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MARCH
2017

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(why it's not enough)

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**LIVE
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WASHINGTON
ON...**

- being Olivia Pope
- speaking out
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MARCH MADNESS



Editor **Suzy Brokensha**

Years ago I belonged to a club called The Dangerous Lunch Club. At the time, there was quite a famous club of the same name in the UK, where a group of people would go out in their lunch break and do something very exciting and dangerous, like abseil off The Shard, or trapeze off Tower Bridge.

Our Dangerous Lunch Club was nothing like that: we had only two members and it involved no strenuous activity at all – it was all about eating a proper plated meal, with chairs, a table, tablecloth, napkins and

chilled wine in an odd place, with a straight face.

We set up on little rocky outcrops down the side of Chapman's Peak Drive, or next to the reservoir, or on a beach – and once on a traffic island in the middle of a busy road (which was probably shortly before we disbanded).

I have finally accepted that I like clubs, and I specially like clubs that are very specific. At varsity I belonged to a poker club called The Five and Dime (five regulars and one invited guest). We'd play once a week, and there was really only one rule: you were never allowed to cheat (obv) – unless it was against the invited guest, in which case you could do whatever you liked as long as you didn't get caught. Rude, but a lot of fun. And I have more or less always been part of an investment club, which involves investing a small amount of money each month (never more than we would pay to buy books for a book club). But you have to swot up on the share you're pitching to the others, and over the years that's made me much more confident about talking about money, which has helped in life in general. My book club has now been

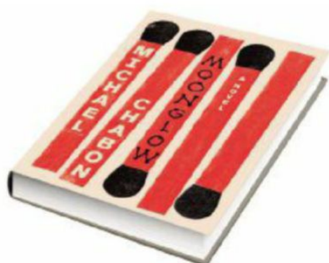
together for nearly 20 years and I love it more than ever, even though we barely read the books we theoretically meet to talk about because we're all interested in such different things. But my fellow club-ees are all sisters and mensches and I would happily go into battle with any of them at my side.

Maybe there's something about the bond you form with people you share such a defined interest with that makes it go beyond friendship, or maybe it's just that you have structured times when you meet, so you put more work into those relationships. But there is definitely an alchemy that happens, and I like it. That's why I love Marli and Liza's story on page 20. It's the idea of a group of people meeting to focus slightly obsessively on one thing that I find quite batty and appealing. But I don't think I'm alone in that, and I'd really love to hear about any odd clubs you might belong to... (specially if you're looking for a new member).

Hope you have a pleasantly mad March!

PHOTOGRAPHS: ANEL VAN DER MERWE; LIZA VAN DEVENTER; SUPPLIED.
HAIR & MAKEUP: KELLY PATIAKI OF GLOSS ARTIST MANAGEMENT

What I'm loving this month...



1. MOONGLOW BY MICHAEL CHABON No fence-sitting here: I think Michael Chabon may be the best writer alive, even if I found his *Telegraph Avenue* completely unreadable. *Moonglow* has made me fall completely in love with him again; he's funny and smart and profound...



2. THE DUCHESS NON-GIN AND NON-TONIC It has no gin, no tonic, no sugar and no carbs – but it tastes just like a botanical craft gin and tonic. It's absolutely delicious (and 100% virtuous).



3. THE ALEXANDER BAR CAFE & THEATRE I've mentioned it before, but was reminded again of how good it was when we saw Gemma Kahn in *In Bocca Al Lupo* there two weeks ago. SO GOOD – but don't take your kids.



4. DR PAWPAW BALMS Really fabulous stuff – my sister used to send it to us from Oz, and now you can get it here, from Dis-Chem. It's really great for chapped lips or dry skin – even cuticles. And now they're available in tinted variants too!

YOU SAID, WROTE & TWEETED...

WINNING LETTER

Another perspective on divorce

The article 'Should you stay together for the kids?' (January 2017) has not left my thoughts since I read it. Discussing the topic with others, it became clear, within my circle at least, that much of what the article says goes against the grain. I greatly appreciated hearing an alternative argument about divorce – it was what I needed to hear.

The two things that struck home most were, first, about mourning the loss of your marriage *in* the marriage and, second, restoring your sense of self-worth as lovable. I am in a difficult relationship and I have been unhappy for some time. My husband has been depressed for so long, and all his energy goes into coping and being a father, leaving nothing for me and us. At best, I feel I share children with a grumpy

housemate. At worst, it feels as if we are all held hostage to his misery.

To avoid running into the arms of another last year, I decided to see a therapist. The journey has helped me to appreciate that I am lovable and worthy of love whether or not I am loved at present in this relationship. This has greatly reduced our fighting.

I find I have a little more

compassion for myself and much less resentment towards my husband. I don't know exactly what lies ahead; there are many broken things that need attention from us. What I do know is that I am in a stronger, wiser, calmer place and that I have the strength to make considered decisions about what is

best for me and for our children.

I am writing in the hopes that my words might encourage someone else.
Name withheld

Ed: I hope the compassionate space you have worked so hard to build has positive results for all of you this year.



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✉ WRITE TO letters@fairlady.com

The royal treatment

I am unashamedly and even quite proudly a royalist. Your article about Prince Harry and Meghan Markle in the January 2017 issue really piqued my appetite for royal stories; the detail was enough to make interesting reading without being terribly intrusive. Despite my interest, I would never want their lives to be made a misery for the sake of a few illicit photographs or stories. They should be left alone to find out for themselves what life can offer them. A picture now and then and just a short write-up of where they have been are more than enough for reasonable people. To the media, please do not make the mistake that hounding individuals is what the public require.

Ann Kelly

Ed: We agree: everyone should be able to develop their relationships the same way the rest of us would – privately.



An encouraging word

Thank you for '16 smart ways to have a happy day'. Happiness is a miracle of the heart, a heavenly magical power that can change us for the better.

This is the time, early in the new year – when everyone is struggling with increasing prices and other hardships – that we ought to do good wholeheartedly. Not everyone needs great deeds, but lots of little things, sometimes seemingly unimportant, can give someone else new hope, new confidence... and happiness.

Marie du Plooy

Ed: What we loved about that article was that the 16 ways were all based in science, but so easy for us all to do.

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Melania at the opening of the Trump International Hotel Washington, D.C. in October last year.



WHO IS

William Langley heads to the tiny town in Slovenia where Melania Trump was raised to find out the truth about the former model who is America's new First Lady.

Melania Trump?

On a wintry day in 1986, a teenage girl with wide eyes, high cheekbones and long legs left the small town she had grown up in and took the snowy road to the big city. Only to discover that Ljubljana, the picturesque but sleepy capital of Slovenia, was nowhere near big enough.

Soon, Melanija Knavs, now an aspiring model, was heading for Milan, then Paris and on to New York where, adorned with a \$200 000 Dior wedding gown and her name changed to Melania Knauss, she would become the third wife of controversial billionaire Donald Trump, now the president of the United States.

