

INSPIRING & EASY!

YOUR FAMILY

Time to *shine!*

- ◆ 30 suppers they'll love
- ◆ Asian party menu
- ◆ Cute toys to make

HOW TO

Turn your bedroom into a sleep sanctuary

SUPERBUGS

Staying one step ahead

IS IT ALL IN YOUR HEAD?

How gaslighting works

**NO VISA?
NO PROBLEM!**
Plan a trip to these welcoming destinations

LIFE AFTER LOSS

→ Navigating the grieving process

WIN!
AMAZING BEAUTY HAMPERS

**Creamy mayo
Caesar salad**



Prawn ramen soup



Chicken & tzatziki



Easy toys to make





FCB Durban TREL3401

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MARCH 2018

CONTENTS



ON THE COVER
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 Edgars; jewellery: Truworthis



● ON OUR COVER

YOU & YOUR HOME

- 8 HOME UPDATE
Living luxuriously
- 10 SHOPPING
Lighting things up
- 12 FASHION
50 shades of purple!
- 18 BEAUTY
Brush up your skills
- 20 BEAUTY FOCUS
Dealing with keratosis pilaris
- 22 BEAUTY UPDATE
Post-holiday skin fixes

YOUR INSPIRATION

- 24 REAL PEOPLE
Balancing business with family life
- 28 FIRST PERSON
'I had to learn to walk again'

- 30 HOW TO
Turn your bedroom into a sleep sanctuary
- 32 LIVE SMART
Tips, tools and gadgets to make life simpler
- 34 MONEY SMART
Tips and tricks to save you a bundle
- 38 WORK SMART
Get more out of your work day

YOUR LIFE

- 70 YOUR HEALTH
The gut-mood balance
- 72 HEALTH NOW
Be the best you can be with the latest news
- 74 HEALTH FOCUS
Superbugs: Staying one step ahead

- 75 PARENTING NEWS
Making family life even better
- 76 KIDS' HEALTH
What's new, cool and good to know
- 78 PARENTING
Mindful parenting
- 80 RELATIONSHIPS
How gaslighting works
- 86 WELLBEING
Life after loss
- 88 MAD ABOUT PETS
Life on the animal front
- 90 FAMILY MATTERS
Q&A with Alexi Budin

CREATIVE SPACE

- 92 Cute toys to make



WINS & SPECIAL OFFERS

- 23 WIN one of 15 L.O.V cosmetics hampers
- 33 CLICK & COLLECT! Subscribe and collect your mag from Woolies
- 83 SUBSCRIBE! Don't miss your favourite mag!
- 107 WIN A BOOK HAMPER

IN EVERY ISSUE

- 3 ED'S LETTER
- 4 GET IN TOUCH
- 5 YF ONLINE
- 6 AT OUR TABLE
- 64 IN FOCUS
- 68 FOOD NOTES
- 84 MOM'S THE WORD By Kate Sidley
- 98 OUT & ABOUT No visa? No problem with these destinations
- 102 CROSSWORD
- 104 BRAIN GAMES
- 106 THIS WEEKEND
- 108 STOCKISTS

WHAT'S COOKING

MEAT & CHICKEN

- 6 Creamy chicken cones
- 42 Chicken pot stickers
- 42 Steamed buns with pulled pork and pickles
- 47 Tzatziki with grilled chicken and pitas
- 47 Baked chicken and butternut
- 48 Thai pork meatballs
- 49 Paprika chicken with crushed potatoes
- 49 Ginger pork stir-fry
- 51 Sweet and sour pork
- 51 Beef stroganoff
- 52 Curried mince with polenta
- 53 Meatball soup
- 53 Lamb and spinach curry
- 54 Sausage and chakalaka stew
- 54 Chicken à la king
- 55 Pork, beetroot and chickpea salad
- 55 Roast veg and lamb chops
- 59 Tomato and beef soup
- 59 Spaghetti nests
- 59 15-min spaghetti carbonara
- 67 Meatball and bean bake

- 67 Smoky bean and sausage casserole
- 67 Baked chilli dogs

FISH

- 44 Prawn ramen soup
- 50 Old-fashioned fish cakes
- 52 Creamy garlic shrimp spaghetti
- 54 Pilchard bobotie

VEGETARIAN

- 43 Tempura veg
- 48 Brinjal steaks with tomato relish
- 49 Vegetarian tagine
- 50 Creamy brinjal and mushroom curry
- 59 3-cheese pasta cake
- 59 Spaghetti fritters
- 59 Deep-fried mac & cheese
- 67 Baked bean curry
- 67 'Toast on beans'

DESSERTS & BAKING

- 45 Japanese cheesecake
- 62 Sago pudding
- 62 Waffles
- 62 Janella's super scones
- 65 Orange Florentine shortbread slices



112 Grilled chicken Caesar salad

EDITORIAL

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Oh hello!

Welcome to another fab issue! We've worked hard at filling it with all the things you love and care about, like...

👉 **FOOD:** This month you can put a stop to all that nagging about what's for supper. Starting on page 40 you'll find over 30 ways to satisfy the never-ending appetites in your household.

👉 **HEALTH:** How many times have you or someone in your family taken antibiotics in the last year?

Experts say that 60% of the time they're either not required or prescribed unnecessarily. On page 74 we look at the links between these drugs and the rise of superbugs, and share how you can help curb the increase in antibiotic resistance that threatens everyone's health.

👉 **PARENTING:** Mindfulness has gained super-trend status over recent years, but something tells me it's here to stay. It's an invaluable tool for parents: slow down, consider, react is not always easy to do when life is speeding along and everything seems urgent, but getting into this habit of conscious parenting will only benefit you and your family (page 78).

👉 **WELLBEING:** Grief can be a crippling emotion, utterly stunting in the short-term and slowly eating away at your sense of purpose in the long-term. On page 86 we explore the stages of grief and give you practical tips on dealing with it (or helping a friend do the same).

👉 **SELF-CARE:** Many aspects of our lives take a dip when we're not sleeping properly, and even though you may feel quite functional on 5-6 hours a night, it's proven to be insufficient. Poor shut-eye could be behind your weight loss battles and a lot of other health issues too. Our feature on page 30 shares some easy ways to turn your bedroom into an Instagram-worthy haven of relaxation.

👉 **LOOKING GOOD:** Black and white are always in style but I find it's when you wear an eye-popping colour that the compliments flood in. Pantone's colour of the year is ultra violet and we've shown you 15 looks to create with this

easy-to-wear colour and all its sister shades. If your summer has been enjoyed outdoors, it might have left some tell-tale souvenirs... Start a post-summer beauty regime to tackle dark spots, pigmentation and unruly hair with our best buys on page 22.

👉 **RELATIONSHIPS:** It's pretty common for people in long-term relationships to feel like their spouse is driving them crazy at some point. In some cases however, this behaviour takes a more sinister turn, even though it could be subconscious. Our feature on gaslighting is a must-read on page 80.

👉 **CREATIVITY:** Did you know one of the best ways to avoid stress is to take your mind off things by doing something creative? Turn to page 92 where we've shared some cute makes for babies and toddlers.

An industry colleague recently wrote to me to share this: 'Just as a side note - I am a big fan of *Your Family* - I find every article and page interesting and relevant to my life as a working mother - thank you for the fantastic magazine!' We hope you agree, and enjoy every last page!



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 @yourfamilymagsa

 Your Family Magazine
(South Africa)

Janine

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or email janinec@caxton.co.za

GET IN TOUCH

KEEPING UP TO DATE WITH OUR READERS

This month's star letter will receive a SIX Sensational Skincare hamper worth R3 000

As a perfect number, SIX is related to purity, harmony, balance and the ultimate nurturer. SIX is a healthy skincare line where science meets nature in its formulas, delivering a results-driven solution that can be combined with your current homecare cosmetics. The hamper contains a Velvety Soft Cleanser, Soothing Lotion, Cranberry Exfoliating Cream, Instant Firming Mask, Daily Moisturising Cream, Lifting Eye Cream, 2 x Booster Elixir Serums and a Broad Spectrum Sun Protection SPF 50+. SIX Sensational Skincare is an award-winning skincare system developed by The Spa Consultants.



★ STAR LETTER

We are certainly one of the most festive families in town! After being inspired by the picture of your wooden reindeer in your December 2017 issue, my husband and I decided to make them with the wood we had in the garden from trimming trees.

I found the antlers in our local park, the eyes came from the school craft box and for the noses we used the tops from milk bottles. All in all, the project cost us R30 for the wooden dowels. Thank you for the inspiration for us to 'upcycle' some braai wood! We're the talking point of our friends with our cute reindeer family.

– Fiona Meek, Port Elizabeth



A GIFT OF LOVE FOR MY GRANDCHILDREN

Your Star Letter from Adri du Plessis in the October *Your Family* inspired me to write to you and encourage grannies to bless their grandchildren with hand-crafted personal gifts. I have new great grandchildren and because I love painting,

I made each of them a little book of animals, birds and fish from traced pictures, calico and fabric paint. They all know that their Gran-Gran created it especially for them with love.

– Wynne Muller, Vryheid

READER OF THE MONTH

Louana Victor, 42, lives in Port Elizabeth with her husband Jakkie, 47, and their two sons William, 13, and Ruben, 9, as well as the family pets. Her parents, Susan and Fanie, are temporarily living with them until their granny flat is complete.

Louana works as a B-BBEE verification analyst.

LOUANA'S FAVOURITE:

...BOOK I really love reading and have many favourites, but the current hit is *Oorlewingsgids vir 'n bedonnerde diva* by Sophia Kapp.

...MOVIE *Pretty Woman* or family comedies like *The Pacifier*.

...RECIPE Anything that has few ingredients and is easy to make, like my famous chicken strips with diet cola and delicious sauces served with a wrap, pasta or mashed potatoes.

...GUILTY PLEASURE Staying



in bed with a good book!
...WAY TO DE-STRESS I listen to loud music like Def Leppard or Bon Jovi. My husband usually says he knows how my day was if he can hear my music while I'm driving around the corner.
WHAT'S GUARANTEED TO GET YOU IN A GOOD MOOD? A lovely braai with close friends.
FAMILY TIME IS SPENT... watching a movie together or spending weekends in Boknes, a small town between Alexandria and Port Alfred.
IN HER FRIDGE, SHE'S NEVER WITHOUT yoghurt, cheese and eggs.

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

WRITE TO US at yourfamily@caxton.co.za or post letters to *Your Family*, PO Box 473016, Parklands, 2121

Yourfamily.co.za

Healthier *than ever...*

Regain your health and detox from stress with these recipes and health tips!

Movie night!

Line up your favourite movies and whip up these easy low-carb treats for a relaxed evening at home.

Healthy snack!



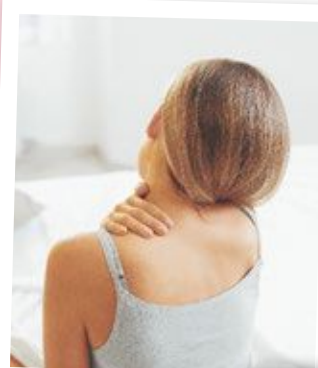
BABY MARROW ROLL-UPS



★ Chocolate truffles



★ Mushroom pizzas



Tune in to your body

Those pains you're experiencing might be warning signs. Listen up, because your body doesn't lie!



★ Salami chips



★ Spicy seed and nut mixture

Get out of your own way

Are you sabotaging your own achievements?



COMPILED BY JONI NEL PHOTOS: CAXTON PHOTOGRAPHERS, LEESCHWAGLE FROM CRPHOTOGRAPHY.CO.ZA AND FOTOLIA.COM

AT OUR TABLE

MARGIE SHARES HER LATEST FOODIE FINDS



Berry healthy

Blueberries are a superfood, which means they're packed with antioxidants that help protect the body from disorders like high blood pressure, heart disease and even cancer.

Blueberries are also known as 'neuro-protective agents', which means they're believed to protect brain degeneration, and boost focus and memory. They're low in sugar, with a low glycaemic index (GI), making them a perfect guilt-free treat if you're watching your weight. Add them to smoothies, salads, and porridge; bake into muffins, cupcakes, tarts or breads; or pop them into the freezer to enjoy as a cooling snack or in water or drinks. They're delicious when made into sweet sauces for ice cream, cheesecake or pancakes, or be adventurous and use them in savoury sauces as a basting for chicken or on burgers.



KZN CLASSIC

The Oyster Box in Umhlanga is one of Africa's most distinguished hotels and has incredible experiences on offer, from the hilarious curry and comedy evening and elegant dinners with tutored wine tastings, to Sunday roast sharing platters with all the trimmings, and an Indian high chai tea. Phone 031 514 5000 or visit Oysterboxhotel.co.za

creamy chicken cones

☰ Makes 12

🕒 Takes 45 mins + cooling

60ml cream cheese

160ml shredded roast chicken

125ml mayonnaise

small handful chives, chopped

6 white bread slices

2 peppadews, torn

- 1 Preheat oven to 180°C. Combine the cream cheese, chicken, mayo and chives.
- 2 Roll the bread slices out as flat as possible and cut off the crusts. Cut each slice in half from corner to corner. Roll each triangle up into a cone shape and pinch seams together. Place seam side down on a tray (see step by steps). Bake for 8-10 minutes or until lightly toasted. Cool.
- 3 Fill the cones with the chicken mixture and top with peppadews and extra chives.



DINING WITH A DIFFERENCE

Date night

The Station on Bree is Cape Town's first underground meeting place, located in a unique, multi-storeyed venue with a variety of stations and platforms. The focus is on unpretentious street food mixed with a casual Mediterranean-infused dining style. Choose from options like Mediterranean-style grilled sirloin strips, tahini sauce, hummus, and lemon wedges; tangy fried chorizo served with guacamole and toasted ciabatta or pita; or deluxe crispy fries coated in truffle-infused mushroom sauce, double cheese, jalapeño and bacon with a sweet ginger chilli sauce. The gin menu offers the chance to craft your own gin and tonic. 082 423 0549



Italian dining

Septimo at Sandton Square is a multipurpose space featuring a New York-style Italian deli where you can choose from a selection of local and imported items, including dry goods, olives and olive oils. Share in the farm-to-table experience with their market, which sells locally sourced fruits and vegetables, homemade pasta, daily baked breads and sauces. Or enjoy anything from a quick ciabatta sandwich on the run to a relaxed lunch with thin-crust pizza. You can also sit at the chef's table to experience the theatre of the open kitchen, with homemade pasta and the 'sin-free' flourless chocolate torte. 011 077 7777



Royal dining

Rojaal is an authentic country eatery in a former flower-packing shed in Elgin. Inside, the setting is homely and rustic, with double doors opening onto outside seating and a playground for the kids. Expect country favourites such as roosterkoek and chicken sosaties as well as classics with a twist that include 'eggs Benedictus' – poached eggs with hollandaise sauce in various forms (as on bobotie), or signature dishes like fluffy blueberry-infused bread, and their 'Next Level' hamburger served on a black brioche roll. 021 204 1085

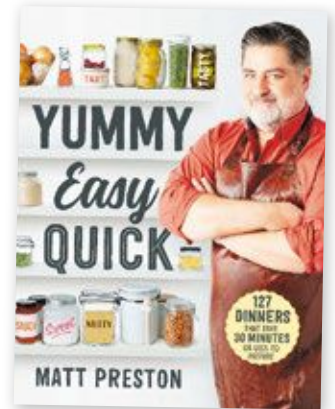


Back to nature

Eva Solo flower pots have a self-watering system that works the way plants do in nature, allowing them to draw moisture from the soil through the nylon wick from the reservoir below rather than being over- or under-watered. Ideal for long weekend escapes. From R339, Yuppiefchef

SIMPLE SOLUTIONS

Running out of ideas on what to feed your family for dinner and how to get meals onto the table quickly? Then *Yummy, Easy, Quick* by Matt Preston (Pan Macmillan) is for you. You'll become best friends with your freezer and pantry, with over 100 recipes that take 30 minutes or less to prepare. Think baked-not-fried chicken nuggets; very simple country chicken stew; and crispy Thai beef salad with yim yam peanut dressing. You'll also find endless ideas for mix and match options for staples like pasta, rice, risottos and baked potatoes. R379, Takealot.co.za



QUICK TIPS FROM...

Chef Reuben Daniels

Executive sous chef at Gold Reef City's Back O' The Moon restaurant, Reuben Daniels knew he would become a chef way back in his grandmother's kitchen, where they would 'create food magic'. Dress up and put on your dancing shoes for an evening of fun; book on 011 248 5222. Follow his tip to drying out the abundance of fresh herbs currently available:

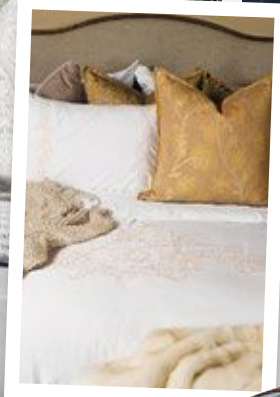
- Preheat oven to 180°C. Wash the herbs and gently pat dry with a kitchen towel. Line a baking sheet with the herbs in a single layer. Bake for about 2 hours with the door slightly open (to let the moisture escape) or until the herbs crumble when rubbed in your hands. Store in a clean dry container.

HOME UPDATE

TIPS AND TRICKS FOR A BEAUTIFUL HOME

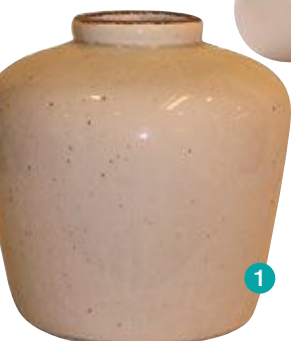
Living luxuriously

Looking to add a touch of opulence to your home without breaking the bank? @home's new Grace Collection does just that, with bedding, dinnerware and room fragrances that add a touch of old-fashioned glamour with contemporary design to the modern home. A range that prides itself on elegance, rich textures and textiles combined with neutral and classic colours, it's perfect for the home decorator who not only appreciates beautiful objects but likes quality too. With bedding crafted from Egyptian cotton, embroidery and damask, the collection will add a sense of drama and sumptuousness to your bedroom or living areas. Available in store.



Lust have!

Enjoy the last of summer days and nights with these beautiful giant outdoor floor pillows, R995, Coricraft



SOULFUL SIMPLICITY

Earthenware is a huge trend with unique, handmade objects taking centre stage in homes. From vases to gorgeous platters and tableware, each piece has its own individual story to tell. Mix and match them as table decor or table settings to add character to your next dinner party.



- 1 Karyn vase (large), R550, Coricraft 2 Earth pitcher, R495, Weylandts 3 Mason Cash Pestle & Mortar, R269, Yuppiechef 4 Tuyen vase, R695, Coricraft 5 Earth oval serving platter, R695, Weylandts 6 Earthenware bowl with dégradé finish, R129, Zara Home 7 Maxwell & Williams Blue Artisan side plate 20cm, R119.95, Boardmans 8 Maxwell & Williams Black/Gold Swank round plate 16cm, R119.95, Boardmans 9 Jars Plume Organic presentation plate in Atoll 30cm, R369, Yuppiechef

SEA OF BLUE

The colour blue offers a sense of tranquillity no matter what its shade, and looks beautiful as a main decorating colour, or vivid and bright for that special pop of colour in any room.



1



2



3



4



5



6



7

1 Morocco dinner plate, R79.95, side plate, R75, pasta bowl, R79.95, and cereal bowl, R75, all Woolworths **2** Chambray stripe blue bed linen, R379.99-R659.99, MRP Home **3** Carafe, R229, H&M Home **4** David Jones Rajasthan dinner plate, R199, side plate, R180, bowl, R199, teacup and saucer, R240, all Woolworths **5** Cushion cover, H&M Home **6** Tweedle pouffe pagoda, R199.99, MRP Home **7** Tray, R229, H&M Home

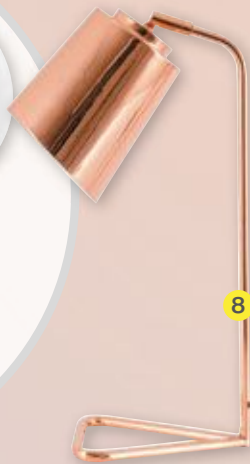
Food for the garden

There's no doubting the wondrous, nutrient-dense plant food that is compost, but for many it's not an option in their home or apartment. Compost heaps need space, time and manpower to turn the material, and somewhere that offending odours or pests won't become a problem. But with the revolution in environmentally practical designs taking over product development as people try to move into a more environmentally conscious era, this is no longer a problem. That's why we're loving the new YOLO bins. These wall-mounted compost tumblers come in various sizes and colours, depending on your requirements, and are suitable for large homes and gardens as well as apartments and townhouses. Simply add your organic kitchen waste (fruit and vegetable peelings, cardboard, egg boxes) to your YOLO bin with any garden cuttings like leaves and twigs, and tumble the bin every few days. The clever design allows the contents to be moved around and aerated with minimal effort, and when three-quarters full it can be left to decompose into nutritious compost for your garden. Plus you reduce your waste going to landfill. What a win! Prices start from R2 620 for two 45-litre shells. From Yolocolours.co.za and Takealot.com



Illuminated

LIGHT UP YOUR LIFE WITH THESE BEAUTIFUL BUYS, FROM CLASSIC CHIC TO MODERN MINIMALISM



1 Tris 3-light bar pendant in matt black (code: 20395), R2 299.95, The Lighting Warehouse 2 Jozi pendant light (code: 20619), R499.95, The Lighting Warehouse 3 Colour block grey mini lamp, R169.99, MRP Home 4 Silver Spots pendant lamp, R999.95, Pylones 5 David Jones Grace lamp base, R1 550; David Jones faux linen 40cm shade, R429, Woolworths 6 Catalina chandelier 8 arm, R3 599, @home 7 The Travolta range in Smoked (code: 21475), Amber (code: 21476), and Clear (code: 21477), R999.95 each, The Lighting Warehouse 8 Utility tri-stand copper 45cm, R599, @home 9 David Jones Sita lamp base, R1 150; David Jones faux linen 35cm shade, R375, Woolworths 10 Nordic table lamp, R595, Weylandts 11 Lino floor lamp, R1 995, Weylandts

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

5 TRAVEL TIPS FOR PACKING CLOTHES

TOP SPACE-SAVING TIPS TO SAVE TIME AND EFFORT

1. Sensible scarves

Scarves are way more than a fashion accessory. They can keep you warm, shelter you from the sun, they're something to sit on and you can use them to wrap-up and protect any delicates in your luggage.

2. Add layers

What if it gets hot or really cold? What if we swim or get caught in the rain? It's easy to get carried away when packing, but this simple rule can help you stick to the necessities. Pick outfits and add layers for warmer or cooler weather, rather than adding individual items.

3. Roll with it

You will be surprised at how much extra room you can create by rolling your clothes instead of packing them flat. Rolling your clothes will also keep them crease and wrinkle-free.

4. Fabric talks

Some fabrics travel better than others. Wool, polyester and spandex are great because they won't wrinkle. Fabrics such as denim are versatile enough to wear while travelling, but take up a lot of room in your bags. Try wearing your bulkier clothes to save space in your luggage.

5. The Comfort treatment

Planning a trip also involves planning laundry day. Fortunately, Comfort gives your clothes the long lasting freshness and fragrance they need for your trip ahead.



WIN A Comfort VACATION



Guess where Dress and all her friends have gone on vacation for a chance to win a vacation for 2.

- Buy any bottle of Comfort Fabric Conditioner
- Dial *120*2663678*last4digitsofBARCODE# and follow the prompts to enter

For more chances to win and extra clues visit www.facebook.com/ComfortZoneSouthAfrica

T's&C's apply.

A woman with long brown hair, wearing a vibrant purple sleeveless A-line dress and a matching purple and orange paisley headscarf, stands in a lush garden. She is smiling and looking towards the camera. The background is filled with various green plants and trees. The overall scene is bright and natural.

PEACEFUL IN purple

PURPLE SLEEVELESS A-LINE
DRESS, R249.95, Merien Hall
@ Edgars
MAGENTA & ORANGE PAISLEY
SILK SCARF, R299, Poetry
GOLD TAKKIES, R279, Foschini
GOLD HOOP EARRINGS,
R29.99, MRP
RED CUFF, R120, Truworths

Purple PARADISE

PURPLE'S A COLOUR THAT MOST WOMEN CAN WEAR

WITH A GOOD DEAL OF FREEDOM - FROM MOODY VAMP

TO INNOCENT LAVENDER AND EVERYTHING IN BETWEEN



PERFECT IN purple

PURPLE CROP TOP, R560, Jo Borkett
ORGANZA IRIS FLORAL MIDI SKIRT,
R1 090, Jo Borkett
GREY VELVET SANDALS, R429, H&M
BLUE MELANGE TASSEL EARRINGS,
R39.99, MRP
GOLD BANGLES, R150, Ginger Mary
@ Truworths



PRETTY IN purple

TINA MAXI VIOLET & PINK FLORAL DRESS, R999, Poetry
 FUCHSIA TASSEL EARRINGS, R39.99, MRP
 GOLD ETHNIC BANGLES, R130, Truworths



PLAYFUL IN purple

PURPLE GEOMETRIC BLOUSE, R459, Zara
 INDIGO SHORTS, R399, David Jones @ Woolworths
 SILVER MOCCASINS, R399, Woolworths
 DOUBLE WOODEN PINK NECKLACES, R140 each, Woolworths
 YELLOW CROSSBODY BAG, R499, Aldo @ Edgars
 PURPLE LENS SUNGLASSES, R79, H&M





PROMINENT IN purple

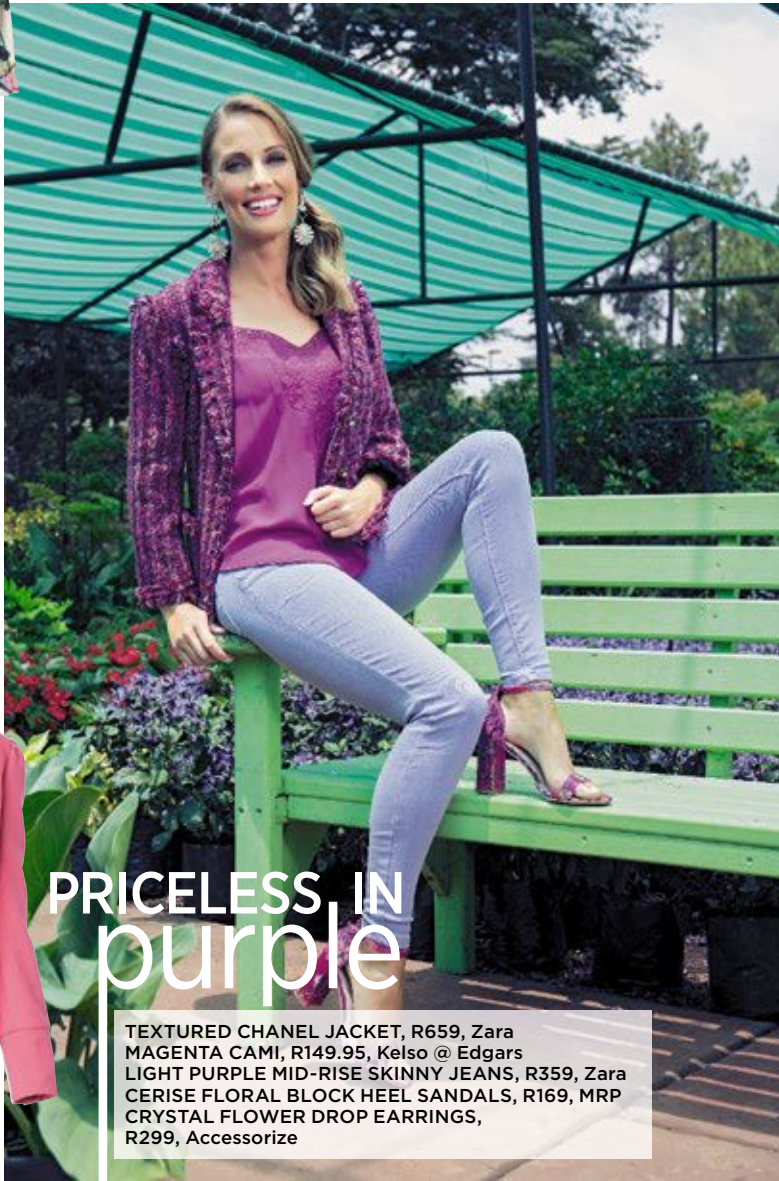
PURPLE RUCHED LONG-SLEEVED TOP, R429, H&M
WIDE-LEGGED FLORAL PANTS, R699, H&M
SILVER MOCCASINS, R399, Woolworths
LIME & PURPLE BEADED NECKLACE, R59.99, MRP

PURPLE IS ASSOCIATED WITH ROYALTY AND OPULENCE,
AND CAN BE PAIRED WELL
WITH A WIDE RANGE OF COLOURS...



WITH FLORALS

For a feminine slant add floral to lavender
LAVENDER T-SHIRT, R129, H&M
FLORAL DELMA PRINTED BOMBER, R699, Poetry



PRICELESS IN purple

TEXTURED CHANEL JACKET, R659, Zara
MAGENTA CAMI, R149.95, Kelso @ Edgars
LIGHT PURPLE MID-RISE SKINNY JEANS, R359, Zara
CERISE FLORAL BLOCK HEEL SANDALS, R169, MRP
CRYSTAL FLOWER DROP EARRINGS, R299, Accessorize



WITH RED

For a sexy, passionate and luxurious effect, add red to purple
PURPLE RUFFLE OFF-THE-SHOULDER TOP, R199, Outback Red @ Truworths
RED MINI SKIRT WITH RUFFLE HEM, R260, Identity @ Woolworths



WITH PINK

Pink complements purple by making it more feminine and less authoritative
PINK DUSTER COAT, R659, Zara
PURPLE SWEATSHIRT, R629, H&M
TIARA FLORAL EMBROIDERED DENIM JEANS, R799, Poetry



WITH YELLOW

Don't be afraid to rock these bold colours for a bright and stylish look
PURPLE RUFFLE BLOUSE, R320, Identity
YELLOW JEANS, R550, Outback Red @ Truworths

ULTRA VIOLET IS THE 2018

PANTONE COLOUR OF THE YEAR.

