periods. Sites you add to the list will be automatically blocked for the selected time, ensuring you can't distract yourself by, for instance, scrolling through your Facebook news feed for a few minutes (which can quickly turn into an hour!) when you have a deadline looming.

Mac users can opt for the SelfControl app while Windows users can try similar applications, like StayFocusd or Cold Turkey.

## AVOID LYRICS

Although many swear by putting on music when they need motivation, research has proven that music with lyrics (at least those in languages you speak) can actually be distracting.

Choose either instrumentals for ambience or white noise to block out sound instead, and you won't be as tempted to stop and sing along with the tune.

## START ANYWHERE

When people begin a project, they often default to starting at the beginning. But if you're stuck, don't be afraid to abandon the introduction and focus on another part. Sometimes it's easier to start in the middle of a document or even at the end, so don't restrict yourself to a particular order if it just isn't working.

## GROUP YOUR TASKS

When planning your day, group similar tasks together to make your work process flow more smoothly. For example, deal with all your social tasks – such as answering emails, text messages and listening to voicemails – in one batch.

That way you're maintaining the same frame of mind for all the tasks involved and you can move onto other projects with a clear sense of what you have to do next. ■

SOURCES: ENTREPRENEUR.COM, NEWS.COM.AU, LIFEHACK.ORG, PSYCHOLOGYTODAY.ORG, DEVELOPGOODHABITS.COM



## YOUR MONEY SORTED



# WHAT IF A BREADWINNER LOSES THEIR INCOME?

A guide to avoid being caught in a financial pinch in the event of an emergency

GO TO [you.co.za](http://you.co.za) FOR MORE FINANCIAL ADVICE

By LETITIA WATSON

Send suggestions for topics and requests for info to [yourmoney@you.co.za](mailto:yourmoney@you.co.za). We may answer your questions in this column but won't reply personally.

IF YOUR partner or spouse is the breadwinner in the home and pays most of the household expenses, you need to consider what would happen if they suddenly lost their income.

Would you be able to provide for yourself (and possibly a family)? Your Money spoke to The Lemon Lady, aka financial planner Charné van der Walt, about being prepared.

### THE THREE PILLARS

There are many reasons why a breadwinner might no longer be able to bear the brunt of your expenses – redundancy, death, disability or even divorce. Regardless of the specifics of your situation, you need to make sure you follow these three important guidelines.

#### 1 KEEP CONSUMER DEBT TO A MINIMUM

This is typically credit and clothing accounts, which also have the highest interest rate. The most important reasons for keeping debt to a minimum are:

- ▶ If you have too much debt and you're struggling to pay it back, you'll eventually have a negative credit record. This will hamper your chances of getting loans because a negative credit record shows you're unreliable – and this could really be a problem if it comes at a time when you most need to borrow money.
- ▶ The law also allows for employers to request a credit record. They'll usually request permission for this when you apply for the job. Again, a negative credit record won't count in your favour.

#### 2 START AN EMERGENCY FUND

Ideally, you should have enough money saved to be able to afford your car and mortgage payments for at least six months in case of a crisis. But thinking about it in these terms might discourage you before you've even started saving, so start by just saving what you can so there's at least a buffer should there be a crisis.

Consider setting up a monthly debit order that channels a set amount into a savings or investment account.

## 51%

of South Africans\* believe an emergency fund is one of the most important reasons for saving.

\*Source: Old Mutual Savings and Investment Monitor, 2017

#### 3 DON'T STOP WORKING

Van der Walt says she often comes across couples where one of them earns a good salary so the other stops working. Another reason for this is often that one partner can take care of the kids.

But she cautions it can be a huge mistake not to keep your CV alive. If you haven't worked for a number of years and you suddenly need to start working again, you'll probably struggle to get back into the job market.

So even if your partner earns well, try to keep building your work experience, even if you work only half days or freelance.

#### GET HELP HERE

- ▶ FINANCIAL PLANNERS: [fpi.co.za](http://fpi.co.za) or [fia.org.za](http://fia.org.za)
- ▶ WILLS AND ESTATE PLANNING: [fisa.net.za](http://fisa.net.za)
- ▶ GENERAL MONEY TIPS: [www.mylifemymoney.co.za](http://www.mylifemymoney.co.za)

### ALSO CONSIDER

#### LONG-TERM INSURANCE

This is especially important if you have young children and/or debt.

Even if you're young and don't have kids yet, a life insurance policy can for example prevent a partner getting stuck with bond repayments they can't afford. In fact many banks require you to have a life insurance policy before they'll grant a home loan. The policy should cover whatever the policy holder still owes on the bond.

Life insurance is an affordable way of making sure your partner is taken care of, Van der Walt says.

The monthly premium for a young, healthy, nonsmoker could be about R100 a month for every

R1 million of life cover.

The breadwinner might also consider income protection. These are policies that are paid out when someone temporarily or permanently loses their ability to earn an income, for example due to an accident or illness. The specific policy will stipulate the amount you can claim.

There are many products on the market and you should consider them according to your specific needs and not just choose the one with the cheapest monthly premium. A financial planner can explain the ins and outs of different companies' products and help you make an informed choice.

#### ESTATE MATTERS

Ensure both of you have an up-to-date and valid will. Each party needs to be fully aware of what will happen if the other should die.

If you die intestate (without having a will), it can take months or even years to settle the estate.

Be sure to amend your respective wills whenever something important happens, for example if you decide to have children.

Approach lawyers and trust companies that specialise in estate planning (see Get Help Here).

#### MEDICAL COVER

If you wish to avoid state hospitals in the event that you or your partner is in an accident or falls ill, a medical aid that covers private medical care is important. Most people can't afford to pay hospital costs from their own pockets.

Van der Walt says if one member of the family needs more or expensive medical care, it's not necessary for the whole family to be on the expensive plan. That person can stay on a comprehensive plan, while the rest of the family can be on a more basic, less costly plan, even with a different medical aid, if you wish.





# ISIDINGO

SABC3, THURSDAY 19:00

Morongwa gets the chance of a lifetime.

# YOU LEISURE

SABC1	SABC2	SABC3	E.TV	M-NET	MZANSI
<p>05:00 JOURNEYS OF INSPIRATION</p> <p>05:02 GELEZA NATHI</p> <p>06:00 KIDS' NEWS &amp; CURRENT AFFAIRS</p> <p>06:30 TO BE ANNOUNCED</p> <p>07:00 YO.TV</p> <p>07:30 TAKALANI SESAME</p> <p>08:00 ♦ ISIDINGO</p> <p>08:30 ♦ GENERATIONS: THE LEGACY</p> <p>09:00 ♦ MUVHANGO</p> <p>09:30 ♦ SKEEM SAAM</p> <p>10:00 ♦ FAMILY BONDS</p> <p>10:30 ♦ DAILY THETHA</p> <p>11:30 ♦ FANBASE</p> <p>12:00 ♦ SPORT@10</p> <p>13:00 NEWS</p> <p>13:30 YO.TV</p> <p>14:00 TO BE ANNOUNCED</p> <p>14:30 TEENAGERS ON A MISSION</p> <p>15:00 ♦ MY PERFECT FAMILY</p> <p>15:30 YO.TV</p> <p>16:30 ♦ DAILY THETHA</p> <p>17:28 JOURNEYS OF INSPIRATION</p> <p>17:30 NDEBELE/SWATI NEWS</p> <p>18:00 MI KASI SU KASI</p> <p>18:30 SKEEM SAAM</p> <p>19:00 XHOSA/ZULU NEWS</p> <p>19:30 THROWBACK THURSDAY</p> <p>20:00 GENERATIONS: THE LEGACY</p> <p>Namhla gets angry when Mrekza sticks his nose where it doesn't belong.</p> <p>20:30 UZALO</p> <p>21:00 ONE DAY LEADER</p> <p>22:00 ♦ YILUNGO LAKHO</p> <p>00:00 KOZE KUSE</p>	<p>05:00 ♦ EPIC HANGOUT</p> <p>05:30 ♦ TAKALANI SESAME</p> <p>05:57 ♦ MOTHEO</p> <p>06:00 MORNING LIVE</p> <p>09:00 PARLIAMENT</p> <p>09:30 DINOSAUR TRAIN</p> <p>10:00 ♦ LEIHLA LA SECHABA</p> <p>10:30 GRAND MASTERS</p> <p>11:00 ♦ GAME PLAN</p> <p>11:30 ♦ JAB</p> <p>12:00 ♦ FORCED LOVE</p> <p>12:30 JIKULUMESSU: OPEN YOUR EYES</p> <p>13:00 ♦ 7DE LAAN</p> <p>13:30 ♦ UZALO</p> <p>14:00 ♦ SKEEM SAAM</p> <p>14:30 ♦ MUVHANGO</p> <p>15:00 WHAT ABOUT MIMI?</p> <p>15:30 WORDS AND NUMBERS</p> <p>16:00 HECTIC NINE-9</p> <p>17:00 NARUTO</p> <p>17:30 TSONGA/VENDA NEWS</p> <p>18:00 7DE LAAN</p> <p>Vince is relieved his problems are a thing of the past.</p> <p>18:30 AFRIKAANS NEWS</p> <p>19:00 MUSIEK ROULETTE</p> <p>20:00 TSWANA/SOTHO NEWS</p> <p>20:30 NGULA YA VUTIVI/ ZWA MARAMANI</p> <p>21:00 MUVHANGO</p> <p>21:30 SPEAK OUT</p> <p>22:00 WHEN DUTY CALLS</p> <p>22:30 SNAPPED: KILLER COUPLES</p> <p>Double bill.</p> <p>00:30 ♦ JIKULUMESSU: OPEN YOUR EYES</p> <p>01:00 SABC NEWS</p>	<p>06:00 KIDS' NEWS &amp; CURRENT AFFAIRS</p> <p>06:30 EXPRESSO</p> <p>09:00 ♦ REAL TALK WITH ANELE</p> <p>10:00 ♦ BOLD &amp; BEAUTIFUL</p> <p>10:30 ♦ 7DE LAAN</p> <p>11:00 ♦ ISIDINGO</p> <p>11:30 ♦ MUVHANGO</p> <p>12:00 ♦ RELIC HUNTER</p> <p>13:00 NEWS</p> <p>13:30 AFRICA NEWS</p> <p>14:00 HOLLYWOOD NEWS</p> <p>14:15 ZOOM IN</p> <p>14:30 ♦ RUSTIC CHAKULA</p> <p>15:00 ♦ THE HOSTESS WITH LORNA MASEKO</p> <p>15:30 ♦ #WTFUTUMI</p> <p>16:30 AFTERNOON EXPRESS</p> <p>17:30 BOLD &amp; BEAUTIFUL</p> <p>At Liam and Steffy's wedding reception Katie notices that Bill is preoccupied because of Brooke and Ridge's impending marriage.</p> <p>18:00 NEWS HIGHLIGHTS</p> <p>18:02 REAL TALK WITH ANELE</p> <p>19:00 ISIDINGO</p> <p>Benjamin is given a rude awakening.</p> <p>19:30 ♦ THULA'S VINE</p> <p>20:30 ♦ THE SCOOP</p> <p>21:00 NEWS</p> <p>21:30 #WTFUTUMI</p> <p>Talk show.</p> <p>22:30 BASE 3</p> <p>00:30 ♦ ROOKIES</p> <p>04:30 DEUTSCHE WELLE</p> <p>News.</p>	<p>05:00 GRASSROOTS</p> <p>05:30 SUNRISE</p> <p>08:30 ♦ CHECKPOINT</p> <p>09:00 BIN KUCH KAHE</p> <p>09:30 SANTA DIABLA</p> <p>10:30 ♦ DAYS OF OUR LIVES</p> <p>11:15 INFOMERCIALS</p> <p>11:30 ♦ RHYTHM CITY</p> <p>12:00 ♦ SCANDALI</p> <p>12:30 ♦ IMBEWU: THE SEED</p> <p>13:00 ENEWS 1PM</p> <p>13:30 HOUSE</p> <p>14:30 PEPPA PIG</p> <p>Animated series.</p> <p>14:35 COOL CATZ</p> <p>15:00 MONCHHICHI</p> <p>15:15 ALVIN AND THE CHIPMUNKS</p> <p>15:30 REGAL ACADEMY</p> <p>15:55 CRAZ-E: WORLD LIVE</p> <p>16:25 JUST FOR LAUGHS</p> <p>16:50 JUDGE JUDY</p> <p>17:15 DAYS OF OUR LIVES</p> <p>18:00 FATAL ATTRACTION</p> <p>19:00 RHYTHM CITY</p> <p>19:30 SCANDALI</p> <p>20:00 ENEWS 8PM</p> <p>20:30 EMPIRE</p> <p>Music drama series. Cookie tries to move forward with Angelo, while struggling with guilt over her run-in with Lucious.</p> <p>21:30 IMBEWU: THE SEED</p> <p>22:00 THE FIXER</p> <p>23:00 NOTE TO SELF</p> <p>01:00 HER FATAL FLAW</p> <p>02:55 BATTLE OF THE DAMNED</p>	<p>06:00 ♦ MASTERCHEF AUSTRALIA</p> <p>07:00 ♦ GREY'S ANATOMY</p> <p>08:00 ♦ THIS IS US</p> <p>09:00 ♦ THE FLASH</p> <p>10:00 ♦ AMERICAN HOUSEWIFE</p> <p>10:30 ♦ MASTERCHEF AUSTRALIA</p> <p>11:40 ♦ THE BIG BANG THEORY</p> <p>Comedy series.</p> <p>12:05 ♦ YOUNG SHELDON</p> <p>12:30 ♦ BLUE BLOODS</p> <p>13:30 ♦ CARTE BLANCHE</p> <p>14:30 ♦ CHICAGO P.D.</p> <p>15:25 ♦ THE GOOD DOCTOR</p> <p>16:15 ♦ 9JKL</p> <p>16:45 LEGENDS OF TOMORROW</p> <p>Sci-fi series. When Ava disappears, Sara and Ray set out to find her.</p> <p>17:45 MASTERCHEF AUSTRALIA</p> <p>19:00 NCIS: LOS ANGELES</p> <p>Action series. The team find an underground spy with an arsenal of bomb materials.</p> <p>20:00 S.W.A.T.</p> <p>Action series. Hondo's friend is killed during a joint FBI mission to stop a gang of thieves.</p> <p>21:00 SUITS</p> <p>Double bill.</p> <p>23:00 HARROW</p> <p>00:00 ♦ THE LATE LATE SHOW WITH JAMES CORDEN</p> <p>01:00 ♦ HOMELAND</p> <p>02:05 ♦ ELECTRIC DREAMS</p> <p>03:00 ♦ LUCIFER</p> <p>04:00 ♦ VICE</p> <p>04:30 BALLERINA</p>	<p>06:00 ♦ THE DOCTORS</p> <p>07:00 ♦ THE TALK</p> <p>08:00 LOKSHIN BIOSKOP: BAD THROW</p> <p>10:00 ♦ THE QUEEN</p> <p>10:30 ♦ ISITHEMBISO</p> <p>11:00 ♦ THE DOCTORS</p> <p>12:00 ♦ RING OF LIES</p> <p>12:30 ♦ ISIBAYA</p> <p>13:00 ♦ THE QUEEN</p> <p>13:30 ♦ ISITHEMBISO</p> <p>14:00 LOKSHIN BIOSKOP: NOAH</p> <p>15:30 THE DOCTORS</p> <p>16:30 HOT BENCH</p> <p>17:00 THE TALK</p> <p>18:00 LOKSHIN BIOSKOP: THEMBI'S TRIAL</p> <p>19:00 RING OF LIES</p> <p>19:30 ISITHEMBISO</p> <p>20:00 LIVING THE DREAM WITH SOMIZI</p> <p>20:30 ISIBAYA</p> <p>S'bu struggles with Thandeka's appetite, while Shadrack makes a fool of himself.</p> <p>21:00 THE QUEEN</p> <p>Vuyiswa makes a startling discovery.</p> <p>21:30 ULTIMATE HOUSE PARTY</p> <p>22:30 ♦ STAND UP AFRICA 2015</p> <p>00:00 ♦ THE DOCTORS</p> <p>01:00 ♦ THE TALK</p> <p>02:00 LOKSHIN BIOSKOP: BAD THROW</p> <p>03:30 LOKSHIN BIOSKOP: NOAH</p> <p>05:00 ♦ KA-CHING</p>

SABC1	SABC2	SABC3	E.TV	M-NET	MZANSI
<p>05:00 REFLECTIONS OF FAITH</p> <p>05:02 GELEZA NATHI</p> <p>06:00 KIDS' NEWS &amp; CURRENT AFFAIRS</p> <p>06:30 SPORTS BUZZ</p> <p>07:00 YO.TV</p> <p>07:30 ♦ TAKALANI SESAME</p> <p>08:00 ♦ ISIDINGO</p> <p>08:30 ♦ GENERATIONS: THE LEGACY</p> <p>09:00 ♦ MUVHANGO</p> <p>09:30 ♦ SKEEM SAAM</p> <p>10:00 TO BE ANNOUNCED</p> <p>10:30 ♦ BIG UP</p> <p>11:00 ♦ THROWBACK THURSDAY</p> <p>11:30 ♦ LIVE AMP</p> <p>12:00 ♦ IMIZWILILI</p> <p>13:00 NEWS</p> <p>13:30 YO.TV</p> <p>14:00 ♦ SELIMATHUNZI</p> <p>14:30 TEENAGERS ON A MISSION</p> <p>15:00 ♦ MY PERFECT FAMILY</p> <p>15:30 YO.TV</p> <p>16:30 TO BE ANNOUNCED</p> <p>17:28 REFLECTIONS OF FAITH</p> <p>17:30 NDEBELE/SWATI NEWS</p> <p>18:00 STUMBO STOMP</p> <p>18:30 SKEEM SAAM</p> <p>19:00 XHOSA/ZULU NEWS</p> <p>19:30 LIVE AMP</p> <p>20:00 GENERATIONS: THE LEGACY</p> <p>Adam is furious with Pam.</p> <p>20:30 UZALO</p> <p>21:00 TO BE ANNOUNCED</p> <p>22:00 ♦ END GAME</p> <p>23:00 ♦ MZANSI INSIDER</p> <p>00:00 KOZE KUSE</p>	<p>05:00 ♦ EPIC HANGOUT</p> <p>05:30 ♦ TAKALANI SESAME</p> <p>05:57 ♦ MOTHEO</p> <p>06:00 PARLIAMENT</p> <p>09:30 DINOSAUR TRAIN</p> <p>10:00 ♦ SPEAK OUT</p> <p>10:30 RAISING BABIES 101</p> <p>11:30 ♦ AFRO CAFÉ</p> <p>12:30 JIKULUMESSU: OPEN YOUR EYES</p> <p>13:00 ♦ 7DE LAAN</p> <p>13:30 ♦ SPEAK OUT</p> <p>14:00 ♦ SKEEM SAAM</p> <p>14:30 ♦ MUVHANGO</p> <p>15:00 WHAT ABOUT MIMI?</p> <p>16:00 HECTIC NINE-9</p> <p>17:00 A.N.T. FARM</p> <p>Teen series. When Cameron visits Chyna and tells her about his dream of going to film school, she agrees to ask Zoltan if he can shoot a movie at Z-tech.</p> <p>17:30 TSONGA/VENDA NEWS</p> <p>18:00 7DE LAAN</p> <p>Lessed is determined to win this case.</p> <p>18:30 AFRIKAANS NEWS</p> <p>19:00 RED CAKE: NOT THE COOKING SHOW!</p> <p>20:00 TSWANA/SOTHO NEWS</p> <p>20:30 BOTHU</p> <p>21:00 MUVHANGO</p> <p>Mulalo and Teboho's victory is short-lived when they get beaten at their own game.</p> <p>21:30 BOXING (LIVE)</p> <p>00:00 SABC NEWS</p>	<p>05:00 ♦ DRAKER KIDS</p> <p>05:30 ♦ LIFE WITH BOB</p> <p>06:00 KIDS' NEWS &amp; CURRENT AFFAIRS</p> <p>06:30 EXPRESSO</p> <p>09:00 ♦ REAL TALK WITH ANELE</p> <p>10:00 ♦ BOLD &amp; BEAUTIFUL</p> <p>10:30 ♦ 7DE LAAN</p> <p>11:00 ♦ ISIDINGO</p> <p>11:30 ♦ MUVHANGO</p> <p>12:00 ♦ RELIC HUNTER</p> <p>13:00 NEWS</p> <p>13:30 AFRICA NEWS UPDATE</p> <p>14:00 ♦ CLOSE UP</p> <p>14:30 ♦ FRANKLY SPEAKING WITH JJ TABANE</p> <p>Talk show.</p> <p>15:00 ♦ THE SCOOP</p> <p>15:30 ♦ TRENDING SA</p> <p>16:30 AFTERNOON EXPRESS</p> <p>17:30 BOLD &amp; BEAUTIFUL</p> <p>When Steffy confronts Sally about showing up at her wedding, their heated confrontation ends with a splash.</p> <p>18:00 NEWS HIGHLIGHTS</p> <p>18:02 REAL TALK WITH ANELE</p> <p>Talk show.</p> <p>19:00 ISIDINGO</p> <p>Lincoln's release has everyone on tenterhooks.</p> <p>19:30 EISHI SAAN</p> <p>20:00 IS THAT A FACT?</p> <p>21:00 NEWS</p> <p>21:30 STRANGER THAN FICTION</p> <p>00:30 ♦ ROOKIES</p> <p>04:30 DEUTSCHE WELLE</p> <p>News.</p>	<p>05:00 LIFE BY DESIGN</p> <p>05:30 SUNRISE</p> <p>Breakfast show.</p> <p>08:30 THE SOUL MAN</p> <p>09:00 BIN KUCH KAHE</p> <p>09:30 SANTA DIABLA</p> <p>10:30 ♦ DAYS OF OUR LIVES</p> <p>11:20 E-INSERT</p> <p>11:30 ♦ RHYTHM CITY</p> <p>12:00 ♦ SCANDALI</p> <p>12:30 ♦ IMBEWU: THE SEED</p> <p>13:00 ENEWS 1PM</p> <p>13:30 HOUSE</p> <p>Medical drama series. House is dazed, confused and covered in blood after surviving a bus accident.</p> <p>14:30 LASSIE</p> <p>16:25 JUST FOR LAUGHS GAGS</p> <p>16:30 JUDGE JUDY</p> <p>Courtroom reality show.</p> <p>17:15 DAYS OF OUR LIVES</p> <p>18:00 SNAPPED</p> <p>19:00 RHYTHM CITY</p> <p>Rene is battling to deal with her trauma and Mampho only makes matters worse.</p> <p>19:30 SCANDALI</p> <p>A serious betrayal of trust results in loss for one party and gain for another.</p> <p>20:00 ENEWS 8PM</p> <p>20:30 MACGYVER</p> <p>Action series.</p> <p>21:30 IMBEWU: THE SEED</p> <p>Local drama series.</p> <p>22:00 THE LAST CASTLE</p> <p>00:40 THE PASTOR'S WIFE</p>	<p>06:00 ♦ MASTERCHEF AUSTRALIA</p> <p>07:00 ♦ CHICAGO FIRE</p> <p>08:00 ♦ CHICAGO P.D.</p> <p>09:00 ♦ LEGENDS OF TOMORROW</p> <p>10:00 ♦ MAN WITH A PLAN</p> <p>10:30 ♦ MASTERCHEF AUSTRALIA</p> <p>11:40 ♦ NCIS: LOS ANGELES</p> <p>12:30 ♦ S.W.A.T.</p> <p>13:30 ♦ DANCING WITH THE STARS SOUTH AFRICA</p> <p>15:25 ♦ THE GOOD DOCTOR</p> <p>16:45 ONCE UPON A TIME</p> <p>Fantasy series.</p> <p>17:45 MASTERCHEF AUSTRALIA</p> <p>Cooking competition.</p> <p>19:00 AMERICAN IDOL</p> <p>Double bill.</p> <p>23:00 BARRY</p> <p>Comedy series. Season 1 starts. A depressed hitman decides to pursue an acting career despite being unable to leave his criminal past behind.</p> <p>23:40 LOUDERMILK</p> <p>00:10 TRIAL &amp; ERROR</p> <p>Comedy series. As Josh focuses on his closing argument, he takes a huge gamble by putting Larry on the stand.</p> <p>00:35 HIGH MAINTENANCE</p> <p>01:30 ♦ SUITS</p> <p>02:10 ♦ HARROW</p> <p>03:10 ♦ AMERICAN HORROR STORY: CULT</p> <p>04:10 ♦ VICE</p> <p>04:40 LOUIS &amp; LUCA: THE BIG CHEESE RACE</p>	<p>06:00 ♦ THE DOCTORS</p> <p>07:00 ♦ THE TALK</p> <p>08:00 LOKSHIN BIOSKOP: A LIFETIME OF TEARS</p> <p>10:00 ♦ THE QUEEN</p> <p>10:30 ♦ ISITHEMBISO</p> <p>11:00 ♦ THE DOCTORS</p> <p>12:00 ♦ RING OF LIES</p> <p>12:30 ♦ ISIBAYA</p> <p>13:00 ♦ THE QUEEN</p> <p>13:30 ♦ ISITHEMBISO</p> <p>14:00 LOKSHIN BIOSKOP: THE BOY IS MINE</p> <p>15:30 THE DOCTORS</p> <p>16:30 HOT BENCH</p> <p>17:00 THE TALK</p> <p>18:00 YOBE</p> <p>18:30 WWE RAW</p> <p>19:30 ISITHEMBISO</p> <p>20:00 PAPA PENNY AHEE</p> <p>20:30 ISIBAYA</p> <p>Phumelele puts her foot down and forces Mkabayi and Mpiyakhe to deal with their issues.</p> <p>21:00 THE QUEEN</p> <p>Goodness is afraid she's messed up and lost control of Bakang.</p> <p>21:30 MASSIVE MUSIC</p> <p>22:00 ♦ ULTIMATE HOUSE PARTY</p> <p>23:00 ♦ ABOMAMA</p> <p>00:00 ♦ THE DOCTORS</p> <p>01:00 ♦ THE TALK</p> <p>02:00 LOKSHIN BIOSKOP: A LIFETIME OF TEARS</p> <p>03:30 LOKSHIN BIOSKOP: THE BOY IS MINE</p> <p>05:00 ♦ KA-CHING</p>

PROGRAMME INFORMATION IS SUPPLIED BY THE BROADCASTERS

Movies are highlighted in red – see movie guide for details ♦ Repeat

TV | THURSDAY | 26 APRIL

TV | FRIDAY | 27 APRIL



M-NET, SATURDAY 20:00  
After Alice publishes a fiery piece blasting the Southside, Jughead tries to keep the peace.