A sense of wonderment hangs over the town Melania left behind. Snuggled into the bend of a river, Sevnica is the kind of place even its own mayor struggles to talk up. Freight trains rattle past and smoke from the two local factories drifts

Profile

THIS PIC: Melania went to high school and university in the picturesque Ljubljana, the capital of Slovenia.

BELOW: As a child, Melania lived on the fourth floor of this apartment building in Sevnica.



across wooded hillsides. In bars and cafés, the main topic of conversation is 46-year-old Melania's astounding rise from a dingy flat behind the railway station to the \$135 million gilded triplex atop Trump Tower, Manhattan's glitziest skyscraper.

'It does sound unbelievable,' says Melania's childhood friend, Mirjana Jelancic, now headmistress of the town's junior school. 'But when you know Melania, it's perhaps not as unbelievable as it seems. She was a remarkable girl and was raised with strong values and always encouraged to believe in herself. Both her parents gave her that.'

'I remember she would never come out with the rest of us in the evening until she had finished her homework or the jobs her mother had given her. She was very passionate, emphatic about everything she did, and she would never give up until she had achieved what she set out to do.'

Melania was born in 1970 to Viktor Knavs, a travelling salesman, and his seamstress wife Amalija. At the time, Slovenia was part of the Communist-ruled Yugoslavia and the family, including Melania's older sister Ines, lived in a state-subsided apartment block. According to Mirjana, who was brought up in the same building, only a handful of families had telephones or TVs, the heating regularly broke down and the girls often had to bath in cold water. After school, they played outside on a rusty climbing frame.

Still, Viktor and Amalija were ambitious for their daughters. According to another childhood friend, Nene Bedek, it was the fashion brochures that Amalija occasionally brought home from the local clothing factory that first made Melania think of becoming a model.

'She would look at every page,' says Nena, now an art teacher with a studio in the town. 'And then she would get a pencil and sketchpad, and try to improve the designs. I'd point to something and say, "That's really glamorous," and she'd say, "Yes, but I don't think it's so elegant."' She always had strong opinions. I'd say she was in love with fashion from an early age and sometimes she actually talked of going abroad and becoming a model, but we were just kids growing up in the middle of nowhere and no one took it seriously.'

Except, perhaps, Melania herself, who did well enough at school to win a place at a design college in Ljubljana, 85km away. The Knavs girls were growing up fast – with Melania, particularly, now an eye-catching beauty – and the family was improving its modest lot. Viktor had a new job selling car parts, which he supplemented as a chauffeur. With the



Donald and Melania Trump arrive at a Vanity Fair Oscar party in West Hollywood.

extra money, he was able to rent a small flat for his daughter on the outskirts of the capital.

While almost everyone in Sevnica speaks highly of Melania's mother, Amalija, who eventually worked her way up from the production line to become a pattern designer, Viktor is intriguingly portrayed as a faintly Trump-like figure – a wheeler-dealer whose full-on personality and outspokenness often work to his detriment.

Documents recently emerged showing Viktor had been a paid-up member of the Communist Party – somewhat to the embarrassment of the Trump campaign – although no one in Sevnica suspects him of having much interest in politics. 'All sorts of people were in the party, because it got you perks,' says Sevnica's affable mayor, Srečko Ocvirk, at his riverside office. 'You could travel more easily and get deals done. There's no real significance to it. They're a nice family. They still have a house here and we're very proud of them. Especially Melania.'

Indeed, the down-on-its-luck town has hopes of cashing in on the White House connection by inviting Melania and her husband to visit. 'I have to be honest,' says Srečko. 'I was at school with Melania, too, and to my shame I can't remember her at all. Now I want to meet her badly. There aren't that many reasons for people to come here, so if the Trumps paid a visit, it would help us attract tourists.'

With a population of barely 5 000 and a not-too-healthy

economy, Sevnica sees Melania not just as a hometown girl made good but also as an inspiration to others. 'This is an insular place,' says café manager Ana Pesa, who organised the town's US election night party. 'So she's a wonderful example, especially to young women, of how you can go out into the real world and become somebody.'

Melania's first steps into this real world came with her move, at 16, to Ljubljana. From this point on the story of her life takes on a haze of uncertainty. She enrolled in a course in architecture and design, and while there is no reason to doubt that she was a capable student, she was clearly subject to serious distractions. Her official CV states that she obtained a degree from the University of Ljubljana, but investigative journalist Bojan Požar and Igor Omerza, authors of a book on Melania, have revealed she actually dropped out after her first year.

What happened? Most likely, Melania had started to discover the power of her looks. Tall, strikingly featured and exquisitely proportioned, she was already earning small fees for appearing in magazine advertisements for shampoo and makeup. And she had embarked on her first proper romance with Peter Butoln, now 47 and working as a public relations executive in Ljubljana. Peter says he first spotted Melania with a group of student friends in a bar in the city's historical centre. 'She stood out,' he remembers. 'The others were having drinks and being a bit crazy, but she was

just calm and beautiful, and seemed maybe a bit lonely, so I spoke to her and we hit it off and started dating.

'It was really nice. A lot of kids when they first leave home enjoy the freedom, but Melania was very close to her family, especially her mother, and I think she missed them.

We just did nice things, rode around on my scooter and sometimes went to the disco. She wasn't a party girl. She was quite serious-minded and it was obvious that she wanted to get on and out in the world. I'd love to see her again.'

The relationship ended after less than six months when Peter was called up for military service. By the time he got back to Ljubljana, Melania was gone.

In fact, the old Melania had ceased to exist. A year after her arrival in Ljubljana, she was talent-spotted by a well-known Slovenian photographer, Stane Jerko, who helped her build a portfolio of professional modelling shots. Now convinced that her future lay on the catwalks of the world's fashion capitals, she changed her name from Melanija Knavs to the apparently more sophisticated Melania Knauss, and began to look for work abroad.

According to Bojan Požar and Igor Omerza, it didn't come as quickly as she had hoped. While there was no doubt about Melania's beauty and poise, she struggled to master the 'natural look' designers cherish. Even after she finally made it to Milan and Paris in the early '90s, her work stayed mostly in print.

By 1996 she had reached New York. The exact details of how are hotly disputed, with the Trump camp denying politically awkward allegations that Melania worked in the US illegally before obtaining the appropriate visa. The well-known Italian model agent Paolo Zampolli has since claimed he brought Melania to America and later introduced her to Trump during a party at the Kit Kat Club in Manhattan.

Donald asked for her phone number, but Melania had already clocked that he was with a date. 'So of course, I didn't give it to him,' she recalled later. 'I said, "I am not giving you my number. You give me yours and I will call you." I wanted to see what kind of number he would give me. If it was a business number, what is this? I'm not doing business with you!'

Instead, he gave her all his numbers – office, home, cellphone, private jet – and pleaded with her to call when she could. A few days later, after a modelling assignment in the Caribbean, she called. They were married in 2005 at Donald's Florida resort home, the Mar-a-Lago Club, with former US President Bill Clinton and his wife Hillary prominent among the guests.