FOR MORE IDEAS, TRY:



WITH FUCHSIA

Try purple and fuchsia together and add a chartreuse bag to complete the colour blocking
PURPLE TANK TOP, R299, Jo Borkett
FUCHSIA LOOSE-FITTING PANTS, R429, Zara
YELLOW LUMO SMALL RUCKSACK, R119, MRP



WITH GREY

Let purple be the hero and pair with neutrals like grey and denim
FUCHSIA ALSION POLKA-DOT CARDIGAN, R599, Poetry
DIDO EMBROIDERED GREY T-SHIRT, R450, Poetry
TIARA FLORAL EMBROIDERED DENIM JEANS, R799, Poetry



PURPLE MAXI DRESS, R499, Earth Addict @ Truworthis
worn with MONET PRINT SCARF, R169, Jo Borkett

PURPLE SNAKESKIN PURSE, R269, Jo Borkett



WITH GREEN

Purple always looks good with a contrasting colour like green
BRIGHT GREEN SWING TOP, R440, Earth Addict @ Truworthis
THREE-QUARTER LEGGINGS, R129.95, Kelso @ Edgars



WITH ORANGE

Purple and orange is an energetic and enthusiastic colour combination
ORANGE LONG-SLEEVED DRESS, R799, H&M
PURPLE VELVET BEADED BAG, R499, Zara



PURPLE MELANGE CAP, R59.99, MRP



MIDNIGHT PURPLE NAIL POLISH, R29.99, Edgars



LAVENDER TOMI TAKKIES, R159, Spree

STYLING: SUZANNE SESINK CLEE. MODEL: BIANCA H. GAPA. MAKE-UP AND HAIR: FRANZA LANDMAN. PHOTOS: ANNALIZE NEL. SHOT ON LOCATION AT THE GARDEN SHOP. BRYANSTON. PRODUCTS AND PRICES CORRECT AT TIME OF GOING TO PRINT* SEE PAGE 108

Brush up!

THE 9 BEAUTY BRUSHES YOU NEED TO TAKE YOUR MAKE-UP FROM FLAT TO FLAWLESS

1

FOUNDATION BRUSH

Apply your cream or liquid foundation seamlessly with a flat foundation brush. The tightly packed bristles and tip allow you to be delicate with your application for perfect coverage and, unlike sponges, don't absorb a lot of the product, so there's very little waste.

Try...

- ▶ Barbara Hofmann foundation brush, R229
- ▶ The Body Shop foundation brush, R185, select Clicks stores
- ▶ Real Techniques Brush Crush foundation brush, R299.95



2

CONCEALER

A smaller version of a foundation brush, these little brushes have densely packed and short, rounded bristles, allowing you to place concealer in the hard to reach places that need it most - under your eyes, along your nose and around your nostrils, chin crease or even over a blemish or pimple for precision concealing and a polished look.



Try...

- ▶ Elizabeth Arden Dual End Contour concealer brush, R395
- ▶ Urban Beauty United concealer brush, R54.95



3

POWDER BRUSH

Opt for a large, 'fluffy', loose-bristled brush that's very soft, with a dome or arched shape. These are essential for adding setting powders to your foundation without getting a caked-on look, which can happen with sponge application.

Try...

- ▶ Eco Tools full powder brush, R169.95
- ▶ Essence powder brush, R64.95



TIP

Purchase an anti-bacterial brush or one that's easy to clean if using to cover pimples so that you don't spread bacteria between use.

4

BLUSH BRUSH

Smaller than your powder brush, a blusher brush should be about the same width as your cheek, with a slight dome and soft, loosely packed bristles. The tighter or denser the bristles, the harsher the colour will appear on application. Rather select one with long, soft bristles that allows you to build and blend colour.



Try...

- ▶ Essence blush brush, R59.95
- ▶ Real Techniques Newness blush brush, R199.95



5 BROW BRUSH
 On-fleek eyebrows are still a beauty must this year, so it's worth investing in a good tool that can help you shape and sculpt the brows of your dreams. Look for a short, angled brush with very firm and densely packed bristles and a narrow edge. The finer the angle of the brush, the more subtle you can be when creating lines.

Try...

- NYX Professional Makeup Pro dual brow brush, R179.95
- Eco Tools brow shaping duo, R119.95

TIP

Buy two products in one by opting for a brush that also has a brow comb on one end.

6 SMALL EYESHADOW BRUSH

You can have a whole artillery of eye brushes, but keep it simple. You'll need a small, soft, medium-dense brush with a rounded edge to highlight the arch of your brow and inside the corners of your eyes or along your lower eyelashes.

Try...

- Urban Beauty United eyeshadow brush, R49.95

7 MEDIUM EYESHADOW BRUSH

To apply eyeshadow to the main lid area and beneath the brow bone, select a brush similar in size to a finger nail, with dense yet soft bristles that can build colour and work in the arch or crease of your lid.

Try...

- Real Techniques Brush Crush shadow brush, R199.95
- Eco Tools Ultimate Shade duo, R139.95

8 BLENDING BRUSH
 A blending brush is essential for obtaining chic eyeshadow looks. Opt for a long, thin and flexible brush with a tapered edge that can work delicately instead of removing your eyeshadows or blending them too much.

Try...

- Essence eye blender brush, R34.95
- NYX Professional Makeup Pro blending brush, R179.95

9 FAN BRUSH
 If you have more space in your make-up bag, this brush serves a variety of purposes – it can gently sweep off excess powder or eyeshadow from your face or is ideal for adding a slight shimmer of highlighter to your cheekbones without it becoming too heavy. Use it to sweep bronzer across bare shoulders or the décolletage area for a summer-kissed skin glow.

Try...

- Real Techniques Brush Crush fan brush, R259.95

SYNTHETIC OR NATURAL?

Now that you know which brush to use where, be careful when selecting the type of bristles your brush has. Brushes with natural fibres (made from animal hair) are softer and work particularly well for powder products as the porous hair fibres hold more of the pigment. The bristles are also less dense and wonderful for blending. For liquid foundation, concealer or cream products, avoid natural fibres and opt for synthetic brushes. They don't absorb the product like natural bristles do and are much easier to clean. Many environmentally conscious individuals are turning to synthetic brushes as often companies don't disclose what type of animal hair is used in making natural brushes. The Eco Tools range, for example, is vegan- and cruelty-free.



The bumps we love to hate

KERATOSIS PILARIS IS A COMMON SKIN CONDITION THAT, WHILE IT CAN'T BE CURED, CAN BE TREATED VERY EFFECTIVELY...

Also known as 'chicken skin', keratosis pilaris (KP) affects up to 50% of people. It's characterised by little raised bumps commonly found on the upper arms, thighs and even the buttocks. The bumps aren't caused by acne, contrary to common belief, but by plugs of keratin that form in the hair follicles, caused by an overproduction of the hard protein. It's a harmless condition that's not itchy or painful, but one that may make sufferers self-conscious. Teens may pick at the skin, which will inevitably worsen its appearance and potentially lead to longer-term scarring.

FACT SHEET

- Keratin is a hard protein that protects the skin from harmful substances and infection.
- Keratosis pilaris can occur at any age, but most commonly begins in childhood, and eases off during the 30s.
- People of all races can suffer from KP.
- Seasonal changes can cause the skin to dry out, worsening the condition.
- The bumps resemble gooseflesh, and can feel like sandpaper.
- Complete skin cell turnover takes 28 days, so give your chosen remedy time to work.

SUN WARNING

You may have heard that a suntan can help your KP. Although some colour may make it less obvious, anything that dries out your skin is not a good idea. Sun exposure can worsen scarring. Always wear a good SPF, and use gradual or self-tanner to help make the bumps less noticeable.

TREATMENT OPTIONS

Although KP usually clears up on its own, you may want to explore treatment to improve the appearance of the skin, and speed up dead skin cell turnover and skin renewal.

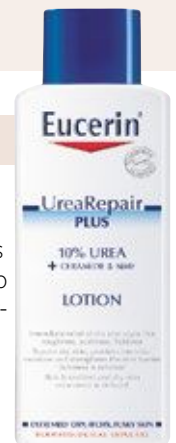
Remove dead skin cells Look for topical exfoliants containing alpha hydroxy acid, lactic acid, salicylic acid or urea. These will help loosen and remove dead skin cells while softening and moisturising the skin. These aren't recommended for young children whose sensitive skin may sting, become irritated or red. **Noreva Kerapil**, R249.95, contains 14% ammonium lactate. It also limits the formation of ingrown hairs as it gently exfoliates.



Our tester says: 'This made my skin softer from the first use. I've also used it on my legs where I tend to get a few ingrown hairs. My skin has really improved, but I needed to use it twice a day initially. It has a nice thin texture that absorbs really easily.'

ALSO TRY

Eucerin UreaRepair PLUS 10% Urea Lotion, R189.95 for 250ml. The high urea and lactate content will address any dryness and discomfort for up to 48 hours for softened and smoother-feeling skin.



Lamelle Correctives Cathepzyme 2, R520, contains a high concentration of the essential skin enzyme, Cathepsin D, which helps stimulate skin shedding. It's effective on any areas of dry and rough skin, including KP. Not suitable if pregnant or nursing.

Our tester says: 'This is a very gentle treatment but softens the skin instantly. Fewer new bumps have been forming and I don't feel self-conscious about my arms. You apply it to the skin for three minutes before rinsing off, so I do it before I shower or bath - it feels really effective, but safe.'



ALSO TRY

SkinPhd PauseAge Papaya Enzymatic Exfoliator, R350, is a gentle exfoliator that relies on fruit enzymes to lift dead skin cells and speed up skin renewal.



Regular but gentle manual exfoliation This is also helpful, but look for scrubs that don't contain potentially irritating ingredients (or microbeads, which are bad for the environment). **Esse Refining Cleanser, R220**, is cruelty-free and contains 99% natural ingredients, including bentonite clay particles to gently exfoliate the skin and prevent blocked follicles.

Our tester says: 'Although meant for the face, this cleanser provides effective but gentle exfoliation for KP-affected skin. It's part of my regime now - followed up with a good moisturiser with high urea content.'



ALSO TRY

Elixir Fusion Body Ruby Rose Salt Scrub, R150, is a great all-natural scrub for smoothing and relaxing the dry or rough skin with natural essential oils. Follow this with **Soil Pure Ugandan Shea Butter, R120**.



A note on diet

If you're deficient in vitamins A, D and K, your skin is likely to suffer. These vitamins are crucial to the functioning and quality of your skin. Vitamin A is made when the gut bacteria converts the beta-carotene in our food into vitamin A. Therefore a healthy gut is also a factor in healthy skin. Many people are deficient in vitamin D because they don't spend enough time outside. And vitamin K is also rare in the diet as fewer people consume organ meat these days. Consider a supplement to address any suspected deficiencies of these crucial vitamins, and boost your skin from the inside.

For very young or sensitive skin

Epimax Lotion, R59.95
BioNike Proxera Body Emulsion, R120 (200ml) or R195 (400ml)
SVR Topialyse Baume Intensif, R270, Clicks



TIP

Don't use a scrub on skin that's been treated with acid. Rather do these on alternate days.

Epimax's top tips to prevent drying out skin

- ❖ Keep baths or showers short.
- ❖ Use warm (not hot) water.
- ❖ Avoid harsh soaps and detergents; rather use soap substitutes such as Epimax or moisturising soaps.
- ❖ Pat your skin dry, never rub.
- ❖ Apply cream while skin is still slightly moist.

TIP

Always follow an acidic exfoliation application with a good moisturiser.

OTHER ALTERNATIVES

Shea Moisture African Black Soap, R135, Clicks.

Users of various skin types swear by this soap bar for KP, eczema and body acne, and it's budget-friendly enough to be worth a try.



Creams containing vitamin A can be very effective. These topical retinoids help speed up cell turnover and prevent blocked follicles. They can also improve the appearance of discolouration and scarring that KP can cause. They can, however, dry out the skin and cause irritation in some people. Pregnant or nursing mothers should avoid topical retinoids.

Lasers, microdermabrasion and chemical peels may be helpful in improving the look of the skin in more extreme cases, but won't necessarily stop the condition long-term. Speak to your skin consultant or dermatologist about the options suited to your skin.

While there is no cure for KP, experts do agree on two things: successful treatment relies on finding the balance between exfoliation and hydration, and secondly, persistence and consistency can prevent seasonal and unwanted flare-ups.

BEAUTY UPDATE

WAYS TO LOOK AND FEEL AMAZING

I know what you did last summer

Despite your best intentions, sunburn can catch you off-guard: you've headed out without SPF or you've misjudged the sun on a cloudy day and ended up a little red. As a result, you may notice that sun spots have started appearing, or now look more noticeable... Any acne scars may appear more pronounced. The good news is there are many products available to help you safely tackle pigmentation, melasma and dark marks.

HYPERPIGMENTATION CAUSES

- Genetics
- Ageing
- Photo-sensitising products (perfumes and certain medications)
- Inflammatory conditions (acne, burns, eczema)
- Environmental factors, including sun damage
- Hormonal factors
- Skin type

There are many ways to treat pigmentation, from using synthetic or natural ingredients to block melanin production, using enzymes to remove melanin deposits, or more drastically, physically removing layers of skin using lasers and acting on deeper levels of the dermis.

TOP PIGMENTATION INGREDIENTS

- Hydroquinone
- Kojic acid
- Arbutin
- mequinol
- Licorice root
- Indian gooseberry
- Willow herb
- Cucumber
- Azelaic acid
- Lactic acid
- Phytic acid
- Retinoids
- Alpha hydroxy acids and enzymes
- Vitamin C

HELP EVEN OUT PIGMENTATION



1 Nivea Perfect & Radiant Even Tone Day Cream SPF15, R94.95 2 Nuxe White Daily UV Protector, R495 3 African Extracts Rooibos Daily Repair Facial Oil, R180.99 4 Bio-Oil Specialist Skincare Oil, R39.99 for 25ml 5 Gatineau White Plan Skin-Lightening Protective Cream, R785 6 SkinPhd Pigmentation Control, R445

Shop for dark spot fixes

- For sensitive skin Bionike Defence B-Lucent Anti-dark spots protective cream, R225
- For all skin types
- SVR Clairial Peel Anti-Brown Spot Radiance, R625
- Avène D-Pigment Light Dark spot corrector, R335



4 WAYS TO SHOW YOUR HAIR SOME LOVE



- Bionike Defence Hair Pro Restructuring Nourishing Mask, R89.95
- Inoar Kalice Multi-purpose Premium Oil, R780
- Vichy Dercos Nourishing Reparative Rich Masque, R295
- Hask Hot Oil Hair Treatment, R54.95

TIP

Target pigmentation during other stages of your beauty regime - not only through your day and night creams.



- Skinceuticals Phtyo corrective mask, R1 125
- Cettua Brightening Facial Mask, R36.95
- Vichy ProEVEN Brightening Cleansing Foam, R215
- Skin Republic Youthfoil Foil Face Mask Sheet, R79.99

Get serious about SPF

If you do nothing else this month, find an SPF50 combined with a foundation and wear it every day of the year.

Make sure your chosen day cream has an SPF of at least 30, or 50 if you're fair.

WE LOVE

Coverderm Filteray Face Plus SPF50+ is a 2in1 sunscreen + after sun care and is available tinted or untinted, R320



Bioderma PhotoDerm Nude Touch SPF50+, R259.95

Payot Sun Sensi comes in SPF30 or SPF50+, R370, Dis-Chem



STOCKISTS ON PAGE 108

WIN! WIN! WIN! WIN! WIN! WIN! WIN! WIN! WIN! WIN! WIN! WIN! WIN!

L.O.V yourself!

15 L.O.V COSMETICS HAMPERS ARE UP FOR GRABS, WORTH R2 000 EACH!



Take your make-up routine to the next level with a fantastic hamper of L.O.V products. From perfect foundation application to a glamorous finish, the new range of smart multitaskers enhance natural beauty in a flash!

L.O.V's quality products combine effortless handling with long-lasting formulas and pampering, luxurious textures. With a wide range of expressive colours, metallic shades and multidimensional effects, you can create an individual look to suit your needs.

Each hamper contains the following: Lipaffair colour and care lip pencil, Unexpected eyeshadow, Lipaffair lipstick, LOVinity long-lasting nail lacquer, Browttitude eyebrow contouring palette, Heartful healthy glow and blush, Lipaffair lipstick, Perfectitude primer and serum, Dualist 2in1 powder foundation, Unexpected eyeshadow, and The Smokyaffair dramatic eye pencil.



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 **'LOVMARCH'** 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 March 2018.



Bitten by the

business bug

FOUR WOMEN WHO STARTED THEIR BUSINESSES AFTER HAVING CHILDREN SHARE THEIR STORIES ABOUT BALANCING ENTREPRENEURSHIP AND MOTHERHOOD



Ntozinhle Accessorise has become a household name, even though it's only three years old. Those who love traditional and beaded accessories are familiar with the brand, which is owned by 37-year-old Roodepoort mom and wife **Spehele Chikowi**.

When she started her brand, Spehele had already gained business acumen from past endeavours that included a hair salon, clothing business and photography. 'I've basically always been my own boss. Since I was a young girl I've always known I don't want to work for someone else.'

The idea for Ntozinhle Accessorise crept up on the mom of four after customers at the hair salon praised the beaded accessories she wore. 'This gave me the idea to start selling them. I closed the salon and used the profits to stock a few pieces and test the waters.' Being cautious was necessary, she says, as selling beads was a risk all on its own. 'At the time, not many people wore beads as daily accessories, but rather for special occasions such as weddings or traditionally themed events. I had to show women that they could be blended into their everyday outfits.'

Spehele markets her products on social media, via a visually appealing Instagram account. She showcases bright and bold pieces, some styled on models and others on her clients themselves, and it has really helped with promoting the business. 'I also host monthly pop-up stores around the country, which creates brand

awareness. And for those who are doubtful of online shopping, it gives them an opportunity to try on the beads before making a purchase.'

Early on in the business, she faced a huge challenge when potential clients were sceptical of going into Soweto and even courier companies were reluctant to make deliveries in the township on a daily basis. 'However, the courier companies eased up when business started picking up from my side and they realised I had a lot of orders, which meant money for them.'

Prominent figures, including struggle veteran Winnie Madikizela-Mandela and American actress Taraji P Henson, have also donned Spehele's pieces, an amazing boost for business.

Spehele would eventually like to see the company grow to a point where her jewellery is exported to global markets, but this year she hopes to take it a bit easier and spend more time with her family.

'Although my mom helps me a lot and we have a full-time nanny, it's still a tough job trying to balance all my duties. I'm going to have less pop-up stores so I can have more time with my children.'

Instagram: [ntozinhle_accessorize](#)

Aromadough owner **Leigh-Ann Hind** took a struggling 22-year-old business and turned it into a successful brand. Today, her healing products are supplied at schools, doctors' offices and pharmacies.

When I discovered Aromadough at a dinner party I had the most unbelievable experience with it and knew I'd finally found something I could believe in,' explains Leigh-Ann. The Parkhurst resident, who has five children together with her husband, said there was something in the combination of oils, texture and colour that lit up her brain and senses. By the next morning she was on the phone with the previous owners, found out more about the product and flew to Cape Town the following month to meet with them. Four months later, in July 2015, she had bought Aromadough. The 41-year-old had spent 18 years of her life in the corporate world, and felt the need to make the change as she wanted to spend more time with her family. 'We're a tight-knit unit and try to make the most of every moment we have together. Corporate life isn't always conducive to family time. When I found Aromadough, I saw that I could grow my own business and also be around for the kids.'

The shift from full-time employee to business owner was not a simple one and was coupled with many sacrifices and risks along the way. 'I had to give up my cushy exec salary! My commitments covered school fees, a bond, car repayment, food and petrol, among other things. I sold my house and bought Aromadough, with no guaranteed income stream. I knew I had to get the business up and running as fast as possible to keep covering life's essentials. Although Aromadough is a 22-year-old business, it needed to be relaunched.' Leigh-Ann went back to the drawing board and relaunched Aromadough in July 2015. 'I started by extending the range from only nine to 45 units, then changed the branding and packaging. I wanted to make sure we use the purest essential oils, which we sourced locally and globally.'

She also needed to keep abreast of current trends to ensure her products stayed relevant throughout the year. One of the ways she does this is by producing limited edition ranges of Aromadough for occasions such as Mother's Day, Easter and Christmas. 'I also introduced ranges that would appeal to kids, for example the dinosaur range for young boys, a unicorn and fairy range for young girls, and an emoji range for teens.'

This year we'll introduce three more kids' ranges and also extend the adult range.'

Leigh-Ann's efforts and big ideas worked out superbly for the brand, which is being supplied to various shops, schools and



I sold my house and bought Aromadough, with no guaranteed income stream

occupational therapists' offices. 'We've also introduced a MediDough range into pharmacies. One of our major successes was being accepted into KAMERS/Makers, which is an amazing launch platform. KAMERS is a South African institution and to be part of such a display of beautiful South African products is amazing.' Aromadough received funding from the Department of Trade and Industry and exhibited at Natural Products Scandinavia in Sweden. They also managed to source distributors for Denmark, Sweden, Norway, the Netherlands and Finland, and hope to begin exporting this year into these regions.

Her biggest challenge remains juggling the businesswoman role with being a mom to five growing children. 'Running a business and home life is a real struggle. I still haven't learned the art of saying no, which often results in me having too much on my plate.'

Her greatest fulfilment is the response she receives from customers and knowing that her products make a positive difference in their lives. 'The feedback I receive from people who use Aromadough keeps me going. It's incredibly fulfilling knowing my product makes a difference.'

Aromadough.co.za

PHOTOS: PETER WHITFIELD





Frustrated at being unable to find handbags she really loved, **Sue Passmore**, 65, enrolled in a handbag-making course, which laid the foundation for Flagship Handbags.

'My intention was actually not to start a business, but instead to learn to make my own handbags as I have years of sewing experience,' explains the married mom of three grown-up children. 'This led to the research into what it would take to handcraft my own bags, and as a result I enrolled in a pattern-cutting and leather handbag-making course.' The Joburg resident then jetted off to London, where her eldest daughter was living, to study through master craftsman Anthony Vrahimis, who has over 25 years of experience in the leather industry.

'My aim was to produce a small number of unique handbags, using only the best leather and other materials, and concentrating on meticulous workmanship. I thought there might be other women who would also like a top quality custom-made product.'

Flagship Handbags launched in 2010 when her son started varsity, which worked as an advantage as she could have more time to focus on the business. Sue had been a full-time mom, and was lucky to have a small inheritance from her mother that she used to procure the necessary machinery, equipment and materials to kick-start the company. 'The main challenge I faced was sourcing materials to produce a quality handbag, resulting in the import of all the components as they're not available in South Africa, nor is it possible to buy them in small quantities locally. With

a small business like mine I don't want large quantities but rather a variety to choose from as my handbags are all now made to order.' Sue uses mainly full-grain leather, imported from Italy.

A continuous obstacle is educating people on the benefits of choosing quality over quantity, and trying to change this mindset through the concept

“If a good quality leather handbag lasts you three times longer than a cheaper mass-produced one, that makes it a good buy and value for money”

of cost-per-wear. 'If a good quality leather handbag lasts you three times longer than a cheaper mass-produced one, it's a good buy and value for money.' Sue also had to ensure she stayed well informed of the constant changes in technology and social media, how these affect her online business, and how she can use them to grow. She recently updated her website to add a feature where people can design their own handbags online, giving her a competitive edge as people from all



over the world can have a customised bag. 'I have clients in Canada, Switzerland, Australia and England, but my favourite was a young man from Paris who bought a bag for his girlfriend.'

The brand has flourished since its launch eight years ago: she exhibited at Design Indaba in 2014 and had pop-up shops at SA Fashion Week in April and September 2016 in Hyde Park. 'However, the most important success is when a customer enthuses about a handbag I made for them or having customers come back again and again.'

Flagship-handbags.co.za

PHOTOS: SUPPLIED

Coming from a sports and fitness background, the last thing **Seimani Naidu** anticipated was running a spice business, but now she's managing a steadily growing company.

This 41-year-old stay-at-home mom of two turned 'Spice Auntie' from Dainfern is the co-owner of Preggssons Spices, along with her father Peggie Naicker, who started it in 2002 to keep himself busy after retirement. 'He came up with a delicious premixed Kashmiri masala curry powder recipe, and that's how Preggssons Spices was born.'

Seimani enjoyed cooking with her dad's masala so much she would constantly ask him to send it up to Joburg. 'I also noticed people complaining that there were no good Indian spices in Joburg and they had to travel all the way to Durban to find them. Once a friend even asked me to bring him some spices from Durban while we were there on holiday. This sparked an idea in my head – why not bring the products over to this side?'

Her experience from running a coffee shop for a year gave her the confidence to give the business a try. Still living in a complex at the time, Seimani started small, identifying customers nearby. 'My first target market was the domestic workers in the complex. They all loved curry but didn't have the right spices to cook a delicious one. I gave everyone samples and soon they all started ordering more. From then on, the sales increased every month.'

What gives this spice its competitive edge is that it's an all-in-one, so it's the only flavouring you need to add to your curry or stew. Peggie then created three delicious variations: Not so Hot (medium), Lekker & Hot (hot) and Monster-in-Law (very hot). All the spices can be used in a range of dishes including curries, breyani and grills, or as a sprinkle on chips, nuts, biltong and with green mangos.

In order to grow the brand and add variety to the products, Seimani tried her hand at home-made pickles. 'The masala I use in the pickle is our own blend. I experimented on my family first and they loved my pickles, so I decided to launch my own range, which includes carrot and chilli, onions and chilli, and spicy mango.'

Seimani then approached retailers who were willing to stock her products, and they're currently available at Durban Seafoods in Sunninghill and Aandal Foods in Midrand. She has also started supplying restaurants, which has boosted the brand and business. 'I created a Facebook page for Preggssons Spices and added photos of curries I've cooked and posted recipes on various sites. I also started advertising the spices on different Facebook group pages, which has really given us exposure.'

'Being a stay-at-home mom and running a business is not easy – from taking the kids to school, taking care of the business, attending to each and every extra-curricular activity, to making sure dinner's ready and homework is done in the evenings, it's all quite exhausting, but I wouldn't have it any other way.'

Seimani also sells their products at the Waterfalls Corner Market in Waterfall on Saturdays while her dad sells at the Golden Hours Market in Durban on Sundays. This year she'll be doing spice production in Joburg as the demand has become so great.

'Since joining my dad in the business, I feel alive again and regained my confidence and independence. I'm also proud that I can contribute financially to the household. I enjoy working with my dad. He's a really hard worker and knowing I'm helping him take his dreams to new heights is exciting.'

Facebook:
Preggssons Spices

“ Since joining my dad in the business, I feel alive again and regained my confidence and independence ”



I had to LEARN TO WALK again

SOCIAL WORKER SUZAN RAPHUTI-LETSOALO, 49, SURPRISED DOCTORS BY NOT ONLY SURVIVING A DEADLY STROKE, BUT ALSO REGAINING HER SPEECH AND THE ABILITY TO WALK AGAIN. FOUNDER OF THE EMBRACE STROKE SURVIVORS SUPPORT ORGANISATION, SUZAN LIVES IN PRETORIA WITH HER THREE SONS, DAUGHTER AND A NIECE

Falling pregnant at 41 was the last thing I expected. But as fate would have it, I found out I was pregnant in July 2009, and went into labour on 13 April 2010. I arrived at Netcare Femina Clinic in Arcadia, Pretoria and went into the delivery room as part of the standard procedure. The last thing I remember was sitting on the hospital bed after giving birth to my daughter, and then I passed out. When I woke up I couldn't move my legs and had a severe headache. I'd suffered postpartum haemorrhage (PPH), which is severe bleeding after childbirth and can be caused by a number of factors, including uterine atony (your uterus doesn't contract effectively after giving birth), carrying twins or multiples, obesity or previous pregnancies.

My doctor prescribed medication and after two days I regained movement, but the headache persisted. I was discharged the following day and

was so happy to finally have my bundle of joy in my arms that I didn't mind going home with a constant headache. On 27 April at about 1am I woke up with the most dreadful pain; it felt like someone was pounding at my skull with a hammer. I didn't want to wake my husband because he was on standby and had just arrived home from work as a police officer. I took four of the painkillers that my gynaecologist had prescribed, but the pain didn't subside. Early in the morning, my husband, baby and I made our way to Netcare Femina Clinic again.

A nurse asked me a few questions about my labour and the headache, then gave me a hospital gown, put me into bed and called the doctor. I passed out within 10 minutes. By the time the doctor arrived, I couldn't wake up. He read the nurse's notes and concluded that I should be transferred to another hospital because as a gynaecologist he wasn't qualified to treat me.

I was moved to Netcare Moot Hospital in Rietfontein, where I had an MRI scan that indicated an artery had burst and was bleeding into my brain. I was diagnosed with a life-threatening haemorrhagic stroke, and then transferred to yet another hospital as I required emergency brain surgery and no specialists were available. I was moved to Life Eugene Marais Hospital, where the surgeon explained to my husband that he would try all he could to save my life. However, the surgery came with pros and cons: I had a 50% chance of dying during the procedure, and if I survived, I could be brain damaged, with a six-month life expectancy. The op took almost 10 hours and my husband, supported by the rest of my family, sat in the hospital praying the whole time.

I was in a coma for three weeks. Once I'd regained consciousness, I was in a state of confusion for about a month, and the doctors, nurses and my family thought I'd never recover. The neurosurgeon had to remove a piece of my brain as it was badly damaged. I'd lost most of my cognitive functions, was paralysed on my right side, and couldn't speak, feed or bath myself. The most painful part of it all was not being able to remember that I'd given birth to my baby girl, Boikgantsho, a few weeks earlier. And although I spent five months at the hospital and went through extensive rehabilitation, I left the hospital in September still unable to walk or use my right side or speak properly.