28 APRIL | TV | SATURDAY

SABC1	SABC2	SABC3	E.TV	M-NET	MZANSI
<p>05:00 ♦ <b>GELEZA NATHI</b> Educational show.</p> <p>06:00 <b>BONISANANI</b> 06:30 <b>SUPERBOOK</b> Animated Bible stories.</p> <p>07:00 <b>YO.TV</b></p> <p>09:00 ♦ <b>IMIZWILLI</b> Gospel music show.</p> <p>10:00 <b>MZANSI INSIDER</b> Breakfast show hosted by Rorisang Thandekiso.</p> <p>11:00 ♦ <b>GENERATIONS: THE LEGACY</b> Omnibus.</p> <p>13:30 <b>SOCCER 411</b></p> <p>14:30 <b>THE ROAD TO RUSSIA</b> Build-up to the Fifa World Cup.</p> <p>15:00 <b>SOCCER</b> Build-up.</p> <p>15:30 <b>LADUMA</b></p> <p>17:00 <b>ROOTS</b></p> <p>18:00 <b>FRIENDS LIKE THESE</b> Local game show hosted by Trevor Gumbi. Two teams of best friends – five men and five women – compete in a series of challenges to win a holiday.</p> <p>19:00 <b>XHOSA/ZULU NEWS</b></p> <p>19:30 <b>REAL GOBOZA</b></p> <p>20:00 <b>TO BE ANNOUNCED</b></p> <p>22:30 ♦ <b>ONE DAY LEADER</b> Reality competition show.</p> <p>23:30 ♦ <b>ZAZIWA</b> Talk show.</p> <p>00:00 <b>KUZE KOSE</b> Music programme.</p>	<p>05:00 ♦ <b>AT MY AGE</b></p> <p>05:30 ♦ <b>DIJO LE BOPHELO</b></p> <p>06:00 ♦ <b>THE MAGICAL WORLD OF LUNA-BELLE</b></p> <p>06:30 ♦ <b>INSIDE THE BAOBAB TREE</b></p> <p>06:57 ♦ <b>OP PAD</b></p> <p>07:00 <b>MORNING LIVE</b></p> <p>08:30 <b>HOUSE CALL</b> Medical talk show hosted by Dr Victor Ramathesele. A panel of experts answer viewers' health and lifestyle questions.</p> <p>09:30 <b>DTV</b> Magazine show aimed at the deaf community.</p> <p>10:00 ♦ <b>BOTHO</b></p> <p>10:30 ♦ <b>NARUTO</b> Omnibus.</p> <p>13:00 ♦ <b>BREAKING NEW GROUND</b></p> <p>13:30 ♦ <b>MUVHANGO</b> Omnibus.</p> <p>16:00 <b>MIRACLE DOGS TOO</b></p> <p>18:00 <b>MEHLOMADALA</b></p> <p>18:30 <b>AFRIKAANS NEWS</b></p> <p>19:00 <b>AMERICAN NINJA WARRIOR</b></p> <p>20:00 <b>TSWANA/SOTHO NEWS</b></p> <p>20:30 ♦ <b>MOFEREFERE LENYALONG</b></p> <p>20:56 <b>LIVE LOTTO DRAW</b></p> <p>21:00 <b>PARTITION</b> Co-stars Neve Campbell and John Light fell in love while shooting this film.</p> <p>23:00 ♦ <b>SWARTWATER</b> Drama series.</p> <p>00:00 <b>SABC NEWS</b></p> <p>02:30 <b>SPORT LIVE</b></p> <p>03:00 <b>YOUR WORLD</b></p>	<p>05:00 ♦ <b>SPECIAL ASSIGNMENT</b></p> <p>05:30 ♦ <b>CLOSE-UP</b></p> <p>06:00 ♦ <b>FRANKLY SPEAKING WITH JJ TABANE</b></p> <p>06:30 ♦ <b>SADHANA</b></p> <p>07:00 ♦ <b>AN NUR, THE LIGHT</b></p> <p>07:30 <b>ROBOT TRAINS</b></p> <p>08:00 <b>XCELLERATE</b></p> <p>08:30 <b>I AM A WORK OF ART</b></p> <p>09:00 <b>JONAS</b> Teen comedy series. When an important music critic agrees to finally interview the members of the band, the guys get so caught up in the moment they forget Stella's birthday.</p> <p>09:30 ♦ <b>BOLD &amp; BEAUTIFUL</b> Omnibus.</p> <p>12:00 ♦ <b>CLOSE UP</b></p> <p>12:30 ♦ <b>HOLLYWOOD NEWS</b></p> <p>12:45 ♦ <b>ZOOM IN</b></p> <p>13:00 ♦ <b>THE AMAZING RACE</b></p> <p>14:00 ♦ <b>WILDLIFE RESCUE</b></p> <p>15:00 ♦ <b>TROPIKA ISLAND OF TREASURE: MALDIVES</b></p> <p>16:00 ♦ <b>IS THAT A FACT?</b></p> <p>17:00 <b>SIMPHIWE DANA: SYMPHONY EXPERIENCE</b></p> <p>18:00 <b>NEWS HIGHLIGHTS</b></p> <p>18:02 <b>TOP BILLING</b></p> <p>19:00 <b>LE WEEK-END</b></p> <p>21:00 <b>NEWS</b></p> <p>21:30 <b>EXTREME FIGHTING CHAMPIONSHIP: LIVE MATCH</b></p> <p>00:30 <b>BASE 3</b> Music programme.</p>	<p>05:00 ♦ <b>THE CLOSE UP</b></p> <p>05:30 <b>INFOMERCIALS</b></p> <p>05:35 <b>COOL CATZ</b></p> <p>06:00 <b>PEPPA PIG</b></p> <p>06:05 <b>COOL CATZ</b></p> <p>06:30 <b>ANGELINA BALLERINA</b></p> <p>06:45 <b>THE JUNGLE BUNCH: TO THE RESCUE!</b></p> <p>07:00 <b>MISTER MAKER COMES TO TOWN</b></p> <p>07:30 <b>MONCHHICHI</b> Animated series.</p> <p>07:45 <b>TO BE ANNOUNCED</b></p> <p>08:00 <b>CRAZ-E: SISTAHOOD</b></p> <p>08:30 <b>ELENA OF AVALOR</b> Double bill.</p> <p>09:30 ♦ <b>SCANDAL!</b> Omnibus.</p> <p>11:20 ♦ <b>IMBEWU: THE SEED</b> Omnibus.</p> <p>13:30 <b>ESHIBOBO</b></p> <p>14:00 <b>EVER AFTER: A CINDERELLA STORY</b></p> <p>16:20 <b>SPY KIDS 3: GAME OVER</b></p> <p>18:00 <b>ENEWS HEADLINES</b></p> <p>18:05 <b>THE ALMOST IMPOSSIBLE GAMESHOW USA</b></p> <p>18:30 <b>LIP SYNC BATTLE</b> In this episode it's Channing Tatum vs Jenna Dewan Tatum. Hosted by LL Cool J.</p> <p>19:00 <b>ENEWS 7PM</b></p> <p>19:30 <b>TANGLED</b></p> <p>21:35 <b>TANGLED EVER AFTER</b> The sequel to Tangled.</p> <p>21:45 <b>THE GREAT GATSBY</b></p> <p>00:40 <b>LOINS OF PUNJAB PRESENTS</b></p>	<p>06:00 <b>ROBOTS</b></p> <p>07:40 <b>BARBIE: A FAIRY SECRET</b></p> <p>09:05 <b>KERWHIZZ</b></p> <p>09:35 ♦ <b>ONCE UPON A TIME</b> Fantasy series.</p> <p>10:30 ♦ <b>ELLEN'S GAME OF GAMES</b></p> <p>11:30 ♦ <b>ARROW</b> Action series.</p> <p>12:30 ♦ <b>THE FLASH</b></p> <p>13:25 ♦ <b>LEGENDS OF TOMORROW</b> Sci-fi series.</p> <p>14:20 <b>NEWSIES: THE BROADWAY MUSICAL</b> Musical special. A group of young newspaper sellers rebel against their distribution company after it raises the distribution price.</p> <p>16:30 <b>SPEECHLESS</b></p> <p>17:00 <b>THE MIDDLE</b></p> <p>17:30 <b>AMERICAN HOUSEWIFE</b> Comedy series. Greg and Katie meet a new couple who don't have kids.</p> <p>18:00 <b>AMERICAN IDOL</b></p> <p>20:00 <b>RIVERDALE</b> Drama series.</p> <p>21:00 <b>WAR ON EVERYONE</b></p> <p>22:45 <b>GOMORRAH</b> Crime drama series.</p> <p>23:55 ♦ <b>BARRY</b> Crime comedy series.</p> <p>00:35 ♦ <b>LOUDERMILK</b></p> <p>01:20 ♦ <b>TRIAL &amp; ERROR</b></p> <p>01:50 ♦ <b>HIGH MAINTENANCE</b></p> <p>02:25 ♦ <b>TRANSPARENT</b></p> <p>03:05 <b>ALBERT</b></p> <p>04:55 <b>THE BOSS BABY</b></p>	<p>06:00 ♦ <b>THE DOCTORS</b> Double bill.</p> <p>08:00 <b>LOKSHIN BIOSKOP: ZOLILE</b> A shy boy resorts to herding cows after dropping out of school because of bullying.</p> <p>09:30 <b>LOKSHIN BIOSKOP: NEVER SAY GOODBYE</b></p> <p>11:00 ♦ <b>THE QUEEN</b> Omnibus.</p> <p>13:30 ♦ <b>RING OF LIES</b> Omnibus.</p> <p>15:30 <b>LOKSHIN BIOSKOP: THEMBI'S TRIAL</b></p> <p>16:30 ♦ <b>OUR PERFECT WEDDING</b></p> <p>17:30 ♦ <b>YOBE</b> Prison reality show.</p> <p>18:00 <b>WWE SMACKDOWN</b></p> <p>19:00 <b>LIVING THE DREAM WITH SOMIZI</b> Reality show.</p> <p>19:30 <b>LOKSHIN BIOSKOP: FLAME</b></p> <p>20:30 <b>ALEX CROSS</b> Action thriller. Based on the novels by James Patterson. A Detroit homicide detective is pushed to his limits by a serial killer. Tyler Perry, Matthew Fox. 2012. PG13V. 101 min.</p> <p>22:30 ♦ <b>MASSIVE MUSIC</b></p> <p>23:00 ♦ <b>HOMEGROUND</b></p> <p>23:40 <b>LOKSHIN BIOSKOP: URISHO</b></p> <p>01:00 ♦ <b>THE TALK</b> Omnibus.</p>

29 APRIL | TV | SUNDAY

SABC1	SABC2	SABC3	E.TV	M-NET	MZANSI
<p>07:00 ♦ <b>MY PERFECT FAMILY</b> Double bill.</p> <p>08:00 <b>YO.TV</b></p> <p>08:30 <b>SIYAKHOLWA</b></p> <p>09:00 <b>GOSPEL AVENUE</b></p> <p>10:00 <b>MZANSI INSIDER</b></p> <p>11:00 ♦ <b>BLUE COUCH</b></p> <p>11:30 <b>IMVELO</b></p> <p>12:00 ♦ <b>UZALO</b> Omnibus.</p> <p>14:30 <b>THE ROAD TO RUSSIA</b> Build-up to the Fifa World Cup.</p> <p>15:00 <b>SOCCER</b> Build-up.</p> <p>15:30 <b>LADUMA</b></p> <p>17:30 <b>KULCHA KWEST</b></p> <p>18:00 <b>FRIENDS LIKE THESE</b></p> <p>19:00 <b>XHOSA/ZULU NEWS</b></p> <p>19:30 <b>INGOZI</b> Zikhona's dream is coming true. Zwane is about to get devastating news.</p> <p>20:00 <b>TJOVITJO</b> Madrad is determined to ban Mafred and his dancers from the battle.</p> <p>20:30 <b>2 FAST 2 FURIOUS**</b> Action. The sequel to The Fast and the Furious. A former cop must go back undercover to help catch a drug baron in Miami, USA. Paul Walker, Tyrese Gibson. 2005, 95 min, 16VL.</p> <p>22:30 ♦ <b>BONISANANI</b></p> <p>23:00 ♦ <b>GOSPEL AVENUE</b></p> <p>00:00 <b>KOZE KUSE</b></p>	<p>05:00 ♦ <b>IT'S FOR LIFE</b></p> <p>05:30 ♦ <b>WORDS AND NUMBERS</b></p> <p>06:00 ♦ <b>INSIDE THE BAOBAB TREE</b></p> <p>06:30 ♦ <b>A.N.T. FARM</b></p> <p>06:57 ♦ <b>MOTHEO</b></p> <p>07:00 <b>MORNING LIVE</b></p> <p>08:30 ♦ <b>SIMCHA</b></p> <p>09:00 <b>ANCIENT ROADS: FROM CHRIST TO CONSTANTINE</b></p> <p>10:00 ♦ <b>SONGS OF PRAISE</b></p> <p>10:30 <b>PSALTED</b> Christian music show.</p> <p>11:00 <b>DIE WOORD EREDIENS</b></p> <p>11:30 <b>SPYSKAART</b> Cooking show.</p> <p>12:00 <b>SPORT ON 2</b></p> <p>13:00 ♦ <b>BOTHO</b> Reality series.</p> <p>13:30 ♦ <b>7DE LAAN</b> Omnibus.</p> <p>16:00 <b>TO BE ANNOUNCED</b></p> <p>18:00 <b>FOKUS</b></p> <p>18:30 <b>AFRIKAANS NEWS</b></p> <p>19:00 <b>TO BE ANNOUNCED</b></p> <p>20:00 <b>TSWANA/SOTHO NEWS</b></p> <p>20:30 <b>ABO MZALA</b> Comedy series. It's a battle of the maids as Thandi replaces Thuli without telling her.</p> <p>21:00 <b>GOSPEL CLASSICS</b> Music show presented by Tshelo Maseko.</p> <p>22:00 <b>JEPPE ON A FRIDAY</b> Documentary.</p> <p>23:30 ♦ <b>MUSIEK ROULETTE</b> Game show.</p> <p>00:30 <b>SABC NEWS</b></p>	<p>05:00 ♦ <b>SADHANA</b></p> <p>05:30 ♦ <b>AN NUR, THE LIGHT</b></p> <p>06:00 <b>A NEW DAY</b></p> <p>07:00 <b>SADHANA</b></p> <p>07:30 <b>YUM.ME</b></p> <p>08:00 <b>MADE IN SA</b> Teen reality series.</p> <p>08:30 <b>DRAKER KIDS</b> Animated series.</p> <p>09:00 <b>LIFE WITH BOB</b></p> <p>09:30 ♦ <b>ISIDINGO</b> Omnibus.</p> <p>12:00 ♦ <b>TOP BILLING</b></p> <p>13:00 ♦ <b>THE HOSTESS WITH LORNA MASEKO</b></p> <p>13:30 ♦ <b>SPORT STARS UNCOVERED</b></p> <p>14:00 <b>MELA</b></p> <p>15:00 <b>TEES MAAR KHAN</b></p> <p>18:00 <b>NEWS HIGHLIGHTS</b></p> <p>18:02 ♦ <b>EISH! SAAN</b></p> <p>18:30 <b>WILDLIFE RESCUE AFRICA</b> Documentary series. When four giraffe bulls escape from the Pilanesberg Nature Reserve to get away from lions, Douw and JJ go on a dangerous mission to catch and relocate the animals.</p> <p>19:30 <b>DOCUVILLE</b></p> <p>20:30 <b>FRANKLY SPEAKING WITH JJ TABANE</b></p> <p>21:00 <b>NEWS</b></p> <p>21:30 <b>SPECIAL ASSIGNMENT</b></p> <p>22:00 <b>EXTREME FIGHTING CHAMPIONSHIP</b> Mixed martial arts.</p> <p>00:00 <b>BASE 3</b></p>	<p>05:30 <b>JOSEPH PRINCE: NEW CREATION CHURCH TV</b></p> <p>06:00 <b>I AM SOUL PRECIOUS</b></p> <p>06:25 <b>E-INSERT</b></p> <p>06:30 ♦ <b>THE CLOSE UP</b></p> <p>07:00 <b>GRASSROOTS</b></p> <p>07:25 <b>E-INSERT</b></p> <p>07:35 <b>HILLSONG</b></p> <p>08:00 <b>2 HANDS</b></p> <p>08:05 <b>COOL CATZ</b></p> <p>08:30 <b>EVERYTHING'S ROSIE</b> Double bill.</p> <p>09:00 <b>AI FOOTBALL GGO</b></p> <p>09:30 <b>CRAZ-E: SHIZ LIVE</b></p> <p>10:00 ♦ <b>RHYTHM CITY</b> Omnibus.</p> <p>11:50 <b>INFOMERCIALS</b></p> <p>12:00 <b>O MANG: WHO ARE YOU?</b></p> <p>12:30 <b>MAHADI-LOBOLA</b></p> <p>13:00 <b>TANGLED</b></p> <p>15:00 ♦ <b>TANGLED EVER AFTER</b></p> <p>15:05 <b>FANTASTIC 4: RISE OF THE SILVER SURFER</b></p> <p>16:50 <b>SINAWE</b></p> <p>17:00 <b>THE BIGGEST LOSER USA</b> Weight-loss competition series.</p> <p>18:00 <b>ENEWS HEADLINES</b></p> <p>18:05 <b>SWEET SUCCESS</b></p> <p>18:30 <b>MANGCONDE</b></p> <p>19:00 <b>ENEWS 7PM</b></p> <p>19:30 <b>MODERN FAMILY</b> Comedy series.</p> <p>20:00 <b>CREED</b></p> <p>22:50 <b>PREDATOR 2</b></p> <p>01:00 <b>FANTASTIC 4: RISE OF THE SILVER SURFER</b></p> <p>02:45 <b>HER FATAL FLAW</b></p>	<p>07:00 <b>LEGO SCOOBY-DOO: HAUNTED HOLLYWOOD</b></p> <p>08:30 ♦ <b>THE MIDDLE</b></p> <p>09:00 ♦ <b>AMERICAN IDOL</b> Double bill.</p> <p>13:00 ♦ <b>SPEECHLESS</b></p> <p>13:30 <b>EDDIE THE EAGLE</b></p> <p>15:30 ♦ <b>AMERICAN HOUSEWIFE</b></p> <p>16:00 <b>KEVIN CAN WAIT</b> Kevin is adamant about cooking Thanksgiving dinner at home but Kendra wants to eat at a restaurant instead.</p> <p>16:30 <b>MAN WITH A PLAN</b> Adam tries to organise a birthday dinner for Andi and quickly learns that managing guests isn't easy.</p> <p>17:00 <b>HARRY POTTER: A HISTORY OF MAGIC</b> Harry Potter author JK Rowling ventures behind the scenes at the British Library to explore the real-life inspirations for her fantasy world.</p> <p>18:00 <b>WEDDING BASH(ERS) SPECIALS: WITH LOVE</b></p> <p>19:00 <b>CARTE BLANCHE</b></p> <p>20:30 <b>AMERICAN MADE</b></p> <p>22:25 <b>LAST WEEK TONIGHT WITH JOHN OLIVER</b></p> <p>23:05 <b>KEY HOUSE MIRROR</b></p> <p>00:45 ♦ <b>RIVERDALE</b></p> <p>01:45 ♦ <b>GOMORRAH</b></p> <p>02:55 <b>HAILIEY DEAN MYSTERY: DEADLY ESTATE</b></p> <p>04:35 <b>ROBO-DOG: AIRBORNE</b></p>	<p>06:00 ♦ <b>THE DOCTORS</b></p> <p>07:00 <b>ICILONGO</b></p> <p>08:00 <b>GOSPEL ALIVE</b></p> <p>09:00 <b>LOKSHIN BIOSKOP: THE RADEBES – PART 2</b> After 31 years a shocking secret is revealed at the Radebe family reunion.</p> <p>10:00 ♦ <b>ISIBAYA</b> Omnibus.</p> <p>12:30 <b>LOKSHIN BIOSKOP: FLAME</b></p> <p>13:30 ♦ <b>HOMEGROUND</b></p> <p>14:00 ♦ <b>PAPA PENNY AHEE</b> Reality show.</p> <p>14:30 ♦ <b>ISITHEMBISO</b> Omnibus.</p> <p>17:00 <b>BECOMING MRS. JONES</b> Reality series that follows actress Minnie Dlamini while she plans her wedding to cameraman Quinton Jones.</p> <p>18:00 <b>DATE MY FAMILY</b> Local dating show.</p> <p>19:00 <b>OUR PERFECT WEDDING</b> Local reality series. Each week a couple take viewers on their journey to the altar.</p> <p>20:00 <b>ABOMAMA</b></p> <p>21:00 <b>INGOMA</b></p> <p>21:30 <b>STAND UP AFRICA 2016</b> Comedy special showcasing Africa's best stand-up comics on one stage.</p> <p>23:30 ♦ <b>THE DOCTORS</b> Omnibus.</p> <p>04:30 ♦ <b>HOT BENCH</b></p> <p>05:00 ♦ <b>ICILONGO</b></p>

PROGRAMME INFORMATION IS SUPPLIED BY THE BROADCASTERS



**GREAT  
VALUE**

**20%  
MORE  
WASHES\***  
in every  
bottle

**FIBRE-COATING PROTECTION**  
with FibreGuard Technology  
MULTI-LAYERED  
ENCAPSULATED  
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\*Improved formulation now offers 20% more washes in every bottle.

**A touch of loving care.**



M-NET, MONDAY 20:00  
Randall and Beth welcome visitors to their home.



30 APRIL | TV | MONDAY

SABC1	SABC2	SABC3	E.TV	M-NET	MZANSI
05:00 AUM 05:02 GELEZA NATHI 06:00 KIDS' NEWS & CURRENT AFFAIRS 06:30 TIMON & PUMBAA 07:00 YO.TV 08:00 ♦ ISIDINGO 08:30 ♦ GENERATIONS: THE LEGACY 09:00 ♦ MUVHANGO 09:30 ♦ SKEEM SAAM 10:00 TO BE ANNOUNCED 10:30 DAILY THETHA 11:30 ♦ REAL GOBOZA 12:00 ♦ YILUNGO LAKHO 13:00 NEWS 13:30 YO.TV 14:00 MAKING MOVES 15:00 DEGRASSI: THE NEXT GENERATION 15:30 YO.TV 16:30 ♦ MY WORLD 17:28 AUM 17:30 NDEBELE/SWATI NEWS 18:00 NOW OR NEVER 18:30 SKEEM SAAM Those and Kwaito's parents are on edge as the boys face more problems. 19:00 XHOSA/ZULU NEWS 19:30 SINGLE GALZ 20:00 GENERATIONS: THE LEGACY 20:30 UZALO 21:00 SOCCERZONE 22:00 TO BE ANNOUNCED 23:00 ♦ MAKING MOVES 00:00 KOZE KUSE	05:30 ♦ TAKALANI SESAME 05:57 ♦ MOTHEO 06:00 MORNING LIVE 09:00 PARLIAMENT 09:30 ♦ THE MAGICAL WORLD OF LUNA-BELLE 10:00 ♦ ILITHA LETHU 10:30 BACK FROM ZERO 11:30 TO BE ANNOUNCED 12:30 JIKULUMESSU: OPEN YOUR EYES 13:00 ♦ 7DE LAAN 13:30 ♦ UZALO 14:00 ♦ SKEEM SAAM 14:30 ♦ MUVHANGO 15:00 WHAT ABOUT MIMI? Animated series. Mimi helps Jason get a job, but she ends up doing all the work. 15:30 NTUNJAMBILI 16:00 HECTIC NINE-9 17:00 NARUTO 17:30 TSONGA/VENDA NEWS 18:00 7DE LAAN Bruynwaves is planning a big event for Africa Day. 18:30 AFRIKAANS NEWS 19:00 KONTERSTANIE OPPIE STASIE 19:30 KLIPHARD 20:00 TSWANA/SOTHO NEWS 20:30 LEIHLO LA SECHABA 21:00 MUVHANGO 21:30 JAB 22:00 ♦ RELATE 23:30 BREAKING NEW GROUND 23:00 ISSUES OF FAITH 00:00 SABC NEWS	05:30 ♦ CHALLENGE SOS 06:00 KIDS' NEWS & CURRENT AFFAIRS 06:30 EXPRESSO 09:00 ♦ REAL TALK WITH ANELE 10:00 ♦ BOLD & BEAUTIFUL 10:30 ♦ 7DE LAAN 11:00 ♦ ISIDINGO 11:30 ♦ MUVHANGO 12:00 ♦ RELIC HUNTER Fantasy series. Sydney helps a prince find a magic lamp that reveals the true nature of anyone who holds it. 13:00 NEWS 13:30 AFRICA NEWS UPDATE 14:00 ♦ CLOSE UP 14:30 LAB RATS 15:00 HECTIC@3 15:30 ♦ MELA 16:30 AFTERNOON EXPRESS 17:30 BOLD & BEAUTIFUL Brooke puts Quinn on the spot and accuses her of having an affair with Ridge. 18:00 NEWS HIGHLIGHTS 18:02 REAL TALK WITH ANELE 19:00 ISIDINGO 19:30 TROPIKA ISLAND OF TREASURE: MALDIVES 20:30 THE MAVERICKS 21:00 NEWS 21:30 #WTFUMI 22:30 TRENDING SA 23:30 BASE 3 03:30 ♦ ROOKIES 04:30 DEUTSCHE WELLE News.	05:00 ♦ COOL CATZ LEGACY 05:30 ENEWS SUNRISE 08:30 ♦ ESHIBOBO 09:00 BIN KUCH KAHE 09:30 SANTA DIABLA 10:30 ♦ DAYS OF OUR LIVES 11:30 ♦ RHYTHM CITY 12:00 ♦ SCANDAL! 12:30 ♦ IMBEWU: THE SEED 13:00 ENEWS 1PM 13:30 HOUSE Medical drama series. 14:30 PEPPA PIG 14:35 COOL CATZ 15:00 ANGELINA BALLERINA 15:15 THE JUNGLE BUNCH: TO THE RESCUE! 15:30 POWER RANGERS: DINO SUPER CHARGE 15:55 CRAZ-E: SISTAHOOD 16:25 JUST FOR LAUGHS 16:50 JUDGE JUDY 17:15 DAYS OF OUR LIVES 18:00 SNAPPED 19:00 RHYTHM CITY 19:30 SCANDAL! 20:00 ENEWS 8PM 20:30 SAINTS & SINNERS 21:30 IMBEWU: THE SEED 22:00 QUEEN SUGAR Drama series. Charley, Ralph Angel and Nova discover the contents of their father's will and must decide whether to run or sell the farm. <b>23:00 OUTSOURCED</b> <b>01:05 CREED</b> 03:30 ♦ ACTION ZONE	06:00 ♦ MASTERCHEF AUSTRALIA 07:05 ♦ THE BIG BANG THEORY Comedy series. 07:30 ♦ YOUNG SHELDON Comedy series. 08:00 ♦ BLUE BLOODS 09:00 ♦ ONCE UPON A TIME Fantasy series. 10:00 ♦ SPEECHLESS 10:30 ♦ MASTERCHEF AUSTRALIA 11:35 ♦ SUITS Legal drama series. 12:30 ♦ CARTE BLANCHE 13:30 ♦ HARRY POTTER: A HISTORY OF MAGIC 14:30 ♦ WEDDING BASHERS SPECIAL: WITH LOVE 15:25 ♦ THE GOOD DOCTOR 16:15 ♦ 9JKL 16:45 ELLEN'S GAME OF GAMES 17:45 MASTERCHEF AUSTRALIA 19:00 GREY'S ANATOMY Drama series. April treats a rabbi who challenges her crisis of faith and Meredith treats a transplant surgeon from another hospital. 20:00 THIS IS US 21:00 BILLIONS Drama series season 3 starts. 22:00 WESTWORLD 23:05 AMERICAN HORROR STORY: CULT 00:05 ♦ THE LATE LATE SHOW WITH JAMES CORDEN <b>01:00 KEY HOUSE MIRROR</b> <b>02:55 FREE FIRE</b> <b>04:30 BALLERINA</b>	06:00 ♦ THE DOCTORS 07:00 ♦ THE TALK 08:00 LOKSHIN BIOSKOP: THE SPOT 09:30 ♦ ISIBAYA 10:00 ♦ THE QUEEN 10:30 ♦ ISITHEMBISO 11:00 ♦ THE DOCTORS 12:00 ♦ RING OF LIES 12:30 ♦ ISIBAYA 13:00 ♦ THE QUEEN 13:30 ♦ ISITHEMBISO 14:00 LOKSHIN BIOSKOP: NAZO 15:30 THE DOCTORS 16:30 HOT BENCH 17:00 THE TALK 18:00 LOKSHIN BIOSKOP: THE RADEBE'S - PART 2 19:00 RING OF LIES 19:30 ISITHEMBISO 20:00 INGOMA 20:30 ISIBAYA Mkabayi makes things right with Bhukumuzi. 21:00 THE QUEEN 21:30 MZANSI MAGIC MUSIC SPECIALS 22:00 PARENTHOOD 23:00 LOKSHIN BIOSKOP: THE RADEBE'S PART 2 00:00 KE MANG MALOI 01:00 ♦ THE TALK 02:00 LOKSHIN BIOSKOP: NEVER SAY GOODBYE 03:30 LOKSHIN BIOSKOP: LUTHANDO 05:00 ♦ KA-CHING