Although Melania played a barely visible part in the Trump campaign, she insists the public perception of her as a trophy wife kept in the background is false. 'They say

I am shy,' she told *Harper's Bazaar*. 'I am not shy. People say these things who do not know me.'

Melania says she has a relaxed relationship with her husband's four children from his two previous marriages: Donald Jr (38), Ivanka (35), Eric (32) and Tiffany (22). 'They are grown up,' she says. 'I don't see myself as their mother. I am their friend and here when they need me.'

The well-kept family home in Sevnica now stands empty. Viktor, Amalija and Ines spend most of their time in America, occupying their own apartment in Trump Tower and returning home rarely. When I approach their modern villa, a security guard appears from nowhere and says the place is 'off-limits'.

Whatever the truth of Melania's rise, the swirl and dazzle of her New York life seems worlds away from her home-

town, where the days pass slowly and an exciting event is the annual Salami Festival. 'I'm sure Melania won't forget us,' says Mirjana Jelencic as children clatter noisily down the school corridors. 'I don't think she will have changed that much from the girl we knew. Wherever you go in life, your past stays with you.'

'Her friends here still think nicely of her and hope she'll come back and see us one day.'

The town had a celebration party for President Trump's inauguration on 20 January, with a special cake – Melania Torte – baked in her honour already on sale at the local patisserie.

'We want to send a message to the White House that we still love you,' says Mayor Ocvirk.

Yet behind the warm sentiments and civic pride, it is hard to avoid the suspicion that Melania, the girl who once ran around these streets in a regulation cotton smock, has bigger things to worry about than her old hometown. As the wife of arguably the most divisive US president ever elected, she will have a vital role in trying to soften the Trump image – a test likely to be complicated by Melania's intention to remain mostly in New York, where the couple's 10-year-old son, Barron, goes to school. And, as only the second foreign-born First Lady in American history (the other, Louisa Adams, barely counts, as her father was serving as the US Ambassador to Britain when she was born), Melania will be under particular pressure to demonstrate her allegiance to her adopted country.

To date, the Trumps have visited Melania's homeland just once. In late July 2002, the tycoon's Boeing 727 touched down at the Ljubljana airport and the couple travelled by limousine to Slovenia's most famous hotel, the Grand Hotel Toplice, set on a lake in the beauty spot of Bled.

As the sun set behind the Karavankas mountains, they sat on a terrace, ate veal escalope and wild blueberries and, as they were leaving, Donald was heard to ask: 'Is this place for sale?' ♣

Whatever the truth of Melania's rise, the swirl and dazzle of her New York life seems worlds away from her hometown, where the days pass slowly and an exciting event is the annual Salami Festival.