By the time I returned home I'd lost all confidence in myself. I questioned God and why he wasn't there for me when I needed him most, and even wished I'd died. Being at home was even harder because I didn't have the 24-hour care from hospital staff. My family and caregiver had to help me with everything, including going to the toilet. I felt degraded and trapped in my

own body. While I was in hospital my mother-in-law took care of our baby and my husband stayed with our children at home and hired a helper to assist. During this period, my husband left me.

Ultimately I made a decision to go out and face the world. Without informing my caregiver, I went for a walk. At a snail's pace, it took me about three hours just to walk around the block, a distance I used to cover in 20 minutes. Although it was slow and physically draining, I felt proud of my accomplishment. Because I'm right handed, I also had to train my left hand to write and do most of the chores at home. Eight years down the line I still haven't fully recovered. I can no longer drive myself, and I use a cane to walk, but I have faith that by the end of the year I will no longer need assistance.

In 2011 I founded the Embrace Stroke Survivors Support Organisation (ESSSO), a fully registered non-profit health and welfare group dedicated to offering support services to stroke survivors. We also assist survivors of road and sports accidents, assault and other injuries that have caused permanent changes to their physical, cognitive, emotional and behavioural processes.

It's been a challenging journey, especially getting back into the role of being a mother again. Raising children is tricky enough with two healthy parents! Imagine being a single, physically impaired parent raising five children, including my niece. I also had to learn to take care of my daughter, who I call my precious 'black diamond' because she came when least expected. Just like a black diamond she is resilient and beautiful; she spent the first few months of her life without the warmth of her mother and even though she didn't have her mom to look after

her, she still pulled through and is growing up to be a wonderful young woman. She's my pride and joy, and I would never trade the experience of having her for anything else in this world.

Looking back, I'd always led a healthy lifestyle; I don't have high blood pressure or sugar diabetes, I've never smoked and I never had a weight problem, which are the most common causes of a stroke – so it just goes to show that no matter what kind of precautions you take, life can throw curveballs at you. However, attending life skills seminars, social clubs and church, reading motivational books and the Bible, and praying, all helped me understand and realise that there's nothing I can't handle. I'm grateful for the love and unconditional support I received from my family and friends. I felt incredibly lucky that I could rely on them, and continue to do so throughout the ordeal. Through them, I survived and was motivated to fight to get my life back to normal.

“My family and caregiver had to help me with everything; I felt degraded and trapped in my own body”

TURN YOUR BEDROOM into a *sleep sanctuary*

A GOOD NIGHT'S SLEEP IS MORE THAN JUST EIGHT HOURS OF SHUT EYE

Structuring your room correctly and adding or eliminating certain elements can make the difference between waking up rejuvenated or still feeling worn out the next morning. Your body does most of its repairing while you're asleep, so an effective night's rest is beneficial to your health.

8 STEPS TO ENJOYING THE BEST SLEEP OF YOUR LIFE

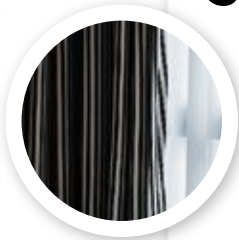


1 BAMBOO BEDDING

To keep cool and comfortable throughout the year, bamboo bedding's your best bet. This organically made linen has become popular over the last few years not just because it's eco-friendly – it's also comfortable and feels even softer than cotton. It's more breathable and doesn't trap excess heat under the covers, so you'll enjoy a cool and comfortable temperature throughout the night. With bamboo bedding you're less likely to have allergies as it's naturally hypoallergenic and antibacterial, plus it reduces the amount of moisture in the bed, which discourages dust mites, one of the primary triggers of allergies.

2 COMFORTABLE MATTRESS

Your bed is one of the most essential components of a restful and relaxing sleep. Depending on your individual needs, there's a variety of mattresses available to suit your natural sleeping posture. The memory foam mattress, for example, is excellent for relieving ailments such as back pain and arthritis. It's also good for light sleepers as the mattress has a low motion transfer, meaning it absorbs or dissipates motion energy, so you won't be disturbed by your partner's movements during the night.



3 LESS LIGHT

The right lighting in your bedroom is essential. While most people have different preferences on how much light they can handle at night, darkness is best for a complete shutdown of the senses. Too much light suppresses the body's production of melatonin (the hormone that regulates your sleep/wake cycle), making it difficult to fall asleep. Try black-out blinds and curtains.

4 DITCH THE DEVICES

Reduce distractions and noise-causing elements for absolute tranquillity. The light from the screens of electronic devices such as TVs, laptops and cellphones stimulates your brain and disrupts the melatonin needed for the body to sleep. Make sure you stop being active on electronic screens at least an hour before bed. So that means no more last-minute scrolling through Facebook!

FIVE QUICK HACKS

- ▶ Use a sleep mask.
- ▶ Create white noise with a fan or air conditioner.
- ▶ Clear all the clutter (paperwork, bills) out of your room.
- ▶ Invest in quality pillows with good neck support.
- ▶ Place a soft and snuggly rug next to your bed.



5 DECORATIVE ELEMENTS

The decor in your room can have an impact on your mood. Colours such as soft pastels or watercolours rather than dramatically bright or dark hues create a more serene environment. You can also include nature paintings such as oceans, waterfalls, mountains and forests.

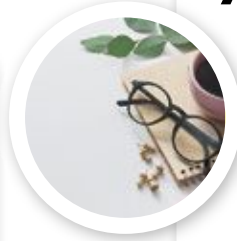


8 MAKES SCENTS

Lavender essential oil is known for its calming, sleep-inducing properties, wonderful for ensuring a good night's rest. Rub 2-3 drops in your palms, and on wrists, temples and feet for an immediate calming effect on the body. You can also sprinkle a few drops on a tissue and place it under your pillow, or use an essential oil diffuser.

6 ROOM TEMPERATURE

A cool and consistent room temperature contributes to a good night's sleep. Too much heat can raise the body's natural temperature and make you irritable, disturbing your snooze.



7 CLEAR OUT THE CLUTTER

If you have a desk in your room that you work from, chances are it's piled high with paperwork and bills. Consider moving the desk into another room, as seeing all that clutter just before going to sleep will remind you of the bills you still need to pay, causing unnecessary stress and making it difficult to fall asleep. Other quick ways to clear the clutter include making the bed in the morning, and packing away clothes, shoes and gym bags that might be lying around the room.

DID YOU KNOW

Apart from the normal side effects, such as waking up cranky, daytime fatigue and not generally looking your best, not getting enough sleep in your life can have negative effects on your health:

- 1 Chronic sleep deprivation can put you at risk for illnesses such as diabetes, high blood pressure and even heart attack and heart failure.
- 2 Lack of sleep can lead to your skin ageing faster,

resulting in a lacklustre and dull appearance, dark circles and fine lines under the eyes.

- 3 Weight gain is also a side effect as sleep affects two hormones – leptin, which tells your brain you're full, and ghrelin, an appetite stimulant. Without adequate sleep, leptin levels are reduced and ghrelin is increased, which could explain midnight snacking.

LIVE SMART

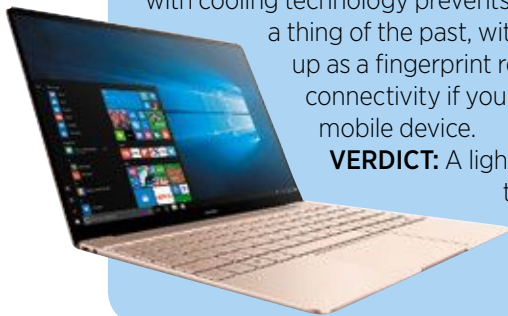
TIPS, TOOLS AND GADGETS TO MAKE LIFE SIMPLER

This month we're testing...

Huawei Matebook X

Gone are the days of carrying bulky laptops and equally unattractive bags. Huawei's new 13" MateBook X with its matt gold aluminium exterior oozes style, yet isn't nearly as blingy as it sounds. Weighing only 1.05kg, this ultra slim laptop is smaller than an A4 sheet of paper and can fit into a large clutch or handbag. Expect only the best in hardware, like a powerful Intel Core i5 processor, a high-resolution screen, and lots of memory (8GB) so you can switch between tabs and apps quickly. The fan-less design means you won't hear loud noises in the background while working, and Huawei's claimed 'aerospace engineering' with cooling technology prevents overheating. Passwords are a thing of the past, with the power button doubling up as a fingerprint reader, which further simplifies connectivity if you have an accompanying Huawei mobile device.

VERDICT: A lightweight yet powerful laptop for those who appreciate exceptional design, but expect to fork out a lot of money to be seen with one. Price: From R23 999.



HANDY TRAVEL PHONE

Tink Labs has brought its Handy travel phone to the local tourism industry to help customers get connected through the hotels they stay in, including Cape Town's The One&Only, and chains such as Sheraton, Intercontinental, and AccorHotels. Roaming is ridiculously expensive, and Handy aims to bridge that gap by allowing hotel guests free local and international calls, internet access, speed dialling to hotel services and concierge, plus access to local emergency services. Content partner Luxos provides city guides, including where to eat, shop, and sight-see. The Handy phone can be taken out of the hotel room and is available in 70 cities globally, in over 500 000 hotel rooms. The next time you're booking a holiday, perhaps the Handy phone could help you decide where to stay.

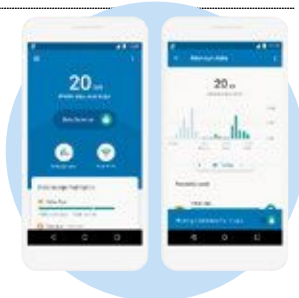
Door-to-door repairs are here

When it comes to purchasing appliances, South African consumers are always on the lookout for the best deal with the most value. The good news is that Samsung South Africa now offers door-to-door repair services for all its appliances and electronics. The Samsung service vans aim to offer a fast and efficient same-day repair service to customers in the Joburg, Durban and Cape Town areas, and are looking to expand to other major centres in the near future. Customers can book a repair through the Samsung call centres, while TV repairs are usually solved remotely.



DATALLY – TRACK YOUR DATA USAGE

If you're on the Android operating system, you probably know that a lot of updates run in the background without your knowledge. Google's Datally app attempts to help smartphone users understand, control, and save mobile data, and given the high costs in South Africa, it's worth trying out. Datally lets you control data used on an app-by-app basis, allowing you complete control, like limiting Instagram when you're not on Wi-Fi. The 'data saver bubble' works like a speedometer and blocks the app if it gets out of control. It also sends you alerts on a daily, weekly, or monthly basis, and helps you find Wi-Fi hotspots. Datally is available as a free download on the Google Play Store (Android only).



DID YOU KNOW?

Airport and daily Gautrain commuters in Gauteng rejoice – you no longer need to get caught up in queues during rush hour to top up your access card. Essential services like checking your balance, and topping up your Gold card can be done directly on the Gautrain's official website, saving precious travel time. Simply visit Gautrain.co.za and select 'link card' to get started.



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MONEY SMART

TIPS AND TRICKS TO SAVE YOU A BUNDLE!

BEWARE OF CARD FRAUD

Credit card fraud is rife worldwide, with a recent international study conducted by ACI Worldwide and Aite Group revealing that one in four consumers has been a victim of card fraud in the last five years. Locally, debit and credit card fraud costs our banks hundreds of millions of rands annually. But how can you prevent yourself falling victim to this crime with fraudsters and technology advancing at such a rapid rate?

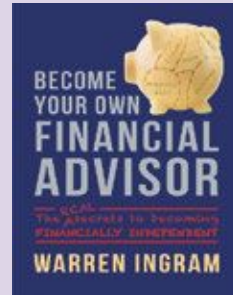
Ethel Nyembe, head of card issuing at Standard Bank, shares the following tips to help you and your money stay safe:

- ❖ Don't let your cards out of your sight, and pay close attention to the person swiping your card. A scammer may turn their back to you, rub the card on a sleeve that conceals a card reader, walk away with your card because the machine 'is not working', or have a skimming device on the credit card machine itself. Always be extra observant when paying for things and don't let yourself become distracted.
- ❖ If your card disappears into the credit card machine, ask to inspect it. A genuine machine will leave 50% of your card visible.
- ❖ Cover the keypad with your free hand when you're keying in your PIN. Don't worry if you look silly – better to look paranoid than deal with unwanted transactions and the inconvenience of changing your card.
- ❖ Always use ATMs where there's security and good light. You'll be more vulnerable if you're alone and isolated. If someone approaches you at an ATM or you suspect your card has been skimmed at one, alert security and call your bank immediately. Fraudsters act fast, and people are often shocked by how quickly the thieves can access their accounts.
- ❖ Familiarise yourself with how an ATM should look. If it looks damaged or tampered with, walk away, call your bank's fraud line and alert centre management. Continue to be vigilant, however, as this may be a ploy to steer you to another ATM that has a skimming device.
- ❖ Scrutinise your statements and SMS notifications to avoid becoming a victim of Card Not Present fraud. Fraudsters rely on complacent consumers, so stay alert.

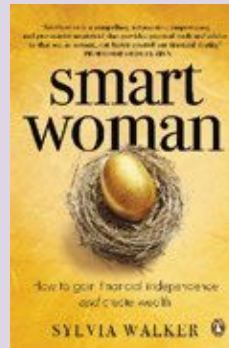


READ THIS!

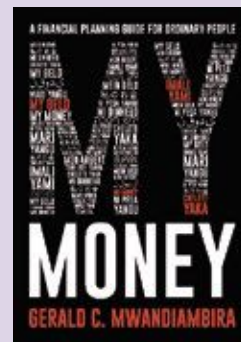
If you want to improve your financial knowledge this year, learn how to manage your debt, avoid overspending, budget, or build a savings nest egg for rainy days, pick up one of these bestselling titles to help boost your personal finance skills.



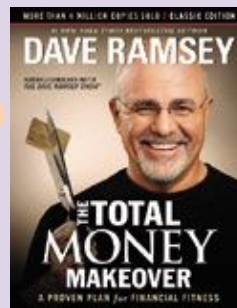
Become Your Own Financial Advisor by Warren Ingram (Random House Struik)



Smart Woman: How to gain financial independence and create wealth by Sylvia Walker (Penguin Random House)



My Money: A financial planning guide for ordinary people by Gerald C Mwandambira (Tracey McDonald)



The Total Money Makeover by Dave Ramsey (Thomas Nelson)



Unshakeable: Your guide to financial freedom by Tony Robbins (Simon & Schuster)



**Yet another
dress-up outfit now,**

or a graduation robe later?

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Help save for your child's retirement

There's no doubt about the benefits of teaching your children early on about saving and how to manage personal finances. But what happens if you can give them a head start by opening a tax-free savings account today?

Daryll Welsh, head of product development at Investec Investment Management Services (IMS) highlights how the process of compounding can work in your favour with investment accounts if opened early on.

For example, as a retirement investment for your children, TFSA's allow a maximum contribution of R33 000 per annum, effectively R2 750 per month, with a lifetime contribution of R500 000. You would be able to contribute for just over 16 years at R2 750 per month before you reached the current maximum allowed. If your investment returns were 10% per annum after costs, the investment value at the end of the period would be approximately R1.2 million. Taking into account inflation, the equivalent value in today's money would be in the region of R478 000.

'You may choose to give it to your child as a 21st birthday gift a few years later, to use for example as a down payment on a house. By this time, the investment would be worth approximately R575 000 in today's money. If, however, you can convince them to resist the temptation to cash in and invest it until retirement at age 65, the value in today's money would be in the region of R2.9 million. This is the power of compounding - the longer your money is at work the wealthier you'll be in the future,' says Daryll.

THE PITFALL OF UNDERINSURANCE

While insurance is the necessity we hate to have, it becomes essential should anything happen to our home or its contents. And as last year's Knysna fire proved, we're not immune to natural disasters in South Africa.

But is your insurance value up to date? So many people forget how crucial it is to check this at least annually, to make sure the value of your household and its contents are insured for the right amount. If they're not, you're possibly opening yourself up to being underinsured, which in short means the value of the contents your insurer has, is less than what it would actually cost to replace those items. If you're underinsured, then only a part of your claim will be paid out after the principle of 'average' has been applied. The claim amount that will be paid will be calculated as follows: $(\text{Sum insured} \div \text{Replacement value}) \times \text{Amount of total loss}$.

Deanne van Doesburgh, product development manager at Hollard Insurance, offers some advice when it comes to making sure your home is accurately insured.

- ❖ **DO A PROPER INVENTORY OF YOUR HOME CONTENTS EVERY YEAR**, starting from the smallest right through to the biggest, and then attach a value to what it would cost to replace each item. Home contents insurance is based on a total sum insured value and it's virtually impossible to guesstimate what that value should be in the absence of a comprehensive inventory list. At the same time, you don't want to be paying insurance for items you no longer have.
- ❖ **INSURE YOUR BUILDINGS AT REPLACEMENT VALUE**, not market value. The buildings sum insured must cover the cost of replacing the actual structural building, including outbuildings, should they be totally destroyed. Remember there is a difference between the market value, which is what you would get for your home if you sold it on the open market, and what it would cost to completely rebuild it to the same standard at today's building prices if it burned to the ground. Don't forget to factor in 'hidden' costs such as rubble removal and new building plans.
- ❖ **UPDATE YOUR INSURANCE AMOUNT REGULARLY** as many household items and contents fall prey to inflation and exchange rate factors, especially on imported goods. This is why an annual review is essential. If necessary, ask your insurer to arrange for a professional evaluation.

TIP

Be careful of items that can be removed from your home as you'll need special cover for these. They include jewellery, watches, sunglasses, cellphones, cameras and laptops. Portable possessions cover is different to home contents cover, and if these items are not insured correctly and are stolen or damaged outside of your property, they will not be insured.



Insure better to save your money

When it comes to financial planning, doing the work to ensure you're prepared for unexpected emergencies is just as important as ticking off your other goals.

Online insurance quote comparison website, Hippo.co.za, provides these handy hacks that could help you from being over or under-insured in order to save in the long-run:

- Draw up an insurance checklist and compare what you've insured with what still needs to be insured or what needs to be removed from your policy. A spreadsheet can help you organise your list.
- If you've downscaled on your home size and your possessions, go over your policy and make sure you're not over-insured.
- If you have installed any additional security such as an alarm or electric fence at your residential premises, update your insurer as this could help reduce your monthly premiums.
- When it comes to reviewing your motor vehicle insurance, you should look to see if the information you supplied a year ago still applies. If the regular driver of your vehicle has changed or you've made modifications to the body of the vehicle, outside of repairs, you need to declare this to your insurer.
- Look at the extras offered by your insurer. Perhaps you've bought another car and don't need to pay extra for car hire or a courtesy car. Review these extra features and take out what you don't need.
- When it comes to life insurance, understand the different types of cover and how the policy works. There are several questions you should ask: under what conditions will my cover pay out and how (e.g. lump sum or monthly for life cover)? Are there any exclusions? If so, what are they and how do they affect you or your family

You could **save hundreds of Rands per month*** on Car Insurance alone by visiting Hippo.co.za and also save on a range of other products such as Household Insurance, Buildings Insurance, Life Insurance, Medical Aid, and Funeral Cover.

Hippo.co.za also provides quotes for personal finances and lifestyle related services such as Personal Loans, Flights and Car Rental.

To get quotes visit:

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compare. buy. save.

WORK SMART

GET MORE OUT OF YOUR WORK DAY

WHEN YOU NEED TO SAY NO

Saying no can be as hard to do at work as it is at home. If you've been asked to do something you don't have time to do, or aren't qualified to do, how you say no can go a long way to showing you're still a cooperative team player.

1 DO IT IN PERSON

Emails can be misinterpreted, and your colleagues will appreciate that you took the time to seek them out and explain. You can also address any counterproposals immediately, without things dragging on over email.

2 GIVE THE REAL REASON YOU CANNOT DO IT

If there's a positive change that can come from your refusal, lying about the reason will result in a missed opportunity.

3 SUGGEST AN ALTERNATIVE

If you can't do it, suggest someone in the company who can, and give their details, rather than just saying no.

4 ASK FOR HELP

If you don't have the capacity for extra work, show willing by asking your boss to review your workload. There could be a junior colleague who can take over some of your more basic tasks and give you the capacity to take on more.

ANYTHING BUT SORRY

Contrary to the words in Elton John's song, sorry isn't necessarily the hardest word to say. In some, it's a hard-to-break habit and it could affect your career if you overuse it at work.

'Sorry, could you hold the lift?' is okay (although unnecessary), but it's during other interactions that it can be more problematic.

We use it because we think it's polite, and deferential to superiors, but it becomes easy to overuse and could land guilt at your door unnecessarily. Not only that, you'll come across as passive and less confident.

Instead of

Try

'I'm sorry, but I just don't agree with you.'

'I have a different view' is less defensive and more confident.

'I'm sorry, but I didn't have time.'

'With more time I could...'

'I'm sorry, but I'm too busy.'

'My workload won't allow it at the moment.'

'I'm sorry, but I have another meeting.'

'My next meeting is ready. Will you excuse me?'

'I'm sorry to ask, but could you help me with...'

'I'd really like your help on this.'

'Once again, I am so sorry.'

Apologising once when it's warranted is enough. Then just move on and everyone else will too.

The golden rules? When making a warranted apology, make sure you mean it, don't do it with expectations of immediate forgiveness or a certain response, take real responsibility for your actions without shifting blame, and follow it up with positive action.

How well do you know your company's email policy?

More and more of us are using our personal devices for work. As an employee you don't want to act inappropriately or cross a line you didn't know exists, so familiarising yourself with your company's internet and email policy should be a priority. The policy should cover:

- The installation of software on your work PC.
- The use of personal external storage devices.
- The storage of personal information on your work PC.
- Using a business email address for personal matters.
- Personal use of the company's data.
- The company's right to monitor your email.
- Restrictions regarding emailing of company information.
- The use of personal devices while carrying out your duties.
- Social media guidelines for employees.

WORK WISE

Stand up to your obstacles and do something about them. You will find they haven't half the strength you think they have.

— Norman Vincent Peale



what's COOKing

ASIAN FLAVOURS TEATIME TREATS A MONTH OF SUPPERS

Make March a month of easy meals. 'What's for dinner?' is sorted with over 40 delicious recipes the family will love (Yes, even the picky ones!)



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

Eastern feast

WE'VE ADDED A FEW TWISTS TO CLASSIC ASIAN RECIPES THAT WILL SUIT SOUTH AFRICAN PALATES AND MAKE INGREDIENTS EASY TO FIND

STEAMED BUNS WITH
PULLED PORK AND PICKLES

Recipe on page 42

your
family
.co.za

Go online for
our pulled-
pork tutorial.

CHICKEN POT STICKERS

Recipe on page 42



陳平先生當選

chicken pot stickers

☰ Makes about 30 ⌚ Takes 1 hr 30 mins

FOR THE FILLING

250g chicken mince
125ml green cabbage, shredded
50g exotic mushrooms, chopped
1 garlic clove, crushed
1 spring onion, thinly sliced
10ml hoisin sauce
2cm ginger, finely grated
5ml sesame oil
3ml Tabasco sauce

FOR THE POT STICKERS

30 wonton wrappers
sunflower oil, for frying
baby herbs, to sprinkle (optional)
soy sauce, to serve
sesame seeds, to sprinkle

- 1 For the filling, combine all the ingredients. Season.
- 2 For the pot stickers, spoon 10ml of the chicken mixture into the centres of 10 wrappers. Rub the edge of each wrapper with water. Fold the dough over the filling to create a half-moon and pinch the edges to seal. Fold pleats into the sealed edges, if you like. Repeat with the rest.
- 3 Heat a thin layer of oil in a large frying pan on medium-high, add a few pot stickers (pinched sides up) and cook for 2-3 minutes or until base is golden and crisp.
- 4 Reduce heat to medium, carefully add 80ml water (it will splatter) and close with a lid. Steam for about 5 minutes or until water has evaporated and wrappers are translucent with golden bases. They should cook themselves loose from the pan – you can add a little extra oil to help loosen. Repeat with the rest.
- 5 Serve immediately sprinkled with baby herbs (if using) and soy sauce mixed with sesame seeds.

tips

- ❖ Freeze the filled, uncooked pot stickers in an airtight container for up to 3 months. Defrost before cooking.
- ❖ Find wonton wrappers in the freezer section of Asian supermarkets.

steamed buns with pulled pork and pickles

☰ Serves 12 ⌚ Takes 3 hrs

FOR THE STEAMED BUNS

5ml instant dried yeast
250ml warm water
875ml cake flour + extra
25ml castor sugar
3ml salt
125ml milk
15ml sunflower oil + extra
5ml baking powder

FOR THE PICKLED VEG

2 carrots, julienned
4 spring onions, thinly sliced lengthways
125ml water
60ml rice vinegar
45ml castor sugar
10ml sea salt

1.5kg pulled pork, to serve

- 1 For the buns, dissolve the yeast in 60ml of the water until foamy. Combine the flour, sugar and salt and make a well in the centre. Add the yeast mixture, remaining water, milk and oil to the flour mixture. Mix into a dough, adding a little extra water if needed.
- 2 Turn the dough out onto a lightly floured work surface and knead for about 10 minutes or until smooth and elastic. Place in a lightly oiled bowl, cover with a damp cloth and leave to rise in a warm place for about 1 hour or until doubled in size.
- 3 Turn the dough out onto a clean work surface and flatten with your hands. Sprinkle over the baking powder and knead in for 5 minutes.
- 4 Roll the dough out into 2 x 27cm logs, then cut each into 9 pieces. Roll each piece of dough into a ball and place under a damp cloth. Roll each ball out into an oval shape about 3-4mm thick. Rub the dough ovals with extra oil. Fold each over and transfer to a baking paper lined tray. Cover with oiled cling film. Set aside in a warm place for about 1 hour or until doubled in size.
- 5 For the pickled veg, combine all the ingredients. Set aside for 15 minutes.
- 6 Line a bamboo steamer with baking paper and place on top of a saucepan $\frac{3}{4}$ full of boiling water. Place 2 buns inside the steamer (don't let them touch). Cover and steam on medium-high for about 7 minutes or until buns are puffed and cooked. Remove and cover loosely in kitchen towels to keep warm. Repeat with the rest.
- 7 To serve, tear open the buns and fill with pulled pork and pickled veggies. Enjoy while warm.

tempura veg

☞ Serves 8 ⌚ Takes 45 mins

FOR THE DIPPING SAUCE

30ml ginger, finely grated
45ml soy sauce
125ml fish or vegetable stock
30ml rice vinegar
15ml hoisin sauce

FOR THE TEMPURA

sunflower oil, for deep-frying
375ml cake flour
330ml sparkling water, chilled
5ml salt
handful cauliflower florets
handful broccoli florets
1 red onion, sliced into strips
handful green beans, stems cut off

- 1 For the sauce, squeeze the juice from the ginger (discard pulp) and mix with the remaining ingredients.
- 2 For the tempura, heat enough oil for deep-frying on medium-high. Whisk together the flour, water and salt. Dip veggies into the batter, one at a time, shaking off any excess batter to lightly coat.
- 3 Deep-fry in batches for 2-3 minutes on each side or until golden and crispy. Drain on paper towels. Serve immediately with the dipping sauce.





prawn ramen soup

≡ Serves 4-6 ⌚ Takes 50 mins

FOR THE BROTH

- 30ml sesame oil
- 2 onions, cut into wedges
- 160ml ginger, sliced
- 6 garlic cloves, crushed
- 45ml lemongrass, thinly sliced
- 20ml cumin seeds
- 3 star anise
- 60ml brown sugar
- 2L fish stock
- 80ml soy sauce
- juice of 2 limes + extra

TO SERVE

- 2 x 120g packets dried ramen noodles (discard seasoning)
- 12 prawns, shelled, tail left intact
- 2 spring onions, thinly sliced
- handful coriander, chopped
- 1 red chilli, sliced (optional)
- sesame seeds, to sprinkle

- 1 For the broth, heat the oil on medium and sauté the onion, ginger, garlic, lemongrass, cumin and star anise. Add the sugar and stock and bring to a boil. Simmer on low for about 30 minutes, stirring occasionally. Strain the broth and stir in soy sauce and lime juice to taste.
- 2 To serve, bring the broth to a boil. Add the noodles, cover and cook for about 3 minutes or until tender. Add the prawns and cook for 1 minute or until cooked. Divide between 4-6 serving bowls.
- 3 Top each bowl with onions, coriander, chilli, extra lime wedges and sesame seeds.

variation

- ◆ Replace the prawns with chicken, soft boiled eggs, tofu or mushrooms.
- ◆ If you can't find ramen noodles, replace with glass noodles, rice noodles or 2-min noodles.

Trend alert!

japanese cheesecake

🍴 Serves 10 ⌚ Takes 1 hr 20 mins + cooling

125ml cream cheese, at room temperature
80ml castor sugar
30ml soft butter
45ml milk
3 eggs, separated
8ml vanilla essence
pinch salt
5ml lemon juice
45ml cake flour
20ml cornflour
pinch cream of tartar
icing sugar, for dusting

- 1 Preheat oven to 200°C. Line bottom of a 17cm round springform cake tin with baking paper and grease the sides. Line a deep oven tray with a tea towel and place the cake tin inside.
- 2 Beat together the cream cheese, 30ml of the sugar and butter in a double boiler until smooth. Remove from heat and beat in the milk until combined. Add egg yolks one at a time and whisk until smooth. Stir in vanilla, salt and lemon juice. Sift over the flours and fold into mixture until combined.
- 3 Beat the egg whites in a clean bowl until foamy. Add cream of tartar and beat at high speed until bubbles become very small but still visible. Slowly add remaining sugar and beat until soft peaks.
- 4 Fold meringue into batter $\frac{1}{3}$ at a time until smooth and no streaks of meringue are visible. Pour into prepared tin and tap the pan on the counter to release air bubbles. Place in the prepared tray and add enough hot water to come halfway up the sides.
- 5 Bake for 17 minutes on the lowest rack in the oven. Reduce to 135°C and bake for 30 minutes. Switch the oven off and leave cake to cool in the oven for 45 minutes. Remove from the oven and wait until it pulls away from the sides of the cake pan.
- 6 Turn over onto a baking paper lined tray and peel off the lining paper. Turn over onto a cake stand. Cool. Dust with icing sugar.