1 MAY | TV | TUESDAY

SABC1	SABC2	SABC3	E.TV	M-NET	MZANSI
05:00 IZWI LABANTU 05:02 GELEZA NATHI 06:00 KIDS' NEWS & CURRENT AFFAIRS 06:30 THE LION GUARD 07:00 YO.TV 07:30 TAKALANI SESAME 08:00 ♦ ISIDINGO 08:30 ♦ GENERATIONS: THE LEGACY 09:00 ♦ MUVHANGO 09:30 ♦ SKEEM SAAM 10:00 TO BE ANNOUNCED 10:30 DAILY THETHA 11:30 ♦ MI KASI SU KASI 12:00 ♦ SOCCERZONE 13:00 NEWS 13:30 YO.TV 14:00 ISPANI 15:00 DEGRASSI: THE NEXT GENERATION 15:30 YO.TV 16:30 ♦ DAILY THETHA 17:28 ♦ IZWI LABANTU 17:30 NEWS 18:00 NYAN' NYAN 18:30 SKEEM SAAM 19:00 XHOSA/ZULU NEWS 19:30 SELIMATHUNZI 20:00 GENERATIONS: THE LEGACY 20:30 UZALO 21:00 EXPRESSIONS 21:30 CUTTING EDGE 22:00 ♦ THE CHATROOM 22:30 ♦ IDENTITY 23:00 ♦ DAILY THETHA 00:00 KOZE KUSE	05:00 ♦ EPIC HANGOUT 05:30 ♦ TAKALANI SESAME 05:57 ♦ MOTHEO 06:00 MORNING LIVE 09:00 PARLIAMENT 09:30 DINOSAUR TRAIN 10:00 ♦ ILITHA LETHU 10:30 TALK SA 11:00 AT MY AGE 11:30 BOPHELONG 12:00 ♦ OUR MOMENTS 12:30 JIKULUMESSU: OPEN YOUR EYES 13:00 ♦ 7DE LAAN 13:30 ♦ UZALO 14:00 ♦ SKEEM SAAM 14:30 ♦ MUVHANGO 15:00 WHAT ABOUT MIMI? Animated series. 15:30 YO.TV 16:00 HECTIC NINE-9 17:00 NARUTO 17:30 TSONGA/VENDA NEWS 18:00 7DE LAAN Bonita is relieved that things are working out for her. 18:00 AFRIKAANS NEWS 19:00 SWARTWATER 20:00 TSWANA/SOTHO NEWS 20:30 NHLALALA YA RIXAKA 20:56 VODACOM MILLIONAIRES INSERT 21:00 MUVHANGO 21:30 ♦ FORCED LOVE 22:00 ♦ GOSPEL CLASSICS 23:00 ♦ JIKULUMESSU: OPEN YOUR EYES 00:30 SABC NEWS	06:00 KIDS' NEWS & CURRENT AFFAIRS 06:30 EXPRESSO 09:00 ♦ REAL TALK WITH ANELE 10:00 ♦ BOLD & BEAUTIFUL 10:30 ♦ 7DE LAAN 11:00 ♦ ISIDINGO 11:30 ♦ MUVHANGO 12:00 ♦ RELIC HUNTER 13:00 NEWS 13:30 AFRICA NEWS UPDATE 14:00 HOLLYWOOD NEWS 14:15 ZOOM IN 14:30 LAB RATS 15:00 HECTIC@3 15:30 SPORT STARS UNCOVERED 16:00 ♦ THE HOSTESS WITH LORNA MASEKO 16:30 AFTERNOON EXPRESS 17:30 BOLD & BEAUTIFUL 18:00 NEWS HIGHLIGHTS 18:02 REAL TALK WITH ANELE 19:30 ISIDINGO 19:30 TOP CHEF JUNIOR 20:30 RUSTIC CHAKULA Cooking show. Chef Sizo invites comedian Chris Forrester for dinner and prepares a mushroom ricotta pasta, sweet sticky pork ribs and a mini trifle for him. 21:00 NEWS 21:30 #WTFUMI 22:30 TRENDING SA 23:30 BASE 3 03:30 ♦ ROOKIES 04:30 DEUTSCHE WELLE News.	05:00 ♦ HILLSONG 05:30 SUNRISE 08:30 ♦ MALCOLM & EDDIE 09:00 BIN KUCH KAHE 09:30 MARIDOR EN ALQUILER Telenovela. 10:30 ♦ DAYS OF OUR LIVES 11:20 E-INSERT 11:30 ♦ RHYTHM CITY 12:00 ♦ SCANDAL! 12:30 ♦ IMBEWU: THE SEED 13:00 ENEWS 1PM 13:30 HOUSE 14:25 INFOMERCIALS 14:30 2 HANDS 14:35 COOL CATZ 15:00 BO ON THE GO 15:30 POKEMON SUN & MOON 15:55 CRAZ-E: FRENZY 16:25 JUST FOR LAUGHS 16:50 JUDGE JUDY 17:15 DAYS OF OUR LIVES 18:00 FATAL ATTRACTION 19:00 RHYTHM CITY Renielwe goes public to get her persecutors off her back but her plan backfires. 19:30 SCANDAL! Partners fall out and a final warning is issued. 20:00 ENEWS 8PM 20:30 CHICAGO P.D. 21:25 SINAWA 21:30 IMBEWU: THE SEED 22:00 CHECKPOINT 22:30 SNAPPED <b>23:00 AND BABY WILL FALL</b> 00:50 TO BE ANNOUNCED	06:00 ♦ MASTERCHEF AUSTRALIA 07:00 ♦ NCIS: LOS ANGELES 08:00 ♦ S.W.A.T. 09:00 ♦ ELLEN'S GAME OF GAMES 10:00 ♦ KEVIN CAN WAIT 10:30 ♦ MASTERCHEF AUSTRALIA 11:30 ♦ GREY'S ANATOMY 12:30 ♦ THIS IS US 13:40 ♦ AMERICAN IDOL 15:25 ♦ THE GOOD DOCTOR Medical drama series. 16:15 ♦ 9JKL 16:45 ARROW Action series. 17:45 MASTERCHEF AUSTRALIA 19:00 CHICAGO FIRE Action series. 20:00 CHICAGO P.D. Double bill. Detective Atwater disappears at the house of a convicted felon. Intelligence investigates the murder of a basketball player following an anti-police rally. 22:00 COUNTERPART Sci-fi series. 23:00 TRANSPARENT Comedy series. Ali feels blindsided when Leslie goes public with the details of their relationship. 23:40 THE LATE LATE SHOW WITH JAMES CORDEN 00:30 ♦ BILLIONS 01:50 ♦ WESTWORLD 03:00 ♦ CLOSE UP WITH THE HOLLYWOOD REPORTER <b>03:50 THE SHACK</b>	07:00 ♦ THE TALK 08:00 LOKSHIN BIOSKOP: FINDING MR. RIGHT 09:30 ♦ ISIBAYA 10:00 ♦ THE QUEEN 10:30 ♦ ISITHEMBISO 11:00 ♦ THE DOCTORS 12:00 ♦ RING OF LIES 12:30 ♦ ISIBAYA 13:00 ♦ THE QUEEN 13:30 ♦ ISITHEMBISO 14:00 LOKSHIN BIOSKOP: TAXI CHEESEBOY A man who grew up in the US with his mother returns to South Africa to get what was left for him in his father's will – a flourishing taxi business. 15:30 THE DOCTORS 16:30 HOT BENCH 17:00 THE TALK 18:00 ♦ DATE MY FAMILY 19:00 RING OF LIES 19:30 ISITHEMBISO 20:00 YOBE 20:30 ISIBAYA 21:00 THE QUEEN 21:30 ♦ IS'THUNZI 22:00 ALEX CROSS Action. 2012. PG13V. 101 min. 23:40 ♦ HOT BENCH 00:00 ♦ THE DOCTORS 01:00 ♦ THE TALK 02:00 LOKSHIN BIOSKOP: THE SPOT 03:30 LOKSHIN BIOSKOP: NAZO 05:00 ♦ KA-CHING

PROGRAMME INFORMATION IS SUPPLIED BY THE BROADCASTERS





## THE FOLLOWING

SABC3, 21:30

A year after Joe's death, a mass murder in the New York subway triggers a new beginning.

SABC1	SABC2	SABC3	E.TV	M-NET	MZANSI
06:00 KIDS' NEWS & CURRENT AFFAIRS 06:30 JABU'S JUNGLE 07:00 YO.TV 07:30 TAKALANI SESAME 08:00 ♦ ISIDINGO 08:30 ♦ GENERATIONS: THE LEGACY 09:00 ♦ MUVHANGO 09:30 ♦ SKEEM SAAM 10:00 TO BE ANNOUNCED 10:30 DAILY THETHA 11:30 ♦ ZAZIWA 12:00 ♦ CHATROOM 12:30 ♦ IDENTITY 13:00 NEWS 13:30 YO.TV 14:00 ♦ KHUMBUL'EKHAYA 15:00 DEGRASSI: THE NEXT GENERATION 15:30 YO.TV 16:30 DAILY THETHA 17:28 LISTEN FOR A MOMENT 17:30 NDEBELE/SWATI NEWS 18:00 RENO RACE 18:30 SKEEM SAAM 19:00 XHOSA/ZULU NEWS 19:30 ZAZIWA 20:00 GENERATIONS: THE LEGACY 20:30 UZALO Nkunzi is livid when she finds out how MaNgcobo got the money. 21:00 KHUMBUL'EKHAYA 22:00 SPORT@10 23:00 SOCCER (DELAYED)	05:00 ♦ EPIC HANGOUT 05:30 ♦ TAKALANI SESAME 05:57 OP PAD 06:00 MORNING LIVE 09:00 PARLIAMENT 09:30 DINOSAUR TRAIN 10:00 ♦ ILITHA LETHU 10:30 ♦ KLIPHARD 11:00 LADIES CLUB 11:30 HEALTH TALK 12:30 JIKULUMESSU: OPEN YOUR EYES 13:00 ♦ 7DE LAAN 13:30 ♦ UZALO 14:00 ♦ SKEEM SAAM 14:30 ♦ MUVHANGO 15:00 WHAT ABOUT MIMI? 15:30 YO.TV 16:00 CAVE QUEST 16:30 HECTIC NINE-9 17:00 NARUTO 17:30 TSONGA/VENDA NEWS 18:00 7DE LAAN 18:30 AFRIKAANS NEWS 19:00 SPYSKAART 19:30 DEKAT Lifestyle show. 20:00 TSWANA/SOTHO NEWS 20:30 MOTSWAKO 20:56 LIVE LOTTO DRAW 21:00 MUVHANGO 21:30 GUILT Local drama series. 22:00 AFRO CAFÉ 23:00 ♦ JIKULUMESSU: OPEN YOUR EYES 00:00 SABC NEWS	05:00 ♦ JONAS 05:30 ♦ ROBOT TRAINS Animated series. 06:00 KIDS' NEWS & CURRENT AFFAIRS 06:30 EXPRESSO 09:00 ♦ REAL TALK WITH ANELE 10:00 ♦ BOLD & BEAUTIFUL 10:30 ♦ 7DE LAAN 11:00 ♦ ISIDINGO 11:30 ♦ MUVHANGO 12:00 ♦ RELIC HUNTER 13:00 NEWS 13:30 AFRICA NEWS UPDATE 14:00 CLOSE UP 14:30 LAB RATS 15:00 HECTIC@3 15:30 ♦ EISH! SAAN 16:00 ♦ THE MAVERICKS 16:30 AFTERNOON EXPRESS 17:30 BOLD & BEAUTIFUL 18:00 NEWS HIGHLIGHTS 18:02 REAL TALK WITH ANELE 19:00 ISIDINGO Lincoln breaks the conditions of his house arrest. 19:30 THE AMAZING RACE 20:00 THE HOSTESS WITH LORNA MASEKO 21:00 NEWS 21:30 THE FOLLOWING Action series season 2 starts. 22:30 TRENDING SA 23:30 BASE 3 03:30 ♦ ROOKIES 04:30 DEUTSCHE WELLE News.	05:00 ♦ COOL CATZ LEGACY 05:30 SUNRISE 08:30 ♦ MALCOLM & EDDIE 09:00 BIN KUCH KAHE 09:30 MARIDOR EN ALQUILER 10:30 ♦ DAYS OF OUR LIVES 11:30 ♦ RHYTHM CITY 12:00 ♦ SCANDAL! 12:30 ♦ IMBEWU: THE SEED 13:00 ENEWS 1PM 13:30 HOUSE 14:30 PEPPA PIG 14:35 COOL CATZ 15:00 JELLY JAMM Animated series. 15:15 PJ MASKS 15:30 SUPA STRIKAS 15:55 CRAZ-E: SHIZ LIVE 16:25 JUST FOR LAUGHS 16:50 JUDGE JUDY 17:15 DAYS OF OUR LIVES 18:00 SNAPPED 19:00 RHYTHM CITY 19:30 SCANDAL! 20:00 ENEWS 8PM 20:30 THE BLACKLIST Action series. Evidence mounts in the murder case against Liz. 21:30 IMBEWU: THE SEED 22:00 HOW TO GET AWAY WITH MURDER Courtroom drama series. Sinclair might have figured out a way to take down Annalise. 23:00 THE CORRIDOR	06:00 ♦ MASTERCHEF AUSTRALIA 07:00 ♦ SUITS 08:00 ♦ NASHVILLE 09:00 ♦ ARROW 10:00 ♦ THE MIDDLE 10:30 ♦ MASTERCHEF AUSTRALIA 11:30 ♦ CHICAGO FIRE 12:30 ♦ CHICAGO P.D. 13:30 ♦ AMERICAN IDOL 15:25 ♦ THE GOOD DOCTOR 16:15 ♦ 9JKL 16:45 THE FLASH Sci-fi series. 17:45 MASTERCHEF AUSTRALIA 19:00 THE BIG BANG THEORY Comedy series. 19:30 YOUNG SHELDON Comedy series. When Sheldon asks his parents for a computer, he unwittingly sparks an argument between Mary and George over the family's finances. 20:00 BLUE BLOODS 21:00 HOMELAND 22:00 ELECTRIC DREAMS Sci-fi series. 23:00 LUCIFER 00:00 ♦ THE LATE LATE SHOW WITH JAMES CORDEN 01:00 ♦ CHICAGO P.D. 02:00 ♦ COUNTERPART 03:00 ♦ CLOSE UP WITH THE HOLLYWOOD REPORTER 04:05 NORMAN: THE MODERATE RISE AND TRAGIC FALL OF A NEW YORK FIXER	06:00 ♦ THE DOCTORS 07:00 ♦ THE TALK 08:00 LOKSHIN BIOSKOP: LOVE SPECIALIST 10:00 ♦ THE QUEEN 10:30 ♦ ISITHEMBISO 11:00 ♦ THE DOCTORS 12:00 ♦ RING OF LIES 12:30 ♦ ISIBAYA 13:00 ♦ THE QUEEN 13:30 ♦ ISITHEMBISO 14:00 LOKSHIN BIOSKOP: REFLECTIONS Two young people meet in a taxi and begin a romantic relationship. 15:30 THE DOCTORS Medical talk show. 16:30 HOT BENCH 17:00 THE TALK 18:00 ♦ OUR PERFECT WEDDING 19:00 RING OF LIES 19:30 ISITHEMBISO 20:00 PERFECT MATCH? 20:30 ISIBAYA 21:00 THE QUEEN Local drama series. 21:30 ♦ BECOMING MRS. JONES 22:30 ♦ THE IMPOSTER 23:30 ♦ HOT BENCH 00:00 ♦ THE DOCTORS 01:00 ♦ THE TALK 02:00 LOKSHIN BIOSKOP: FINDING MR. RIGHT 03:30 LOKSHIN BIOSKOP: TAXI CHEESEBOY 05:00 ♦ KA-CHING

Movies are highlighted in red - see movie guide for details ♦ Repeat

## LAUGH A LITTLE

Fancy yourself a joker? Email original jokes to chuckles@you.co.za or send them to Chuckles, YOU, PO Box 7167, Roggebaai 8012, and we may publish them on this page.

### KNOW YOUR KIN

The Devil walks into a crowded bar. Within seconds the place empties as people run out screaming - all except for one old man leaning against the counter.

The Devil wanders across to the old-timer and says, "Do you know who I am?"  
The old-timer takes a sip of his beer before replying, "Yep."  
The Devil stares at the old man and asks, "Well, aren't you afraid?"  
The old man looks the Devil up and down for a minute and shrugs. "Nah," he says. "I've been married to your sister for 40 years. Why should I be scared of you?"

### A DOG'S LIFE

A man driving around the American countryside sees a sign in front of a rundown house that reads: Talking Dog for Sale. He pulls over and rings the bell. The owner appears and tells him the dog is in the backyard.  
The guy goes round to the back and sees a Labrador retriever lying in the sun.  
"You talk?" he asks.  
"Yep," the Lab replies.  
After the guy's recovered from the shock of hearing a dog speak, he asks, "So, what's your story?"

The dog looks up and says, "Well, I discovered that I could talk when I was pretty young. I wanted to help my country, so I contacted the CIA. In no time at all they had me jetting from country to country, sitting in rooms with spies and world leaders, because no one figured a dog would be eavesdropping.  
"I was one of their most valuable spies for eight years running. But the jetting around really tired me out and I knew I wasn't getting any younger, so I decided to settle down.  
"I signed up for a job at the airport to do undercover security, wandering near suspicious characters and listening in. I uncovered some incredible drug deals and was awarded a batch of medals.  
"I got married, had a mess of puppies and now I'm just retired."  
The guy is amazed. He goes back to the owner and asks him how much he wants for the dog.  
"Ten dollars," the guy says.  
"Ten dollars? This dog is amazing! Why on Earth are you selling him so cheap?"  
"Because he's a liar. He didn't do any of that."  
**JUST FOLLOWING THE RULES**  
"You know, I almost drowned when I fell in the dam yesterday," a guy tells his mate.

"But can't you swim?" his friends asks.  
"Of course I can, but the sign said: 'Swimming strictly prohibited!'"  
**BEAUTY AND THE BEAST**  
One chilly winter's day in Sandton an animal rights activist stops a woman walking down the street and points to her mink coat.  
"Madam, do you realise some poor animal suffered so you could wear this coat?" the activist demands.  
"How dare you talk about my husband that way?"  
**LESS CRUNCH**  
What's worse than finding a worm in your apple?  
Finding half a worm  
**ON THE HOUSE**  
A neutron walks into a bar, sits down and orders a beer. After finishing the drink the neutron asks the barman, "How much?"  
"For you," the barman replies, "no charge."  
**SERIOUS STUFF**  
What do you give an elephant with diarrhoea?  
Plenty of room. ■  
FERN HAWKSWORTH



## THURSDAY

- **NOTE TO SELF** ★★★ 2012, 100 min, PG13L, e.tv, 23:00. Romantic comedy. A basketball player finds love when he decides to keep a journal. Christian Keyes, Letoya Luckett.
- **HER FATAL FLAW** ★★★ 2006, 92 min, PG13, e.tv, 01:05. Crime drama. A lawyer decides to represent her fiancé when he's accused of murder. Victoria Pratt, Vincent Spano.
- **BATTLE OF THE DAMNED** ★★ 2013, 88 min, 16SNVL, e.tv, 02:55. Horror thriller. After a zombie outbreak in Asia, a mercenary is hired by a wealthy industrialist to rescue his daughter. Dolph Lundgren, Melanie Zanetti.

- **BALLERINA** ★★★ 2016, 89 min, PG, M-Net, 04:30. Animated adventure. An orphaned girl gets a place at a prestigious dance school.

## FRIDAY

- **LASSIE** ★★★★★ 2005, 100 min, PG, e.tv, 14:30. Adventure. In early 20th century Yorkshire a miner sells his son's collie dog to a nobleman to make ends meet. When the nobleman moves to Scotland with the dog, it escapes and tries to get back to its family. Peter O'Toole.
- **STRANGER THAN FICTION** ★★★★★ 2006, 113 min, PG13V, SABC3, 21:30. Fantasy comedy. A tax auditor starts hearing a voice in his head narrating his life and tries to find out what's happening. Will Ferrell, Maggie Gyllenhaal.
- **THE LAST CASTLE** ★★★ 2001, 131 min, 16VL, e.tv, 22:00. Thriller. A court-martialed general sent to a military prison starts an uprising against the corrupt warden. Robert Redford.
- **THE PASTOR'S WIFE** ★★★ 2011, 87 min, PG13V, e.tv, 00:40. True-crime drama. A housewife is put on trial for murdering her husband, a small-town preacher. Rose McGowan.

- **LOUIS & LUCA: THE BIG CHEESE RACE** ★★★ 2015, 78 min, PG, M-Net, 04:40. Animated adventure. Two rival inventors compete to see who can come up with the better invention.

## SATURDAY

- **ROBOTS** ★★★ 2005, 91 min, A, M-Net, 06:00. Animated sci-fi. In a world populated by robots an inventor travels to the big city to meet his idol and makes friends along the way.
- **BARBIE: A FAIRY SECRET** ★★★ 2011, 72 min, A, M-Net, 07:40. Animated fantasy. The 19th film in the series. An actor is kidnapped by fairies, whose queen has fallen in love with him.
- **EVER AFTER: A CINDERELLA STORY** ★★★★★ 1998, 121 min, A, e.tv, 14:00. Romantic adventure. In Renaissance France a young woman is treated like a servant by her stepmother and -sisters. Drew Barrymore.
- **MIRACLE DOGS TOO** ★★ 2006, 85 min, PG, SABC2, 16:00. Fantasy adventure. After rescuing two cocker spaniels caged in the woods, a young boy discovers the dogs have healing powers. Charles Durning, Lesley Anne Warren.

- **SPY KIDS 3: GAME OVER** ★★★ 2003, 84 min, A, e.tv, 16:20. Sci-fi adventure. A spy must save his sister trapped in a videogame. Alexa Vega.

- **LE WEEK-END** ★★★★★ 2013, 93 min, 16L, SABC3, 19:00. Comedy drama. An older British couple return to Paris – where they spent their honeymoon – to try to rekindle the romance in their marriage. Jim Broadbent, Lindsay Duncan.

- **TANGLED** ★★★★★ 2010, 100 min, A, e.tv, 19:30. Animated fantasy. A girl with magical hair has spent her life locked in a tower until she meets a runaway thief, who helps her escape.

- **PARTITION** ★★★ 2007, 116 min, 16V, SABC2, 21:00. Drama. In 1947 during the partition of India, a Sikh former soldier takes in a Muslim woman separated from her family. Jimi Mistry.

- **WAR ON EVERYONE** ★★★ 2016, 98 min, 16VL, M-Net, 21:00. Action comedy. Two corrupt cops who blackmail criminals meet their match. Alexander Skarsgård, Michael Peña.

- **THE GREAT GATSBY** ★★★ 2013, 143 min, PG13, e.tv, 21:45. Drama. In 1922 a writer gets drawn into the lives of his wealthy cousin and her mysterious neighbour. Leonardo DiCaprio.

- **LOINS OF PUNJAB PRESENTS** ★★★★★ 2007, 88 min, PG13, e.tv, 00:40. Music comedy. Seven strangers' lives intertwine when they take part in a singing competition. Shabana Azmi.

- **ALBERT** ★★ 2015, 81 min, PG, M-Net, 03:05. Animated adventure. After their prank upsets the locals, two mischievous young boys leave their hometown to explore the world.

- **THE BOSS BABY** ★★★ 2017, 97 min, PG, M-Net, 04:55. Animated comedy. A boy is dismayed when his parents adopt a baby.

## SUNDAY

- **LEGO SCOOBY-DOO!: HAUNTED HOLLYWOOD** ★★★★★ 2016, 75 min, PG, M-Net, 07:00. Animated comedy. Amateur detectives look into a case involving an old movie studio.

- **TANGLED** ★★★★★ e.tv, 13:00. See Saturday.

- **EDDIE THE EAGLE** ★★★★★ 2016, 106 min, PG13, M-Net, 13:30. Sport biopic. A look at the life of Eddie Edwards, an underdog British ski jumper who charmed the public at the 1988 Winter Olympics. Taron Egerton, Hugh Jackman.

- **TEES MAAR KHAN** ★ 2010, 135 min, PG, SABC3, 15:00. Action comedy. A criminal poses as a movie producer to convince a village to help him rob a train full of treasure. Salman Khan.

- **FANTASTIC 4: RISE OF THE SILVER SURFER** ★★ 2007, 92 min, PG13V, e.tv, 15:05 & 01:00. Sci-fi action. The sequel to Fantastic Four. Four superheroes try to stop a powerful alien from destroying Earth. Ioan Gruffudd, Jessica Alba.

- **CREED** ★★★★★ 2015, 133 min, 13VL, e.tv, 20:00. Sport drama. A spin-off from Rocky. A retired boxing champion agrees to train the son of his late friend. Michael B Jordan.

- **AMERICAN MADE** ★★★★★ 2017, 115 min, 16VL, M-Net, 20:30. True-life thriller. During the '70s American pilot Barry Seal becomes a drug smuggler for the CIA. Tom Cruise.

- **PREDATOR 2** ★★★ 1990, 108 min, 16VL, e.tv, 22:50. Sci-fi action. A detective is baffled by the ritual murders of drug dealers. Danny Glover.

- **KEY HOUSE MIRROR** ★★★ 2015, 91 min, PG13L, M-Net, 23:05. Drama. An elderly Danish woman taking care of her invalid husband finds a new lease of life when a mysterious man moves in next door. Ghita Nørby, Sven Wollter.

- **HER FATAL FLAW** ★★★ e.tv, 02:45. See Thursday.

- **HAILEY DEAN MYSTERY: DEADLY ESTATE** ★★★ 2017, 90 min, PG, M-Net, 02:55. Crime drama. A former state prosecutor's friend disappears after she agrees to help her sell the estate of her deceased parents. Kellie Martin.

- **ROBO-DOG: AIRBORNE** ★★★ 2017, 88 min, PG, M-Net, 04:35. Sci-fi comedy. The sequel to Robo-Dog. An amnesiac robot dog gets taken in by a new family. Jonathan Silverman.

## MONDAY

- **OUTSOURCED** ★★★★★ 2006, 103 min, PG13, e.tv, 23:00. Romantic comedy. After his entire department is outsourced, an American office manager travels to India to train his replacement. Josh Hamilton, Ayesha Dharker.

- **KEY HOUSE MIRROR** ★★★ M-Net, 01:00. See Sunday.

- **CREED** ★★★★★ e.tv, 01:05. See Sunday.

- **FREE FIRE** ★★★ 2016, 91 min, 16VL, M-Net, 02:55. Action. In '70s Boston, USA, two gangs meet up in an abandoned warehouse to make a deal. Sharlto Copley, Armie Hammer.

- **BALLERINA** ★★★ M-Net, 04:30. See Thursday.

## TUESDAY

- **AND BABY WILL FALL** ★★★ 2011, 85 min, PG13V, e.tv, 23:00. Thriller. A woman's husband becomes the prime suspect after the disappearance of a former classmate. Anastasia Griffith.

- **THE SHACK** ★★ 2017, 132 min, PG13, M-Net, 03:50. Drama. A grieving man gets a mysterious letter that leads him to a meeting with God. Sam Worthington, Octavia Spencer.

## WEDNESDAY

- **THE CORRIDOR** ★★ 2010, 98 min, 16SNVL, e.tv, 23:00. Horror. Friends stumble upon a mysterious corridor in the middle of nowhere. Stephen Chambers, James Gilbert.