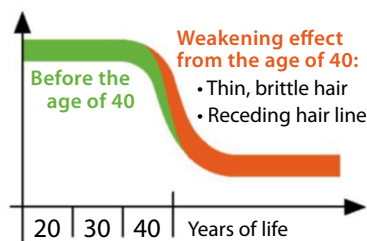
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digital divas

~~~~~♥~~~~~  
By **Kristen Birch**  
Photographs by **Liza van Deventer**

## REKINDLE LEARNING Rapelang Rabana

**Start-up costs:** I put aside R65 000 of my savings at the start of the business. But I have continued doing consulting and speaking engagements to generate cash flow.

**Turnover:** Now that I have identified how to scale the business and where to make major investments, I have raised an additional R2 million in capital for our technology platforms. Our turnover is approaching the R2 million mark.

When she was still at school, Rapelang Rabana noticed a problem in education: students were not learning from their mistakes. The assessment and grading were there, but not the actual learning part. 'Despite attending a great school, I often wondered about the learning process. After receiving my marked test, I'd briefly scan through the questions I'd answered incorrectly and promise myself that I'd find the correct answers. But year after year, I got the same ones wrong,' she says.

It dawned on her that she was not the only one experiencing this, and that it was even worse

for students who never even received their assignments back but were simply given a mark. 'It's exacerbated in resource-constrained schools where the student's struggle is not solely because they can't grasp the concept, but also because reinforcement has not followed.'

This realisation became the basis for Rapelang's first mobile learning product, in which the concept of micro-learning is applied. It can be adapted to suit the performance and strengths of each student.

'Having failed to coerce my parents into giving him a gap year, my brother relished choosing something for his sister to study, and he chose Business Science,' says Rapelang. 'It felt like a practical joke at my first lecture, but I came to appreciate the inherent imaginative power of software, and was hooked.'

Rapelang channelled this passion into her first company, Yeigo, which she co-founded with two of her classmates at UCT. The three focused on the cost of communication. The now internationally recognised company is involved in mobile VoIP and IP communications, offering more interactive opportunities than those available on an outdated standard mobile phone. 'This motivated me to explore how technology can be used to provide solutions to problems, on a scale we never



A woman with dark hair, wearing a white top, a dark blazer, and a long orange necklace, is smiling and looking to her left. She is standing in a modern office hallway with large white pillars and several large, round, orange pendant lights hanging from the ceiling. The hallway leads into the distance, creating a sense of depth.

*“This turned into an amazing seven-year journey that motivated me to further explore how technology can be used to provide solutions to problems, on a scale we never imagined possible.”*



imagined possible. Finally, I was ready for a new challenge, and took another leap, starting Rekindle Learning.'

Rapelang launched Rekindle Learning in 2013 to provide everyone from rural and urban scholars to professionals with the opportunity to learn on cellphones and computers. 'Whereas the interest in eLearning is growing rapidly, most organisations simply upload PDF files or PowerPoint slides and call it eLearning,' says Rapelang. 'Rekindle Learning is innovative and interactive, enabling a range of knowledge to be quickly mastered.'

The company now provides three online learning tools. Two are available for business customers and are customised to the company making use of them, and the third, called English Word Power, is available to anyone.

The target market for English Word Power is first-year university students needing to improve their English language skills. This is done through an interactive online coach that allows students and young professionals to go well beyond conversational English.

Rapelang's focus is on software and online technology, but education has always been her primary inspiration. 'The amelioration of the skills deficit in South Africa is desperately needed, and I believe there is an opportunity for me to create a thriving business and contribute to my society in a lasting way,' she says. 'Our strong infrastructure makes it a lot easier to do business here than in other African countries. If we look at how entrepreneurs in those countries operate, we gain a new understanding of the word "struggle".'

## OLE! MEDIA GROUP

### Deseré Orrill

**Start-up costs:** For the first six months my partner and I worked from a dining room, and had just enough to cover the salaries of our two employees.

**Turnover:** In year one it was R4 million. Now, for the entire media group, it is R130–150 million.

**D**eseré is a spirited, determined woman. Her dedication to her work and her team is evident in everything from her engaging manner to her enthusiasm when she talks about the future of the company and her three children. 'As a mom of teenagers, I've discovered that the skills you develop as a parent are extremely useful when you are in a management position,' she says.

Back in 2009, Deseré and partner Tim Legg set up a mobile marketing agency called MobiMedia, and the seeds for what would become the Ole! Media Group were sown. With a background in languages and law, Deseré combined her interests by becoming involved in business

*'In South Africa there is room for discovery and opportunities for people to break new ground.'*

and marketing. 'Immediately after university I worked in the travel industry, and was lucky enough to be offered the opportunity to work as marketing director at an international hotel group that had its head office in Germany.' It was there that she discovered the many uses of the World Wide Web. She and her team set up the hotel group's first website in 1995, and she discovered that she loved the digital world.

'It was all like terra nova. We published relevant and engaging descriptions of our hotels and locations on our site, but had no idea that we were actually making SEO content, because that word did not yet exist!'

After five years with the hotel group, Deseré set up her own marketing company in Frankfurt. In 1996 – the same year she got married and started a family – she launched Omega Junction, a specialist marketing, copywriting and conference management company. 'Omega Junction celebrates its 20th anniversary this year,' says Deseré. 'I love writing, but I can't do it as much as I'd like now that I'm CEO of a digital media group, so I stay involved with Omega Junction: it's how I keep my creative side alive and kicking.'

Fast-forward to 2003, when Deseré returned to South Africa: 'I had left home with a suitcase and a guitar in 1991; I returned with a husband, three kids, a few more suitcases and, I am happy to say, my guitar!'

As the move to digital via the cellphone started happening, Deseré's second venture, MobiMedia was born. 'Initially people thought cellphones were just for voice calls, but now every marketer knows their potential as the most powerful communication tool in the arsenal. At MobiMedia, content is created solely for the cellphone.'

Their first clients were L'Oréal and Kellogg's, so MobiMedia started making a name for itself right from the beginning, also attracting the attention of digital sports news agency TEAMtalk Media. A relationship formed between the two companies, which led to a buyout of TEAMtalk Media and the formation of Ole! Media Group – the umbrella holding company for these two technology and media hubs, which has since also served as the birthplace of AddSuite (a digital advertising company) and HoneyKome (a digital design and development agency). 'The group now employs 130 people in Cape Town, Johannesburg and Leeds, and we have relationships with global publishers and media houses.'

Deseré has big dreams, not only for herself and her family but also for our country. 'While living and working in Europe, I was gaining great experience, but the thought of coming home was always there. In Europe rules exist for everything, but in SA there is room for discovery and opportunities for people to break new ground. That's the right way to open a new business!' ❖







*Talking point*

# *Does less stuff* **=MORE HAPPINESS?**

Whether it's a cultural shift or a passing fad, there's no denying that minimalism is having a moment. But is there anything to the idea that paring down your possessions will bring you happiness?



By **Liesl Robertson**