A MONTH OF suppers

THESE BUDGET-FRIENDLY RECIPES WILL SORT YOUR MONDAY TO FRIDAY DINNERS FOR THE WHOLE MONTH!

tzatziki with grilled chicken and pitas

🍴 Serves 4-6 ⌚ Takes 45 mins

FOR THE CHICKEN

4 chicken breasts, butterflied
zest of 1 lemon
1 garlic clove, crushed
80ml olive or avocado oil

FOR THE TZATZIKI

2 small cucumbers, grated
5ml salt
250ml Bulgarian yoghurt
1 garlic clove, crushed
zest of 1 lemon
15ml honey
small handful mint, chopped

FOR THE SALAD

2 handfuls rocket
2 handfuls cherry tomatoes, halved
1 cucumber, halved lengthways, pips removed, and chopped
100g packet black olives
½ red onion, thinly sliced
4-6 pita breads, toasted

- 1 For the chicken, combine the ingredients and allow to marinate.
- 2 For the tzatziki, sprinkle the cucumber with salt. Set aside for 10 minutes. Combine the remaining ingredients. Drain the cucumber and press out the extra juices. Mix the cucumber with the yoghurt mixture. Season.
- 3 For the salad, combine the rocket, tomatoes, cucumber, olives and onion.
- 4 Heat a griddle pan on medium and grill the chicken for about 4 minutes on each side or until cooked through. Serve with the tzatziki, pitas and salad.



baked chicken and butternut

🍴 Serves 4-6 ⌚ Takes 40 mins

2 red onions, cut into thick wedges
500g butternut cubes
1 small garlic bulb, broken into cloves (skin left on) olive or avocado oil, for drizzling
8 mixed chicken portions, thighs and drumsticks
410g tin chickpeas, drained and rinsed
2 handfuls cherry tomatoes (on the vine if you prefer)
handful thyme
squeeze lemon juice, to taste

- 1 Preheat oven to 220°C. Place the onions, butternut and garlic on a roasting tray. Drizzle with oil, season and bake for 15 minutes.
- 2 Heat a splash of oil on high and fry the chicken for 1-2 minutes on each side or until golden. Season.
- 3 Add the chicken pieces, chickpeas, tomatoes and thyme to the tray. Squeeze the lemon juice over the chicken and bake for about 15 minutes or until cooked.



brinjal steaks with tomato relish

☰ Serves 4 ⌚ Takes 1 hr



FOR THE TOMATO RELISH

5ml olive or avocado oil
1 onion, finely chopped
1 garlic clove, crushed
250g cherry tomatoes, halved
30ml sweet chilli sauce

FOR THE BRINJAL STEAKS

15ml lemon juice
250ml milk

handful parsley, chopped
handful thyme, leaves picked
5ml ground paprika
5ml ground cumin
250ml cake flour
125ml semolina
2 large brinjals
sunflower oil, for frying
toasted crusty bread, to serve (optional)

- 1 For the relish, heat oil on medium and sauté onion and garlic. Add the remaining ingredients and cook on low for about 20 minutes or until the tomatoes are soft but still keeping their shape. Season.
- 2 For the brinjal steaks, combine the lemon juice and milk. Set aside for 10 minutes.
- 3 Mix together the herbs, spices, flour and semolina. Cut the brinjals lengthways into 1cm-thick slices. Working with one at a time, dip the slices into the flour mixture, then the milk and again into the flour.
- 4 Heat a layer of oil on medium-high and fry the slices in batches for about 4 minutes on each side or until golden and cooked. Season. Serve the steaks with the relish and crusty bread.



thai pork meatballs

☰ Serves 4 ⌚ Takes 30 mins

500g pork sausages, casings removed
30ml Thai red curry paste
1 egg
180ml breadcrumbs
410g tin coconut milk
60ml peanut butter
olive or avocado oil, for frying
350g Chinese noodles

- 1 Combine the pork mince with ½ of the curry paste, egg and ½ of the breadcrumbs. Roll the mixture into chestnut-size balls and toss them in the remaining breadcrumbs. Allow to rest for a few minutes.
- 2 Heat the coconut milk on medium, add the remaining curry paste and the peanut butter and bring to a boil. Stir the sauce until smooth, then set aside.
- 3 Heat a 1cm layer of oil on medium-high and shallow-fry the meatballs in batches for about 5 minutes or until golden brown (keep them moving to retain their round shape). Once browned, turn the heat to low and cover the pan with a tight-fitting lid. Cook for about 5 minutes or until cooked.
- 4 Boil the noodles in salted water until cooked. Serve with the meatballs and peanut sauce.



vegetarian tagine

≡ Serves 4-6

🕒 Takes 40 mins



olive or avocado oil, for frying

1 onion, finely chopped

3 garlic cloves, crushed

3cm ginger, finely grated

1 carrot, peeled and sliced

500g butternut cubes

375ml vegetable stock

400g tin chopped tomatoes

1 cinnamon stick

500g cauliflower florets

400g tin chickpeas, drained

2 large baby marrows, quartered and thickly sliced

15ml honey

handful coriander, chopped

couscous, to serve

- 1 Heat a splash of oil on medium and sauté the onion, garlic and ginger. Add the carrot, butternut, stock, tomatoes and cinnamon. Lower heat, cover and cook, stirring occasionally, for 20 minutes.
- 2 Add cauliflower, chickpeas and baby marrow. Cover and cook for about 10 minutes or until veggies are tender. Mix in the honey and coriander. Season. Serve with couscous.



ginger pork stir-fry

≡ Serves 6 🕒 Takes 35 mins

FOR THE GINGER SAUCE

60ml soy sauce

60ml honey

squeeze of lemon juice

3cm fresh ginger, finely grated

FOR THE STIR-FRY

600g pork fillets, thinly sliced

80ml cornflour

500g packet stir-fry vegetables

250g cooked Chinese noodles

handful coriander leaves, chopped + extra

60ml sesame seeds, lightly toasted

- 1 For the sauce, combine all the ingredients. Keep aside.
- 2 For the stir-fry, place the pork in a plastic bag with the cornflour and shake to coat the meat. Season.
- 3 Place the vegetables in a large microwave-safe container and season. Place the pork slices on top. Cover with plastic wrap and poke a hole in the centre. Microwave on high for about 15 minutes.
- 4 Mix through the ginger sauce, noodles and coriander. Serve with extra coriander and sesame seeds scattered over.



paprika chicken with crushed potatoes

≡ Serves 4 🕒 Takes 40 mins

2 handfuls baby potatoes

10ml paprika

4 chicken breasts, sliced in half diagonally

45ml sunflower oil

1 garlic clove, crushed

handful cherry tomatoes

2 rosemary sprigs, leaves picked

- 1 Cook the potatoes (skin on) in salted boiling water for about 25 minutes or until soft. Drain and roughly crush.
- 2 Combine the paprika and chicken. Heat ½ the oil on medium-high and cook the chicken for 5-8 minutes or until golden all over. Season. Set aside.
- 3 Heat the remaining oil in the same pan and cook the potatoes until golden. Add the garlic, tomatoes and rosemary and cook for 3 minutes. Season. Serve with the chicken.



creamy brinjal and mushroom curry

🍴 Serves 4 ⌚ Takes 45 mins



15ml olive or avocado oil
 2 handfuls baby brinjals, quartered
 1 red onion, chopped
 250g button mushrooms, halved
 15ml medium curry powder
 2 garlic cloves, crushed
 3cm ginger, grated
 410g tin whole peeled tomatoes, crushed in the juices
 250ml cream
 large handful coriander leaves, chopped

FOR THE SALSA

2 tomatoes, chopped
 ½ red onion, chopped
 ½ avocado, chopped
 small handful coriander, chopped

4 rotis or wraps

- 1 Heat oil on medium-high and sauté the brinjals, onion and mushrooms. Add the curry, garlic and ginger and cook until fragrant. Add tomatoes and ½ a tin of water (to rinse it out). Simmer for about 25 minutes or until the sauce has thickened. Season and mix in the cream and coriander.
- 2 For the salsa, mix together the ingredients and season. Shape the rotis or wraps inside a soup bowl and serve with the curry on top and salsa on the side.



old-fashioned fish cakes

🍴 Serves 4 ⌚ Takes 25 mins

250g potatoes, peeled, cooked and mashed
 440g tin sardines, middle cuts, flaked
 1 small onion, finely chopped
 1 celery stick, finely chopped

FOR THE CRUMB

125ml cake flour
 1 egg
 15ml milk
 310ml breadcrumbs
 60ml sunflower oil

TO SERVE

125ml mayonnaise
 30ml chutney
 coriander
 1 lemon, sliced
 green salad

- 1 Combine the mash, sardines, onion and celery. Season and shape into 8 patties.
- 2 For the crumb, dip each patty into the flour. Beat the egg and milk together and dip the floured patties, then dip into the breadcrumbs. Heat oil on medium-high and fry the patties in batches until golden all over.
- 3 To serve, combine the mayo, chutney and coriander. Serve the fish cakes with the sauce, lemon slices and green salad.



beef stroganoff

☰ Serves 4-6 ⌚ Takes 25 mins

15ml olive or avocado oil
 500g beef rump steak, thinly sliced
 1 onion, sliced
 200g button mushrooms, sliced
 2 rashers streaky bacon
 15ml sweet paprika
 15ml cake flour
 30ml tomato paste
 15ml Worcestershire sauce
 250ml beef stock
 60ml sour cream
 mashed potatoes or pasta, to serve
 chives, to serve

- 1 Heat oil on medium-high and cook steak in batches for 2 minutes or until browned. Transfer to a bowl and set aside.
- 2 Add onion to the pan and cook until soft. Add mushrooms and bacon and fry for a further 5 minutes. Return the beef to the pan.
- 3 Add paprika and flour and cook for 1 minute. Add tomato paste, Worcestershire sauce and beef stock. Bring to a boil, reduce heat to low and simmer for about 5 minutes, or until slightly thickened. Remove from heat and stir in sour cream. Serve stroganoff with potato or pasta and chives.

TOP 20



sweet and sour pork

☰ Serves 4-6 ⌚ Takes 25 mins

410g tin pineapples, drained (reserve 30ml of the juice)
 10ml cornflour
 30ml tomato sauce
 15ml soy sauce
 15ml white vinegar
 15ml brown sugar
 80ml chicken stock
 30ml dry sherry
 30ml sunflower oil
 400g pork fillets, thinly sliced
 1 onion, cut into wedges
 1 red pepper, cut into chunks
 1 garlic clove, crushed
 rice, to serve

- 1 Whisk reserved pineapple juice and cornflour until smooth. Stir in tomato sauce, soy sauce, vinegar, sugar, stock and sherry.
- 2 Heat a wok or frying pan on medium-high. Add ½ of the oil and stir-fry pork in batches for 2 minutes or until browned. Transfer to a bowl and set aside.
- 3 Heat remaining oil in a wok. Add onion and stir-fry for 2 minutes or until soft. Add red pepper and garlic and stir-fry for 3 minutes or until the vegetables have softened.
- 4 Return the pork and juices to the wok. Add the sauce and pineapple. Stir-fry for about 3 minutes or until the sauce boils and thickens. Serve with rice.

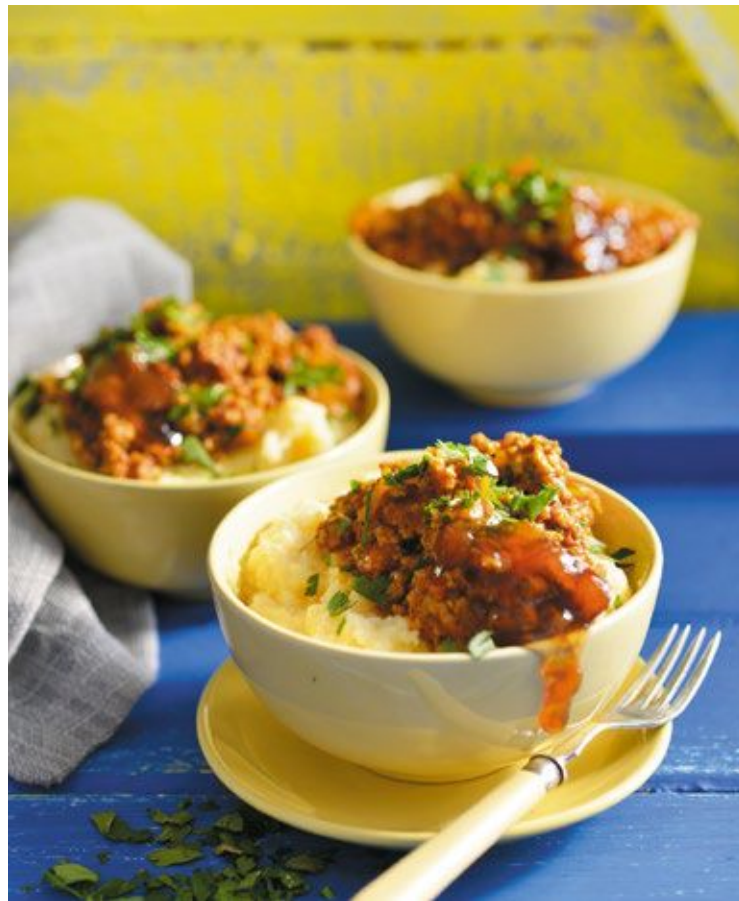


creamy garlic shrimp spaghetti

🍴 Serves 4-6 ⌚ Takes 30 mins

500g spaghetti
 olive or avocado oil, for frying
 1 onion, chopped
 4 garlic cloves, crushed
 500g shrimps, defrosted
 60g butter
 60ml cake flour
 500ml fish stock
 500ml mixed peas and corn
 handful dill, chopped
 zest of 1 lemon

- 1 Cook the spaghetti in salted boiling water according to packet instructions. Drain.
- 2 Heat a splash of oil on medium and sauté onion and garlic. Add the shrimps and butter and cook for about 1 minute. Sprinkle flour over and cook, stirring, for 1 minute.
- 3 Slowly add the stock, while stirring, until combined. Add the peas and corn. Bring to a boil and add the dill and zest. Season and add the spaghetti.



curried mince with polenta

🍴 Serves 4-6 ⌚ Takes 25 mins

15ml butter
 1 onion, chopped
 500g beef mince
 30ml mild curry powder
 5ml turmeric
 30ml tomato paste
 410g tin chopped tomatoes
 1L salted water
 250ml polenta
 parsley, chopped

- 1 Melt butter on medium-high and sauté onion. Add mince and cook for about 8 minutes or until browned. Add curry powder and turmeric and cook for 1 minute. Add tomato paste and chopped tomatoes and cook for about 5 minutes. Season and keep warm.
- 2 Bring water to a boil in a large saucepan and slowly add polenta, while whisking constantly. Reduce heat to low and cook, stirring for about 20 minutes or until cooked through.
- 3 Add parsley and season. Serve the polenta with the mince and chutney.



meatball soup

🍴 Serves 4 ⌚ Takes 35 mins

500g beef mince
handful thyme
1 egg
olive or avocado oil, for frying
1 onion, chopped
1 celery stick, finely chopped
1 carrot, peeled and grated
2 garlic cloves, crushed
2 x 410g tins chopped tomatoes
1L beef stock
80ml couscous
baby leaves, like rocket (optional)
pecorino shavings, to serve
crusty bread, to serve

- 1 Mix together the mince, thyme and egg. Season. Roll into bite-size balls. Heat a splash of oil on medium and cook the meatballs in batches, turning occasionally, until browned. Set aside.
- 2 Heat another splash of oil and sauté the onion, celery, carrot and garlic. Add the tomatoes and stock and bring to a boil.
- 3 Add the meatballs and simmer for 5 minutes. Remove from heat and stir in the couscous. Set aside until couscous is tender. Sprinkle with baby leaves and pecorino and serve with crusty bread.

TOP 20



lamb and spinach curry

🍴 Serves 4-6 ⌚ Takes 1 hr

30ml sunflower oil
500g boneless stewing lamb, cubed
2 onions, sliced
2 garlic cloves, crushed
125ml korma curry paste
410g tin chopped tomatoes
250ml plain yoghurt
250ml water
750ml baby spinach
basmati rice, to serve
coriander, to serve

- 1 Heat ½ of the oil on medium-high and cook lamb for about 5 minutes, turning until browned. Transfer to a plate and set aside.
- 2 Heat remaining oil and cook onions, stirring occasionally, for 5 minutes or until golden. Add garlic and cook for 1 minute. Add curry paste and lamb. Stir in tomatoes, yoghurt and water. Season.
- 3 Reduce heat to low, cover and simmer for about 30 minutes. Uncover and simmer for 15 minutes, or until the lamb is tender and the sauce has thickened slightly.
- 4 Add spinach while still warm. Serve with steamed rice and coriander.



chicken à la king

🍴 Serves 8 ⌚ Takes 30 mins

olive or avocado oil, for frying
 8 chicken breasts, cut into strips
 2 onions, sliced
 1 red pepper, sliced (optional)
 2 x 250g punnets mushrooms, sliced
 60g butter
 80ml cake flour
 750ml milk
 handful parsley, chopped
 rice, to serve

- 1 Heat a splash of oil on medium-high and fry chicken in batches until golden. Season and set aside. Sauté the onions and peppers. Set aside.
- 2 Heat another splash of oil and fry mushrooms, in batches, until golden. Return all the mushrooms to the pan and add the butter. Sprinkle flour over and fry for a minute. Slowly add milk, stirring until incorporated. Season.
- 3 Return chicken, onions and peppers and heat through. Add parsley and serve with rice.



sausage and chakalaka stew

🍴 Serves 4 ⌚ Takes 25 mins

15ml olive or avocado oil
 500g beef sausage
 2 x 410g tins chakalaka
 4 potatoes, peeled and cubed
 250ml milk
 handful coriander, chopped

- 1 Heat oil on medium-high and cook the sausage for about 10 minutes or until golden all over. Cut into 1cm pieces, add chakalaka and cook for 3-5 minutes or until warmed through. Keep warm.
- 2 Cook the potatoes in salted boiling water for about 10 minutes or until soft. Drain and mash with a fork. Add the milk and heat through. Season.
- 3 Add the coriander. Serve with the mash and extra coriander on top.



pilchard bobotie

🍴 Serves 6 ⌚ Takes 45 mins

2 slices brown bread, crumbled
 125ml milk
 15ml olive or avocado oil
 1 onion, finely chopped
 1 garlic clove, crushed
 420g tin pilchards in tomato sauce
 1 Granny Smith apple, grated
 30ml chutney
 125ml raisins
 125ml yoghurt
 2 eggs
 5 bay leaves

- 1 Preheat oven to 180°C. Combine the bread and milk.
- 2 Heat oil on medium and sauté onion and garlic. Add the soaked bread, pilchards, apple, chutney and raisins. Mix well. Transfer to an ovenproof serving dish.
- 3 Beat together the yoghurt and eggs, then pour over the pilchard mixture. Dot in the bay leaves and bake for about 25 minutes or until the custard has set.



roast veg and lamb chops

☰ Serves 4 ⌚ Takes 45 mins

- 500g baby potatoes, halved and parboiled
- 2 fennel bulbs, quartered
- 2 red onions, cut into wedges
- 4 lamb leg chops
- small handful rosemary, leaves picked
- 30ml olive or avocado oil
- zest and juice of 1 lemon
- 60ml capers
- 5 peppadews, quartered

- 1 Preheat oven to 190°C. Place potatoes in an ovenproof serving dish and top with the fennel, onions and chops. Scatter over the rosemary, oil, lemon zest and juice. Season.
- 2 Roast for about 30 minutes, turning once, until cooked. Stir through capers and peppadews.



pork, beetroot and chickpea salad

☰ Serves 4-6 ⌚ Takes 25 mins



- 30ml olive or avocado oil
- 15ml balsamic vinegar
- 5ml Dijon mustard
- 1 garlic clove, crushed
- 600g-800g pork fillet, thickly sliced
- 2 handfuls salad leaves
- 410g tin chickpeas, drained
- 1 small red onion, sliced
- 400g bottle sliced beetroot in sauce
- 60ml reduced-fat feta, crumbled

- 1 Mix ½ of the oil, vinegar, mustard and garlic together. Set aside.
- 2 Heat the remaining oil on medium and fry the pork for 3-5 minutes on each side or until cooked through. Season.
- 3 Mix the leaves, chickpeas, onion and beetroot together with the salad dressing. Season and place on serving plates.
- 4 Top the salad with the pork and crumbled feta.



ANYTIME IS +snack Time

TAKE THIS QUIZ WITH YOUR KIDS TO FIND OUT WHICH CLOVER SNACKPACK YOGHURT FLAVOUR BEST SUITS THEIR PERSONALITY – THEY’RE SURE TO LOVE THEM ALL THOUGH!

1 What is your child’s best quality?

- a Their kind and caring nature
- b Their wacky way of looking at the world
- c They can empathise with people from all walks of life

2 What is your child’s favourite food?

- a Chicken nuggets with a good helping of greens
- b Spaghetti with their own strange sauce
- c It changes every day

3 What does your child want to be?

- a A humanitarian
- b A stand-up comedian
- c Yesterday it was a doctor, today it’s a world traveller – your guess is as good as mine

4 What is your child’s favourite weekend activity?

- a Sitting under a tree reading
- b Hiking, swimming – anything for an adrenaline rush
- c It’s something different every weekend

5 Your child’s favourite breakfast?

- a Yoghurt with fruit
- b Eggs Benedict with a side of yoghurt
- c Different flavoured yoghurts

6 On your first day of school, who does your child look forward to seeing the most?

- a Their best friends
- b The swimming coach
- c Everyone!

RESULTS

Mostly As – SnackPack Strawberry Yoghurt

Just like the SnackPack Strawberry flavour, your child is sweet and sincere. They have a heart of gold and a kind soul. They’ll be fiercely loyal to all their friends and family, and they’re no pushover. Treat them to a SnackPack yoghurt and reward their kindness.

Mostly Bs – SnackPack Banana Yoghurt

Your little one is offbeat. They dance to the rhythm of their own beat and everyone loves them for it. Even at a young age, they don’t follow the norm, and just like the SnackPack Banana flavour, they’re different but absolutely wonderful.

Mostly Cs – SnackPack Mixed Fruit Yoghurt

Your child is a lucky packet! Their moods are never the same from one day to the next and they keep you on your toes constantly – but you wouldn’t have it any other way! And just like the SnackPack Mixed Fruit flavours, they’re exciting and a whole lot of fun.

Way better snacking





Clover

Way Better™

*Clover Classic Custard,
the treat
that takes you back*

Clover Classic Custard is creamy, smooth and delicious. It's made with a unique recipe and is also a source of Vitamins A, B2 and D.

THE *Creamy* TASTE THAT TAKES YOU BACK





Clover

Way Better™



Source of
10
Vitamins



*Enjoy the Classic family breakfast
with Clover Classic*
***The creamy taste
that takes you back***

Treat your family to the deliciously creamy taste of Clover Classic Yoghurt. Clover's range of smooth yoghurt is made using the unique Clover recipe, with real Clover Milk for extra creaminess. It's also a source of 10 essential vitamins making it even better for the whole family.

Pasta pleasers

TURN THIS FAMILY FAVOURITE INTO ANYTHING FROM AN ENTERTAINING SNACK TO A BREAKFAST SIDE

3-cheese pasta cake

Combine 500g packet cooked penne pasta, 2 handfuls baby spinach, 1 chopped red pepper, 375ml crumbled ricotta, 125ml crumbled feta, handful chopped basil, 250ml grated mozzarella, 6 beaten eggs and 1 crushed garlic clove. Season. Spoon into a greased 20cm springform cake tin and smooth top. Sprinkle with 60ml grated mozzarella and bake at 160°C for about 45 minutes or until firm and golden. Let stand 10 minutes before unmoulding. Serve warm.

tomato and beef soup

Fry 500g beef mince, 1 chopped onion and 3 crushed garlic cloves in a saucepan until browned. Season. Add 1L beef stock, 2 x 410g tins chopped tomatoes, 750ml bottle tomato passata, 20ml Worcestershire sauce and 15ml dried oregano. Simmer for about 20 minutes. Add 500ml macaroni and cook for about 15 minutes or until tender. Adjust stock as necessary. Mix through handful chopped parsley. Season.

15-min spaghetti carbonara

Fry 250g diced bacon until crisp. Stir in 250g cooked spaghetti, 2 beaten eggs and 125ml finely grated pecorino on low heat. Add about 125ml cream and a handful chopped parsley and heat through. Season.

spaghetti nests

Combine 1 egg, 3ml garlic salt, 60ml grated mozzarella, 60ml tomato sauce and ½ x 250g packet cooked spaghetti. Divide between 12 standard greased cupcake cases, creating nests. Bake at 200°C for about 15 minutes or until set. Serve topped with meatballs in tomato sauce and basil.

spaghetti fritters

Roughly chop 750ml cooked cold spaghetti. Add 3 eggs, 1 crushed garlic clove, a handful chopped chives, 375ml breadcrumbs and 180ml grated Cheddar. Season. Shape 60ml into a ball and flatten slightly (add more breadcrumbs if necessary to combine). Repeat with the rest. Heat a splash of olive oil on medium-high and fry for about 2 minutes on each side or until golden and crisp. Serve topped with salsa or as part of a breakfast fry-up.

deep-fried mac and cheese

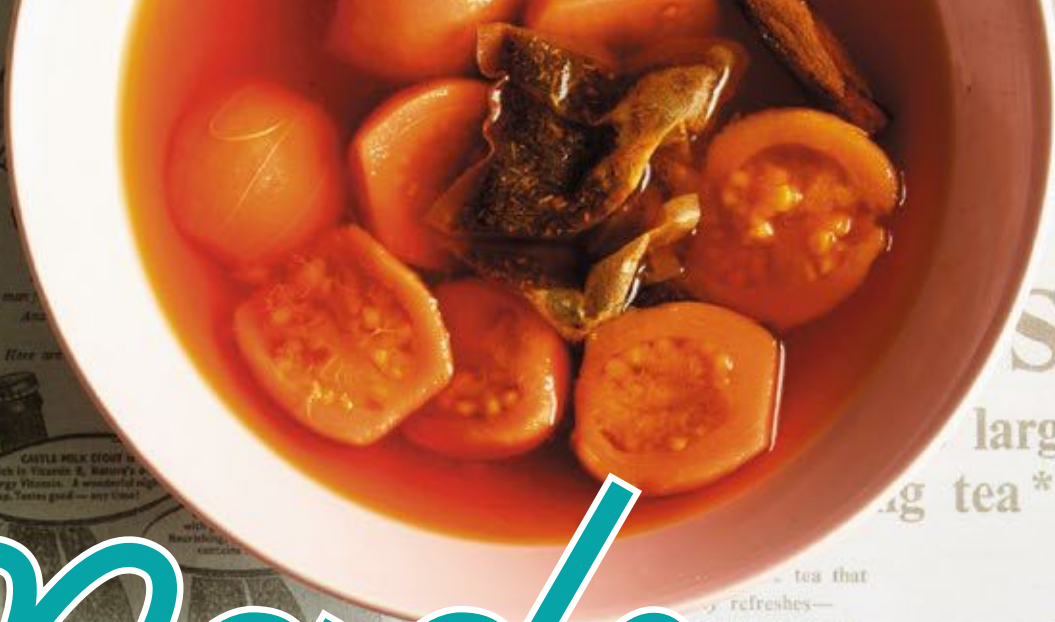
Combine 500ml cooked macaroni, 200ml ready-made cheese sauce, 375ml finely grated mixed cheese (like pecorino, Cheddar and mozzarella), handful chopped chives and 80ml chopped pickled jalapeños. Season. Refrigerate until firm. Roll 15ml of the mixture into balls. Working with one at a time, dip balls into 2 beaten eggs and then into 375ml breadcrumbs, pressing to coat. Heat enough sunflower oil for deep-frying on medium-high and deep-fry in batches for 3-4 minutes or until golden and crisp. Drain on paper towels. Serve immediately with sweet chilli sauce.

optional

Add 200g crispy diced bacon to mixture.

Trend alert!

Made with love



*sagapoeding
(sago pudding)*
Recipe on page 62

BOEREKOS IS SOUL FOOD - MADE WITH REAL BUTTER, A LITTLE SUGAR, AND LOTS OF LOVE. YOU'RE IN FOR A TREAT WITH THESE RECIPES



*janella se superskons
(janella's super scones)*

Recipe on page 62



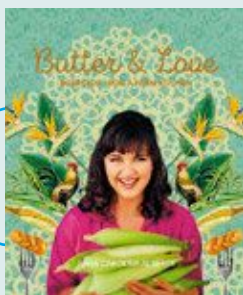
sagopoeding (sago pudding)

Sago, which is a starch obtained from palm trees, has long been a firm favourite in South African homes. We used to call it padda-eiers – and I took it literally for a while. Even the thought of eating frogs' eggs couldn't put me off eating this delicious dessert.

☞ Serves 6

3 cups milk
¼ cup sago, soaked for at least 1 hour
2 eggs, separated
1½ tbsp cornflour
3 tbsp sugar
¼ tsp salt
3 tbsp cinnamon sugar
3 tbsp butter

Heat milk and sago in a pot on the stove. Simmer for about 20 minutes or until thickened. Keep the heat low and take care not to burn the milk. Whisk egg yolks together with cornflour, sugar and salt. Add this mixture to the hot milk. (The clever way to do this is to take a little bit of hot milk and whisk it into the yolk mixture, and then to whisk the lukewarm mixture into the larger body of hot liquid.) Preheat the oven to 180°C. Whisk egg whites until soft peaks form and fold into the thickened custard using a metal spoon. Spoon the mixture into a shallow 20cm ovenproof dish, dust with cinnamon sugar, dot with butter and bake for 20-25 minutes or until golden and bubbling. What I like to do: Add 1 cinnamon stick, 2 star anise and 1 tbsp grated orange peel to the milk while it's simmering. Remove right before folding in the whisked egg white.