- **NORMAN: THE MODERATE RISE AND TRAGIC FALL OF A NEW YORK FIXER** ★★★★★ 2016, 118 min, 13L, M-Net, 04:05. Drama. An American fixer's life changes dramatically when the young Israeli politician he befriended years earlier becomes prime minister. Richard Gere.



COMPILED BY NICI DE WET

# MY DOG HAS DIABETES

It's more common than you think! Here are the warning signs – and what to do if you think your dog is sick



← Claudia Sherrin's pug Zappa has diabetes and she's made it her mission to make other dog owners aware of the disease.

IT WAS at the beginning of December that YOU reader Claudia Sherrin (35) from Port Shepstone in KwaZulu-Natal first started to notice minor changes in her beloved 10-year-old male pug, Zappa.

“He seemed more lethargic, which was mainly noticeable on his daily walks. For the most part we thought the slowing down was age-related as Zappa's overall health was outstanding. He still showed a willingness to walk and play but his excitement and energy just didn't seem to carry much stamina.”

In February she and her husband took Zappa to their local vet for an annual check-up and were shocked when a weak heartbeat was detected. They were advised to take their dog to a specialist.

“We drove to Joburg to see Dr Gary Eckersley, who's a renowned veterinarian specialist. Within the first five minutes of the consultation he was able to diagnose Zappa with full-blown diabetic ketoacidosis!

“At first we felt overwhelmed as we were thrown in at the deep end of a disease we knew nothing about,” Claudia says. “But thankfully we were able to educate ourselves by talking to others who've been through the same situation.

“We also joined a Facebook group called Canine Diabetes Support and Information, which was helpful. Our goal isn't only to educate ourselves but also others.”

## WHAT IS CANINE DIABETES?

Two kinds of diabetes affect dogs:

■ **Insulin-deficient diabetes** occurs when the dog's body doesn't produce enough insulin because the pancreas isn't working properly. This is the most common type of diabetes in dogs.

■ **Insulin-resistance diabetes** occurs when the pancreas produces some insulin but the dog's body isn't using it as it should. This often occurs in older, obese dogs.

Without insulin to convert

## WARNING SIGNS OF DIABETES

- An extreme, unquenchable thirst.
- Loss of energy and shortened stamina.
- Excessive sleeping and lethargy.
- Change in appetite.
- Loss of eyesight, especially the development of cataracts.
- Unusually sweet, fruity or acetone-smelling breath.

glucose in the bloodstream to fuel, high levels of glucose build up in the blood. Eventually this acts like a poison and leads to multiple-organ damage.

## TREATMENT

Daily insulin injections are needed to regulate blood-sugar levels. How much insulin to give and how to administer it will be explained to you by your vet and will depend on factors such as the dog's age and weight.

Also ask your vet for an exercise and food programme for your dog.

## A WHOLE LOT OF PUP!

Standing up on her hind legs she's 1,82m tall and weighs 76kg but she hasn't even had her first birthday. Meet Euphrates, whose owner, Jared Howser (41), believes she's the largest puppy in the world.

“We've looked online, called Guinness World Records and reached out to hundreds of breeders to see if any dog comes close to her size for this age [nine months] and there's nothing.” Euphrates was bred to replicate an extinct dog species. She's from the first litter of a new breed called the American Molossus, the closest genetic descendant of the Mesopotamian Molossus – a large, fierce dog bred in about 5000 BC and often used in war. Despite her size, she's friendly, gentle and caring.

“Just by wagging her tail she can take down a grown man no problem if she catches your knees,” Jared says. “Most people think she's a fully grown dog when we take her out in public. When we tell them she's a nine-month-old puppy their jaws hit the floor.”

How heavy and tall will Euphrates be when she's fully grown? Judging by the size of her feet, we'd say the size of a horse!



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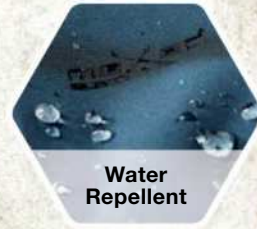


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## YOUR STARS

By **PETRA DU PREEZ**

For birth charts and other astrology enquiries email Petra at [YourStars@you.co.za](mailto:YourStars@you.co.za) or go to [astrozone.co.za](http://astrozone.co.za).



## TAURUS

20 APRIL - 20 MAY

### Now's the time to take care of your health

It's a time in which to focus on the needs, rather than wants, of your physical body, even if it means having to make a change or two. As a Taurus who loves the good life and is prone to self-indulgence, you may have to downsize on dining and wining. In this regard, the subsequent improvement of your cash-flow should be an incentive. If more exercise is what's needed to get you into shape, it's time to get off the couch.

**YOUR LUCKY NUMBERS**  
9, 41, 50, 15, 7, 24

## FAMOUS BIRTHDAYS



**JENNA COLEMAN**  
27 APRIL 1986



**WILLIAM KENTRIDGE**  
28 APRIL 1955



**KUNAL NAYYAR**  
30 APRIL 1981



**GAL GADOT**  
30 APRIL 1985



**DWAYNE JOHNSON**  
2 MAY 1972



**DONATELLA VERSACE**  
2 MAY 1955

## TAURUS DO'S AND DON'TS:

- Don't push Taurus out of their comfort zone.
- Do allow the Bull to chew the cud before making decisions.
- Don't expect Taurus to change the status quo.
- Do allow Taurus to indulge in feeding their senses.
- Don't deprive Taurus of material comforts and financial security.
- Do accept that occasionally Taurus may be a stick-in-the-mud.
- Don't expect Taurus to take shortcuts.

## GEMINI

21 MAY - 20 JUNE

It's a week in which to place pleasure above work, go out and have some fun. So try to juggle the balls and create a gap in your busy schedule. As a people-loving Gemini, you'll probably be in the mood for socialising – which makes it a fine time to have a good time with your friends. You may want to arrange a sight-seeing tour, organise a group outing to an interesting place or have them over for an afternoon of gossip and games.

**YOUR LUCKY NUMBERS**  
31, 22, 2, 39, 43, 18

## CANCER

21 JUNE - 21 JULY

Who you know may be of more benefit than what you know this week. This is no time to hide in your shell. Even if you sometimes prefer your own company, make an effort and attend business meetings, go to social gatherings or take part in group activities. To mix and mingle may open doors and help you to further your goals.

**YOUR LUCKY NUMBERS**  
52, 26, 4, 23, 50, 16

## LEO

22 JULY - 22 AUG

Your health and welfare seem to be the areas of focus this week. Although taking care of your physical body is important, your mental, emotional and spiritual welfare are also at stake. Make sure that, apart from regular exercise, adequate rest and a wholesome diet, you also do what it takes to replenish your mind and soul.

**YOUR LUCKY NUMBERS**  
45, 17, 44, 43, 7, 10

## VIRGO

23 AUG - 22 SEPT

Venus, planet of attraction, currently resides in your professional horoscope, which can have beneficial spin-offs. You're in a good position to attract lucrative deals, launch a money-making project or draw the attention of someone who can promote your career. It's also a good time to enter a professional partnership – so keep your eyes peeled.

**YOUR LUCKY NUMBERS**  
51, 36, 5, 8, 48, 18

## LIBRA

23 SEPT - 22 OCT

If you're a true Libra, chances are you're a socialite who likes the company of others. But this is a week in which to seek your own company and focus on your personal life. You might want to do some soul-searching or consider ways to improve your overall wellbeing. It's also a good time to think through family or relationship issues.

**YOUR LUCKY NUMBERS**  
1, 50, 13, 25, 38, 6

## SCORPIO

23 OCT - 21 NOV

Your mental level is currently high, which means it's a good week to invest time in writing, research work or study. You may like to delve into subjects for your own interest, investigate material for a book or enrol in a study course. As a Scorpio, delving deep is what makes you tick, so it might be a week of enjoyment rather than effort.

**YOUR LUCKY NUMBERS**  
28, 32, 32, 37, 3, 51

## SAGITTARIUS

22 NOV - 20 DEC

Life is happening at work this week, so it's time to settle down and get the job done. As a Sagittarius who likes to aim higher, it's also a good week to set goals for the future. The effort you put into your work may be instrumental in securing financial success. As it is, taking responsibility for your cash-flow will be a theme for a while to come.

**YOUR LUCKY NUMBERS**  
21, 34, 46, 11, 20, 40

## CAPRICORN

21 DEC - 20 JAN

It's a week in which to let your hair down and have fun, unusual as that may be for a conscientious and serious Capricorn. But all work and no play make for dullness, so down your tools and take time out. You may want to spend time on a hobby, go to the movies or hang out with friends. You could also treat the kids to an outing and spend quality time with them.

**YOUR LUCKY NUMBERS**  
52, 12, 30, 29, 33, 27

## AQUARIUS

21 JAN - 18 FEB

As an Aquarius, charitable causes are likely to be high on your list of priorities. But the emphasis currently falls on family life, with a reminder that charity begins at home. It's a week in which to spend quality time with loved ones. You may want to play games with the kids, take your parents out for dinner or arrange a weekend away with the whole clan.

**YOUR LUCKY NUMBERS**  
19, 21, 28, 13, 36, 45

## PISCES

19 FEB - 20 MARCH

With peace-loving Venus currently residing in your family horoscope you can look forward to a week of amiable interaction with your loved ones. This is a great time to get the whole family together. It's also a fitting week in which to make a special effort to get into touch with your siblings, so pop in to see them or drop them a line.

**YOUR LUCKY NUMBERS**  
51, 52, 1, 10, 2, 48

## ARIES

21 MARCH - 19 APRIL

The emphasis has shifted to money matters, so it's a good time to curb your expenses and build your funds. Financial planning may be necessary, so you might want to draw up a budget. If your hasty Aries nature makes you an impulsive buyer, try to mend your ways. You may also want to look into investing or saving options.

**YOUR LUCKY NUMBERS**  
19, 42, 14, 35, 49, 47





CHILL OUT | SPOTLIGHT

## Liam Neeson

The veteran actor returns to the big screen in a political biopic

COMPILED BY NICI DE WET

**POLITICALLY MINDED** Liam (65) plays the lead in *Mark Felt: The Man Who Brought Down the White House*, about the whistleblower FBI agent at the centre of the Watergate scandal that rocked US politics in the late '70s. Felt – better known by his nickname Deep Throat – leaked top-secret information about corrupt dealings in Richard Nixon's administration to reporters from the *Washington Post*. It led to Nixon's resignation.

Asked about the parallels to today's political climate, Liam told *The Hollywood Reporter*, "Democracy works, and no man – and certainly not the president – is above the law. He has to be accountable. We have to keep reminding ourselves of that."

Writer-director Peter Landsman says the Irish actor was the only man for the role. "His integrity as an artist, his bearing, his physicality were really just perfect. He's the only person I went to ultimately."

Diane Lane stars as Felt's wife, Audrey.

**MATTERS OF THE HEART** The entertainment world – and Liam's fans – mourned with the star when his wife, actress Natasha Richardson, died in a skiing accident in 2009, leaving Liam to raise their sons, Michael (23) and Daniel (22), alone.

In 2010 he met British publicist Freya St Johnson whom he dated on and off for five years – until he hinted at a mysterious new flame in 2016. He told the *Irish Sunday Independent* his new partner was "incredibly famous" but wouldn't say who she was because "I'd embarrass her".

Earlier this year he and former flame Helen Mirren (72) reunited on *The Graham Norton Show*. Liam and the legendary actress dated after co-starring in *Excalibur* (1981).

"I remember being on set as Helen walked towards me in her Morgana Le Fey costume," he said. "I was smitten. She was so sexy."



Liam with wife Natasha Richardson the year before her death.

### HUMBLE HERO

Liam, a former forklift driver and amateur boxer, has a powerful physical presence – he's 1,93m tall. This has helped him in playing screen heroes such as Rob Roy, Valjean in *Les Misérables*, Jedi master Qui-Gon Jinn in *Star Wars: The Phantom Menace* and the Greek god Zeus in *Wrath of the Titans*. He also brought Oskar Schindler to life in *Schindler's List*, which earned him an Oscar nomination in 1994.

"I've had an unbelievable life," he says. "I've been very lucky. But you create your own luck too."

He recently shot down rumours he was retiring from action movies – and to prove it he has two action thrillers coming up this year, *The Commuter* and *Hard Powder*.

### UP CLOSE



■ Fellow actor Ralph Fiennes is a close pal. "He's very into yoga and I do bits of that with him. We hike and walk and talk a lot."

■ Liam grew up in troubled Northern Ireland where his mother worked as a cook and his father a school caretaker. He says he witnessed violence every day. "It's always terrified and fascinated me," he says.

■ His favourite pastime is fly-fishing.

■ He plays down his good looks – sort of. "I never did think of myself as handsome – terribly attractive, yes, but not handsome."

■ He suffers from acrophobia. "I'm a wimp about heights, I just am. Put me on a chair to fix a lamp or something and then, boom!"

Mark Felt: The Man Who Brought Down the White House is now in SA cinemas.





AT THE CINEMA

Wade Watts (Tye Sheridan) escapes from his harsh reality in Ready Player One.

CHILL OUT | WHAT TO WATCH

# Ready Player One ★★★★★

Sci-fi action. With Tye Sheridan, Olivia Cooke and Ben Mendelsohn. Director: Steven Spielberg. 13LV.

**Based on the 2011 book** of the same name by Ernest Cline, this hugely entertaining film is set in the year 2045. It's centred on orphan Wade Watts (Sheridan), who lives in the Stacks, a depressing neighbourhood made of trailers stacked on top of one another. But hidden inside his shabby motor home are Wade's gadgets that enable him to visit a virtual world called the Oasis where you can be and do anything you want.

It's also a place where thousands of people try to find a hidden key left by

Oasis' creator (Mark Rylance) to gain control of this digital kingdom.

A roller-coaster ride like this is what 4DX cinema was made for. I enjoyed every second of the more than two hours in a tilting chair that moves with the action on screen. There's also wind, water in your face and something wiggling against your legs.

This is Spielberg at his best – it's his most enchanting film since E.T. the Extra-Terrestrial (1982). Some have complained the film relies too much on nostalgia, but if you grew up in the era of music artists such as Depeche Mode and Tears for Fears you'll love it, while iconic characters from films such as Child's Play (1988) as well as Spielberg's own Jurassic Park (1993) surprise you around every corner.

In 4DX this is a tour de force with a strong message. - PIETER VAN ZYL

## ★ DVDs

### THE WHALE CALLER

★★★★ **Local drama.** Based on Zakes Mda's acclaimed novel, this magical-realism film sees the reclusive whale caller (**Sello Maake KaNcube**) – whose life revolves around the yearly appearance of a whale named Sharisha near his Hermanus home – start an unlikely romance with troubled Saluni (Amrain Ismail-Essop), who tries to usurp Sharisha's place in his heart.

While the film is a feast for the eyes – stunning cinematography transforming Hermanus into a surreal beautiful world – director Zola Maseko fails to maintain the magical-realism tone, rudely shocking the viewer back to reality at random intervals.

But KaNcube and Ismail-Essop deliver strong performances and Saluni's futile attempts to take Sharisha's place are moving. If you have the patience to weather the film's weaknesses you'll be rewarded with a touching tale filled with beauty and symbolism. - **BIANCA LAMBRECHTS**  
2016. 16DL. 97 MIN.



### HAPPY DEATH DAY

★★★★ **Horror comedy.** The cover of this DVD proudly proclaims, "From the producer of Get Out, The Purge and The Visit."

Like those films, this is a movie with brains and wit – but unlike them, there's relatively little violence and it's also funny, not darkly satirical like The Purge (2013) or Get Out (2017).

Varsity mean girl Tree (**Jessica Rothe**) is thrust into a nightmarish version of Groundhog Day, where she ends her birthday being murdered, only to wake up and relive the day, over and over. This lets her figure out who wants to kill her – the list is long – and lets her slowly morph into a decent human being. - **DENNIS CAVERNELIS**

2017. 97 MIN. 13HLV. ALSO ON DSTV BOX OFFICE.



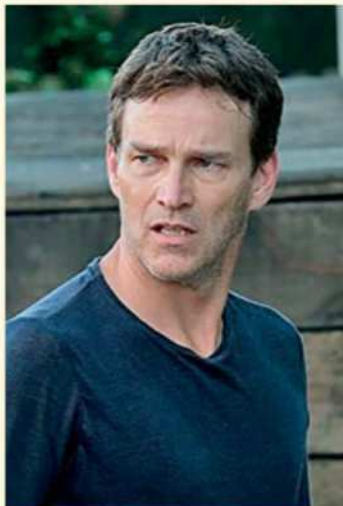
## ★ SERIES

### DSTV THE GIFTED SEASON 1

Starts Monday 23 April at 21:00 on Fox (channel 125).

After nine films centred on the X-Men the idea of watching a series about the Marvel Comics superheroes might not make you jump for joy, but The Gifted has received mostly positive reviews from critics, earning it 71% on reviews aggregate site Rotten Tomatoes.

Set in a universe where people with special abilities – called mutants – are hunted by the government, The Gifted stars **Stephen Moyer** (True Blood) as a prosecutor specialising in imprisoning them. His life is derailed when he discovers his kids have special powers.



### M-NET WESTWORLD SEASON 2

Starts Monday 23 April at 22:00.

The thrilling season 1 finale of this thought-provoking sci-fi series rewarded viewers who'd stuck it out through a few alienating plot developments, only to be left hanging for more than a year waiting for season 2.

The hosts, including Dolores (the excellent **Evan Rachel Wood**), had become self-aware, taking up arms against the company that controlled their existence. Finally the complicated plot made sense, but where could the show go after all that destruction?

Luckily South Africans will find out within 24 hours of the US broadcast.



# Catch-up with ChianoSky

She featured on Kid X's track *Aunty* last year – now the Jozi songbird hits us with her new tune, *Diamonds & Gold* featuring Kwesta. We asked the 24-year-old to tell us more

BY NICI DE WET

## What inspired the song?

"Kwesta, producer Saint Danger and I composed it together – it's based on the idea that today's society has blurred perceptions of value. I think social media bring misleading realities of happiness. Some of the happiest people in the world don't have it all. I want the youth of today to see beyond the glitz and glamour that social media serve them and appreciate the true hustlers in the city that I love."

## Tell us about the collab with Kwesta.

"Kwesta and Kid X are part of the same crew called Raplyf – they're hands-on with each other's projects. I was working with Kid X on *Aunty* which sparked a conversation with Kwesta for this single, and boom! Working with him was such a cool experience – he's so humble and just a genius at his craft. I have mad respect."

## Are you working on a new album?

"I am. With this album I've been really transparent lyrically and just spoke my mind with no filter. I feel it's really important to keep evolving as an artist and as a person with everything you do."

## Where's your sound heading?

"I've always wanted to play with soulful samples and African rhythms in creating a sophisticated urban sound of my own."



## REVIEW



### MY DEAR MELANCHOLY!

★★★

#### By THE WEEKND

The Weeknd surprised everyone with this six-song EP, his first release since 2016's double platinum-selling *Starboy*.

In essence it's a break-up record stemming from his split last year from singer-actress Selena Gomez – she dumped him for on-again, off-again ex Justin Bieber.

On the first single, *Call Out My Name*, he laments, "I put you on top/I claimed you so proud and openly" before admitting, "I said I didn't feel nothing baby/but I lied."

He goes on to pour his heart out in tracks such as *Wasted Times*, *Hurt You* and *Privilege*, in which he alludes to drug use to help ease the pain.

There's no uptempo *Starboy* tunes on this album – Abel is hurtin', and hurtin' bad.



## KYLIE GOES COUNTRY!

She's known as the queen of pop but on her new album, *Golden*, Kylie Minogue heads into country!

Speaking about the change of direction the Aussie siren, who turns 50 next month, says, "It was suggested by my record company guy who I've worked with for 10 years.

"I wasn't too sure but then

I went to Nashville on a songwriting trip last July and it all started to make sense. We managed to find this country inspiration but bring it back into my world."

Kylie also co-wrote every song on *Golden*, making her 14th album arguably her most personal to date.

"The end of 2016 wasn't a good time for me," she says, referring to

the breakup of her engagement to British actor Joshua Sasse (30). "So when I started working on the album in 2017 it was, in many ways, a great escape.

"Making it was a kind of saviour – writing about various aspects of my life, the highs and lows, with a real sense of knowing and irony. And joy!"





CHILL OUT | BOOKS

READ THIS

## Teen angst

### Local author Sally Partridge on her edgy new novel for young adults

COMPILED BY JANE VORSTER

**H**ER novels have won her a legion of teenage fans, earning her high praise for her ability “to get into young people’s heads”.

In 2007 Sally Partridge was only in her early twenties when she was picked as one of the winners of YOU’s I Am a Writer Competition for her novel *The Goblet Club*, a gothic story set in a mysterious South African boarding school.

Since then there’s been no looking back for the Cape Town author – her fifth novel, *Mine*, recently hit the shelves.

We caught up with Sally (35) to find out more about her latest offering, which she describes as a “crazy love story” about two teens trying to make sense of their lives

in the Mother City.

#### Why the title, *Mine*?

It’s a play on the phrase “mine, all mine”. It’s a powerful little word that has both positive and negative connotations – all-consuming love but also possession.

#### It’s a roller-coaster love story. Was it difficult to write?

Extremely difficult, especially when you know your character is about to make a huge mistake, but it needs to happen for the sake of the story.

#### In your acknowledgements you say you had to take a crash course in wind instruments. What made you decide to make Kayla play the flute?

I attended a school music recital with a friend. Once the kids had finished, the two new music teachers at the school paired up for a duet on the piano and flute.

That scene stuck with me, so when I created Kayla and needed to choose an instrument that moment came right back.

#### What other research did you do?

A lot of crash courses were necessary. Skateboarding. Sound equipment. Music terminology. It was important that everything I wrote about be accurate.

#### Your main characters are troubled. When we meet them, Fin smokes dagga and is repeating matric and Kayla sleeps around. Should parents be worried?

About the book? No. About what their kids are up to? Yes.

#### What feedback have you had from teen readers about your novel?

The feedback has been amazing. I’ve even spotted fan fiction online, which was humbling to see.

#### Your dialogue is really nicely done and totally believable. How do you get the tone right?

I aim for honesty and real emotion. You don’t need to include slang to make “teen speak” authentic, just sincerity.

#### What is it that draws you to young adult (YA) fiction?

It [our teen years] is a time when we experience the moments that define who we become, our first loves and disappointments. This fascinates me more than anything.

#### This is your fifth novel. Are you now totally sure of yourself or do you still have soul-crushing moments of self-doubt?

I’m sure all writers feel self-doubt sometimes but I know one thing for sure – that I can’t imagine doing anything else.

#### Tell us what you were like as a teen.

I had a rebellious streak and I’m possibly responsible for more than one of my parents’ grey hairs.

#### What do you wish you’d known back then?

That you don’t have to please other people for them to like you. ■

## REVIEW



### MINE

★★★★★

By SALLY PARTRIDGE  
Human & Rousseau

Fin and Kayla both have big problems. He smokes dagga and is repeating matric but when he meets blue-haired Kayla he’s swept off his feet and is ready to make sweeping changes.

The trouble is, Kayla has major issues of her own. She’s developed a reputation for being a bit “easy” – it’s her misguided attempt to get boys to like her and win the respect of girls at her school.

In each other Fin and Kayla find the only place they’ve ever felt they belonged, until their pasts come back to haunt them.

Parents might shudder at the idea of their teens reading about such troubled characters, but they needn’t worry – it’s more of a cautionary tale.

Through Fin and Kayla, Partridge explores serious issues that are often ignored, such as “player” culture, manipulation and peer pressure.

And she does it in a way that’s bound to grab teens’ attention. – JANE VORSTER



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**CHILL OUT** | FICTION

## Oh, Happy Day

Serena thought she had the wedding under control – but then things began to fall apart

BY **JULIA THORLEY** ILLUSTRATION: **MINDI FLEMMING**

**S**ERENA Green was anxious nothing should go wrong during the first wedding at Howitt Hall. It hadn't been a function venue for long, but it was beginning to build a reputation for offering simple yet stylish parties that weren't cheap, but were considered good value. Today, she was in charge as a hundred of the great and the good of the area gathered to see the joining of Tina,

daughter of local businessman Charlie Taylor of Taylor's Bakeries, and Eddie Bailey, son of factory foreman George.

Serena had triple-checked everything that was within her control and quite a few things that weren't. The menu had been approved at every stage; the flowers on the table had been selected to match the colour of the bridesmaids' dresses, and the motif was carried through into the tableware and place cards; the temperature of the ceremony room was perfect; the correct number of suites had

been booked, so that the principal players in the wedding party had somewhere to get ready, as well as to stay overnight; cream umbrellas were on hand, just in case of rain; and the grounds had been pruned and tidied to within an inch of their life. The stage was set.

The buttonholes for the principals were, as tradition decreed, a single flower each: in this case, roses that had been dyed to match the day's other accessories. Serena was starting to feel a little anxious that, with just over an hour to go, there was no sign of them. She was just wondering whether to ring the florist when the delivery van from Beaux Fleurs turned up.

She went outside to help the driver unload, but in her eagerness she managed to knock the tray out of his hand. She stumbled forwards to try to save the flowers but only succeeded in treading all over them, grinding them into the gravel.

Serena looked at the driver; the driver



looked at Serena. It was at this moment that Charlie Taylor appeared on the doorstep.

“Everything all right, Serena?” His cheery demeanour vanished as he took in the floral carnage before him. “What on earth—?”

“Don’t worry,” said Serena. “It’s not as bad as it looks.” She picked up a headless stalk and tried to put a flower back together, as if by pressing hard and praying fervently she could perform a horticultural miracle.

She looked hopefully at the driver: “I don’t suppose—” she began.

“Don’t look at me. It wasn’t my fault. In any case, I’ve got to get going. I have three more weddings and a funeral to see to by the end of the day.”

Serena looked on in dismay as the driver jumped back into his van and disappeared in a cloud of dust. She turned to look at Charlie.

“Don’t say anything to Tina and Eddie. Leave it with me. I’ll get it sorted.”

“You’d better.” Charlie glowered at her. “I’ll give you 20 minutes.” He turned and went back into the hall.

**I**T’S a credit to Serena’s professionalism that, by coercing the Howitt Hall gardener to sacrifice a few of his own precious blooms and encouraging a donation of baking foil from the kitchen, 19 minutes later she was knocking tentatively on the door of Eddie’s suite where he, the best man and the ushers were dressing.

“It’s Serena. Are you all decent? I have your buttonholes. There’s one each for you and one for Charlie. Can you give it to him, please? Cream is such an elegant choice.” Leaving no room for anyone to comment, she pressed on, “Well, I can’t stop. Lots to do.”

She closed the door and allowed herself to breathe out. Her suspicion that the men had little interest in the flowers had been confirmed. She’d got away with it, as long as Charlie didn’t rock the boat, and by the time any of the women saw what had happened it would be too late for them to make a fuss. After the ceremony, she could offer them a discount to placate them, if necessary.

Serena moved along the corridor to the suite where the ladies were getting ready. She was about to knock, but then hesitated. Could she hear crying? She knocked anyway and went in.

Tina was sitting on the edge of the bed,

looking beautiful in her gown. The only thing that was slightly amiss was that she was indeed crying and her mascara had started to make its way inexorably down her face. She had one shoe on and the other was in her hand. That is to say, the heel was in one hand and the rest of the shoe was in the other.

“I can’t go through my wedding like this. I don’t want to limp my way into married life. Somebody do something!”

She howled like a wounded animal while the maid of honour rallied round with tissues and platitudes, suggesting: “Maybe you could go barefoot: you know, sort of boho chic.”

Tina stopped crying long enough to give her a look that could’ve drained the sweetness out of honey.

“Barefoot? Barefoot? I’m not a hippy.” She resumed her wailing.

Serena stepped up to the plate and lied: “Don’t worry, Tina. This happens all the time. I can get it fixed.”

The tap was turned off. “Really?”

“Really.” She took the two halves of the shoe from Tina with the care of a police officer retrieving a shotgun from a surrendering villain. “Have a glass of wine and fix your make-up. I’ll be right back.”