**P**art pop philosophy and part Pinterest-worthy décor aesthetic, minimalism has become a way of life for many, even inspiring religious fervour in some. From decluttering phenomenon Marie Kondo advocating keeping only the items in your life that spark joy to the cult movement of people aspiring to own just 100 items in total (the average American household is stuffed with 300 000 objects, just to put that into perspective), having fewer things is definitely trendy. Nineteenth-century English textile designer William Morris said, 'Have nothing in your house that you do not know to be useful or believe to be beautiful.' Truth be told, I'd never heard of him, but his quote definitely resonates in our consumer culture.

Some, of course, take it to the extreme. American entrepreneur James Altucher writes about throwing away his college diploma. ('I don't hold onto all the things society tells me to hold onto,' he says.) He owns nothing but a bag

of clothing and a backpack containing his must-have electronics: computer, iPad and smartphone. 'I have zero other possessions,' he writes.

For others, the luxury of open space has become something of a status symbol. In a recent interview with *Apartamento* magazine (laid out next to images of his all-white home in Queens), tastemaker and director of contemporary art institution MoMA PS1 Klaus Biesenbach was quoted as saying, 'I don't aim to own things.' (Eye-roll.)

While you might not be keen to live in an empty house staring at your bare walls, there is some merit to the idea that your life could do with a bit of editing. Minimalist David Friedlander believes that 'editing is the skill of this century'. 'Stuff, it turns out, is a very demanding mistress,' says Angela Horn, founder of Mostly Mindful. 'And as soon as we gave her the boot, our weekends and, in fact, our whole lives went from being jam-packed with chores to *wide open*.' And in his TED talk titled 'Minimalism: For a More Full Life', Grant Blakeman explains that part of living a full life is about 'curating our lives actively, removing distractions, removing something before adding something new, finding that wider negative space'. And that, he says, will help us focus better. So should you give it a try?

*The luxury of open space has become something of a status symbol.*



## More experiences, less stuff

Research shows us very clearly that experiences trump possessions every time when it comes to happiness and enjoyment. You may think that a new couch or the latest cellphone will bring you more lasting satisfaction than a fleeting experience like a holiday, but that's not actually true. Due to a phenomenon known as hedonic adaptation, the joy of a new purchase fades as people get used to it. A memorable trip, concert or outing, however, has a long-lasting effect: the joy of anticipation, the pleasure of the event itself and the fond memories of it that linger long after. Even a bad experience can become a good story in retrospect.

A study by Cornell psychology professor Thomas Gilovich and doctoral candidate Amit Kumar that looks at the idea that spending money on experiences 'provides more enduring happiness' also brings up other interesting side effects. Even waiting for an experience evokes more joy and excitement than waiting for an object that you've bought. In fact, you are more likely to be impatient and anxious waiting for material goods than you would be waiting for an experience. 'Think about waiting for a delicious meal at a nice restaurant or looking forward to a vacation,' says Kumar, 'and how different that feels from waiting for, say, your pre-ordered iPhone to arrive.'

Comparison is the thief of joy, they say. But we're less likely to compare the value of our experiences to that of our peers. And experiential purchases are associated with 'identity, connection, and social behaviour'. Even hearing about your experiences is more enjoyable to others. 'Turns out people don't like hearing about other people's possessions very much,' Kumar said, 'but they do like hearing about that time you saw Vampire Weekend.'

## The burden of choice

You might imagine that having a wardrobe packed with clothing will make it easy to get dressed in the morning, a pantry full of food will make it easy to decide what to have for dinner, or that having Netflix, ShowMax and DSTV subscriptions will make it easy to decide what to watch. Not so: having such a wide range of choice might just be stressing you out.

In his book *The Paradox of Choice*, American psychologist Barry Schwartz cites the following study: when faced with two displays of jams at a gourmet food store, customers who were offered discounts only opted in on the deal when they had a smaller range to choose from. In the display of just six jams, 30% of customers bought a jar. In the 24-flavour display, just 3% did. In a similar example (but with more far-reaching consequences) Vanguard, a gigantic mutual-fund company, found that for every 10 mutual fund options a company offered, the rate of employee participation went

down 2% – even though that meant missing out on up to \$5 000-a-year contributions from their employers.

'If we're rational, social scientists tell us, added options can only make us better off as a society,' writes Barry Schwartz. 'This view is logically compelling, but empirically it isn't true.' In fact, the opposite is true – when faced with a wide variety of options, we become paralysed and in some cases opt out of making a decision at all.

*You might think that a new couch or the latest cellphone will bring you more lasting satisfaction than a fleeting experience like a holiday, but that's not actually true.*

Even if we do make a decision, says Schwartz, 'we end up less satisfied with the result of the choice than we would be if we had fewer options to choose from'. When there are a variety of options, it's easy to imagine that you made the wrong decision.

In an effort to make shopping easier, Dave Lewis, chief executive of British supermarket Tesco, recently stripped down their range of products from 90 000 to 60 000, in part because of the growing success of smaller chains like Aldi and Lidl, which stock only 2 000 to 3 000 brands. Tesco used to sell an array of 28 tomato sauces and 224 air fresheners, as opposed to Aldi's one tomato sauce and 12 air fresheners. The move is a clear sign that Lewis realises the value of having fewer options.

## The capsule wardrobe

Ever find yourself staring at an overstuffed wardrobe and still thinking you have nothing to wear? You are not alone, says bestselling author Jennifer L. Scott in her TED talk 'The Ten-item Wardrobe'. 'We're operating under the misconception that the more clothes we have the easier it is to get ready in the morning, when actually the opposite is true. The less clothes you have, the less choice you have, the more thought and organisation you put behind your wardrobe, the easier it is to get ready in the morning.'

Jennifer's book, *Lessons from Madame Chic*, explores the 20 lessons she learnt while living with a French family in Paris as an exchange student. 'There is one section of the book that is universally gravitated toward,' she says, 'and that is the section called "Liberate yourself with a 10-item wardrobe". We are a society that has become accustomed to having closets that are completely crammed with clothes. We go shopping, we fill, we fill, we fill, and very rarely do we check out what's going on inside there. Very rarely do we edit... and see if what we have is really working for us.'

In 2001, when she first met her host 'parents' in France,



## The 100 thing challenge

More and more people seem to be signing up to the so-called 100 Thing Challenge, a grassroots movement in which people across the world aim to winnow their possessions until they are left with just 100 items.

'Stuff starts to overwhelm you,' says Dave Bruno, an online entrepreneur who started the 100 Thing Challenge. Dave has taken the idea to the extreme, of course (he keeps a running tally of what he's hanging onto on his blog, and recently put up a post about his struggle to decide whether he really needs three pairs of jeans or whether he could make do with two), but the basic idea of taking stock of and re-evaluating your possessions has merit, which others have taken on board.

New York graphic designer Daniel Perkins says he and his wife have undertaken within a year to have only things that they use daily in their apartment.

Ryan Nicodemus, co-founder of The Minimalists, packed all his belongings into boxes, as if about to move house, and then went about his life, taking out just the items he intended to use as he needed them. By the end of three weeks, 80% of what he owned was still boxed up, so he got rid of it. 'Everything I *do* own adds real value to my life; it either serves a function or brings me joy.'