In *Butter & Love: Boerekos from a farm kitchen* (Quivertree Publications), chef and food stylist Anna Carolina Alberts celebrates South African heritage food and specifically classic Afrikaans recipes passed down through the generations. Think tomato lamb stew, venison pie, beef biltong, mealie bread, koeksisters, milk tart, boere rusks, and apricot chutney. R290

wafels (waffles)

Ouma Lien liked to eat waffles with a savoury topping, like asparagus cheese sauce and lots of sprouts. I love them with loads of cream and syrup, specifically Lyle's Golden Syrup.

☞ Makes 6-8 waffles

3 cups (390g) cake wheat flour
2 tbsp (30ml) baking powder
½ cup (100g) sugar
pinch of salt
½ cup (125ml) melted butter, and extra for greasing the waffle iron
1½ cups (375ml) milk
3 eggs, separated

Preheat your waffle iron. In a large mixing bowl, combine flour, baking powder, sugar and salt. In another bowl, whisk together melted butter, milk and egg yolks, and add to the dry ingredients. Mix well. Whisk egg whites with an electric beater until stiff peaks form and carefully fold into the batter using a metal spoon. Grease the inside of the waffle iron with melted butter – a pastry brush works well. Cook the waffles until golden and crispy. Serve warm with a topping of your choice.

janella se superskons (janella's super scones)

This is Tannie Janel Maree's recipe for a Sunday breakfast favourite in our house. I would be impatient for them to come out of the oven, to be enjoyed with butter, apricot jam or golden syrup, grated cheese and whipped cream. This recipe is so easy, it's not worth buying scones. A tip: Never heat scones in a microwave oven. In fact, never heat them. Invite enough people over to eat yours fresh from the oven.

☞ Makes 16 scones

2 cups (260g) cake wheat flour
1 tbsp (15ml) baking powder
1 tbsp (15ml) sugar
pinch of salt
80g cold butter
1 egg, beaten
½ cup (125ml) milk

Preheat the oven to 200°C. Grease and flour a large baking tray. Sift the dry ingredients into a mixing bowl and rub in the butter until the mixture resembles breadcrumbs. Whisk egg and milk together, add to the mixing bowl and use a rubber spatula to turn the mixture gently to combine. Tip the dough out onto a floured surface, shape into a 20cm x 20cm square (roughly) and cut into 16 squares. Put them on the prepared baking tray and bake for 15 minutes or until golden. Serve scones the minute they come out of the oven.

your
family
.co.za

Go online for kersie-suurlemoenkoekies (cherry lemon squares).



wafels
(waffles)

*Le Pain est l'air
le plus répanant dans le jardin
et sa culture est l'une des
plus utiles et des plus simples.*

IN FOCUS

PRODUCTS WE'RE WATCHING THIS MONTH

Eyewear trends

The latest eyewear styles make it clear that your choice in glasses is as important as your other accessories. Change your look with new frames that are modern, lightweight and durable. Translucent plastic frames are lightweight and almost invisible from far; refined wire styles are practically weightless, and blush shades soften your features instantly. To book an appointment with Specsavers and change your look SMS your name and surname to 30701.



Retro cool

Perfect for topping up an alcoholic beverage or on its own as a summer thirst quencher, Frankie's traditional flavours are delicious, with a cool, retro and vintage branding. Flavours include Traditional Ginger Beer, Cloudy Lemonade, Original Cream Soda, Cinnamon Cola, Fiery Ginger Beer, Dandelion & Burdock, Old Style Root Beer, and Candy Apple Crush. R12.99 for 500ml



Order online

Crafty cutter

If you have kids or crafters in the house an Olfa Rotary Cutter can make quick work of cutting through challenging fabric, paper or even leather. It cuts straight or curved edges neatly and quickly, and is suitable for lefties too. Cards, quilting, school projects and collages are all much easier and you can even turn old t-shirts into t-yarn for baskets and rugs. Visit Vermontsales.co.za to find the perfect cutter for your home. Olfa is stocked at good hardware stores.



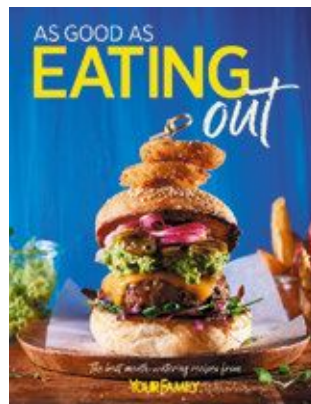
Smarty pants!

Everyone in the family will enjoy Smart Drink from Future Life, a scientifically formulated drink designed for busy lives on the go. Available in three delicious flavours, Chocolate, Vanilla, and Strawberry and Banana, it's the perfect health snack for teens after sports or for fussy toddlers! R11.99 for 250ml



Supper saver

Your Family's latest cookbook hits the shelves on 16 February. As *Good as Eating Out* is a stunning collection of your favourite restaurant fare - in easy-to-cook recipes. Now you can cook your family's best-loved dishes at home: you'll save a fortune and be able to control the calories (if you want to!). At R280, it's the perfect gift for the home cook. Get your copy from leading bookshops or order online at Shop.caxmags.com



Creamy taste sensation

Clover's Fruits of the Forest range is a delectable mix of healthy yoghurt with real, crunchy fruit pieces. A source of 10 vitamins and iron, it's great for the whole family. Available in varying sizes: kid-friendly 6-packs, 175g, 500g and 1kg. Choose from Strawberry, Apricot, Fruit Cocktail, Mixed Berries, Stewed Fruit and Custard, Granadilla, and Cape Fruit. R7.99 for 175g



PHOTOS: SUPPLIED. PRODUCTS AND PRICES CORRECT AT TIME OF GOING TO PRINT* SEE PAGE 108

Orange shortbread *florentine slices*

WHEN TWO FAVOURITE FLAVOURS ARE COMBINED, YOU KNOW THIS TEATIME TREAT WILL BE AN ALL-ROUND WINNER

🍴 Makes about 24 ⌚ Takes 1 hr 15 mins + cooling

FOR THE SHORTBREAD

500ml cake flour
180ml icing sugar
80ml cornflour
pinch salt
250g soft butter
2 eggs
zest of 1 orange

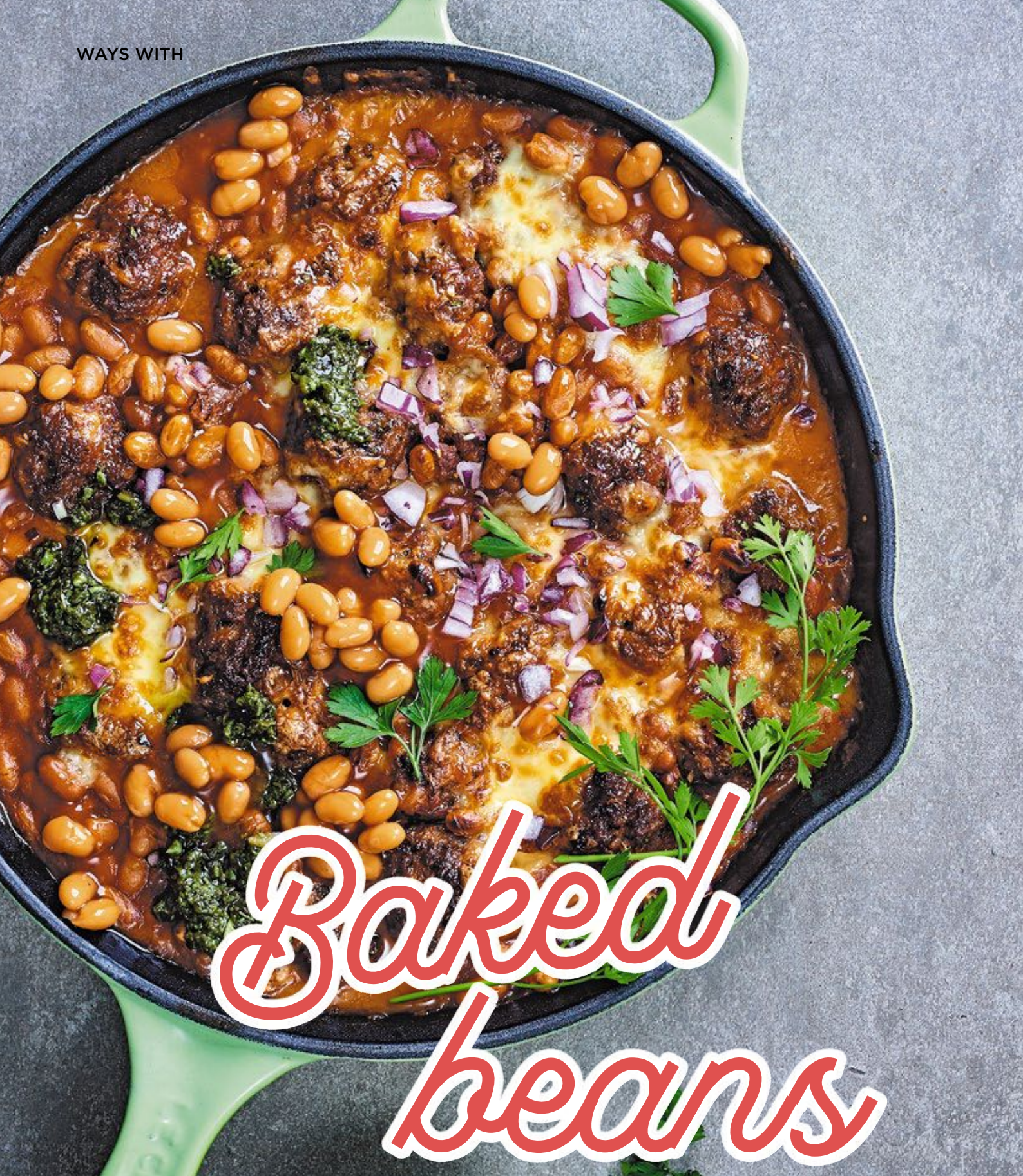
FOR THE FLORENTINE TOPPING

60ml golden syrup
125ml castor sugar
60ml water
60ml warm cream
60g butter
100g flaked almonds
50g glacé cherries, halved
50g mixed peel, chopped

- 1 For the shortbread, preheat oven to 180°C. Line a 19cm x 25cm baking dish with baking paper, leaving a 2cm overhang for easy removal.
- 2 Sift together the flour, sugar, cornflour and salt. Rub in the butter until it resembles breadcrumbs. Add the eggs and zest and combine to create a soft dough. Press into the base of the prepared tin and prick all over with a fork. Bake for about 20 minutes or until firm. Set aside.
- 3 For the topping, increase oven to 200°C. Bring syrup, sugar and water to a boil on medium and cook for about 5 minutes, tilting the pan every now and then until it reaches a caramel colour. Slowly add the cream.
- 4 Add the butter, stir until melted and simmer for about 3 minutes. Fold in remaining ingredients and spread over the shortbread base. Bake for about 15 minutes or until the top is golden. Cool completely. Cut into slices.



WAYS WITH



Baked beans

TURN THIS HUMBLE STORE CUPBOARD
ESSENTIAL INTO POPULAR WEEKDAY MEALS



meatball and bean bake

🍴 Serves 6 ⌚ Takes 35 mins

2 x 410g tins baked beans
500g beef mince
handful basil or parsley, chopped + extra
olive or avocado oil, for frying
1 small red onion, chopped
1 garlic clove, crushed
200g mozzarella, torn
30ml basil pesto

- 1 Preheat oven to 230°C. Crush ½ tin of baked beans with the sauce until fine. Mix through the mince and herbs. Season. Shape into bite-size meatballs.
- 2 Place meatballs into a 26cm ovenproof pan and coat in a splash of oil. Bake for about 10 minutes or until golden brown.
- 3 Gently mix through the remaining baked beans, ½ the onion and garlic. Top with the mozzarella. Bake for about 10 minutes or until golden. Serve with pesto, extra herbs and remaining onion.

baked bean curry

🍴 Serves 4-6 ⌚ Takes 25 mins

Heat a splash of olive oil and sauté 1 chopped onion, 2 crushed garlic cloves and 3cm finely grated ginger. Add 45ml curry powder, 2 x 410g tins baked beans and 410g tin chopped tomatoes and simmer on medium for 15 minutes. Mix through a handful chopped coriander. Serve with rice, naan bread or baked potatoes.

smoky bean and sausage casserole

🍴 Serves 4-6 ⌚ Takes 25 mins

Fry 250g packet diced bacon on high until crisp. Add 1 chopped onion, and 250g thinly sliced chorizo or smoked sausages and fry until golden. Stir in 1 crushed garlic clove and 3ml smoked paprika and fry for 1 minute. Add 125ml chicken stock, 2 x 410g tins baked beans, 125ml chutney and 3ml Tabasco sauce (optional). Cook for 10 minutes, adjusting stock as necessary. Stir through a handful chopped parsley.

'toast on beans'

🍴 Serves 4-6 ⌚ Takes 25 mins

Mix a handful chopped parsley through 2 x 410g tins baked beans and spoon into 4-6 individual baking dishes. Thinly slice a small French loaf, spread with soft butter and place on the dishes, overlapping slightly to cover completely. Sprinkle over 250ml grated mozzarella. Bake at 200°C for about 20 minutes or until browned and heated through. Serve with a salsa made by finely chopping 1 tomato, ½ red onion, a handful coriander, 1 garlic clove and a squeeze lime juice. Season.

baked chilli dogs

🍴 Serves 6 ⌚ Takes 30 mins

Cut 6 hot dog rolls open on top and spread each with 30ml mayonnaise. Insert a frankfurter into each and place into a tightly fitting baking dish. Combine 410g tin baked beans, 1 finely chopped chilli (optional), ½ chopped onion and a handful chopped coriander. Divide between the rolls and sprinkle over 180ml grated Cheddar. Bake at 180°C for about 20 minutes or until heated through.



FOOD NOTES

MARGIE ROUNDS UP THE BEST CONVENIENCE FOODS...

Foolproof

Now even novice bakers can make this classic favourite thanks to Ina Paarman's Lemon Meringue Pie mix. R53.99



SO-EASY SAMP

The new IWISA No1 Parboiled samp will cut your cooking time in half, and save on electricity, water and effort. From R11.99 for 1kg to R52.99 for 5kg.



CONSCIOUS EATING

If you're following a vegan or vegetarian diet, Fry Family Food Co is the ultimate in convenience. Their Crafted range is ideal for meze platters, in lunchboxes or as supper with a salad. Choose from Chickpea and Roasted Butternut Balls, R39.99 for 240g; Soy and Quinoa Country Roast, R62.99 for 500g, gluten-free Rice Protein and Chia Nuggets, R32.99 for 240g; and gluten-free Chickpea and Quinoa Falafels, R39.99 for 270g, at select Pick n Pay, Spar and Checkers stores.



SPICY SALTS

Spice things up at your next braai with Oryx Desert Braai Salt. Made with sun-dried Oryx Desert Salt, garlic, sun-dried tomato, masala, coriander, ginger, black pepper, cinnamon, rosemary, turmeric, cumin, all spice, paprika and just a touch of sugar. Free from preservatives, fillers, MSG, and irradiated herbs and spices. R37.99 for 70g, Pick n Pay.

Kids will love these!

It's easy to include fruit and veggies in your toddler's diet with the Rhodes Quality Squish 100% Pressed Juices. They're made by gently pressing fruit and veggies to extract their natural juice, capturing all the essential nutrients. Free from pips, peel and pulp, and with no added starch, they're available in Apple; Summer Berries (Strawberry, Raspberry & Other Fruit); Apple, Grape & Rooibos; Pear & Prune; Apple, Grape & Carrot; and Apple, Sweet Potato & Butternut. R9.99 for 200ml.



RISE

to the occasion

Impress on any baking occasion with Snowflake's flour mix range that'll transform your humble kitchen into a winning bakery. Traditional tastes include the Magwenya Flour Mix, Dombolo Flour Mix, and Queen Cakes Flour Mix. R16.99 for 1kg and R34.99 for 2.5kg.

COMPILED BY MARGIEELS-BURGER. PHOTOS: HEMA PATEL AND SUPPLIED PRODUCTS AND PRICES CORRECT AT TIME OF GOING TO PRINT. SEE PAGE 108

Your life

WELLBEING

RELATIONSHIPS

HEALTH

PARENTING

PETS



‘Always believe
that something wonderful
is about to happen’

- Anonymous

THE *gut-mood* CONNECTION

FEELING TIRED, DEPRESSED OR ANXIOUS? YOUR GUT COULD BE TRYING TO TELL YOU SOMETHING

The past few years have seen the spotlight shine more and more on human gut health and the role it plays in our overall health and wellbeing. Science is continuing to unravel the complex network that makes up the human microbiome – the trillions of bacteria, viruses and fungi that inhabit our bodies and play a vital role in how we function.

Did you know that only 10% of your body is made up of human cells? The remaining 90% consists of the bacteria, viruses and fungi of your microbiome, which weighs almost the same as the human brain! No wonder they talk about the gut being the second brain. Research suggests the microbiome, which mainly lives within the gut and intestinal tract, produces hormones and other substances like neurotransmitters that can affect your health, energy levels and brain functioning. The gut and brain are linked by a large nervous system known as the gut-brain axis, which allows nerve impulses to travel between the gut and brain and vice versa.

THE MOOD CONNECTION

While human studies are still in their infancy, scientists have been looking at how different balances in the microbiota of mice lead to them developing anxiety and other behavioural differences. In human studies, researchers have discovered that those suffering from anxiety and depression have completely different microbiomes to those who live happy and positive lives.

When you experience a dysbiosis, or serious imbalance in your microbiome where bad bacteria flourish, these bad bacteria produce toxins that can affect your health, from triggering chronic inflammation to sending neurotoxins to the brain, causing depression and mood disorders.

Because the microbiome is also key to your immune system and 90% of your immune defence comes from the gut, it's essential to keep the balance of good bacteria versus bad bacteria in check.

6 10% of your body is made up of human cells, and the remaining 90% consists of the bacteria, viruses and fungi of your microbiome, which weighs almost the same as the human brain!

The force of attraction

So how far does the microbiome go in controlling thoughts and feelings? Research has shown that during a kiss, some 80 million bacteria can be transferred between people. That allows you to get a good sense of what their individual microbiome is like. If your microbiomes are compatible, you may experience a sense of happiness or joy (microbes can release serotonin) or if incompatible, it can even cause an allergic response that makes you dislike the person. Science is looking into how your microbiome, and by extension your immune system, assists in selecting a partner, and whether this is an evolutionary need to build a strong microbiome through contact with those different to our own.

HOW TO

improve your microbiome

So how do you keep your microbiome flourishing and fit? Diet is perhaps the most influential microbiome stabiliser as the food you eat can either assist with promoting good bacteria – such as pre- and probiotics – or you can feed the bad bacteria via a diet high in processed foods and sugar. You have the ability to change your microbiome daily, just based on what you put into your body.

In order for your body and brain to function at optimal levels, you need to create the right, balanced environment – free from bad bacteria, toxins and other pollutants that can cause inflammation and other issues. Leaky gut, for example, happens when your diet is poor in prebiotic foods, causing your good bacteria to start eating away at your thin, intestinal lining. This causes intestinal matter to ‘leak’ into the rest of your body, where it can cause reactions due to particles of food entering your blood stream. Your immune system responds by attacking the invaders, leading to inflammation within the body. If not addressed, chronic inflammation can cause other problematic disorders, from autoimmune diseases to cancer.

1 CUT OUT SUGAR AND PROCESSED FOODS FROM YOUR DIET

Refined carbohydrates, sugar and processed foods are absorbed quickly into your small intestine and can feed bad bacteria and organisms like candida albicans, which also attacks your intestinal wall and can lead to a systemic candida infection.

2 FEED YOUR GOOD BACTERIA PREBIOTICS

Prebiotics feed the good guys in your microbiome. Foods rich in prebiotics are a great source of fibre, which is essential to gut health. Rather snack on carbs from vegetables and low-sugar fruits, such as garlic, onions, asparagus, bananas, artichokes, barley, beans, cabbage and leeks.

3 FERMENTATION IS KEY

If you’re struggling with tummy troubles, helping build up the good forces in your gut through eating fermented foods can go a long way to putting goodness back into your microbiome. Try sauerkraut, pickles, kimchi, yoghurt and kombucha, which are also rich in prebiotics.

4 THE POWER OF PROBIOTICS

Taking a daily probiotic can help maintain the good bacteria in your gut, respiratory tract and urogenital tract. Those with weakened immune systems need their doctors’ okay first.

5 LIMIT YOUR USE OF ANTIBIOTICS

Antibiotics not only kill the bad bugs in our bodies but the good ones too. Make sure you only take antibiotics when you really need them. Finish the course correctly and supplement with a good quality probiotic to help maintain your good bacteria.

6 STRESS LESS

While diet is important, so is keeping stress levels down, as this can also cause an imbalance in your ‘second brain’. Get a regular, good night’s sleep, exercise, and learn to meditate.

7 GET DIRTY

Your microbiome and its composition can change daily as microbes die and generate. Introducing a wide range of bugs to your body can diversify your microbiome, making it stronger and healthier. Walk around barefoot, and get dirty in your garden with your hands. The world is populated with beneficial bugs that become part of the microbiome from the moment babies enter the world through the birth canal.

You could also ask who’s in charge.

Lots of people think, well, we’re humans; we’re the most intelligent and accomplished species; we’re in charge. Bacteria may have a different outlook: more bacteria live and work in one linear centimetre of your lower colon than all the humans who have ever lived. That’s what’s going on in your digestive tract right now. Are we in charge, or are we simply hosts for bacteria? It all depends on your outlook.

— Neil deGrasse Tyson

HEALTH TRENDS 5

TO EMBRACE IN 2018

- 1 MORE MINDFUL**
Find the balance by embracing meditation as a health and wellness tool for modern life.
- 2 GUT HEALTH PRIORITY**
Balance your microbiome and gut flora by eating the correct foods and taking pre- and probiotics.
- 3 CANNABIDIOL IS EVERYWHERE**
It's in your boutique chocolates, beauty products, and lattes. And while it doesn't have the psychoactive properties of cannabis itself, it has a host of health benefits including relieving pain and inflammation, relieving nausea, and promoting cardiovascular health.
- 4 STRENGTH TRAINING**
Forget running or those spinning classes. Weight, resistance or strength training is proving more and more to be the best exercise plan for lifelong physical function and fitness, whether that weight is a light dumbbell or your own body.
- 5 INTERMITTENT FASTING**
Fasting for 14-16 hours a day is becoming increasingly popular as a means to weight loss, controlled energy levels and stabilised blood sugar levels.

DID YOU KNOW?

The number one killer of Americans under the age of 50 is drug overdoses, and it's quadrupled since 1999. One of the reasons behind this is the current opioid epidemic caused by America's high consumption of prescription painkillers. Nearly half of all American opioid overdose deaths involve prescription medication. In 2015 more than 15 000 people died from overdoses involving prescription painkillers.

It's in *the air*

Did you know indoor air pollutants that gather in our home and work spaces account for one of the top five health risks and environmental health triggers? Furnishings, upholstery, synthetic building materials and common household cleaning products can emit a variety of toxic compounds, and combined with outdoor pollutants like exhaust fumes, pollen, and mould, can wreak havoc on your health in poorly ventilated areas. But thank goodness for Mother Nature, who has some plants for that!

Plants are able to absorb particles from the air when they take in carbon dioxide, which is then processed into oxygen through photosynthesis, filtering the air for you. Place some of these beauties around your house or workspace to not only bring nature into your home, but to help keep the air clean and fresh too!



- Spider plant
- Garden mum



- Peace lily
- Ferns
- Aloes
- Bamboo



THE KETO DIET VERSUS BANTING

The ketogenic diet is set to become increasingly popular in 2018 and a trendy buzzword in health circles. But what exactly is this low-carb diet, and why does it sound so similar to banting? While the two share similarities in that they prioritise a high-fat, low-carb ratio eating plan, the keto's ultimate goal is to help your body reach a state of ketosis. This happens when your body doesn't have enough energy provided by carbohydrates and is forced to burn fat cells instead. Ketone bodies, produced from fat cells, are then used by your body and brain as a source of energy.

In theory, by dramatically reducing carbohydrates (to about 20-30g per day, composed ideally of low-glycaemic, nutrient-dense vegetables), increasing fat intake (this should comprise 70-80% of your daily calorie intake) and keeping protein at moderate levels, you can enter a state of 'nutritional ketosis', which can be maintained in the long-term. While it's an extreme eating plan, benefits include burning stored fat in the body, sustained and stable energy levels throughout the day, and stable blood sugar levels (studies are looking at how it can help patients suffering from Type 2 diabetes).

Rise of the superbugs

YOUR ROLE IN THE FIGHT AGAINST ANTIBIOTIC-RESISTANT BACTERIA

Everyone knows about antibiotic-resistant bugs: they're lurking in hospitals, close to home, but not too close for us to pay much attention. In South Africa, certain strands of tuberculosis have proved difficult to treat, and perhaps you should be declining the antibiotic script the doctor has prescribed for that niggling cold. But do people really understand what humanity is up against?

Last year the World Health Organization (WHO) declared the rise of superbugs as the world's top health priority – above fighting cancer or HIV and Aids. Currently, superbugs and drug-resistant bacteria lead to the deaths of around 700 000 people globally each year, and research indicates this could head into millions annually by 2050.

Why we have superbugs

The revolutionary discovery of penicillin in 1928, and subsequent creation of antibiotics over the decades and up until the 1980s, has allowed the treatment of a variety of bacterial infections that previously led to many deaths. However, bacteria are resilient microorganisms, and over the past 100 years they've learnt to adapt to antibiotics. Superbugs are clever strands of bacteria that can outsmart antibiotics by creating new strategies and mechanisms within their cells to guard against attack, leaving the drugs ineffective and allowing bacteria to multiply.

Scientists worldwide are concerned about the ongoing overuse and misuse of antibiotics – a major cause of antibiotic resistance. Most antibiotic use globally, however, takes place in livestock farmed for human consumption, where antibiotics are given to animals not only to prevent illness, but to promote growth too. With over 80% of antibiotics being used in agriculture, our environment has become saturated with the drugs, which leave the animal through their faeces and urine, and contaminate water tables and soil, as well as enter humans through consumption of the meat. This proliferation of antibiotics then comes into contact with bacteria, such as *E. coli* and salmonella, causing them to morph into superbugs. The superbugs grow and develop in the animals we eat, and therefore in humans. In addition, a 30-year void in the development of new drugs to treat these super-bacteria has resulted in a large-scale problem for international health.

PRIORITY PATHOGENS

In 2017, WHO established a list of 12 superbugs that pose a significant risk to human health, many of which have already evolved into superbugs. The list is divided into priority categories, with the critical bugs needing the most urgent attention and development of new therapies to treat them. The top three bugs (based on the level of drug resistance for each, the deaths

they cause, the frequency with which people become infected outside hospitals, and the cost to healthcare systems to treat them) mostly affect hospital patients with compromised immune systems. Many of the drug-resistant bacteria lead to complications such as pneumonia, bloodstream infections, meningitis, wound and surgical site infections, and urinary tract infections.

** Drug-resistant tuberculosis (TB) is not included on the list as programmes are already underway to find a new treatment for this disease, which caused an estimated 240 000 deaths in 2016. Drug-resistant TB and HIV strands are some of South Africa's leading health concerns.*

What can you do?

While it's the responsibility of governments to assist in protecting their people from the rapid growth of superbugs, the individual can make a difference too. Here are five steps to help:

- 1 If a healthcare professional prescribes you antibiotics, question whether it's the correct treatment. Antibiotics are not effective in fighting off colds, flu or viruses, and are often incorrectly prescribed for these conditions.
- 2 If you're given antibiotics, use them correctly, finishing the course. Never share antibiotics or use expired medication.
- 3 Watch personal hygiene to prevent the spread and contamination of superbugs, especially when visiting areas such as hospitals.
- 4 Wash all food and fresh produce thoroughly before eating, even if you'll be peeling it. Superbugs have been found to contaminate fruit and vegetables along the production chain. Cook all meat and animal products before consuming.
- 5 Choose your meat and dairy wisely. Opt for suppliers who do not use routine antibiotics in their animal feed and ask restaurants you visit whether they use meat products from antibiotic-free farms.

PARENTING NEWS

IDEAS AND TIPS TO MAKE FAMILY LIFE EVEN BETTER



PRIVATE SHARENTING FOR SOCIAL MEDIA LOVERS

If you're an active social media user and love sharing photos of your kids, but worry about the lack of privacy, there's a special social media app just for you. Lifecake is a social media network that allows you to share photos and videos with family and close friends only. Launched in 2012, the platform has grown to over 2 million users, 120 million uploads and 1 billion photo views. As parents become more cautious about their kids and family privacy, this is a safe way of sharing your favourite moments.

DID YOU KNOW?

The average UK parent has shared almost 1500 photos of their child by the time they turn five.

Source: Nominet.uk

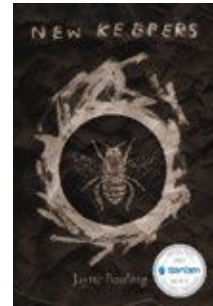
'Sharenting' is the habitual use of social media platforms, including Facebook, Twitter and Instagram, to post photos and videos of all aspects of your child's life.

TEEN FANTASY

Encourage your teen to explore the wonderful world of fantasy with these new novels from local authors.