Serena left the room as calmly as she could. As soon as the door was closed, she pelted along the corridor, down the stairs and outside to the workshop to find the maintenance man.

“Jim! Help! Emergency! What have you got to mend a shoe with?”

Jim looked up from the workbench where he was doing some running repairs on a lawnmower. He took the offending footwear from her and turned it over in his hands.

“Well, I’m no cobbler and I reckon it’s too far gone for duct tape. Tell you what, I’ll give it a blast of superglue and stick it in a G-clamp for a few minutes. That should do the trick – as long as the bride doesn’t walk too fast.”

**A** SHORT while later, Serena was congratulating herself on having averted two potentially day-spoiling catastrophes. She looked at her watch, and the beginnings of another potential problem started to form at the edges of her mind. She

went to find Eddie again.

“I was just wondering which marriage officer you’d booked. I’m sure he’s on the way, but I thought I might give him a quick call, just to make sure.”

Eddie looked confused. “Marriage officer?”

“Yes. What time did you tell him to be here?”

“Well, I didn’t. I thought you’d booked him.”

For the second time that day, Serena locked eyes with a man while an awful truth dawned on them both. No one had booked the official. No official, no marriage. No marriage: well, neither of them wanted to acknowledge the rest of that thought.

Serena heard herself say, “Not a problem. I’m sure we can fix this. Right, I’m thinking aloud here, so please jump in if anything comes to you. It’s too late to sort anything out now. I don’t suppose any of the guests happens to be suitably qualified? No. Stupid idea.”

Eddie looked as though he might cry. “Can’t you do it? You know, like the captain on a ship?”

“We’d never get away with it, and it wouldn’t be legal.” She paused. “Unless—”

Eddie brightened slightly. “Unless what?”

“Okay. You know in films how they say, ‘It’s crazy but it might just work’? Well, this is one of those moments. I have an idea. We could hold a fake wedding. No, hear me out. You’ve got a hotel full of guests waiting to share your big day with you. We have the music, we have the photographer and the room is ready. All we need is someone to do the actual marriage bit.

“I’ll go and get our maître d’. He’s already suited and booted and has an air of authority. A quick google and we should be able to cobble together some kind of script for him. The guests will never know. We’ll do the whole thing for show now, then you can come back with your witnesses some other time and do it properly.” She paused while this ridiculous idea sank in. “Well?”

And so it was that Tina, trying hard not to put any weight on her right foot, posed for photographs in which the men all wore makeshift buttonholes and centre stage a head waiter beamed proudly at the happy couple he’d just “married”. ■

© JULIA THORLEY

**Serena heard herself say, ‘Not a problem. I’m sure we can fix this’**

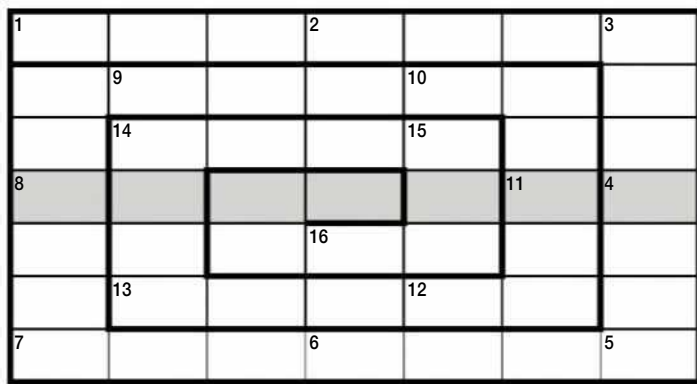


## SPIRAL

Starting with clue No 1, fill in the grid in a clockwise direction with four-letter words, working your way to the centre of the spiral puzzle. The last letter of each word becomes the first letter of the next. If you have correctly filled in the grid, there should be a seven-letter keyword reading across from clue No 8.

- |  |                         |                       |
|--|-------------------------|-----------------------|
| 1 Move along in water by using arms and legs | substance               |                       |
| 2 Chinese dynasty                            | 7 YOU's sister magazine |                       |
| 3 Robe                                       | 8 Nearly all            |                       |
| 4 Want                                       | 9 Brass instrument      | 13 Depressing         |
| 5 Prima donna                                | 10 As well              | 14 Submissive         |
| 6 Sour-tasting                               | 11 Greasy               | 15 Type               |
|  | 12 Yin and ...          | 16 Lacking brightness |

**Key-word clue: large number**



COMPILED BY MARTHE HAND

## CRYPTO-QUOTE

Example: **AXYDLBAAXR**  
is: **LONGFELLOW**

One letter stands for another. In the example above, A is used for the three Ls, X for the two Os and so on. Single letters, apostrophes, the length and formation of the words are all hints. Each week the code letters are different. This week's hint: ZFBWFKW is SOMEONE.

DE AFR EDKV ZFBWFKW AFR CFTW

DK AFRY CDEW, XMWK MSKL FK XF

XMSX CFTW. - IYDKUWZZ VDSKS

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

**Last week's solution:** When our spelling is perfect, it's invisible. But when it's flawed, it prompts strong negative associations. - Marilyn Vos Savant

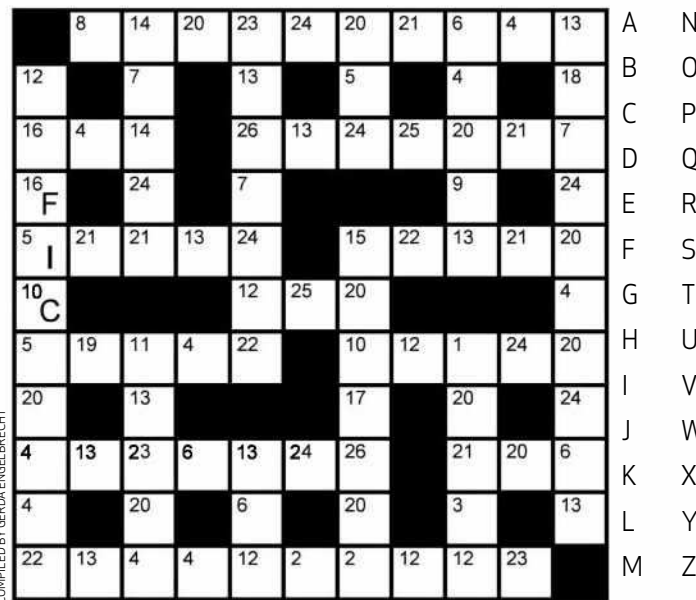
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## WORDLINK

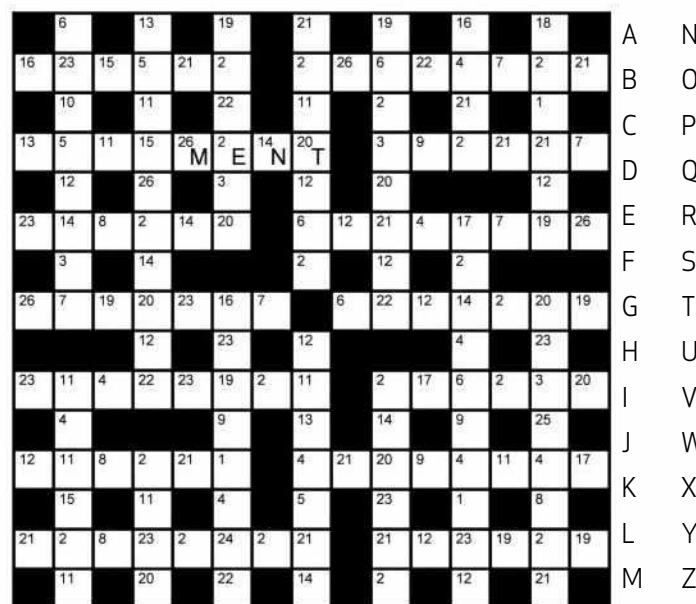
Fill in the word that completes the first word and starts the second word. Example: After (sun) flower = Aftersun and sunflower.

## CODEBREAKER

Each letter of the alphabet is represented by the same number throughout the puzzle. For example, in the puzzle below 5=I, 10=C and 16=F. Use these clues to fill in the matching numbers in the rest of the grid, then work out the missing words and add the solved letters to the number grid guide below the puzzle.



COMPILED BY GERDA ENGELBRECHT

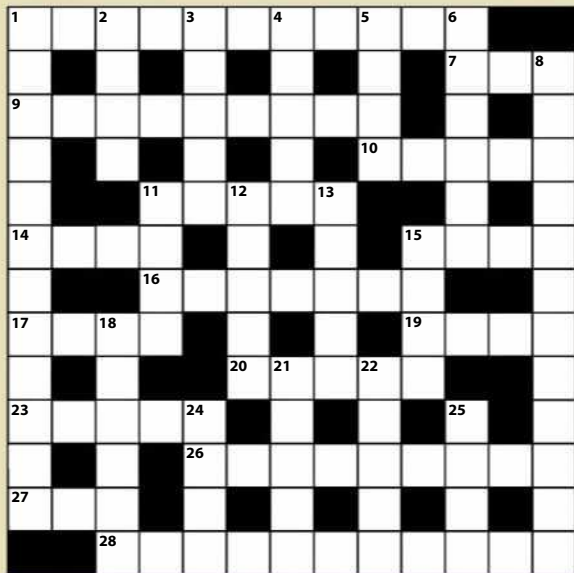


Hand \_\_\_\_ down









## TWO-WAY TEASER

Two sets of clues but the answers are the same

### CRYPTIC CLUES

#### ACROSS

- 1 Pay a visit to the greyhounds and be ruined! (2,2,3,4)
- 7 Taxi is one included in Citizens' Band (3)
- 9 As a native I go in to tangle with bear (9)
- 10 Like the birth of South African province (5)
- 11 Style shown by group at school (5)
- 14 Part of Ohio was another state (4)
- 15 Sounds like purchaser of cowshed (4)
- 16 Wart can make cur rave wildly (7)
- 17 Where you enter some taking a test (4)
- 19 It's stated in port in the Mediterranean (4)
- 20 Sweeping cut from point on part of whip (5)
- 23 Outside work Les uses his long legs (5)
- 26 White mountain à la Française (4,5)
- 27 One, it's said, is colourless (3)
- 28 Social gathering for joint acquisition? (3,8)

#### DOWN

- 1 It's rapidly looking like a minor impact? (8,4)
- 2 Captured, also, as well as king (4)
- 3 Start weaving inside until you have fabric (5)
- 4 Vices that arise in glorious Liverpool! (5)
- 5 Sea, secret or society (4)
- 6 Bird-brained cat breaking into pig pen (6)
- 8 This performer is kept on his or her toes (6,6)
- 11 In America, very dark and dank place (4)
- 12 A lot of land for organisation of races (5)
- 13 Cut in two, we're told, in

- front of a steam bath (5)
- 15 Big blow for a party (4)
- 18 Office job giving classifications (6)
- 21 Language used in travelling overseas (5)
- 22 Fur sale may include second quality (5)
- 24 Dirt must, if all over the place (4)
- 25 Room for a chair? (4)

### QUICK CLUES

- #### ACROSS
- 1 To fall into ruin (2,2,3,4)
  - 7 Driver's compartment of train (3)
  - 9 Native of Australia (9)
  - 10 Of or relating to birth (5)
  - 11 Category (5)
  - 14 State in mid-western US (4)
  - 15 Shelter for cows (4)
  - 16 Skin blemish (7)
  - 17 Entrance (4)
  - 19 Spoken (4)
  - 20 Wound made by cutting (5)
  - 23 Moves with big strides (5)
  - 26 The highest mountain in the Alps (4,5)
  - 27 Sickly pale (3)
  - 28 Social gathering (3,8)

#### DOWN

- 1 An oblique strike or hit (8,4)
- 2 Carried out (4)
- 3 Fabric with diagonal lines (5)
- 4 Misfortunes, wrongs (5)
- 5 Sports competition anyone may enter (4)
- 6 Empty-headed (6)
- 8 Member of Bolshoi, eg (6,6)
- 11 Underground grotto (4)
- 12 Large area of land (5)
- 13 Steam bath (5)
- 15 To beat (4)
- 18 Using a keyboard (6)
- 21 Slang (5)
- 22 Arctic mammal (5)
- 24 Piece of soot (4)
- 25 Town on River Avon (4)

## BRAINBUSTER NO 715

### ACROSS

- 1 Wise guy (inf) (5,4)
- 6 Stand for (9)
- 11 Reveal (7)
- 15 The conscious mind (3)
- 16 Continue (3,2)
- 17 Aerial (7)
- 18 Briefcase (9)
- 21 Drum-shaped stool (7)
- 22 Physical substance (6)
- 23 Baroque-styled art (6)
- 24 Sport played by Lionel Messi (6)
- 28 Starchy cereal used in puddings (4)
- 30 Excursion (4)
- 32 Keep busy (6)
- 35 Chief gods of Norse mythology (5)
- 37 Meals at noon (7)
- 38 Plant related to the banana (5)
- 40 Killing (7)
- 43 High-ranking member of the military (7)
- 45 Boyfriend (4)
- 46 ... and error (5)
- 47 Examples (9)
- 51 Low earth orbit (abbr) (3)
- 52 Very large (inf) (9)
- 55 Familiar with (4,2)
- 57 Type of flower (6)
- 59 Prepare food (inf) (6,2)
- 60 For a particular purpose (Latin) (2,3)
- 61 With a small margin (8)
- 63 Oxygen (3)
- 64 Micra or Mini, eg (3)
- 66 Cut of meat (5,3)
- 68 Style (5)
- 71 Oily fish (8)
- 74 0,0254 mm (4)
- 76 Watch (4)
- 77 China is part of this continent (4)
- 78 Without barriers (4)
- 80 Condition (7)
- 82 Frogs (5)
- 83 Taste (7)
- 85 Lyrical poems (4)
- 86 Romantic rendez-vous (5)
- 89 Muscular (inf) (5)
- 91 Refuse to accept (4)
- 92 Fine distinction (6)
- 94 Alfresco (4-3)
- 95 Tended to the sick (6)
- 97 House (4)
- 98 Absorbent cloth (5)
- 99 SMS messages (5)
- 100 Street (4)
- 101 A citrus fruit (4)
- 102 Happily ... after (4)
- 103 Fill to excess (4)
- 105 Queen Elizabeth's dogs (breed) (5)
- 109 Boon (5)
- 112 Cow's product (4)
- 114 Seat of power (6)
- 115 ... out (explained in detail) (7)
- 116 Pen (6)
- 117 Dull pain (4)
- 118 Four less than a dozen (5)
- 121 Surpass (5)
- 124 Male deer (4)
- 125 Green stone (7)
- 126 Woody perennial plant (5)
- 128 Language spoken in Venice (7)
- 129 Animal skin (4)
- 130 Work register (4)
- 131 Barking up the wrong ... (4)
- 132 Tickling skin sensation (4)
- 133 Spotted (8)
- 136 First Greek letter (5)
- 137 Bach or Beethoven (8)
- 141 Young child (3)
- 142 Animal park (3)
- 144 Disciplinarian (8)
- 145 Topic of interest (5)
- 148 Flee (4,4)
- 150 Result (6)
- 151 Short light sleep (6)
- 153 Person who works for free (9)
- 155 Wing of an insect (zoology) (3)
- 156 Happening again (9)
- 158 Deduce (5)
- 160 Pelt down (4)
- 161 ... hurt a fly (7)
- 166 Loud and harsh (7)
- 169 Dwindle (5)
- 170 Dwindle away (4,3)
- 174 Actions speak louder than ... (5)
- 175 With skill (6)
- 178 Brass instrument (4)
- 179 Achievement (4)
- 181 Destiny (6)
- 185 In a way (4,2)
- 186 Tasteless art (6)
- 188 Showing no emotion (7)
- 189 In disagreement (3,2,4)
- 190 Hug (7)
- 191 In the front (5)
- 192 Runner (3)
- 193 Gridlock (5-2)
- 194 Inactive (9)
- 195 Convert (9)

### DOWN

- 1 Aquatic mammals (5)
- 2 Loft (5)
- 3 Colour slightly (5)
- 4 Rich soil (4)
- 5 Determined (7)
- 6 Cords (5)
- 7 Allowance (6)
- 8 Even (6)
- 9 Armed force (5)
- 10 Uncertain (2,5)
- 11 Do ... others as (4)
- 12 Having three dimensions (5)
- 13 Connoisseurship (5)
- 14 Irritable (5)
- 19 Verbal (4)
- 20 Part of the eye (4)
- 25 Canola or sunflower, eg (3)
- 26 Tomb (5)
- 27 Darted (3)
- 29 Expert (4)
- 31 The hind part (4)
- 32 Loutish person (3)
- 33 Grip (5)
- 34 Pastry-lined dish (3)
- 36 Popular American beverage (3,5)
- 39 Trade (8)
- 40 Cut (4)
- 41 Broccoli, eg (10)
- 42 Bespoke (6-4)
- 44 Not here (5)
- 46 Commotion (2-2)
- 48 Cigarette remnant (4)
- 49 Player (5)
- 50 Senior person (8)
- 51 Level of detail (abbr) (3)
- 52 Shackle (8)
- 53 Restraint (5)
- 54 Eye (4)
- 56 Bullseye (6)
- 58 Admission (6)
- 62 Get engaged (9)
- 65 Wealthy (7)
- 66 Chase (6)
- 67 Originate (6)
- 69 Worn away (6)
- 70 Arranged in a circle (6)
- 72 Nile and Danube, eg (6)
- 73 More volume (6)
- 75 Gaping (4-7)
- 79 Main (11)
- 81 Simmer food (4)
- 84 Caracal (4)
- 87 Shouting (7)
- 88 Highest (7)
- 89 Swagger (7)
- 90 Draw out (7)
- 93 Punctuation mark (5)
- 96 Speak (5)
- 103 Vivid (7)
- 104 Topics (6)
- 105 Duration (6)
- 106 Feel shocked (4)
- 107 Deadly (6)
- 108 Detective (6)
- 110 Mark (4)
- 111 Names (6)
- 112 Fabric made from angora wool (6)
- 113 Tomato sauce (7)
- 119 Devotee (8)
- 120 Rare (4-2-4)
- 122 Unprofitable (10)
- 123 Straight line connecting the centre of a circle (8)
- 126 Interference (6)
- 127 Audacious (6)
- 134 Wear (3,2)
- 135 Bonds (8)
- 138 Official (2,6)
- 139 Go in (5)
- 140 Shopping centre (4)
- 143 Suva is its capital (4)
- 146 Personality (4)
- 147 America (3)
- 149 Assert (4)
- 152 Matures (4)
- 154 Dim (5)
- 157 Frameworks (5)
- 159 Style and vigour (4)
- 160 Abounding (4)
- 162 I (3)
- 163 No (archaic) (3)
- 164 Fence (7)
- 165 Religious adoration (7)
- 167 Request (3)
- 168 Consume (3)
- 170 Soya bean curd (4)
- 171 Disregard (6)
- 172 Counterbalance (6)
- 173 Not genuine (4)
- 175 Computer storage devices (5)
- 176 Plants (5)
- 177 Nearby (5)
- 178 Merchandise (5)
- 180 Slightly drunk (5)
- 182 Permeate (5)
- 183 Pale (5)
- 184 Not here (5)
- 185 A ... on the wrist (4)
- 187 An unsung ... (4)










## NO 1588

COMPILED BY BIANCA MOREL

	Computer key, (5,3) Titbit	Declare in court Proximo (abbr)	Young children	Taxi Gaelic	Before (prefix) Gaelic	Writing for the blind Score	Knight's flag	Most incompetent	SA antelope
	Service Level Agreement (abbr)			Fire crime Shady tree		Scot. terriers During the day		Keep Give approval	By-stander
Gilmore Girls actress (6,6)							Smack Atop of		
		Shabby Light raft	Hesitating sound Singer, Frank ...		Expanse of calm water				Away from the sea
	Argon (symbol) Alias	Chasm		Silent Damp			Binary digit Comfort		
Diploma of Art (abbr) ... and Tina			City in N India Small islands	Muddy Curium (symbol)		Naughts Drill, egg			
		President Abraham ... Young buffalo				Animal Reddish-brown colour			Wounds Shoddiest
Phoebe in Charmed (6,6)							Timber dressing tool Chair		
				Doled out Over-spend				Rhode Island (abbr) Horizon	
	Castrate a horse Cruel	Greek muse Umpire (short)			From Nebraska	... Aviv Now the EU		Moral crime Large nail	
				Donations Hill slopes			Snake En-gravers' tool		
Famous person Gull	Degree Money of Cambodia		In a linear manner		Brother (abbr) Fruitful			Taken by a notary Diplomat	
		Internet protocol (abbr) Winged goddess				Reserve for future (3,2)	Emends Active		
Complex plant polymer				Shaped like wings Spirit				Louse egg Glove	
		Insect Elsewhere excuse				Abstract ink patch			Arabian republic Extract a metal
Coach on 'The Voice' (5,7)								Artificial organ, (5,3) Rabbit cousin	
	Grassland Lithium (symbol)		... Minor Every one			Song of loyalty Japanese sash			
		Rule (India) Printing unit			Paired tennis game		Story Indicates location		
	Peachy cocktail Music records					Damask rose oil Motorcycle rider			Christmas decoration
				Indian savouries			Clean Stylish		

GALLO IMAGES/GETTY IMAGES



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COMPLETED BY BANCA MOREL

Kindred connection	Glandular fever (10,13)	Re-butter	Bowed Log vessel	Night-club floor show	Buffalo	Branch of knowledge	Vipers Falls asleep (4,3)	Eastern rice dish	Disease carrying fly
									Saucily
Begin smoothly (3,3,2,1,4,5)	Unit of weight			Legume	Liquid residue			Sheltered side	
				Containing opium	Means of entry			Belief	
Head (technical)				Crashes (slang)				Small grass homes	
Criterion			Eating regimen	Cleaning device		Time long past		Wanderer	Every other day fever
	Bops		Defeat-ist		Despise	Corresponded			The (French)
Distress	Flower genus					Animal hide			Football (inf)
Former SA president	Hard outer part			Japanese noodle dish				Health and happiness	
		Repeat					Sweet cicely		
							Misses		
Governing body				Lemur relative (3-3)				19th Gk letter	
		Street-car		Behind				Act aimlessly	
		Fossil fuel			... silver				
Muscet is there			Capelike collar		Royal			Mature acorns	
N Amer Indian			Cause friction					Iron or copper	
	Cover with drops of dew					Stoat fur			Gangsters
						Esoteric			Impale
African antelope			Half (abbr)		Gem-stone			Dal segno (abbr)	
Spheres			Light raft		Create			Pretend	
		Popular comic hero					Exhausting		Rated
Leg joint	Evaluate			Hard of hearing			Ascended		Stair
Land measure				Capable			Many (1,3)		
		Crack			Brook			Female pig	
		SA cattle breed			Purse			Spongy ground	
Mani-cured grass				Watch out!				Nota ...	
Spider's trap				Cap of Tibet				Public vehicles	
	Bitterness				Stance				Argon (symbol)
	Abode				Acquire				Deer antler
Hawaiian island			Foot part			Outdoor jacket			
			... and outs			Diseased			Zero
				Places in a line				Edible grain	Bind
				Titanium (symbol)				Anguilla (www)	
Country in NE Europe	Capital of Morocco					Medieval wandering poet			Piano composition
Eyot									Annum
		Befitting a saint					Tasting like lemon		
							Because		



**CROSSWORDS**  
WINNERS & SOLUTIONS

WINNER OF BLOCKBUSTER 1604  
CROSSWORD DICTIONARY  
Mark Roller, Amanzimtoti  
ANSWER: DOUBTFULLY

**PHOTO BLOCKBUSTER 1581**

W	V	O		L	B	E	W												
H	E	R	O	R	O	C		T	O	G	A	A	P	E					
P	C	O	B	R	A		B	A	B	Y	S	A	T						
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S	L	E	I	G	H		D	R	E	S	S	Y		B					
G	A	P		G	N	A	W		B	O	X		H	O	W	T	O		
F	S	A	U	N	A	S		W	E	A	K		H	R	S				
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R	O	U	T	E		R	A	T	A		E		A	L	L	Y			
V	E	R	G	E		R	E	B	E	C	C	A	H	A	L	L			
E		N	A	N		R	H	O	D	E	S								
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C		O	D	E	S		S	U	I	T	O	R							
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I		N	L	A	Y		V	E	L	A	R		S	T	A	R	T		
H		O	T		C	O	L	A	N	U	T		P	U	R	S	E		
		A	N	K	L	E	T		M	A	T	U	R	E		T	C		
S		O	L	O		K	E	E	P			I	N	F	E	R	H		
P		M	I	S	C		E	F	F	E	T	E		A	K	A			
R		R	U	R	A	L		H	E	A	R	E	R		R	A	V	E	N
S		A	D	L	Y		D	R	O	W	S	Y		C	E	N	T		

**BLOCKBUSTER 1604**

D	C	S	K		T	S	P	J									
B	E	C	H	A	M	P	I	N	G	A	T	T	H	E	B	I	T
V	O	I	C	E		L	O	U	C	H	E		N	E	V	E	
G	E	T	D	O	W	N	O	N	Y	O	U	R	K	N	E	E	S
L	E	E	R		O	B	O	E		M	O	N	E	T		T	
S	O	S		N	A	V	Y		D	U	P	L	E		L	A	Y
P		A	S	S	E	T	S		S	E	S	A	M	E	S		
O	M	A	N		P	L	E	A	S	E	R		D	I	S	C	S
E	L	I	D	E	S		S	U	D	S	I	E	R		E	A	
G	N	O	M	I	C		T	H	A	T		D	R	A	I	N	S
T	O	A	S	T	I	E		V	O	T	E		G	O	T	H	
W	A	F	T	S		R	A	T	E		R	A	V	E	N		E
L		E	E	R	I	L	Y		R	O	S	E		I	N	S	
M	P	H		C	O	S		I	D	O	L		R	A	C	E	
S	A	L	T	Y		S	N	O	W	L	I	N	E		W	A	
H	Y	D	E		A	P	O	G	E	E		S	E	G	U	E	S
C	R	A	W	L	E	R		S	L	U	R		I	N	L	Y	
H	O	N	E		D	E	A	N		P	A	S	S	E		E	
T	O	N		B	R	A		S	T	O	L	E	N		A	F	T
L		S	C	U	L	P	T		M	A	L	A	I	S	E		
F	O	L	I	A	R		L	I	V	E	N		T	O	E	I	N
G	E	R	M	A	N	E		I	N	D	I	C	T		N	A	
D	Y	K	E		L	E	A	V	E	S			H	A	S	T	Y

**TWO-WAY TEASER SOLUTION**

ACROSS: 1 Go to the dogs, 7 Cab, 9 Aborigine, 10 Natal, 11 Class, 14 Iowa, 15 Byre, 16 Verruca, 17 Gate, 19 Said, 20 Slash, 23 Lopes, 26 Mont Blanc, 27 Wan, 28 Get together. DOWN: 1 Glancing blow, 2 Took, 3 Twill, 4 Evils, 5 Open, 6 Scatty, 8 Ballet dancer, 11 Cave, 12 Acres, 13 Sauna, 15 Bash, 18 Typing, 21 Lingo, 22 Sable, 24 Smut, 25 Bath.

