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INSPIRING & EASY!

# YOUR FAMILY

EASY AS  
PIE

20 HEARTY  
RECIPES

UNPLUG  
YOUR KIDS

What happens  
when you reconnect  
them with nature

DOUBLE  
yum!

Milk tart  
CHURROS

Pecan pie  
BROWNIES

Baklava  
CHEESECAKE

Spiced  
HOT CHOCOLATE

QUICK  
KNIT

Jersey in a  
weekend!

Page 96

YOUR

ISSUE

- ◆ soothe sensitive skin
- ◆ fight flu like a doctor
- ◆ build relationship confidence

feel good



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JULY 2018

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## ON THE COVER

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Adelle Jung  
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CLOTHING: Dress, YDE;  
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## Don't miss!

Our snug jersey on page 96. You can knit it in a weekend, promise!



## Oh hello

**D**o you love or loathe winter? I enjoy it, especially in July and August when it's properly cold. But there are challenges, especially when it comes to the wardrobe. Twice a year I haul two large crates out of the garage, and there's a Serengeti-scale migration of clothes in and out. Out go the shorts, sandals and dresses, and in come the scarves, coats and jackets. But it's far from an even swap. Winter clothes take up heaps more space than summer ones, and present another dilemma. While you get to cover up (great stuff if that summer body didn't last all summer), adding on layers can make you look like you've piled on some winter padding. Which is why we laid down the challenge to our fashion stylist, Suzanne Sesink Clee: How exactly do you dress for winter without turning into a Teletubbie?

On page 12 she shares valuable tips on dressing for the season while keeping your silhouette sleek at the same time. And there's more to it than just layering. Fabric choices and clever garment pairing are what it's all about. A knack for styling isn't necessarily a skill you're born with, but it's definitely something that can be honed.

We chatted to Suzanne about how she got so style-savvy, and to two more women who happened upon a skill that has either shaped their careers or, in fact, saved their lives (page 28). Miss Universe Demi-Leigh Nel-Peters told us about the dramatic moment in 2017 that forever changed her, and how she used the experience to equip other women with critical skills.

July also means comforting, feel-good food and this issue we focus on baking. We have 20 pies for you to make (and they don't all



Miss Universe Demi-Leigh Nel-Peters chats to us on page 28

involve pastry!). They'll soon become family favourites. And if you're spending time with relatives, why not surprise them with our doubled-up desserts. The only thing better than your favourite dessert is a second dessert flavour thrown into the mix. You'll find milk tart churros, baklava cheesecake, pecan nut brownies and more on pages 38-43: you're welcome!

But it's not all about indulging. Winter is also an important time to maintain yourself. If you can't bear the thought of early mornings in the gym (or dark evenings for that matter), our 15-minute workout (page 73) is one you can do at home every day to keep yourself in shape. Our feature on page 72 includes important info about keeping weight in check, and on page 20 you'll find advice on protecting your skin from the worst of winter. Having said all that, it's still my favourite season!

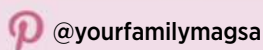
See you next month,

*Janine*

Follow me on Twitter @janinecollins1 or email janinec@caxton.co.za

### This month...

Our fabulous fashion spread was shot at Shepstone Gardens in Houghton. A Herbert Baker home, Shepstone is one of the original Witwatersrand Ridge Houses commissioned by the Modderfontein Dynamite Factory at the turn of the 20th century. Built from local quartz, the venue boasts countless picture-perfect backdrops for weddings and other family occasions, and is a monument to the skills of the artisans, gardeners and stone craftsmen that have tended this treasured Joburg landmark for well over a century. For bookings, contact [Shepstonegardens.co.za](http://Shepstonegardens.co.za)



# GET IN TOUCH

KEEPING UP TO DATE WITH OUR READERS

This month's star letter will receive an Almond Breeze hamper worth R4 000

Looking for a low-kilojoule alternative to milk? Almond Breeze Almond Milk is a must-have if you're trying to incorporate a healthier dairy alternative into your lifestyle. You can use the original and unsweetened flavours in your smoothies, cereals, cooking and baking. For coffee lovers, the Unsweetened Almond Breeze Barista Blend is a rich and creamy almond milk especially designed for cappuccinos, lattes and flat whites.

Almond Breeze is produced and distributed locally by Good Hope International Beverages and is GMO- and MSG-free, with no additives or preservatives. It is naturally cholesterol-free and also suitable for those following a vegan diet.



## STAR LETTER

As a gentleman who works with many female colleagues, I must confess I never knew that some of the gestures mentioned in the *Sexual harassment at work* article (*Your Family* April) are unacceptable. Many men seem to be under the false impression that women like it when men make sexual advances. It is such impressions that eventually lead to women being sexually assaulted. I also didn't know that verbal forms of sexual harassment include so many kinds of remarks, but I now know better. Other than being a punishable offence, sexual harassment must be avoided altogether, because it harms the victims not only physically, but emotionally too. After reading the article, I shared the content with my male and female colleagues. We all agreed that some of the gestures we make and take for granted are indeed offensive. I hope the message in your article can reach the majority of South African men and women. We really need to equip ourselves with the knowledge of what sexual offences are. This could minimise the escalating number of sexual crimes in the country and the world.

– Matome Kubu,  
Pretoria



## READER OF THE MONTH

Samsoeniesa Salie, an entrepreneur, lives in Cape Town with her husband and daughters.

### SAMSOENIESA'S FAVOURITE:

...MOVIE I recently watched *Three Billboards Outside Ebbing, Missouri* and I enjoyed every second of it.

...RECIPE My chicken and mutton breyani recipes are the best. I could make them blindfolded and they would still come out divine!

...GUILTY PLEASURE I always have to have a delicious biscuit or muffin with my tea.

...WAY TO DE-STRESS A hot cup of tea, under my blankets with a *Your Family* magazine in hand.

WHAT'S GUARANTEED TO GET YOU IN A GOOD MOOD? Good food!

FAMILY TIME IS SPENT bonding over a lovely meal while watching everyone enjoying one of my signature dishes.

IN HER FRIDGE, SHE'S NEVER WITHOUT fresh tomatoes, garlic, ginger, fresh cream and vegetables.

If you'd like to be our next reader of the month, send an email to [yourfamily@caxton.co.za](mailto:yourfamily@caxton.co.za) with 'Reader of the month' in the subject line.

## TOP OF MY SHOPPING LIST!

I was bored the other day and asked my neighbour for a book to read. She gave me a copy of *Your Family's* November issue. I'm over the moon with this wonderful magazine and so delighted with all the information I can use from it. I especially enjoyed the articles about the Christmas charities, *Put a bow on it*, and *Mindfulness for kids*, featuring all the apps for cool kids. Well done to the whole team for putting this wonderful magazine together every month. And what's even more wonderful? It fits into my pensioner budget, so I'm placing it right at the top of my shopping list!

– Jennifer Williams,  
Cape Town

LETTERS MAY BE EDITED DUE TO SPACE PHOTOS: SUPPLIED

WRITE TO US at [yourfamily@caxton.co.za](mailto:yourfamily@caxton.co.za) or post letters to *Your Family*, PO Box 473016, Parklands, 2121

# Yourfamily.co.za

## Cosy up!

COOK UP A STORM AND ENJOY THESE CRAFTS THIS WINTER



**BEEF STROGANOFF SOUP**



**CHICKEN, TOMATO AND BUTTERBEAN SOUP**



**BUTTERNUT AND TURMERIC SOUP**



### WINTER ESSENTIAL!

This cotton scarf is a quick Tunisian crochet project, ideal for beginners.

### BATHROOM MAT

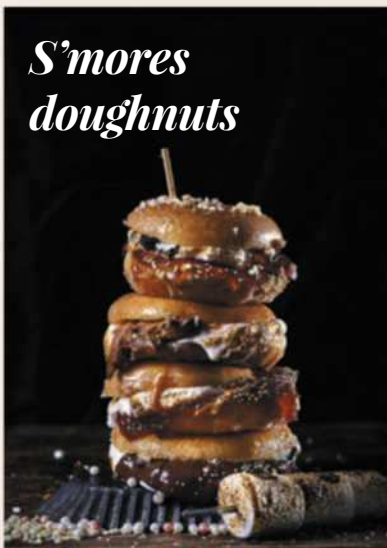
Step out onto a comfy mat that runs the entire length of your bath – bliss!

### Say hello to your winter soup collection

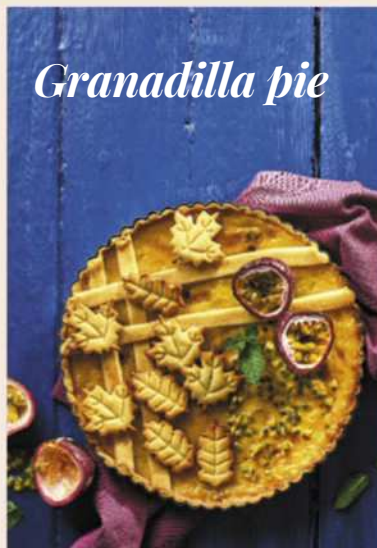
Add these soups to your winter favourites – they taste like a million dollars, but definitely won't break the bank!



### S'mores doughnuts



### Granadilla pie



COMPILED BY JONI NEL. PHOTOS: CAXTON PHOTOGRAPHERS AND FOTOLIA.COM

# AT OUR TABLE

MARGIE SHARES HER FOODIE FINDS



## Macadamia MARVELS

If you're looking for a healthy, energy-boosting, filling snack, opt for macadamia nuts. They're rich in monounsaturated fats, which can reduce the risk of heart disease by lowering bad cholesterol and blood pressure. They can also help fight disease, assist in weight loss, improve brain and gut health, and reduce chronic inflammation. Macadamia trees must be at least 7-10 years old to produce, and they're one of the toughest nuts to crack, which is why they're often more expensive than other nuts. Macadamias are delicious in brittles, cookies, cakes, pastries, spreads, ice creams and salads. The oil is delicious in salad dressings, and good for frying steaks or stir-fries as it has a high smoking point. Unshelled, the nuts can stay in your pantry for months. However, once shelled, store in an airtight container in the fridge, as they go off quicker than other nuts due to their high oil content. Word of warning: macadamias are toxic to dogs.

### KITCHEN TIP

Add a few tablespoons of bicarbonate of soda to cold water when washing fresh fruit or vegetables to remove pesticides, dirt and wax.



### Canapé pairing

Enjoy a canapé and wine tasting experience at GlenWood's in the Franschoek Wine Valley. R395 per person includes the pairing, a welcome drink and a main course with a glass of wine. 021 876 2044



### MACADAMIA COOKIES

🍴 Makes about 18 ⌚ Takes 30 mins + cooling

**120g soft butter**  
**80ml sugar + extra**  
**pinch salt**  
**10ml vanilla essence**  
**250ml cake flour**  
**180ml macadamia nuts,**  
**finely chopped**

- 1 Preheat oven to 180°C. Beat together the butter, sugar, salt and vanilla until creamy. Fold in flour until it just comes together. Fold in nuts.
- 2 Shape into 15ml balls and roll in extra sugar. Place on baking paper lined trays, leaving spaces in between. Bake for about 12 minutes or until just cooked. Cool.



### HOMELY AND HEARTY

*Home Cooked & Heart Warming* by Ashleigh Levin (Struik Lifestyle) will take you on a journey filled with memories, delicious flavours and lots of butter! Ashleigh is a mom of two with no training other than hosting long, lazy Sunday lunches and dinner parties. Enjoy recipes like Butternut and ginger soup with chickpea sprinkles; Fall-apart lamb; My mother's sticky chicken; Dirty ballerina Pavlova, and Sunday funday martinis. R320



## BAKING TIPS

Baking can be very relaxing and rewarding, but it can also quickly turn into a frustrating exercise if things don't go according to plan. Follow our tips to ensure your bakes turn out magazine-worthy!

**PRECISION** Unlike cooking, baking is a science. Measure accurately and use the exact tools requested. If you're serious about baking, a kitchen scale is a must.

**READ** through the recipe and tips before you start. Understand the technique, make sure of time involved, ensure you've got all the ingredients and stick to the recipe.

**OVENS** differ. Check your oven temperature regularly with an oven thermometer (available from kitchen stores). We always bake in the middle rack of the oven (unless otherwise stated). Learn where the hot spots are and find out which shelves are the hottest. If all your dishes keep on burning at the base it might be because the bottom is too hot, so move things up a rack next time.

**INGREDIENTS** Use the freshest and best

you can afford. Use ingredients at the correct temperature (eg soft butter or chilled evaporated milk). Stick to sell-by dates and don't let rising ingredients like dry yeast, bicarbonate of soda, baking powder or self-raising flour sit in the cupboard for too long. Rather buy small quantities if you're not a regular baker. Always use extra-large eggs at room temperature (unless otherwise stated).

**PATIENCE** Don't open the oven door unless two-thirds of the baking time has passed. If you open to test, do so quickly so as not to let too much hot air escape. Baking takes time and staring at the oven won't make it bake quicker. Practise really does make perfect!



## Family treat

Eat as much as you like at Durban's new Billy G Restaurant (Suncoast). This family friendly buffet restaurant offers an extensive selection of dishes including a meat carvery, curries, seafood, freshly made pizzas and tantalising desserts. Adults and kids over 13: R199; pensioners: R120; 8-12s: R100; 4-7s: R50; kids under 3 eat free. 031 328 3456

## MORE THAN PIZZA AND PASTA

The popular Italian-inspired franchise, Col'Cacchio, known for gourmet thin-base wood-fired pizzas and hearty pastas, is staying ahead of the times with interactive 'Instagram Placemats', complete with guidelines on how to take the perfect shot to share with your friends on social media. In addition to carb-conscious, gluten-free and vegan alternatives, they've also recently opened certified Halaal stores in Atholl, Gauteng, and Canal Walk in the Western Cape. Colcacchio.co.za

## QUIRKY GADGETS

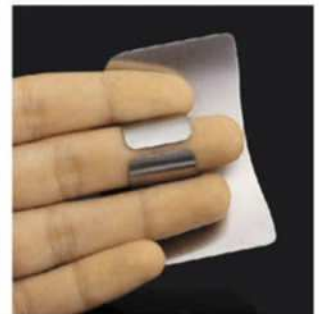
Turn your kitchen into a fun place with gadgets you didn't even know you needed.



**FOOD CLAW** Keep a grip on meat when you carve it or use to make pulled meat. R130



**FUNKY SOUP LADLE** All the excitement of seeing the Loch Ness monster or a swan sticking out of the soup pot. R195



**FINGER GUARD** Finely chop onions or herbs without damaging your fingers. R385 All from Pricecheck.co.za

# HOME UPDATE

TIPS AND TRICKS FOR A BEAUTIFUL HOME

## Trend alert!

2017 was all about hygge, but this year the Swedish lifestyle trend known as lagom is taking over. Meaning 'just the right amount', the key to this trend is not too little and not too much - finding a healthy balance. For your home,

this means ditching the clutter and over-embellishment in favour of a simple, curated look. Finding the balance requires you to look at the room's purpose and space, selecting pieces of furniture and decor that will support the way you use it.



### Lust have

We're crushing over Zara Home's divine kids' bedroom collection! Make your child feel extra special with this beautiful denim star print duvet cover, R439-R899, with matching kids' cotton bathrobe with stars, R599.



## Winter warmers

With a variety of outdoor and indoor heaters to warm your home this winter, there's no excuse to feel chilly!

2 3



5



1 Caribbean ray infra-red heater, R1 999.99, Hirsch's 2 Totai tube glass table heater, R5 599, Hirsch's 3 Goldair Ceramic Tower PTC heater, R750, Builders Warehouse 4 Dyson Hot + Cool fan, R9 599, Woolworths 5 Goldair panel heater, R649, Yuppiefchef 6 Salton gas heater, R1 499, Yuppiefchef



Floral cotton bedspread with lace trim, R1 999-R2 799, Zara Home



## The quilting craze

Estel Grobler, linen buyer for Volpes, says quilts are making a comeback this winter - but these aren't Grandma's quilts of old! 'Today, you can create the same classic sense of nostalgia and comfort with modern quilts in stylish, updated designs,' says Estel. This winter, layer your bed with comfy textures - heavy quilts, fluffy blankets and soft feather pillows. Start with crisp white linens or a delicate subtle print and layer with quilts, throws and blankets.

## Kitchen ESSENTIALS

There's no doubt that when the cooler weather creeps in, those comfort-food cravings increase. Stock your kitchen cupboards with essentials and gather friends and family around to share delicious, warm meals like casseroles, soups and stews.

*Lasts a lifetime!*



- 1 Vitae slow cooker 6.5L, R699, @home 2 SMEG casserole s/steel 24cm, R1 099, @home 3 Breville multi chef BRC600, R1 899, @home 4 Nova Fanel double walled glass tall tumblers, set of 2, R189, Yuppiechef 5 Rib double-handled porcelain soup bowl in aqua, R65, Woolworths 6 Soho stoneware mug, R59.95, Woolworths 7 Red stove top kettle, R499, Woolworths 8 Porcelain casserole 23cm, R169.99, MRP Home 9 Le Creuset Signature oval casserole in ombre pink 25cm, R3 790, Le Creuset 10 Revol Likid footed soup bowl, R319, Yuppiechef 11 Cast iron roaster in red, R999, Woolworths 12 Heritage soup tureen in Marseille, R1 298, Le Creuset

COMPILED BY TARYN DAS NEVES. PHOTOS SUPPLIED PRODUCTS AND PRICES CORRECT AT TIME OF GOING TO PRINT\* SEE PAGE 108



Cotton Jane blue quilt set, R1 099, Volpes

# Snugg!

ONE OF THE BEST THINGS ABOUT WINTER IS  
SNUDDLING UP UNDER A WARM AND COSY BLANKET

1

2

3

4

5

6

7

8

10

9

Luxury winter buy!

11

1 Grey striped acrylic throw, R505, Netdecor.co.za 2 Charcoal Milo throw, R899, Country Road @ Woolworths 3 Star-print blanket, R299, H&M Home 4 Haven and Earth cotton suede plain throw in cobblestone, R799, Zando 5 Ribbed flannel throw, R229.99, Sheet Street 6 Rose faux fur honeycomb, 180cm x 200cm, R599.99, MRP Home 7 Patterned wool-blend blanket, R749, H&M Home 8 Mauve shimmer soft throw, R399, Volpes 9 White Horizon pure cotton throw, from R418.50, Linendrawer.co.za 10 Haven and Earth winter herringbone throw in seafoam, R525, Zando 11 Pastel checked blanket with metallic thread, R1 399, Zara Home

COMPILED BY TARYN DAS NEVES. PHOTOS: SUPPLIED PRODUCTS AND PRICES CORRECT AT TIME OF GOING TO PRINT\* SEE PAGE 108

# NEW Personal TOUCH Concentrate Fabric Conditioner

With motion-activated  
Popscent® Intelligence  
for fragrances that last,  
and FibreGuard Technology  
to give your fabrics  
fibre-coating protection.



**21**  
**WASHES**  
in every bottle

Wild Orchid  
CONCENTRATED FABRIC  
SOFTENER & CONDITIONER

Available in 4 amazing Fragrances.

A touch of loving care.



# Stylishly COZY

INNOVATIVE FASHION PLUS A FEW TIPS AND TRICKS WILL KEEP YOU WARM THIS WINTER

The belt over cardigan or belted jacket is great if you have a defined waist.

HONEY MUSTARD TURTLENECK, R399; OAT EVERYDAY FINE-GAUGE PULLOVER, R379; SHIITAKE ELLIE LONGLINE CARDIGAN, R549; WHITE SKINNY JEANS, R299, all Cotton On  
CUBA SAND FLAT ANKLE BOOTS, R599, Rubi Shoes @ Cotton On  
MUSTARD BELT, R150, Foschini  
GOLD BANGLES, R49, MRP  
LEATHER TASSEL EARRINGS, R180, Lovisa

Skinny jeans keep out the cold and add a touch of style when tucked into a pair of gorgeous boots.

GEOMETRIC PRINT MIEKE BLOUSE, R499; CHARTREUSE RARE EARTH SLEEVELESS PUFFER, R799, both Poetry  
 SUPER SKINNY DARK BLUE DENIM JEANS, R420, Outback Red @ Truworths  
 BROWN BOOTS, R750, Truworths  
 EARRINGS, R199; GOLD BANGLE PACK, R149, both Accessorize



Layer multiple fine wool knits without having to worry about bulges. Even a puffer jacket can keep you warm without the bulk.

*Style tip*

Fibres such as cashmere are warm but can still be lightweight and fine. Cotton doesn't work for winter if you want to stay warm.

CHAMBRAY BUTTON-UP SHIRT, R350, Foschini  
 BLUE FINE-KNIT PULLOVER, R299, Queenspark  
 BURGUNDY PUFFER JACKET, R699, Foschini  
 BLACK ELASTICISED LEGGINGS, R360, Truworths  
 LONG BLACK STRETCH-OVER-THE-KNEE BOOTS, R756.57, Woolworths  
 TASSEL EARRINGS, R199, Accessorize



When wearing a skirt or dress, look for wool or thermal opaque tights, and add a pair of knee-high boots.

**DARK BLUE DENIM JACKET WITH ZIP, R650; BLACK FINE-KNIT TURTLENECK, R290, HIGH HEEL KNEE-HIGH BOOTS, R850, all Truworths PATTERNED A-LINE SKIRT, R650, Truworths Ltd GREY WOOLLEN HAT, R450, Poetry BLACK OPAQUE TIGHTS, R89.95, Woolworths GOLD DROP BOHEMIAN EARRINGS, R199, Accessorize**



Pair slim leather trousers with the chunkiest of textured knits to offset their slimming effect. Wear a thermal vest underneath for extra warmth.

**CHUNKY CARAMEL COWL-NECK KNIT, R629, H&M FAUX LEATHER TROUSERS, R299, Foschini BLACK FINGERLESS GLOVES, R120; LARGE PEARL EARRINGS, R120, both Woolworths**



15-PIECE LAYERING CAPSULE WARDROBE



1



2



3

wrap or poncho

4



long outerwear

MORE TIPS ON HOW TO STAY WARM WITHOUT ADDING BULK TO YOUR OUTFIT

► THERMAL UNDERWEAR. Look for fine thermals as well as very fine wool thermals to wear under your clothes. They don't add bulk and keep you warm.

► A BERET OR OTHER SMALL HAT WILL KEEP YOUR HEAD WARM. Think about adding a scarf as an accessory, not as something you take off when you arrive at work, but as part of your outfit.

► CONCENTRATE ON COVERING AND KEEPING YOUR EXTREMITIES WARM. Keep your feet cosy in wool or heat-retaining socks and boots, and make sure you have a pair of gloves in your coat pocket. Hats, beanies and scarves help to stop heat from escaping around your neck and head. Best of all, they can make great fashion statements!



5



6



7

technical undergarment



8

long cardigan



9



10



11

head, feet & hand warmers

12



13



short outerwear



14

15

pants



MILITARY GREEN KNITTED BEANIE WITH POM-POM, R299, Accessorize

GRECIAN BLONDE THERMAL KNEE-HIGH SOCKS, R55, Woolworths

- 1 GREY NEWTILITY CHECKED COAT, R899, Foschini
- 2 GREY BELTED JACKET, R675, Contempo
- 3 KHAKI TRENCH, R1199, Truworths
- 4 STONE PATTERNED PONCHO WITH TASSELS, R330, Miss Cassidy @ Queenspark
- 5 CHARCOAL FORM CORE FINE KNITWEAR, R299, Queenspark
- 6 STONE CASUAL KNIT, R399, Cath.nic @ Queenspark
- 7 LIGHTWEIGHT SPENCER, R151.31, Woolworths
- 8 PINK FLUFFY BUTTONLESS CARDIGAN, R425, Contempo
- 9 GOLD FAUX LEATHER CASUAL JACKET, R999, Cath.nic @ Queenspark
- 10 PINK PUFFER JACKET, R625, Contempo
- 11 CARAMEL WOOLLEN HAT, R499, Accessorize
- 12 CHARCOAL WOOLLEN GLOVES, R120, Queenspark
- 13 BLACK THERMAL OPAQUE LEGGINGS, R89.95, Woolworths
- 14 INDIGO ELASTICISED SKINNY JEANS, R399, Queenspark
- 15 BLACK THICK STRETCH PONTI LEGGINGS, R450, Poetry



Instead of adding volume with a heavy scarf, try layering a turtleneck under your favourite dress. Your arms and neck will be protected but you'll still look sleek and stylish.

**BURGUNDY VELVET TURTLENECK, R399, Edition @ Woolworths**  
**NAVY & PINK VELVET CHERRY BLOSSOM WRAP DRESS, R699, Poetry**  
**DARK BLUE SUEDE SAN LUCAS BLOCK HEELS, R599, Rubi Shoes @ Cotton On**  
**LIGHT BLUE TASSEL EARRINGS, R29, MRP**  
**TORTOISESHELL ROUND RIMMED SUNGLASSES, R169, Cotton On**



If you have a fitted coat from a previous season, think about layering from the outside - add a sumptuous blanket shawl or a statement cloak instead of building bulky layers underneath.

**BLACK & WHITE CHECKED COAT, R899; GREY TURTLENECK, R329; BLACK SKINNY JEANS, R179; PINK BLANKET SCARF, R229, all H&M**  
**FUCHSIA PINK FELT HAT, R399, Jo Borkett**  
**BLACK TASSEL EARRINGS, R130, Lovisa**

Sleeveless coats can be confusing to style - they're super chic, but how do you stay warm with no sleeves? A basic thermal long-sleeved shirt is the perfect layer. Add a blazer, scrunch up the sleeves, and finish off with quirky red and animal print accessories, like this statement bag and leopard print heels.

**BLACK THERMAL LONG-SLEEVED T-SHIRT, R150, Woolworths**  
**BLACK & WHITE STRIPED DECONSTRUCTED BLAZER, R599, Cotton On**  
**STONE SLEEVELESS COAT, R899, Truworths**  
**LIGHT BLUE DISTRESSED JEANS, R450, RE @ Woolworths**  
**RED CLUTCH WITH GOLD CIRCLE DETAIL, R350, Woolworths**  
**GOLD HOOP EARRINGS, R99, Accessorize**  
**BLACK RIMMED SUNGLASSES, R169, Cotton On**



## FAKING LAYERS

Winter layers are great as they allow you to add more elements to your outfit to create countless looks. It's even better when layering is made effortless. Try these sweaters with attached shirt tails, collars and cuffs. What you get is a polished, layered look without adding any unnecessary volume.

- 1 GREY CABLE KNIT WITH WHITE FAKE SHIRT COLLAR & TAIL, R349.95, Kelso @ Edgars**
- 2 NAVY CHENILLE SWEATER WITH FAKE STRIPED CUFFS & TAIL, R299.95, Free2BU @ Edgars**
- 3 GREY FINE-KNIT SWEATER WITH FAKE SHIRT TAIL, R379, H&M**



STOCKISTS ON PAGE 108

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# Why so sensitive?

DISCOMFORT FOR THOSE WITH SENSITIVE SKIN CAN WORSEN DURING THE COLDER MONTHS. HERE'S HOW TO GIVE YOUR SKIN A LITTLE TLC



If you suffer from sensitive skin, winter can be a particularly harsh time. Not only do you struggle with the tightrope walk of keeping your delicate skin in check, it's more likely to be aggravated by harsher weather conditions that cause even more irritation. Those with sensitive skin suffer with feelings of discomfort, tightness and dryness, and their skin is quick to react to certain products and external conditions in the environment, making it prone to breakouts, redness, burning or inflamed sensations.

Dr Judey Pretorius, co-founder and developer of Biomedical Emporium, says sensitive skin can be attributed to diet and lifestyle (alcohol, smoking, stress) so it's a good idea to keep an eye on what you're eating and doing, and to look out for anything that triggers your sensitivity. Most of the time, sensitive skin can be caused by using too many products with harsh or active ingredients, which can cause a flare-up. 'It's best to stay away from active ingredients such as retinol, retinoic acids, and retinoids, and avoid products with high concentrations of vitamin C (ascorbic acid), which may aggravate the sensitivity further,' recommends Judey. If left untreated or not cared for correctly, sensitive skin that has been worn down through various harsh aggressors will lack moisture, radiance and firmness, and begin to show more dramatic signs of ageing.



## Gentle cleansers

Avoid drying out your sensitive skin with harsh chemicals, and opt instead for a gel or cream cleanser that won't strip it of natural oils.

Try



**B.O.N Moisturising Cleanser**, R79.99 for 175ml, a gentle, creamy cleanser that's rich in natural oils and vitamin E to nourish your skin while gently removing make-up and dirt.

OR



**La Roche-Posay Toleriane Dermo Cleanser**, R250 for 200ml, a surfactant-free formula with glycerine to help prevent over-drying. With a fresh, milky texture to soothe irritated skin, it's also preservative- and fragrance-free, making it ideal for sensitive skin.

## Cream or gel?



Opt for **Nuxe Melting Cleansing Gel**, R220 for 125ml, with 95% of its ingredients from natural origins, or try **SKNLogic SKNgentle Cleanse Cream with fig extract**, R215 for 200ml.



## Extra boost

For very sensitive skin, try **Coverderm Extra Care Lotion No 1**, R430 for 200ml, or **Sothys Lotion Comfort**, R330 for 200ml. Apply to the face and neck after cleansing to help calm and soothe and prepare the skin for serums and moisturisers to follow.



## Serums

Nourish deeper layers of the dermis and help lock in moisture with targeted serums that help fight irritation, calm redness and assist the skin's water-retention barrier.

Try



**Biomedical Emporium Skin Repair Serum**, R610 for 30ml, which offers fast, effective skin healing and inflammation relief, or **Coverderm Maxydrat Serum**, R490 for 20ml, which contains the Nobel Prize-winning active ingredient betaine. It creates osmotic channels that facilitate water movement through cell membranes in the skin.

OR



Worth the splurge!



**Dermatologica Barrier Defense Booster**, R1 220 for 30ml, is a concentrated oil booster that soothes, nourishes and moisturises to restore balance to sensitive skin. Squalene locks in moisture while soothing oat oil helps combat sensitivity. Use before or add to your moisturiser.

## SKINCARE INGREDIENTS TO AVOID

- **Fragrance.** Even if it's the last ingredient on a product list, there's no way of knowing which ingredients constitute that particular 'fragrance'. Many are synthetically made and could cause a reaction in the skin.
- **Lanolin and mineral oils**
- **Parabens and preservatives**, like **methylisothiazolinone**
- **Sulphates**, like **sodium laureth sulphate**. These are mostly used in washes and cleansers, and create the frothy, foamy texture. However, they can really dry out and damage skin!
- **Alcohol**
- **Essential oils.** Because these are naturally derived, they can still act as an allergen, causing a reaction.

## INGREDIENTS YOU NEED

If you suffer from sensitive skin, opt for products with calming ingredients and those that are lipid-rich with skin barrier-repairing oils. These assist with reducing redness and inflammation.

- ▶ **Vitamin E**
- ▶ **Bisabolol**, extracted from camomile
- ▶ **Aloe vera**
- ▶ **Calendula oil** (can also appear as Calendula Officinalis Flower Extract on a label)
- ▶ **Oatmeal**. This makes an excellent natural exfoliator instead of using harsher ingredients, even apricot kernel, which can stress out the skin.
- ▶ **Allantoin**. Not only is this a skin soothing phytochemical, it helps with skin tissue regeneration and water retention.
- ▶ **Salicylic acid** and **hyaluronic acid**, which help keep the skin moisturised and hydrated.

## For hypersensitive skin

Try



**Eau Thermale Avène Tolérance Extrême Soothing Cream**, R299.95 for 50ml. Especially formulated for hypersensitive skin, it hydrates and soothes, and is preservative-, fragrance- and emulsifier-free. Eau Thermale Avène is a great range for those with sensitive skin.

**BioNike Proxera Relipidising Lipogel**, R149.95 for 50ml, is a hydration-boosting lipogel that restores the hydro-lipid layer of skin, reducing trans-epidermal water loss. Suitable for very sensitive skin, including babies, children and the elderly, and for skin showing redness and irritation, it provides long-lasting moisturisation and protection to skin.



## Maintain moisture

Sensitive skin has a tough time maintaining moisture, making you prone to dryness and itchiness. Select lipid-rich moisturisers that help skin retain its moisture levels.

Try



**Cetaphil Moisturising Cream**, R192.31 for 50ml, is specially formulated for sensitive and dry skin, and helps provide rapid soothing and softening. The formula is also fragrance- and lanolin-free.



**RVB SKINLAB diego dalla palma Ultra Gentle 24Hour Nutricream**, R935 for 50ml, nourishes sensitive skin and is soothing, regenerating, anti-reddening and moisturising.