Hap by Lesley Beake (Tafelberg) won the Gold Sanlam Prize for Youth Literature 2017. It explores the life of a New York teenager, Lucy, who is recovering from a traumatic experience. She moves to Barclay Bay, a fictional place on the west coast of South Africa, to live with her dad, and becomes drawn to the characters around her, including Hap, an ancestor who once lived in the area. From R160, bookshops countrywide.



New Keepers by Jayne Bauling (Tafelberg) took a silver at the Sanlam awards last year. The book is based on the post-apocalyptic city of Gauze and follows the adventures of Jabz, who is from the poor 'Margins' of the city. Jabz dreams of travelling to the Wildlands, and takes along a group of adventure-seeking citizens from privileged Sprawl to help him fund the trip. From R180, bookshops countrywide.

Art and brain development

Get 'artsy and crafty' with your kids and help stimulate their cognitive development at the same time. Parenting expert Nikki Bush says the different stages of growth children go through all contribute to their cognitive development. 'Different environments, different people and different toys with value help stimulate the young mind and assist children to interpret new information accurately,' says Nikki.

As the childhood brain is 'extremely plastic and elastic', kids learn new things easily. 'Ever hear the saying that a child's brain is like a sponge? This is 100% correct. Learning happens when they're young and able to absorb information and understand things quite easily,' she explains.

There are three learning phases for children: the concrete, semi-concrete, and the abstract stages, with the concrete phase being the most important because no images on screens or in a book can substitute the real thing.

'Children thrive on 3D learning, and the concrete phase allows them to interact with a real object with their bodies. They're able to feel that an apple is round, see its colour, taste and smell it,' Nikki explains.

Children should be able to internalise and experience with their bodies for an ultimate memorable learning experience. Encourage your child to play games such as building blocks and puzzles, use play dough to create zoo animals, and enjoy time playing dress up.

PLAYTIME TREAT

Hello Shongololo is a range of activity boxes and travel kits for toddlers and pre-school kids with the purpose of reducing screen time and encouraging children to play. The kids get to join Shongololo on his various adventures, including safari and garden activities, and a visit to the farm. Each adventure has its own collection of games that assist in improving dexterity and hand-eye coordination, and enhance overall creativity in children. The boxes include theme-based story books, crayons, stickers and playdough. Available for kids aged 1-3 years, and 3-5 years. R350, from

Helloshongololo.co.za



MAKE HOSPITAL VISITS SHORT AND SWEET

Nobody enjoys a trip to the hospital, especially kids. However, with many childhood ailments requiring hospital stays, you could find yourself making more trips than desired. According to Bibi Goss-Ross, group operational manager at Advanced Health, many fairly routine surgical procedures and treatments can be performed safely at a day hospital. Unlike normal hospitals, day clinics provide treatment during the day without the need for admission, meaning that your child can be discharged and sent home to heal in a comfortable and familiar environment. Procedures that can be done at day hospitals include adenoidectomy, tonsillectomy, and myringotomy with or without grommets as well as the removal of foreign bodies from the eyes.

FIVE BENEFITS OF DAY HOSPITALS

- ▶ **LESS STRESS** Sleeping in a strange environment without their parents can be stressful for kids, so being at home during the healing process puts them at ease and can help speed up their recovery.
- ▶ **LESS RISK OF INFECTION** Visiting a day hospital can also reduce risk of infection because of the shorter stay, improving the overall clinical outcome of a patient.
- ▶ **CHEAPER** Surgical procedures at day hospitals cost 20-30% less than at acute (normal) hospitals.
- ▶ **SMALLER, INTIMATE ENVIRONMENT** They're not as big and overwhelming, and have fewer staff and patients, making the atmosphere lighter for children.
- ▶ **SHORTER WAITING PERIOD** Day facilities minimise waiting times, so children will be in and out of the ward much faster.



Natural is best

Consuming too much sugar can lead to obesity, poor nutrition and dental cavities, so moms are finding alternatives to the sweet stuff. While there are many sweeteners on the market, are they safe for your kids?

Cape Town-based dietician Bridget Surtees says kids under two years shouldn't be given sweeteners or food containing artificial sweeteners. According to PEN nutrition, acesulfame potassium, aspartame, neotame, sucralose, sugar alcohols, stevia and thaumatin are considered safe for kids older than two, but in limited amounts. Bridget warns that some sweeteners can cause unwanted side effects such as bloating, stomach cramps and diarrhoea. 'If your children are consuming foods containing artificial sweeteners, I recommend consulting a dietician to determine the safety limit. Be aware that many low-fat products have added sweeteners, and rather go for full-fat products with no added sugar.'



FOODS TO BOOST LEARNING

The school day is a long and busy one, and kids need healthy food that contains the right nutrients for an active mind. Stock up on the following to stimulate growing brains:

- 1 FISH** such as salmon, tuna and sardines are all rich in omega 3 and vitamin D, which help kids stay focused. Omega-3 fat is also essential for cell development.
- 2 OATS** provide brain fuel first thing in the morning. The protein and high fibre help keep the brain and arteries clear by preventing blockages and cardiovascular diseases, and encouraging circulation.
- 3 BERRIES** contain antioxidants, especially vitamin C, and can help improve memory.
- 4 EGGS** are a source of protein, and the yolk contains cholin, a vitamin that helps build memory development. They also contain iron, vitamin A and folate, which are all vital for the growth, repair and development of cells.
- 5 MILK, YOGHURT AND CHEESE** have protein and B vitamins, essential for the growth of brain tissue, neurotransmitters and enzymes. Milk and yoghurt are also good for the brain as they're packed with protein and carbohydrates.
- 6 PEANUT BUTTER** is an excellent source of vitamin E and a potent antioxidant that protects nervous membranes. It also has vitamin B1, which helps the brain and nervous system use glucose for energy.
- 7 WHOLEGRAINS** such as bread and cereal provide the brain with glucose, an energy source the brain needs. They also contain B vitamins – good for the nervous system.

Because the brain is the most energy-demanding organ in the body, it needs a good supply of glucose, and low-GI food such as wholegrains, nuts and beans release energy slowly, which prevents sugar highs.



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The MINDFUL METHOD

HOW MINDFULNESS CAN HELP YOU BE A BETTER, MORE CONNECTED PARENT

You'll be hard-pushed to find someone who doesn't agree that parenting is one of the hardest jobs in the world. For many, taking on the most gruelling of obstacle courses might be easier than navigating the treacherous terrain of raising well-rounded, respectful, emotionally sensitive and intelligent beings. Add to the mix the need to earn a living, the routine of daily commuting, managing a household, school and extra-mural activities, hours saturated with screen time, mobile phones glued to palms, and the stress of living in a fast-paced, technology-frenzied world, and parenting is a momentous task. So, among the chaos of life, how do you give your children the best of yourself when it's so difficult to know what that is?

Mindfulness, a growing meditative trend adapted from Buddhist and Eastern traditions such as yoga, may raise a few eyebrows, but there's no doubt this practice is taking off. So much so that science and psychology have started to support its benefits, which can impact your health and wellbeing in extremely positive ways.

CONNECTING TO THE PRESENT MOMENT

Mindfulness is the ability to connect to the present moment, to tune out the other white noise of life and engage with the moment, giving it your full emotional and physical energy. In *Everyday Blessings: The inner work of mindful parenting*, authors Myla and Jon Kabat-Zinn describe it as the practice that 'affects our brains, our capacity for attention, emotion regulation, impulse control, perspective taking, executive functioning in general, and many other important traits that make us who we are, such as our ability to realize our deep connectedness with each other through our innate capacity for attunement, empathy, compassion, and kindness'. And if you can harness this ability for yourself, to tune into the present moment and regulate yourself, then you can become an effective parent while instilling the benefits of mindfulness in your children too.



Useful resources



DOWNLOAD: Mindful Parenting (available for iOS and Android; Mymindfulparenting.com)



LISTEN TO: *Mindful Parenting in a Messy World* podcasts with Michelle Gale



READ: *Mindful Parenting: Simple and powerful solutions for raising creative, engaged, happy kids in today's hectic world* by Kristen Race

PUT IT INTO PRACTICE

Parenting mindfully means taking the practice of mindfulness and applying it to your everyday interactions with your children and family. It means during stressful parenting moments, when your to-do list is pulling you in various directions and stress is weighing heavily on your mind, that you don't 'lose control' and let your emotions dictate your reactions. When you react to stressful situations, the brain is dominated by the flight or fight response, which means you act on impulse without clearly thinking of what you say or do. This can lead to moments when you scream and snap at your kids or melt down at a toddler tantrum. In that moment you're not thinking about children's perceptions, and these reactions are not only scary for kids, you're also modelling that this is how adults react to stress. Instead, choose to be more mindful by pausing and taking a breath or two before responding. Teach your children that they too can pause and choose to respond mindfully, rather than reacting. It's easy to forget that the biggest lessons kids learn about how to be in the world come from watching their own parents interact with and within it.

This doesn't mean mindful parents are calm and collected beings who have no negative emotions. Of course they do! But they choose not to act 'mindlessly' and compromise their parenting abilities. 'Mindful parenting is hard work. It means getting to know ourselves inwardly, and working at the interface where our lives meet the lives of our children,' write Myla and Jon. 'It is particularly hard work when the culture is intruding more and more into our homes and into our children's lives in so many new ways. And our attention spans are becoming shorter and shorter and our minds more and more distracted.'

“Our lives are undeniably deeply connected. Our children's wellbeing affects ours, and ours affects theirs. If they are not doing well, we suffer, and if we are not doing well, they suffer.

This means that everyone benefits when we are aware of our children's needs as well as our own, emotional as well as physical, and work at finding ways for everybody to get some of what they most need... Through the quality of our presence, our commitment to them is felt, even in difficult times.”

— Myla and Jon Kabat-Zinn

7 THINGS MINDFUL PARENTS DO

- 1 MAKE THE CHOICE TO BE PRESENT**
This is the first step in the mindful parenting journey and will require effort and training your brain to incorporate mindfulness practices into your daily life. You may forget to be mindful at moments – it takes some time to learn. But as soon as you realise you're distracted, take it as an opportunity to bring yourself back to the present moment.
- 2 DO ONE THING FULLY**
Make the effort to bring your awareness fully to the task at hand, whether it's preparing dinner, or interacting with your children or spouse. Try switching off technology and limiting other distractions.
- 3 LEARN TO FIRST CONNECT WITH YOURSELF**
You can be a mindful parent only when you have connected to it within yourself. 'To parent consciously requires that we engage in an inner work on ourselves as well as in the outer work of nurturing and caring for our children,' write Myla and Jon.
- 4 ACTIVELY LISTEN**
Be fully present and engaged when talking with your children. Take the time to listen to what they have to say, even if you don't agree with it. Give them the gift of your presence and the feeling of being seen and heard.
- 5 BREATHE BEFORE REACTING**
Pause, stop and breathe before reacting to situations. Be aware of your feelings and whether they're impacting negatively on the situation.
- 6 BE AWARE OF YOUR OWN TRIGGERS**
Raising a mindful family involves applying self-compassion during the stressful moments and applying awareness to yourself and understanding your triggers.
- 7 FIND JOY IN THE MUNDANE**
Most of life is made up of moments in the routine of daily life. Simple moments together, like the morning rush for school or commuting, go by unnoticed and unappreciated. Mindful parenting makes an effort to 'see' and be present in these moments and experience them as moments of joy and connectedness.

How to spot gaslighting

IF YOU'RE FEELING MANIPULATED AND AS THOUGH YOU'RE LOSING GRIP WITH REALITY, CHANCES ARE IT COULD BE GASLIGHTING

Gaslighting is a form of emotional abuse used by perpetrators to psychologically and emotionally influence their victims. It's a common tactic used by abusers, narcissists, cult leaders and dictators to gain control over a person or group.

The term comes from *Gas Light*, a 1938 play, in which a husband systematically manipulates his wife in order to drive her crazy. For example, he would dim the gas-powered house lights and then deny having done it when she asked him about it.

Paula Quinsee, a Joburg-based relationship expert and life coach, and author of *Embracing Conflict*, says the concept has been around for a while, but is usually termed 'narcissism'. 'Chances are if you've been involved with a narcissist, you may well have been gaslighted,' she says.

The Girl on the Train (the 2015 book, and 2016 movie starring Emily Blunt), is a good example of this type of behaviour,' Paula explains. In the story, Blunt plays a woman who is gaslighted by her husband. He accuses her of drinking too much, causing her to black out. During the blackouts he convinces her that she's abusive, while in fact he is the abuser.

But this form of abuse is not only found in romantic relationships. American psychoanalyst, educator, and author Dr Robin Stern refers to this technique as the 'Gaslight Tango', occurring in different types of relationships: romantic partners, between family members, in friendships and even at the office.



TACTICS USED TO CONTROL

'The ultimate goal of a gaslighter is to wear you down until you become a mere shadow of yourself and become dependent on them. They'll deny they said or did certain things even though you're sure they did, and you may even have proof of it. They'll tell you you're crazy or imagining things,' says Paula. This will eventually lead to you questioning your own sanity and reality. For example, your colleague may have agreed to help you out with a project for work, but when it's time to deliver they let you down. When you confront them about it, they deny they promised to help you and instead say you misunderstood them. Or your partner has been promising to have the microwave repaired for the past three months, but hasn't done it. When you bring it up, they say you're being controlling and putting too much pressure on them – a tactic to make you feel bad so you start to believe that perhaps you're overreacting.

COMMON TECHNIQUES USED

- ❖ Diverting – the abuser will change the subject of the conversation, steering it away from the truth when they can see the victim is stating facts. This way they can control the situation in their favour.
- ❖ Denial about promises they make, and instead telling the victim they're making things up in their head again.
- ❖ Belittling the feelings of the person they're trying to manipulate. For example, accusing them of overreacting or being too emotional when the victim tries to express their feelings.
- ❖ Distortion of events by denying that something happened the way you remember, therefore questioning your memory, which leaves you feeling like you're losing your mind.

Sometimes, they'll throw in some positivity by giving a compliment. This is also a control mechanism as you'll then think the perpetrator is not so bad, and this reverses all the nasty comments that came before. However, US-based psychotherapist and author Dr Stephanie A Sarkis describes this as a 'calculated attempt' to confuse you and cause a relapse, where you begin to question your reality all over again. They do this in order 'to keep you off-kilter – and again, to question your reality. Also look at what you were praised for; it is probably something that served the gaslighter,' Stephanie says.

Why do people gaslight? It's usually done by people with narcissistic or antisocial personality disorders, which means they have a need to control others, and in romantic relationships, ensure their partners depend on them. 'The main objective is to break others down to the point where they ultimately have power and control over their victims. More often than not, a perpetrator knows exactly what they're doing, although in other instances they may not be aware of their behaviour. Either way, it's a learned behaviour and can be treated, but it may involve the abuser undergoing therapy,' says Paula.

5 SIGNS YOU MIGHT BE A VICTIM OF GASLIGHTING

- 1 You're always apologising and blaming yourself for the things you do or say.
- 2 Over time, your self-esteem is lowered, you begin to feel insecure and confused, and start doubting your own sanity and reality.
- 3 You become emotionally drained and feel like you're walking on eggshells when your partner is around.
- 4 You have difficulty making your own decisions and become dependent on the abuser because they define or validate your reality.
- 5 You constantly find yourself defending your partner's actions to family and friends, and you become withdrawn from them.

'The abuse takes place gradually and may go unnoticed at first, but has the potential to manifest into depression and anxiety for the person on the receiving end. The victim will also become dependent on the bully because they now rely on the perpetrator to validate their reality,' explains Paula.

As these types of abusers are cunning and have mastered the art of manipulation, anyone can fall victim to their scheming. They'll generally look to find their next victim in a short space of time and are known to jump from one relationship to the next or even juggle more than one at the same time.

Is it intentional? According to Stephanie some abusers are aware of what they're doing and others aren't, and those aware of it do it intentionally. For people with a personality disorder, the need to want to control others comes naturally. On the other hand, someone with an authoritarian personality will always feel they're right and everyone else is wrong. Even if a gaslighting partner agrees to attend therapy, 'they may tell the therapist you are the problem', explains Stephanie. Remember that even if a person is not doing it deliberately, they still get a kick out of being able to control their victim.

HOW IT OCCURS IN DIFFERENT RELATIONSHIPS

1 ROMANTIC

Common ways in which an abuser gaslights their partner include making them feel inadequate and as though they're losing touch with reality; a partner who always denies you asked for something, and instead accuses you of memory loss; or your partner may make a hurtful comment about your outfit and when you express your feelings about it, they tell you to calm down, you're overreacting and it was just a joke. Another example includes confronting your partner about feeling neglected, and having your feelings dismissed as they call you oversensitive and childish; instead you're the one who hasn't been giving them enough attention.

2 FAMILY

One of the common ways in which parents unintentionally invalidate their child's feelings is by saying things like 'Don't be silly, of course you eat vegetables', or 'Boys don't cry, only girls do'. Another example is an older sibling teasing his younger brother and when being confronted by the younger boy, telling him 'Don't be so sensitive, it's my way of showing you I love you'. Paula says this can lead to a lifetime of self-doubt, and children lose the ability to think for themselves and make their own choices and decisions.

3 WORK

'At some point in our lives we'll come across a boss or colleague who just seems to make our lives miserable. Usually it comes with a position of power and is often used to intimidate, confuse or frighten the individual,' says Paula. For example, your boss keeps promising you a raise or promotion time and time again, and after working extra hard to prove yourself, the promise is not fulfilled. When you confront your boss, you're told you're not applying yourself effectively and you need to pull up your socks and work harder. They could also threaten you with the loss of your job, therefore using fear to control you.

RECLAIM YOUR SANITY

If at any point you get the feeling you're a victim of this emotional abuse, do not ignore the red flags. Identifying the problem is the first step to healing. You can try to do it on your own or through therapy.

On your own

- Record how the conversations usually go and reflect on them at a later stage. Dr Robin Stern advises people to write down what actually happened, then go back to it later when you're thinking more rationally. Paula agrees, adding that writing things down can certainly help someone achieve clarity on situations and things that were said during an argument when emotions can get in the way.
- Avoid the right-wrong debate as it can quickly escalate. Sometimes silence is the best response.
- Don't confront, retaliate or try and make the gaslighter see things from your perspective as they won't be able to.

Professional help

'Seek an outside perspective from a trusted friend, family member or a professional who will help to unpack what you're feeling and experiencing. An ordinary argument shouldn't leave you feeling like you're walking on eggshells with a sense of anxiety and fear,' adds Paula. If all else fails, she strongly recommends removing yourself from the situation so you can keep your sanity and happiness, although this may be difficult if it involves family.

A therapist will be able to guide you through this complex and complicated control cycle to either achieve some resolutions or extricate yourself from this destructive type of relationship.

Paula Quinsee can be reached on 083 307 0918 or email paula@paulaquinsee.com

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The games people play

THERE'S NOTHING LIKE A GOOD BOARD GAME OR CARD GAME TO BRING THE WHOLE FAMILY TOGETHER FOR FUN AND RESENTMENT, SAYS KATE SIDLEY

I love games. Scrabble. Rummy. Swingball. Bananagrams. My husband, not so much. He flat out doesn't understand why a grown-up human being would want to spend the best part of an hour making words out of random letters on little tiles.

No matter, I thought. We'll have some kids, and they'll love games, just as I do. What fun we'd have! And I set about growing my own games players.

Of course, as I now know, children are born with very few skills and abilities, so it was a period of some years until I could play games with them. And even then, those games were Snap, and that one where you have to match pairs, and Find the Animals Hidden in This Picture (Oh my word but this toddler is dim. It's so obvious. There, there, it's a tiger, there behind the big bit of tree. Aargh. The frustration).

For a period of about a year, we

played Go Fish endlessly. We had a pack of cards with actual fish types on them. 'Give me all of your... Puffer Fish!' I did not tire of this as quickly as you might think.

The kids and the neighbour's kids invented a truly inscrutable card game. One person was King and one was Dustbin and one was... I forget. It had a set of mysterious rules that relied on neither skill nor chance. 'But it doesn't make sense...' I'd say peevishly, and they'd say, 'So?' And carry on playing, laughing their heads off. I refused to get involved. I can't even remember what it was called, other than, 'That stupid dustbin game you play with Zanele...'

OK, so my grow-your-own-game-player plan wasn't a quick solution, but eventually, after a decade or so, I had a clutch of children who could read, spell and count well enough to play a wide variety of games. But by then they had better things to do. It's humiliating, following a pre-teen around with a cloth banana filled with letters, saying, 'Just one quick round, come on...' One of the

problems is that (in all modesty) I'm flippin' brilliant at Bananagrams and almost always win, and no one really likes that. Even though it kills me, I occasionally let a small word sit on the table, in the hope that one of them will get it, and be encouraged to play with me more often.

My son and his friends had a brief obsession with Risk (they didn't invite me, and anyway, all those tiny pieces make me anxious), but by then cellphone access had pretty much dealt the final blow to real world games. Who wants to play Swingball when there are Angry Birds to deal with?

And then suddenly, this past summer holiday, the kids rediscovered... Games! Their cellphones lay undisturbed while they played Rummy, Hearts, Cheat, Machiavelli, Poker and that other card game with a rude name. They willingly played Upwords (a Scrabble type thing) with me. They broke out a 1000-piece jigsaw puzzle. It was total bliss.

When everyone had had their share of cards and competition we'd head down to the beach and there they would play a favourite old-fashioned game - tossing clumps of seaweed or bits of dead jellyfish at your unsuspecting sibling to give them a fright. Whereupon they splash you in the face. And so on. Fun for the whole family.

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GROWING FROM GRIEF

NAVIGATING THE JOURNEY OF LOSS

Traumatic loss is perhaps one of the most human experiences. At some point in life, everyone suffers loss in one form or another – loss of love or a relationship, the loss of a parent, family member or close friend, the loss of a future dream, or – the inconceivable – the loss of a child. How the individual manages and experiences loss and the grieving process is unique and personal. Although it's often difficult to move on or get over a significant loss or a complicated grief, if you allow yourself the opportunity to move through it and experience it, you may discover something new about yourself, your resilience, and something far greater that connects you to humanity as a whole.

THE STAGES OF GRIEF

The grief cycle includes emotions such as denial, anger, guilt, depression, and finally, acceptance. It's common to cycle back through some of these reactions, stages, and symptoms more than once, and even to go through all these different feelings in the space of one day. Sarah Cohen-Schwarz, a counsellor and play therapist at Parkwood Medical Centre in Joburg, says grief doesn't follow a strict path or pattern and is different for everyone. 'For many, some form of denial or difficulty in accepting the loss, can last for years,' she explains. 'For example, it can be difficult to get rid of the person's belongings, and we may attempt to hang on to an old reality.' Denial may mean that the intense emotions of grief, such as sadness and anger, may not surface until sometime after the loss has occurred.

Grief or loss can affect us not only emotionally, but physically too. It can fill our life with disorientation and confusion, numbness, sleeping or eating issues. 'It's normal for there to be a period, especially after a close loss, where a person will disengage with their world,' adds Sarah. There may be physical symptoms of anxiety, such as dizziness or fatigue, shortness of breath, loss of energy or excessive activity, and even aggression. 'Anger at the deceased person or the one who has altered your reality, through divorce for example, is also common, especially after a traumatic or complicated loss,' she says, adding that if the relationship was negative, the grieving process can be even more complicated. 'There may now be no resolution within the relationship, leading to more internal conflict and therefore more anger and guilt at the loss.'

MOVING THROUGH THE VOID

The first step to recovery is to be open to the grieving journey, and to learn and understand how you personally grieve. Don't try to block the grief or move on without dealing with it. 'Understand that it's an ongoing process and give yourself time to heal,' says Sarah. Be patient with yourself, and expect to have both good and bad days for a long time after the loss.

In her book with psychologist Adam Grant, *Option B: Facing adversity, building resilience, and finding joy*, Facebook's Sheryl Sandberg talks of losing her husband unexpectedly while on holiday. She writes that 'even in the face of the most shocking tragedy of my life, I could exert some control over its impact... [that my] beliefs and actions could shape how quickly I moved through the void and where I ended up'.

'Personal growth can take place after experiencing a difficult circumstance,' adds Sarah. 'Remembering this can give you strength and remind you of your ability to cope. It's important to find new hope for your future. Over time, think about what you would like for yourself, explore new interests and possibilities as you re-create your life.'



*Grief is in two parts. The first is loss.
The second is the remaking of life.*

— Anne Roiphe

COPING MECHANISMS

▶ ASK FOR AND ACCEPT SUPPORT FROM FRIENDS, FAMILY AND COLLEAGUES

When your support network offers to help you, accept that help. You'll need it, whether it's helping with daily errands and chores, or assisting with larger and more difficult tasks like arranging a funeral or other practicalities.

▶ DISTRACTION

If after some time you find yourself struggling with the loss and settling into your new reality, finding a distraction from the grief can help. 'Find something to focus your attention on other than the loss or grief you're experiencing,' writes Sheryl. 'Returning to work, or taking up old or new hobbies or activities can help take your mind off the loss, even if only for a few minutes.'

▶ ALLOW ENJOYMENT BACK INTO YOUR LIFE

'Allow enjoyment to come back into your life without burying it under the guilt of feeling happy,' suggests Sarah.

▶ SAY GOODBYE, SAY HELLO

This approach suggests that there are two parts to grieving. The one part is to say 'goodbye', the other is to say 'hello' again. What this means is saying goodbye to the physical presence of the person in your life; grieving the loss of all those big and little contributions they made. It also means keeping that person alive in your thoughts. Keep thoughts like these alive: 'What did that person see when they looked at you through their loving eyes?'. If you're going through a hard time what would their loving response be, what would they say to you? Perhaps a dialogue with them can even help you navigate the grief of losing them.

▶ LOOK AFTER YOUR WELLBEING

Make sure you eat, rest and exercise to keep your body fit and healthy. Avoid making any major decisions, as your ability to do so may be compromised by your grief.

When to get help

'If after six months the intensity of the loss is still as strong as when it happened, it may be time to consider professional support in the form of therapy,' advises Sarah. 'Therapy can help reflect on the deeper process of grieving.'

Seek external help if you're struggling with emotional and physical symptoms that are still extremely intense and persistent, if you have difficulty re-engaging with your previous life, friends or interests, or if you feel the need to turn to smoking, drinking or recreational drug use. Depression can be a common part of the mourning process and not always easily recognised and acknowledged within ourselves. 'If the person is completely coming apart, or if there are no support structures in place for the grieving individual, dealing with the loss through therapy will help guide them,' says Sarah.

Helping someone else through loss

People who are grieving won't necessarily know what might help them, so offer support in different ways and at different times. 'Acknowledge your friend's loss and meet them where they are in the grieving process. Rather than running away from their discomfort, try sitting with it. You don't have to fill every silence, but don't be afraid to ask questions, even if you're afraid of the answer. Just be sure to stick around to hear it,' says Sheryl.

Here are some tips to assist others through their grief:

- ▶ When offering assistance, avoid being vague. However well intentioned your 'let me know if there is anything I can do to help' response may be, these general offers mostly fall on deaf ears as the grieving person may not know what assistance they need. Sheryl recommends being as specific as possible about how you can help. 'Volunteer to create a schedule for friends who want to drop off meals, run out to buy toilet paper, babysit, or mow the lawn. By suggesting something specific, you take the onus off your friend to define what they need.'
- ▶ Don't assume you understand the grieving process or project your personal experience onto others, as everyone is different. 'Difficulty can arise when those supporting a grieving person tell them how to grieve,' says Sarah. Grieving is personal and individual, there's no correct way to do it, and everyone experiences it differently and with different timeframes. 'Respect how the person is grieving, and try to support them in the best way you can without judgement or forcing your own belief on their process.'
- ▶ Talk about it. Sidestepping someone in the office to avoid talking about their situation only causes more problems. Be open and honest – ask how they're doing, whether they're coping or want to talk through anything, whether it's work related to get their mind off things or about their current situation. 'Until we acknowledge it, the elephant [the loss] is always there. By ignoring it, those in pain isolate themselves and those who could offer comfort create distance instead. Both sides need to reach out. Speaking with empathy and honesty is a good place to start,' writes Sheryl.

MAD ABOUT PETS

LIFE ON THE ANIMAL FRONT

Q&A

with Dr Michael Ferreira

Q We're going away for the Easter holidays and need to leave our dogs at a kennel. What preparations do we have to make?

A This depends on your dog and on the facility they'll be staying at. Most good kennels will usually give you a list of checks and treatments that your pets need before moving in. These include vaccinations that need to be up to date, tick and flea treatments, and deworming. Some nervous animals prone to separation anxiety might need additional preparation.

Vaccinations that most kennels require to be up to date include rabies and the '5-in-1 or 4-in-1' (includes diseases like parvovirus or 'cat flu', and distemper). Most also require a kennel cough vaccine. Kennel cough is an upper airway infection that can be caused by several organisms, some of which are highly contagious. The vaccine protects against two of them. It's not a dangerous disease, but dogs develop an annoying dry hacking cough that can progress to a more serious infection if left untreated. Because your dogs will probably be exposed to other dogs, it's recommended to treat them with good products for killing ticks and fleas (ectoparasites) and worms (endoparasites) prior to going to kennels. Most tick and flea treatments have a residual effect and will protect for a month or more

depending on the product. Deworming products on the other hand usually only kill worms present in your pet at the time of administration, so it's recommended that they're dewormed after returning home too. Parasite treatments work shortly after administration, but if your pet is due for a vaccination, it can sometimes take up to four weeks before they have adequate immunity, depending on when last they were vaccinated. My advice is to plan ahead and don't wait until you're just about to leave for holiday to prep your pets for the kennels.

Lastly, some pets are more stressed out than others by the concept of being away from their 'parents'. What often helps to reduce the stress is having something familiar present. This can be a toy or blanket from home with scents they know. By far the best is having a companion from home. Often kennels allow pets from the same household to stay together, and this helps pets feel more at ease in the temporary surroundings. For very anxious dogs, sometimes anti-anxiety medication might be needed to improve the quality of their stay. Speak to your vet for possible options. Safe travels!