His advice is to start slow. 'Let go of one material possession every day of your life. Removing the clutter is merely the first step,' says Ryan. 'I started to feel rich once I got everything out of the way and made room for everything that remains.'

At last count, Joshua Fields Millburn (the other co-founder of The Minimalists) had 288 things. 'Let's be clear,' he writes, 'I don't plan on owning 50 or 100 things. While I started this experiment as a joke, I also wanted to count my stuff so I could, in all honesty, get rid of any superfluous or unused items. As I started counting, I discovered that when you write down everything you own, it puts everything into a different perspective and helps us realise we can jettison so many things we don't use but are holding onto just in case.'

Counting, says Dave, is not the point. 'The point is that taking a physical inventory of your life, albeit a bit silly, is eye-opening, and it helps you get rid of unnecessary items so you can appreciate what you do have.' ♣

Jennifer was struck by how beautifully they were dressed. The man was wearing a suit and the woman an A-line skirt, a silk shirt and pearls. 'I remember thinking, "That is so sweet – they dressed up for me!"' she says. But that couldn't have been further from the truth. She soon learnt that the compact armoire in her room was not an anomaly; it was a cultural norm in France to have a small, carefully curated wardrobe. 'They all wore the same, high quality clothes over and over and over again – in heavy rotation. And they didn't appear to be suffering. *Au contraire*. No, they actually exuded their own unique style beautifully.'

Upon arriving home, Jennifer decided to cull her own wardrobe, getting rid of 70% of her clothes. 'I have never looked back,' she says. 'Some people might think that this topic is superficial, but I believe that when you take something that we all have to do every day – like get dressed – and you put thought and organisation and a game plan behind it, you can completely change your life.'

So how do you go about it? 'The first thing you have to do is take out all of the clothes in your closet – maybe not all at once, but take out sections at a time. Go through every single piece and ask yourself the following questions: "Does this fit me? Is this age-appropriate? Is this my true style? Do I love this? Do I wear this?" The clothes have to pass the test, and if they don't you've got to get rid of them. Donate them to somebody who will appreciate them more.'

Jennifer suggests organising clothes by season and stripping them down to your 10 core seasonal items, excluding outerwear like coats, sweaters, blazers, jackets and special-occasion wear. 'You don't have to do 10 – you can do 20. But the idea is to get your wardrobe down to a capsule, manageable size. When you wake up in the morning, you'll be able to get ready with ease.'

This exercise also has other hidden benefits: it will help you hone your true style and learn to be more discerning. 'You'll also be less prone to impulse buys and be inspired to look presentable always.'



## *Downtime*



**Members of the Gentlemen's Burger Monthly, photographed at Mondial Kitchen & Bar: (L-R)**  
Alistair Kruger, Stephan Lotz, Walter Jooste, Wesley Cullum, Leon Laubscher, Ludi Cronje, Richard Elliott, Calvin Beldon, Charles Abernethy, Reuben Campbell and Brett Aitken.



By Marli Meyer

# Interesting clubs

Regular get-togethers can be a great way to not only have fun but also learn new things. Meet four groups of friends who've come up with social 'clubs' to do just that.

## GENTLEMEN'S BURGER MONTHLY

'Everyone is busy – between work and relationships, it was hard to find time to see one another,' says Leon. 'We thought, why not do something where we meet once a month and have a jol? Reuben suggested we do a burger place.'

Why burgers? 'There's literally no one on earth who doesn't like burgers,' says Calvin. Wesley chimes in: 'It's the perfect balanced diet – you get your carbs from the bread, protein from the patty and cheese, and veggies from the lettuce and tomato.' 'The real reason,' says Ludi, 'is that burgers are the perfect accompaniment to beer.'

'Every member gets a turn to organise GBM,' says Leon. 'Members are allowed to invite friends. Obviously only gentlemen – in some cases not-so-gentle men.'

'After each GBM we rate the experience: the sides, the sauces, the patty, the bun, the ratio of bun to patty, the selection of beers – it's a fine art, this burger-rating business,' says Ludi.

They ended off 2016 by enjoying homemade patties at Leon's house and hiking up the mountain at full moon.

### GBM's top burger spots in Cape Town:

- Burger & Lobster, CBD
- Jerry's Burger Bar, Gardens
- IYO Burgers, CBD
- Fat Harry's, Kenilworth
- Stud Burger and Saloon, Woodstock



# *Downtime*



**The Barrel Boys:** At the back in the middle is Abrie Swanepoel, then moving along the circle to the right are Francois Muller, Gedeon Rossouw, Corné Koller, AJ Hechter, Michal Muller, Henlo Riekert, Ruan Fourie, Piet Joubert and Marius Bergh. Not pictured are Rikus Blomerus, Steph Barac and CJ Roets.



## THE BARREL BOYS

'We all enjoy wine, so a group of us decided to start a wine club that would be part social, part informative,' says Henlo. So 13 of them, around the same age but from different friendship groups, meet once a month.

'The week before, we draw a name and that person is the host. We gather at his house or a place he recommends,' Abrie explains. The host selects the theme – a region, cultivar or style of wine – and everyone brings a bottle of wine.' He cooks a meal, pairing the food with the wines.

AJ, the cellarmaster, wraps each bottle in tinfoil and numbers it. 'We do a blind tasting and rate each bottle out of 20, taking into account things like flavour, nose, aftertaste. Then we eat and after dinner we calculate the scores and reveal the results,' says Abrie.

'One of the highlights is when we reveal the wooden spoon – the guy who brought the worst wine. He's the joke until the following month when we gather again. We announce that first, then we work up to the top three wines. When your wine is revealed, you give a bit of background on it and share tasting notes from experts. At this point the host also gives some background on the theme and motivates the food and wine pairing. Afterwards there's always a photo with all the wines lined up in front of us and the top three guys sit in front with the winning wines.'

They all agree that by the end of the year it's great to have a least 10 new wines that you really know something about. 'This year we plan to bring in a connoisseur every so often to chat about the chosen theme, and we hope to do a wine tour in October.'

Cheers to that!

### The Barrel Boys' top wines of 2016:

- Kanonkop Estate Pinotage 1999
- Meerlust Pinot Noir 2013
- Spier 21 Gables Chenin Blanc
- Simonsig Shiraz 2012
- Rijks Reserve Pinotage 2012



**The Elvis Fan Club:** In front: Amy Grainger, Connie Jefferies and Jolene Harvett. Back row: Christine Botha, Jackie van Scalkwyk, Heather Pentz, Nicolette Meades, Annemarie Swarts, Sandra Sharpe and Marlene van der Merve.

## THE ELVIS FAN CLUB

When Annemarie Swarts heard Elvis's music for the first time at a tribute concert in 2000, she was instantly intrigued. 'The next day I bought a CD to find out what this guy's voice actually sounds like, and I fell in love with it. I started reading about Elvis... I bought DVDs and asked people over to watch them with me because I wanted to share my amazing discovery. I soon learnt that not everybody wants to do that!'

On the back of a CD compilation she saw something about 'The Official Elvis Fan Club of Britain and the Commonwealth'. She was intrigued: 'I mean, Elvis is dead; what do they

do?! After a while I thought, "Well I can't find anything of the sort in South Africa, so I'll just start one myself." She asked at CD shops if she could put up some ads. 'That was 2002. There were four or five members initially; now we're 20.'

The members meet once a month at a venue in Belville. It usually starts off with a general discussion, followed by a music programme, a break where they have a bite to eat, a movie and a game (like Elvis 30 Seconds and Elvis *Noot vir Noot*).

'People come and go, but the core group has gotten to know one another,' says Annemarie. 'We've become great friends, which is wonderful. It's a new circle of friends outside your usual social circles.'