Worth the splurge!



For vegans and the environmentally conscious, try **TDJ Daily Skin Calming Cream**, R1 050 for 50ml. It gently calms and balances sensitive skin with natural plant extracts, like aloe vera, as well as hyaluronic acid, allantoin and antioxidants.







## Show some TLC with masks

Help your stressed and overly sensitive skin by treating it to a mask once or twice a week, which will not only soothe and nourish, but will help fight sensitivity and inject moisture back into inflamed skin.

Team tried and tested!



We love REN's Evercalm Ultra Comforting Rescue Mask, R620 for 50ml, which calms, soothes and moisturises sensitive and angry skin. With use, it'll increase the skin's ability to cope with stress, aid recovery and strengthen the protective moisture barrier. The secret to the mask is white mushroom extract, which aids the skin's ability to block stress signals between the brain and the skin, allowing the skin to start the repair and healing process. The skin-mimicking texture leaves a luxurious soft-touch feel, delivering the ultimate sensation of comfort.

Budget buys!



**Skin Republic CoQ10+ Caviar Face Mask Sheet, R39.99**  
Containing pure caviar extracts, this intensive recovery face mask repairs past damage, helping existing cells to rejuvenate and feel nourished and protected. The intensive recovery serum enhances the skin's elasticity with ingredients rich in vitamins, antioxidants and amino acids to help protect the skin and reduce redness.



**Cettua Anti-Redness Facial Mask, R35.99**  
This ultra-gentle formulation soothes skin irritation and reduces redness for a clear and bright complexion. The hypoallergenic, clinically tested and paraben-free formulation is suitable for all skin types.



## Emergency essentials

If your sensitive skin takes a knock, have these essential inflammation-fighting products at hand to help soothe and protect:



**Payot No.2 Treatment Care, R359** for 30ml, is a salve with a pharmaceutical compound-like formula that combines the virtues of phytotherapy and aromatherapy, and acts as genuine emergency care to soothe irritation locally and reduce temporary redness. Apply a thick layer to irritated areas and leave on for 30 minutes. Remove the excess with a cotton pad.



**SVR Sensifine AR Anti-recidive Anti-redness Moisturising Soothing Intensive Care, R350** for 40ml, has a cooling and fresh effect on the skin that instantly and permanently calms feelings of heat and redness. It also contains green pigments, neutralising redness, and is an excellent base before make-up application.

FEATURE: TARYN DAS NEVES PHOTOS: FOTOLIA.COM, PETER WHITFIELD AND SUPPLIED PRODUCTS AND PRICES CORRECT AT TIME OF GOING TO PRINT\* SEE PAGE 108

# BEAUTY NEWS

NEW FINDS AT THE BEAUTY COUNTER

PRIMERS & treats



LABORATOIRES  
**FILORGA**  
PARIS  
**TIME-FLASH**  
Base active  
lissante express  
Express smoothing  
active primer



**DEFENCE XAGE**  
ULTIMATE REPAIR  
FILLER NITTE - CHINA  
COMBLEUR DE RIDES NUIT - CHINE  
FILLER NIGHT CREAM



**GARNIER**  
SKINACTIVE  
NEW  
Soothing botanical toner  
with Rose Water  
96% NATURAL ORIGIN  
INGREDIENTS  
DRY AND SENSITIVE SKIN  
DERMATOLOGICALLY TESTED  
NO parabens NO silicones  
NO artificial colourants



EXTRA  
GENTLE  
detangling



**ECO DIVA**  
Natural Products  
CRÈME BRÛLÉE  
ANTI-AGING BODY BUTTER



Beaucience  
GENTLE  
EYE MAKE-UP  
REMOVER



EAU THERMALE  
**Avène**  
D-Pigment  
Brightening serum  
For sensitive skin



**COVERDERM**  
REMOVING CREAM  
Waterproof  
make-up remover  
Immediate and deep  
cleansing action  
hypoallergenic



**Dr. PAWPAW**  
SHEA BUTTER BALM  
100% NATURAL  
MULTIPURPOSE SOOTHING  
BALM WITH NATURAL  
PAWPAW & SHEA BUTTER!  
FOR LIPS, SKIN,  
CUTICLES AND HAIR  
FRAGRANCE FREE  
25ml e  
0.85 fl.oz.

A BFF  
FOR  
lips!



**SVR**  
SENSIFINE  
DERMO-NETTOYANT  
Nettoyant démaquillant  
à l'eau  
Nettoyant démaquillant  
à l'eau  
Nettoyant démaquillant  
à l'eau



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MOISTURE  
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**PROXERA**  
LIPOGEL  
peau sèche et xerotica  
peaux sèches et très sèches  
dry and very dry skin

1 Bionike Defence Xage Ultimate Repair Filler Night Cream, R295 2 Denman Hair Extension brush, R129, Dis-Chem 3 Filorga Time-Flash Express Smoothing Active Primer, R660 4 Garnier Skinactive Soothing Botanical Toner with rose water, R59.95 5 Eco Diva Crème Brûlée Anti-Aging Body Butter, R365 6 Avène D-Pigment Brightening Serum, R399.95 7 Beaucience Gentle Eye Make-up Remover, R129, Takealot.com 8 Tangle Teezer wet detangling brush with handle, R299 9 Bionike ProXera Lipogel for dry and very dry skin, R149.95 10 Coverderm Perfect Face Waterproof make-up remover, R245 11 Dr PawPaw Shea Butter Balm, R99 12 SVR Sensifine Make-up removing cleanser, R280

COMPILED BY JANINE COLLINS PHOTOS: ANDREA CALDWELL AND HEMA PATEL  
PRODUCTS AND PRICES CORRECT AT TIME OF GOING TO PRINT\* - SEE PAGE 108

# BEAUTY UPDATE

WAYS TO LOOK AND FEEL AMAZING

## ICU for troubled skin

If it's not dryness, winter will think of other ways to test your skin. Tightness, sensitivity and flakiness can all wreak havoc during the colder months, and the good news is you don't need a specialist dermatologist-prescribed lotion to tackle a serious issue.

- ▶ Try Nivea's **NEW 72 hr Repair & Care body lotion for very dry skin**, R38.99 for 250ml and R49.99 for 400ml. It provides days-long relief for your skin (saving your time) and contains dexpanthenol to increase your skin barrier, protecting against unwanted moisture loss and irritation.
- ▶ **Mixa Soothing Body Lotion for dry and sensitive skin**, R59.99, is enriched with oat milk (well known for its skin-calming properties) and is well tolerated by irritation-prone skin.
- ▶ **Palmer's New Raw Shea Body Lotion**, R59.99, is completely free from parabens, phthalates, mineral oils, gluten, sulphates and dyes. It uses sustainably sourced South African shea butter for deep nourishment, marula oil to boost texture and radiance, and oatmeal extract to calm and soothe.



## ALL THINGS BRIGHT

Winter is the perfect time to address uneven skin tone and dark marks that can result after the summer or as a result of breakouts. **Ingredients to look for in skin evening products include:**

- ▶ **Acids such as LHA** (a derivative of salicylic acid) to gently exfoliate the skin and help minimise discoloration. Lipohydroxy acid also helps fight breakouts, which can leave dark marks on the skin.
- ▶ **Vitamin C** to help brighten the skin. This ingredient also helps fight inflammation and can interfere with pigment production – the very process that results in dark spots.

Vichy's **ProEven range** is ideal for supplementing your existing skincare regime. **Vichy ProEven Brightening Cleansing Foam** 100ml, R225, has an extra ingredient, Ceramide Bright, to help lift away dead skin cells and reveal brand new skin underneath. You can then add two powerful concentrates to both your day cream and night cream. **ProEven Advanced Daily Dark Spot Corrector**, R405, applied after cleansing, will help clear up dark spots and pigmentation, and is suitable for sensitive skin. **ProEven Night**, R455, works in your sleep and promises results after four weeks. Both can be applied to the face or only to the dark spots for targeted brightening.



## Mind that BUDGET

With prices going up all around us, it's good to know there are still hard-working beauty buys under R50 that really deliver. Skincare isn't something women can do without, so try these star buys and pocket the savings!



Only R49.95

African Extracts 3-in-1 Facial Wipes



Only R34.95

Essence Super Rich Super Soft Hand Cream



Only R49.95

Sudocrem Skin Care Cream **GREAT FOR SPOTS!**

## New!

We're suckers for pretty packaging and cheeky but clever captions, so it makes sense that we're completely in love with Cowshed's beauty range. You'll find a product for almost every mood.



- 1 Cowshed Udderly Gorgeous Stretch Mark Balm, R445
- 2 Cowshed Knackered Cow Relaxing Shower Scrub, R300
- 3 Cowshed Sleepy Cow Pillow Mist, R343
- 4 Cowshed Lazy Cow Bath and Shower Gel, R395
- 5 Cowshed Moody Cow Balancing Lotion, R399

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STOCKISTS ON PAGE 108



# It's NEVER too late

MAKE-UP ARTIST, MODEL AND MOM OF THREE FRANZA LANDMAN, 34, TURNED A DREAM TO BECOME A RUNNER INTO A REALITY. SHE'S NOW COMPETING IN ULTRA-MARATHONS

I've always wanted to run and compete professionally in marathons. It's been a dream embedded deep inside of me that never went away. But I always thought it was too late to start running because of my age.

When I was in primary school I was a competent athlete in the 1200m races, and as an adult I continued running for exercise and to keep fit. It was nothing major though; I'd run about 3-5km,

three to four times a week. Then I'd go for months or even years without running. In 2015 Caroline Westmann, who is now my KPMG teammate, won the Comrades Marathon. I heard about her inspiring story in 2016, and liked the fact that we were in the same age group. Seeing her achieve her goals at our age was the defining moment for me. Right there and then in front of the TV I made the decision to run the Comrades Marathon in 2017. I went in

search of a great coach and made contact with Lindsey Parry. Working with Lindsey was the best decision I ever made, and from the onset my performance improved within a matter of weeks. Until this day I continue to grow stronger.

We started slowly with a few 10km races for the first few months. In November 2016 I completed my first 21km, and came second in the 42.2km Akasia Marathon in January 2017.

I didn't think it was even possible to run so far, but I did it. A few months later I achieved my goal of completing the Comrades Marathon and finished 21st in the women's race. I honestly didn't think I'd survive that race, but I did; I finished the Comrades without dying! Conquering that changed my life and showed me I can achieve anything.

In a way, it has also helped me become a better mom, because achieving my goals shows my children they can also achieve theirs one day. I must be honest though – adding runner to my list of roles has been difficult to juggle. Trying to balance my work, running and being a single mom is hard work. Luckily I have a great support system, and knowing I can rely on my parents and close friends makes life easier. I train six days a week and only rest for one day, which is essential for recovery. Leading up to an ultra-marathon, our training sessions are more intense and we train up to three hours a day, with added strength and cross training in between. I try to keep my training to times when I know my kids are also preoccupied, but if one of them is sick or has a sports game at school I prioritise that time for them. Then I'll usually try and get some running in on the treadmill at night – although it takes so much willpower to convince myself to do it.

I think a lot of moms want everything to work out perfectly all the time and we end up feeling like failures when it doesn't. But we have to learn to take it easy on ourselves; life doesn't always go according to plan. I also have days when I'm feeling sluggish and I just don't want to go training. And that's okay. The most important thing is to pick yourself up and keep going, even after taking a break. Slow progress is better than no progress at all.

My diet hasn't changed that much because I've always followed the rule of eating healthy and nutritious food, as well as listening to what my body needs. Our bodies are clever machines that send us signals. For example, closer to a long distance race I find myself wanting more carbohydrates as the mileage on the training increases, because the body needs carbs to fuel it for the long distance running. I still cook regular food for my children and their diet hasn't changed because of my dietary requirements. I cook the same food for all of us for dinner and sometimes I'll have an extra bowl of porridge. However, once in a while I do indulge in my favourites, as I also believe we should treat ourselves for being 'good'. Keeping this balance is



“I believe you actually empower your children and spark something inside them when they see you chasing and realising your dreams”



much more sustainable than depriving yourself completely.

I've been a member of the KPMG club since I started and it's a wonderful and supportive company. Their focus is really on the athletes and their performance, and not just results. So far I've entered a number of races and have done pretty well. Last year I came first in the women's 50km ultra-marathon race during the Robor Scaffolding Marathon and second in the Irene Ultra-marathon. I also took part in my second Comrades this year, and I plan on taking part in a lot more to come.

We all have something that motivates us when we feel like giving up. Mine is my children. David, Gwynn and GT are my reasons to get out of bed and train, and to keep going until the finish line in those tough races. Another driving force is the many people around me who keep me inspired to do better. Being surrounded by people who believe in you, invest in you and are just willing to help in whatever way possible, from my coach, Lindsey, and my KPMG team to the general public that cheers you on while running, they're all such a blessing.

Running has become a part of who I am and I can't imagine life without it now. It makes me feel free and alive. It has also shown me that I can push myself to limits I never knew existed. It showed me that as humans we can achieve more than we think we can. I give every training session and every race my all. For mothers who have a goal they want to achieve, whether it's a fitness or weight-loss goal, or starting a business or changing their career – it's never too late to get up and start. I think it's human nature to try and find an excuse for anything that takes effort and takes us out of our comfort zones. Plus, a lot of the time we moms sacrifice our dreams and put them on hold for our families, and if we focus on something that makes us happy, we feel guilty about it. But by doing so we're not doing ourselves or our kids any favours.

I believe you actually empower your children and spark something inside them when they see you chasing and realising your dreams. Witnessing this teaches them to have aspirations of their own and to be resilient when working towards achieving them. When they grow up, they'll remember those lessons they learned from you. Whatever it is you want to achieve, it's never too late. If you start today and remain consistent you'll be amazed at how far you'll have come a year from now.

(Follow on Instagram at [franza\\_landman](#))

# ‘I’M GLAD I learned that skill,

FROM FIGHTING THEIR WAY OUT OF A LIFE-THREATENING SITUATION TO VENTURING INTO A COMPLETELY NEW CAREER, THREE WOMEN TELL US HOW THE SKILL THEY LEARNED CHANGED THEIR LIVES



**Lucia Mthiyane** is a former school teacher whose natural culinary skills and passion for food led to her career path taking a 180-degree turn. She has since cooked her way to becoming a celebrity chef and KFC Taste Kitchen judge.

**G**rowing up in Umlazi, KZN, the vivacious chef's childhood family home was always filled with hearty home-cooked meals. 'My earliest and fondest memories of food are from my childhood days in Umlazi. Every Sunday the house would be filled with amazing aromas from my elder sisters' cooking, and I would be their "assistant chef". The menus would include their delicious roast chicken, the best I've ever tasted, served with rice and "seven colours" – a range of vegetables and salads, of course,' she giggles.

This created a love for good food in the young Lucia, and she began experimenting in the kitchen from an early age. 'The first special meal I cooked on my own was as a teen. I made screw pasta with pork sausages wrapped in bacon, which was a real sight to see in those days! Very fancy and advanced if you ask me,' she laughs. Currently, she regards her famous north Indian-style lamb curry in yoghurt and cream as her signature dish.

After high school Lucia studied to become a teacher and relocated to Joburg in the 1990s to start her career. Although she ventured into education, her heart was always in the culinary and entertainment industries, so she started to make a name for herself as a singer, actress and chef. After spending about seven years teaching, she finally took a leap of faith to pursue her true calling. Since then, Lucia has appeared in several TV shows, theatre productions (she's won several awards) and movies, and has also sung on stage for former presidents Nelson Mandela and Thabo Mbeki, and the president of Indonesia during his official visit to South Africa.

In 2009 Lucia started hosting cooking classes. 'It was quite a smooth transition as I've always loved food, but

I never thought I'd go into the business of food. During my days as a school teacher I'd invite my colleagues over for lunch and supper,' she says. The classes caught the attention of food brands such as White Star maize meal; she became their brand ambassador and continues to work with them today. 'The collaboration with White Star has really boosted my career as a cook. It gave me a lot of exposure and helped grow my own brand, leading to TV and radio interviews. It opened so many doors and gave me a platform to express and showcase my cooking knowledge, skills and journey as a whole.' Since making this bold move, Lucia has enjoyed a great deal of success and continues to build her brand through passion, natural talent and hard work.

'I cook with lots of love and enthusiasm, and because of that I find people enjoy my recipes. I'm not scared to play with different ingredients, textures and flavours, and always try to experiment with food and push the envelope while inventing new recipes. And as I'm a singer and have a deep love for music, I also create my dishes to be enjoyed in a wonderful environment filled with beautiful food and amazing people.' Being a creative with a never-ending hunger for growth, she says she's wanted to have her own cooking show for as long as she can remember, and fans can look out for a cookbook too in the future.

“As a young girl in KZN, my earliest memory of food is our traditional Sunday family lunches: delicious roast chicken served with rice and vegetables”

Miss Universe **Demi-Leigh Nel-Peters** was able to fight her way out of a near-hijacking and kidnapping in Hyde Park, Joburg, thanks to the self-defence skills she'd acquired just months before. She currently lives in New York.

**O**n 7 June last year, Demi had just left her house and was on her way to an event. It was 5.30pm in peak hour traffic and she'd stopped for a red light in Hyde Park, when five armed men appeared out of nowhere and ambushed her car. 'As soon as I spotted the men and suspected I may be getting hijacked, I put my car into neutral, pulled up the handbrake, loosened my safety belt, and got out. Although I was afraid and panicking, I told myself to stay calm and positive. I also tried not to make eye contact. I knew that should I be hijacked, I'd have to get away from the hijackers and the situation immediately. But when I looked around, I found I was stuck between the road barrier and other cars surrounding me; there was nothing I could do.'

The hijackers instructed her to climb back into the car as they wanted to take her with them. One thing she remembered learning during the course is never allow yourself to be taken with the hijackers. With three guns pointed at her, she



knew she had to do something fast. In a desperate bid to free herself, Demi punched one of them in the throat, forced her way out of their grip and ran for her life into the traffic to get help. 'They ended up running away with only my phone. I think they ran out of time and couldn't figure out how to operate the car in time before the traffic light turned green.'

Fortunately Demi had completed a personal protection course, Woman INpowered (WIP), a few months before the incident, which taught her invaluable lessons, including being constantly aware of your surroundings and the importance of taking extra precautions. 'You'd rather be safe than sorry, and never allow them to take you. I also learned a whole lot of other essential skills and knowledge.'

Demi credits the course with saving her life. 'Although I was extremely traumatised, knowing what to look out for helped and made me familiar with the attackers' actions.

'As a result I was able to anticipate their moves, like knowing they'd search me for keys, money and cellphones. Expecting those actions made the experience less scary and allowed me to remain a little more composed than I would have been if

I didn't know what to expect.'

Following her terrible ordeal, Demi partnered with Mark Grobbelaar, karate expert and founder and developer of WIP, to launch Unbreakable, a campaign that aims to educate and 'INpower' women with the skills and knowledge to protect themselves during life-threatening situations.

Mark felt the need to start WIP after

“Learning how to prevent and, if necessary, handle difficult situations, from hijacks to toxic relationships, is a priceless gift”

hearing of Alison Botha's horrific ordeal in 1994 (Alison was abducted outside her home by two men who raped and stabbed her, cut her throat and left her for dead).

Alison co-developed the programme and agrees that if she had completed

Mark's course she probably would never have gone through such a traumatic incident.

Speaking about Unbreakable, Demi says she never expected to grow so much through empowering other women. 'I'm so grateful that I have a platform to be a voice for women and can make a meaningful difference in their lives. Unbreakable opened up the conversation for women to share their stories and connect with others who have similar stories; I hope this helped them realise they're not alone.' So far they've hosted 10 free workshops and they plan on reaching as many women as possible.

'Education is the most powerful tool you can equip yourself with. Learning how to prevent and, if necessary, handle difficult situations, from hijacks to toxic relationships, is a priceless gift. I do wish though that the world was different and women didn't need to know how to protect themselves, and I pray that one day this will be the case. But unfortunately violence against women is a very sad reality all over the world.'

Since launching Unbreakable, Demi has hosted round table discussions in South Africa, Indonesia, Mexico, and the USA, where she is currently staying for the remainder of her reign.

**Suzanne Sesink Clee** started off in the public relations and marketing industry before becoming a flight attendant. While travelling overseas she was exposed to international fashion trends, which sparked her passion for styling.

**I** was studying towards a BA Communication when I was crowned Rag Queen at varsity, which I used as a stepping-stone into modelling. After graduating I worked in the public relations and marketing arena, where I gained insight into corporate business and the importance of a strong company image,' Suzanne recalls.

Her love for travelling influenced the decision to change her career and become an international flight attendant at the age of 22. While travelling the world for four years, Suzanne was exposed to global fashion trends.

'I was heavily influenced by the prêt à porter looks from London, Paris and New York. Wandering down Kensington High Street in London and exploring boutiques in Paris provided the ultimate thrill for me. Travelling exposed me to new experiences and new ideas, which broadened my vision. After indulging

my travelling bug, I returned to the PR industry.' Twelve years ago Suzanne met her best friend, Zoe, a successful local and international model. Together they started a finishing school for young girls where they offered classes in etiquette, posture, deportment, skincare and make-up, which gave them insight into the modelling industry. 'Zoe and I then branched into styling and assisted women who, like us, felt they had lost their style identity after becoming mothers. I have four sons who keep me active all the time, but I also need to fulfil my feminine and creative side. Zoe started styling shoots for a pregnancy magazine and I assisted her. When she was unable to work, I took over and that's how my magazine styling career began. Working with Zoe gave me a chance to learn the intricacies of the business.'

Suzanne now styles magazine fashion features, and does personal shopping and styling for private shoots. She's recently been booked to style a shoot



for an exclusive leather luggage company, which she's incredibly excited about. 'I love the way an idea or theme comes together and the process involved in the projects. I'll book a model, choose a location, investigate a brief, book a make-up artist and then select clothes for the feature. I'm always amazed and astounded by how it all comes together in a beautiful fashion spread. To see the final result of the hard work in print gives me a real high.'

In order to keep up with the latest trends in the global fashion world, Suzanne is constantly researching and following fashion designers, bloggers, fashion influencers and public figures, who play a huge part in her creative inspiration. 'I believe people who invent clothes and accessories influence me and help me to reinvent and reinterpret style. The input I receive from make-up artists and photographers comes in handy and I always incorporate their advice into the features. I'm also influenced by what people are wearing on the streets and constantly get ideas from the stylish people I meet.'

Theatre and movies are also a major source of inspiration. Landscapes and cityscapes, people and different cultures and monuments, and beautiful architecture are all great visual material that allows her to think out of the box.

Suzanne believes the key to being a great stylist is creativity and good visualisation and communication skills, which she is grateful she was able to gain through her studies and working in public relations. She believes communication skills are essential in this industry – as a stylist, she works with a number of people to complete the job on time and consistently maintain a high standard. It's also imperative to understand the target market so that the feature appeals to them.

'I love working with beautiful clothes and equally amazing people,' she says. 'I've always believed that clothes have so much power and they can change the way you feel about yourself. Working with creative people is amazing because we feed off each other's energies and the feeling is invigorating.'

'Styling people is an intimate and personal process and I've developed some close relationships and connections with people. It's hugely rewarding and I feel incredibly privileged and lucky to have developed this skill. When you love what you do, you'll never work a day in your life.'

‘I’ve always believed that clothes have so much power and they can change the way you feel about yourself’



# LIVE SMART

TIPS, TOOLS AND GADGETS TO MAKE LIFE SIMPLER

## This month we're testing...



### SPOTIFY

The world's number one music streaming service by paid subscriptions is now available in South Africa, and we're not disappointed. What sets it apart from Apple Music and Google Play Music is its over 2 billion playlists and discover feature. Search for anything you're in the mood for and there will be lots of playlists trying to grab your attention.

Your recommendations become more customised to what you listen to, helping you discover new artists. With Spotify, you don't have to worry about 'owning' hard copy music files, just fire it up and start streaming instantly. The free service is really good, but you'll have to endure ads. However, the premium R59 a month offering is on par with Play Music and Apple Music, and lets you listen offline, ad-free, in a higher quality, with unlimited skips on playlists. Spotify says streaming for an hour uses 10.8MB.

**VERDICT:** Works on almost any platform like desktop, mobile, gaming consoles, cars; and offers concert info for local cities. Free option is highly recommended. Price: Free; and R59pm. Visit [Spotify.com/za](https://www.spotify.com/za)



### DJI MAVIC AIR

There's been a lot of chatter around DJI's newest little drone, the Mavic Air, which has mainstream appeal due to size and gesture controls. It's ultra portable with a foldable design and fits into your palm. I watched tutorials on YouTube to get going and found that with daily practise, my skills improved. It can be controlled with simple hand movements, like a peace sign to take photos, a frame gesture to start recording video, and take-off and landing with your hand. Flight time is close to 16-18 minutes on a single battery, which makes the Fly More Combo with three batteries a better, albeit expensive, option. Images and videos are incredible, providing an unusual perspective to what we're accustomed to. It's for private use so you don't need a licence, but make sure you're fully aware of 'no-fly zones'.

**VERDICT:** An expensive hobby to have as you won't end up using it daily, and it can be loud. It's important to read and understand the rules and regulations of a drone before purchasing one. Price: R13 200 standalone. Contact: [NavWorld.co.za](https://www.NavWorld.co.za)

## APP OF THE MONTH

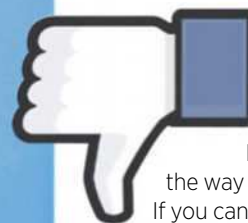
### Fat Secret

If you're into calorie counting, exercising or weight watching, the Fat Secret app is an ideal solution to document your journey. What we really love is the support of local supermarkets we're most likely to buy groceries from, such as Woolworths, Pick n Pay, Spar and Checkers. You have access to recipes, and it can be used to track your calories burned. The home page shows food updates from the community if you ever need some motivation. At a quick glance you can see progress in a colour-coded graph under the Reports tab. The app is free on iOS and Android.



## DID YOU KNOW?

You can now tip your Uber or UberEats driver if you feel they're deserving, and let's be honest, they could do with a little something extra at the end of the day. When your trip or delivery has come to an end, you'll get an option to add a tip from either preselected options, a custom amount, or to skip the process.



## Pro tip

Facebook has come under fire for the way it shares personal information. If you can't bring yourself to delete your account, head straight to profile settings and remove access to all third party apps that you no longer use for peace of mind.

PRODUCTS WE'RE WATCHING THIS MONTH

## Comfort food

Maas has been the staple diet of thousands of people for centuries, and remains a popular drink and addition to breakfast. Clover Amasi is free of preservatives and colourants, and is good for the digestive system too. It's an ideal substitute for buttermilk, so can be used in baking, plus it's tasty in soups, pasta, smoothies and dips. Store it in the fridge so that it's ready to use when you decide on a quick bake for teatime. R19.99 for 1L, R29.99 for 2L.



WIN!  
WIN!  
WIN!



## Perfect night's sleep

South Africans aren't getting enough sleep! It seems we sleep for just 4-6 hours on average rather than the optimal 7-8 hours that's recommended. A decent mattress can change this. The Simba Fusion mattress arrives in a compact box – just place the mattress on your bed and watch it expand to the correct size, whether it's a single, double, queen or king bed for R4 495, R5 699, R6 499 or R7 499 respectively. Simba and Takealot.com are offering one lucky *Your Family* reader a double mattress; and two readers will each win a R500 Takealot voucher. Enter online at [Yourfamily.co.za](http://Yourfamily.co.za)

## Smart energy

When you're looking for a nutritious kick in a ready-to-drink format, the Clover Futurelife Smart Drink range is a delicious option. High in energy, it's low-GI and contains 12 vitamins, calcium and protein, plus 18 amino acids. With three flavours to choose from – Milky Chocolate, Strawberry & Banana, and Vanilla Caramel – it's ideal for kids, moms on the go or those needing a post-training/workout drink. R11.99 for 500ml.



## Dairy alternative

Providing your family with a dairy-free alternative has become easier with Clover Good Hope Soy Milk. Lactose-free means no more tummy bloating or stomach pains. Plus it's preservative-free, and contains vitamins and minerals. Low in sodium, it's also vegan friendly. Soy Milk can be added to cereals, used in baking and cooking, or just enjoyed as a drink. A long-life stable product, it's worth keeping a few litres in your store cupboard. R23.99 for 1L.

## Win a Solal hamper

Solal is well known for its wide range of anti-ageing supplements, and the new skincare range is now available at Dis-Chem, Wellness Warehouse and select Edgars and Red Square outlets, allowing you to nourish your skin with their anti-ageing expertise from the outside as well as on the inside. Two lucky winners will each win a hamper containing Solal Replenishing Moisturiser, Skin Cleansers, Vitamin C

Serum, SPF30, Revitalising Eye Serum, Intense Replenishing Moisturiser and Exfoliating Mask, worth R2 500. To enter, SMS 'SOLALJULY' with your name, contact number, physical address, postal code, email address and ID number to 48412. See Ts&Cs on page 108.



WIN!  
WIN!  
WIN!

## One-stop cleaners

Maq's Dishwashing, Cream Cleaner and Thick Bleach trio takes care of all your household cleaning needs.

**MAQ dishwashing liquid:** With the power of active lemon, it has a richer, long-lasting foam to easily remove grease, leaving your dishes shiny clean.

**MAQ Multipurpose Cream cleaner** contains an active detergent and soft abrasive to loosen and lift

dirt, leaving surfaces shiny and scratch-free.

**MAQ Multipurpose:** Thick Bleach combines an effective detergent with bleach to clean thoroughly while disinfecting to give 24-hour germ protection.



# MONEY SMART

TIPS AND TRICKS TO SAVE YOU A BUNDLE!

## ADULTING IS HARD, BUT MONEY DOESN'T HAVE TO BE

When you were still a wide-eyed, trusting little tot, did you assume that one day when you grew up you'd have all the answers? Are you secretly a little embarrassed now that you're a fully fledged grown-up who still doesn't seem to just 'get it'? Well, therein lies the problem. Money is one of those things we're expected to simply understand – it represents adult responsibility and independence. But as Sam Beckbessinger, the Capetonian author of *Manage your Money like a F\*cking Grownup* (Jonathan Ball) explains, we were never given an instruction manual or a test to pass to figure out how to handle money. She has some great advice for anyone looking to understand and manage their money better.

Sam thinks the most common mistake people seem to make is believing that saving is always a problem for the future. 'It never feels like now is the right time to get serious about saving,' she says.

'There's always a family holiday or a car that's broken down or a birthday or any one of hundreds of reasons that this month isn't the right month.' But as she explains, compound interest is a 'powerful and magical force', and the real source of financial independence.



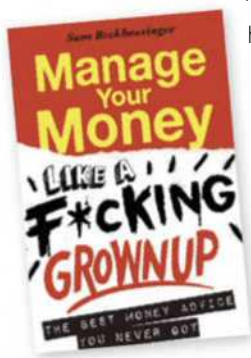
What compound interest needs to do its magic, is time. You shouldn't wait to start in the future; now is the time to invest in your savings. Sam advises that while finding an extra R1 000 to put away this month might not feel important, think about that R1 000 a month as being worth an extra R590 000 for you or your kids in 20 years' time. If you want to be bolder, Sam encourages you to find R5 000 a month to invest – you'll be just 10 years away from being a millionaire!

Another way to make saving and managing your money a little easier is to incorporate technology into your finances. 'Tech definitely makes it easier to manage your money, and tools like 22seven or YNAB can do stuff like automatically track and categorise your spending to help you understand where your money actually goes every month,' says Sam.

But this isn't just about apps and tools to make your life more convenient.

Tools that allow you to manage your own investments and insurance products can remove a significant layer of fees by cutting out middlemen. Sam explains: 'Taking 1% off the fees on your retirement account by going for one of the new DIY solutions at a company like 10X or Sygnia can bump up your real returns by 30%, if you're investing over 40 years. Imagine being 30% richer when you retire because you ditched your broker for a slick online platform!'

*Manage your Money like a F\*cking Grownup* is a straightforward book that lays it all out in an easy to grasp way, often with the use of hilariously colourful language. From tricking yourself into saving more to sound advice on managing your taxes, and investment dos and don'ts, this helpful, practical text will empower you to 'take control of your money to take control of your life'. R190, bookshops countrywide and Takealot.com



### TOP TIP

Make saving fun by turning it into a game! See savings as a challenge and an adventure – try to top your own savings each month or compete with a friend. You could also get the whole family involved with fun programmes for each member and use a money jar to save towards something exciting, like a holiday.