PET SELFIE of the month

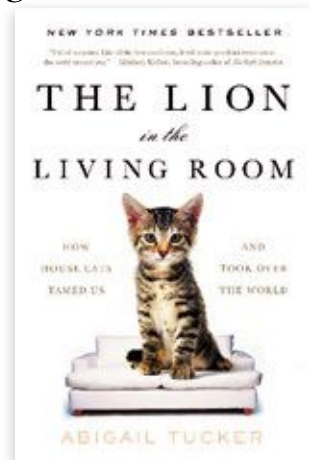
Twelve-year-old Aimee van der Merwe and her furry friend, Cody, a Jack Russell puppy, live in Glencairn Heights, Cape Town. Aimee and Cody were at her brother Matthew's school watching him play rugby. Cody's

too small to leave at home so the family took him along for an outing and Aimee put him in the book bag her granny made for her birthday. Exhausting work for a puppy!

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 with 'Pet selfie' in the subject line.

What's the big deal?

Ever wondered why our hearts just melt at the mere sight of a little kitten? Science writer Abigail Tucker explores this phenomenon in *The Lion in the Living Room: How house cats tamed us and took over the world* (Simon & Schuster). Abigail's research takes an in-depth look into the history, evolutionary biology and pop culture of cats to discover where this obsession comes from, and its results. Sit back with this *New York Times* bestseller and enjoy the fascinating tale of how your cat has taken over your heart, while she lies purring on your lap. We can't think of a better way to bond on a Sunday morning. From R290, bookshops countrywide.



7 WAYS TO CARE FOR YOUR AGEING CAT

- 1 Schedule regular check-ups with the vet. It's best to keep the same specialist over the years, who will be familiar with your cat and be able to pick up any changes in its health. Experts recommend visiting the vet every six months, even if your cat appears to be healthy.
- 2 Keep an eye on their weight. Any weight gain or loss, however subtle, is cause for concern in older cats and requires a visit to the vet. If a cat gains weight, it could be a sign of a chronic disease and could lead to a shortened life span; if your feline loses weight, this could be a sign of hyperthyroidism, intestinal disease, or diabetes – and weight loss can occur even with an increased appetite.
- 3 As they get older cats' nutritional needs change, so you might need to alter their food slightly. Discuss this with your specialist; you may need to add more protein or particular vitamins. Also take note of and let your vet know if your cat is eating less so that the right type of food can be recommended to replace those vitamins they no longer get from eating less.
- 4 Pay attention to the changes in behaviour and habits, however small. For example, if you notice your furry friend is sleeping more, or their bowel movement has changed, or they vomit, make an appointment with the vet. Slowing down is also a sign of pain or discomfort, so create a cosy environment for them by supplying extra cushions and bedding.
- 5 Constipation or a change in the colour of their faeces can be a sign of dehydration. Keep an eye on the litter box too; more urination could signal illnesses like diabetes, an overactive thyroid gland, kidney disease or high blood pressure.
- 6 If your cat starts to miss the litter box and has 'accidents' around the house, there may be a medical issue causing your cat to house-soil. Urinary infections, constipation, arthritis, and muscle weakness are a few of the reasons an older cat can develop litter box issues.
- 7 Lastly, just cuddle them as much as you can. At this age your feline friend needs as much love as possible, so make sure you spend enough time with your cat, continuing to bond in their last days.



DID YOU KNOW?

Rabbits not only eat their own faeces, it's healthy for them too. It might be unimaginable for human beings, but in the animal kingdom it's quite normal. Rabbit excrement is a natural and crucial part of their diet, as it provides them with essential nutrients, lack of which can cause deficiency diseases.

Source: Livescience.com and Petplan.co.uk.



Signs your bird is unwell

For most pet owners it's probably much easier to tell when your dog or cat is feeling under the weather. But in other animals, it's not so simple to spot, especially with birds. That's because many birds don't usually show signs of being sick, and by the time they do they're usually very ill.

Watch out for the following:

- Difficulty in breathing: breathing with an open mouth, unusual breathing patterns, uncommon sounds when breathing.
- Reduced appetite, weight loss, unexplained lumps or swelling on the body.
- A red, inflamed, or runny cere, cloudy eyes, scaling or crusting of skin, increased temperature of feet or beak.
- Abnormal droppings: these will be smelly, an unusual colour (yellow, green, black or red). Also watch out for diarrhoea (loose faeces) or constipation (hard faeces); bloody droppings or undigested food in the faeces.
- Prolonged (longer than two days) ruffled feathers, not preening and appearing messy and trembling.

If you notice any of these signs it's best to see your vet immediately.

Look out for change in the normal condition and general behaviour in your bird such as huddling, hanging on to the side of the cage or sitting at the bottom of the cage instead of the perch, inactivity, drooping wings, walking in circles, less talkative or vocal.



FAMILY MATTERS

EXPERT HELP ON LEGAL ISSUES INVOLVING YOUR FAMILY



with Alexi Budin

Q My husband and I married in our 40s, just over 20 years ago, when my son was in his teens. We have an antenuptial contract (ANC) with accrual. My husband took early retirement a few years ago, while I continued to work. He has a pension and some savings.

I don't have a pension at all. I'm now approaching 65 and would like to retire, but every time I raise the subject he becomes aggressive and accuses me of never contributing financially. Until he retired I paid our domestic helper, bought groceries and maintained the garden. He claims I'm hiding money, but what I've managed to save is minimal. I suspect he's hiding something and would somehow benefit if I try to divorce him. In his will he has made provision for relatives with whom he has no contact or interest. As the years pass he has become more sullen, belligerent, emotionally abusive and at times physically abusive. What would be the outcome of divorcing him? What am I entitled to?

A Before dealing with the financial implications of divorce, you need to understand the consequences of being married out of community of property with the application of the accrual system (your matrimonial property regime). 'Out of community of property' means that during the marriage each spouse has a separate estate, which they control. This is an advantage as both spouses are protected from each other's creditors and even from the insolvency of their spouse. The application of the accrual system, however, ensures that despite having separate estates, the spouses have a deferred right, ie the right to share in the growth/increase of their respective estates, which only becomes exercisable at the dissolution of marriage – either by death or divorce.

In order to determine the accrual of each spouse's estate, a separate calculation must be done in terms of which the net asset value at date of dissolution of marriage (ie assets less liabilities) is determined and the spouse's respective commencement values (ie how much your estates were worth at the time of the marriage, which are then adjusted with the consumer price index to make provision for the change in the value of money over the duration of the marriage) are deducted together with the value of any assets that may have been expressly excluded in the ANC. Accrual benefits the spouse whose estate has shown a smaller growth – spouses are entitled to half the difference of the accruals of the respective estates. With regard to your husband's pension, unless expressly excluded in the ANC, it will form part of the 'assets' that he accumulated during the course of the marriage and therefore will form part of the accrual calculation.

Should you divorce your husband, and you are in fact the spouse whose estate has shown a smaller accrual, you'd be entitled to half the difference. His assertion that you did not contribute financially to the marriage does not seem to be accurate, as you mentioned several household expenses you

were personally responsible for. Furthermore, a financial contribution during the marriage is not a prerequisite for an accrual claim.

Partners hiding assets is a common fear when couples divorce. My advice regarding ways to ameliorate such action risk is dependent on whether your divorce will be contested or uncontested. Should you attempt to reach a settlement agreement, which would then govern all aspects of your divorce (uncontested), you should ask your attorney or mediator to include a clause in which you and your husband make a full financial disclosure of all your respective assets (whether held personally or by a nominated third person) and to set out the consequences and penalties of breaching this clause. However, if your husband refuses to attend mediation (which is a voluntary process) and you proceed with divorce litigation you may well have to appoint a liquidator or a forensic accountant to assist you in ensuring that assets have not been hidden or 'channelled' elsewhere.

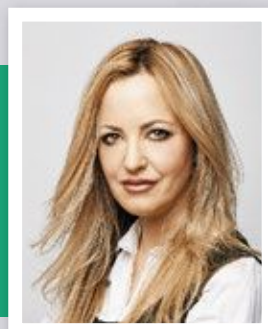
With regard to your husband's will – he may well have drafted a will and attempted to dispose of assets. However, by virtue of the accrual system being applicable to your marriage if he were to pass away prior to your divorcing, you as his spouse would have an accrual claim against his deceased estate if you are the spouse with the smaller accrual. Remember, while South African law allows for freedom of testation, your accrual claim can't be simply waived by him in a will. Nevertheless, if he is being abusive and the situation is untenable I would suggest consulting with a legal practitioner.



FEATURE: ALEXI BUDIN PHOTOS: FOTOLIA.COM AND SUPPLIED

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

Write to 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.

creative space

TACTILE TOYS FOR BABIES AND TODDLERS



‘Clean out
a corner
of your mind
and creativity will instantly fill it’

– Dee Hock

CUTE baby gifts

THESE TACTILE TREATS ARE EASY TO MAKE
AND BABIES AND TODDLERS WILL LOVE THEM

Sensory ribbon tug for babies



- BPA-free plastic jar with screw-on lid big enough to fit your hand inside but not too big for baby to hold
- a variety of ribbon, string and wool. Make sure they're safe for baby to chew on and have no loose pieces that may become a choking hazard
- drill with various drill bit sizes
- craft knife

- 01** Using the drill, make holes in the plastic jar in different sizes to accommodate the various thicknesses of ribbon or string.
- 02** Cut and measure different lengths of the ribbons and strings. Taking a strand at a time, insert a ribbon through one of the holes and tie a knot at both ends to secure it so that it cannot be pulled out. Repeat with the rest of the ribbon and string lengths.

TIP

Place small single knots along the strands to add extra texture that baby can tug through the holes.

- 03** Pull the ribbon lengths inside the jar so that only the knotted ends stick out. Screw the lid onto the jar and give it to baby who will enjoy tugging the ribbons out. Once they're pulled out, simply unscrew the lid and pull them back inside for more sensory pulling fun!

Babies will love tugging on and chewing the different ribbons and textures in this sensory toy.

Hedgehog tag toy



- felt in various colours
- fluffy fabric like fleece
- matching cotton
- needle
- a variety of ribbons
- stuffing
- sewing machine
- scissors
- online template

01 Download the online template for the pattern and trace these onto your fabric. Cut out each piece of the pattern, leaving a 1cm seam allowance. We used felt for the face, small details, and feet. For the rest of the body we used a fluffy fabric.

02 Start by sewing on the details of the face (nose, eye, and cheek). Carefully pin each facial detail in position and stitch them on using blanket stitch.

03 Sew together the body and the face section of the toy, doing each side separately.

04 Next, decide on how many ribbons you would like. Depending on the width of your ribbons, you may fit in more or less. We used 12 ribbons of varying sizes each cut to about 12cm. Fold the

ribbons in half and pin them to the right side of the body with the loop facing inwards.

05 Sew the toy together by placing the right sides together. Make sure to leave a small opening so that the toy can be stuffed. Turn the toy right-side out.

06 Sew together each of the four feet with right sides facing in, again leaving a small opening. Turn right-side out. Stuff each one and then close up

the holes using a ladder stitch. Using the same stitch, attach each one of the feet to the body.

07 Finally, stuff the whole toy, and ladder stitch the remaining hole closed.

TIP

Use a variety of textures and sizes for your ribbons so that it's more interesting for baby.

Babies love sucking on the tags of toys so why not make a toy that has a range of different textured and coloured tags to keep your baby busy.



Snuggly sock sloth



- a pair of one size fits all chenille socks
- 5mm safety eyes (recommended) OR normal buttons for eyes
- plain black safety eye (7-15 mm) OR a suitably sized button for a nose
- small pieces of white, grey and navy felt (or colours to match your socks)
- embroidery floss for stitching on facial features
- stuffing
- 4 small strong circular magnets, about 5mm diameter (optional)
- matching thread
- sewing machine
- scissors
- sewing needles
- water-soluble fabric marker
- online template

NOTE: Always use safety eyes on toys for children under 3. Regular buttons are a choking hazard.

NOTE

When shaping your sloth roll the arms and legs with both hands to even out the lumps.

- 01 Trace and cut out the facial features in felt and put them to one side.
- 02 With the socks inside out, align and pin the stripes and position the heel of the sock as shown on the template. Mark the cutting and stitching lines from the template onto the socks.
- 03 Sew the socks according to the dashed lines and cut according to the solid lines. Keep the leftover sock fabric to wrap the magnets if using on the hands and feet OR cut circular pieces of felt to cover the magnet when stitching them onto the limbs.
- 04 Trace 12 claws onto felt,

cut out, then lay them onto a second layer of felt. Pin in place and topstitch the two claw layers together with the sewing machine, leaving about 3mm all around the edge of the claw EXCEPT the opening of the claw that needs stuffing. Cut out the claws. Stuff them, making sure to push the stuffing carefully into the tip of the claw first.

- 05 Join the claws in groups of three, sewing together as indicated in the diagram on the template with zig-zag lines.

NOTE

Because the claws of the sock sloth are arched you need to make sure that the claws are inserted correctly into the opening of the legs. With the body and legs piece still inside out, and the back

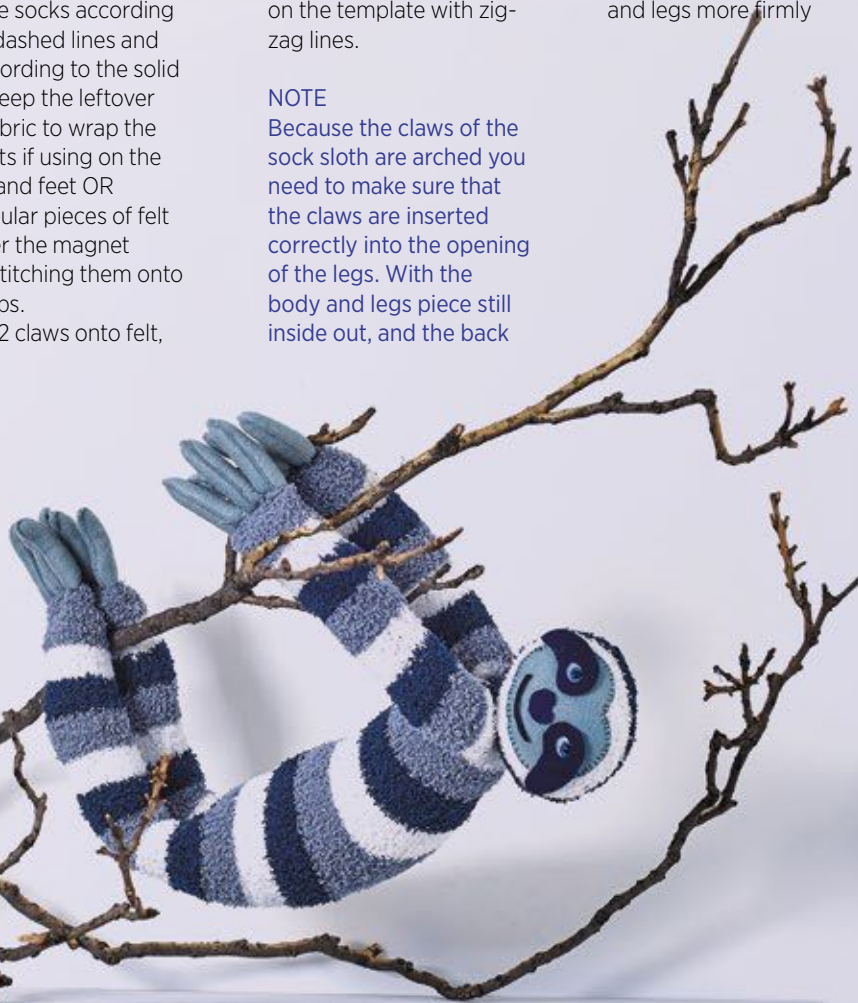
facing upwards, insert the ends of the claws to be sewn in with the claw tip pointing up, so that when you turn it right-side out the tip of the claw points backwards. WHEN POSITIONING THE CLAWS THEY NEED TO GO CLAW TIP FIRST INTO THE LEG OPENING

- 06 Sew to join the claws to the legs and arms and then turn all the parts right-side out and stuff, keeping the lower arms and legs more firmly

FINISHED SIZE:
About 40cm in height

your
family
.co.za

Go online to download our free template.



stuffed than the uppers. Sew to close all openings EXCEPT the head.

- 07** Next, position and stitch the white eye felt pieces on the face piece where marked on the template.

NOTE

If you are using safety eyes for the eyes and nose you will need to create small holes through the felt and insert the eyes and nose first to make it easier to push the safety eye pins through the felt AND the sock fabric. If you are using normal buttons this

doesn't apply as you can sew the buttons on after closing up the head.

- 08** Position the felt face piece slightly lower than centre on the head and sew it on with blanket stitch.

FOR SAFETY EYES: Stitch the main face piece on halfway, secure eyes through all layers of fabric and then sew the rest of the face on.

FOR NORMAL BUTTONS: Sew to attach the eye button at the top half of the white felt for each eye.

- 09** Position the navy eye marking (eyelid) on the face with the bottom half of the white circle of felt and button eye exposed through the opening. Sew on with blanket stitch.

- 10** Sew the nose button on and embroider the smiling mouth on the face.

- 11** Handstitch the head to the body, stitching in roughly the position a neck would be, keeping the circle small so that the head can be easily turned. Finally, attach the arms.

- 12** Spray water on the face to erase the water-soluble markings.

- 13** If using magnets either enclose them in the leftover sock fabric and stitch those to the palms of hands and soles of feet, or cut a circle of felt, stitch in position on hands and feet and slide the magnet in before sewing closed completely using blanket stitch.

NOTE

Take care to pair the magnets correctly so that they attract each other.



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ST DAVID'S
MARIST INANDA

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All-natural baby teethers



- 34mm raw wooden curtain rings (from your hardware store)
- fine sandpaper such as 600 grit if required
- 3.5mm crochet hook
- 100% DK cotton or bamboo

01 Remove the screw hook from the curtain ring. Lightly sand until completely smooth, if needed.

TIP
Use untreated wood as many wood sealing products can contain ingredients not safe for babies.

02 Using hook and cotton, make a slip knot and chain 10-12

stitches (you should be able to loop this around the ring with the ends just meeting).

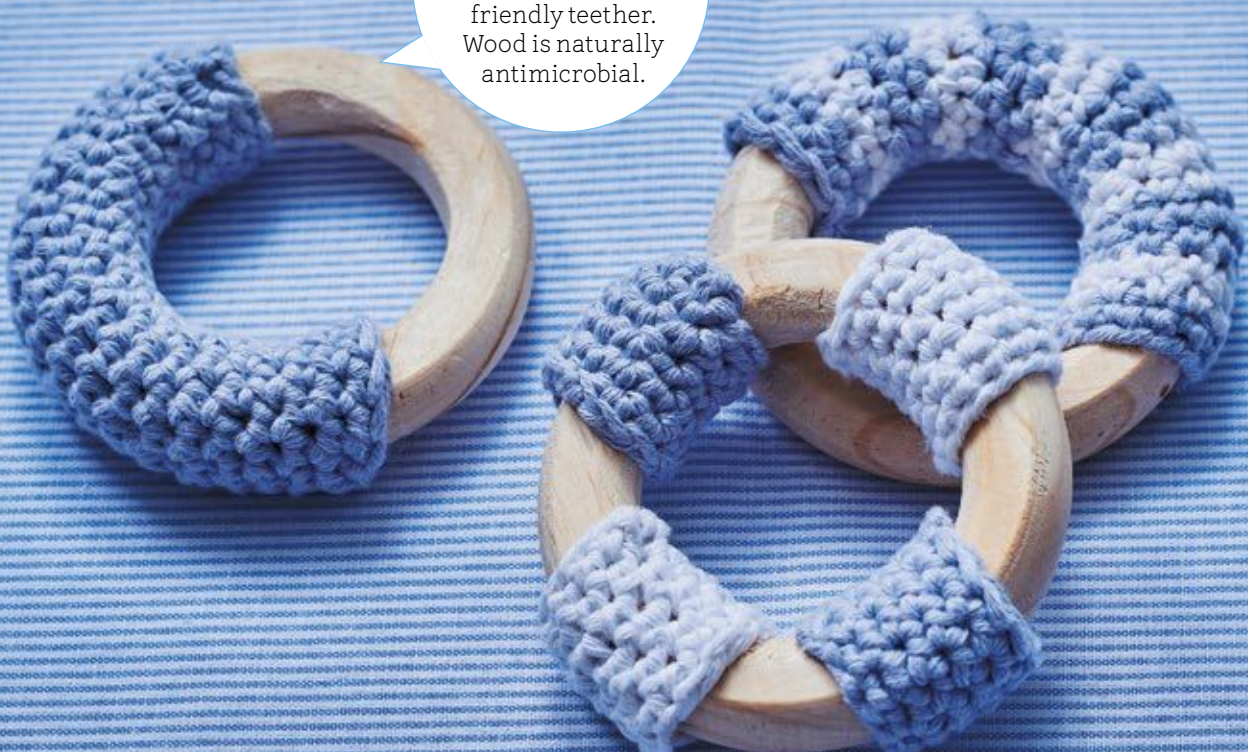
03 Slip stitch to close the chain. Working around the ring, continue in double crochet, working in a continuous spiral. For double crochet: insert hook into next chain, wrap yarn around hook (2 loops on hook) and pull through

both loops. Use one colour, or combine a few in stripes, changing colours after each round. To end off, finish with a slip stitch and bind off. Use the hook to pull loose ends through behind the work. Trim off exposed ends.

04 This teether can be wet then frozen, to offer relief to a teething baby.

Clean with a natural soap solution or a mild vinegar (a natural antibacterial agent) and water solution. Rinse well. Allow to dry completely in indirect sunlight. Treat wood with a little coconut oil.

You won't have to worry about BPA and nasty plastics with this eco-friendly teether. Wood is naturally antimicrobial.





Pattern: AE-6008

• Yarn: Hope

• Colour: 6135



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Footloose and visa-free

IF YOUR INSTAGRAM FEED HAS YOUR EYES GLEAMING WITH WANDERLUST, VISIT ONE OF THESE VISA-FREE DESTINATIONS THIS YEAR



ARGENTINA

If you've never been tempted by South America, its second largest country, Argentina, is a great place to start. The capital of Buenos Aires is filled with colourful culture and European history, tango, cafés, and lots of pizza and gelato stores to satisfy the kids. Or you can head off to experience the beautiful terrain of the Andes mountains along the west and the striking Iguazu Falls in the north. If you have the time and spirit, venture down to Patagonia in the south, where impressive scenery, glaciers and wild mountains offer incredible photo opps. If adventure and skiing aren't quite your thing, indulge in the culinary fare – Argentina is

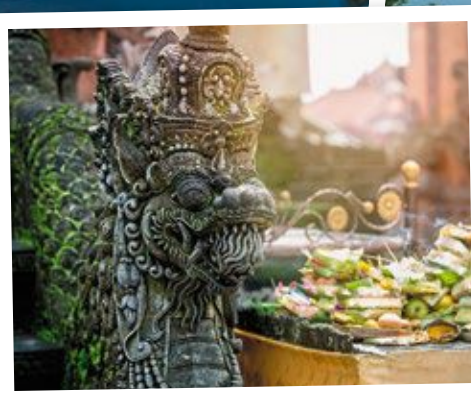
one of the world's best beef producers, and offers delicious wines to pair with it! Because of its distance from South Africa, flights can be quite pricey, so shop around. When travelling in Argentina, try booking your internal flights in advance, and make use of the cheap bus transport system – it can take you just about anywhere in the country.



BALI

If you feel like indulging in a little luxury with your rands then Bali is the ultimate destination. Soft sandy beaches and turquoise waters offer an oasis for travellers looking for the ultimate island getaway. Growing popularity means that your money goes further too as rates are very competitive and you can stay in a beautiful, luxury villa with a pool, some even with a private chef (!), from under R1 000 per night. Avoid the big hotels and resorts and turn to AirBnb, where you can get your own piece of Bali for a steal. With scenic beaches, green rice paddies and beautiful Asian cuisine, Bali should be on your bucket list for 2018!

Note: While it's a relatively cheap destination, alcohol can be extremely pricey (taxes on alcohol in Indonesia are around 200-300%).



MADAGASCAR

The world's fourth largest island is just on our doorstep and if you're looking for sandy beaches and rice paddies without the lengthy flight to Bali, Madagascar could be for you. While you don't need to worry about a visa before you leave, one will need to be purchased on arrival in the country and will cost about R500. Many tourists head up north to Nosy Be for the lush white sands and clear water, but this island has so much more to offer. If you're ready for an adventure, Madagascar's positioning and isolation has allowed its flora and fauna to develop into some of the world's most unique, with around 90% not found anywhere else in the world!

When travelling around, South African rands are not accepted so make sure you sort some euros before you go. As it's still an emerging tourist destination take extra cash with you as ATMs may not always work or be available. Avoid travelling from December to March when rainy weather conditions make it almost impossible to move freely around the island.

RUSSIA

During 2017, Russian and South African governments agreed to visa-free travel for tourists visiting either country. While visa regulations before this were a thorn in the side for many wanting to visit this vast nation, South African passport holders can now simply book a flight and jet off.

No matter what your interest, Russia and its massive area have activities to suit absolutely everyone. The historical and beautiful cities of Moscow and St Petersburg's rich history, museums and culture will delight the art or history enthusiast, while the breathtaking and dramatic landscapes that sweep over the country will impress the avid explorer. From skiing in winter to traversing the great continent on the world's longest train ride (the trans-Siberian train), or visiting Asian-influenced cities on some of its borders, Russia is a jewel worth exploring over and over again and in various seasons.

While there are no longer any visa fees, Moscow and St Petersburg can be rather expensive cities to visit. But don't be put off, as there are so many other beautiful areas and cities worth investigating if you need your rand to stretch a bit further.

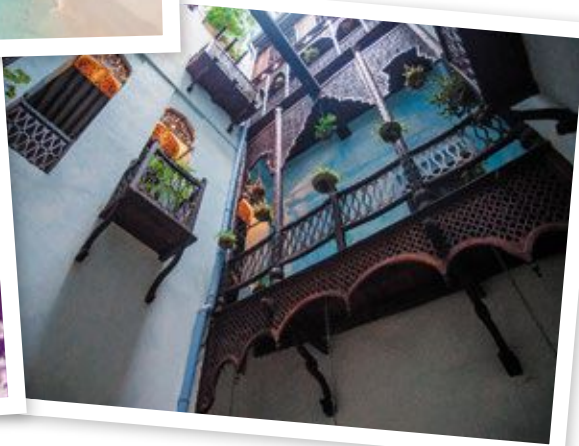
Flights cost from R7 000 return per person to major cities, depending on when you travel.



ZANZIBAR

A quick four-hour flight from South Africa and you'll find the continent's archipelago gem – Zanzibar. With pristine beaches and beautiful marine life, intricate architecture and a history woven from many cultures, it's a glorious and relatively cheap destination for many South Africans. It has a variety of resorts and all-inclusive package stays, and is an exciting alternative to Mauritius. Many resorts cater to families, with lots of entertainment and babysitting available, leaving you free to relax under the African sun while sipping on something refreshing. Day trips to Stone Town, the island's main city, are recommended. A bustling marketplace

offers sights, sounds, aromatic fragrances from spice merchants, and a feast for the eyes with a rich history that reflects the diverse influences of Swahili, Arab, Persian, Indian and European cultures. Stone Town was listed as a UNESCO World Heritage Site in 2000. Visitors to Zanzibar are encouraged to take malaria prophylactics, but do consult your nearest travel clinic before heading off.

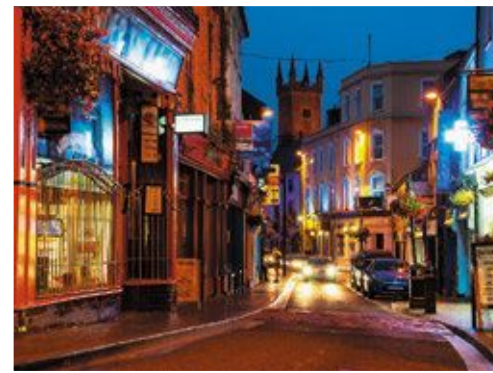




IRELAND

While the rest of the UK and Europe might be out of bounds for South African passport holders, the Republic of Ireland welcomes visitors visa-free! Whether travelling in summer or in winter, enjoy the hospitality and the luck of the Irish and take in the beautiful, lush green country that's full of quaint towns and cosmopolitan cities, such as Dublin. The home of Guinness and delicious beef stew with potatoes, it's a great holiday destination for families looking for a bit of a European feel without the visa issues.

Tip: The country isn't a beautiful hue of green for nothing, and rainfall is very common across the whole of Ireland, so make sure you pack your brollies and raincoats!