**Creative Seminars:** At the round table, clockwise from the person nearest the camera are Devon Reynolds, James Campbell, Caley Garden, Jethro Westraad, Anna van Dyk, Jesse Navarre Vos and Pamela Bentley. Pamela and Caley are also in the picture below.



## CREATIVE SEMINARS

'In our friendship group,' says Anna 'so many of us are interested in art and literature but when you're at a party, no one wants to be the person who's like, "What do you think about the metaphysics of Jane Austen?"' Anna proposed organising semi-structured gatherings so people could feel bold enough to share their ideas – creative seminars where they could discuss art, poetry, literature and more.

The members get together once a month, unless there is an exhibition or event in its place. 'Each Creative Seminar has a theme. We did poetry for one; I sent a few questions for people to think about beforehand and

supplied a few readings that people could read if they wished to. Then, I asked everyone to bring along one poem that they enjoyed for us to unpack. We discussed things like: What is good or bad poetry? Is music poetry? Our painting theme explored ways to get out of left-brain mode and into right-brain mode. Afterwards we stay and finish a bottle of wine, but we try to keep it structured for the first while.

'Most of us met at UCT, studying humanities, but Devon studied economics and James majored in business science, so it's not like we're all these hippie poets! We want it to be diverse. It's by no means an exclusive club with handshakes and buttons – the more minds the better.'





It all started with a WhatsApp group for anyone who was keen, but of late it has been a more set group of friends who get together to play games.



## HEY, DO YOU FEEL LIKE PLAYING A GAME TONIGHT?

Since Morné Venter first became interested in board games eight or nine years ago, he has built up an extensive collection. Four or five years ago he got his friends involved and they started playing more regularly. 'We try to get together once a week, maybe twice a week if it's during the holidays and things aren't that hectic,' Morné says. 'We usually meet at my place, because I have a pretty steep collection of board games, but a lot of places run gaming evenings and certain game shops have game nights.'

Because these games usually involve strategic thinking, players are required to learn the rules of the game before they arrive. 'If everyone has learnt the rules it means more time is dedicated to playing, as these kinds of games can be lengthy,' says Morné. 'My friends and I have similar interests – kindred spirits tend to flock together, I guess – and we all kind of enjoy certain types of games.'

Morné names a few of their favourites, none of which we've heard of! Settlers of Catan got Morné into board games. 'That's the classic! But people seldom look further than that. It depends on the type of games you like – the mechanics, the rules, the themes. The best party game at the moment, in my opinion, is Codenames.'

Each night is different, and with some games lending themselves more to old hands and others being better when you bring in new players, no two evenings are the same.

'Winning is great – especially if it's a strategic game where you out-think your opponents – but a really successful games night is when everyone walks away having enjoyed the focus of the game.' ♣

### Morné and co's top board games:

- Terramystica
- Eldritch Horror
- Concordia
- Scythe
- Mage Knight



# Kerry on top

Actress Kerry Washington is intelligent, straight-talking, compelling enough to keep us glued to our screens and intriguingly private. So who is she?



By **Sandra Parmee**

**K**erry Washington may be one of the most secretive celebrities ever. She doesn't share photos of her husband or children and never divulges information about her home life. She's made a huge success of her career and, with the recent birth of her second child, she's clearly got it all

together at home as well. But what's really impressive about this New York-born star is her refusal to stay silent on the things that matter. She has power, and she wields it in the best way possible.

Kerry has always been interested in the big issues. Raised in a socially conscious household, she was 13 when she was taken to hear the newly free Nelson Mandela speak. And turning 18 wasn't just about new-found freedom and getting a driving licence for her: 'My becoming a voting citizen was celebrated the way other people would celebrate a Sweet 16. My parents took me out to dinner and we talked about who I was going to vote for,' she says.

As a teenager Kerry became a safe-sex advocate; she joined an educational group that performed their own sex-education skits in schools and community centres. 'It was some of the best actor training I've ever had,' she says. 'We would stay in character after the show and the audience would interact with us. It taught me the importance of really understanding everything about who

you're playing, because you never knew what question was going to come.'

Kerry toyed with the idea of becoming a teacher or psychologist, but she continued to act at university. Afterwards, she dabbled in this and that: she did community and grass-roots theatre training, travelled to India and worked as a yoga instructor. But her interest in acting never waned – at the same time she acted in plays and small films, eventually appearing in 2001 as a street-smart mom in *Save the Last Dance* (with Julia Stiles), which

proved to be her breakthrough role. Her star status was elevated to greater heights when she performed opposite Jamie Foxx in the 2004 film *Ray*. Since then, alongside her

*"The fact that white women can see this woman of colour as an aspirational character is revolutionary."*



Kerry at the 'China: Through The Looking Glass' Costume Institute benefit gala at the Metropolitan Museum of Art in New York City.





Kerry on the red carpet with her husband, actor and former NFL player Nnamdi Asomugha.

huge TV presence, Kerry has been in notable films such as *The Last King of Scotland* (2006) and the Quentin Tarantino western, *Django Unchained* (2012). Last year she gave producing a go: she was the executive producer and star of the HBO film *Confirmation*. She enjoyed it so much that she is now set to produce the drama series *Patrol* under her new production company, Simpson Street.

In 2012, TV writer and producer Shonda Rhimes (*Grey's Anatomy* and *Private Practice*) cast Kerry as the star of her new political thriller series, *Scandal* (we know it in South Africa as *The Fixer*). In the hit series, Kerry plays Olivia Pope, a Washington DC-based crisis manager or 'fixer' (loosely based on real-life fixer Judy Smith) whose firm, Pope & Associates, specialises in political situations. She and her colleagues are self-named 'gladiators in suits' who do what they can to smooth things over for public figures, including the president of the United States, President Grant. When she took the role, Kerry became the first black female lead in US network TV in nearly 40 years.

'One of the most profound things for me about the show is the number of white women of all ages who come up to me and say, "I want to be Olivia Pope,"' Kerry says. 'It's especially profound in a place like South Africa. The fact that white women can see this woman of colour as

## Kerry on health and beauty

- 'The number-one thing I am absolutely religious about is taking my makeup off. I'll use makeup remover wipes to take the makeup off, and then I'll use a cleanser.'
- She loves a natural look. 'The biggest thing when I'm not working is to let my skin breathe.'
- She's a self-confessed Pilates addict, but she likes to mix things up with water aerobics, hiking and walking. 'I approach my workouts not as a time for punishment or making my body into something it's not, but as a time to love and appreciate the work that it does for me, to honour this vehicle.'
- Of course, her nails are top priority and she loves to experiment with colours. 'I have very petite hands, so when my nails aren't done, I feel like I have the hands of a fifth grader, so I choose a nail shape that really elongates my hands.'
- Kerry's top tip for date night? A barely-there lipstick. 'You have to be kissable on date night, otherwise what's the point?' She uses Neutrogena MoistureSmooth Color Sticks. 'I always have five of them in different colours in my purse because they're really easy to throw on and they go with everything.'

an aspirational character is revolutionary, I think, in the medium of television.' Even Oprah Winfrey has said that *Scandal* represents 'a new moment for our culture'. The show never discusses race explicitly, because Shonda Rhimes believes it doesn't need to, but she clearly makes the point: in one scene a client assumes that a white person in the group of colleagues is Olivia Pope, and Olivia steps forward and says, 'I'm Olivia Pope.' 'Twitter went nuts when that happened,' Kerry says. 'Both women and men of colour: "Oh my gosh, people do that to me all the time!" Being underestimated in the workplace, being assumed *not to be*.'