### How to get a SARS refund

Understand more about tax and learn how to get the most bang for your buck from the taxman with Daniel Baines's new book, *How to get a SARS Refund* (Penguin Random House). This handy little book will teach you how to utilise South African tax laws to minimise your tax liability and maximise your refund from the South African Revenue Services (SARS). Topics covered in the book include the basics of understanding individual tax, deductions from taxable income and medical tax credits. R140, bookshops countrywide.





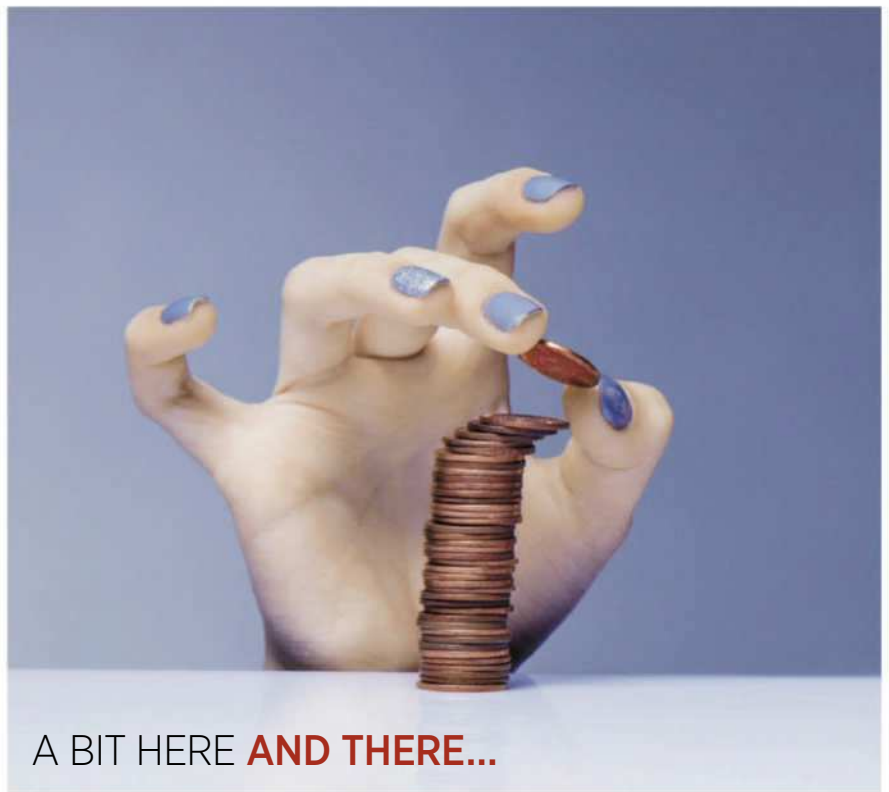
## SHRINKFLATION: HOW YOU'RE PAYING MORE WITHOUT EVEN REALISING IT

Manufacturers are always looking for ways to increase their prices without putting customers off their products. 'Shrinkflation' is a notorious tactic. It involves reducing the size or the number of portions of a product while keeping the packaging unchanged.

Another devious method used by manufacturers is to increase cheaper ingredients or contents and use less of the more expensive materials. Consumers don't usually notice these changes and end up paying the same amount for a smaller or lower quality product than they expected.

Business and consumer journalist, Angelique Ruzicka offers a few tips to make sure you avoid shrinkflation trickery.

- **Boycott.** If you see your favourite brand of chocolate or crisps looking noticeably scrawnier than it used to, don't buy it.
- **Buy a competitor's product** or cut out the product entirely. It may be healthier to do so and cheaper if you bear in mind the sugar tax introduced in April this year.
- **Downscale.** Don't be swayed by brand names; experiment with cheaper brands until you find something you like.
- **Look around you.** Shops tend to pack more expensive items at eye level, so always take a look at lower shelves first.
- **Shop online.** This makes it easier to compare prices between items.



## A BIT HERE **AND THERE...**

Many people go to extreme lengths to save money or see it as something that's difficult to accomplish, but it doesn't have to be. You might be missing easy household savings hacks that are right under your nose. Danelle van Heerde, head of advice processes and tools at Sanlam Personal Finance, has five easy ways to cut costs.

### 1 **PLAN YOUR MEALS**

Impromptu trips to restaurants or giving in to takeaway temptation can end up costing a fortune. If you plan your meals in advance and aim to spend a minimum on each, you'll eat cheaper and healthier.

### 2 **SHOP SMART**

Be strict and use smart strategies to relieve pressure at the store so you don't overspend. Make sure you only shop on certain days and get everything you need during that trip. Heading to the store for forgotten milk or an extra loaf of bread can cause you to repeatedly overspend.

### 3 **INVEST IN REUSABLE ITEMS**

Disposable goods are usually

cheap and super-convenient, but when you add up those small costs you'll notice they actually use a substantial bit of your budget. Before you grab a disposable item off the shelf, ask yourself whether there's a reusable solution instead.

### 4 **ENTERTAIN AT HOME**

If the kids are driving you crazy, it can be tempting to head out to movies or the bowling alley just to get out of the house. But your day trips can spell disaster for your budget. Instead, look for ways to keep the kids entertained at home.

A stash of board games, a run through the sprinkler, or a home movie night complete with popcorn can keep kids occupied for less.

### 5 **BE ENERGY SMART**

When you save energy, you save money. You can easily save money by simply turning off lights and timing showers to lower utility bills.

# WORK SMART

GET MORE OUT OF YOUR WORK DAY

## WHAT IS A PERSONAL BRAND, AND WHY SHOULD YOU CARE?

We usually think about brands in relation to the companies and products we have in our lives, but these days, like it or not, individuals have their own personal brands too. While the very idea may make you uneasy, you could be missing out on an opportunity if you're not aware of what affects your brand (perhaps negatively) and if you don't take some measure of control over it.

Some awareness of how you may appear to others, particularly in the online space (on social media), may be all that's needed, but taking a more active role in defining and marketing yourself online can mean substantial gains whether you're job hunting, promoting your business or looking to network with the right people. A strong personal brand is becoming increasingly important, and it goes way beyond your job title. People look each other up online for a variety of reasons. They may want to employ you, friend you, follow you or even date you, so it's important that what they see is

how you want to be seen.

You need to decide what type of image you intend to project, and then make sure all your activities, online and off, further that goal.

Your image should be consistent across platforms and in line with your personal and professional values. We all tell our teens to be careful of what they post, but as working women we should also be mindful of our social media posts: do they help or harm our personal brands?

### ▶ WATCH YOUR LANGUAGE:

What may have been acceptable at one stage of your life, may be viewed as highly inappropriate in another... Review and delete any posts that no longer speak to who you are, but be aware that they may have been seen and read/recorded/saved or screenshot.

▶ **PHOTOS:** Do they show you in a positive light? Watch out for photos that others tag you in.

▶ **WATCH YOUR GROUPS:** Make sure your settings allow you to approve groups that you are added to by others.

▶ **WATCH OUT FOR OVERSHARING:** If you wouldn't tell your partner, your boss or your parents, does the rest of the world need to know?

▶ **DON'T COMPLAIN,** but if you need to, find the right person to deal with and take your discussion offline.

▶ **DON'T GET SUCKED INTO NEGATIVE CONVERSATIONS ONLINE.**

▶ **BE SELECTIVE** when sharing and asking for follows. Choose followers you know share your interests instead of including all followers and friends.

▶ **CHECK SPELLING AND GRAMMAR** – it says so much about you.



Personal brand

## WORK WISE

“There is only one corner of the universe you can be certain of improving, and that's your own self”

— Aldous Huxley

## TAKE RESPONSIBILITY when things go wrong...



Mistakes can happen at work, but often how we take responsibility is the single biggest factor that determines what happens next. In their book *The CEO Next Door*, Elena Botelho and Kim Powell (Penguin Random House, R340) isolate seven critical traits in the art of apology, which will open doors for you, instead of closing them for good.

- 1 BE PERSONAL:** Don't go into company spokesperson mode, however tempted you may be. Keep the apology personal, and take personal responsibility.
- 2 BE FOCUSED:** Make it crystal clear that you know what went wrong, why, and what the implications are.
- 3 BE GENUINE:** Your words and your tone need to convey sincerity.
- 4 MAKE NO EXCUSES:** Shifting blame, minimising harm to wronged parties and trying to whitewash the situation should all be avoided.
- 5 ACT SWIFTLY:** The sooner an apology is made, the more chance you have of the other party accepting it. Putting off dealing with it, or hoping it will go unnoticed will just make matters worse.
- 6 BE COMPREHENSIVE:** State all the facts, admit all shortcomings and clearly articulate what has yet to be determined.
- 7 PREVENT RECURRENCES:** State your action plan to correct the error and detail the measures you will take to stop recurrence.

# what's COOKing

20 PIE RECIPES FROZEN FISH IDEAS 2-IN-1 CAKES & DESSERTS

## USEFUL CONVERSIONS

3ml = ½t

5ml = 1t

8ml = 1½t or ½T

10ml = 2t

15ml = 1T

45ml = 3T

60ml = 4T (¼ cup)

80ml = ⅓ cup

125ml = ½ cup

160ml = ⅔ cup

180ml = ¾ cup

250ml = 1 cup

310ml = 1¼ cups

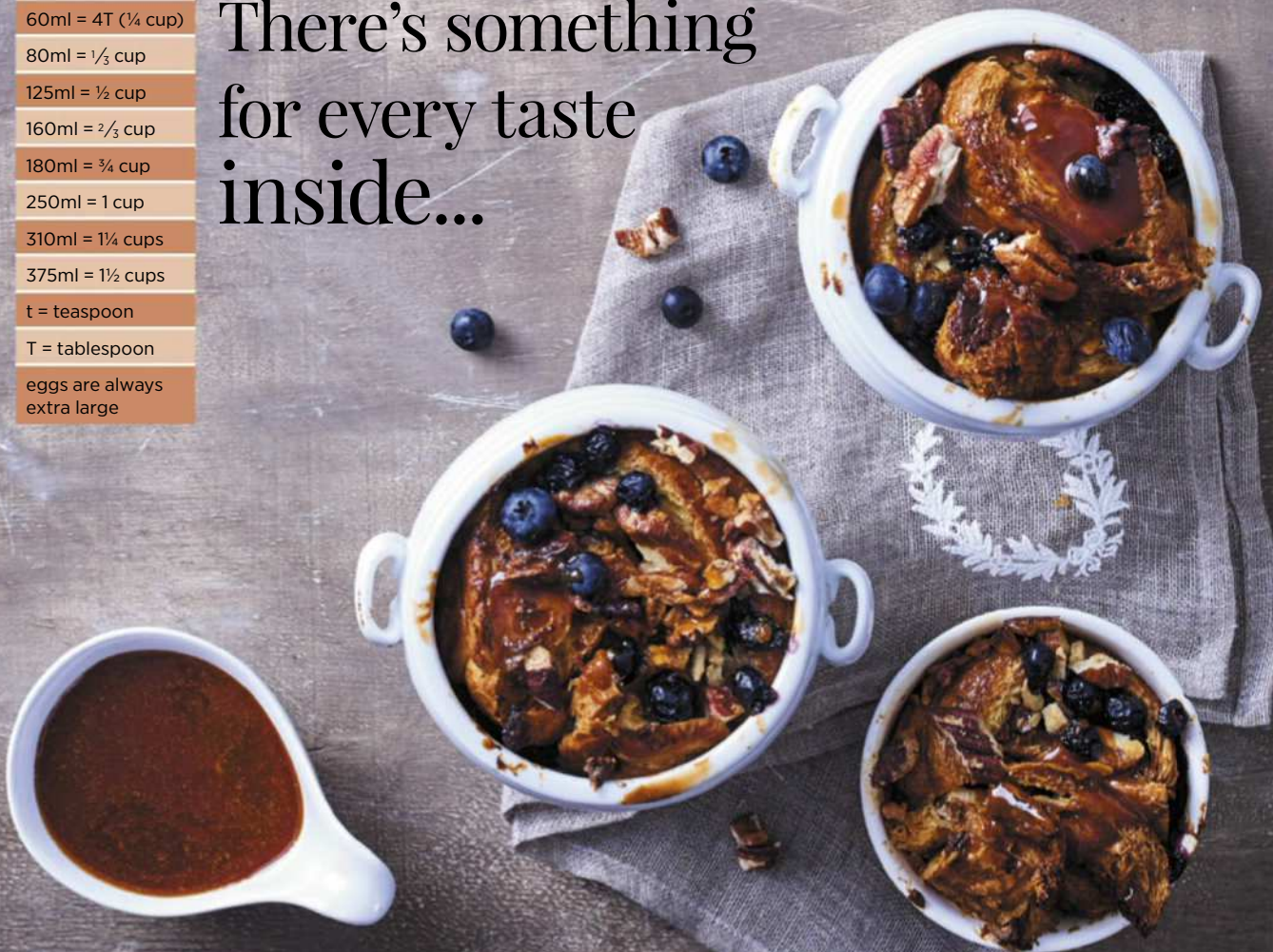
375ml = 1½ cups

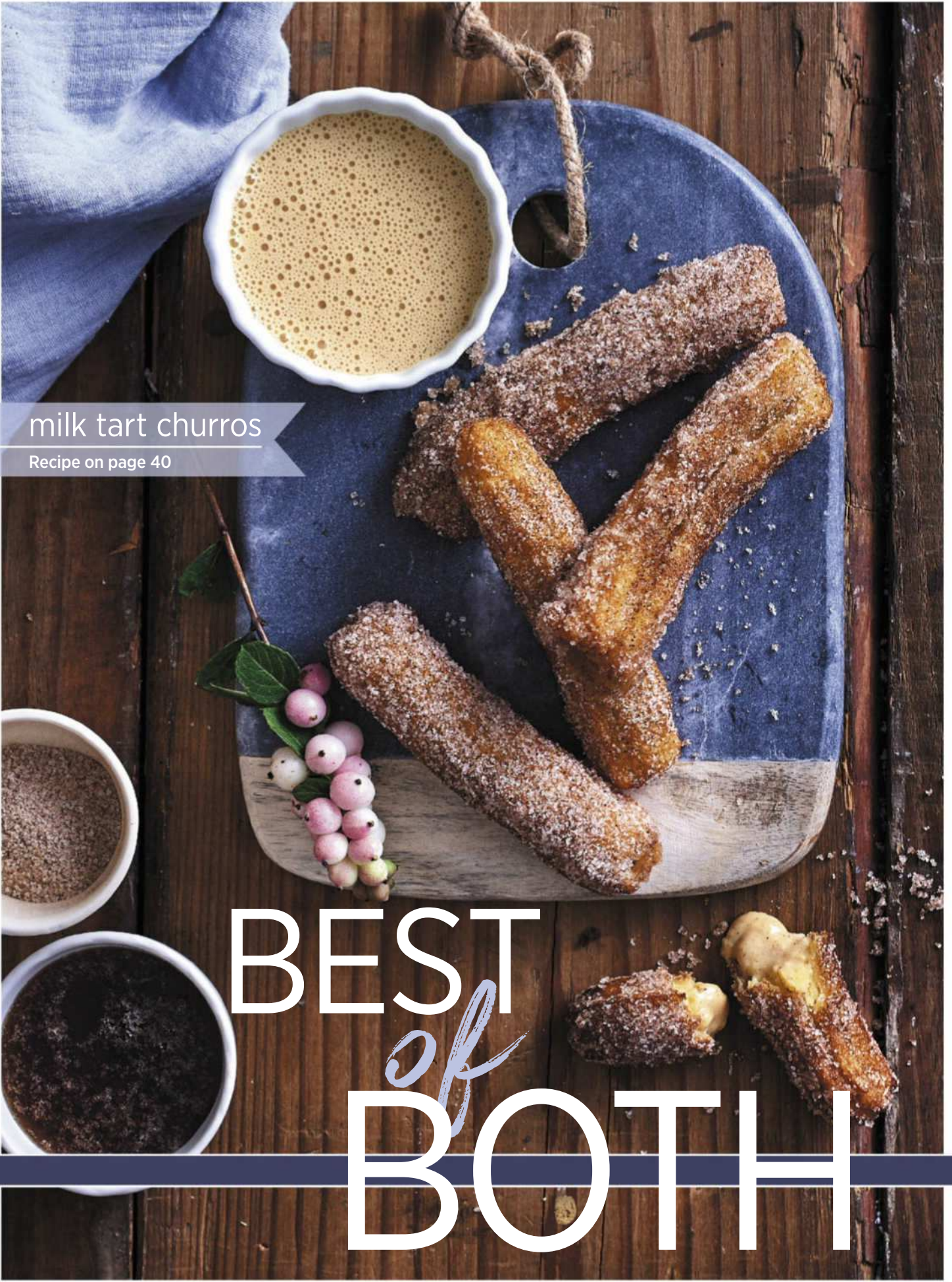
t = teaspoon

T = tablespoon

eggs are always extra large

Winter is here – and there's nothing quite like pies and puddings to warm you up! There's something for every taste inside...





milk tart churros

Recipe on page 40

BEST  
*of*  
BOTH





pecan pie brownies

Recipe on page 40

YOU KNOW IT'S GOING TO BE A WINNER WHEN TWO POPULAR DESSERTS BECOME ONE

## pecan pie brownies

— Serves 12 ⌚ Takes 1 hr 10 mins + cooling

### FOR THE BROWNIES

180g butter  
200g dark chocolate, chopped  
250ml brown sugar  
10ml vanilla essence  
pinch salt  
3 eggs  
180ml cake flour

### FOR THE PECAN PIE TOPPING

80ml golden syrup  
125ml brown sugar  
2 eggs  
15ml vanilla essence  
60g butter, melted  
500ml pecan nuts

- 1 For the brownies, preheat oven to 180°C. Line a 23cm springform cake tin with baking paper.
- 2 Heat the butter and chocolate in the microwave for about 1 minute 30 seconds, stirring every 30 seconds until melted. Stir in the sugar. Add the vanilla, salt and eggs one at a time. Fold in the flour. Spread batter into the prepared pan and bake for 25 minutes.
- 3 For the topping, combine the syrup, sugar, eggs, vanilla and butter until smooth. Fold in the nuts. Pour on top of the brownies and gently spread. Bake for about 30 minutes or until the pecan topping is just set. Cool completely.

your  
family  
.co.za

Go online for a recipe to make peppermint crisp panna cottas.

## milk tart churros

— Makes about 10 ⌚ Takes 1 hr + cooling

### FOR THE CINNAMON SUGAR

180ml sugar  
10ml ground cinnamon

### FOR THE CHURROS

15ml sugar  
120g butter  
250ml water  
pinch salt  
250ml cake flour  
3 eggs, beaten

### FOR THE MILK TART FILLING

30ml custard powder  
500ml milk

sunflower oil, for frying

- 1 For the cinnamon sugar, combine the ingredients.
- 2 For the churros, bring the sugar, butter, water and salt to a boil on medium-high. Reduce heat to low and stir in the flour for about 1 minute or until it forms a ball. Cool slightly until warm, not hot.
- 3 Stir in eggs one at a time, thoroughly incorporating each egg into the dough before adding the next. Spoon into a piping bag fitted with a large open star nozzle. Pipe 12cm strips onto baking paper lined trays. Refrigerate for about 1 hour or until firm.
- 4 For the filling, mix the custard powder with some of the milk to form a smooth paste and mix through the rest of the milk with 45ml of the cinnamon sugar. Heat in the microwave for about 8 minutes, stirring regularly until cooked through and thickened to a medium custard. Spoon into a piping bag fitted with a small, narrow tip nozzle. Cool.
- 5 Heat enough oil for deep-frying on medium-high and fry 3 at a time for about 5 minutes or until golden and cooked. Drain on paper towels, then coat in remaining cinnamon sugar while still hot. Repeat with the rest.
- 6 Insert the nozzle into one end of the churros and pipe in the milk tart filling until completely filled. Serve immediately.

## optional

**Serve with cinnamon syrup:** Bring 60ml sugar, 250ml water, 1 rooibos teabag, pinch ground ginger and 2 cinnamon sticks to a boil on high, stirring until sugar has dissolved. Cook for about 15 minutes or until the sauce has reduced by half. Strain.

## malva lamingtons

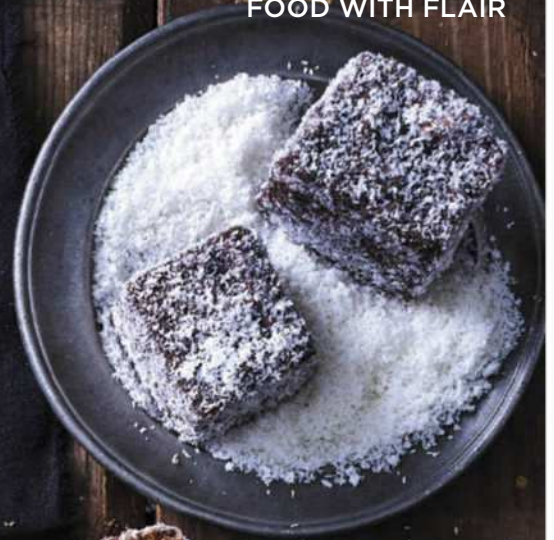
🍴 Makes 16 ⌚ Takes 1 hr + setting

180ml sugar  
2 eggs  
15ml soft butter  
60ml apricot jam  
5ml vinegar  
180ml milk  
250ml cake flour  
5ml bicarbonate of soda  
3ml salt

### FOR THE CHOCOLATE SAUCE

500ml icing sugar  
60ml cocoa powder  
80ml warm milk + extra  
500ml desiccated coconut

- 1 Preheat oven to 180°C. Line a 22cm square tin with baking paper. Beat together the sugar, eggs, butter and jam until light and fluffy. Stir in the vinegar and milk. Sift over the flour, bicarb and salt and fold in.
- 2 Pour batter into the prepared tin and bake for about 30 minutes or until cooked when tested with a skewer. Cool to room temperature. Cut into 16 squares.
- 3 For the sauce, combine all the ingredients. Add a little extra milk if it's too thick to dip.
- 4 Working with one square at a time, dip into the chocolate sauce, shake off the excess, then coat in the coconut. Leave to set.





## baklava cheesecake

🍴 Serves 12 ⌚ Takes 2 hrs 15 mins + cooling

### FOR THE CHEESECAKE

2 x 230g tubs cream cheese,  
at room temperature  
180ml castor sugar  
30ml cake flour  
3 eggs  
250ml sour cream  
80ml honey  
pinch salt

### FOR THE BAKLAVA

500g mixed nuts, finely chopped  
15ml ground cinnamon  
200g butter, melted  
180ml honey  
30ml lemon juice  
8 phyllo pastry sheets

- 1 For the cheesecake, preheat oven to 150°C. Beat together the cream cheese, sugar and flour with a wooden spoon until combined. Add eggs one at a time while beating slowly. Beat in sour cream, honey and salt on low speed (to prevent cracks) until combined. Set aside.
- 2 For the baklava, grease a 23cm springform cake tin and cover the outside with foil. Combine the nuts, cinnamon,  $\frac{1}{2}$  the butter, honey and lemon juice.
- 3 Unroll the phyllo and cover with a damp cloth. Layer the phyllo sheets on top of each other in a crisscross pattern and brush with remaining butter in between each layer. Line the prepared tin with the phyllo sheets. Cut off the excess pastry, leaving a 2cm border.
- 4 Spoon about  $\frac{1}{3}$  of the cheesecake into the tin. Top with  $\frac{2}{3}$  of the baklava, then spread remaining cheesecake on top. Place the tin inside a deep baking tray filled with enough hot water to go halfway up the sides.
- 5 Bake for about 1 hour 20 minutes or until the centre is just set. Turn off the oven and leave cheesecake inside with door closed for 30 minutes. Open the door slightly and leave the cheesecake to cool to room temperature. Top with the remaining baklava to serve.

**apple crumble cake**

— Serves 12 ⌚ Takes 1 hr 20 mins

**FOR THE CAKE**

125g soft butter  
180ml brown sugar  
1 egg  
60ml sunflower oil  
15ml vanilla essence  
375ml cake flour  
3ml bicarbonate of soda  
3ml baking powder  
pinch salt

**FOR THE FILLING**

230g cream cheese, at room temperature  
60ml sugar  
10ml vanilla essence  
10ml ground cinnamon  
375ml apples, diced  
125ml raisins

**FOR THE CRUMBLE**

100g cold butter  
125ml cake flour  
5ml ground cinnamon  
3ml baking powder  
pinch salt  
250ml sugar

custard, to serve

- 1 For the cake, preheat oven to 180°C. Line a 20cm cake tin with baking paper. Beat the butter and sugar until creamy. Beat in the egg, oil and vanilla and mix until combined.
- 2 Sift over the flour, bicarb, baking powder and salt and fold in until combined. Spread into the prepared pan.
- 3 For the filling, beat together all the ingredients and spread over the cake batter.
- 4 For the crumble, rub the butter into the flour until it resembles breadcrumbs. Mix through the remaining ingredients. Spoon over the apple mixture. Bake for about 50 minutes or until the topping has browned. Serve warm or at room temperature with custard.

FEATURE: MARGIE ELS-BURGER ASSISTED BY NOMVUSELELO MNCUBE PHOTOS: DYLAN SWART



# As easy as **PIE**

NOT ONE OR TWO, BUT **20** DELICIOUS  
PIES TO SEE YOU THROUGH WINTER!

*creamy chicken and leek pie*

## creamy chicken and leek pie

🍴 Serves 4-6 ⌚ Takes 1 hr 10 mins + resting

### FOR THE YOGHURT PASTRY

250g butter, cubed  
750ml cake flour  
125ml Bulgarian yoghurt  
8ml salt

### FOR THE FILLING

45ml olive or avocado oil  
6 chicken breasts, cut into  
2cm cubes  
3 leeks, halved, washed and  
thinly sliced  
2 garlic cloves, crushed  
45ml cake flour  
310ml chicken stock  
125ml sour cream  
15ml soy sauce  
handful parsley, chopped  
1 egg, lightly beaten

- 1 Preheat oven to 190°C. For the pastry, rub the butter into the flour until the mixture resembles fine breadcrumbs. Add yoghurt and salt and stir until it comes together. Don't overwork the dough. Cover with cling film and place in the fridge to rest for 30 minutes.
- 2 For the filling, heat the oil in a large frying pan on high and cook the chicken in batches for about 5 minutes or until golden. Season, and remove from the pan. Add the leeks and garlic and cook for about 5 minutes or until soft. Return the chicken to the pan, sprinkle with flour and cook for 1 minute.
- 3 Slowly add the stock and simmer for about 5 minutes or until the sauce has thickened. Remove from heat. Add sour cream, soy sauce and parsley. Cool to room temperature.
- 4 Roll out the dough to 4mm thickness on a flour-dusted surface. Line a 25cm x 20cm deep ovenproof dish with ½ of the dough. Spoon in the filling and cover with the other ½ of the dough. You might need to roll out the dough again for the topping. Cut excess dough off and pinch together to enclose the filling. Cut a cross in the centre of the pie for the steam to escape.
- 5 Brush the egg over the pie and bake for about 20 minutes or until the pastry is crisp and golden.

## bobotie pot pies

🍴 Serves 6 ⌚ Takes 1 hr 15 mins

melted butter, to brush  
30ml olive or avocado oil  
1kg beef mince  
1 large onion, finely chopped  
30ml Worcestershire sauce  
15ml curry powder  
15ml turmeric  
80ml chutney + extra  
45ml apricot jam

410g tin chopped tomatoes  
125ml sultanas  
1 slice wholewheat bread  
160ml milk + extra  
handful parsley, chopped  
2 eggs  
400g puff pastry, defrosted  
6 bay leaves or lemon leaves,  
to garnish

- 1 Preheat oven to 180°C. Brush the insides of 6 x 250ml bowls with melted butter.
- 2 Heat oil on high and fry the mince and onion until browned. Add the Worcestershire sauce, curry powder, turmeric, chutney, jam, tomatoes and sultanas and cook for 3-5 minutes.
- 3 Dip the bread in the milk, squeeze out the excess (reserving the milk) and crumble into the mince mixture with the parsley. Beat the reserved milk and eggs together. Season. Spoon the mince into the bowls and pour the milk mixture over.
- 4 Use a 7cm round cutter to cut 6 circles out of the pastry. Place a pastry circle on top of each bowl and press the sides to seal it. Brush extra milk over the pastry. Bake for about 35 minutes or until golden. Garnish the pies with a leaf and serve with extra chutney.





## tuna mornay pie

🍴 Serves 4 ⌚ Takes 40 mins

45ml butter  
 1 onion, chopped  
 60ml cake flour  
 500ml milk  
 2 x 170g tins tuna chunks, drained  
 125ml frozen peas  
 squeeze of lemon juice  
 handful parsley, chopped + extra  
 375ml fresh breadcrumbs  
 60ml pecorino, grated  
 2 thyme sprigs, leaves picked

- 1 Melt the butter in a saucepan on medium and sauté the onion. Add the flour and cook, stirring, for 1 minute to form a paste.
- 2 Add the milk, stirring well to remove any lumps, and bring to a boil. Reduce heat to low and cook, stirring, for about 5 minutes or until the mixture thickens.
- 3 Stir in the tuna, peas, lemon juice and parsley. Season. Cook for about 2 minutes or until heated through. Spoon into a baking dish.
- 4 Combine the breadcrumbs, pecorino, thyme and extra parsley. Sprinkle over the tuna mixture and drizzle with olive oil.
- 5 Place under a hot grill for about 5 minutes or until golden and bubbling.

### tip

Use tinned salmon instead of tuna and add 60ml chopped chives to the fish mixture.



## creamy chicken and mushroom pies

🍴 Makes 9 small pies ⌚ Takes 1 hr + cooling

15ml butter + extra  
 125g mushrooms, thinly sliced  
 15ml olive or avocado oil  
 1 small onion, thinly sliced  
 1 garlic clove, crushed  
 420g tin condensed cream of mushroom soup  
 375ml shredded cooked chicken  
 80ml chicken stock  
 3 x 400g rolls shortcrust pastry, defrosted  
 1 egg, beaten

- 1 Heat butter on medium-high and fry the mushrooms for about 5 minutes or until golden. Season and set aside. Heat oil and sauté the onion and garlic.
- 2 Return the mushrooms and add the soup, chicken and stock. Cook for about 3 minutes, stirring until combined. Season. Cool completely.
- 3 Preheat oven to 200°C. Grease 9 x 9cm x 3cm deep pie tins. Roll the pastries out slightly thinner. Cut 3 x 13cm circles and 3 x 9cm circles out of each of the pastry sheets. Line the tins with the larger pastry circles.
- 4 Divide the chicken mixture evenly between the tins. Brush the pastry edges with egg. Cover with the smaller pastry circles and press the edges together. Brush once more with egg and cut a cross into the top of each pie. Bake for about 25 minutes or until golden and cooked.



## bacon and mushroom pastries

🍴 Makes 8 ⌚ Takes 1 hr + cooling

**400g roll puff pastry, defrosted**  
**45ml olive or avocado oil**  
**500g mixed mushrooms (like button, portabellini and exotic), sliced**  
**250g packet diced bacon**  
**250ml cream**  
**handful thyme leaves, picked + extra**

- 1 Preheat oven to 220°C. Line a baking tray with baking paper.
- 2 Unroll the pastry onto the prepared baking tray and cut into 8 squares. Use a knife to score a 1cm border all around the pastry (don't cut through the pastry). Brush water over the borders. Chill in the fridge.
- 3 Heat ½ of the oil on high and fry the bacon for about 5 minutes or until crisp, then remove from the pan.
- 4 Heat the remaining oil and fry the mushrooms in batches for about 5 minutes or until golden. Add a splash of water to release the pan juices. Return the bacon and add the cream and thyme. Cook for about 10 minutes on medium or until the sauce has thickened. Season and cool.
- 5 Spoon the sauce inside the pastry borders and bake for about 15 minutes or until golden. Serve with a scattering of extra thyme leaves.