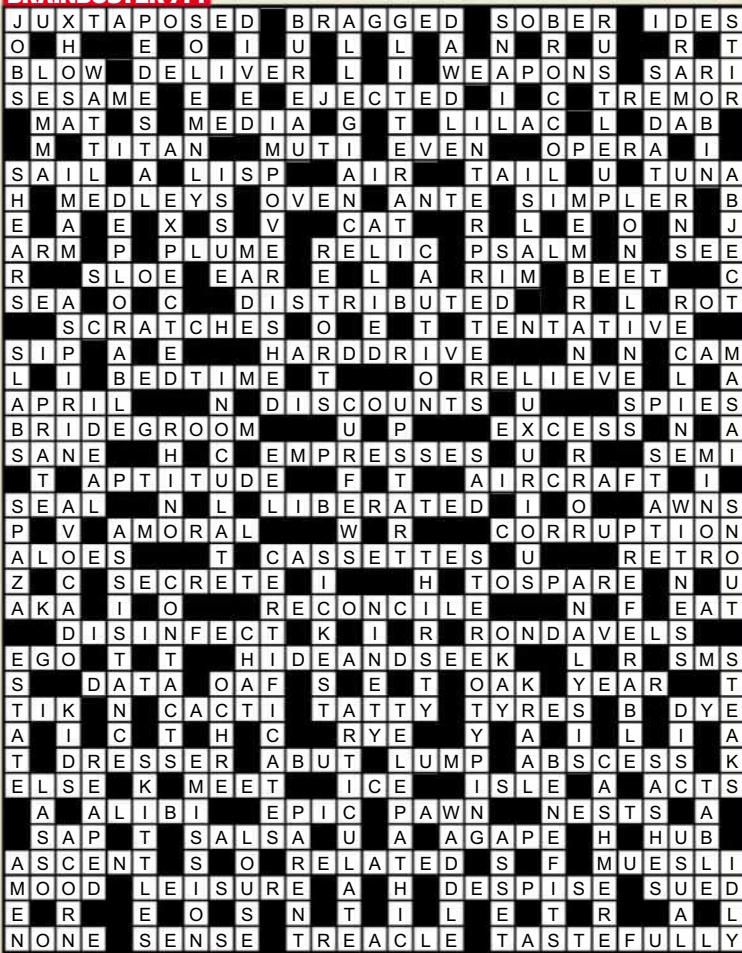


**TRAVEL**  
**AA OKAY**



**GET FREE**  
**Roadside**  
**Rescue**

**BRAINBUSTER 714**



**SUDOKU**  
HOW TO PLAY

Fill in the missing numbers on the grid so every horizontal row, every vertical column and every 3x3 square contains the numbers 1 to 9 without omitting or repeating any.

**SOLUTION TO NO 326**

3	6	4	2	7	8	9	5	1
2	1	9	4	3	5	7	6	8
8	5	7	1	9	6	3	2	4
5	7	6	9	8	4	2	1	3
9	2	1	3	6	7	4	8	5
4	3	8	5	2	1	6	7	9
6	9	2	8	5	3	1	4	7
7	4	5	6	1	9	8	3	2
1	8	3	7	4	2	5	9	6

**NO 327 - EASY**

	2				6		9	
	4		2		8		7	5
3			4		7		6	8
	9			1	5			2
2		3	9			5		
		1						7
5			8				2	1
	8		3	6	1		5	9
1						6		

BY GERDA ENGELBRECHT

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◀▶ Compare these two styles of art. The mediaeval painting (RIGHT) is flat with stiff figures, while Italian Renaissance artists used various techniques to create depth and studied anatomy to help make their figures look realistic. Michelangelo's Sistine Chapel ceiling painting (LEFT) is a wonderful example.

# The Renaissance

After a dark period in European history came this revival, inspired by classical Greek and Roman culture

**T**HE word renaissance is French for “**rebirth**” and refers to a period in European history that began at the end of the Middle Ages in about 1400 and ended in about 1650.

The period was given this name because people started showing a **renewed interest in the art, science and architecture of the Ancient Greeks and Romans**, also called classical culture, after what was considered a “dark age”. This led to a flowering of art, new advancements in scientific knowledge and new ways of thinking about the world and people’s place in it. Let’s find out more.



## WHAT CAUSED THE RENAISSANCE?

■ **Trade** The Middle Ages (circa 500 AD-1400 AD) was a chaotic time with frequent wars, famine and a plague known as the Black Death killing more than a third of the population of Europe.

But gradually **trade routes** began to form and money, goods and ideas were exchanged. One of the places where trade flourished was **Italy**, which then wasn’t a single country but made up of independent city-states such as Venice and Genoa on the Mediter-

ranean Sea, from where ships were sent to trade with the East. In this way Italian **merchants became rich and powerful**. To show off their wealth and status they commissioned artists and architects to create beautiful art and buildings.

Because Italy had been the centre of the Roman Empire there were many **ruins of ancient buildings and sculptures** to inspire these artists and reawaken an interest in ancient art.

Trade with the East also gave Europeans **access to classical texts** that had been preserved by Muslim scholars, as well as Chinese inventions such as paper and printing.

■ **The printing press** Books were rare during the Middle Ages: they had to be copied by hand, which took a long time, and were expensive. But when German goldsmith Johannes Gutenberg invented a **printing press with moveable type** in 1439, it became much faster and cheaper to make books. This made it possible for Renaissance ideas and information to circulate more quickly and reach more people.

■ **The fall of Constantinople** When the Ottoman Empire invaded the Eastern Roman (or Byzantine) Empire and captured its

## MICHELANGELO

One of the greatest artists of the Italian Renaissance, Michelangelo, was born on 6 March 1475 in Caprese. When he was a child his family moved to Florence. His mother died when he was only six years old and his father, a government official, wanted Michelangelo to follow in his footsteps. But he wanted to become an artist.

Michelangelo considered himself to be a sculptor but also created great paintings such as the enormous ceiling decoration of the Sistine Chapel at the Vatican, which is 40m long and 14m wide. He made a detailed study of the human body, and all his sculptures and paintings have anatomically correct human figures in natural poses, including his famous sculpture of David (RIGHT).

Michelangelo never married and was devoted to his art. He was seldom satisfied with his work, had a quick temper and would often fall into depression. He died in Rome in 1564 at the age of 88.



Michelangelo (ABOVE), one of the masters of Renaissance art, carved this 5m statue of David from a huge block of marble using a mallet and chisel.







▶ In northern Europe, artists developed new oil painting techniques to make their paintings more detailed and lifelike, such as *The Portrait of a Lady* (1460) by Dutch painter Rogier van der Weyden.



▲ The city of Florence in Italy is considered the birthplace of the Renaissance. The wealth of its merchants and bankers meant they were able to spend large amounts of money making their city beautiful and enhancing its prestige.  
 ◀ German priest Martin Luther. Renaissance ideas helped people to question traditional beliefs. In northern Europe this led to the Reformation, with religious thinkers such as Luther rebelling against the Catholic Church.



▲ Thanks to the invention of a printing press with moveable type by Johannes Gutenberg, Renaissance ideas spread quickly across Europe. ABOVE RIGHT: A replica of the Gutenberg press.



capital city, Constantinople, in 1453, many Greek scholars who'd lived there fled to Italy, taking with them important classical manuscripts that had been lost in the West during the Middle Ages.

### A NEW PHILOSOPHY

During the Middle Ages all aspects of life in Europe were dominated by the Catholic Church. But as classical manuscripts became available to more people, a **new way of thinking** emerged among Italian scholars. Instead of blindly accepting whatever the authorities told them, people started to **question traditional beliefs** about the universe and society, and became more focused on human beings and nature rather than God and life after death. This was called **humanism**.

These scholars had a high regard for the **dignity and potential of the human race** and believed all people could better

themselves by becoming educated in the humanities.

Humanism also inspired free thinking among **scientists** such as Galileo, whose studies through his telescope confirmed the theory that the sun was at the centre of the universe and disproving the previous belief that Earth was at its centre.

People also became more critical of the church. With the help of the printing press, humanism spread from Italy to northern Europe and led to the **Reformation**, during which religious thinkers such as German priest Martin Luther rebelled against the Catholic Church, which they viewed as corrupt.

### FEATURES OF RENAISSANCE ART

■ **Realism and naturalism** The art of the Middle Ages was stylised, with flat, stiff figures. Emulating classical sculpture, Renaissance artists studied

human anatomy to make their figures' bodies look real and show real emotion.

As in classical art, the focus was more on human beauty and the nude to celebrate the human form. Artists studied nature to make their landscapes more naturalistic and used classical mythology as subjects instead of only Bible stories.

■ **Linear perspective and foreshortening** Artists developed scientific methods to create the illusion of depth on a flat surface. This helped make paintings more realistic.

■ **Shadow and light** Artists studied nature to see how light played on objects. This they used in their paintings to add drama and draw the viewer's eye to a certain point.

■ **Oil painting** In northern Europe, especially Germany and the Netherlands, artists developed new oil painting techniques that allowed them to add more detail and naturalism to their paintings. ■

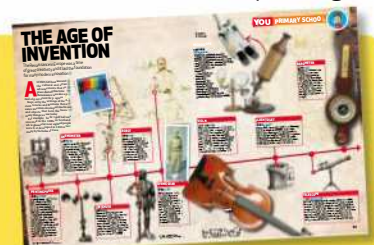
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**FIND OUT MORE**

✓ To find out more about the Renaissance go to [bit.ly/2v9SYSn](http://bit.ly/2v9SYSn)

Turn to page 80 to learn about Renaissance inventions





In SA cinemas now

## EARLY MAN

Set at the dawn of time, Early Man tells the story of how plucky caveman Dug, along with sidekick Hognob, unites his tribe against the mighty Bronze Age in a battle to beat them at their own game. From the makers of Oscar-winning Wallace And Gromit: The Curse of the Were-Rabbit.

### Meet the characters ...

The names of the characters are hidden in the grid – horizontally, vertically or diagonally, backwards or forwards. Find and circle them.

m f k a m g r v w n m e m m i  
 g j a c s o r p j b x l j v z  
 g y m d b b a u o m o l t d w  
 y o e e f r o b b t g e h u d  
 x r e h o g n o b u k v o g k  
 j r r h z a n o o g p a n t k  
 t d w a r m a g m a b r g x x  
 b k d j b k k k e h w g o w o



DUG

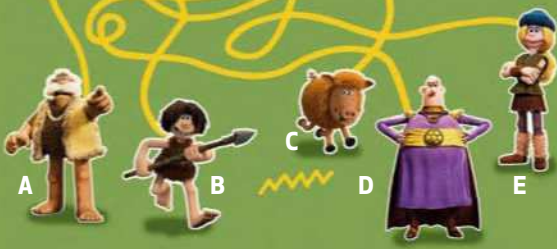
GOONA

HOGNOB



### Run, rabbit!

Which Early Man character can catch the rabbit?



### News for Lord Nooth

Queen Oofoefa has sent a messenger bird to Lord Nooth, but he needs help getting through the maze.

**WIN** 5 lucky readers will each win an Early Man hamper worth R800!



Each hamper contains an Early Man mini soccer ball, a lunchbox cutlery set, a tallboy lunch cooler and a water bottle.

**SMS** the keyword EARLY MAN, the answer to the question below and your full name and daytime delivery address to 33150\* by 5pm on Thursday 3 May. **QUESTION** What is the name of Dug's sidekick?

**ANSWERS** Run Rabbit runt E (Dug)







Disney•Pixar's  
Oscar-winning Coco  
is now available on  
DVD and Blu-ray

Ask an  
adult to help  
you with this  
project!

## Make a rubber band guitar!



**YOU WILL NEED**

- Cardboard box
- 6 rubber bands
- Cardboard tube
- Scissors
- Marker



**STEP 1** Draw a circle in the middle of the box (trace around an old CD or DVD).



**STEP 2** Ask an adult to carefully cut out the circle (make a hole in the middle and work outwards).



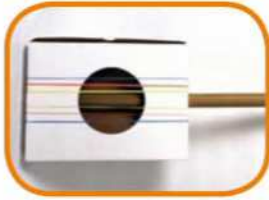
**STEP 3** Ask an adult to cut a small hole on the side of the box, the same diameter as the tube.



**STEP 4** Slide the tube through the hole and push it until it hits the other side of the box.



**STEP 5** Carefully stretch six rubber bands over the box – three on either side of the tube. Varying the thickness of the rubber bands will change the sound.



**STEP 6** Decorate your guitar with a design you like – maybe even copy Miguel's design. Play it by strumming the rubber bands.

## Help Dante reach Miguel



## Unscramble the 'family' words

1 TUNA

2 HERBORT

3 REMOTH

4 GRMANDOTHER

5 CUNLE

6 FEARTH

7 EARTHGRFAND

8 TISSER



**ANSWERS** Unscramble the 'family' words 1 aunt, 2 brother, 3 mother, 4 grand-uncle, 5 father, 6 grandfather, 8 sister.

**WIN** 4 lucky readers will each win a Coco hamper worth R1 000!

Each hamper contains Coco on Blu-ray, a bookmark set, a USB, an ice tray set, a notebook, a stationery set and a keyring.

**SMS** the keyword COCO, the answer to the question below and your full name and daytime delivery address to 33150\* by 5pm on Thursday 3 May. **QUESTION** What is the name of Miguel's dog?



# THE AGE OF INVENTION

The Renaissance in Europe was a time of great creativity and it laid the foundation for many modern innovations

**A**LTHOUGH best known for the cultural and artistic advancements that took place during this time, the Renaissance was also a time of great scientific progress.

Inspired by the writings of the Ancient Greeks and Romans, Renaissance inventors developed machines and objects that form the basis of many things we use today.

For example, the first golf ball was invented in the 1400s in Scotland, and glasses for near-sighted people were first developed in 1450 in Germany by Nicholas of Cusa.



## ANEMOMETER

**1450 Italy**

Leon Battista Alberti invented the first instrument that measures wind speed. Although other inventors – including Leonardo da Vinci and Robert Hooke – made adjustments and improvements to it, the instrument's basic concept has remained the same. The name is derived from the Greek word *anemos*, which means wind.

## ROBOT

**1495 Italy**

Another of Da Vinci's designs that was way ahead of its time made use of gears, wheels, cogs and an intricate pulley system to manipulate a suit of armour so it could move its arms and legs, sit down and open its visor.



## PRINTING PRESS

**1439 Germany**

Although paper and printing were invented in China, Johannes Gutenberg's printing press made mass printing possible. Before this few people owned books as they had to be hand-written and -illustrated, which took a long time, and were made of expensive materials. The printing press was a machine that made printing books faster and cheaper, making them available to many more people.



## PARACHUTE

**1483 Italy**

Leonardo da Vinci was a true Renaissance man – someone who excels in various fields. Apart from being a great artist he also invented many things, including the parachute. His original design was in the shape of a pyramid and not the dome or arch we know today, but was proved to work in 2000.



## DIVING GEAR

**1500s Italy**

While in Venice – a city surrounded by water – Da Vinci designed deep-sea diving equipment. His design included a leather diving suit, a face mask and a breathing tube made out of cane, joined by leather and steel tubes that prevented them from being crushed by the water.





A modern microscope.

## MICROSCOPE

**1590-1619**

**Netherlands**

People had used single lenses to magnify small objects for centuries. The first compound microscope – which uses several lenses – was invented during the Renaissance, but there's some confusion about who invented it.

Some say it was Dutch spectacle-maker Hans Lippershey, but his neighbour's son, Zacharias Jansen, claimed it was his father Hans' idea. Others say Cornelis Drebbel (also Dutch) made the first one in London in 1619.



## BAROMETER

**1643 Italy**

The barometer measures atmospheric pressure, originally by measuring the water levels in a large glass tube. Mathematician Evangelista Torricelli is credited with inventing it in Florence. The name is derived from the Greek word *baros*, which means "weight".



## VIOLIN

**1542-1546 Italy**

The violin evolved over the centuries from many other stringed instruments and we can't be sure exactly who made the first one. But the shape and size used today is probably based on one designed and made by Andrea Amati in his workshop in Cremona. One of his instruments, which was made in 1560, is on display at the Metropolitan Museum in New York.



## FLUSH TOILET

**1596 England**

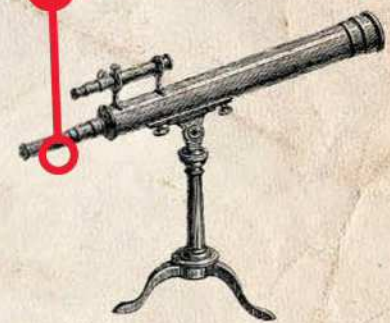
Toilets built above a stream that washes away waste date back to 2800 BC in the Indus Valley, but a flushing toilet design was first described in a book by John Harington, godson of England's Queen Elizabeth I. A system of levers and weights poured water into a bowl, which had a leather valve to let waste out.



## TELESCOPE

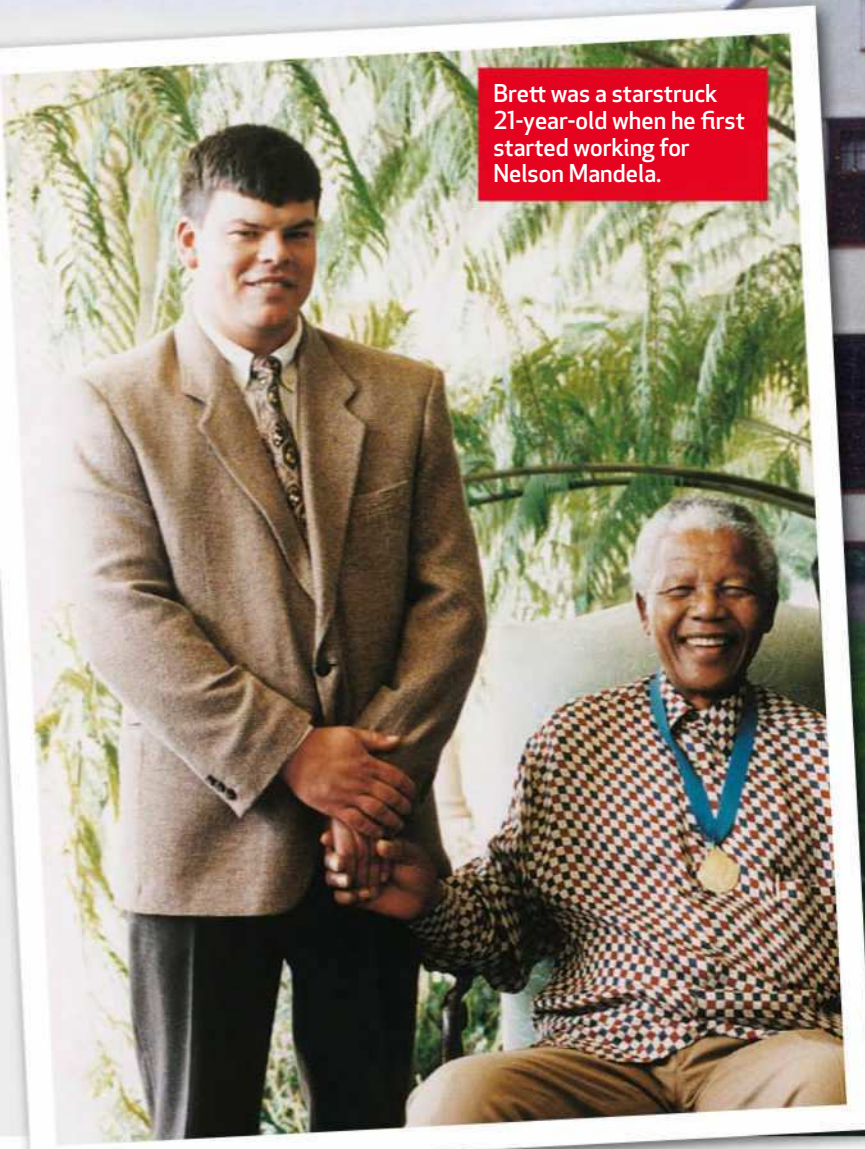
**1608 Netherlands**

Spectacle-maker Hans Lippershey, who's also said to have invented the microscope, is the person credited with inventing the telescope because he was the first to apply for a patent for this new instrument. He didn't receive the patent, but news of this new invention soon spread across Europe. A year later Italian scientist Galileo Galilei improved on the design and started using it to observe planets and stars.





# COOKING FOR MADIBA



Brett was a starstruck 21-year-old when he first started working for Nelson Mandela.

Chef Brett Ladds knew exactly how Nelson Mandela liked his rooibos tea. He got to cook for Queen Elizabeth and met Cuban president Fidel Castro in his PJs. Here he reveals what it was like spending six years rubbing shoulders with the powerful and famous

**N**ELSON Mandela was inaugurated as the first democratically elected president of South Africa on 10 May 1994. I was honoured to have been there that day in the company of some of the most famous people on the planet – Queen Elizabeth II, Yasser Arafat, Hillary Clinton, Fidel Castro and Al Gore were sitting around in the presidential guesthouse as I strode by. I am the shizzle! I thought.

People ask me all the time: was President Mandela as great as everyone says he was? The answer is no, he was greater. He had this incredible knack of making

everyone feel so special. Security guards, aides, PAs were all treated with the same respect as honoured guests. He was amazing.

As manager and executive chef it was my job to make sure everything at his presidential guesthouse ran like clockwork. I cooked daily for Madiba and his guests and catered for 54 state banquets, rubbing shoulders with presidents and vice-presidents from around the globe, royalty from the world's oldest royal houses, and well-known celebrities.

There were hundreds of people running around the guesthouse the day the queen was due to arrive on a state visit. It was March 1995 and she and her husband, Prince Philip, were staying at the

guesthouse as guests of President Mandela.

The day before the banquet a whole delegation from the British High Commission came to see me. There was a full inspection of all the fresh produce, crockery and cutlery I was going to use. I had the florist make up samples of the bouquets and we revisited the drinks list and the order of proceedings. I took the whole delegation through the motions of where the president would meet the queen, which passages they'd walk down, how they'd enter the banquet hall, and the routes the waiters would walk to serve the food, and how they'd clear.

Then, in a very thick British accent: "Chef, I see two problems that we have





Meeting American musician and record producer Quincy Jones was one of the highlights of Brett's tenure at the guesthouse.

The presidential guesthouse in Pretoria where Brett worked for six years. RIGHT: Former supermodel Naomi Campbell was a demanding guest. BELOW: Queen Elizabeth and Prince Philip gave Brett this signed photograph after their visit in 1995.



Elizabeth 1995 Philip

no choice but to resolve immediately.”

The gentleman stood with his index finger and thumb latched onto his chin, looking at the ceiling as if awaiting words from above.

We all looked at him. “The queen doesn’t use a fish knife. The place setting will have to be changed.”

I walked to the mock table in the banquet hall and removed the fish knife, reset the cutlery and spaced it perfectly again.

I waited for a standing ovation, thinking, “Okay, problem one solved. Next?”

It looked as if the gentleman

was now adding something up on an abacus in the air.

“We can’t have the entrée carried from the kitchen to the banquet hall. The distance is too great. I fear it could be contaminated. The food is carried for over 70 metres. It must come from a closer area.”

We then walked to adjacent rooms to see whether we could plate the entrées in them, but none of the rooms met kitchen hygiene standards. We were getting frustrated. I walked outside to the eastern quad next to the banquet hall.

“What if I serve from here?”

“How are you going to do that?”

“I’ll park an eight-ton refrigerated truck here and serve from the back of it. The food will be only eight metres from the banquet hall.”

There were smiles all around. The High Commission was finally content with the

**The queen doesn’t use a fish knife. The setting will have to be changed**

banquet arrangements. But getting the truck there was easier said than done – the truck got stuck outside trying to manoeuvre close to the banquet hall and a tow truck had to be called in to get it into position so staff could get to work setting it up as a kitchen.

(Turn over)



(From previous page)

I went upstairs and tried to freshen up, then went into the chiller, at -25°C, to freeze all the worry out of me. Over the radio I heard the queen was looking for me. Just what I needed: I'm sweaty and stressed, and one of the most important people in the world wants to speak to me. I walked through the kitchen and sprayed on a bit more cologne to try to mask the smell of stress.

When I arrived at the front of the guesthouse, which was where I was being called from, the door was ajar. As I peeked out I could see the queen speaking to the press. Our in-house security was reassuring me everything would be fine and that when the tow truck came they'd deal with it. The door swung open and the queen stepped back inside.

"Afternoon, young man. Thank you so much for all you're doing for our delegation. Your food really is wonderful. May I ask for a light lunch and to show me where I'll be meeting President Mandela this evening prior to the banquet?"

The queen removed her large hat and started to go upstairs. I heard her mumbling about the press. Not sure what she was saying, I just replied, "I can believe you, Your Majesty."

I explained I'd fetch President Mandela at the front door and escort him to the foot of the stairs where we were standing. I'd run upstairs beforehand and notify the royal couple about how many minutes away the president was so we could all meet at this spot.

I then asked her whether she'd like me to escort her upstairs but she declined. One of her aides popped out of the lounge and asked her for some time on a certain matter. As she walked over to the lounge with her beautiful wide-brimmed hat, I realised I'd just been speaking to the Queen of England. She was sweet and caring, with a warm family feel about her – obviously very well spoken yet I'd felt like I was speaking to my gran.

I'd been so busy doing my duties it had taken a day or two for me to stop and smell the roses. At that moment I saw myself from the outside and recognised how honoured and privileged I was.

While I never had the honour of having Pope John Paul II stay at the guesthouse, he visited for a day in September 1995. Prior to his arrival we laid red carpets out everywhere. Special chairs were



Mandela with Brett (to his left) and other staff of the presidential guesthouse. RIGHT: Madiba with Brett's son Keagan.

delivered and his delegation changed everything, putting their own items in place.

Every time I walked past the lounge I'd look in and see the pope sitting on the most beautiful chair speaking to someone. Just being able to see him so close by was an honour – but meeting him would be something special. He held my hand and thanked me. I was completely starstruck.

**H**AVE you ever noticed how the wildest things happen in the morning? This is why I like to wake up early – to give myself enough time to prepare for the unexpected.

On one particular morning in 1998 I was under the impression President Mandela and his cabinet had gone down to Cape Town to attend parliament. We had a few days off so my team and I'd start a bit later, allowing us to recharge our batteries and strengthen our spirits.

## I couldn't wait to get Naomi to her suite so I no longer had to deal with her

The sun was so amazing that morning. As I lay in my bed I heard a car. A door slammed and then there came the sound of voices. I jumped out of bed. There was no time for clothes; I ran down the stairs in my PJ pants and T-shirt, sped down the kitchen passages, turned into the main passage and, as I was running, looked in all the rooms to check for anything out of place. All I could see were

dirty cups and saucers on the tables. This made no sense: before I put my head on my pillow I'd always ensure the house was perfect – ready for a last-minute arrival.

I heard a noise at the front door. I jumped down from landing to landing, skipping the stairs. As I got to the door, with all my energy I opened it as quickly as I could. There, to my surprise, stood a small delegation, staring at me in bewildered bemusement.

"Brett, how are you?" asked John Reinders, head of the protocol office.

"Mr Reinders, good morning to you."

"Sorry, it looks like we startled you."

"Did I miss something?"

"No, not at all. We needed a place to have a quick meeting, so we asked the police unit to open up. Knowing that you always have everything ready we didn't want to hassle you."

"I really don't mind."

"I know you don't. This was really a last-minute decision."

I was relieved to know what was going on but I was a bit annoyed I hadn't been notified – it was still my baby.

With all eyes still on me as I stood there in PJs, I said, "Mr Reinders, if I may ask, who had the meeting here?"

"How rude of me," John said. "President Fidel Castro, this is our guesthouse manager and chef, Brett Ladds."

"Pleased to meet you," the Cuban president replied.

"Thank you, President. I do apologise





from her long flight, her head gesturing at the car.

“Miss Campbell, are you fine?” I asked.

She leant in to me. “Miss Campbell is on the other side of the car. I’m her aide.”

As I tried to apologise she nudged me to run and meet Miss Campbell. The woman who got out of the other side of the car didn’t look impressed to be there.

“Welcome to South Africa and to the Presidential Guesthouse, Miss Campbell.”

“Where’s my room?”

“Please follow me, Miss Campbell. I’ll escort you.”

“Bring my things,” she said to her aide.

I walked in front of her up the first stairs, then down the passage to the next flight of stairs that led to the top floor where the suites were.

“How many more stairs?”

“We’re almost there, Miss Campbell.”

bell.”

I couldn’t wait to get to her suite so I no longer had to deal with her. I did the tour and asked if there was anything else I could get her.

“If I need anything I’ll send my aide.”