SINGAPORE

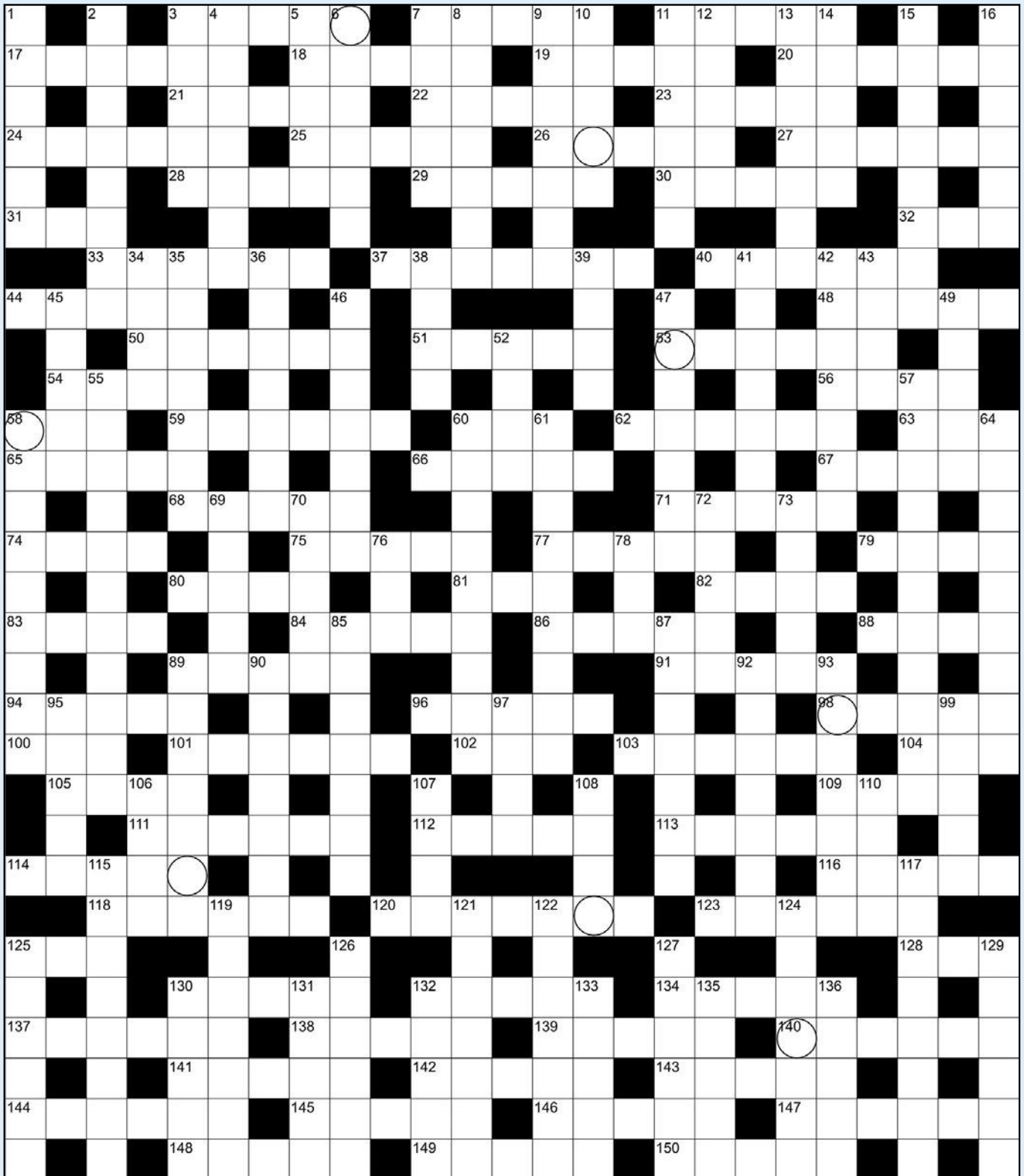
This multicultural city is an eclectic mixing pot of people and a thriving cosmopolitan hub. With a hot, tropical climate all year round, you can indulge in some of the best shopping and cuisine Asia has to offer. Take in colonial attractions, new-age skyscrapers as well as an abundance of nature at Singapore's Botanic Garden, one of the most famous of its kind internationally. And if the city gets too much, escape to the exotic island retreat of Sentosa, Asia's resort playground. Perfect for families, it boasts Singapore's own Universal Studios, a beautiful beach as well as grandeur forests and nature walks.

Tip: Chewing gum is banned in Singapore so make sure you leave it out of your bags while packing.



YOUR TIME

RELAX AND TAKE SOME ME TIME



SEE PAGE 103 FOR THE WINNERS OF JUMBO CROSSWORD 236

No 239

**SOLVE THE
CROSSWORD AND
THE CIRCLED LETTERS
WILL SPELL OUT
A FLOWER.**

The solution and winners of Crossword No 239 will appear in the June 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 March 2018. See page 108 for terms and conditions.

ACROSS

- 3. Gift of the Magi
- 7. Architect's design
- 11. Thespian
- 17. Flowering shrub
- 18. Condor's home
- 19. Upset
- 20. Preparing to fire
- 21. Movie genre
- 22. Plant capsule
- 23. Fruit-filled pastries
- 24. Ad catchphrase
- 25. Give a speech
- 26. Small children
- 27. In the middle
- 28. Big felines
- 29. Desert haven
- 30. More recent
- 31. Pinnacle
- 32. It is, poetically
- 33. Come down
- 37. Vegas attractions
- 40. Say it's so
- 44. Own up to
- 48. Dweebs
- 50. African maize
- 51. Social group
- 53. Chest pain
- 54. Close
- 56. Russian city
- 58. Mountain pass
- 59. Kind of bomb
- 60. Historic time
- 62. Soak up
- 63. Nautical direction
- 65. Planetary path
- 66. Censure
- 67. Shopping aids
- 68. Invest with power
- 71. Happen next
- 74. Chess grandmaster, Max ...
- 75. Song of David
- 77. Entertain
- 79. Paroxysm (1,3)
- 80. Gives a hand
- 81. Paddle
- 82. Conceited
- 83. In regards to (2,2)
- 84. Consumed
- 86. Indian princess
- 88. Leave in a hurry
- 89. Mine entrances
- 91. Thin porridge
- 94. Hormone producer
- 96. Part of a poem
- 98. Perfect
- 100. Bro's counterpart
- 101. Dumbfounded
- 102. Distress signal
- 103. Glass-covered hall
- 104. Mucky place
- 105. Ray
- 109. Nuisance
- 111. Rodeo rope
- 112. Sports venue
- 113. Doped up

- 114. Untainted
- 116. Coronet
- 118. Patriotic song
- 120. Capital of Georgia
- 123. Feelings of anxiety
- 125. Glass container
- 128. Boy's name
- 130. Chaotic situation
- 132. Regions
- 134. Form
- 137. Shows aired again
- 138. Chain of hills
- 139. Body part
- 140. Gretel's brother
- 141. Seeped
- 142. Unfamiliar
- 143. Medicinal plants
- 144. Heavy metal
- 145. Spooky
- 146. Garden pest
- 147. High school in *Grease*
- 148. Russian rulers
- 149. Small and efficient
- 150. Rabies

DOWN

- 1. Long-eared dog
- 2. One-trillionth of a kilo
- 3. Military award
- 4. Telling tall tales
- 5. Martin Sheen's real first name
- 6. Funeral car
- 7. Word of agreement
- 8. Warms up again
- 9. Invented story
- 10. Salvors
- 11. Show up
- 12. Discontinue
- 13. Breakfast fare
- 14. Stair part
- 15. Man of the cloth
- 16. Representatives
- 34. Peru's capital
- 35. Repeat
- 36. Made a foxhunt call
- 38. Foot part
- 39. Follow orders
- 41. Seaside pools
- 42. Glorify
- 43. Toothed wheel
- 45. Contributor
- 46. Apart from
- 47. Trinkets

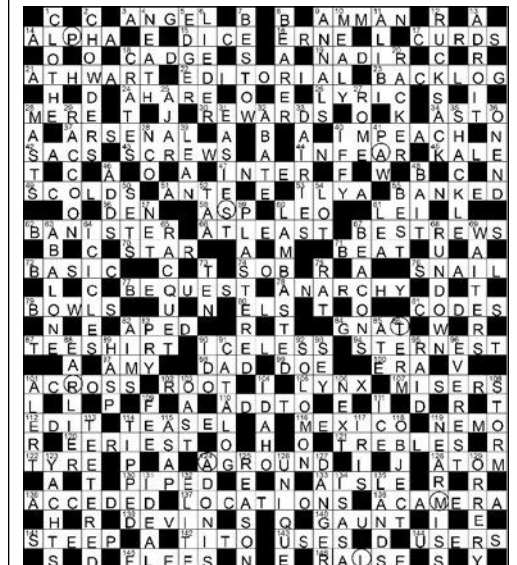
- 49. Blue-and-white pottery
- 52. Long story
- 55. Vigorous effort (5,6)
- 57. Comfort
- 58. They're on top of things
- 60. Tender to one's exes
- 61. Make self-conscious
- 64. Spreader of sleeping sickness (6,3)
- 69. Water nymph
- 70. Tip over
- 72. Emphatic denial
- 73. Join forces
- 76. Suitable
- 78. Samovar
- 85. Upward movements
- 87. Self-centred person
- 89. Unyielding
- 90. John Lennon song
- 92. Mythical beast
- 93. Clingy marine gastropods
- 95. Slander
- 97. Strong cord
- 99. Rose oil
- 106. Actor, ... Alda
- 107. Fishing lure
- 108. One of the Simpsons
- 110. Prepare for publication
- 115. Tympana
- 117. Helped
- 119. Horse-drawn carriages
- 121. Legendary siren
- 122. Most orderly
- 124. Tunnelling rodents
- 125. Vernacular
- 126. Leads
- 127. Attack
- 129. In a gentle manner
- 130. Proboscis
- 131. Less inhibited
- 132. Once more
- 133. Cher's former partner
- 135. Actress, ... Hunter
- 136. Emma Stone movie (4,1)



UP FOR GRABS: 3 CELLTONE HAMPERS WORTH R1 000 EACH

The Celltone skincare range taps into one of nature's secrets – the power of snail gel extract – to leave your skin looking and feeling radiant. Well established in the local market, the range now includes tissue oil and a six-step face care regime. Winners will receive Celltone Gel, which drastically reduces the appearance of scars, marks and wrinkles; the Celltone face care regime, allowing you a daily spa routine in the comfort of your home; Celltone Tissue Oil for optimum skin hydration; the Xtra Hydrating Treatment; Germ Fighting Hand Cream, and the Spot Control Range. Celltone.co.za

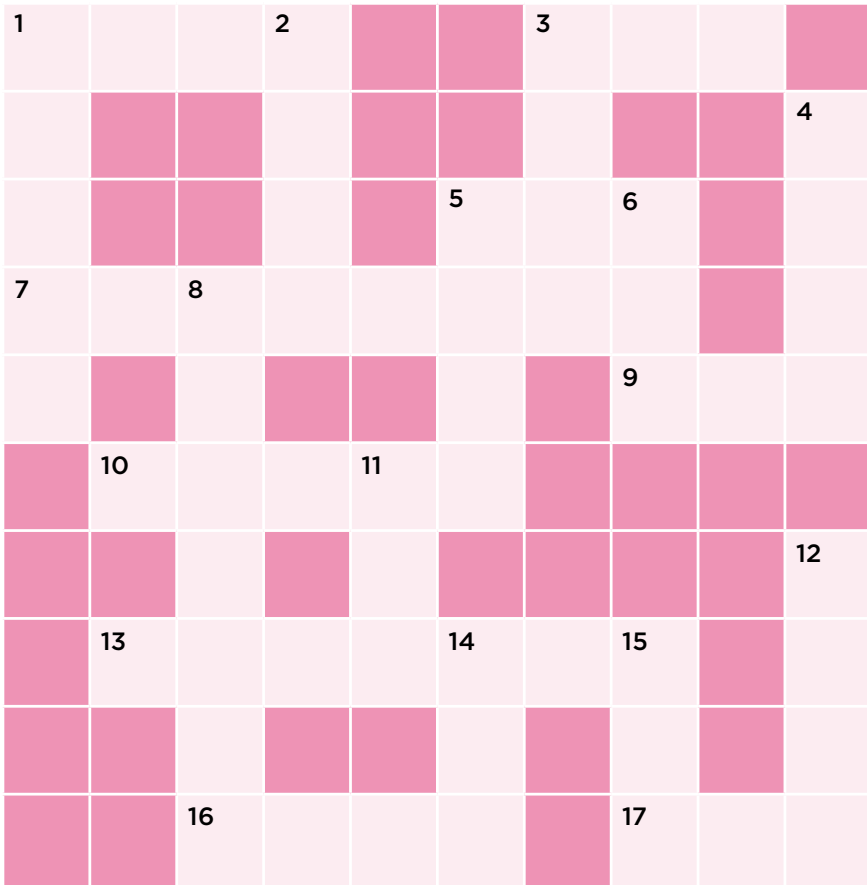
Solution to Jumbo Crossword No 236



(December 2017)
Answer: PASTRAMI
Winners: Cathy Taylor, Joburg;
Denise Smith, Cape Town; Gail Harnden, East London

BRAIN GAMES

KEEP YOUR BRAIN ACTIVE WITH THESE FUN DOWNTIME ACTIVITIES



5-MINUTE CAMPING WORDS



CLUES

- ACROSS**
- 1 Journey
 - 3 Fuel
 - 5 Headwear
 - 7 Used for cooking
 - 9 Insect
 - 10 Glowing body of ignited gas
 - 13 Instrument for finding direction
 - 16 Celestial body
 - 17 Child's fishing implement
- DOWN**
- 1 Battery-powered light
 - 2 Used to inflate a campbed
 - 3 Equipment
 - 4 Footwear for hiking
 - 5 Long walk
 - 6 Hot beverage
 - 8 Toasted treats, marsh...
 - 11 Chart
 - 12 Camping shelter
 - 14 A breath of fresh ... (3)
 - 15 Solar planet

COMPLETE THE SEQUENCE

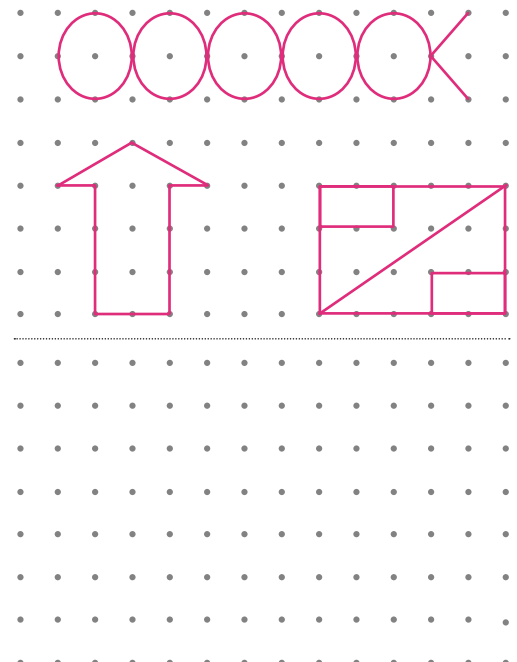
1 8 27  125 216
 J F M A M  

DRAW THE MISSING IMAGES



VISIO-SPATIAL AWARENESS

Copy the shapes onto the blank grid below.





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 33 – can you beat that?

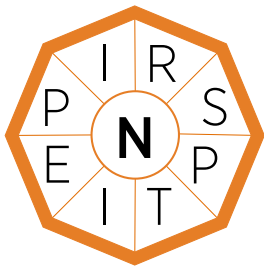
50-WORD CHALLENGE

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

DISJOINTED

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 and all words are from the Collins dictionary.



GOOD: 31
EXCELLENT: 39
BRILLIANT: 46
GREAT SCORE FOR KIDS: 24

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

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

HARD

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

WWW.KNIGHTFEATURES.COM

WORD WHEEL: PAN MEDIA IMAGES; FOTOLIA.COM



NOUN CHALLENGE

This month's letter is R. Can you name one of each of the below nouns beginning with R? 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 FOR YOUR SCHEDULE

FAMILY DAY OUT



PHOTO: DEON TERBLANCE PHOTOGRAPHY

PARYS ARTS FESTIVAL

The first arts festival to take place in the popular little town of Parys runs from **29 March to 15 April**, and focuses on artists from the area. Artworks and shows are hosted by various venues and include painting, sculpting, ceramics, dance, music, drama, theatre, and photography. There's an art-in-the-park exhibition, a wine festival (wines from over 20 estates), street carnival and various talks and workshops. **Entrance to the festival is free**, but certain events taking place in collaboration with the festival have an entry fee. It's a lovely day trip from Joburg and Pretoria. For more info, visit [Parysartsfestival](#) on Facebook.

CENTRE STAGE



WEST SIDE STORY

This popular musical takes to the stage at **The Fugard Theatre in Cape Town from 7 March**. The modern day version of *Romeo and Juliet* focuses on New York street gangs battling for control of the Upper West Side. The situation becomes complicated when a gang member falls in love with a rival's sister. Bookings at [Computicket](#).

OFF TO THE WINELANDS

STELLENBOSCH STREET SOIRÉES

There are three more opportunities to catch the relaxing summer street parties in the city of oaks: **21 February, 7 & 21 March**. Join the cosmopolitan crowd for some charming country-style hospitality and culinary delights blended with cool tunes and quality wines. Cars make way for enthusiasts to sample unique dishes at street stalls, while wine farms offer delicious vintages to wash away the midweek blues. Each Stellenbosch Street Soirée features a different selection of cellars and caterers. Entry costs **R100 per person**, which gets you a glass and 12 wine-tasting tokens. Food dishes are priced individually. The soirées run from **6-8pm** and children are welcome.



EIKENDAL WEINTAUFE HARVEST CARNIVAL

Eikendal Vineyards celebrates the end of its harvest every year with a farm-style jamboree for young and old, and this year it's on **4 March**. Revellers



can enjoy a day of exceptional wine, scrumptious pop-up food stalls, grape stomping, lucky draws, carnival performing artists, tractor rides and golfing challenges. Live music by Newton & Co, and Ram Entertainers adds rhythm to the festivities. **Tickets are available at the gates and cost R120 per person (free entry to under 18s)**, which includes a free glass and tasting from the barrel.

MOVIE MAGIC



A WRINKLE IN TIME

Opening on **9 March** at cinemas countrywide, this epic adventure is based on Madeleine L'Engle's timeless classic that takes audiences across dimensions of time and space, examining the nature of darkness versus light and, ultimately, the triumph of love. Through one girl's transformative journey led by three celestial guides, the audience discovers that strength comes from embracing your individuality and the best way to triumph over fear is to travel by your own light. Starring Oprah Winfrey, Reese Witherspoon, Mindy Kaling, Gugu Mbatha-Raw, Michael Peña and introducing Storm Reid with Zach Galifianakis and Chris Pine.

STUNNING SHOWCASE



PHOTOS: LASCHÉ VAN HEERDEN

KAMERS/MAKERS 2018

KAMERS/Makers is all about handcrafted items, and each showcase offers something quite different. The autumn events will take place at St Joseph's Marist College in Rondebosch, Cape Town from 28 February to 4 March and St David's Marist Inanda in Sandton, Joburg from 25-29 April. Over 150 crafters and artists will sell everything from hand-carved wooden bow ties and hand-turned wine-barrel furniture to hand-crafted porcelain jewellery and hand-spun scarves. A feature of KAMERS/Makers is to launch new SA artisan entrepreneurs into the consumer market and this year the Mzansi Makers non-profit initiative will see more worthy projects being funded. If the wait is just too long, find KAMERS/Makers online at shop.kamersvol.com. Tickets are R60 at Plankton.mobi and R90 at the entrance, and include a limited edition shopper bag and magazine. Students and pensioners R60; under 18s free. Kamersvol.com



your family .co.za

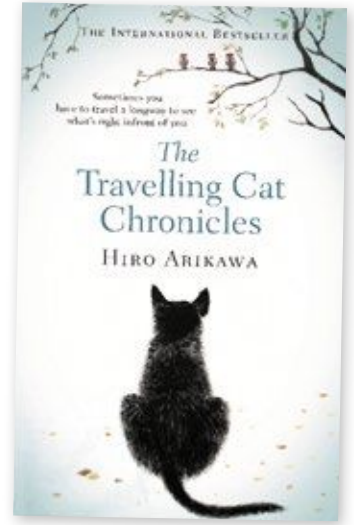
WIN Visit us online to stand a chance of winning a book hamper!



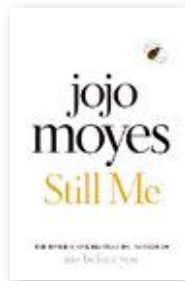
Our favourite read

The Travelling Cat Chronicles
by Hiro Arikawa (Doubleday)

If you're a cat person you'll absolutely love this! Translated by Philip Gabriel (he translates Haruki Murakami's books too), this gentle and humorous novel tells the story of Nana the cat, who was rescued from the streets by Satoru, and their road trip to visit three of his old school friends. It focuses on the value of friendship and solitude, and shows how acts of love, both great and small, can transform our lives. It includes beautiful line drawings too.



ON THE SHELF

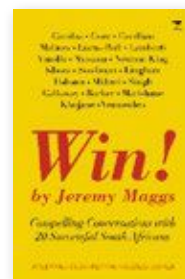
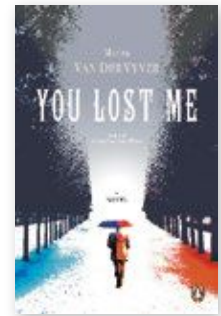


Still Me by Jojo Moyes (Penguin Random House)

Jojo fans won't want to miss this, the third Lou Clark novel, following the Number One international bestsellers *Me Before You* and *After You*! This time, Lou Clark knows too many things... She knows how many miles lie between her new home in New York and her new boyfriend Sam in London. She knows her employer is a good man and she knows his wife is keeping a secret from him. What Lou doesn't know is she's about to meet someone who's going to turn her whole life upside down.

You Lost Me by Marita van der Vyver (Penguin Random House)

Bestselling author Marita van der Vyver's 13th novel is a tale of disillusionment and loss, told with warmth and wicked humour. Willem Prins once showed great promise as a writer of distinction, but years of disappointment have left their mark. He's in Paris and feels that drowning himself in the Seine may well be the only option left to drive up his book sales. He finds an unlikely companion in Jackie, a young woman working as an au pair, and together the two of them will face the chaos of the terror attacks on Friday the 13th in Paris.

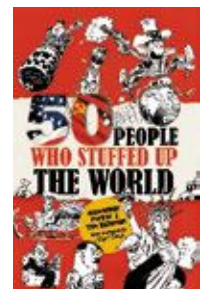


Win! by Jeremy Maggs (Jacana)

Jeremy is something of a South African icon – he's interviewed thousands of people during his career and is well known for his TV and radio programmes, *Who Wants to be a Millionaire* and *Maggs on Media*. This inspirational package brings together 20 of his favourite personalities across different fields – sports, philanthropy, business – and shares their stories of success.

50 People Who Stuffed Up the World by Alexander Parker and Tim Richman, illustrated by Zapiro (Jacana)

Part popular history, part social commentary and really entertaining, this compilation features some of the nastiest names from the 20th century and beyond. From warmongering Blair and Bush, egotistical Trump and Chávez, despots and inventors to the more recently infamous Guptas, Kardashians and social media megalomaniacs, it's great fun and will have you nodding your head in agreement.



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BRAIN GAMES SOLUTIONS

5-MINUTE CAMPING WORDS

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

WORD WHEEL

FOUR LETTER WORDS: NEST, NISI, PENT, PINE, PINT, REIN, RENT, SENT, SINE, SNIP, SPIN, TERN, TINE
FIVE LETTER WORDS: INEPT, INERT, INSET, INTER, NITRE, PRINT, RESIN, RINSE, RIPEN, RISEN, SERIN, SIREN, SNIPE, SPENT, SPINE, STEIN, STERN, TRINE
SIX LETTER WORDS: INSERT, INSTEP, NIPPER, PEPSIN, SINTER, SNIPER, SPINET, SPRINT, TIEPIN, TINIER
SEVEN LETTER WORDS: INSPIRE, NIPPIER, SNIPPET
EIGHT LETTER WORDS: NIPPIEST, PRISTINE
NINE LETTER WORD: PINSTRIPE

BOGGLE WORDS

AID, AND, AUNT, BAD, BAIL, BAN, BAND, BANDIT, BEAD, BEAN, BET, DAN, DIN, DINE, DUE, LID, LINE, LUNA, LUTE, NAB, NAIL, NIL, NIT, PUN, PUNDIT, PUNT, PUT, TAD, TAIL, TAN, TAUNT, TEA, TEN

COMPLETE THE SEQUENCE

64
 J J (JUNE JULY)

50-WORD CHALLENGE

DEIST	NODE
DIET	NOISE
DINED	NOSE
DIODE	NOSED
DISJOINED	NOTE
DISJOINT	NOTED
DISTEND	ODDEST
DONE	ONSET
DOSE	SEDITION
DOTED	SEND
DOTES	SETON
EDDO	SINE
EDITION	SITE
EDITS	SNIDE
IDIOT	SODDEN
INDIE	STONE
INSET	STONED
INSIDE	TEND
IODISE	TIDIED
IONISE	TINE
JOIN	TINED
JOINS	TOED
JOINT	TONE
JOIST	TONED
JOISTED	
NISI	

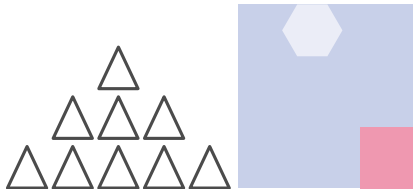
SUDOKU SOLUTIONS EASY

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

SUDOKU SOLUTIONS HARD

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

DRAW THE MISSING IMAGE



MIND MATHS

4 X 6 = 24
 24 ÷ 2 = 12
 9 - 1 = 8
 8 X 12 = 96
 96 X 5 = 480

YOUR FAMILY MAGAZINE TERMS AND CONDITIONS

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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Geoffrey, United States


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Maureen, Limerick, Ireland

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FABULOUS
CELEBS ON

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Treasure 8**

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SUMMER WITH
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O'NAISE RECIPE!

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WITHOUT THE DELICIOUS TASTE OF
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CREAMY & dreamy

THIS CREAMY AND CRUNCHY SALAD IS IDEAL AS A MEAL OR A SIDE - EITHER WAY, IT'S DELICIOUS AND THE KIDS WILL LOVE IT!

grilled chicken caesar salad

🍴 Serves 4 ⌚ Takes 20 mins

FOR THE DRESSING

125ml Clover Cream O'Naise
2 anchovy fillets, drained
1 garlic clove, crushed
30ml lemon juice
black pepper, to season

4 rashers streaky bacon
1 large cos lettuce, washed,
leaves separated, torn into
smaller pieces
250g ready-roasted chicken,
pulled from the carcass and
sliced into bite-size pieces
1 avocado, peeled and sliced
40g Parmesan, shaved

- 1 For the dressing, blitz the Clover Cream O'Naise, anchovy, garlic and lemon juice until smooth. Season with pepper. Keep aside until needed.
- 2 Heat a non-stick frying pan on high and fry bacon for 5-6 minutes or until crisp. Transfer to a plate lined with paper towels.
- 3 Toss together lettuce, bacon, chicken and avo, and serve drizzled with dressing and Parmesan.



Clover Cream O'Naise is made with Clover's trusted and loved **dairy cream**, which makes it **delectably creamy** and **silky smooth**. Cream O'Naise passes **22 quality checks** to ensure **superior quality**. Packed with **vitamin E** and **free from added MSG**, it comes in a unique and innovative easy-to-scoop reusable tub that's designed to help you enjoy the very last drop.

CREAMY 'TIL THE LAST DROP



Perfect PLACING

LABEL IT

People like to know what they're eating, so add an interesting touch with little chalkboard labels and place them next to the dish - it looks different and you'll avoid being asked 'What is this?' all day. This will also stop the kids from tasting and wasting.

WHEN ENTERTAINING A SMALLER GROUP, IT'S NOT ONLY ABOUT WHAT YOU SERVE, BUT HOW YOU SERVE IT... AND NO TABLE IS COMPLETE WITHOUT MANHATTAN ICE TEA

EAT UP

Even though finger foods are easier to prepare, they can be tricky in that you need to choose foods that are easy to eat while standing - they must be bite-size and can't be messy. A cheese platter is always a winner! Add some fresh fruit (like peaches) and scatter a few baby herbs - don't forget the cheese knives.

you need something fun, trendy and tasty. Manhattan Ice Tea is delicious, and there are so many ways to get creative with it: decant into a beautiful jug and add fruit (add peach to the Manhattan Ice Tea peach flavour), with mint leaves to enhance the flavour. Or you could even make virgin cocktails for you and the kids!

THIRST QUENCHERS

When throwing a small party with finger foods, it's important to have a drink that can quench everyone's thirst. Yes, water can do the trick, but let's be honest, for a party

FLOWERS

Don't go crazy on the flowers - remember that less is usually more! Use simple flowers like baby's breath and lilies, and place them in jam jars. Place a few jars around your food table and there you have it - simple yet elegant.



Manhattan Ice Tea is packed with the **robust flavour** of **tea extracts** and blended with **unique fruit flavours**. It's the only major ice tea that's made with **natural mineral water**, and now has **50% less sugar** than before.

Taste time out...



GET TO KNOW THE HOST AND YOUR FAVOURITE CELEBS BETTER



YOUR HOST Katlego Maboe

One of the most popular faces on SABC 3, Katlego Maboe is known for his charm and wit as one of Expresso's most loved presenters. He has also won a SAFTA for presenter of the year in 2015 and 2016.

THE CELEBS



Khanya Mkgangisa

TV presenter and actress best known for her role as Aphiwe on Isidingo. She presents a lifestyle show, Selimathunzi, which boasts over 3 million viewers.



Sbahle Mpisane

Commonly known as "FitnessBunnie," she is a wellness and fitness motivator. Many describe her as an ambassador for African curvaceous women.



Brendan Peyper

This multi-talented heartthrob is a true inspiration after starting from humble beginnings to becoming one of the biggest brands in the music scene.



Karabo Mogane

A gifted singer who was crowned winner of Idols season 11. He is the 1st African to sign a deal with Disney Africa to record a theme song for The Lion Guard on DSTv.



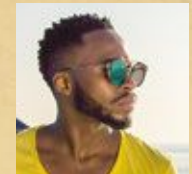
Tumi Voster

Radio and TV personality and easily one of South Africa's most cherished media darlings. Also known for being a fashionista with her fashion-forward sense of style and active lifestyle.



Melinda Bam

Crowned Miss South Africa in 2011, Melinda Bam is also a television host, motivational speaker and philanthropist. It is her drive and passion that sets her apart from the rest.



Nay Maps

Started as a model and was TV presenter for a show called Hashtag on ANN7. Best known for his role as Mxolisi Xulu in the hit drama Uzalo on SABC 1.

Every Monday from 5 February at 19:30 on SABC 3

Follow TROPIKA for more details



Made with love.