## bacon, mushroom and egg breakfast pie

🍴 Serves 6 ⌚ Takes 1 hr 30 mins + cooling

**15ml olive or avocado oil**  
**250g packet diced bacon**  
**2 onions, chopped**  
**250g mushrooms, sliced**  
**2 x 400g rolls shortcrust pastry, defrosted**

**330ml Cheddar, grated**  
**8 eggs**  
**125ml cream**  
**tomato sauce, to serve**  
**baby herbs (optional)**

- 1 Heat oil on medium-high and cook the bacon and onion for about 8 minutes. Remove and fry the mushrooms on high for 5 minutes or until cooked. Season and mix through the bacon mixture. Cool.
- 2 Preheat oven to 200°C. Grease a 20cm round springform pan. Using the base of the pan as a guide, cut a circle from 1 pastry and line the base of the prepared pan. Cut the remaining pastry in half lengthways. Line the side of the pan with pastry, leaving an overhang of excess dough and pressing the edges together.
- 3 Spoon ½ the bacon mixture into the pan. Sprinkle with 250ml of the cheese. Whisk 4 eggs and cream together and pour into the pan. Sprinkle with remaining bacon mixture. Make 4 holes in the mixture and crack an egg into each hole. Season. Sprinkle with remaining cheese. Fold and scrunch the overhanging pastry over the top of the pie.
- 4 Place on a hot tray and bake for 45-50 minutes or until just firm to the touch (cover pie loosely with foil if overbrowning during cooking). Allow to stand in the pan for 10 minutes before serving. Serve with tomato sauce and baby herbs.



## sausage pie

🍴 Serves 4 ⌚ Takes 35 mins

2 eggs  
180ml milk  
30ml iced water  
250ml cake flour  
500g boerewors, cut into  
6cm pieces

1 red onion, sliced  
olive or avocado oil, to sprinkle  
410g tin Mediterranean  
tomatoes  
2 rosemary sprigs,  
leaves picked

- 1 Preheat oven to 230°C. Mix the eggs, milk, water and flour together. Season and refrigerate.
- 2 Place the boerewors and onion in an 8cm deep x 23cm ovenproof baking dish and sprinkle with oil. Bake for about 10 minutes or until golden. Add the tomatoes and rosemary and bake for about 5 minutes. Season.
- 3 Pour the batter over and bake for about 15 minutes or until golden.



## creamy fish pies

🍴 Serves 4 ⌚ Takes 45 mins

450g white fish fillets,  
boneless and skinless  
500ml hot milk  
1kg potatoes, peeled and  
chopped  
15ml wholegrain mustard  
250ml mayonnaise

500ml mixed frozen  
vegetables (like peas,  
carrots and corn)  
handful parsley, chopped  
4 hard-boiled eggs, chopped  
zest and juice of 1 lemon,  
to taste

- 1 Preheat oven to 180°C. Place fish in a baking dish and season. Pour the milk over and cover with foil. Bake for about 15 minutes or until cooked. Remove the fish and reserve the milk.
- 2 Cook the potatoes in salted boiling water until tender. Drain and mash with 160ml of the reserved milk and the mustard. Season.
- 3 Flake the fish and mix together with the mayonnaise, vegetables, parsley, eggs and lemon zest and juice. Season and spoon into 4 individual heatproof dishes. Top with the mash and bake for about 20 minutes or until golden.



## pork pot pies

🍴 Makes 6 ⌚ Takes 45 mins

20ml olive or avocado oil  
2 onions, chopped  
2 red apples, cored and diced  
250g diced bacon  
2 garlic cloves, crushed

handful sage  
500g (about 8) pork bangers  
400g roll puff pastry,  
defrosted  
1 egg, lightly beaten

- 1 Heat ½ the oil on low and fry the onions, apples, bacon and garlic until caramelised. Add the sage and season. Set aside.
- 2 Heat the remaining oil and squeeze the sausage stuffing into the pan. Fry until golden and add to the onion mixture.
- 3 Preheat oven to 200°C. Divide the filling between 6 x 160ml heatproof bowls.
- 4 Cut the pastry into 6 circles, each with a diameter 1cm bigger than the bowls. Make a small cross in the centre of each pastry circle using a sharp knife. Brush the edge of each bowl with egg and cover each with a pastry lid. Press tightly around the edges and brush the tops with egg. Bake for 15-20 minutes or until golden.



## cauli-cottage pie

🍴 Serves 4 ⌚ Takes 35 mins

15ml olive or avocado oil  
1 onion, chopped  
1 garlic clove, crushed  
500g beef mince  
400g tin whole peeled  
tomatoes  
15ml tomato paste

5ml Italian dried herbs  
1 cauliflower head, cut  
into florets  
30ml butter  
125ml Cheddar, grated  
250ml frozen peas

- 1 Heat oil on medium and sauté the onion and garlic. Add mince and cook for about 5 minutes or until browned. Add the tomatoes, tomato paste and herbs. Season. Bring to a boil, then reduce heat and simmer for 10 minutes.
- 2 Preheat oven to 200°C. Grease a 2L ovenproof dish. Steam cauliflower in the microwave with a little water until soft. Mash, then add the butter and Cheddar. Season.
- 3 Stir the peas into the mince mixture and spoon into the prepared dish. Spoon the mash over the filling and bake for about 20 minutes or until golden.



## spinach and feta pie

🍴 Serves 4 ⌚ Takes 45 mins + cooling

30ml olive or avocado oil  
 1 onion, finely sliced  
 2 garlic cloves, crushed  
 400g spinach, cooked and drained  
 100g flaked almonds, toasted  
 200g feta  
 3ml nutmeg  
 5 sheets phyllo pastry  
 100g melted butter

*Delicious for vegetarians!*

- 1 Preheat oven to 200°C. Heat oil on medium-high and sauté onion and garlic.
- 2 Remove from heat, add the spinach, nuts, feta and nutmeg. Season and cool.
- 3 Lightly grease a 24cm quiche tin with melted butter and line with a sheet of phyllo pastry, leaving the excess hanging over the sides. Brush the pastry with butter then layer with a second sheet. Repeat until all the pastry is used up.
- 4 Spoon the spinach filling into the centre and fold the excess pastry over to cover. Brush the top with a little melted butter and cook for 25-30 minutes or until crisp and golden. Cool for 5 minutes before serving.



## cornish pasties

🍴 Makes 6 ⌚ Takes 1 hr + cooling

15ml olive or avocado oil	60ml beef stock
1 small onion, finely chopped	15ml Worcestershire sauce
1 garlic clove, crushed	30ml tomato sauce
250g lamb or beef mince	30ml chutney
1 small potato, peeled and finely chopped	handful parsley, chopped
1 small carrot, peeled and finely chopped	3 x 400g rolls shortcrust pastry, defrosted
5ml cornflour	1 egg, beaten

- 1 Heat oil on medium-high and sauté the onion and garlic. Add the mince and cook, stirring, for about 8 minutes or until browned. Add the potato and carrot and cook for about 3 minutes or until just tender.
- 2 Combine cornflour with some of the stock until a smooth paste forms. Add to the mince mixture, together with the remaining stock, Worcestershire sauce, tomato sauce and chutney. Bring to a boil and cook for about 2 minutes or until slightly thickened. Mix in the parsley and season. Cool.
- 3 Preheat oven to 200°C. Line a baking tray with baking paper. Cut 6 x 16cm rounds from the pastry. Divide the mince between the centres of the circles. Brush the edges with egg. Bring pastry edges together and pinch to seal and form frills.
- 4 Place the pasties on the prepared tray. Brush with remaining egg and bake for about 25 minutes or until golden and cooked.





## mince and potato pies

🍴 Makes 12 ⌚ Takes 1 hr + cooling

15ml olive or avocado oil	3ml sugar
2 garlic cloves, crushed	500ml water
500g beef mince	125ml frozen peas
1 large potato, peeled and chopped	2 x 400g rolls shortcrust pastry, defrosted
1 carrot, chopped	1 egg, beaten
30ml tomato paste	tomato sauce or chutney, to serve
30ml brown onion soup powder	

- 1 Heat oil on high, add the garlic and mince and cook for about 8 minutes or until well browned.
- 2 Add the potato, carrot, tomato paste, soup powder, sugar and water. Season. Simmer for 15-20 minutes on medium or until the mixture has thickened and the potatoes and carrots are cooked. Remove from heat, add the peas and cool.
- 3 Preheat oven to 200°C. Roll out 1½ pastries on a flour-dusted surface and cut out 12 rounds for the pie bases. Line a standard 12-hole muffin tin with pastry. Reroll offcuts if necessary.
- 4 Fill pastries with filling. Roll out the remaining pastry and cut 12 pie lids using a pastry cutter or glass.
- 5 Place the lids onto the pies, brush with egg and seal the edges with a fork. Pierce a small steam hole in the lid of each pie.
- 6 Bake for about 30 minutes or until the pastry is cooked and golden. Serve with tomato sauce or chutney.



*Worth the time they take to make!*

## individual beef and beer pies

🍴 Makes 12 ⌚ Takes 3 hrs + cooling

30ml olive or avocado oil	125g mushrooms, quartered
1 onion, sliced	800g beef chuck steak, cubed
2 carrots, peeled and roughly chopped	30ml cake flour
1 stick celery, chopped	330ml tin beer, preferably stout
2 garlic cloves, crushed	250ml beef stock
125g bacon, chopped	3 x 400g rolls puff pastry
15ml rosemary, chopped	1 egg, lightly beaten

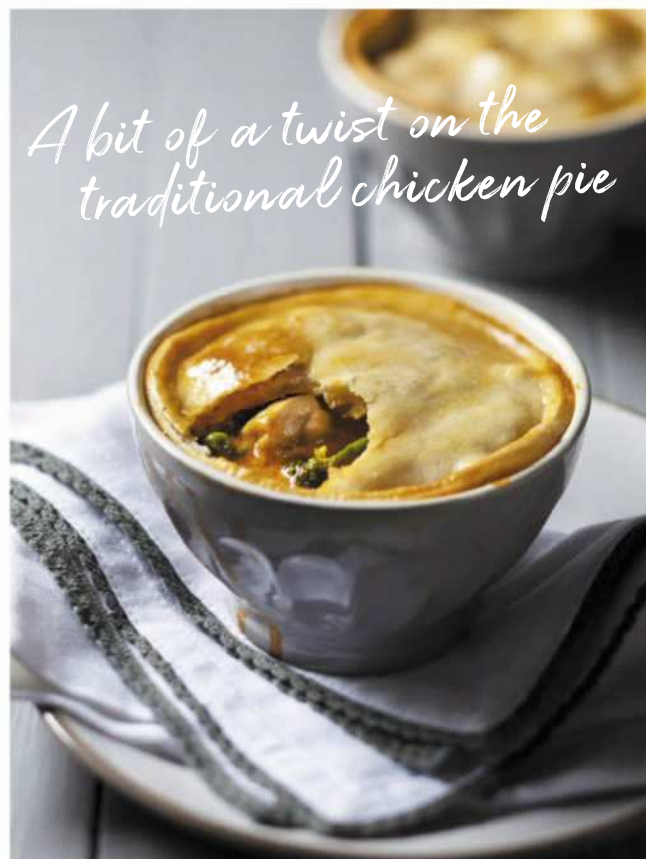
- 1 Preheat oven to 150°C. Heat oil on high in a heavy-based casserole pan and fry the onion, carrots, celery, garlic, bacon and rosemary for about 8 minutes or until golden brown. Add the mushrooms and fry until soft and the liquid has evaporated. Set aside.
- 2 Dust the beef with flour, add to the casserole dish and brown for about 8 minutes. Add beer, stock and bacon mixture. Season. Cover with a lid.
- 3 Bake for about 2 hours or until the meat is tender and the sauce has reduced. Cool.
- 4 Lightly dust a work surface with flour. Roll out pastry slightly thinner. Grease 2 large muffin tins, line holes with puff pastry, cut out 12 lids to fit and set aside. Reroll offcuts if necessary.
- 5 Fill pastry cases with cooled beef casserole, top with pastry lids and seal the edges. Brush with egg wash and make an incision in each pie centre for steam to escape. Increase the oven temperature to 200°C and bake for about 30 minutes or until golden brown.

## thai chicken curry pies

🍴 Makes 4 ⌚ Takes 1 hr 10 mins

45ml sunflower oil	15ml soy sauce
1 onion, chopped	5ml brown sugar
1 garlic clove, crushed	juice of 1 lime
15ml ginger, grated	250ml frozen peas
30ml Thai red curry paste	150g broccoli, cut into florets
400g tin coconut cream	30ml fresh coriander, chopped
600g boneless chicken thighs, cubed	400g roll shortcrust pastry, defrosted
	1 egg, lightly beaten

- 1 Preheat oven to 180°C. Heat oil in a heavy-based saucepan and fry the onion, garlic and ginger until soft. Add the curry paste and coconut cream and bring to a simmer.
- 2 Add the chicken and cook gently for about 15 minutes or until cooked through.
- 3 Add the soy sauce, sugar, lime juice, peas and broccoli and cook until broccoli is just tender. Remove from heat and add the coriander.
- 4 Lightly dust a work surface with flour. Roll out the pastry slightly thinner.
- 5 Spoon the chicken curry into a large casserole dish or 4 individual bowls and cut out pastry lids to fit. Press down the edges to seal, brush the pastry with egg wash and make an incision in the centre for steam to escape. Bake for 25-30 minutes or until golden brown.



## lamb, mozzarella and olive pies

🍴 Serves 4 ⌚ Takes 1 hr + cooling

15ml olive or avocado oil + extra	100g pitted green olives
500g lamb mince	2 x 400g rolls puff pastry, defrosted
5ml paprika	30ml tomato paste
2 garlic cloves, crushed	125ml mozzarella, grated
410g tin chopped tomatoes	chutney, to serve
1 red onion, sliced	handful rocket (optional)

- 1 Preheat oven to 220°C. Line a baking tray with baking paper.
- 2 Heat oil on high and cook the mince for about 5 minutes or until browned. Add the paprika, garlic and tomatoes and cook for 5 minutes. Season. Add the onion and olives. Cool.
- 3 Cut each pastry into 4 strips through the width. Spread ½ the strips with tomato paste and sprinkle with mozzarella, leaving a 1cm border. Top with the mince mixture. Brush the edges with extra oil, top with remaining pastry strips and press the edges to seal. (Stretch the top pastry to go over the filling, if necessary.)
- 4 Place on baking trays lined with baking paper. Cut slits on the top of the pies and brush with oil. Bake for about 20 minutes or until puffed and golden. Serve with chutney and rocket.





## spinach and 2-cheese pie

🍴 Serves 6 ⌚ Takes 50 mins + cooling

<b>750g spinach, chopped</b>	<b>375ml milk</b>
<b>30ml butter</b>	<b>150g ricotta, crumbled</b>
<b>1 small onion, chopped</b>	<b>125ml feta, crumbled</b>
<b>2 garlic cloves, crushed</b>	<b>4 eggs</b>
<b>45ml cake flour</b>	<b>2 x 400g rolls puff pastry, defrosted</b>
<b>3ml ground nutmeg</b>	

- 1 Cook the spinach in batches in salted boiling water until wilted. Drain, cool slightly and squeeze out excess water.
- 2 Melt the butter on medium and sauté the onion and garlic. Sprinkle in the flour and nutmeg and cook for 1 minute. Slowly add the milk, stirring until smooth. Cook for about 5 minutes or until slightly thickened. Season.
- 3 Mix in the spinach and cool. Add the ricotta, feta and 3 eggs. Season.
- 4 Preheat oven to 200°C. Grease and line a 16cm x 20cm ovenproof dish with 1½ pastries. Spoon the spinach mixture into the pastry case. Cover with the remaining pastry and seal the edges. Brush with remaining egg. Bake for about 25 minutes or until golden and cooked.



## egg, mushroom and bacon pies

🍴 Makes 8 ⌚ Takes 1 hr + cooling

<b>250g packet streaky bacon</b>	<b>2 x 400g rolls shortcrust pastry, defrosted</b>
<b>250g packet brown mushrooms, roughly chopped</b>	<b>9 eggs</b>
<b>2 garlic cloves, crushed</b>	<b>60ml chives, chopped</b>
<b>3ml dried chilli flakes</b>	<b>tomato sauce or chutney, to serve</b>

- 1 Preheat oven to 180°C. Heat a frying pan on high and fry bacon until crisp. Break into shards. Set aside.
- 2 Sauté mushrooms, garlic and chilli until dry. Season and cool.
- 3 Grease 8 holes in a standard 12-hole muffin tin and roll out the pastry on a floured surface. Cut rounds and place them in the muffin holes. Fill each with bacon and mushrooms. Top each with a cracked egg. Season, and add a sprinkling of chives.
- 4 Cut lids for the pies from the remaining pastry. Top each pie with a pastry lid and seal the edges with a fork. Brush with remaining beaten egg and cut a small steam hole in the top.
- 5 Bake the pies for 20-25 minutes or until golden. Serve with tomato sauce or chutney.

## shepherd's pie

🔪 Serves 4-6 ⌚ Takes 1 hr 30 mins

30ml olive or avocado oil

1 onion, finely chopped

1 small celery stalk, finely chopped

2 carrots, peeled and finely chopped

1 small leek, finely chopped

2 garlic cloves, crushed

50g tomato paste

500g beef mince

15ml ground coriander

2 bay leaves

30ml soy sauce

### FOR THE TOPPING

3 large potatoes, peeled and chopped

3 large sweet potatoes, peeled and chopped

45ml butter, chopped

10-12 baby carrots

- 1 Heat the oil on medium-high and sauté the onion, celery, carrots, leek and garlic. Add the tomato paste and cook for 3 minutes. Add the mince and cook for about 8 minutes or until browned. Add the coriander, bay leaves and soy sauce. Season. Reduce heat to medium-low and cook for about 10 minutes.
- 2 Preheat oven to 200°C. For the topping, cook the potatoes and sweet potatoes in salted boiling water for about 20 minutes or until soft. Drain well. Mash with butter. Season. Cook the baby carrots in salted boiling water for about 5 minutes or until tender.
- 3 Spoon mince into 1 large or 4-6 individual dishes and top with mash. Push the baby carrots into the shepherd's pie and bake for 20-25 minutes or until golden and heated through.



## pepper steak pies

🔪 Makes 4 ⌚ Takes 1 hr 30 mins + cooling

30ml cake flour

400g beef chuck steak, cubed

olive or avocado oil, for frying

1 small onion, chopped

10ml ground black pepper

small handful thyme, leaves picked

375ml beef stock

2 x 400g puff pastry, defrosted

1 egg, beaten

- 1 Season the flour and coat the beef. Heat a splash of oil on medium-high and brown the beef in batches for about 5 minutes. Season and set aside.
- 2 Add another splash of oil and sauté the onion. Return the beef, together with the pepper, thyme and stock. Stir through, cover and cook for about 35 minutes or until tender and the sauce has thickened. Stir occasionally to prevent it from sticking to the pot, and adjust the stock as necessary to prevent it from drying out. Cool.
- 3 Preheat oven to 200°C. Cut 1 of the puff pastries into 4 equal squares. Line 4 x 180ml dariole moulds or any other heatproof moulds with the squares, leaving a 5mm pastry rim. Brush the pastry rims with egg. Spoon the beef mixture into the pastry cases. Cut the remaining puff pastry sheet into 4 x 8cm circles. Cover with pastry circles and press the edges together. Brush with egg and cut a cross into the top of each pie. Bake for about 30 minutes or until golden and cooked.



# Sugar & spice

TREAT YOUR FAMILY TO THIS SWEET AND SPICY TWIST ON THE HUMBLE HOT CHOCOLATE – IT'S A GUARANTEED WINNER THIS WINTER

## spiced Super M hot chocolate

☞ Serves 2 ⌚ Takes 7 mins

600ml Super M Chocolate  
Flavoured Milk  
3 cinnamon sticks  
2-3 star anise  
5ml ground cinnamon  
60ml whipped cream

- 1 Heat the Super M Chocolate Flavoured Milk with 1 cinnamon stick and star anise on medium until the milk starts to scald (the milk starts steaming). Pour into 2 mugs.
- 2 Serve the hot chocolate with cream, sprinkled with ground cinnamon and topped with a cinnamon stick.



**Super M Flavoured Milk** is an indulgent tasty treat offering fun delicious flavours: Chocolate, Strawberry, Banana, and Cream Soda. With its rich, creamy taste, it's the ideal treat for the whole family any time of the day. Enjoy it hot or cold!





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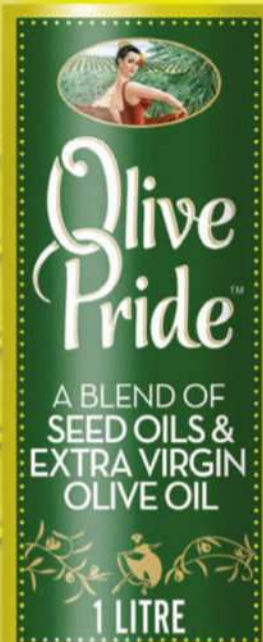
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# SOMETHING *fishy*

MAKE FROZEN FISH FABULOUS  
WITH OUR OVEN-BAKED RECIPES

## fish burgers

Defrost 600g **fish medallions** and blitz until finely chopped. Add 1 **egg**, 60ml **cake flour**, handful chopped **parsley**, 8ml **chilli flakes** (optional), 2 chopped **spring onions**, squeeze **lemon juice**, 3cm finely grated **ginger** and 2 crushed **garlic cloves**. **Season**. Shape into 6 balls and flatten on a baking paper lined tray. Drizzle with **olive oil** and bake at 200°C for about 25 minutes or until cooked. Serve on **hamburger buns** with **tartar sauce**, shredded **lettuce**, **red onion** slices, **cucumber** ribbons and **rocket**.

## fish au gratin

Place 600g frozen **fish fillets** close together in a baking dish and pour over 410g tin hot **cream of mushroom soup**. **Season**. Bake at 200°C for about 15 minutes. Combine 375ml fresh **breadcrumbs**, 60ml finely grated **pecorino**, 50g melted **butter** and a handful chopped **parsley**. Sprinkle over the fish. Bake for about 20 minutes or until golden and cooked.

## crispy fish bites

Heat a thin layer of **sunflower oil** in a baking tray at 220°C until hot. Cut 600g **fish medallions** into bite-size pieces and season with fish spice. Combine 250ml **cake flour** and 5ml **garlic powder** and mix through the fish. Shake off excess. Coat the fish in batches in 3 beaten **eggs** and then into 250ml **panko breadcrumbs**. Add the fish to the hot tray and bake for about 20 minutes, turning after 15 minutes, until golden and cooked. Serve with **tzatziki** and oven-baked chips.

## fish dip

Flake 3 baked **fish fillets** and blitz with 230g tub **cream cheese**, **lemon juice** to taste, 3ml **garlic salt** and 2 **spring onions**. Thin out with **cream** to your liking. Serve with **crackers**.

## creamy lemon baked fish

Place 600g frozen **fish medallions** close together in an oven dish. **Season**. Sprinkle over 4 chopped **spring onions** and 60ml chopped **peppadews**. Combine 250ml **cream** with 1 crushed **garlic clove**, 3ml **turmeric** and 3cm finely grated **ginger** and pour over the fish. Add 1 **lemon** cut into wedges. Bake at 180°C for about 40 minutes or until cooked. Sprinkle over **coriander** and serve with **rice**.

## oven-baked fish soup

Chop 2 **sweet potatoes**, 3 **carrots**, 2 **celery stalks**, 2 crushed **garlic cloves** and 1 **onion** into 1cm cubes and place in a 20cm x 28cm baking dish. **Season**. Pour over 625ml hot **fish stock** and 5ml **paprika**. Cover with foil and bake at 180°C for about 30 minutes. Add 600g **fish fillets** and 1 cubed **red pepper** and bake, covered, for about 30 minutes or until cooked. Flake the fish. Stir through 125ml hot **coconut milk** and a handful chopped **parsley**. **Season**.

## note

Use fish fillets or medallions without skin or bones for these recipes.



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PERFECT

*patisserie*

CREATE DELICIOUS PASTRIES SUCCESSFULLY - AT HOME

## pâte sucrée (sweet pastry)

This is one of my all-time favourite doughs to work with. It has just the right level of sweetness, a great texture and tastes fantastic. Even baked into simple rounds and served as a biscuit it would taste great. It has a high ratio of fat to flour, so it needs to be kept cold when rolling out to avoid it becoming sticky.



☞ Makes enough for  
2 large tarts or  
12 individual tarts

**1 vanilla pod or  
2 teaspoons vanilla  
bean paste  
400g plain flour, plus  
extra for dusting  
35g ground almonds  
75g icing sugar  
pinch of salt  
250g unsalted butter,  
diced and chilled  
2 large egg yolks  
approx. 1 tablespoon  
ice-cold water**



Cut the vanilla pod, if using, in half and scrape out the seeds. Put the seeds or vanilla bean paste in the bowl of a food processor. Add the flour, almonds, icing sugar and salt, and pulse to combine. Add the butter and pulse until the mixture resembles breadcrumbs. Add the egg yolks and pulse until fully combined. (Alternatively, put the flour, almonds, icing sugar, salt and vanilla in a large bowl and mix to combine. Add the butter and rub together using your fingertips, or use a pastry cutter, until the mixture resembles breadcrumbs. Add the egg yolks and mix together until the dough just starts to come together.) If the pastry isn't coming together



## lemon tart

It is often said that the mark of a good pâtisserie or restaurant is the quality of its lemon tart – a deceptively simple recipe – and I would agree. Although the basic recipe is fairly straightforward – a lemon custard baked in a sweet pastry shell – making a perfect example with the right textures and flavours is the sign of a great pastry chef. My version isn't a classic baked tart but a slightly more modern and easier take on the classic, using a lemon cream.

☞ Serves 12

**½ recipe pâte sucrée,  
chilled  
flour, for dusting**

**FOR THE LEMON CREAM**  
**150ml lemon juice**  
**2 large eggs**  
**2 large egg yolks**  
**150g caster sugar**  
**225g unsalted butter,  
diced and chilled**

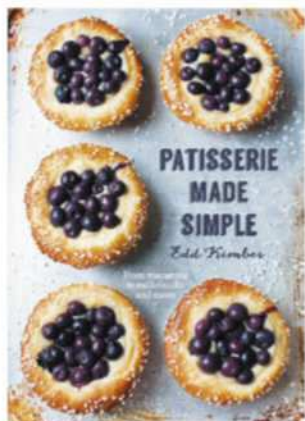
**FOR THE DECORATION**  
**icing sugar**  
**a few pistachio  
nuts, finely chopped  
(optional)**

Preheat the oven to 180°C (160°C fan oven)/gas 4 and line a baking tray with baking parchment. Roll out the pastry on a lightly floured work surface until it is about 2-3mm thick. Use this to line a 23cm tart ring or loose-based tart tin set onto your prepared baking tray. Trim off the excess pastry and put the tart in the fridge for 30 minutes or until firm. Line the tart shell

with a layer of baking parchment and fill with baking beans or rice. Bake for 25 minutes then remove the parchment and the beans and bake for a further 10 minutes or until the pastry is golden. Remove from the oven and leave to cool completely before assembling. To make the lemon cream, put the lemon juice, eggs, yolks and sugar in a large pan over a medium heat. Stir the mixture constantly, until it reaches 75-80°C on an instant-read thermometer. (If you are worried about curdling the mixture you can cook this in a heatproof bowl set over a pan of gently simmering water, but it will take longer.) Pour the lemon mixture through a fine sieve into a medium bowl and leave to cool for

15 minutes or until lukewarm. Add the butter a few pieces at a time and, using a hand blender, process until smooth. Press a piece of cling film onto the surface of the cream and put it in the fridge for a few hours, or preferably overnight, until completely set. Once the cream has set, stir lightly to loosen, then spread it onto the base of the tart, smoothing it into an even layer. Put the tart into the fridge and leave to chill for 2 hours before serving. To decorate, put a little icing sugar in a sieve and use to dust over the edge of the tart, then sprinkle the pistachio nuts around the outside of the tart. This tart will keep for up to three days in the fridge.

In *Patisserie Made Simple* (Kyle Books, Octopus) Edd Kimber explains how to create French classics at home without complex equipment. The first winner of *The Great British Bake Off*, he guides you through techniques with step-by-step photographs for basic pastry and icings, taking the scare out of making croissants, crème pâtissière, madeleines, croquembouche and tempering chocolate. R340



## macarons

One of the most iconic French recipes, a macaron is a cookie that is made and sold around the world. It was, for a while, the 'it' pastry – the French cupcake – and it still rates as one of the most popular recipes. This recipe is a basic that can be used to decorate other recipes as well as making the little meringue cookies themselves.

☞ Makes 40

**170g icing sugar**  
**160g ground almonds**  
**120ml egg whites (from approx. 3 large eggs), divided into two equal batches**  
**160g caster sugar**  
**1-2 teaspoons gel paste food colouring**

Line two baking trays with baking parchment. Put the icing sugar and ground almonds in the bowl of a food processor and pulse about ten times until fully combined. (Or put in a bowl and stir well with a fork.) Sift this mixture into a large bowl, discarding any small particles that stay in the sieve. Add the first batch of egg whites to the almond mixture and mix together to form a thick paste, then set aside.

To make the meringue, put 50ml water and the caster sugar in a small pan set over a medium-high heat. Bring to the boil, stirring occasionally, and cook until the syrup has dissolved. Once the syrup is clear and the sugar has dissolved, stop stirring and cook until the syrup registers 118°C on an instant-read thermometer. Meanwhile, put the second batch of egg whites in a clean, grease-free bowl (this

is best done using a freestanding electric mixer fitted with the whisk attachment). When the syrup reaches 115°C on the thermometer, start whisking the whites on high speed until the meringue reaches soft peaks (once at this stage you shouldn't have to stop whisking – this wants to be a smooth motion, as the syrup should be at temperature). Once the syrup reaches 118°C, remove from the heat and pour it slowly down the side of the mixer bowl avoiding the whisk. Continue to whisk the meringue on high until the mixture has cooled slightly and the bowl is no longer hot to the touch but is still warm. Add the food colouring and whisk to combine. The meringue should be thick and glossy; if it is loose and looks wet, you either need to whisk a little longer or, most likely, your meringue wasn't whisked enough before adding the sugar syrup.

Scrape the meringue onto the almond mixture and mix together. If you lift the batter from the bowl it should fall in a thick ribbon from the spatula. This ribbon should fade back into

the batter almost completely, leaving a faint trail behind. If the ribbon holds its shape on top of the batter, it needs a little more mixing. Transfer the batter to a piping bag fitted with a 1cm round piping tip. Pipe rounds about 2.5cm in diameter onto the prepared baking trays. Leave to rest for 30 minutes or until the macarons have developed a skin and are no longer sticky. Preheat the oven to 180°C (160°C fan oven)/gas 4. Bake for 12 minutes or until you can lightly tap the macarons and they feel firm; if they feel very delicate they need a few more minutes of baking. Remove the trays from the oven and slide the parchment onto the work surface and leave the macarons to cool for a few minutes before gently peeling them off the paper. The macarons will keep for up to one week in the fridge, but frozen they will keep perfectly for two months.

### tip

Fill with your favourite buttercream or thick ganache.

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# Salted caramel blueberry croissant

*pudding*



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🍴 Serves 6 ⌚ Takes 1 hr + soaking

<b>FOR THE SALTED CARAMEL</b>	125ml cream cheese
180ml sugar	50g pecan nuts, chopped
80ml water	125ml blueberries
30ml butter	
45ml cream	<b>FOR THE CUSTARD</b>
pinch salt	3 eggs
	30ml sugar
	500ml cream
<b>FOR THE PUDDING</b>	and/or milk
3 croissants	10ml vanilla essence

- 1 Preheat oven to 190°C. Grease 6 x 250ml ovenproof bowls.
- 2 For the caramel, heat the sugar and water in a small saucepan on low, stirring until dissolved. Increase heat to high and bring to a boil. Cook for about 10 minutes without stirring, until a deep caramel forms. Remove from heat and stir in butter, cream and salt. Cool.
- 3 For the pudding, cut open the croissants and spread cream cheese on the bottom halves. Spread half of the caramel on the top halves. Sandwich together and slice. Divide between the prepared dishes. Scatter nuts and blueberries over.
- 4 For the custard, combine all the ingredients and pour over the croissants. Set aside to soak in for about 15 minutes. Bake for about 30 minutes or until custard sets. Serve with remaining caramel.



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#### COMPETITION Ts&Cs

Prizes are non-transferable and cannot be converted to cash. The judges' decision is final and no correspondence will be entered into. See page 108.

#### HOW TO ENTER

To stand a chance of winning, SMS **'#KnockKnock'** together with your full name, contact number, email address, physical address, postal code, and your ID number to 48412. Each SMS costs R1.50. Errors will be billed. Free SMSs do not apply. Entries close on 31 July 2018.

# FOOD NOTES

MARGIE ROUNDS UP THE BEST TREATS...

## LUNCHBOX WINNERS

On-the-go and lunchbox snacks just got a whole lot easier and healthier thanks to the new Woolworths kids' snack range. They're portion-controlled, jam-packed with sweetness only from fruits, and contain no added preservatives or flavouring. Choose from Number-shaped Strawberry and Beetroot bites, Alphabet-shaped Pineapple and Carrot bites, and RAW Mini Strawberry Date Bites. R13.10 for 25g.