In all the state visits of all the high-profile people who’d had the honour of being invited by President Mandela to stay at the Presidential Guesthouse, I’d never been treated so badly.

Later that afternoon Quincy Jones arrived. I was so excited to meet him. He was just as cool and mind-blowing as I’d expected. When he arrived he didn’t want to go straight up to his suite. I took him to the lounge, gave him refreshments and we stood around talking.

He loved that I knew so much about him and had followed his whole career. But he was more interested in President Mandela and who’d stayed in the guesthouse, and the stories about our beautiful country. He was just so awesome.

Later, once he and Naomi were seated in the dining room and had started making conversation, I explained the menu and took the orders. I went to my kitchen and started making all the meals. I really wanted to impress Mr Jones. He’d been so patient and giving that I wanted him to feel like a king.

I sent the team in to serve the starters

and continued to make the main course. When I saw the clean plates come out of the dining room I knew I’d nailed it. Then a maitre d’ came to me to tell me I was wanted in the dining room. F\*\*k, I thought. What could the problem be?

I walked into the dining room, still wearing my chef’s jacket. “Are you happy with your starters? How may I be of assistance?”

Mr Jones – Mr Quincy Jones – stood up and started serenading my food. He started singing one of his songs as I tried to fight back tears of joy.

The next day we cleaned the guesthouse and got everything ready for the president. He was scheduled to meet Quincy and Naomi later in the afternoon. When Mandela arrived he looked excited to see his guests.

As he walked into the lounge Naomi almost convulsed as she rushed to get to the president first. She couldn’t stop saying Mandela was her father and she was his daughter. Then the president greeted Quincy. As they stood speaking it looked as if they were long-lost friends.

Once the hype was over I started serving refreshments and doing my duties. As I walked past the president, who was speaking to Naomi, he took my arm and gently drew me closer. “My chef has been looking after you, Naomi?”

“Yes, thank you – he’s been treating all of us very well.”

“Good. Chef and I’ve come a long way together, and all of us at the ANC have respect for him. Do you know we used to live together here?”

I thanked the president as he continued speaking to Naomi – about me, I could hear. For the rest of her stay I was treated like I was the celebrity. I was greeted all the time, thanked and praised for everything.

Mr Jones did it from the heart; others did it because all of a sudden they realised I too knew the president. But, no matter what happened, after our celebrity guests had left I always felt privileged to have hosted and catered for them. ■

■ **Brett resigned from his post in 2000. Today he owns Chefs@566 restaurant in Pretoria.**

for how I look. Normally I’m clothed.”

I could see Castro was just as startled as the rest of us. He reached into his jacket, took out two cigars, and handed them to me. “Thank you for the time at the guesthouse.”

“Thank you, President.”

The next thing John opened the door of the host car and the president got in. Off went the small convoy. There I stood in my pyjamas with two cigars from Cuba given to me by Fidel Castro in front of the Presidential Guesthouse of South Africa.

**I**n 1997 a visit was arranged for British supermodel Naomi Campbell and American musician Quincy Jones to come and meet President Mandela. I’d been a big fan of Quincy’s since my schooldays – he was, and still is, one of my ultimate legends.

The first to arrive was Naomi. No large delegation or convoy escorted her – she arrived in an upmarket sedan. The door closest to me opened, and out climbed a tall, beautiful woman.

“Welcome to South Africa and to the Presidential Guesthouse, Miss Campbell,” I announced as I tried to take her hand.

The next thing Miss Campbell started acting as if she had a cramp in her neck



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# I'M WALKING TALL AT LAST!

Julienne developed painful bowlegs growing up, but now surgeons have straightened them – to her great delight COMPILED BY KIM ABRAHAMS

**A**LL her life she wished she could walk even a few metres without excruciating pain, or perform the simple task of climbing onto a school bus. Now she's finally able to do things most of her peers can do – thanks to life-changing surgery to correct her severely bowed legs.

The 14-year-old, identified only as Julienne, is full of smiles. "This isn't me anymore – these aren't my legs!" she says whenever she looks at an old picture of herself. "That girl isn't me."

At birth she appeared to be healthy but as she grew her mother, Veronique, noticed her legs were developing abnormally. By the time she was ready for school each movement was agony.

Because she couldn't climb the three steps onto the bus she had to walk to school – a trip that took nearly two hours in relentless sun.

"I used to ask God, 'Why me out of all the people in the world?'" says the teen, who was even shunned by some members of

her family because of her condition.

But someone thought she was worth helping. The wide smile Julienne wears today is thanks to the US Christian charity Mercy Ships, which provides free medical help to people in impoverished countries. Mercy Ships heard of Julienne's condition and offered to perform surgery that would straighten her legs – and she didn't have to pay a cent.

**E**ARLIER this year Mercy Ships took to Facebook to show a beaming Julienne with her newly shaped legs. After years spent in discomfort and agony and being branded a witch because of her condition, she was finally able to feel like a normal girl.

Surgeons made a small incision in her skin and a partial cut in her shin bones to straighten her legs. An internal rod – similar to scaffolding – was then fixed to the bone to encourage straightening and to support the leg.

This kind of surgery is relatively simple and takes about an hour – but after the op Julienne needed intensive physiotherapy with one of the Mercy Ship volunteers, Meg Cramer. "It was challenging at times," Meg says. "There were tears and sweat but it's all worth it in the end. She's a brave girl and a real fighter."

Veronique couldn't be more delighted. "Before the op I was proud of her but now I'm prouder than ever because of how hard she's worked and the things she's able to accomplish."

Julienne has managed to silence the mockers, overcome her family's rejection and strengthen her faith in God. "God sent Mercy Ships to Cameroon. It shows me that God has a special love for me," she says. "I would've stayed like that for the rest of my life without Mercy Ships."

"I'm so happy." ■

SOURCES: METRO.CO.UK, HERALD.NG, ONLINEINDUS.COM, MERCYSHIPS.CO.ZA, HEALTHLINE.COM



Cameroon teen Julienne before and after her operation.

## MORE ABOUT BOWLEGS

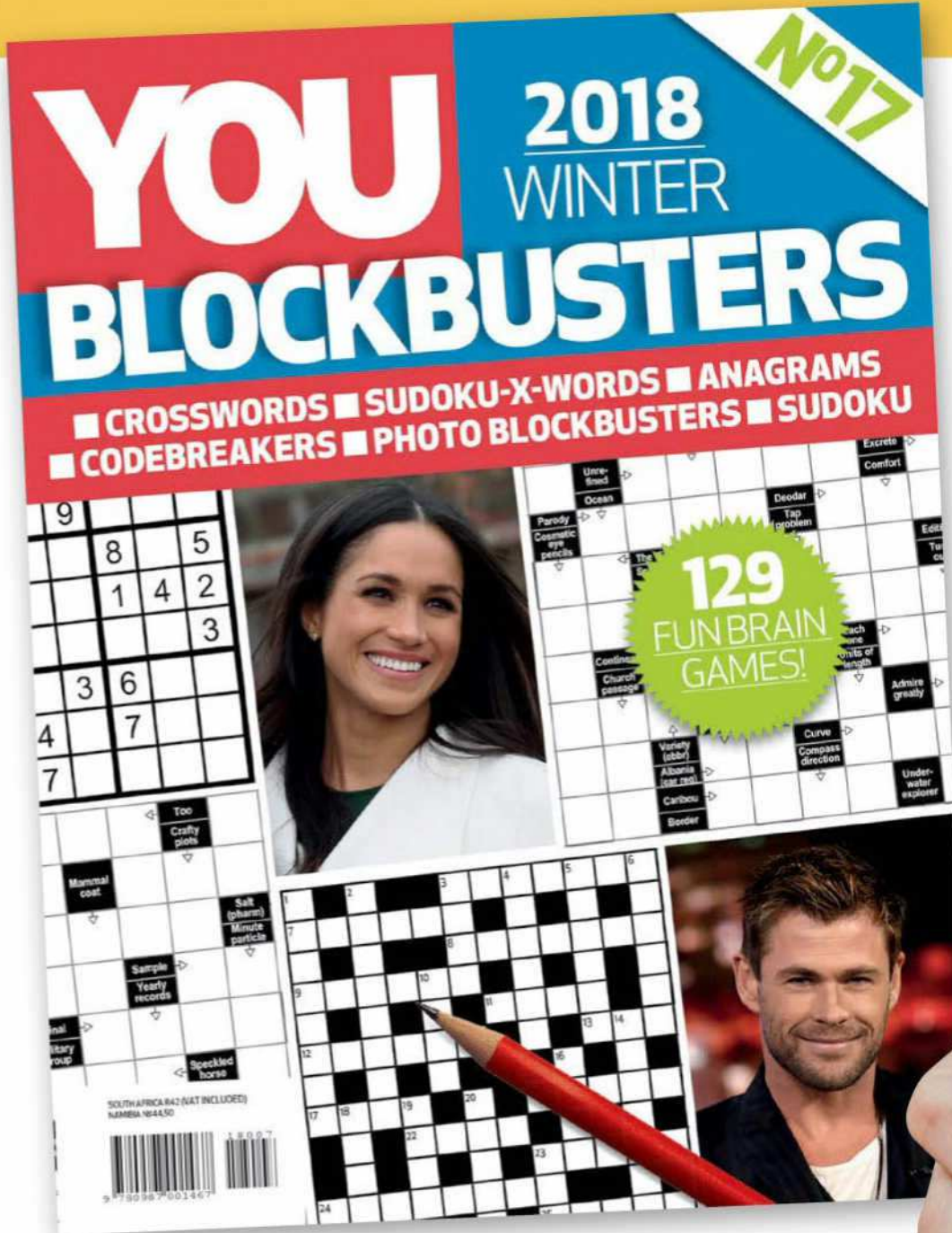
- Many children are bowlegged as infants but legs usually straighten of their own accord when babies start to walk.
- Extreme bowlegs – also known as congenital genu varum – are often a symptom of a condition such as rickets or Blount's disease.
- Rickets causes a softening and weakening of bones, usually as a result of a shortage of

vitamin D, which promotes the absorption of calcium and phosphorous to enable healthy bone growth.

- Blount's disease, a growth disorder of the shin bone, causes the lower leg to angle inward.
- Braces, casts and surgery are options to correct the abnormality. Treatment depends on the severity of the disorder.



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Courtney Ellerbeck with her mom and stepdad, Lesley and Roley Hockly. LEFT: YOU reported on her story back in 2001.

Courtney was paralysed 18 years ago when she was shot in the womb. Today she's struggling to accept why it happened to her

BY JANA VAN DER MERWE  
PICTURES: ONKGOPOTSE KOLOTI

IT'S supposed to be the safest place on Earth – a haven of warmth and darkness underneath a mother's heart where you can grow and develop before emerging into the world with all its challenges and dangers.

But the comfort of this cosy cave was ripped apart for one baby who made national headlines at the start of the millennium.

Courtney Ellerbeck's mother, Lesley Hockly, was seven months pregnant when she was shot in the stomach in a botched hijacking.

The bullet hit Courtney in her left buttock and she was delivered via an emergency C-section soon afterwards – promptly becoming South Africa's youngest survivor of a hijacking. "Shot before birth", headlines screamed along with, "SA's miracle baby".

Lesley spent two weeks in hospital before being discharged but Courtney would remain there for another month – and then the wait began to see if the baby girl would ever be able to walk.

The answer, sadly, is no. Courtney is now 18 and confined to a wheelchair. She dreams of shopping for a pair of killer heels and going on dates but life has always been harder for her.

Because her muscles have never developed her feet are slightly misshapen and a social life is difficult because she's being home-schooled.



I WANT TO KNOW 'WHY ME?'

Courtney has had extensive surgery to her back, hips and legs over the years, which means she missed a lot of school time and her mom decided it would be best if she completed matric at home.

Lesley (41) and Courtney live in a flat in a school hostel in Bethal, Mpumalanga, where Lesley's husband, Roley, is a teacher.

It's the first time we've seen Courtney since she was 21 months old – a cute downy-haired tot lying on her tummy on the floor and propping herself up on her elbows (YOU, 20 December 2001).

She only recently started asking herself, "Why me?"

"I know it's part of my life and I must accept it. I know I can't just go and sit in

a corner but there are days when it's hard to get out of bed," she says.

Lesley, who married Roley seven years ago, says her daughter is a remarkable young woman.

"I often tell Courtney there's nothing wrong with her. Yes, we hate shopping for shoes. But she cooks, makes coffee, does her own washing.

"She can do it all because everything works – it's just her legs that don't."

Lesley was an unemployed nursery schoolteacher when she fell pregnant shortly before her 23rd birthday. Courtney's dad wasn't around during her pregnancy.

Although he saw his child after the incident, he disappeared shortly after-



wards and hasn't played a role in their lives since.

Lesley remembers the worst day of her life as if it were yesterday.

She was heavily pregnant and living in Kempton Park, Gauteng, with her parents, Mary (65) and George Ellerbeck (71).

Early one morning in March 2000 she set off in her white Toyota Corolla to have the car's tyres replaced and decided to pop in and say hi to her grandmother Miemie Edwards along the way.

Just before 9am Miemie and Lesley's then-two-year-old niece Zizzanne Edwards walked her to her vehicle.

"Before I drove off my gran asked if I'd decided on a name for my baby yet. I told her I had but wanted to keep it a surprise," Lesley says.

"Then out of the blue I suddenly heard two other voices."

Two men approached the car. One pushed Miemie to the ground so hard she broke her right wrist.

Meanwhile Lesley's aunt heard the commotion from inside the house and called the police.

Amid the chaos one of the hijackers grabbed Lesley's car keys and shot her when she started to scream.

With the adrenaline coursing through her body, Lesley didn't feel a thing. "I remember shouting, 'You idiot! You're shooting blanks!'"

But the bullet was the real thing. It entered Lesley's belly and pierced the baby lying diagonally in her womb, lodging in her left buttock.

After firing a second shot, which hit the car seat, the attackers fled.

It wasn't long before paramedics and Mary, who worked as a theatre sister at the nearby Arwyp Medical Centre, arrived at the scene and rushed her shell-shocked daughter to hospital.

When it finally dawned on Lesley that she'd indeed been shot, all she cared about was her baby.

Later, in the intensive-care unit – where doctors told her the baby still had a heartbeat – she lost consciousness.

She was rushed straight into surgery and little Courtney – weighing just 1,9kg – was born at 32 weeks.

At the time doctors didn't know what the extent of the damage to Courtney's fragile body would be.



Six days later they discovered her intestines had also been injured, making it impossible for her to keep her mom's breast milk down.

She had to wear a colostomy bag until she was eight months old, which made it hard for mom and baby to really bond.

"To this day I still don't like to be touched," Courtney says.

Although the baby's spine hadn't been hit, doctors told Lesley she'd have to wait until Courtney was at the age when babies start to walk to find out the extent of her injuries.

Lesley clung to the hope she'd see her baby girl take her first steps but it was not to be – Courtney didn't even crawl.

When the bullet tore through her it sent powerful vibrations through her body that damaged the nerves in her lower spine, Lesley explains.

And that meant Courtney would be in a wheelchair forever.

**C**OURTNEY tries her best not to let her disability hold her back.

She's an accomplished paraplegic swimmer with Gauteng provincial colours and loves the freedom being in the water allows her.

She also loves watching cooking shows but had to let go of her lifelong dream to be a chef as she won't be able to reach around or operate in a busy kitchen all day.

"Courtney has fully accepted her circumstances. She even laughs about it sometimes," Roley tell us when Courtney goes off with Lesley to pose for pics with our photographer. "She has a great sense of humour."

Roley's sons, James (27) and Joey (26), are like brothers to Courtney, he says, and tease her like all big brothers do.

He hopes to get a customised car for her so she can learn to drive and feel more independent, he says.

Courtney would like that. She sometimes gets frustrated when she feels people don't allow her to be independent or treat her as her own person, she says.

"I don't want to be kept in this bubble all the time."

Which is why she's planning a major solo adventure: her first overseas trip. "I'm going to the UK," she says.

"I don't know what I'll be doing there yet but I'm going."

Her greatest fear about travelling isn't getting around in her wheelchair, she says.

"It's that I'll be without my mom!"

But both Courtney and Lesley are determined to make it happen.

Lesley smiles. "It's time for you to spread your wings, my child." ■

BELOW: Lesley with Courtney as a tot. RIGHT: Courtney showed an aptitude for swimming from a young age.





Nineteen of the 26 girls who attend Molo Mhlaba school. **BELOW RIGHT:** Co-founder and principal Rethabile Sonibare.



# GIRL POWER

A born and bred Khayelitsha principal is the brains behind the township's all-girls private school that aims to raise and educate strong women **BY SAMANTHA LUIZ**



**T**HEY line up on purple yoga mats, their giggles filling the studio as they start a sun salutation.

Prompted by music playing in the background, the girls eagerly stretch up high before reaching down to tickle their toes. After completing a series of yoga poses they return the mats to a big box at the side of the room.

It's breakfast time and they take their seats at rows of little tables. With the aroma of mealie meal wafting through the air they say grace before happily digging in.

The children are all learners at Molo Mhlaba, a private school for girls in the heart of Khayelitsha, Cape Town's largest township. Principal and co-founder Rethabile Sonibare says the school's name, which means "Hello World", is a statement of empowerment.

"We're communicating to the world that the time is now. Women are here. Black girls are here."

Molo Mhlaba seeks to empower young

girls from the community through a unique curriculum – including subjects such as Lego robotics, yoga and mindfulness, and an introduction to computers, the internet and coding.

"We wanted to create a safe space for girls and debunk the myth that you can't get a high-quality education in townships," Sonibare (34) says.

Molo Mhlaba's values of ubuntu, individuality, honesty and integrity are written on posters on the walls in its teaching languages – English and Xhosa.

The school, which opened in January, is the brainchild of Sonibare, who has a PhD in social work. It emerged from a remedial programme run from a nonprofit organisation (NGO) she's part of.

"We faced a lot of criticism and second-guessing in the beginning," she says. "People didn't believe we could build a school of this nature with little funds. But we proved them wrong."

The school has one class of girls aged between three and six. They work in age groups under the instruction of a quali-

fied teacher and a teacher-in-training.

A third teacher is also employed at the school, and Sonibare says the provincial education department provides them with learning outcomes.

The school started with four learners but now boasts 26.

**S**ONIBARE takes us around the two-storey brick structure that looms large over the sea of neighbouring shacks. The school rents the premises from a nonprofit organisation in partnership with the city of Cape Town, and shares the space with residents as the building also houses a community hall.

"We were determined not to start in a container or a shack," she says. "We wanted to find a building that's worthy of the school we plan to build."

Sonibare, mom to daughters Leyabona (5) – who lives in the Eastern Cape with her gran – and Anam (1) and son Zaeem (2), has lived in the township all her life.





**ABOVE:** The school takes pride in its curriculum, which includes an introduction to engineering through building blocks. **ABOVE RIGHT:** The girls discover geometric shapes with teacher Zikhona Mangalaza and start learning the basics of writing (**RIGHT**).

“When I had Anam I realised she was going to grow up in the same environment I grew up in, which didn’t prioritise girls.

“If she weren’t strong enough and she didn’t complete matric, her opportunities would be limited. I was desperate to change that for her and her peers and future generations.”

Sonibare launched the NGO Thope Foundation from which the school was created as a deliberate investment in the future of girls by providing safe, affordable and quality education.

“We have just two requirements – they have to be verbal and out of nappies. And, of course, they have to be girls,” Sonibare quips.

While some of the girls, who all live in the community, walk to school, others use school-arranged transport. Molo Mhlaba’s policy prescribes that it uses only women service providers.

The school strives to create a structure to supplement the lack of structure some girls have at home, Sonibare says.

Still, the decision to take part in activities is up to the child. “Our girls come from different backgrounds and you have to be sensitive to that.

“We’re an emotive school. We give hugs and love.” This, she says, teaches them about boundaries and consent, which will come in handy in relationships later in life.

“We don’t want the school to be a place they don’t want to be at.”

The girls have free will as long as their choices aren’t detrimental to others. This also applies to the school uniform –

learners can choose between a purple tunic or grey pants or no uniform at all.

A quick glance around the room confirms a variety of hairstyles. “We’re a democratic school,” Sonibare says, “All we ask is that hair is kept out of their faces.”

**T**HE school encourages a reading culture and the book nook is stacked with material ranging from classic fairytales to a guide on how to explain racism to your daughter. There’s also a Xhosa copy of George’s Secret Key to the Universe, by Lucy and Stephen Hawking. It was translated by the school’s chairperson and passionate advocate of multilingual education Xolisa Guzula.

Although diverse, the library – made up mostly of donated books – is still limited and on some days learners walk to the public library across the road.

Molo Mhlaba strives to provide quality education at a low cost. Each pupil is funded through a 4-4-4 model: parents pay R400 a month, R400 comes from grant funding and R400 from sponsor-child programmes, Sonibare explains.

Each learner receives a uniform pack and stationery upon enrolment. Breakfast and lunch are included in the fees.

The convenience was part of the at-

traction for Gcina Mondi, whose daughter, Zenazi Lolo Tutani, attends Molo Mhlaba. “I remember her first day in January. I expected her to cry but I was surprised that my three-year-old felt so comfortable around people she’d just met. When I fetched her in the afternoon she didn’t want to leave.”

The proud dad says Zenazi is already benefiting from the teaching methods. “The children are given a sense of independence. Zenazi now wants to open the car door herself when we get home, and she wants to wash her socks.

“The love of learning is promoted through reading. She often takes books to read in her room.”

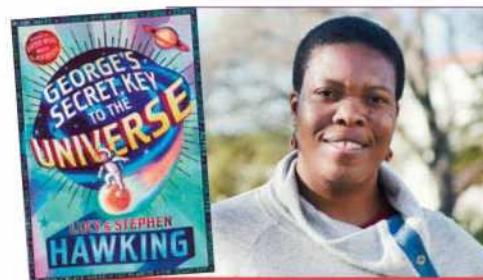
Sonibare can’t wait for little Anam to join the school, which she hopes will have grown by then. “We need to increase the numbers so we can qualify for a government subsidy.”

Next year the school plans to extend its programme by introducing the six-to-nine-year age group, then the nine-to-12-year group to create a fully functional high-impact primary school.

But even then only half the battle will have been won, Sonibare says. “Our test of success will be how many girls we get into high-impact high schools and universities.”

Talk about girl power! ■

**‘We’re telling the world the time is now. Black girls are here’**



Molo Mhlaba has a Xhosa copy of George’s Secret Key to the Universe, by Lucy and Stephen Hawking, which was translated by the school chairperson, Xolisa Guzula.





Dynamo says his weight has ballooned due to medication for Crohn's disease, the condition that's almost crippled him and his career.

**H**E'S one of the most famous magicians in the world and can perform jaw-dropping feats that defy logic and hold audiences spell-bound. But Dynamo is now tackling a challenge that will take more than a wave of a magic wand to fix.

The British magician, whose real name is Steven Frayne, is virtually unrecognisable these days from the skinny guy who burst onto the magic scene a few years ago.

His ability to appear as though he can walk on water, turn snow into diamonds and make paper butterflies come to life has made him hugely popular – and his shows are all sellouts.

Yet over the past eight months he's been so crippled by pain he can barely shuffle a deck of cards.

Now fans are hoping the 35-year-old will be well enough to come to South Africa next month for his Seeing Is Believing Live tour.

A long battle with the chronic digestive condition Crohn's disease and a more recent bout of food poisoning have left him with excruciating pain in his hands, knees, toes, ankles and neck.

Still, he's not giving up. In a video Dynamo posted on his Twitter account recently he said he was determined to fight his way back to health.

"I'm working with doctors and physiotherapists and doing everything in my power to get to 100%," he said.

"I'm working on lots of new magic so



# NO MAGIC SOLUTION

He makes the impossible possible with his tricks, but his long-term chronic disease is a conundrum Dynamo's wizardry can't fix

COMPILED BY KIM ABRAHAMS

hopefully you'll get to see that again soon."

**D**YNAMO grew up in what he describes as a rough area of Bradford, in northern England, to a white mother and a Pakistani father.

"My father was in jail and my mother was very young when she had

me so I didn't have the easiest life growing up," he told news site IOL.

Scrawny and timid, Dynamo was picked on by other kids – until his grandfather Ken Walsh showed him a novel way to stand his ground.

His granddad was a keen magician and introduced him to magic "after seeing a bunch of kids beating me up and throwing me around".





LEFT: The magician and his wife, Kelly Frayne, tied the knot in 2013. ABOVE: With his grandfather Ken Walsh who introduced him to magic after Dynamo was bullied by neighbourhood kids.

treatments and certain meditations to get myself in a comfortable position to feel ready to get dressed and face the world. And this condition is very restricting on my diet.”

LAST year Dynamo’s condition was exacerbated when he suffered a nasty case of food poisoning.

“I ended up in hospital,” he said in his video clip. “Food poisoning and Crohn’s disease are a very bad combo.”

One of the side effects of his food poisoning ordeal is arthritis, which has affected all the joints in his body.

“My toes, my knees, my neck, my ankles, my hands . . . which really sucks as a magician because I can’t use my cards.”

Dynamo also explained his puffy-eyed, bloated look.

“As you can see my appearance has changed a lot due to my medication.

“All the medication has caused me to put on a lot of weight, as well as develop a rash which is all over my head . . . It’s actually all over my body.”

Yet despite his ongoing health issues, Dynamo, who’s happily married to wife of five years Kelly Frayne, is continually working on new material and is hopeful he’ll be able to impress his South African fans with his wonder-inspiring tricks.

“I can’t wait to amaze South African audiences with what I have in store for them,” he said.

“This tour is kind of a thank you to all my fans.” ■

SOURCES: DAILY MAIL, THE SUN, EVENING STANDARD, NOW, IOL, WEBMD, HEALTHLINE

“So later that day he showed me some magic techniques to scare them away. When he showed me, I thought to myself, ‘Hang on, this isn’t going to work.’

“But I tried it out the next day and, crazily enough, the bullies were scared of me.”

Fast-forward a few decades and that little kid is one of the hottest magicians on the planet – which is why his recent health scare sent shockwaves around the world.

Pictures show Dynamo bloated and clearly in distress as a result of chronic medication he’s taking for his condition.

He’s no stranger to health problems, having developed Crohn’s disease as a teenager and undergoing major surgery when he was 17.

“All the kids at school had gone through puberty and were 10 times bigger than me,” he said during an interview in 2012.

“I had loads of tests over the course of a year and eventually I was diagnosed with Crohn’s disease.

“It’s physically painful to digest food – it’s a bit like having an open wound inside your tummy. Every time you eat it’s like rubbing dirt into that wound. It never heals.”

Dynamo had to take 25 tablets a day and developed an abscess in his stomach as a result.

“It was so uncomfortable,” he says. “On the occasion when I did go out on a date I had to spend 30 minutes in the toilet.”

He was hospitalised for four months until doctors presented him with two options.

“I could stay in hospital on dialysis for

another six months and be too weak to do anything. Or I could have an op to remove half my stomach because it was so inflamed. This had never been done on anyone as young as me.”

Dynamo opted for the latter.

“They also took out part of my small bowel that was inflamed, then stitched it back up. It was life-threatening.”

During the operation doctors cut through the nerves in his stomach, which left him unable to feel his legs when he woke up.

“I basically ended up disabled,” he said.

He spent another six months in hospital and had to learn to walk again.

Dynamo managed to claw his way back but still has serious challenges.

“To this day I wake up every morning in pain. The first hour of my day is taken up – I’m usually on the toilet for a long time in pain, with stomach cramps, sometimes internal bleeding.

“I have different things I do, like heat

### ‘To this day I wake up every morning in pain’

### CROHN’S DISEASE - THE FACTS

Crohn’s disease is a chronic bowel disease that causes inflammation of the digestive tract. The exact cause is unknown but doctors believe it’s triggered by an abnormal response of the immune system. It can also be hereditary – 20% of sufferers have a close relative with the condition.