## IT'S A CELEBRATION

Papillon bubbly celebrates its 30th birthday with new packaging and a new Papillon Chardonnay-Pinot Noir Brut Rosé. The range includes something for every taste, from dry to sweet and even alcohol-free. From R54.99 and R49.99 for alcohol-free.

## Dessert IN A MUG

If you have a mug and a microwave, 'baked' desserts will be quick and easy with the new Moir's Mug Cakes. Available in Rich Chocolate, Crème Caramel, and Buttery Vanilla. R29.99 for 1 box with 4 portions.



## CHAMPION CHEESE

Parmalat SA won the prestigious Product of the Year prize at the annual SA Dairy Championships for the second year running, with its Matured Gouda (10 months), an aromatic and full-flavoured cheese. R50.40 for 280g, Woolworths.



## FRUIT AND CHOCOLATE

Indulge in the new bite-size Lindt Fruit Sensation range - a selection of delicious dark chocolate with three fruity centres: Raspberry & Cranberry; Blueberry & Acai; Orange & Grapefruit. R64.95 for a 150g resealable bag, Woolworths and Lindt Chocolate Boutiques.



## Protein power

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# Your life

HEALTH RELATIONSHIPS PARENTING PETS CRAFTS



‘Family  
is the  
warmth  
during  
cold moments’

- Anonymous

## HEADACHES, MIGRAINES AND YOUR DIET

Most of the energy you need to get through the day is generated by the carbohydrates you eat. Carbs are sugars, which your body converts to glucose before dispersing it via your blood. Glucose is especially vital for proper brain function – if your glucose level drops, your brain will be one of the first organs affected. This is a major risk for sufferers of hypoglycaemia, who have an abnormally low glucose (blood sugar) level. Poor eating habits can cause hypoglycaemia and can result in painful migraines and headaches, as well as other symptoms such as confusion, nausea, sweating and feeling faint.

According to The Migraine Trust, hypoglycaemia develops when you aren't consuming enough calories to allow your body to function properly, resulting in your glucose level plummeting. Excessive dieting, fasting, missing meals and exercising without eating beforehand are prime culprits for low glucose headaches. This type of headache is often severe and comes with symptoms similar to those of an oncoming migraine – sweating, mood changes, yawning, pallor and a craving for sweet things.

If you think your headaches or migraines are being triggered by a low glucose level, start taking note of your eating habits. Eat frequent, low-sugar meals and never skip or delay meals, especially breakfast. If you're dieting, you should plan to lose a smaller amount of weight over a longer period of time. Not only is this a healthier way to diet, it also increases the likelihood of the weight staying off in the long-term.

Stress and alcohol can also interfere with your metabolism, so it's important to set aside time to relax; make sure you get plenty of sleep, and drink alcohol in moderation.



## Are e-cigarettes healthier?

E-cigarettes are on the increase, and while current research states they're not as bad as the real thing, they aren't completely without their issues. They contain no tobacco (tobacco accounts for around six million deaths annually), and are designed to deliver nicotine without the many other harmful toxins that cigarettes provide, which include cyanide, arsenic, tar, lead and formaldehyde.

Chronic exposure to nicotine can result in insulin resistance and type 2 diabetes. Inhaled nicotine also increases heart rate and blood pressure, which is especially dangerous to those already suffering from heart or blood pressure conditions. The nicotine in e-liquid may also be a household hazard, as many are flavoured to taste like candy or fruit, which increases the risk of children accidentally consuming them – cases of nicotine poisoning from e-liquid have increased, with accidental ingestion by kids rising by over 1000% in the past three years. E-cigarettes shouldn't be considered a long-term solution, but rather a tool to help you stop smoking altogether.



## DID YOU KNOW?

Lack of sleep can result in weight gain. Dr Kevin Rosman, specialist neurologist at Morningside Sleep Centre says, 'Decreased sleep causes a drop in leptin and an increase in ghrelin, which in turn causes weight gain. Ghrelin signals your brain that it's time to eat, and when sleep-deprived your body makes more of it. On the other hand, leptin cues your brain to realise when you're full. When someone is not getting enough sleep, leptin levels plummet, signalling your brain to eat more food, leading to weight gain,' he explains. Make sure you give your body enough time to recharge and you might find the weight drops off!

## THE ANTIBIOTICS DEBATE CONTINUES

Around the globe, people are using antibiotics more frequently than ever, despite the global health crisis in antibiotic resistance – and South Africa is no exception. Between 2005 and 2015, South Africa's consumption of antibiotics surged by almost 100%, compared to 39% globally.

The more antibiotics you use, the less effective they become. According to the Center for Disease Dynamics, Economics & Policy (CDDEP), most of the antibiotics being prescribed are unnecessary and don't actually improve patients' health.

'South Africa's levels of antibiotic use are sky-high, and this is the driving force behind the devastating increase in common bacterial infections that are resistant to the antibiotics in this country,' says Professor Marc Mendelson, chair of the Ministerial Advisory Committee on Antimicrobial Resistance for South Africa. He advises that antibiotics should only be used as a last resort, adding there are things we can do to reduce the need for antibiotics, such as vaccinating children and ensuring good hand hygiene in the home.

## HOW TO EAT FOR HAEMOPHILIA

Haemophilia is a disorder that, due to a lack of the necessary proteins, prevents blood from clotting properly. Haemophiliacs are at risk of excessive bleeding, and bleed for much longer than is normal. To reduce the risks presented by the disease, it's important to maintain a healthy diet and keep your weight in check. Gert Coetzee, pharmacist and diet pioneer, advises that haemophiliacs take the following into consideration:

### EAT LOTS OF FOOD RICH IN IRON

People with bleeding disorders need to maintain normal blood cell production and blood volume. The body uses iron to produce red blood cells that carry oxygen to your muscles. Iron is lost when you bleed, so iron-rich foods may help you recover faster if you have a bleeding episode. These include:

- Liver
- Eggs
- Beans
- Seafood
- Nuts and seeds

### EAT CALCIUM-RICH FOOD

Calcium keeps bones strong and helps to maintain healthy teeth. Healthy teeth are especially important to people with haemophilia, as dental work and gum disease often lead to bleeding, which could be disastrous. Foods that provide calcium include:

- Greek yoghurt
- Almonds
- Low-fat cheese
- Dark, leafy, green vegetables
- Sardines

### FOODS TO AVOID

Try not to consume more than six teaspoons of sugar per day. In addition, limit your intake of:

- Soft drinks and energy drinks
- Full-fat dairy products
- Heavy sauces
- Food that contains trans-fats – this includes fried foods and baked goods
- Sweets and other decadent treats.




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## COLDS

## & FLU

### *a doctor's advice*

OVER-THE-COUNTER MEDS AND VITAMINS ARE EXPENSIVE AND THE RANGE IS MIND-BOGGLING. WE ASKED A GP FOR SOME COMMON SENSE ADVICE

**E**ach year everyone does their best to prepare themselves and their families to do battle against the flu by stocking up on products that promise to boost the immune system and stop colds and flu in their tracks. We grab all sorts of concoctions off the shelves, hoping those sniffles and that tickly throat will just disappear. Unfortunately, you may be wasting money and potentially making yourself feel even worse by using the wrong medications. Dr Carolin Tuffnell, a Joburg-based GP, offers advice on how to effectively treat, or hopefully prevent, colds and flu.

#### THE MISTAKES OF SELF-MEDICATION

Carolin says it isn't always easy to tell the difference between viral and bacterial infections, which leads people to self-medicate incorrectly. People also tend to confuse full-blown flu with minor viral infections such as the 'common cold', which require different treatments for different time periods. This confusion results in unnecessary spending on over-the-counter medications that often make little to no difference in the course of the illness. Self-medicating can result in possible harmful side effects when mixed with other medication. Carolin warns, 'If you're taking warfarin, a medication intended to prevent blood clots, or any chronic medication, check with the pharmacist before taking over-the-counter meds, especially anti-inflammatories. A good principle is to generally avoid all medication unless you're familiar with it and you absolutely need to use it.'

While over-the-counter meds can be used to manage a fever, congestion, and pain associated with colds and flu, Carolin says high-risk patients with actual influenza should seek medical care in case of secondary bacterial infections. Patients who are immunocompromised, diabetic, smokers, the elderly and the very young should be considered as high risk, and have vaccinations in flu season to stand the best chance of avoiding illness.

'Old wives' tales' that actually work: Studies have shown that traditional homemade chicken soup can reduce the severity of cold and flu symptoms, while honey can be useful due to its antimicrobial and anti-inflammatory properties.

#### DON'T BELIEVE THE HYPE

'Vitamin C doesn't prevent viral infection, despite being a multimillion dollar industry. Zinc has been shown to possibly help prevent infections developing, but it's debatable. Many products claim to reduce your chances of catching viral respiratory infections, but most are unproven. If they are unscheduled their claims don't need to be evaluated and approved by the Medicine Council of SA,' Carolin says.

According to Carolin, there aren't any hidden or magical ways to avoid flu, just these helpful tips:

- Get a flu vaccine annually.
- Wash your hands regularly.
- Keep windows open slightly for fresh air, even during winter.
- Try to eat healthily.
- Get enough sleep.

#### TIPS FOR BEATING COLDS AND FLU

If you feel the beginnings of a cold or flu, the best thing to do is start taking it easy and stop exercising until you feel better, Carolin advises. 'You can't speed up recovery unfortunately, so you'll have to accept that a cold will last approximately three to five days and influenza about seven to ten days. Anything lasting longer should be seen by a doctor, as a secondary bacterial infection such as bronchitis or sinusitis may have developed as the viral infection cleared.'



# FAMILY MATTERS

EXPERT HELP ON LEGAL ISSUES INVOLVING YOUR FAMILY



## with Alexi Budin

**Q** My husband and I have decided to get divorced. Am I entitled to spousal maintenance? Everyone seems to be telling me different things.

**A** The reason why you may be receiving conflicting information is that spousal maintenance is rather a 'grey area'. It's hinged on a number of factors that are specific to each individual case.

South African law is very clear on the fact that during a marriage, both spouses have a reciprocal duty to maintain one another to the extent that one spouse has a need for such support and the other spouse has the capacity to provide the same. This duty, however, comes to an end when they divorce. Therefore, there is no automatic right or entitlement to spousal maintenance post-divorce.

In the case of an unopposed divorce, where the parties enter into a settlement agreement, the spouses may negotiate and agree that spousal maintenance will be payable for a specific duration and at an agreed amount.

In a contested divorce, where the spouses are unable to reach an agreement about the material aspects of their divorce (which may include whether spousal maintenance will be payable), the parties will have no choice but to approach a court to adjudicate the issues in dispute. In such a case, the court has the discretion to award spousal maintenance, decide the duration thereof and the amounts to be paid, and may similarly decide that no spousal maintenance will be paid at all. In the absence of a settlement agreement, the Divorce Act provides a list of factors that the court is required to take into account in determining whether spousal maintenance should be awarded to either party. These factors are not in any order of preference, nor are they an exhaustive list, and include the following:

- The current or future (potential) financial resources of the parties
- Each party's earning capacity
- Each party's financial needs and obligations
- The respective ages of the parties at the time of divorce
- The length of the marriage
- The conduct of either party to the extent that such conduct was relevant to the irretrievable breakdown of the marriage
- The standard of living enjoyed during the marriage; and
- Any other factor the court believes should be taken into account in determining whether maintenance should be paid, and if so, for how long.

While our courts tend to favour the 'clean break principle' – meaning it's preferable for parties to become financially independent from one another as soon as possible – this is not always viable. The courts are therefore tasked with deciding each case on its merits. With the assistance of the above factors, the court can determine

whether the spouse claiming maintenance has the ability to maintain him or herself presently or would have the potential to become self-sufficient in the future.

**Three forms of spousal maintenance are available:**

**PERMANENT MAINTENANCE:** The payment of maintenance until the re-marriage or death of the maintenance receiver. This form of maintenance is reserved for a spouse who has not worked for many years; is for whatever reason unable to work; is of an advanced age with little employment prospects; is unlikely to find employment because of a lack of experience and 'marketable' skills; or is unlikely to be able to maintain him or herself post-divorce. (Please note: a party of a short marriage, who is educated or who has been working throughout their married life, or has substantial means, is an unlikely candidate for permanent maintenance.)

**REHABILITATIVE MAINTENANCE:** Maintenance is paid for a limited period in order to assist the maintenance receiver in getting back onto his/her feet. The purpose of such maintenance is to afford him/her an opportunity to re-enter the workforce, receive training or retraining, or furthering his/her education with the view to becoming financially independent in the future.

**TOKEN MAINTENANCE:** Often utilised when there are insufficient funds available at the time of divorce, the court may order that a very small amount of maintenance be paid, with the sole purpose of placing a 'foot in the door' to a future increase of such amount when the maintenance provider has the means available.



PHOTOS: FOTOLIA.COM AND SUPPLIED

## DO YOU HAVE A LEGAL QUESTION REGARDING DIVORCE, ACCESS, MAINTENANCE OR MEDIATION?

Write to [yourfamily@caxton.co.za](mailto:yourfamily@caxton.co.za) and Alexi will answer your query in an upcoming issue (names will not be published, to protect your privacy).



Alexi Budin (BA Law, BA Psych (Cum Laude) LLB, LLM (Cum Laude), Master's (Child and Family Law)) is a mom of two and a qualified divorce and family law mediator with advanced training. She works full-time at A Kaplan Attorneys in Sandton.



# WINTER WEIGHT WATCH

STAY HAPPY, HEALTHY AND MOTIVATED WITH THESE WINTER WEIGHT TIPS AND EXERCISES

**W**inter's icy grip takes hold this month, making you snuggle down into your cosy bed in the morning, wilfully ignoring your alarm clock's constant reminder that you're due for a gym session. It's no wonder 'winter' and 'weight gain' often go hand in hand. With colder weather comes more time indoors, more comfort cravings, more wine in the evenings (who can refuse glühwein!) and less time spent being active.

Christine Phillips, certified health coach and wellness chef, says winter often proves a difficult time for people to stay motivated and in shape, and eat healthily. Even if your end goal is just to stay a constant weight throughout the season, you'll need to be extra vigilant with your eating and exercise plan.

## GET MOTIVATED!

Christine has some great tips for staying motivated this chilly season. Get out and enjoy a whole host of new activities that a change of season brings.

- Find an exercise buddy, or accountability partner, so you can't pull out of your training.
- Do an exercise that makes you have fun and laugh. Winter can be a depressing time so the more fun the better, even if it's a dancing class like Zumba and you have no coordination.
- Dress up and stay warm. If you're in one of our sunnier provinces, take time to go outside during the day and enjoy the glorious winter sunshine and vitamin D - it'll help boost your mood.
- Try something different: a new hobby that entices your creativity, or learn how to meditate or do yoga. Do something for yourself, it's okay to be a little selfish.

## TIP

Darker mornings call for lazy lie-ins, but getting too much sleep can disrupt your body's circadian rhythm, which in turn affects other bodily systems, including metabolism - and that's not good for your waistline.

## EAT THIS

'In winter, we naturally start to crave comforting, warming foods,' says Christine. 'Mother Nature has come up with seasonal foods that benefit your body at this time of year and they're exactly what your body requires to stay warm, give you comfort as well as boost your immune system with flu-fighting nutrients.' While it's ok to indulge in winter comfort food - and you should - keep a few things in mind to prevent winter weight gain:

- If comfort is what you're after and starch and carbohydrates are calling, opt for sweet potatoes and winter vegetables.
- Moderation is key. While it's ok

to indulge in winter comfort food, don't go over the top, and rather fill your plate with a majority of vegetables.

- Stay hydrated. In winter you tend to drink more tea and coffee, hot chocolate and other sweetened beverages. With less intake of water in the cooler months, extra weight creeps on. Aim for your 2-3 litres a day, especially if you're consuming alcohol and sugar.
- Eat clean and avoid the urge to order in or get takeaways. Cook from scratch at home and you'll immediately be feeding your body more nutritious food that's less saturated with sugars, fats and salt. But don't forget your

body needs a healthy dose of good fats, like those in avocados and walnuts, to stay healthy in winter.

- Eat seasonally and boost your system with vitamin C from oranges, kale, guavas and red peppers. These foods are also naturally sweet to combat cravings.
- Add chromium and potassium supplements to your vitamin intake. The combination also helps reduce sugar cravings.
- Look after your gut health and mood with a daily probiotic.
- If you do need a sweet treat, reach for dark chocolate, which is full of antioxidants and an excellent mood food that stimulates and energises.



## HOME COMFORTS

If cold weather is preventing you from getting to the gym or out onto the roads, dashing your winter-weight dreams, these simple, high-intensity, interval training exercises (HIIT) are perfect to do in the comfort of your own home. They're also ideal for boosting cardio and burning unwanted fat.

### THE HIIT WINTER CIRCUIT

Repeat each exercise for 30 seconds, followed by 30 seconds of rest, before moving on to the next exercise.

**BEGINNERS:**  
30 seconds of exercise followed by 30 seconds of rest.  
**INTERMEDIATE:**  
45 seconds of exercise followed by 20 seconds of rest.  
**ADVANCED:**  
1 minute of exercise followed by 10 seconds of rest.



#### BACKWARDS LUNGE

Step backwards onto right leg and bend downwards into a lunge position. Come up to standing and repeat with left leg going backwards.



#### STAR JUMPS



#### MOUNTAIN CLIMBERS

In a push-up position, bring opposite knee to opposite arm, alternating legs.



#### V HOLD

Lying flat on your back, hands clasped behind your head, come up into a stomach crunch position with legs straightened, forming a 'v' shape with your body. Hold.



#### BURPEE

Start with a push-up, then jump feet towards hands, finishing off movement by jumping up with arms raised.



#### SIDE PLANK

Hold pose or raise top leg for alternate position.



COMPILED BY TARYNDAS NEVES. PHOTOS: ANDREA CALDWELL AND FOTOLIA.COM. CONTACT CHRISTINE AT HEALTHYOURSELF.CO.ZA. EXERCISES BY JANINE KINSEY, BIOMECHANICIST AT WANDERERS SPORTS MEDICAL CENTRE. JOBURG. MODEL: COURTNEY BAXTER. BOSS MODELS. THE ADVICE CONTAINED HERE IS STRICTLY FOR INFORMATIONAL PURPOSES. THE CONTENT IS NOT INTENDED TO BE A SUBSTITUTE FOR PROFESSIONAL ADVICE, DIAGNOSIS, AND TREATMENT. ALWAYS CONSULT YOUR GP OR A DOCTOR FOR SPECIFIC INFORMATION REGARDING YOUR HEALTH.

# KIDS' HEALTH

WHAT'S NEW, COOL AND GOOD TO KNOW

## CHECK YOUR SWIMMER'S TOENAILS

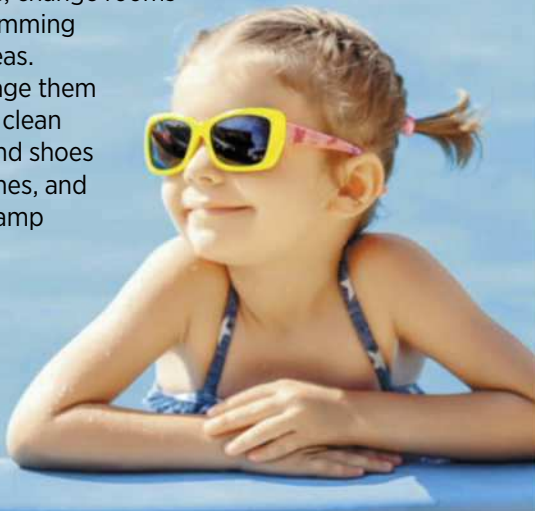
If your kids are on the school swimming team or just love being in the water, you need to check their toenails regularly for fungus. Nail fungus, or onychomycosis, is less common in children than adults; nevertheless, it's not unheard of. It affects adolescents more than younger kids and occurs more often on toenails than fingernails. Children who walk barefoot in public pools and shower rooms, whose feet sweat heavily, or who have reduced blood circulation are more susceptible. The condition may also be passed on from someone else in the home, for example through nail clippers. **Signs of nail fungus infection:**

- **TEXTURE:** nails become thickened and more brittle.
- **DISCOLOURATION:** nails develop a white and yellowish shade, sometimes even green or black.
- **PAIN:** surrounding skin may become painful and tender.
- The affected nail often separates partially from the nail bed, which increases the chance of dirt collecting underneath the loosened nail.

If you notice these symptoms, see your doctor for a proper assessment.

### TIPS TO PREVENT NAIL FUNGUS

- 1 Avoid direct contact with an infected person.
- 2 Make sure your children have their own tools they don't share with others, even with friends at school in the change rooms, for example nail clippers, combs, soap and towels.
- 3 Teach them good hygiene: wash and dry hands and feet thoroughly and often, and keep finger and toenails clean and trimmed.
- 4 They should wear flip-flops in communal showers, change rooms and swimming pool areas.
- 5 Encourage them to wear clean socks and shoes at all times, and avoid damp socks.



## AVOID COMMON MEDICINE MISTAKES

Modern medicine has improved significantly over the years, but treatment needs to be used and stored correctly, warns pharmaceutical company Novartis. Taking medication incorrectly limits its effectiveness and may lead to the patient becoming worse. 'Many people don't realise why it's important to follow instructions in terms of taking, storing and even disposing of medicines,' says Dr Nicola Lister, chief scientific officer and medical director at Novartis Southern Africa. 'Medicines are carefully researched and formulated chemical compounds, and in order for them to be effective, they have to be taken as directed.'

Common mistakes to avoid:

- 1 **TAKING THE INCORRECT DOSE AT INCORRECT TIMES:** If the medicine should be taken three times a day, space the dosage to eight hours apart and not just at random times throughout the day.
- 2 **NOT COMPLETING PRESCRIBED COURSES:** Don't reduce or stop the medication as soon as your child says they're feeling better, especially if it's chronic medication.
- 3 **FOLLOW THE FOOD DIRECTIONS:** 'Some medication can be harsh on the stomach and some depend on certain pH levels for absorption,' Nicola advises. If medication should be taken with or after food, make sure they eat something first.
- 4 **STORE MEDICINES AS DIRECTED:** 'Most medicines are best stored in cool, dry places, while some require refrigeration. Storing them in warm or humid areas such as steamy bathrooms or hot cars can degrade them, reducing their effectiveness,' says Nicola.
- 5 **TELL THE DOCTOR AND PHARMACIST ABOUT ANY MEDICATION THEY'RE ALREADY TAKING:** 'Even something as simple as grapefruit juice affects many medications, therefore it's important to tell your healthcare provider what you're already taking.'
- 6 **NEVER SHARE PRESCRIPTION MEDICATION BETWEEN CHILDREN:** Medicines are prescribed with a variety of factors in mind, including the condition being treated, the patient's medical history, and interactions the medicine might have with other treatment the patient is undergoing. Sharing prescription medicines between children is dangerous.
- 7 **DISPOSE OF EYE DROPS AFTER 30 DAYS:** Eye drops are sterile and exposed to contamination once opened, therefore they need to be discarded a month after opening them or as directed by your healthcare practitioner.





### KEEP THEM FIT AND HEALTHY THROUGH PLAY

It's like gym, but for kids. Keeping fit is easier and much more fun when kids exercise together, and there are programmes popping up all over the country.

#### JOBURG

Playfit, a sports education company, has programmes that not only keep children active and healthy, but also boost their confidence and develop gross and fine motor skills, strength, flexibility, ball skills, balance and concentration, while building muscle tone. It's all done through their collection of sports equipment and gym apparatus. Children aged 2-8 are introduced to major sports as well as Pilates, kickboxing, drumming and speed stacks. For more info, visit [Playfit.co.za](http://Playfit.co.za)

#### CAPE TOWN

The Kids Gym offers fun activities that get children moving and reaching their personal best fitness goals. They address children's specific needs, such as strength, balance, and postural control for kids with low muscle tone; coordination, core stability, and body awareness to address motor function delay; and obstacle and circuit training, release of excess energy, and concentration activities for hyperactive kids.

All the activities are supervised by trainers who deliver age-appropriate programmes designed to help kids reach their individual physical milestones. From 18 months to 15 years. For more info, visit [Thekidsgym.co.za](http://Thekidsgym.co.za)

## DID YOU KNOW?

Children around the world are living out their dreams of being a mermaid via the new fitness craze called mermaid school. Countries like Canada, the US, England, Holland, France and the Philippines have caught on to the trend, and offer classes that include mermaid swimming techniques, mermaid dances, synchronised swimming, monofin swimming, acrobatic movements, endurance cardio, breathing and speed. Which little girl doesn't want to be a mermaid like Ariel?



## GOOD NUTRITION FOR YOUNG ATHLETES

Even though all kids require a healthy and well-balanced diet, child athletes who are constantly active require extra energy and higher fluid intake. If your child is an avid sports player at school and participates regularly in sports days and matches, eating the right food can also help them perform better on the field. Pack them enough food to eat throughout the day as well as healthy pre- and post-game snacks.

**1 FEED FOOD THAT FUELS:** Good carbohydrates, such as low-GI foods and wholegrains, release energy slowly into the body, giving them enough energy to carry them through the school day and training on the sports field. Wholewheat bread, pasta and wraps, brown and lentil rice, wholegrain cereals



and lots of fruits and vegetables in their lunchboxes will do the trick.



**2 KEEP THEIR MOVING BONES STRONG:** Because their bodies are constantly on the go, running, throwing, catching and jumping, and inevitably falling here and there, their bones need to be strong and protected from breaking easily. Give them enough calcium to build healthy and strong bones to minimise injuries such as fractures. Make sure they consume lots of milk, cheese and yoghurt, and fruits and vegetables such as naartjies, prunes and broccoli.

**3 THEIR BODIES NEED ENOUGH OXYGEN:** Iron helps carry oxygen to all the vital parts of the body. Iron deficiency has the potential to reduce sports performance, particularly in activities such as swimming and cross country, which require endurance. Lack of iron in the body also induces fatigue and impairs concentration. Pack tuna and chicken-mayo sandwiches for snacks, and make scrambled eggs and omelettes for breakfast.

**4 PROTEIN:** Protein helps build and repair muscles, essential for active children. They can get good protein through fish, lean meat and poultry, beans, nuts and peanut butter.

**5 MAKE SURE THEY STAY HYDRATED:** Water is always the best option. As much as energy drinks are more flavourful and nicer to drink, they contain far too much sugar for children. If they want an alternative to water, coconut water, freshly squeezed juice or fruit such as orange slices and watermelon will help rehydrate.



# Who even is **THIS CHILD?**

ONE OF THE MOST SURPRISING THINGS YOU DISCOVER AS A PARENT, IS HOW DIFFERENT YOUR CHILD IS FROM YOU, SAYS KATE SIDLEY

**W**hen you have a child, you know on some level that the small human you made is a separate person, but you don't quite internalise it. You assume, perhaps unconsciously, that your children will be like you. Smaller versions of yourself or your partner, or, more likely, a mix of the two. They'll have some of their own charming little idiosyncrasies thrown in, of course, but basically, they'll have most of the same likes and dislikes, values and outlooks, your nose or Dad's curly hair. This will inevitably turn out not to be the case. And it's a shocker.

We have a teenage son who is well over 6 feet (no, I don't know what that is in centimetres. It's tall, OK?) and skinny as a beanpole. He towers over his father, and every single person in his father's family. You could trace the paternal line back to Eastern Europe in the 19th century and you wouldn't find a single human being who would reach the giant teenage son's chin or, in fact, share any of his physical characteristics - hair, eyes, lips. At his dad's family gatherings, people who haven't seen the child for a year or two reel back in shock. Their jaws drop. Sometimes they laugh, out of pure astonishment. It's simply inconceivable that anyone in their family should look like that.

It's not just in the looks department that your kids will surprise you. Their personalities! Anxious where you're easy-going, or totally chilled when you're a family of A types. Confronters among conflict avoiders. Introverts to your extroverts. They'll also, weirdly, turn out to have many entirely different preferences: What do you mean, you don't like peas? Or reading? Or an afternoon nap? Or that nice green jersey? It's surprisingly difficult to accept. They are not me!

I am a person who wants other people to enjoy themselves in the way I enjoy myself. I love to swim, no matter how extreme the conditions, and I can never quite believe that someone (or, usually, everyone) in my family doesn't want to swim.

I badger them, entirely for their own good of course: 'But it's so lovely! It's really not that cold. Don't worry about that bit of ice. It's nice once you're in. You'll love it!' Fact is, if they did get into whatever freezing body of water I'm trying to lure them into, there's a good chance they wouldn't love it. Because it's freezing. And wet. And they are not me!

Once you come to terms with the fact that your children are not you, but in fact, their own unique individuals, it's lovely and surprising. You learn so much. That kids are their own people and must make their own way.

That if you accept people for themselves, they're usually much easier to deal with, and much happier, too. That there are many different ways to navigate the world successfully. That a preference is just a thing you like, not some grand moral position.

Your uniquely not-you kids will bring different experiences into your life. Strange new words and terms and haircuts and TV shows and stupid addictive games. And music! Thanks to giant teen boy, on my phone I have the playlist of a woman half my age. I'm listening to rap, for goodness' sake. Is it too much to ask for someone, anyone, to come and swim?



recommended by  
8/10 moms\*  
for instant  
relief\*\*

for effective relief  
**Karvol**

For effective relief against nasal  
congestion and symptoms of cold & flu.

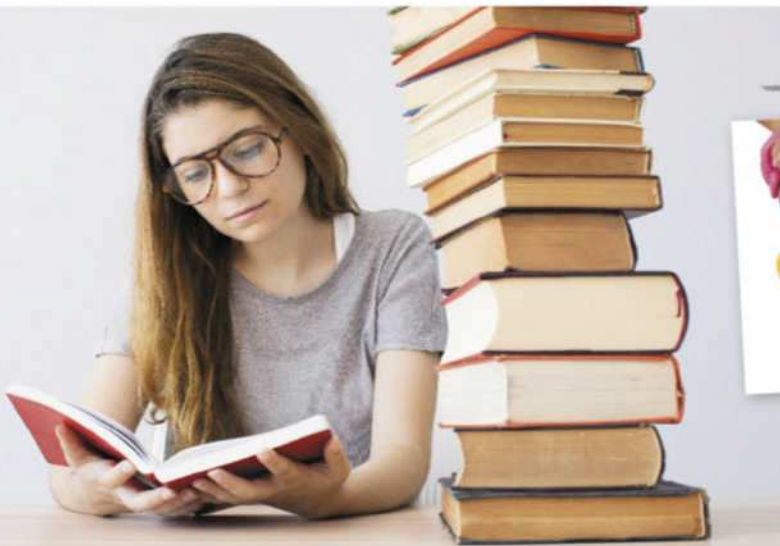


\*Consumer Online Survey conducted by Answered Insight

\*\*n=400 Mothers (aged 20+ years old) with kids (aged 0 months - 4 years); users of baby/child medication; living in the major metro areas of South Africa

# PARENTING NEWS

IDEAS AND TIPS TO MAKE FAMILY LIFE EVEN BETTER



## STUDY SMARTLY

It's important that high school students learn how to study effectively. Mastering good study habits will help them cope and perform better at varsity level and in the workplace one day, advises Dr Gillian Mooney, dean of academic development and support at The Independent Institute of Education. It will set them up for a lifetime of effective learning. 'When learners enter their final years of school, it is no longer just about the amount of time they spend in front of their books, but also about the quality of that time. These years are the optimal ones for developing the skills that will help them manage the increasing workloads they will face in the future,' she says.

Tips to make studying more efficient:

### 1 BE WELL ORGANISED

Gillian says one of the main challenges first year varsity students face is being overwhelmed by the workload, which increases substantially between matric and higher education. She suggests learners should get into the habit of doing daily administrative and organisational tasks such as filing. 'They need to start developing a logical folder structure and filing system to avoid confusion, so they don't spend unnecessary time searching for documents.'

### 2 BOOST YOUR WPM

Learning to take notes faster and more efficiently on a computer will help improve their productivity in varsity and the workplace. 'Being a keyboard maestro should be a skill everyone should master.'

### 3 BE A MASTER MULTITASKER

'When going for a run, instead of listening to music they can listen to an audio book or discussion on the subject they are studying. Instead of playing computer games when taking a break, downloading an educational game/app that will help improve their memory or typing skills will allow them to kill two birds with one stone,' recommends Gillian.

### 4 TIMES ARE CHANGING

Teach your child to change their mindset to see learning and studying as a life-long process. Gillian says this is particularly necessary in a world where companies are hiring employees with multiple skills. 'What counts is the ability to learn new things and how you are able to cope with change. That is all dependent on your knowledge management habits, which young adults need to start cultivating as soon as possible.'

## Sticky, sensory play



'As children explore through sensory materials, their senses send signals to the brain. This multisensory information strengthens neural pathways, develops cognitive skills, and improves language development, gross motor skills and social interaction. Cognitive skills

are those we use when we solve problems and create novel ideas from current ones,' says Dr Nadia Khan, specialist paediatrician. Sensory play has been described by many teachers as being the foundation of all skills children will use at school, including learning to read, write and solve maths and science problems. *Sticky Fingers* is a sensory play book featuring food recipes that can easily be prepared at home to entertain children. The 'dishes' are wonderfully stimulating and use slime and playdough. It includes 30 recipes, each with a full page, colour photograph. Unless otherwise stated, all creations are safe to taste, especially for toddlers who still like to put objects into their mouths. You do need to make sure they don't consume large amounts though. The book was developed by Durban mom and Mums & Cubs online toddler playgroup owner, Ayesha Parak-Makada. R250, from [MumsandCubs.co.za](http://MumsandCubs.co.za)

## EASY LUNCHBOX IDEAS

All out of ideas for kids' lunchboxes? Make it less of a chore and more of a fun activity with some simple inspiration. Lunchbox Lifesavers is a clever Facebook platform that shares quick and easy ideas that are

also healthy and nutritious. Designed to save you time, they also help you create visually appealing food your kids will look forward to (goodbye half-eaten sandwiches!). Ideas range from sandwich cut-outs to 'banana dolphins' and messages for the kids to find. Don't be surprised if Dad wants a lunchbox too!







## Making the right move

### CAREER COACHING

Help your teen discover their purpose and make choosing a career easier through career coaching. If they're confused about the route they want to take after matric, consulting a career coach can help them clear their mind and find their purpose. Coaching services are also handy for young adults who have started varsity but might feel confused as the course they've selected doesn't feel right for them. At [Youthcareerbuilder.co.za](http://Youthcareerbuilder.co.za) they believe working with a coach 'can help you clear your mind, reduce your anxiety, develop your confidence, find a path that matches your interests, and develop skills that will make you irresistible to existing and potential employers'.

#### Five benefits of career coaching:

- 1 Provides young people with a wider variety of career options, more than the ordinary jobs we're exposed to every day.
- 2 Reduces anxiety and pressure of choosing something that will last a lifetime.
- 3 They'll have a better sense of their interests and true passion (not the expectations of parents and guardians) and will match this accordingly with the right career.
- 4 Builds confidence in their abilities and helps them remain motivated.
- 5 Once they've made their choice, coaching can help them manage their careers and give them the tools to adapt quickly to the ever-changing working environment.

Sources: [Youthcareerbuilder.co.za](http://Youthcareerbuilder.co.za) and [Carolmillar.co.za](http://Carolmillar.co.za)

### CAREER GUIDANCE

Gradesmatch is a career guidance platform that offers advice to high school learners on the marks they need to achieve in order to pursue the career of their choice. For example, if your child has chosen the commerce route, Gradesmatch advises on the careers available in this particular industry and matches your teen's current performance in school with the requirements of higher learning institutions. The platform also recommends further education institutions and bursaries. Learners can register online and create a profile with a password to secure their information, such as the school they attend, the subjects they're currently doing as well as their current marks. Based on this information, they'll receive recommendations for a higher education institution, and the qualifications they can pursue. [Gradesmatch.co.za](http://Gradesmatch.co.za)



### AT THEIR OWN PACE

Parents should allow children to develop at their own pace when it comes to reading and writing, says Joburg-based educational psychologist Megan Robinson. You may feel the urge to compare your child to another if you notice your friend's son might have already started writing his name, or your cousin's daughter is already counting to 10.

'There's increasing pressure on children to begin reading before they enter into formal schooling. However, the development of reading and writing skills is complicated and dependent on each individual child's development,' says Megan. Most children usually learn to read, write and count between the ages of five and seven. However, some may begin earlier depending on exposure to reading, individual intelligence and influence from older siblings.

'Research has indicated that children have not yet developed the neural networks used in the recognition and connection of letters before the age of five years. This explains why some take longer to get a firm grip on reading and writing, but most should be competent by the age of eight,' says Megan. Learning disorders such as dyslexia can usually be identified early in primary school. If you're worried your child may be struggling, speak to their teacher who will be able to pick up concerns with their development. Or consult a professional, such as an educational psychologist, who may do assessments to determine whether there is a problem or not. Parents can help spark a love for reading and writing by reading often to their children.



*You can be anything!*

Children make sense of the world through imaginative play, which is crucial to their cognitive, emotional, social and physical growth and development. Whether it's their day to be an astronaut or a princess, let their imaginations run wild. The Dreamtopia range of dolls stems from the animated series that teaches kids life lessons, like the importance of believing in themselves. For ages 3-6, from R204.99, leading retailers countrywide.



# KIDS NEED *nature*

REGULAR EXPOSURE TO NATURE MAKES LIFE SO MUCH EASIER FOR KIDS

‘**W**hen the starfish eats,’ says Dalfrenzo Laing, holding the bright orange star towards an enthralled audience, ‘it pushes its stomach out of its mouth and onto its prey and absorbs the animal...’ If you ever want to get the attention of a group of kids, a starfish and its removable stomach are hard to beat.

We’re at De Hoop Nature Reserve, and Dalfrenzo is leading a guided marine walk along the rocky shore. The area is part of a marine reserve, which means the shallows and pools are teeming with life. After carefully returning the star to its home, he feels around under a crevice and pulls out a perlemoen, which leads into a discussion about poaching and conservation. We see an octopus emerge from its underwater garden to tackle a crab for supper. Even the rather unremarkable little fish Dalfrenzo points out have a remarkable facility – they can change gender. ‘We saw that on *Blue Planet!*’ says one of our party excitedly. (Hey, if it’s been on TV, it must be true.)

The marine nature walk is educational – did you know that starfish can grow their limbs back? – as well as enjoyable. With Dalfrenzo as our own homegrown David Attenborough, everything from the slimy sea lettuce to the spiky sea anemones is interesting. Even the kid who can’t go 10 minutes without checking his phone is engrossed by the simple activity of poking around in rock pools. What could be nicer than pottering about, the sun on your back, hunting for treasures? Especially if there’s a swim and a picnic lunch at the end of it.

## BLUE AND GREEN SPACES

On returning revitalised from De Hoop, I happened upon a New Zealand study which found that exposure to ‘blue spaces’ – water bodies, rivers or sea – is associated with lower psychological distress and aids relaxation, reflection, social connections and physical health. In a study among children in Barcelona, higher beach attendance was associated with lower behavioural problems.

There’s something about being in a beautiful, natural environment – beach, mountain hike, or the bush – that’s really powerful for adults and, particularly, for children. Various studies show improved concentration, improved ability to engage in creative play, happiness, and satisfaction. Being in an outdoor setting, or even having a green view, is calming and reduces stress. There’s also evidence that children get along better with each other when they’re regularly exposed to nature.

Interacting with nature gives kids the chance to experience success and failure, trial and error, to have new experiences and challenges that allow them to assess risk, and learn confidence and good sense. A University of Illinois study found that ‘exposure to ordinary natural settings in the course of common after-school and weekend activities may be widely effective in reducing attention deficit symptoms in children’.

When children have positive experiences in nature, they learn about the environment – plants and animals, weather and climate, threats and dangers. They’re more likely to grow up to be responsible citizens, caring for our planet.





## PHYSICAL BENEFITS

Compared to years gone by, children today spend more time indoors, and way more time in structured activities. For most of our kids, life is lived inside – in a house, a classroom, a car, a mall. The outdoor time they do have is often spent on a sports field playing a game with rules and regulations rather than open-ended outdoor play and exploration in nature.

For optimal development of their bodies and minds, children need to have whole-body sensory experiences. In the outdoors, their senses and their bodies are challenged by the uneven and unpredictable, ever-changing terrain, developing their fitness, coordination, agility and balance.

Think about what goes into climbing a tree: deciding which branch to start on, testing it for strength; with each move upwards, working out where to put hands and feet, stretching, shifting weight, adjusting balance. The senses are stimulated: the rough bark, the view through the leaves, the voices of the people below. And then, the sense of achievement! It's an experience that would be impossible to replicate indoors or on a screen. As parents, we want to protect our kids, but it's important to let them extend themselves a bit physically. It's worth the risk of the odd bump or scrape.

If being in nature is good for kids, the opposite is also true – being alienated from nature isn't good for us. Richard Louv caused a stir with his book *Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder*, in which he claims kids are increasingly removed from nature, and their psychological and physical wellbeing suffers as a result. Whether or not this classifies as a 'disorder', it's certainly a loss for our kids not to know the beauty and joy of the outdoors.

## HELPING KIDS RECONNECT WITH NATURE

Most of us don't live in a world where we can let kids run free to explore and then come home happy and dirty at the end of the day. We have to create those spaces and opportunities. It's not about yet another chore or extra extramural. It's about making nature part of your life.

Some tips for nature lovers:

- ▶ Share your own delight in exploring and appreciating the natural world.
- ▶ Leave corners of untamed space in your own backyard instead of weeding and clipping every inch. Toss in a packet of wildflower mix seeds to draw the bees and beetles.
- ▶ Draw attention to the little things. Inspect the colours on a butterfly, investigate the life forms in a fish pond. Shells, sticks, rocks, flowers, soil and water are all part of the picture.
- ▶ Make use of your local parks, if they're safe and pleasant.
- ▶ Day trips can take you further afield – to a botanical garden, or, if you're lucky, to the mountains or the sea.
- ▶ Don't be afraid of dirt! Clothes can be cleaned and besides, studies indicate that a too-clean environment isn't good for kids' immune systems.

Having started our day with starfish, we end it with star-gazing in the deep black of the night sky above De Hoop Nature Reserve. The constellations show themselves brightly, and we're as amazed and awestruck by the immersion in infinity as we were by the tiniest sea stars in the rock pools. We all feel recharged, calm and at peace, after our fabulous fix of nature.



## DE HOOP NATURE RESERVE

De Hoop offers bush, fynbos and coastal reserve, and is an excellent whale-spotting area. The De Hoop Collection is a range of accommodation from affordable self-catering chalets to more luxurious suites. Catered and self-catered options are available.

There are various family friendly activities on offer, including:

- ▶ Interpretive Marine Walk: R200 per person.
- ▶ Night Sky Experience: R95 per person.

For info and prices, go to [Dehoopcollection.com](http://Dehoopcollection.com)



## BOTANICAL GARDENS

South Africa's 10 national botanical gardens offer extraordinary biodiversity and wide open spaces for kids and families to explore. Kirstenbosch in Cape Town is considered one of the world's 'Magnificent Seven' botanical gardens, but you can have a wonderful day out at any of them. [Sanbi.org/gardens](http://Sanbi.org/gardens)



## NATIONAL PARKS

South Africa's national parks are mostly family friendly. The bush camps, in particular, are firm favourites with kids. [Sanparks.org](http://Sanparks.org)



# SPEAK UP!

SHYING AWAY FROM CONFRONTATION OFTEN LEAVES YOU FEELING EVEN MORE FRUSTRATED. IT'S IMPORTANT TO LEARN WHEN TO STAND UP FOR YOURSELF

**D**o you just let it slip every time your cousin borrows money from you and doesn't pay it back on time? Or do you have a friend who makes judgemental remarks about how you're raising your kids, but you just brush it off because you're loathe to say something? You're not doing yourself justice. 'Speaking up at pivotal moments shows you're in alignment with who and what you are,' says life coach Nelene Flemming. 'Not speaking our truth congruently in moments like these causes suppression of our feelings, which is unhealthy and destructive in the long run,' she explains. Renardo Treurnich, clinical psychologist, agrees, adding that part of the process of expressing yourself requires you to be attuned to your needs to voice your opinion in the moment. 'What I mean by being attuned and connected to yourself, is to understand how you think and feel about whatever it is that needs to be spoken about. This connectedness should allow you the trust and belief to express yourself in that moment,' says Renardo.

## Does everyone struggle with it?

Generally, a number of people do shy away from voicing their opinions at times. However, people who find themselves in such situations on a regular basis usually struggle with low self-esteem. 'The possible root of this problem could be due to childhood conditioning. Some people grew up in homes where children are seen and not heard,' says Nelene. People who were socialised this way would probably lack confidence and carry this into adulthood. 'If anything, the recent #MeToo movement (where actresses spoke out about the sexual harassment they'd suffered at the hands of powerful men in Hollywood's

entertainment industry) shows how many of us find it difficult to speak up, even if there is a readily available platform to do so,' adds Renardo. 'Maybe that's also part of the dynamic that makes social media so appealing, because it allows us a platform for expression without the face-to-face interaction that can be so daunting during confrontations,' he says. As much as social media provides many people with a chance to express themselves, it should also be used with caution, as everything you post is in the public domain and you're still held responsible for whatever you publish.

## THE CONSEQUENCES OF KEEPING QUIET

Refraining from speaking up is not acting in your own best interest. 'You may as well be denying yourself the right to self-expression and invalidating your feelings to accommodate others. This can impact your overall wellbeing,' explains Renardo.

### Disadvantages of not being assertive

- **AT THE OFFICE:** 'Not being assertive in the workplace will have a negative effect on your performance and wellbeing,' says Nelene. When you hold back, you can't "tap into your greatest potential." Your ideas and problem-solving suggestions might never be heard, resulting in your manager not recognising your capabilities. Consequences could include you losing out on a promotion you've been eyeing.
- **FAMILY:** Remaining silent in family relationships can result in conflict arising, says Nelene. If you avoid confronting your cousin about borrowing money they never pay back, this could create bitterness on your side and possibly result in you never being open to helping your cousin again, even in situations where they genuinely need you.
- **FRIENDSHIPS:** If you never confront your friend about those judgemental comments, it could result in resentment that strains the friendship.
- **INTIMATE RELATIONSHIPS:** 'Not speaking up in your intimate relationship can have a "steam cooker" effect, and an "explosion", leaving some irreparable wounds. Generally, not speaking your truth creates unhealthy relationships and unwanted situations in all aspects of your life,' advises Nelene.

## WHEN TO SPEAK UP

Have you privately mentioned a brilliant idea to a work colleague, which your co-worker then presented as theirs? Then because you don't like clashing, you brushed it off as not such a big deal, even smiling and cheering them on with the rest of the room? The problem with keeping quiet the first time is that your colleague might take advantage of your passive reaction and do the same thing again in the future. You don't necessarily have to confront your colleague during the meeting. However, at a later stage, once you've calmed down and worked out how you'll approach the issue, ask them to have a private chat about what happened. Learn to analyse the situation first before deciding on an appropriate time to speak. Speaking too early, and while you're still upset, could cause even more tension; and waiting too long before saying something might make less of an impact. 'An effective way is to teach ourselves to be in a relaxed, calm and neutral state before addressing an issue. Calmness is a very powerful state that brings you back to your rational senses and allows you to move forward with insight and wisdom,' says Nelene.

## HOW TO SPEAK UP

It's important to remember you wouldn't approach all situations in the same way. For example, how you raise an issue with a family member is different to conversation in the workplace. 'You don't kill a mosquito with a shotgun,' says Renardo. 'It's all about context. But in the same breath, there aren't specific textbook ways of addressing the various situations,' he adds. 'In football there are many ways of playing the game. Each coach believes in their own strategy and systems to achieve the desired results. Even in psychology there are so many schools of thought and approaches for the same process, that it becomes a question of what works best for the individual,' he advises. This is where being in tune with your inner self comes in handy, as it allows you to trust your own instincts. You need to find out what works best for you, implement it in the most rational and calm manner, and trust that everything else will fall into place.

## TIPS TO DEALING WITH CONFRONTATION

Nelene offers a few useful tips on taking an efficient approach:

- 1 Always be honest with yourself and with the other person.
- 2 Your intention should be one of positive resolution; never play the blame game.
- 3 Choose your words wisely and be cognisant of their potential consequences.
- 4 Be open to engaging in a fruitful conversation with the other person; don't attack them by bringing up personal or sensitive matters.
- 5 Remember that you can't control people's behaviour; be prepared for their reaction if they don't think they're in the wrong. Be in a neutral emotional state and never take it personally, as long as you've done what's right.

### Extra help

If you have all the right advice but still feel you may need an extra push or one-on-one guidance, consulting the services of a therapist or life coach could help you with the extra confidence you need. 'Therapy can assist in the process of becoming connected and attuned to yourself, which forms a core part of what is needed in order to speak up. Therapy is the talking cure,' says Renardo. Life coaching can also benefit in various ways, including solving inner conflict that might be keeping you from being bold. 'When you know your values and what you stand for, it will be easier to speak your truth. It teaches you to release negative beliefs like "people will judge me when I speak" or "what's the use of speaking my truth, no one listens anyway", which might be keeping you from communicating your truth. By letting go of these negative feelings, you can tap into your truest version of yourself when you communicate,' concludes Nelene.

For more info: [Nflifecoaching.co.za](http://Nflifecoaching.co.za), [Rtpsychology.co.za](http://Rtpsychology.co.za)



# OVERCOMING OBSTACLES

HOW TO TURN YOUR SETBACKS INTO COMEBACKS

Life is not an easy road to travel, no matter what your financial or personal situation is. There will always be hardships to navigate, traumatic experiences, or events that can leave you feeling utterly destitute, at the bottom of a deep dark hole you can barely peep out of. But how you handle these moments, how you let them affect your life and its direction, will ultimately determine whether or not you reach your life's goals and purpose.

It often seems that people quit so easily: at the first sign of hardship or adversity, limiting opportunities for future success. But if you look back on your life, how many setbacks or failed attempts turned out to be unexpected successes? It's often through experience that we find our most growth.

## YOU HIT A SETBACK, NOW WHAT?

Whether it's a personal setback – a relationship that's come to an end – or a career or business stumbling block, how you choose to learn from it will determine where you go with your future. Broaden your perspective, and instead of looking at things negatively, choose to see how you can learn and adapt. How you respond to these moments are your choice, so take ownership and responsibility for how you move forward. Paula Facci, a personal and professional life coach certified in positive psychology as well as acceptance and commitment therapy (ACT), explains that you can either choose to remain a victim of circumstance, constantly focusing on the problem alone, or take responsibility. 'This means getting clarity about what you want and being active in creating the outcome. So, you need to shift from

a problem focus (no solutions), to an outcome focus (many solutions).'

- Accept that the setback has happened, and if it was in your control, take responsibility for it. Avoid pointing fingers and making excuses as this won't change anything that has happened. Try to avoid personalising the failure too, by saying things like 'I can't do it. I'm not rich/clever/good enough'.
- Take the time to analyse what went wrong and what can be done differently for a better outcome. Choose not to give up but rather to learn.
- Try and try again. If you aren't making mistakes along life's way, it means you're probably not trying very hard to reach your goals.

## Growth versus fixed mindset

In order to get up and dust yourself off after you've hit a hurdle, it's important to embrace and develop a 'growth mindset'. Carol Dweck, a psychology professor at Stanford University, describes the difference between these and how they can impact on your performance: In a fixed mindset, individuals believe their basic abilities, intelligence and talents are fixed traits, whereas in a growth mindset individuals understand that their talents and abilities can be developed through effort, learning and persistence. 'A person with a growth mindset will approach failure as purely one failed attempt, and they'll look at why they didn't succeed, learn from their mistakes and do things differently the next time to yield a different result. They'll keep going like this, and refining their approach, until they finally succeed,' says Paula.

## SET THE RIGHT GOALS

A key ingredient in creating success or improving how you respond to setbacks is knowing how to set and approach your goals. 'All your goals should be value-driven, meaning they should be shaped by the qualities you choose to bring to your actions,' says Paula. The values you hold should represent the kind of person you want to be, and they should guide you in terms of how you treat yourself, others and the world, and should not be shaped by external forces such as society. 'When you set a goal, it needs to be based on what is most important to you and true to what you really want to achieve. You need to define happiness and success on your terms, and base your goals on those things,' adds Paula. 'If set incorrectly, your goals can make you miserable. So, identify your guiding values and base your goals on them.'

## UNDERSTAND THE SACRIFICES

When it comes to achieving your goals, you need to understand the sacrifices you'll have to make in order to reach them. This will help you navigate potential pitfalls that might set you back. Will it take you away from your family? Is it financially viable? Will it affect others in your life?

'This is where many people often fail,' explains Paula. 'You set goals, but don't have an awareness of the sacrifice that goes hand in hand with your chosen goal. You need to ask yourself whether you're prepared to give up the things required to make you succeed in your goal. If you're not prepared to sacrifice, you'll most likely fail.' Avoid this by creating a successful and prepared mindset.

- ❖ **IDENTIFY THE BENEFITS** and positive outcomes of achieving your goal and write them down.
- ❖ **IDENTIFY THE OBSTACLES.** When you have awareness of things that might get in the way of successfully achieving your goal, you can plan how to deal with them.
- ❖ **MAKE A COMMITMENT** to yourself, then share that commitment with someone else. Research shows that when you share or state your goal to at least one person, you're far more likely to go through with it.

## TROUBLESHOOTING

Sometimes, however, you can take a knock that leaves you down, making it hard to get back up and continue the fight. When this happens, turning to a life coach or psychologist can be beneficial as they can help you get back on your feet. 'In this regard, I would recommend acceptance and commitment therapy sessions,' says Paula. 'ACT is about developing "psychological" flexibility – the ability to be in the present moment, with awareness, openness, curiosity and non-judgement, and to act guided by your values and using your strengths.' ACT can help turn your setbacks into comebacks by:

- ❖ Teaching you mindfulness skills to deal with painful and unpleasant thoughts, feelings, memories, emotions, urges, and cravings effectively, so they have much less impact and influence over who you are and the actions you take.
- ❖ Helping you to clarify what is most important and meaningful to you – your core values – so you can use that knowledge to guide, inspire and motivate yourself to make positive life changes and take wellbeing- and happiness-enhancing steps.

‘I’ve failed over and over and over again and that is why I succeed’

— Michael Jordan

### Have courage

How people deal with their own setbacks and failures is a personal experience. Don't minimise your problems or compare yourself to others. Humans are all unique, and what may seem like a simple stepping stone for some, may be towering boulders for others. 'Personal courage is very interesting here,' says Paula. 'There's an example of a military marine who had post-traumatic stress disorder caused by the deaths of his team members in Iraq during a Christmas period, causing him to have terrible and traumatic episodes at the festive season. He set out to get help so that he could perform the simple act of wrapping a Christmas gift for his little girl. He needed months of therapy and support to be able to finally wrap and give her a gift. This is an example of how something mundane can take tremendous personal courage, depending on personal circumstances and experiences.'

# MAD ABOUT PETS

LIFE ON THE ANIMAL FRONT

Q&A

with Dr Michael Ferreira

**Q** For the past few months, every now and then my dog has been having what appears to be small fits. Can dogs get epilepsy?

**A** They absolutely can! A fit can range from slight twitching to severe convulsing. A non-epileptic seizure is caused by several factors, like head trauma, blood clots, brain tumours and metabolic or organ diseases. Epilepsy on the other hand is caused by a disturbance in nerve cell activity in the brain (you may think of it as a sort of 'short circuit' in the brain).

Although seeing your pet experience a seizure is unpleasant, it's not dangerous if it stops after a minute or so. The danger occurs if your pet is next to a swimming pool, which could lead to them falling in and possibly drowning. Prolonged fits can lead to severe brain damage due to the body overheating. If you suspect your pet may be experiencing seizures, see your vet immediately. Usually your vet would perform blood tests, and in some cases X-rays and MRI scans, to try and rule out all other potential causes of the fits. If test results are negative, the vet can make a presumptive diagnosis that your pet has true epilepsy. There are various medications available and some of them can be used in combination, but your vet would probably start your pet on one medication for a trial period of a few weeks to see how it reacts. Often the treatment has to be

tailored by increasing the dosage or adding other medication. After starting treatment, pet owners need to keep an eye on whether or not there is improvement. This condition is treatable and is seldom life-threatening to your pet.



## Pets galore!

Don't miss the WODAC Pet Expo taking place in July. For three days animal lovers will be exposed to a range of exhibitors and activities including dog jumping, pole challenges and Dancing with Dogs. And for those interested in getting a pet, a range of experts will be able to advise you on the best pet for you and your family. Visitors can gain a range of knowledge from cat, dog, equine, reptile, bird and fish experts. Pet food manufacturers, pet product and healthcare companies will also be exhibiting at the event. This is a great opportunity to gain more insight into pet ownership and taking care of your pets' needs. 20-22 July, Gallagher Convention Centre in Midrand. [Dogscats.co.za](http://Dogscats.co.za)



## Are essential oils toxic to animals?

There are varying opinions on whether or not you should use essential oils on your pets. Some say they're hazardous to dogs, while others say they're perfectly safe if used correctly. For example, some people use peppermint to stimulate circulation, and also as an insect repellent. Others use lavender oil to help calm a dog that experiences separation anxiety or to keep them calm while travelling; some oils can be used to increase a dog's appetite and fight fatigue.

If you're curious about using aromatherapy for your pet, consult with your vet before trying it on your own. And because dogs are more sensitive to essential oils than we are, there are certain precautions you have to take before treating them with the oils.

### Dos and don'ts when using essential oils on your dog:

- ▶ Never use oils directly on their skin or fur.
- ▶ Always dilute the essential oils first, and use them with a diffuser.
- ▶ Never pour the oils into your dog's food or water.
- ▶ Don't use essential oils on puppies younger than 10 weeks as well as epileptic or pregnant dogs.
- ▶ Don't use oils near sensitive areas such as ears, nose, eyes and genitals.
- ▶ Allow them to smell the oil first and if they don't like it, don't use it.
- ▶ Don't let them lick, touch or play with the oils.



## ADOPT A PET

There are many homeless, abandoned and abused animals in the country, and animal shelters continue to be underfunded and overcrowded with animals that need loving homes. So instead of approaching a pet shop or looking online, consider visiting an animal rescue shelter. There are incredible organisations that do positive work housing many animals that need homes.



### ANIMAL ANTI-CRUELTY LEAGUE

The Animal Anti-Cruelty League is a non-profit organisation that provides shelter for abandoned animals and runs an adoption programme. The League also has special awareness campaigns that address issues such as the importance of sterilisation and mobile clinics, and visits disadvantaged communities to treat pets in need at a minimal fee. They also visit schools to teach learners about animal welfare and caring for pets. [Aac1.co.za](http://Aac1.co.za)

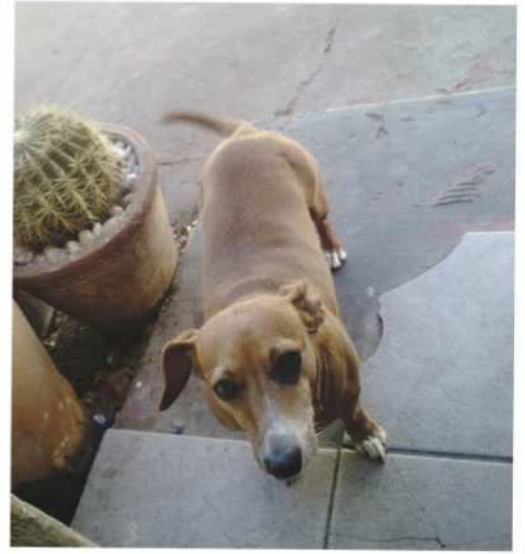
### PUG RESCUE SA

Pug Rescue South Africa rescues, rehabilitates, rehomes and offers sanctuary to pugs. The non-profit shelter cares for about 125 homeless dogs, with about 60 of them being retirement pugs deemed too old for adoption or with medical conditions that require constant care. The organisation runs an outreach project in various informal settlements in Joburg East, and their Thanda Inja Project offers free veterinary clinic services and sterilisation to less fortunate animals. [Pugrescue.co.za](http://Pugrescue.co.za)



### PIGS 'N' PAWS

Pigs 'n' Paws takes in unwanted, abused and abandoned pet pigs and gives them a home. They rescue pigs from all over the country and also run educational programmes on how to keep pigs and what to feed them. The organisation also fosters rescue dogs while rehabilitating and finding new homes for them. If you'd love to help out but can't keep a pig in your home you can sponsor a pig by paying a small monthly fee. For more info visit their Facebook page.



## PET SELFIE

### of the month

Ore is a dachshund who lives on the West Coast with his family. Even though he's the oldest in the house, he's the smallest dog. Ore shares space with a poodle, Labrador and Boerboel. He's been voted the sweetest because he never complains about anything, just minds his own business and spends time doing what he loves most – eating!

If you and your pets would like to be featured as our next 'Pet selfie of the month', send your selfie to [nolwazid@caxton.co.za](mailto:nolwazid@caxton.co.za) with 'Pet selfie' in the subject line. The photo must be at least 1MB in size.

## THE DANGERS OF DRESSING UP PETS

Dressing up your pet in party costumes can be fun and interesting, but it has the potential to be dangerous for children, warns Christine Kuch of the Roodepoort SPCA.

Christine cautions that although playing dress-up with your pet can be lots of fun, it can also result in pets attacking and injuring children. 'This is because pets can potentially react out of fear or discomfort when being dressed up in this way,' she says. The SPCA has had a number of cases where pet owners have surrendered animals that have attacked and injured children. 'Upon inspection, we find that the cause of the attack was because the animal was dressed up in a party costume. We understand that pet owners love to bond with their beloved furry friends and this would serve as quality time together, however it is irresponsible and we should all seek to promote the safety and security of animals,' says Christine.



# Transform your shelves

TURN AN EVERYDAY STORAGE SHELF INTO A BEAUTIFUL YET PRACTICAL ELEMENT IN ANY ROOM IN THE HOUSE



## Home office

Don't throw away those empty glass jars. The clear containers are a simple, uniform solution for small supplies like elastic bands, bulldog clips and cable ties. Woven baskets keep everything on open shelves carefully organised yet easily accessible.

**WOVEN BASKETS**, from R350, Loads of Living  
**HONEYCOMB WALL SHELF**, R359.99, MRP Home  
**GLASS JARS**, from R25, Consol Glass  
**FAMILY ORNAMENT**, R399, MRP Home



## Bathroom

Have you noticed how quickly your bathroom becomes disorganised? Use a shelf to store your products. Decorate with baskets, an orchid and other neutral ornaments for visual interest, to keep things handy but also attractively displayed.

**ARTIFICIAL ORCHID IN CERAMIC POT**, R402.50, Woolworths  
**WOODEN BOAT**, R299.99; **BASKET WITH TASSELS**, R139.99, both MRP Home  
**BOTANIQUE ROOM SPRAY**, R65; **EMBOSSED WHITE FLOWER BATH SALTS**, R99; **DUCK EGG RIBBED HAND TOWELS**, R139 each and **FACE CLOTHS**, R35 each; **VINTAGE POPPY SOAP**, R65; **S&P GREY MIRROR**, R199; **WOODEN & IVORY CONTAINER**, R299; **RIDGED VARIEGATED RESIN SOAP DISPENSER**, R99, **SOAP HOLDER**, R65, and **TUMBLER**, R79, all @home

If you're feeling overwhelmed by the range of items you need to store in your home's gathering spots, look to these cohesive and clutter-free ideas. Books, magazines, office supplies and toys are cleverly tucked away without sacrificing style. From the lounge, dining room and bathroom to the children's bedrooms, you can organise your shelves to fulfil both a functional and decorative purpose.

## Dining room

Shelves don't need to be long expanses of horizontal space, and cabinet doors take up space. Opt for narrow or short shelves to gain extra surfaces for storing items that are used often, like plates, cutlery, table mats and glasses, within reach.

**WOVEN GRASS TABLE MATS, R125 each, Vendange**  
**COPPER WIRE FRUIT BASKET, R99.99;**  
**CRYSTAL & MIRRORED CONTAINER, R199.99; RIBBED GOLD VASE, R199.99,**  
**SCRATCHED BRONZE CONTAINER, R79.99;**  
**DINNER CANDLES, R29.99 for 4, all MRP Home**  
**GREY DINNER PLATES, R79.99 each, Woolworths**  
**16-PIECE CUTLERY SET WITH BLACK HANDLES, R149.99, Checkers**  
**COPPER WIRE UTENSIL HOLDER, R69.99;**  
**COPPER BASKET, R79.99, both MRP Home**  
**WHITE SERVIETTES, R150 for 4; WINE GLASSES, R150 for 4, both Woolworths**  
**WOVEN ICE CONTAINER, R650; WOODEN PADDLE BOARD, R279.95; GIANT PLANTER, R1 099.95; WOVEN SERVIETTE RINGS, R250 for 4, all Vendange**





## Living space

When decorating your lounge, incorporate practical touches mixed with decorative flair. Hide the clutter using woven storage boxes and baskets, pretty cups for loose change, and an attractive eco-friendly storage container for all those remotes that can be hard to find.