People of all ages can develop the disease although most sufferers are diagnosed before the age of 30. The severity of symptoms varies, but usually include:

- Chronic diarrhoea
- Weight loss
- Fever

- Abdominal pain and tenderness
- Feeling of a mass or fullness in the abdomen
- Rectal bleeding.

There’s no cure but medication can be taken to ease the symptoms and slow its progression. Patients are advised to avoid alcohol, caffeine, oily and fatty foods and foods high in fibre. People with Crohn’s disease can also be lactose intolerant so they should avoid dairy products.

Foods best for sufferers include eggs, oatmeal, white rice, vegetable soups, poultry and fruit such as banana, papaya and mango.



# MARRIAGE ISN'T FOR ME

As Kylie nears 50, the pop princess muses on love, loss and her fear of loneliness COMPILED BY KIRSTIN BUICK

**W**ITH her tousled golden curls, sassy cowboy boots and legs that would make a twenty-something envious, the pop sensation sashays sexily between her burly back-up dancers in her new music video.

Looking at her now, you'd never believe this time last year Kylie Minogue was in crisis. At 49, her relationship with her young husband-to-be had just come crashing down around her and she was in a dark place.

But Kylie is nothing if not the queen of transformation – and the veteran Aussie pop pixie is ringing in the big 5-0 in typical Kylie fashion: by strutting back into the spotlight with a new album and a sensational set of music videos.

Yet there are hints at her heartbreak in the country-inspired album, *Golden*. “If I get hurt again, I’ll need a lifetime to repair,” she croons in one song, while in another track she sings, “I really need a love song that I believe.”

It's no secret who inspired the melancholy undercurrent in these tunes: her ex-fiancé, Joshua Sasse (30).

She and the British actor met in 2015 and Joshua popped the question six months later. But by early 2017 there was trouble in paradise – rumours swirled that Joshua was cosying up to Spanish beauty Marta Milans (35) and Kylie gave her bearded beau the boot.

It was a torrid time, Kylie says in a tearful tell-all interview on an Australian talk show.

“I really did lose myself,” she says. “I had to rebuild myself, physically and mentally.”

But the latest in her long line of break-ups has made her stronger.

“I know I turned a corner and learnt a lot about myself. Sometimes it takes something like stepping out of your comfort zone to shake things up.”

The star also accepts marriage may never be on the cards. “Just going through ‘being engaged’ seems like an experiment because I’d never in all my life had a vision of getting married.”

“I don’t think marriage is for me.”



LEFT: Kylie and British actor Joshua Sasse got engaged after just six months of dating – but they didn’t make it down the aisle and called it quits in 2017.

## THE MANY MR MINOGUES



### JASON DONOVAN 1986-1989

Kylie and her on-screen sweetheart in Aussie soap *Neighbours* fell in love on set. Jason (now 49) said he was heartbroken when she left him for Michael Hutchence. “It was bad enough she’d run off with anybody, but she happened to run into the arms of the greatest rock god of the period – the very guy I wanted to be.”



### MICHAEL HUTCHENCE 1989-1991

“I met a new person and I fell in love,” Kylie said in 2013 of the INXS star. They remained friends until his death aged 37 in 1997. “He was poetic, he was cultured and hilarious and tender,” she said.







LEFT: Her new album, Golden. Kylie says writing and recording it helped her deal with the pain of the break-up. ABOVE: Performing at the amFAR Gala in Hong Kong in March.

Awards and a Grammy followed in a career that's spanned four decades and seen countless reinventions.

"She's reinvented, she's outlasted, she's shown more nous than anyone," Aussie record label boss Michael Gudinski says. "I'd never underestimate Kylie Minogue."

**S**HE may have been lucky in showbiz but Kylie has had her fair share of heartache.

In 2005, aged 36, she had to call off her Showgirl – The Greatest Hits Tour when she received the devastating news she had breast cancer.

Surgery and chemo followed, which Kylie likened to "experiencing a nuclear bomb".

In an interview with Daily Mail this month, Kylie revealed she's going to have to go through menopause twice.

"I've done it once already. The first was medically induced when they suppressed my oestrogen for my cancer treatment. So at least I know what it will be like."

Double menopause isn't unusual in younger women who have their ovaries targeted with a medication that stops them from producing oestrogen.

Once treatment is complete, early-onset menopause symptoms can be reversed and women go through the change again as they approach their fifties.

As for getting older, Kylie recognises she's not immune to the effects of time – and she's not opposed to going under the knife.

"Just today I was looking in a magnifying mirror, putting on mascara, and I said to the guy doing my make-up, 'I think I need to do something.'"

"I remember Jane Fonda saying something like, it's 80% genetics, 10% taking care of yourself and 10% a good surgeon. "So if and when the time comes I'll be taking a leaf out of Jane Fonda's book."

We can't imagine that time coming soon. ■

SOURCES: RED MAGAZINE, DAILY MAIL, PEOPLE, THE TELEGRAPH, SYDNEY MORNING HERALD, THE GUARDIAN

But this doesn't mean she's given up on her happily ever after – far from it. "Otherwise I might as well stay at home and get lots of cats," she jokes.

"My greatest fear is loneliness, even though sometimes I crave to be alone. I just want some quiet. Some days I want to date, other days I think I just don't want a boyfriend right now. I'm not looking for a cat either."

And now that 50 is looming next month, Kylie is embracing it. "I feel fortunate to be kind of racing, cantering, galloping towards 50 and feeling good about it."

**T**HE pint-size pop star was just 18 when she shot to superstardom as tomboy mechanic

Charlene in Aussie soapie Neighbours in 1988.

Her twinkling blue eyes and winning smile, had viewers around the world hooked on her – and Charlene's romance with Scott, played by Jason Donovan who was Kylie's real-life beau.

Charlene's sweet singing scenes and Kylie's chance performance at a benefit concert in 1987 were enough to catch the eye of Australian music execs and Kylie soon found herself topping the charts with her first single, Locomotion.

She was then invited to work with world-renowned UK producers Stock, Aitken & Waterman – who promptly forgot all about their invitation, and when Kylie arrived on their doorstep they had nothing prepared for her. So they quickly wrote I Should Be So Lucky while she waited outside.

And lucky she was. She recorded the track with them there and then and it shot to the top of the UK charts.

"We treated Kylie rather shabbily," producer Mike Stock admitted later in a documentary.

"She came to London to work for us and on the last day I get her in for 40 minutes and then tell her to go back home. You know, God. And then it's a hit.

"So I had to go to Melbourne and apologise for the way we'd treated her."

Luckily for him, the then 19-year-old was forgiving. She graced the label with her debut album, Kylie, and it was '80s pop magic. It spent more than a year on the UK albums charts and reached gold in the USA.

In spite of all the criticism of her "bubblegum pop" sound, Kylie went on to prove she was no one-trick pony. Altogether 13 studio albums, three Brit

**OLIVER MARTINEZ**  
2002-2007

Kylie dated the dishy French actor (now 52) through her breast cancer battle. "On dark days I'd be lying on the bathroom floor wailing and he'd say, "Okay, honey, you can cry for just five minutes, then I'm taking you on the bike for a ride around Paris."



**JAMES GOODING**  
1999-2002

After the genetically blessed duo called time on their relationship, model James (now 42) gave a tell-all interview to a British newspaper in which he boasted about cheating on her with model Sophie Dahl.



**ANDRÉS VELENCOSO**  
2008-2013

A year before she and the Spanish model (now 40) broke up, Kylie said she'd thought he was her happily ever after. "He's the one. Sound the alarm. I think I'm pretty settled." But it was not to be.



# SHOWER OF JOY

There are just a few weeks left before their lives change forever and cricketer **WAYNE PARNELL** (28) and his wife, fashion blogger **AISHA BAKER-PARNELL** (27), are making sure they're ready for parenthood. Baby books, parenting podcasts and antenatal classes – they're doing it all!

"We're feeling anxious but excited," says Aisha, who

was recently treated to a lavish baby shower at The Cellars-Hohenort Hotel in Constantia Heights, Cape Town.

"We've organised the nursery and are preparing ourselves by listening to parenting podcasts, attending birthing classes and also by bonding with our moms."

The theme of the glamorous baby shower was greenery, inspired by the foliage at the venue, which had the added advantage of being gender-neutral as the parents-to-be haven't revealed their baby's sex yet.

Aisha was stunning in a figure-hugging dress by local designer Tahiera Salie from Twin Image Clothing and teamed her frock with matching strappy heels.

The expectant mom revealed on Instagram that the question, "Do I look fat in this?" has become part of her daily conversation with Parny. And her baby daddy's standard answer is, "No, you're pregnant!"



**Baby Parny's pad**



TOP: Aisha with Rachel Kolisi, rugby player Siya's wife, at her baby shower. ABOVE: The custom-made cake was inspired by the Easter bunny. RIGHT: Wayne and Aisha will soon celebrate their second wedding anniversary. FAR RIGHT: The nursery is set up and ready for the new addition to the Baker-Parnell family!



# STAR POWER

The annual HospiceWits Night with the Stars saw celebs take to the ramp on Sandton City's rooftop to model fashions by local designers. The event – which also featured performances by musos Tamara Dey and Unathi Msengana – raises funds for HospiceWits.

## SHARON ROSE KHUMALO

Miss Mamelodi Sundowns 2017 was gorgeous in a floral design by Franz Grabe Flower Couture.

## TAMARA DEY

The singer showed off her post-baby bod in a black and white dress by Khosi Nkosi.

## ADÉ VAN HEERDEN

Miss SA stunned in a Franz Grabe Flower Couture design.

## PEARL THUSI

The actress stole the show in a shimmery gown by Gert-Johan Coetzee.

## GERRY ELSDON

One of the presenters on the night, Gerry opted for a shimmery design by Clive Rundle.

## NICOLE BESSICK

The actress was sexy and sassy in a sporty yet chic combo by Juicy Couture.

## PRIYESHKA LUTCHMAN

The model (who's also Gerry Elsdon's daughter) showed off her legs in a high-cut Gert-Johan Coetzee design.

## UNATHI MSENGANA

The DJ and TV personality was glamorous in a statement piece by Gert-Johan Coetzee.





1

**9 APRIL**

The couple, who've been dating since September 2016, strike an adorable pose on Instagram as Khloé tells her 75 million followers they're ready to meet their baby girl.



# Khloé keeps it together

Reality TV star **KHLOÉ KARDASHIAN** (33) and her boyfriend, basketball player **TRISTAN THOMPSON** (27), have been dominating headlines for all the wrong reasons after footage of Tristan cheating on Khloé recently started circulating online. Here's how the drama unfolded.

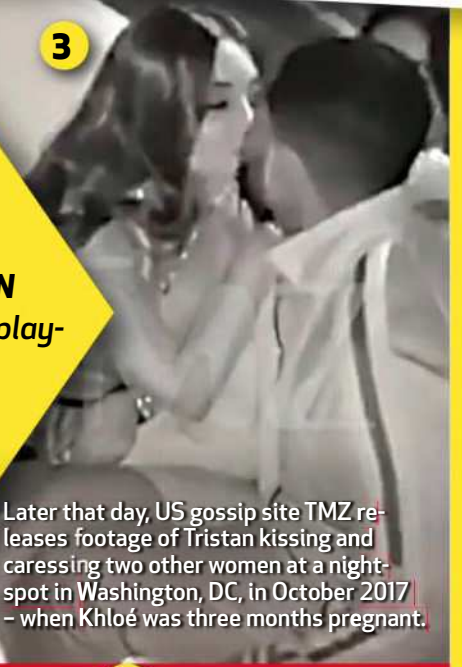


2

**10 APRIL**

A day later, UK news outlet Daily Mail releases a video of Tristan kissing a woman believed to be stripper **LANI BLAIR**. Footage of them leaving a club and entering Tristan's hotel later emerges online.

3



Later that day, US gossip site TMZ releases footage of Tristan kissing and caressing two other women at a night-spot in Washington, DC, in October 2017 - when Khloé was three months pregnant.



6

**12 APRIL**

Paparazzi spot the new dad leaving Cleveland Clinic.

**6** Khloé gives birth to a healthy baby girl, True Thompson. According to reports, she tells her concerned sisters the entire fiasco has been a big misunderstanding. "Khloé is feeling nothing but happiness right now. She's head over heels in love with her little girl. Absolutely nothing else matters," a source close to the Kardashians says.

If you respect yourself and you respect others, you would never make light of the misfortune of anyone, nor would you feel indemnified when it comes at the expense of others. Wishing peace for everyone ❤️

5



4

Tristan Thompson cheated on Khloe Kardashian while pregnant with his child, when he cheated on his pregnant ex with Khloe Kardashian. What a world. Y'all still don't believe in karma?

**4** The scandal creates shock waves online, with many commenting that this was karma for Khloé, who'd hooked up with Tristan when his ex-girlfriend **JORDAN CRAIG** was six months pregnant.

**5** While commenters on Jordan's social media accounts are somewhat gleefully claiming she's getting the last laugh, the lifestyle blogger shares this peaceable Instagram post.







# Nicki vs Cardi B



Critics were right to say a friendship between these two rap divas was too good to be true! A mere seven months after **NICKI MINAJ** congratulated fellow rapper **CARDI B** on going to No 1 with hit song Bodak Yellow, the claws are definitely out.

The drama started when both New Yorkers appeared on Migos' song Motorsport. Soon after the track came out, Cardi accused Nicki of changing her verse after Cardi's contribution, insinuating that

the No Frauds rapper had tried to "one up" her. Not one to take anything lying down Nicki, who's famously feuded with the likes of Mariah Carey and Miley Cyrus, opened up about the situation, saying Cardi had hurt her feelings.

Asked about the feud, Cardi said she was ready to take Nicki on face to face.

"I always say I don't want anybody sneak-dissing me," the 25-year-old recently told radio host Ebro. "If it's something that we can talk out, then we can talk it out, because it's not always rah rah this or rah rah that."



**ABOVE: TAKEOFF, QVAVO and OFFSET** make up rap group Migos, on whose track the feuding rappers performed. **LEFT: CARDI B**, who's expecting a baby with Offset, announced her pregnancy during a performance on Saturday Night Live.



## Blended family bliss for Robin

**ROBIN THICKE's** girlfriend, model **APRIL LOVE GEARY** (23), recently took to Instagram to share an adorable picture of **JULIAN** (8), Robin's son with ex-wife Paula Patton (42), cradling the couple's newborn daughter, **MIA**. Robin and April, who have an 18-year-age difference, welcomed their baby girl on 22 February. The 41-year-old singer seems to have moved on from his painful split from Paula, who accused him of abusing their son and tried to gain full custody.



## Old friends, happy times



It's nice to see that singer-actress **MARIE OSMOND** (58) and actress **PRISCILLA PRESLEY** (72) have remained friends after all these years.

Marie shared a pic of her and the wife of the late Elvis Presley on Instagram, saying it was a joy to catch up with her old friend. The picture was taken when Priscilla went to see the Las Vegas show Marie stages with her older brother, Donny (60).

SOURCES: DAILYMAIL.CO.UK, HOTNEWHIPHOP.COM





**F**OR decades MARIAH CAREY has had a reputation for being a feisty, outrageous diva. Whether she was feuding with Nicki Minaj on live TV or throwing a tantrum onstage, Mimi and drama have always gone hand in hand.

Yet behind the antics lay a serious issue – one the 48-year-old star has recently opened up about.

Mariah was first diagnosed with bipolar 2 disorder after a physical and mental breakdown landed her in hospital in 2001. Post-breakdown, as Mariah was doing the publicity rounds for her 2002 album, Charm-bracelet,

her record company encouraged her to talk about her “comeback”.

“Everybody wanted me to be, like, ‘Let’s have that moment; let’s sit and cry with Oprah; let’s just have tearful moments of, like, ‘I’ve overcome this,’” she recalls. But in reality, she was only just coming to terms with the implications of the shock diagnosis and she now acknowledges she didn’t want to believe it.

**‘I’m just in a really good place right now’**

One person who wasn’t shocked at the revelation was her brother, Morgan. Back in 2015 in an interview with National Enquirer, he blamed their mother, Pat, for the emotional roller coaster that was Mariah’s life.

“She set the stage for the [bipolar disorder], for the inability to have a healthy, honest relationship with a man, with this whole fixation on being a diva,” he said. Morgan described how Pat, a former opera singer, partied hard and raised two of her three children in an atmosphere of “fear, abandonment and dishonesty” after their father, Alfred, had left and their older sister, Alison, had gone to live with him, when Mariah was three.

Mariah says she initially thought she suffered from a sleep disorder. “But it wasn’t normal insomnia and I wasn’t lying awake counting sheep. I was working and working and working. I was irritable and in constant fear of letting people down. It turns out I was experiencing a form of mania,” she recalls.

“Eventually I’d just hit a wall. I guess my depressive episodes were characterised by having very low energy. I’d feel so lonely and sad – even guilty that I wasn’t doing what I needed to be doing for my career.”

After almost two decades of living with the diagnosis she decided to come forward because her secret had become “too heavy a burden to carry”.

“I’m just in a really good place right now, where I’m comfortable discussing my struggles with bipolar 2 disorder.

It can be incredibly isolating. It doesn’t have to define you and I refuse to allow it to define me or control me.”

The singer-songwriter, who’s in the studio working on an album due later this year, is in therapy and taking medication for the condition, which involves periods of depression and hypomania, or extreme excitement.

“I’m hopeful we can get to a place where the stigma is lifted from people going through anything alone.”

SOURCES: PEOPLE.COM, RADAONLINE.COM, BUZZFEED.COM

# MARIAH’S LONELY YEARS OF STRUGGLE

*In an exclusive interview with US magazine People, the singer opens up about her years-long secret battle with mental illness*



**Mariah and her current beau, dancer Brian Tanaka.**



**Mariah, ex-husband Nick Cannon and their twins, Moroccan and Monroe.**



# HEIDI GETTIN' HOT AND HEAVY

German model HEIDI KLUM (44) and her new beau, Tokio Hotel guitarist TOM KAULITZ (28), have been all over each other since hooking up last month. The Project Runway host, who has four kids - Leni (13) with businessman Flavio Briatore, and Henry (12), Johan (11) and Lou (8) with ex-husband Seal (55) - recently left the children at home to enjoy an intimate Mexican getaway with her handsome young boyfriend.



*Heidi showed off her gym-honed body as she smothered Tom with kisses.*





**YOU | CELEBS** HAVE YOU HEARD

# CHRIS AND ANNABELLE: NEW COUPLE ALERT!



Annabelle and her ex, Chris Martin



Chris steals a glance



THEY HAD EYES ONLY FOR EACH OTHER

IS IT just us or were Star Trek actor **CHRIS PINE** (37) and Peaky Blinders actress **ANNABELLE WALLIS** (33) giving off serious couple vibes on a night out recently? A few days after being spotted walking through London's Heathrow Airport together the stars were seen flirting up a storm at Black Cow Vodka's star-studded bash, which also hosted celebs such as actor Orlando Bloom and director Ridley Scott.

According to Us Weekly, the acting duo "couldn't take their eyes off each other" as they sat down to a swanky four-course dinner in Malibu.

The British actress was most recently linked to Coldplay rocker **CHRIS MARTIN** (41). Seems Annabelle's got a thing for hot guys called Chris.

## Look what you made him do!

What's a guy got to do to get Tay-Tay's attention? One Connecticut super-fan decided to rob a bank, hoping it would impress pop star **TAYLOR SWIFT** (28).

According to a police report discovered by gossip site TMZ, the suspect, **BRUCE ROWLEY** (26), was arrested last week after he held up a local bank, hoping his deed would somehow catch the attention of his idol.

Following the heist, Rowley drove to the Look What You Made Me Do singer's Rhode Island home where he reportedly threw some of the \$1 600 (R19 200) he's charged with stealing over Taylor's fence. The police officer who apprehended the lovestruck criminal said, "It seemed he wanted to propose to Taylor."

Can't fault him for optimism!

SOURCES: DAILYMAIL.CO.UK, USWEEKLY.COM, TMZ.COM



Taylor's Rhode Island mansion







The sign at the Los Angeles Theatre, where the bash was held, read: "BF loves GP" and "GP loves BF".



## DID SHE, DIDN'T SHE?



Rumours are circulating **GWYNETH PALTROW** has tied the knot with television producer **BRAD FALCHUK**. It seems the pair, who've been dating since 2014, may have had a secret wedding in Los Angeles recently after an epic bachelorette party in Mexico.

Dubbed an "engagement party," the couple hired the historic Los Angeles Theatre to throw a black-tie do for their nearest and dearest Hollywood friends – but many are convinced the party was actually a secret wedding, to throw

paparazzi off the scent.

Perhaps the biggest clue the couple were saying their "I do's" was the presence of Gwyneth's mom, actress Blythe Danner, who carried a Monique Lhuillier bridal dress bag over her arm as she entered the venue.

The lavish affair was a who's who of A-listers including director Steven Spielberg and actresses Kate Hudson, Liv Tyler, **JENNIFER ANISTON**, **CAMERON DIAZ** (with hubby **BENJI MADDEN**), Julia Roberts, Reese Witherspoon and Demi Moore. Notably absent from the celebration was Gwyneth's ex, Coldplay's Chris Martin – with whom she shares daughter Apple (13) and son Moses (12) – and who reportedly gets on well with her new beau.



## John and Nikki: it's over!

Wrestlers and reality TV stars **JOHN CENA** and **NIKKI BELLA** have split after six years together.

The couple, who announced their engagement a year ago, recently issued a joint statement, saying: "While this decision was a difficult one, we continue to have a great deal of love and respect for each other."

Their wedding, which was being filmed for Nikki and her sister Brie's reality TV show *Total Bellas*, was scheduled for 5 May.

It's reported that John's reluctance to have children was a major contributing factor, as Nikki was apparently keen to start a family straight after the wedding.

SOURCES: DAILYMAIL.CO.UK, PEOPLE.COM



**BRAD FALCHUK**





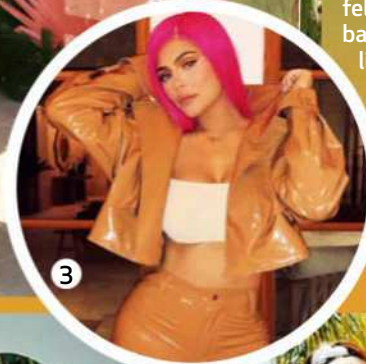
# YOU | CELEBS STARGAZE



1



2



3

5 Singer Rihanna hosted the Fenty x Puma Drippin pool party to celebrate her collaboration with the label. 6 Victoria's Secret model Taylor Hill got into festival spirit with a satin two-piece and face paint. 7 Beyoncé was the headline performer for the first weekend. BOTTOM: She brought down the house when she invited fellow Destiny's Child bandmates Michelle Williams (left) and Kelly Rowland on stage. Her lauded performance, which also had hub-by Jay-Z and sister Solange as guest artists, had fans coining the term BeyChella.



5

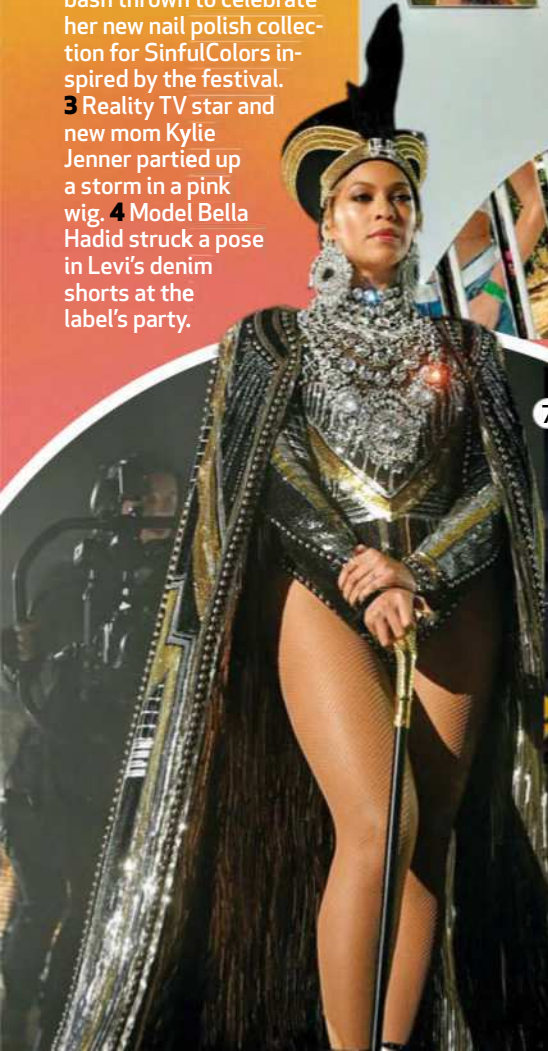
1 Aussie rapper Iggy Azalea wore a Christian Dior crop top to the Fenty x Puma Drippin party to launch the brand's summer collection. 2 Actress Vanessa Hudgens chose a boho frock for the bash thrown to celebrate her new nail polish collection for SinfulColors inspired by the festival. 3 Reality TV star and new mom Kylie Jenner partied up a storm in a pink wig. 4 Model Bella Hadid struck a pose in Levi's denim shorts at the label's party.



4



6



7



Stars came out to party at the annual Coachella Valley Music and Arts Festival in California

# COACHELLA





8



9

**8** Model Kendall Jenner opted for a utilitarian look at clothing brand Revolve's party, where she was the DJ.  
**9** Rapper Nicki Minaj posted this pic on Instagram of herself in a leopard print African-inspired dress.  
**10** Midnight Sun actress Bella Thorne asked her 17,3 million Instagram followers if she should wear her yellow outfit with or without thigh-high boots.  
**11** Models Romee Strijd (left) and Hailey Baldwin at the white-and-denim themed Levi's bash.



10



▲ Victoria's Secret Angel Stella Maxwell posed in a kaftan by online clothing retailer Nasty Gal.



▲ Designer Rachel Zoe (middle) hosted her ZOEasis Style Retreat with (from left) reality TV star Whitney Port, model Olivia Culpo, socialite Paris Hilton, actress Victoria Justice and Sara and Erin Foster (daughters of music producer David Foster).

▼ Actor and rapper Jamie Foxx made a surprise appearance during Norwegian DJ Kygo's set.



11

Singer and actress Rita Ora showed off her figure in black chaps as she performed on the main stage.



► Pregnant rapper Cardi B brought R&B singer Kehlani on stage to perform their song, Ring.



(Turn over)





**STAR LOOK**

Meant to Be singer **BEBE REXHA** stood out in a quirky monochrome gown by Yanina Couture.



**ACADEMY OF COUNTRY MUSIC AWARDS LAS VEGAS**

**1** Best female vocalist nominee Kelsea Ballerini opted for a flowing Kristian Aadnevik dress. **2** Actress Nicole Kidman (in Michael Kors) came out to support her husband, Keith Urban, who received five nominations. **3** Actress Rebecca Romijn, who presented an award, turned heads in a sheer Uel Camilo gown. **4** Miranda Lambert (in Georges Chakra) won best female vocalist for the ninth year in a row.



**GLAAD MEDIA AWARDS**

**5** Singer Gwen Stefani, looking red-hot, came out to support boyfriend Blake Shelton, who performed at the event. **6** Carrie Underwood, who also performed, made her first public appearance since injuring her face in a fall at her home five months ago.

Singer Britney Spears (LEFT) and actress Chloë Grace Moretz (RIGHT) were on trend in silver at the GLAAD Media Awards in Beverly Hills, California. Britney received the Vanguard award for making an impact promoting equality and acceptance of LGBTQ people.

**OUT & ABOUT**



via.

On  
DStv channel  
**147**

# Friday nights on VIA



**Veldhelde**

From 20 April // 17:00

**Kom ons kamp**

From 13 April // 17:30



**Dors**

From 13 April // 17:30

**Konings van kitskos**

From 20 April // 20:30



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**R1 219** pm



**Melanie, 45, Port Elizabeth**  
2017 Ford Everest 2.2 TDCi XLS A/T

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