**BLACK & WHITE BASKET PLANTER, R171.49, Woolworths**  
**WHITE CERAMIC BABOON CANDLEHOLDER, R399; POTTED ARTIFICIAL PLANTS, R179, both @home**  
**BLACK & WHITE DECORATIVE TUMBLERS, R98 each, Amatuli**  
**BLACK & WHITE STRIPED PLANTER, R161.40, Woolworths**  
**AFRICAN BEADED DOLL, R600, Indaba**  
**NAMJI DOLL SET, R788.90; BLACK & WHITE DECORATIVE WOVEN BASKETS, R850 per set, both Amatuli**  
**WHITE PORCELAIN GIRAFFE BOWL, R300, Lunar Porcelain**  
**WHITE STORAGE BASKET, R200, Embo Handmade**



## Laundry room

Economy-size boxes of laundry powder save you money, but wrestling with the large container every time you wash clothes can be a chore. Consider transferring manageable amounts into clear canisters that you can keep on an open shelf. They look less fussy and let you know when you're running low. Use open baskets for mismatched socks or items found in pockets.

**BLACK WIRE BIN, R199.99; SET OF 3 GREY GEOMETRIC CONTAINERS, R159.99; GALVANISED WHITE LAUNDRY POWDER CONTAINER, R149.99; GLASS CANISTERS WITH SILVER LIDS, R59.99 each; BLACK & WHITE GEOMETRIC CADDY, R59.99, all MRP Home**  
**BLACK & WHITE TEA TOWELS, R179, Country Road @ Woolworths**  
**RUBBER HANGERS, R99 for a set of 5, Woolworths**  
**GLASS CANISTER WITH CHALK LABEL, R40, Consol Glass**



## Children's bedroom

Uniform shelving units can take up space in a room, overpowering it and making it feel smaller than it really is. Instead, look for pieces that stair-step back the depth of the shelves.

**WHITE LADDER SHELF, R1 700; CLIMB TREES CANVAS POSTER, R99.99; YELLOW HOME OFFICE SET, R99.99; GLOBE DESK LIGHT, R299.99; BLUE PLASTIC UTILITY BASKETS, R99.99 each; VINTAGE COMBI, R459.99, all MRP Home  
COCA-COLA CRATE, stylist's own  
BLUE & WHITE T-YARN STORAGE BASKET, R110, Embo Handmade  
BEADED GIRAFFE, R200, street vendor**

ONLINE



MAKE THIS  
**GORGEOUS**  
BABY  
QUILT

# Join our online quilt-along



OVER THE COURSE OF SIX WEEKS, QUILTING EXPERT JENNY SMITH WILL TAKE YOU STEP BY STEP THROUGH THIS BEAUTIFUL BEGINNER'S QUILT.

#### HOW TO JOIN

Go to [Yourfamily.co.za](http://Yourfamily.co.za) and sign up for the quilt-along on our home page. Everyone who signs up will receive a weekly email newsletter for the duration of the project.

Each week you'll receive step-by-step instructions. You can join the quilt-along at any time; you'll receive instructions from the start, with new steps every week until you've completed the quilt.

#### DURING THE COURSE OF THE QUILT-ALONG YOU WILL NEED:

##### FABRIC

5 fat quarters (0.25m) in two colours (10 in total)  
0.5m for binding  
1.5m for backing

##### 1.5M NEEDLE PUNCH BATTING

The finished quilt measures 120cm x 100cm.

For technical assistance email  
Jenny Smith at [rayjenny@telkomsa.net](mailto:rayjenny@telkomsa.net)

# Clever little gift

SLIP YOUR FAVOURITE WINE INTO THIS EASY-TO-MAKE HOLDER - THE PERFECT GIFT AT A DINNER PARTY



- 200g Papatya Ribbon (Kismet Yarns)
- 7.5mm crochet hook

## ABBREVIATIONS

**dc** – double crochet

**dcd** – double crochet decrease

**ss** – slip st

**st/s** – st/sts

## Skill rating



EASY

Magic ring, chain 1 10dc into ring, join to first dc with ss, chain 1 [10dc].

**Round 2:** 2dc in each st, join to first dc with ss, chain 1 [20dc].

**Round 3:** 2dc in first st, then 1dc in next, repeat around, join to first dc with ss, chain 1 [30dc].

**Round 4:** Working in back loop only, 1dc in each st \*don't join to first dc, work in a continuous loop, use a st marker to keep track of your starting point [30dc].

**Round 5:** Working in both loops, 1dc in first 10 sts, dcd (tip: when doing a decrease on first st work in front loop only, then on the second go through both loops for a neater decrease) 1dc in next 10 sts, dcd, 1dc in remaining 8 sts [28dc].

**Round 6:** Working in back loop only, 1dc in each st right round [28dc].

**Rounds 7-23:** 1dc in both loops, working

in continuous loop [28dc].

**Round 24:** 1dc in first 9 sts, dcd, 1dc in next 9, dcd, 1dc in remaining 2 sts [26dc].

**Rounds 25-26:** 1dc in each st around [26dc]. Don't fasten off.

## STRAP

**Round 1:** Working from start point, 1dc in 6 sts, chain 1 [6dc].

**Round 2:** Working back to start point 1dc in 6 sts, chain 1 [6dc].

**Round 3:** Dcd, 1dc in next two sts, dcd, chain 1 [4dc].

**Round 4:** 1dc in next four sts, chain 1 [4dc].

**Round 5:** 1dc in next four sts, chain 1 [4dc].

**Round 6:** Dcd, 1dc in next two sts, chain 1 [3dc].

**Round 7:** 1dc in next three sts, chain 1 [3dc].

**Round 8:** 1dc in next three sts, chain 1 [3dc].

**Round 9:** Dcd, 1dc in next st, chain 1 [2dc].

**Rounds 10-12:** 1dc in next two sts, chain 1 [2dc].

**Round 13:** 2dc in first st, 1dc in next st, chain 1 [3dc].

**Rounds 14-16:** 1dc in next three sts, chain 1 [3dc].

**Round 17:** 2dc in first st, 1dc in next 2 sts, chain 1 [4dc].

**Rounds 18-19:** 1dc in next four sts, chain 1 [4dc].

**Round 20:** 2dc in first st, 1dc in next 2 sts, 2dc in last st, chain 1 [6dc].

Joining strap to carrier, count 7sts from where you started the strap and join the other end using an ss, continue the ss around, going through the front loops of the other side of the strap on the other side.

Weave in loose sts.

# Rainbow COWL



CROCHET THIS COLOURFUL  
COWL - IT'S A PERFECT  
LITTLE PICK-ME-UP!

Skill rating



EASY

your **WIN**  
family  
.co.za

One lucky  
reader can  
win the yarn  
to make this  
rainbow cowl!  
Enter online.





- ☐ 2 x 50g MoYa Bamboo (4-ply)
- ☐ 14 x 10g MoYa Bamboo Tots (4-ply)
- ☐ 3.5mm crochet hook

#### ABBREVIATIONS

<b>ch</b>	- chain
<b>dc</b>	- double crochet
<b>rep</b>	- repeat
<b>sk</b>	- skip
<b>sp</b>	- space
<b>st</b>	- stitch
<b>sts</b>	- stitches
<b>ttr</b>	- triple treble



Ch 112

**Row 1:** COLOUR: TITANIUM

Dc1 in each ch = 112dc sts.

**Row 2:** COLOUR: TITANIUM

Dc1 in each dc = 112dc sts.

**Row 3:** COLOUR MOYA BAMBOO TOTS: JAMAICA

Turning ch1, dc1 in 1st st, \*sk 3 sts, ttr7 in 4th st, ch1\* work \* - \*14 times = 14 shell clusters, sk3, dc1 in last st.

**Row 4:** COLOUR: TITANIUM

Dc1 in 1st st, dc1 in 7ttr of round 3, dc1 (over the ch1 between the clusters) in dc of round 2\* rep from \* - \* to end, ch1, turn.

**Row 5:** COLOUR: TITANIUM

Dc1 in each dc = 112dc.

**Row 6:** COLOUR MOYA BAMBOO TOTS: CHARTREUSE

Ch4 (counts as 1st ttr), ttr3 in same st, \*ch1, sk7 sts, ttr7 in 8th st\* work \* - \* 13 times, ch1, skip 7sts, ttr4 in last st.

**Row 7:** COLOUR: TITANIUM

Dc1 in 1st st, dc1 in 7ttr of round 6, dc1 (over the ch1 between the clusters) in dc of round 5\* rep from \* - \* to end, ch1, turn.

**Row 8:** COLOUR: TITANIUM

Dc1 in each dc = 112dc.

**Row 9:** COLOUR MOYA BAMBOO TOTS: MARSALA

Turning ch1, dc1 in 1st st, \*sk 3 sts, ttr7 in 4th st, ch1\* work \* - \*14 times = 14 shell clusters, sk3, dc1 in last st.

**Row 10:** COLOUR: TITANIUM

Dc1 in 1st st, dc1 in 7ttr of round 9, dc1 (over the ch1 between the clusters) in dc of round 8\* rep from \* - \* to end, ch1, turn.

**Row 11:** COLOUR: TITANIUM

Dc1 in each dc = 112dc.

**Row 12:** COLOUR MOYA BAMBOO TOTS: FIRE

Ch4 (counts as 1st ttr), ttr3 in same st, \*ch1, sk7 sts, ttr7 in 8th st\* work \* - \* 13 times, ch1, skip 7sts, ttr4 in last st.

**Row 13:** COLOUR: TITANIUM

Dc1 in 1st st, dc1 in 7ttr of round 12, dc1 (over the ch1 between the clusters) in dc of round 11\* rep from \* - \* to end, ch1, turn.

**Row 14:** COLOUR: TITANIUM

Dc1 in each dc = 112dc.

**Row 15:** COLOUR MOYA BAMBOO TOTS: SCARLET

Turning ch1, dc1 in 1st st, \*sk 3 sts, ttr7 in 4th st, ch1\* work \* - \*14 times = 14 shell clusters, sk3, dc1 in last st.

**Row 16:** COLOUR: TITANIUM

Dc1 in 1st st, dc1 in 7ttr of round 15, dc1 (over the ch1 between the clusters) in dc of round 14\* rep from \* - \* to end, ch1, turn.

**Row 17:** COLOUR: TITANIUM

Dc1 in each dc = 112dc.

**Row 18:** COLOUR MOYA BAMBOO TOTS: FLAMBE

Ch4 (counts as 1st ttr), ttr3 in same st, \*ch1, sk7 sts, ttr7 in 8th st\* work \* - \* 13 times, ch1, skip 7sts, ttr4 in last st.

**Row 19:** COLOUR: TITANIUM

Dc1 in 1st st, dc1 in 7ttr of round 18, dc1 (over the ch1 between the clusters) in dc of round 17\* rep from \* - \* to end, ch1, turn.

**Row 20:** COLOUR: TITANIUM

Dc1 in each dc = 112dc.

**Row 21:** COLOUR MOYA BAMBOO TOTS: ACAI

Turning ch1, dc1 in 1st st, \*sk 3 sts, ttr7 in 4th st, ch1\* work \* - \*14 times = 14 shell clusters, sk3, dc1 in last st.

**Row 22:** COLOUR: TITANIUM

Dc1 in 1st st, dc1 in 7ttr of round 21, dc1 (over the ch1 between the clusters) in dc of round 20\* rep from \* - \* to end, ch1, turn.

**Row 23:** COLOUR: TITANIUM

Dc1 in each dc = 112dc.

#### REPEAT ROWS 3-23 ONCE

**Finish off** by sewing the seam.

MoYa Bamboo is machine washable.



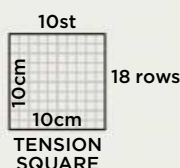
# Weekend winner

THIS IS SUCH A QUICK AND EASY KNIT YOU'LL FINISH IN NO TIME!

TO FIT	XS-S	M-L
Actual	84cm	94cm
Sleeve seam	35cm	35cm
Length from right shoulder	47cm	47cm



- 6(7) hanks INSPIRE 100g
- 9mm knitting needles
- 10mm circular knitting needle
- row markers



**NB** Garter stitch is used for the tension square using 10mm needles

ORIGINAL GARMENT:  
XS-S

**Skill rating**  
EASY



**ABBREVIATIONS**

- beg** - begin(ning)
- cont** - continue
- dec** - decrease
- inc** - increase
- k** - knit
- m1 (make 1 st)** - pick up loop between last and next stitch, work into back loop
- rep** - repeat
- R(W)SR** - right (wrong) side row
- SKPO** - skip 1, knit 1, pass slipped stitch over
- st(s)** - stitch(es)
- tog** - together

GARMENT IS WORKED SIDEWAYS IN GARTER STITCH, WHERE EVERY ROW IS KNITTED.

Beg at left sleeve, using 9mm needles, cast on 22(26)sts. Knit 4 rows, change to 10mm needles.

Next row: K1, m1, k to last st, m1, k1. Knit 7 rows. Rep last 8 rows, 6 times more = 36(40)sts. Knit 4 rows, place marker at centre for start of shoulder. Cast on 47(45)sts at beg of next 2 rows = 130sts.

Knit one row. Next row: SKPO, k to end. Next row: SKPO, k to end. Knit 2 rows. Rep last 4 rows until 94sts rem. **AT SAME TIME:** After 18(20) rows from shoulder marker, ending with a WSR. Knit to marker, join a second ball of yarn. Cont working back and front separately for 36(44)

rows from neck divide. Cont with one ball only, working across all sts for 18(20) rows ending with a WSR. Cast off 29(27) sts at beg of next 2 rows = 36(40)sts. Knit 4 rows. **\*\*** Knit 7 rows. Row 8: K1, k2tog, k to

last 3sts, k2tog, k1. Rep last 8 rows, 6 times more = 22(26)sts. Change to 9mm needles, knit 4 rows. Cast off. **FINISHING** Sew side and sleeve seams.

**TIPS FOR SUBSTITUTING YARN**

This pattern was created for African Expressions Inspire, a 100% mohair yarn classified as super chunky. If you use a different yarn, your end result will change both in terms of texture and size.

- If you'd like to use a different yarn, the wool you choose is important for sizing. Choose a wool that produces a 10cm x 10cm tension square when knitted in garter stitch, using 10 stitches over 18 rows. You may need to use smaller needles than the 9mm recommended to achieve this. Email [yourfamily@caxton.co.za](mailto:yourfamily@caxton.co.za) or call 011 889 0749 for further yarn substitution advice.

# Escape the CONCRETE JUNGLE

IT'S NEVER TOO EARLY TO START PLANNING YOUR NEXT ESCAPE, WHETHER YOU WANT A BIG 5 LUXURIOUS EXPERIENCE OR A BUDGET-FRIENDLY FAMILY GETAWAY

## SELF-CATERING

### MOSU LODGE, MOKALA NATIONAL PARK, NORTHERN CAPE

On most trips to protected areas your chances of seeing game such as sable, roan and tsessebe on a single drive are rare, but in this little gem near Kimberley those chances increase significantly. Known as the place where endangered species roam, this spot with its red sand and thorn trees dotted along the landscape offers excellent game viewing opportunities.

#### STAY

Mosu Lodge is known for its relaxing atmosphere and a variety of accommodation options, depending on what the family wants. Choose from self-catering units with single beds, bigger family units and luxury bungalows. Some units even have DSTV. The family can laze around the sparkling pool, sip sundowners at the restaurant or watch the game at the nearby waterhole. Treat the family to a scrumptious meal at the on-site restaurant when you need a night off from cooking.

#### KEEP BUSY

Go for a drive and see who can spot the most game. Remember to pack a picnic basket to enjoy along the way. If your family enjoys fishing, the Riet River offers opportunities for catch and release. The birders among you will love Stofdam Bird Hide, where crimson breasted shrikes and kingfishers play among water birds and antelope.

#### COST

Family bungalows start from R1 130 for the first two guests. Additional adults pay R364 while kids stay for R182. Conservation fees are excluded. Visit [Sanparks.org](http://Sanparks.org), email [reservations@sanparks.org](mailto:reservations@sanparks.org) or call the park on 053 204 8000 for booking enquiries.



**GLEN REENEN, GOLDEN GATE HIGHLANDS NATIONAL PARK, FREE STATE**

If golden cliffs, panoramic scenery, plenty of open space for hiking, cultural exploration and game viewing appeal to the family, head straight for this park near the picturesque town of Clarens. With the Brandwag Buttress keeping vigil over the rest camp, you'll feel at peace from the moment you arrive.

**STAY**

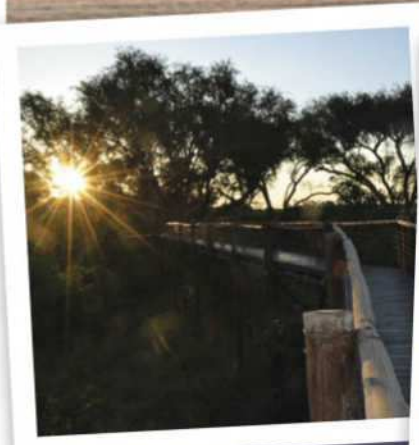
The rest camp offers rondavels, longdavels and guest cottages as options, so the entire family can easily be accommodated. All units are fully equipped and have their own braai areas, while a small shop offers some basic supplies. If you want to spoil the family, head to the restaurant situated in the Golden Gate Hotel.

**KEEP BUSY**

The kids will love the waterfall within walking distance of the rest camp, plus the park offers numerous hiking trails and nature walks, all starting from the camping area nearby. Take a drive in search of the park's game, including zebra, black wildebeest and eland, but don't forget to stop at the vulture hide. Carcasses are often placed at the hide, which attracts a variety of vultures and scavengers.

**COST**

Accommodation starts from R924 for a rondavel accommodating two people. You can book for your family of four from only R1 615 per night. Conservation fees are excluded. Visit [Sanparks.org](http://Sanparks.org), email [reservations@sanparks.org](mailto:reservations@sanparks.org) or call the park on 058 255 1000 for enquiries.



**BUDGET BREAKS**

**VHEMBE WILDERNESS CAMP, MAPUNGUBWE NATIONAL PARK, LIMPOPO**

Tucked away on the edge of a rocky ridge, dwarfed by giant baobab trees, Vhembe is the perfect place for a wild adventure. Fiery sunsets silhouette gentle giants in the distance while the last chatter of birds indicates the end of another day in Africa. Game might move through your camp as there are no fences, so this spot is ideal for families with older children.

**STAY**

You'll sleep under canvas, but you don't have to do any work. Each unit has two single beds and its own ablution facilities for added comfort. While plug points are scarce in this solar-powered camp, the small balcony overlooking the valley in front of each unit guarantees a relaxing time. Each unit comes with a braai area, but a boma is the perfect option for larger gatherings. The communal kitchen is well stocked with all the necessary cutlery and crockery for a comfortable stay.

**KEEP BUSY**

Watch wildlife from the comfort of your balcony. At night, the sky changes into a canvas perfect for star gazing. Go on self-drives or book a game drive to search for a variety of animals. The park is home to the Big 4 (buffalo absent), and twitchers can search for unique species such as the Pel's fishing owl and Senegal coucal. Explore the riverine forest from the Treetop Walk, enjoy a picnic where South Africa, Botswana and Zimbabwe meet, or learn more about the culture of ancient tribes that once roamed the area.

**COST**

Prices range between R717 and R858 for two people, depending on the season. This cost excludes conservation fees for visitors without Wild Cards. Visit [Sanparks.org](http://Sanparks.org), email [reservations@sanparks.org](mailto:reservations@sanparks.org) or call the park on 015 534 7923 for booking enquiries.



## SLANGKOP TENTED CAMP, KOMMETJIE, CAPE TOWN

If the sound of crashing waves isn't enough to relax the family, then the atmosphere among indigenous milkwoods in this marine-themed camp might just do the trick. While the camp is situated right in the heart of Kommetjie, it'll feel like you're miles away from civilisation.

### STAY

If you fancy camping but you're not in the mood to fight with tent poles, a tented camp might be ideal. Canvas takes you closer to nature while soft beds help with a good night's sleep. Each unit is furnished with two single beds, but with six units and a play area in the camp, there's plenty of space for the entire family. Ablutions and kitchen facilities are communal.

### KEEP BUSY

With so much to do in the immediate surrounds, the family will never be bored. Feeling active? Put on your hiking boots or opt for something more casual on the boardwalk along the rocky shore. With the beach just a stone's throw away, hours of fun await in the sand. For a more relaxing time, explore the shops and restaurants in the village or pack a picnic basket and head to the scenic Chapman's Peak. Plan the expedition around sunset and snap some new family portraits. Slangkop Lighthouse, the tallest in South Africa, can easily be reached on foot. For a fuller day, head out towards Cape Point and explore the surroundings.

### COST

A unit costs R586 and accommodates two people. Visit [Sanparks.org](http://Sanparks.org), email [reservations@sanparks.org](mailto:reservations@sanparks.org) or call the park on 021 712 0527 for booking enquiries.



## A TOUCH OF LUXURY

### HARKERVILLE FOREST TREETOP CHALET, KNYSNA

If fungi, luscious green canopies, leaf litter, glistening streams and shy bushbuck are your thing, then this luxurious unit in the heart of the forest will soothe your soul. It's far from the madding crowds, hardly has cellphone reception, and the tranquil forests are ideal to just unwind.

### STAY

This four-star magical hideaway tucked in a valley in the Harkerville Forest will take your breath away. Pack your bags, do some grocery shopping and get ready for at least a weekend break. The unit has two rooms, each with their own bathroom. With a dishwasher, washing machine, tumble dryer, DSTv and telephone, you'll feel right at home. There's an outdoor braai for relaxing evenings and indoor fireplace to cuddle up in cooler weather.

### KEEP BUSY

As you're surrounded by indigenous forests, the birdlife is prolific. The noisy Knysna turacos and occasional bushbuck around the chalet will entertain the kids for hours. There's plenty of space to run around and those with an interest in botany can easily get carried away by the fungi and forest ferns. Take the kids for a walk in the forest along the numerous trails in the area. The Garden of Eden and Knysna are in close proximity.

### COST

Accommodation is R1 615 for the first two people. Additional adults pay R485, and children R243. Conservation fees are not included. Visit [Sanparks.org](http://Sanparks.org), email [reservations@sanparks.org](mailto:reservations@sanparks.org) or call the park on 044 302 5600 for booking enquiries.

# ESPECIALLY FOR YOU!

SOMETHING FOR EVERYONE IN THE FAMILY



## Cheers to winter

### 10 hampers of Van Loveren reds worth R500 each

Van Loveren Family Vineyards has an array of elegant red wines that are perfect for winter. Enjoy their unwooded River Red Shiraz/Pinotage (the first red wine produced by this family owned winery) in front of a warm fire, or pair it with flavourful cheese and red meat dishes at your next dinner party. Van Loveren family vineyards has been voted

the best child-friendly venue on a wine farm, and offers something for the entire family – from creative wine pairings (including a kids' pairing) and cellar tours to lunch at Christina's bistro, garden tours, birding and hiking. 10 lucky readers will receive 2 cases of Van Loveren reds, including the popular River Red. Visit [Vanloveren.co.za](http://Vanloveren.co.za), or follow @VanLoverenWines on Twitter or Van Loveren on Facebook.

**KEYWORD: LOVERENJULY**

## Peace of mind

### 2 watches worth R2 699 each

The MoveTime Family Watch MT30 from TCL Communications is a funky, colourful smartwatch that gives kids the independence they want while offering parents the peace of mind they need. Based on the Qualcomm Snapdragon Wear 2100 platform, the smartwatch helps parents stay connected with their children using the latest technology. The smartwatch allows kids to call or message their parents and friends. It also provides accurate location tracking and geo-fencing capabilities if they exit a pre-set zone. Parents can use the mobile app to view the whereabouts of their child's device throughout the day and contact them. Kids can add their friends through Bluetooth, send emoji icons and messages, and play built-in games. The watch has up to two days of battery life and is robust, water-resistant and dustproof. The MT30 also provides to-do lists and reminder functions to help teach time management. **KEYWORD: MOVEJULY**



## FEEL GLAMOROUS

### 10 Loving Touch hampers worth R500 each!

Loving Touch is one of SA's favourite shaving brands, featuring shave preps and quality disposable razors that offer value for money, while nourishing and protecting your skin as you shave. While shaving with soap is convenient, it clogs up the razor blade. With Loving Touch, you can create a cushioned surface over the skin for smooth razor glide to prevent irritation, razor bumps and ingrown hairs. The gels and foams lather up richly, providing a comfy shave that leaves skin feeling and smelling fresh.

Available from leading retail outlets and

pharmacies nationwide.

For more info, follow Loving Touch Shave on Facebook.

**KEYWORD: SHAVEJULY**



## HEALTHY SNACKING



### 2 Blue Diamond Almonds hampers worth R2 500 each!

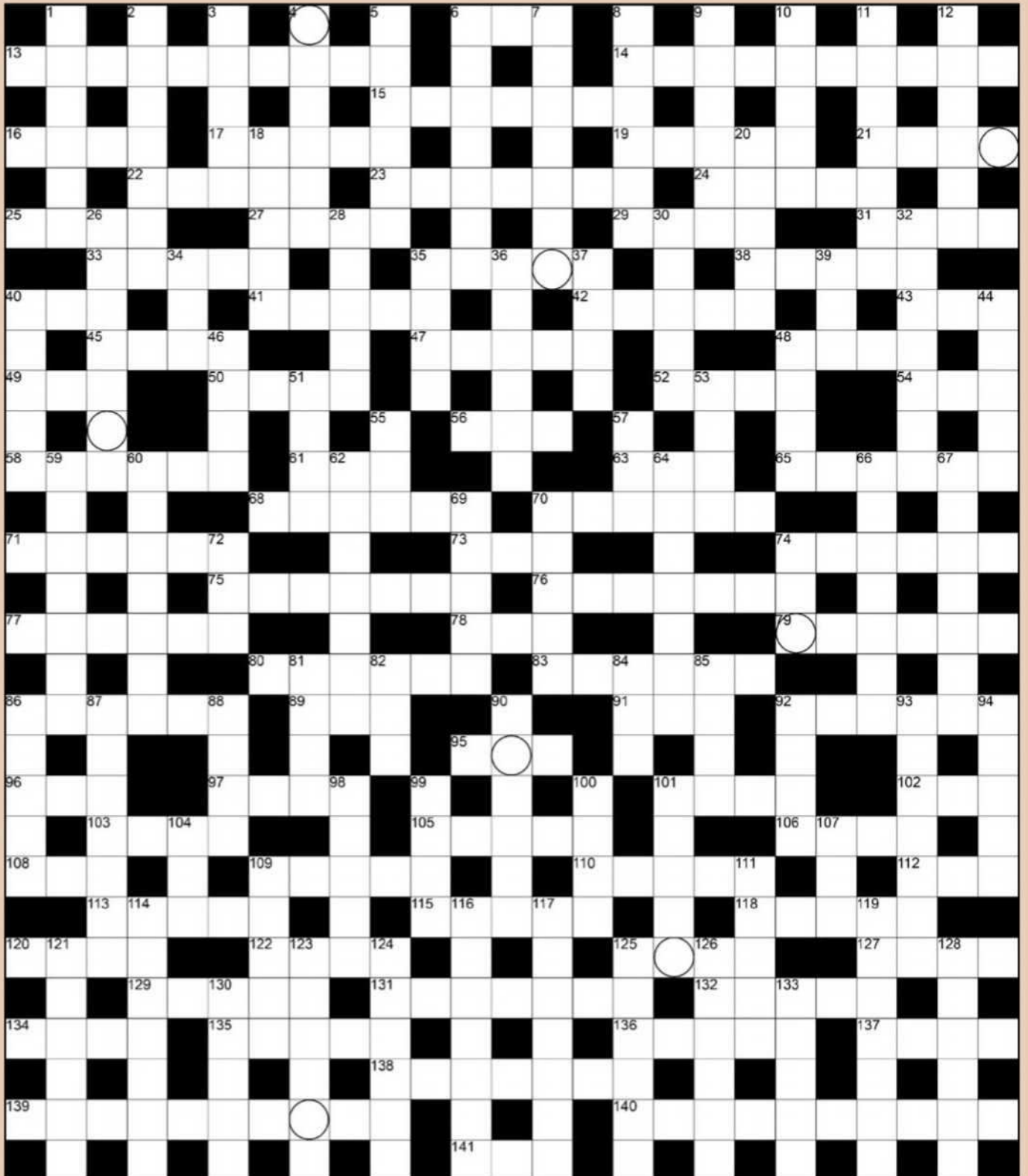
If you're looking for the perfect on-the-go snack then look no further! Blue Diamond Almonds snack nuts are packed with calcium and vitamin E, naturally cholesterol-free, and also GMO-, gluten-, and MSG-free. Perfect for curbing those mid-afternoon snack cravings, they're available in Lime and Chilli, Roasted Salted, Salt 'n' Vinegar, and Smokehouse flavours. Currently available at select branches of Aroma, SPAR, Dis-Chem, Food Lover's Market, Wellness Warehouse and Thrupps. Look for them online at [Bluediamondalmonds.co.za](http://Bluediamondalmonds.co.za), @bluediamondalmondssa, @BlueDiamondSA and Facebook/BlueDiamondAlmondsSouthAfrica

**KEYWORD: DIAMONDJULY**

To stand a chance of winning one of these treats, SMS the keyword, with your full name, contact number, physical address, postal code, email address and ID number to 48412. Each SMS costs R1.50. Errors will be billed. Free SMSs do not apply. Entries close on 31 July 2018. Please see page 108 for terms and conditions. Prize details correct at time of going to print.

# YOUR TIME

RELAX AND TAKE SOME ME TIME



SEE PAGE 103 FOR THE WINNERS OF JUMBO CROSSWORD 240

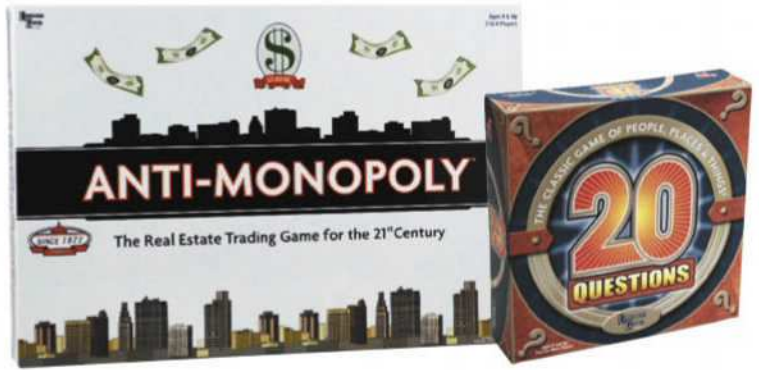
No 243



**SOLVE THE CROSSWORD AND THE CIRCLED LETTERS WILL SPELL OUT A WORD ASSOCIATED WITH TRAVELLING.**

The solution and winners of Crossword No 243 will appear in the October 2018 issue of *Your Family*. To enter, SMS the solution, your name, ID number, delivery address (including postal code), phone number and email address to 48412. Each SMS costs R1.50. Errors will be billed. Free SMSs do not apply. Closing date 31 July 2018.

See page 108 for terms and conditions.



**ACROSS**

- 6. Sound of disapproval
- 13. Very slow motion (5'1, 4)
- 14. Propensity for exaggerating
- 15. Madman
- 16. Sarcastic remark
- 17. Get around
- 19. Number in an octet
- 21. Water
- 22. Threaded fastener
- 23. Wander about
- 24. Hebrew prophet
- 25. Beer barrels
- 27. Wight or Skye
- 29. Pierce
- 31. Was indebted to
- 33. Even
- 35. Poem
- 38. Brass instrument
- 40. Pond fish
- 41. Set of furniture
- 42. Tired
- 43. Tiny bit
- 45. Castle ditch
- 47. Move sideways
- 48. Fencing sword
- 49. Little scam
- 50. Surprise attack
- 52. Follow closely
- 54. Unlock poetically
- 56. Arctic seabird
- 58. Get-up-and-go
- 61. Down in the dumps
- 63. Hat with a tassel
- 65. Conjured up
- 68. Pandemonium
- 70. Couch
- 71. Illegible writing
- 73. Climbing vine
- 74. Gismo
- 75. Offensive and insulting
- 76. Reading room
- 77. Kin
- 78. Small bite
- 79. On the double
- 80. Representatives
- 83. Merciful
- 86. Breakfast fare
- 89. Grain
- 91. Hearty brew
- 92. Messy
- 95. Write quickly
- 96. Tavern
- 97. Bristle
- 101. Flabbergast
- 102. Female deer
- 103. Gives a hand
- 105. Yellowish green
- 106. Scram!
- 108. Fishing pole
- 109. Medicine bottle
- 110. Drive back
- 112. Colour
- 113. As far as
- 115. Subject for discussion
- 118. Ear bone
- 120. Movie about a pig
- 122. Wading bird
- 125. Weaponry
- 127. Nuisance
- 129. Agra attire
- 131. Highway exit (4-3)
- 132. Plant louse
- 134. Rabbit's tail
- 135. Maxim
- 136. Artist's paste
- 137. Zulu regiment
- 138. Make illegal
- 139. Unlikely to stumble (4-6)
- 140. Legitimate (5,5)
- 141. Floor covering
- 39. Sticky substance
- 40. Cutting tool
- 44. Mix together
- 46. Salver
- 48. Run away
- 51. Doing nothing
- 53. Lumberjack's tool
- 55. Hole-maker
- 57. Sternward
- 59. Wink
- 60. Understand
- 62. Arduous journey
- 64. Nonstop
- 66. Scrap
- 67. Removed DVD from player
- 69. Aspects
- 70. Graceful girl
- 72. Not of the clergy
- 74. Swindle
- 81. Fortitude
- 82. Once called
- 84. Spoil
- 85. Following
- 86. Playful prank
- 87. Drumming sound (3-1-3)
- 88. Scottish girl
- 90. Dress top
- 92. Large vases
- 93. Countersign (US)
- 94. Harvest
- 98. Suspect's defence
- 99. Young horse
- 100. No more than
- 101. Outstanding
- 104. Speck
- 107. Sot's involuntary sound
- 109. Worked diligently
- 111. Speech impediments
- 114. Snuggled
- 116. Port
- 117. Cat's activity
- 119. Greek letter
- 121. Grow, as capital
- 123. ... is in the eye of the beholder
- 124. Unwavering
- 125. Kabul native
- 126. Team symbol
- 128. Outstanding
- 130. Shaver
- 133. Inn

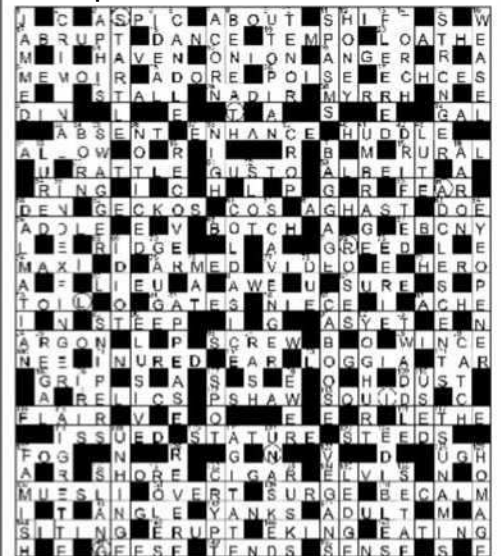
**DOWN**

- 1. Salad ingredient
- 2. Diplomatic skill
- 3. Theatre worker
- 4. Yellowish fruits
- 5. Computer key
- 6. Wound dressing
- 7. Sea creature
- 8. Toastmasters
- 9. Flower part
- 10. Attics
- 11. Sunshade
- 12. Water down
- 18. Disguises
- 20. Philately for example
- 26. Quick look
- 28. Scottish squire
- 30. Drink to
- 32. Marriage
- 34. By way of
- 35. Undergarment
- 36. Arm bone
- 37. Pitcher

**UP FOR GRABS: 3 BOARD GAMES HAMPERS WORTH R1 000 EACH**

Get the family together for an afternoon of strategy, fun and lots of laughs with the Anti-Monopoly and 20 Questions board games. Anti-Monopoly may look familiar, but don't be fooled - this is a real estate trading game with a twist! Players can choose either free enterprise or monopoly and play under new and different rules. 20 Questions is the classic game of people, places, things and years. Each round features a new mystery topic from history, entertainment, sports or culture, and the fewer clues you need to guess correctly, the more spaces you move on the board. Both games are suitable for ages eight and older, for two or more players. Available at toy stores and retailers nationwide. For more info, go to [Primatoys.co.za](http://Primatoys.co.za)

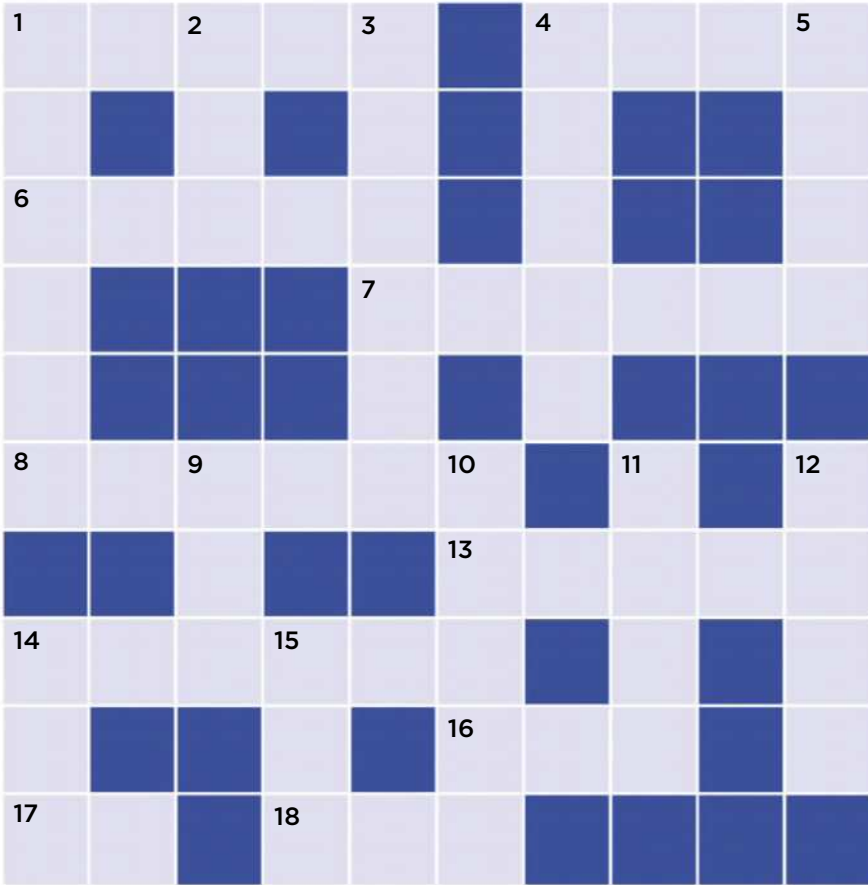
**Solution to Jumbo Crossword No 240**



(April 2018)  
**Answer: STARLING**  
**Winners: Brenda Barrow, Seaforth; Tinya Alhadeff, Rondebosch; Marcia Coumbias, Highway Gardens**

# BRAIN GAMES

KEEP YOUR BRAIN ACTIVE WITH THESE FUN DOWNTIME ACTIVITIES



## 5-MINUTE BAKING WORDS



### CLUES

#### ACROSS

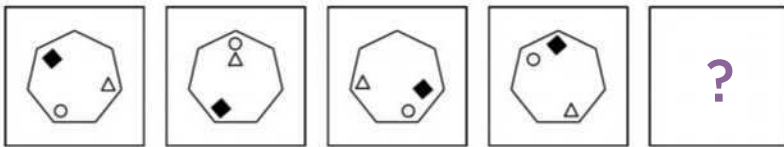
- 1 Popular French confection, ... fours (5)
- 4 A sweet treat made from eggs, flour, fat and sugar
- 6 Immerses something in liquid
- 7 A lightly sweetened cake, usually enjoyed with jam and cream
- 8 The amount produced by a recipe
- 13 Sweet cake topping
- 14 Lubricate (a dish)
- 16 A small round puff pastry case, usually filled, ...-au-vent (3)
- 17 Liquid measurement abbreviation
- 18 Grain used in bread-making

#### DOWN

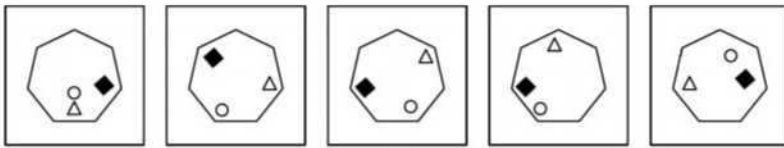
- 1 A dough, puff, choux or phyllo
- 2 Hot drink
- 3 Shook or coated in an ingredient
- 4 A powder made from ground cacao seeds
- 5 Binding and raising ingredient
- 9 Woman's name given to a British pudding
- 10 Utensil used to separate finer from coarser ingredients
- 11 To add a centre to, or stuff
- 12 Gelatinous substance used as thickener
- 14 Food additive used as stabiliser or thickener
- 15 Bubbles in a sponge

## COMPLETE THE PICTURE SEQUENCE

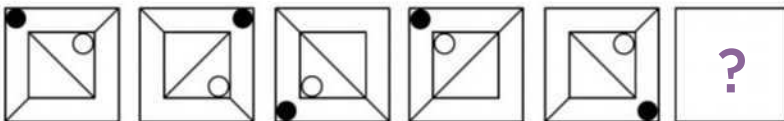
Study this sequence.



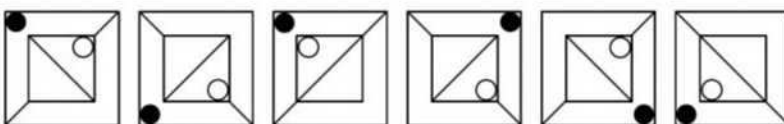
Which of these shapes is next in the sequence?



Study this sequence.

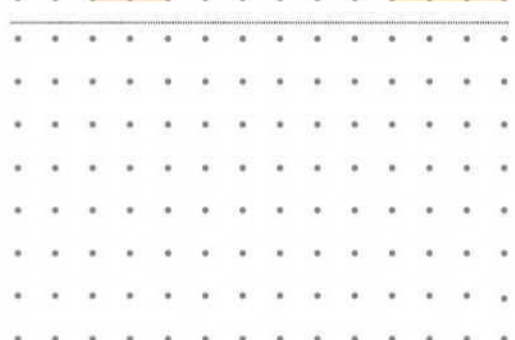
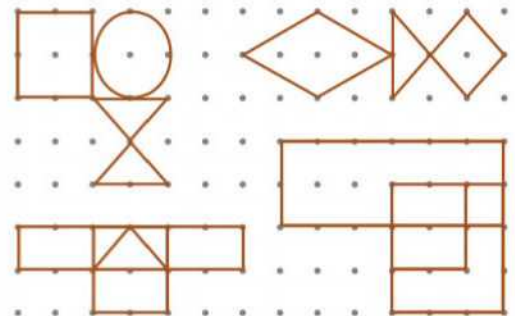


Which of these shapes is next in the sequence?



## VISIO-SPATIAL AWARENESS

Copy the shapes below onto the blank grid.





### BOGGLE WORDS



Make as many words as you can in three minutes. Words should be three letters or more, using adjacent letters in any direction. Plurals are allowed. **We made 49 – can you beat that?**

### 50-WORD CHALLENGE

Make 50 words using the letters in MESMERISED. Words must be at least four letters long. No plurals or proper names. No letter can be used twice.

# MESMERISED

### WORD WHEEL

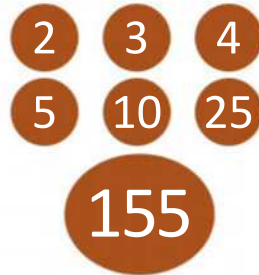
See how many words of four or more letters you can make using the central letter in each word and the other letters only once in each word. You can make at least one word by using all the letters. No proper names and no plurals are allowed. All words are from the Collins dictionary.



**GOOD:** 11  
**EXCELLENT:** 15  
**BRILLIANT:** 19  
**GREAT SCORE FOR KIDS:** 12

### MIND MATHS

Use the small numbers once each to make the large number. You may multiply, divide, add or subtract, but make sure you use all the numbers once only.



### SUDOKU

EASY

		1						7
			9	1	3			2
	5			2			1	4
		3	2	9				
6								1
				6	4	7		
	3	9		4				5
	2		1	8	6			
8							4	

HARD

	6			2				3
					4			
	7	8					2	
	9		1				7	8
		2	3		8	9		
1		7			6			4
		1					5	6
				5				
9					6			7

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WORD WHEEL: PANMEDIA PHOTOS: FOTOLIA.COM



### NOUN CHALLENGE



This month's letter is A. Can you name one of each of the below nouns beginning with A? Time yourself then challenge your partner to do better.

- City \_\_\_\_\_ Colour \_\_\_\_\_
- Country \_\_\_\_\_ Fish \_\_\_\_\_
- Animal \_\_\_\_\_ South African town \_\_\_\_\_
- Car make \_\_\_\_\_ Movie \_\_\_\_\_
- Actor \_\_\_\_\_ Music band \_\_\_\_\_
- Actress \_\_\_\_\_ Song \_\_\_\_\_

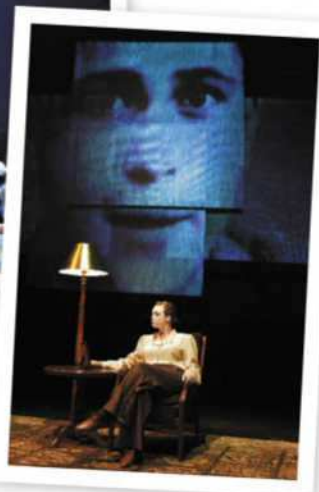
# THIS WEEKEND

NEW READS AND EVENTS NOT TO BE MISSED

## WINTER FESTIVAL



It's that time of the year again! One of the most exciting events on the winter calendar is the National Arts Festival in Grahamstown, and this year it runs from 28 June until 8 July. Since launching in 1974 it has drawn thousands of visitors annually, and it continues to offer an excellent range of plays, performance art, comedy, music and markets. There are hundreds of events to choose from, but make sure you catch a few of the favourites: The Odeion String Ensemble in *Reflections on a Legend: 46664*, *Flotsam* at the Arena, and festival film, *The Curious Incident of the Dog in the Night-time*. For bookings and accommodation suggestions, visit [Nationalartsfestival.co.za](http://Nationalartsfestival.co.za)



## CHOC & COFFEE TREAT



For everything you need to know about coffee and chocolate, as well as tastings and lots of delicious treats to stock up on, pop in at the Chocolate & Coffee Expo running from 19-22 July at Montecasino, Joburg. Watch some of the world's leading baristas in action, and find out the latest trends relating to where the coffee industry is heading next. Tickets from [ltickets.co.za](http://ltickets.co.za)

## TV COMES TO LIFE



When you've had enough of 'I'm bored... what is there to do...?', think about heading to the theatre. *Cartoon Network Live!* is on at the Grand Arena, Grand West, Cape Town from 26 June until Sunday 1 July and then at Montecasino, Joburg from 3-8 July. It brings together 10 of the popular children's TV channel's most loved heroes from shows like *Ben 10*, *The Amazing World of Gumball*, *Adventure Time* and *The Powerpuff Girls*. It's an interactive and exciting fantasy stage show that your kids will love. Tickets from [Computicket.com](http://Computicket.com)

## GARDEN ROUTE CLASSIC

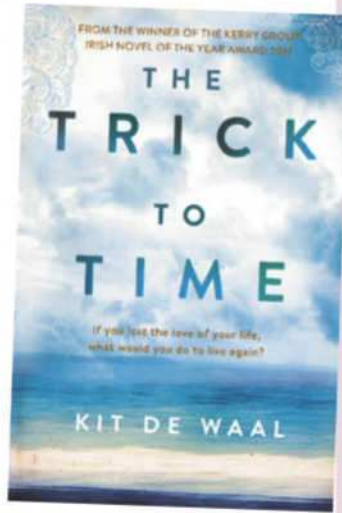


The annual Pick n Pay Knysna Oyster Festival is another winter holiday favourite. This feast of delicious food combined with a jam-packed programme of events sees the popular seaside town bursting at the seams for 10 fun-filled days. In addition to oysters galore, there's lots of family entertainment, including sports events, fashion shows, talent shows, and entertainment for all age groups. From 29 June until 8 July, visit [Oysterfestival.co.za](http://Oysterfestival.co.za) for a complete programme of events.

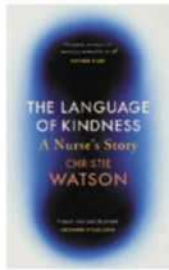
## Our favourite read

***The Trick to Time*  
by Kit de Waal (Viking)**

This quick and easy read is both laugh-out-loud funny and a real tearjerker. It's the story of Mona, an Irishwoman who leaves home in her late teens to head off to one of the big cities in England during the early 70s. She falls in love with William, a young Irishman, and they marry. Their story is a tragic one and Mona's life becomes taken over by doll-making and running a beautiful toy shop in an English seaside town. The story weaves between her younger years and her life at the age of 60, and includes a glimpse into an Irish immigrant's life during a decade of political problems. The characters are easy to identify with and Mona is someone you want to cheer on throughout the read.



### ON THE SHELF



***The Language of Kindness: A nurse's story*  
by Christie Watson (Chatto & Windus)**

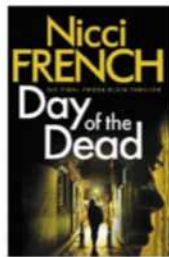
Based on Christie's 20 years of experience as a nurse, *The Language of Kindness* shares stories about her unforgettable patients; hospitals, mental health units and neonatal units she has worked in; and the trauma of emergency rooms and oncology treatment. The author's first novel, *Tiny Sunbirds Far Away* was written while she was still practising, and won the Costa First Novel Award. Written with compassion

and understanding, her latest release is a reminder of the struggles faced by nurses worldwide.

***Day of the Dead*  
by Nicci French (Michael Joseph)**

If you're a fan of the Frieda Klein stories from this successful husband and wife writing team (they've written 18 books together!), you'll enjoy this final reckoning. *Day of the Dead* completes the series of eight thrillers featuring the psychologist's duel with her dark nemesis.

As autumn comes to London, a serial killer plays games with the police; the death toll rises while the investigation flounders, and Klein is forced to come out of hiding to assist.



**Don't miss...** these two page-turners. *Accidental Heroes* by Danielle Steel (Pan Macmillan) combines action and emotion during a plane journey that sees strangers uniting to avoid a potential tragedy.

With over 650 million novels sold, this popular author is an international favourite. *Last Letter Home* by Rachel Hore (Simon & Schuster) is a historical romance

spanning 70 years, in which a young historian becomes fascinated with a wartime story of a ruined villa in the hills behind Naples.



## AUTHOR'S CORNER



***An Image in a Mirror*** by Ijangolet S Ogwang (Blackbird Books) is the story of sisters who are separated while young – one stays with their mom in Uganda, the other with their aunt in Joburg. They grow up in completely different worlds and meet up again at 22. It's a beautifully written debut novel by a writer born in Kenya to Ugandan parents, who grew up in the Eastern Cape, and now works in Cape Town. We squeezed in a few questions...



**How do you keep so many balls in the air (entrepreneur, writer, analyst)?**

Lately I've been trying to harness my ability to do deep work by practising the art of being present. So when I'm at work fully devoting my mind to my role as an analyst it allows me to deliver more efficiently on the job, freeing up time for all the other balls in the air. I've also gone through spells of sleeping a lot less; a planner and diary have been essential, but ultimately my passion for each of these roles has been the fuel that keeps me going.

**Why 'An image in a mirror' for your book title?**

It just encompassed so well everything I wanted to achieve with the novel. It's a story of identical twins and two African countries: South Africa and Uganda. I juxtapose a lot of the themes and ideas that the novel explores: city versus village; yearning and contentment. The novel feels like these wonderfully woven sides of a single coin.

**Which books are currently on your bedside table?**

Too many! Weirdly enough, I haven't been able to finish a single book since getting into the final editing and publishing process. I'm reading *We Were Eight Years in Power* by Ta-Nehisi Coates, an exploration of the Obama presidency and the ideologies it presented. There's also *The Wisdom of Sundays* by Oprah Winfrey, and *Feel Free* by Zadie Smith.

**Who is your favourite author?**

I have to cheat on this and mention the two writers who have been great influences in my discovery of my writing style. Chimamanda Ngozi Adichie is tremendously talented. She writes people and not characters, which draws the reader deeply into the text. Her ability to weave social commentary into her narrative and the vivid words she uses are reasons I find her incredibly inspiring. Paulo Coelho's way of examining the world and the essence of life is impeccable. I'm taken by the way in which he's able to look at something like love from angles most people would never see.

**Do you have a writing process?**

My favourite times to write are definitely late at night or the early hours of the morning when the world is silent. There's something about silence that clears my mind and allows the creativity to flow.

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 Yuppiefchef 0861 702 4969  
 Zando Zando.co.za  
 Zara Home 010 020 2837

## BRAIN GAMES SOLUTIONS 5-MINUTE BAKING WORDS

1	P	E	2	T	I	3	T	4	C	A	K	5	E	
	A		E		O		O						G	
6	S	O	A	K	S		C						G	
	T				7	S	C	O	N	E	S			
	R				E		A							
8	Y	I	9	E	L	D	10	S		11	F		12	A
			V				13	I	C	I	N	G		
14	G	R	E	15	A	S	E		L				A	
	U				I		16	V	O	L				R
17	M	L		18	R	Y	E							

## WORD WHEEL

**FOUR-LETTER WORDS:** FERN, LENS, LONE, NOSE, ONUS, RUNE, SNOW, SOWN, WORN, WREN

**FIVE-LETTER WORDS:** ENROL, FELON, FLOWN, FROWN, LONER, NURSE, OWNER, SENOR, SNORE, SWORN

**SIX-LETTER WORD:** WORSEN

**NINE-LETTER WORD:** SUNFLOWER

## BOGGLE WORDS

ABLE, ABLER, ALE, BEE, BEER, BEND, BLEND, BRINDLE, BRINE, BRINER, EEL, ELM, EMBER, EMEND, END, ERE, ERN, ERNE, ERR, HEEL, HELD, HELM, HEM, HEN, HER, HERB, HERE, HERS, HI, HIND, HIRE, HIRER, IRE, LEE, LEER, LEND, MELD, MEN, MEND, MERE, NEB, NEE, NEEM, REEL, REM, REND, RIND, SCREE, SCREEN

## MIND MATHS

**3+4=7**

**7+5=12**

**12x25=300**

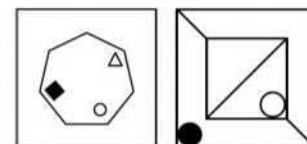
**300+10=310**

**310÷2=155**

## 50-WORD CHALLENGE

DEEM, DEER, DEISM, DEMISE, DERMIS, DESIRE, DIME, DIMER, DIMMER, DIRE, DRESS, EERIE, EIDER, EMESIS, EMIR, IMMERSE, IMMersed, MEME, MERE, MESMERISE, MESS, MESSED, MESSIER, MIME, MIMED, MIRE, MIREd, MISER, MISS, MISSED, REDEEM, REED, REMISS, RESEED, RESIDE, RIDE, RIME, RIMMED, RISE, SEED, SEEDIER, SEEM, SEEMED, SEISM, SEMI, SIDE, SIMMER, SIMMERED, SIRE, SIRED

## COMPLETE THE SEQUENCES



## SUDOKU SOLUTIONS EASY

2	9	1	4	5	8	3	6	7
7	4	6	9	1	3	5	2	8
3	5	8	6	2	7	1	4	9
5	7	3	2	9	1	6	8	4
6	8	4	3	7	5	2	9	1
9	1	2	8	6	4	7	3	5
1	3	9	7	4	2	8	5	6
4	2	5	1	8	6	9	7	3
8	6	7	5	3	9	4	1	2


## SUDOKU SOLUTIONS HARD

5	6	4	7	2	9	1	8	3
2	1	9	8	3	4	6	5	7
3	7	8	6	5	1	2	9	4
6	9	3	1	4	5	7	2	8
4	5	2	3	7	8	9	1	6
1	8	7	2	9	6	3	4	5
7	4	1	9	8	3	5	6	2
8	2	6	5	1	7	4	3	9
9	3	5	4	6	2	8	7	1

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**1** The judges' decision is final and no correspondence will be entered into. **2** Prizes are exactly as stated on the relevant page - they are not transferable and may not be exchanged for cash or any other product. **3** SMSs charged as stated on the relevant page. **4** State your name, phone number(s), ID number and full delivery address (including postal code) on each entry. **5** Winners will be notified telephonically and thereafter receive their prizes. **6** The competition is only open to readers in South Africa. **7** Staff of Caxton Magazines, the sponsor as well as their advertising agencies, and their immediate families may not enter. **8** Prizes awarded are the responsibility of the competition sponsors. *Your Family* cannot be held responsible in the event of any problems arising. **9** Prizes are valid for one year from the date of the issue they appear in and cannot be re-issued should they expire, or re-sent if they are returned. **10** While due care is taken to ensure accuracy, *Your Family* magazine is not liable for any errors in product listings or availability, pricing or any other information that was checked and has changed since the time of going to print. **11** Discounts and offers only available to subscribers with a South African postal address.

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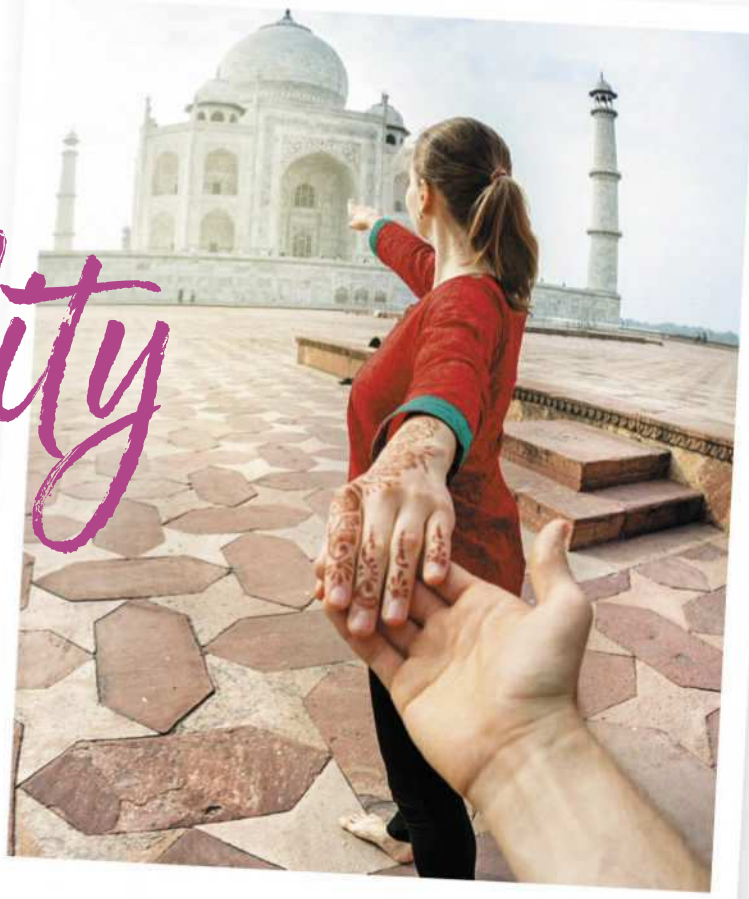
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# SIP YOUR *personality* STYLE



WITH GREAT CLOVER SIP UP FLAVOURS TO CHOOSE FROM, IT'S DIFFICULT TO DECIDE WHICH ONE TO ENJOY - SO HERE'S A QUICK QUIZ TO HELP YOU CHOOSE THE RIGHT FLAVOUR TO SUIT YOUR LIFESTYLE AND PERSONALITY. AND IF YOU STILL CAN'T DECIDE - TRY THEM ALL!

## 1 WHAT'S FOR DINNER?

- A** Something you cooked on the weekend - there's no time in the week to cook.
- B** A creamy delicious pasta with a glass of red.
- C** Steamed fish and stir-fry veggies.

## 2 YOUR DESK IS USUALLY:

- A** A bit messy but everything has its place.
- B** Full of chocolate.
- C** Neat, tidy and everything in order.

## 3 YOUR DREAM CAREER WOULD BE:

- A** A travel writer.
- B** A food critic.
- C** A personal trainer to the stars.

## 4 CHOOSE THE WORD THAT BEST DESCRIBES YOU:

- A** Creative
- B** Fun
- C** Adventurous

## 5 DO YOU USE A DIARY?

- A** Yes, but you don't look at it because you know what you need to do.

- B** No. That's too much structure.
- C** Yes, couldn't live without it.

## 6 AT A PARTY:

- A** You talk to everyone, mingling in different circles.
- B** You're the life of the party - dancing, talking, having a ball.
- C** You're a bit shy at first, but you eventually warm up.

### Mostly As Clover Sip Up Blackcurrant Boost

You're constantly on the go. Whether it's from meeting to meeting or picking up the kids from school and rushing off to the next event, you're always looking for an energy kick. Be sure to keep Clover Sip Up Blackcurrant Boost nearby as it's packed with energy. It'll not only help to keep you going, it's a great source of vitamins and calcium too! Plus it's deliciously creamy.

### Mostly Bs Clover Sip Up Choc-Chip

You're fun and funky. You enjoy indulging in the good things in life

every now and then, and you're a total chocolate addict! Grab a Clover Sip Up Choc-Chip on the go or as an indulgent treat - with real chocolate pieces, it's a guaranteed winner.

### Mostly Cs Clover Sip Up Cranberry & Oats

You're health conscious. What you put into your body is important, but you also want it to taste good. Pick up a quick on-the-go snack for breakfast, like Clover Sip Up Cranberry & Oats; it's not too heavy on sugar and contains essential vitamins and calcium.



**Clover Sip Up** is a **trendy** and **nutritious drinking yoghurt** and comes in six flavours. Your favourite flavours are **packed** with **10 vitamins and calcium** that can be enjoyed at any time of day.



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with

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# IT'S THE little things

SCHOOL RUNS, MEETINGS, EMAILS, SOCIAL EVENTS, AND YOGA CLASSES – IT'S AMAZING WE EVEN HAVE TIME TO TAKE A BREATH. HERE ARE A FEW LITTLE THINGS YOU CAN DO TO SAVE TIME...

## Pay attention

Life gets so busy that we often find ourselves multitasking and while that's a useful time-saving skill in itself, it can sometimes cost you time. Picture this: you're on an important work call and at the same time, you're helping your kids get ready for school – chances are you weren't listening to the information the caller was giving you 100%. You'll probably have to call back or schedule a meeting at a later stage to get the full story, which you don't really have the time for. Take those extra five minutes and give the person your undivided attention – it will save time in the long run.

## Pick up the phone

These days we get so caught up in emails, texts and instant messages, but as instant as they are, sometimes they end up taking up more time as these forms of communication can leave a lot of room for misunderstanding. The back and forth can take up more time than you think – in most cases, it's easier to just pick up the phone and get clear instructions or better clarity. With any luck, the issue will be resolved within five minutes and you can carry on with your day.

## Dinner sorted

When there's no time left in the day to prepare a fresh, nutritious meal for you and your family, you tend to end up with either an unhealthy takeaway or a quick meal with no real health value. Here's the solution: *The Whistling Chef*. The new fresh ready-to-eat meal that's not only convenient, easy and quick to prepare, it's packed with nutritional value too. With its **unique valve** technology, 'FreshVacSeal™' seals in the freshness for longer. It even has an **airtight film** that whistles when it's ready!

## The internet is your friend

The internet is there to save you time and not waste it browsing random sites and checking your social media platforms. The internet is there to simplify your life – if you don't already, do your banking online. Why should you stand in the queue when you can do the same thing in half the time online? More and more services are going digital so before you spend your time in a queue, check whether it can be done online.



**The Whistling Chef** is a new innovative fresh ready-to-eat meal made with **Clover Cream, Clover Cheese** and **Clover Butter**, offering **healthy** and **nutritious** meal choices. Each meal contains protein, carbs and fat as **per total daily energy recommendations** and is specially developed by food professionals.

Heat, whistle, eat... sing

# Tuck in!

SAY HELLO TO THE WHISTLING CHEF - THE LATEST IN FRESH READY-TO-EAT MEALS - READY IN A FLASH, DELICIOUS AND NUTRITIOUS



Any time is snack time with SnackPack



**Nutrikids**  
Good for mom,  
way better™ for kids

WHAT'S YOUR FLAVOUR?  
TAKE OUR SIP UP QUIZ