*Scandal* is a win for women as well. Shonda says that she and her writers 'have created a world in which the women have the power'. That they do – and they have the wardrobe that goes with it. Olivia is always dressed beautifully in white or soft pastels and gorgeous designer pieces, showing that powerful women can embrace their femininity – they don't need to fit in with the men in

boring black suits. By popular demand, Kerry collaborated with the show's costume designer to design a *Scandal*-based clothing line for The Limited.

*Scandal* aside, Kerry has a certain amount of credibility in the world of style and fashion. As a style ambassador for the nail polish empire OPI, she collaborated with the brand to create its new autumn/winter collection, with colours that would certainly be approved by the stylish Olivia. In fact, Olivia will sport some of the lacquers in the new season. Kerry had fun naming the polishes – there's a strong red called We The Female, and a rich plum called Kerry Blossom. She even named one for her daughter Isabelle. What was most important for Kerry, however, was making sure she included nude shades that suit every skin tone. 'For me, growing up, when people were saying "nude" they weren't talking about *my* naked skin tone,' she says. 'I made sure that in my collection we have nudes that also represent me.' This sensibility has informed all her actions – she is also a creative

consultant for Neutrogena, and since her appointment the brand has increased the shades of foundation it sells. 'Part of my collaboration with both Neutrogena and OPI has been to keep inclusivity front of mind,' Kerry says. 'I've never been comfortable being a pawn. I work with brands where I feel like I can have my say, and companies that I'm proud to be in a relationship with.'

In May last year Kerry announced she was expecting her second child with husband Nnamdi Asomugha, whom she married in 2013. The couple welcomed a son, Caleb, into the world on 5 October. Their daughter, Isabelle, is two years old – and she's already following in her mom's footsteps: 'I'm really blessed because my daughter gets to be at work with me a lot, so that's really fun and wonderful,' she says. But she has learnt to be quite picky as to when Isabelle is allowed on set, considering how risqué things get on the show!

This is about as much as Kerry will say about her private life, which she has always zealously protected – despite being tempted to break her own rules: 'I have these itchy fingers where I want to post a photo of my daughter, so instead I send it to my shrink or my mother,' she says. 'I'm like, "Look at this picture! Look how cute!" Get it out of my phone into the world! But not on social... I want her to be able to make those decisions in her own time,' she explains. 'She already has a lot to navigate in life as the daughter of an actor and a former football player. She should be able to enter this world when it feels right for her.'

She is private about her family life, but Kerry has always made her views and beliefs public. 'I have to make sure that I don't silence myself about the things that I believe in, because sometimes the fear creeps in: "What if fewer people watch the show, or fewer people hire me because I express my politics?" For me, the commitment is never to be quiet just because I'm in the public eye.'

She is an ambassador for Allstate Foundation Purple Purse, which aims to give abused women the financial freedom to walk away from their abusers and to build a safe life for themselves and their families; she's involved with V-Day, a global movement to end violence towards women and girls; and she has long been an advocate for the lesbian, gay, bisexual and transgender community.

Kerry is also passionate about American politics. 'What we eat is political. How we dress is political. Where we live is political. All of these things are influenced by political decision-making, and it's important to be part of the process,' she says.

An Obama supporter, she campaigned for him during both presidencies. In 2012 she addressed the Democratic National Convention in support of Obama and also spoke about her desire to see a female president take up office. 'Why is the ability of a woman to be president even a question?' she asked. 'Of course we're ready for a female president. Absolutely!' ❖

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# Don't follow your PASSION

Now there's advice you don't hear a lot. Every second tote bag, framed typographical print and scatter cushion delivers the opposite: 'Live your dream', 'Listen to your heart', or 'Follow your bliss'.

Back in the day, choosing a career was easy. Your dad's a blacksmith, he teaches you the trade, you take over the family business one day. Well, actually, if you were a woman you probably stayed home and took care of the kids, but you get the gist. When women joined the workforce en masse during wartime, it was because the factories were understaffed and the hospitals were overflowing – working was about supply and demand, nothing more.

According to an article published in the 2012 *Harvard Business Review*, the phrase 'follow your passion' first started gaining popularity in the mid-1990s. By the Noughties, it had become the most 'pervasive career advice' dished out to millennials, then in high school and starting to look at career paths.

'It's an appealing [notion], because

it's both simple and daring,' says Cal Newport, computer science professor, MIT graduate and author of books like *So Good They Can't Ignore You*. 'It tells you that you have a calling, and if you can discover it and muster the courage to follow it, your working life will be fantastic. A big, bold move that changes everything: this is a powerful storyline.'

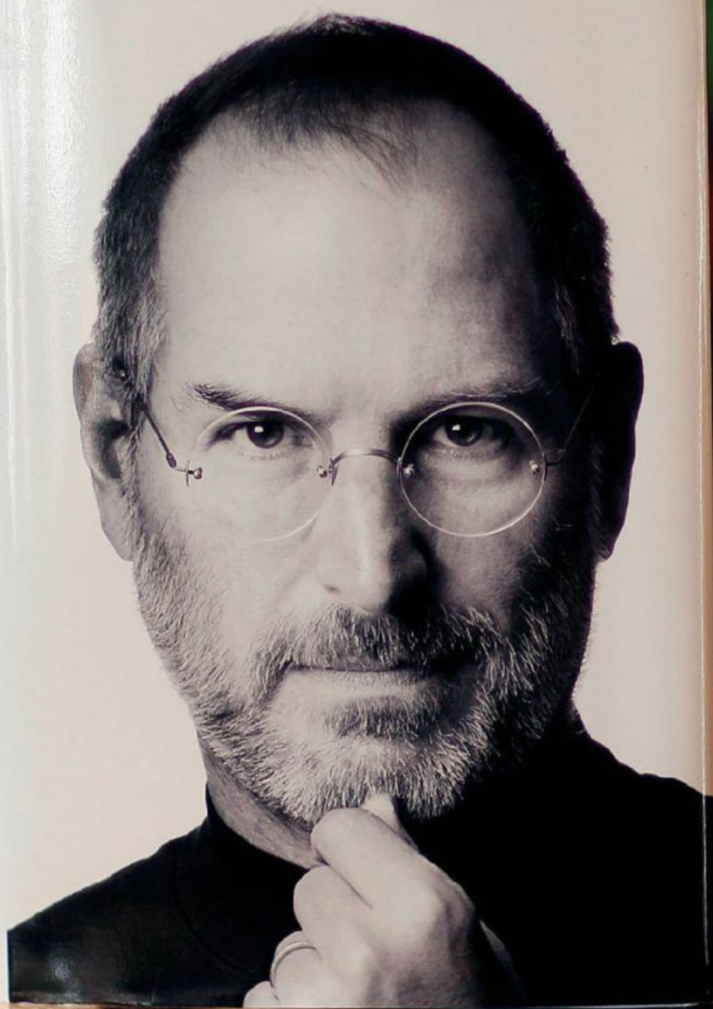
Alluring as it may be, this idea is not one that has much basis in reality, says Cal. 'Had I subscribed to the "follow our passion" orthodoxy, I probably would have left [my field] during those first years, worried that I didn't feel love for my work every day.' But Cal found that as he mastered the necessary skills to really excel, his enjoyment of and passion for his vocation grew.

Even Steve Jobs touted the 'follow your passion' credo. During his commencement speech to Stanford University's graduating class of 2005, he offered this guidance: 'You've got to find what you love... The only way to do great work is to love what you do. If you haven't found it yet, keep looking, and don't settle.' While Steve was undoubtedly passionate about his business and his life's work, he didn't

By  Liesl Robertson



Steve Jobs by Walter Isaacson



*Steve Jobs attended Reed College, where he studied Western history and dance. He also had a strong interest in Eastern mysticism. Apple was something he stumbled into after dropping out of college – he had an idea to earn a quick \$1000, and it turned out to be his lucky break.*

actually follow his own advice. If you look deeper into the details of how he really got started, it tells a different story. Steve had attended Reed College, where he studied Western history and dance. He also had a strong interest in Eastern mysticism. Apple was something he stumbled into after dropping out of college – he had an idea to earn a quick \$1000, and it turned out to be his lucky break. Fortunately for him, he was open to the opportunity, and grew to be passionate about technology and computers as the business took off.

‘Passion is something that is cultivated,’ says Cal. ‘It can be cultivated in many, many different fields. Therefore, it doesn’t make sense to say, “I don’t know what my passion is.” What does make sense is to say, “I haven’t yet cultivated a passion, I should really focus down on a small number of things and start this process”.’

## DO WHAT CONTRIBUTES

Ben Horowitz, co-founder of Andreessen Horowitz, one of the most successful venture capital firms in Silicon Valley, gave a commencement speech at Columbia University during which he outright told the students *not* to chase their passion, for these four reasons.

- 1. It can be difficult to prioritise just one passion.** You probably have a few different interests – so, are you more passionate about art or music? Math, or science? ‘On the other hand,’ he asks, ‘What are you *good at*? That’s a much easier thing to figure out.’
- 2. Our interests tend to change and evolve over time.** ‘What you’re passionate about at 21 is not necessarily what you’re going to be passionate about at 40.’



**3. You're not necessarily good at what you are passionate about.** 'Has anybody ever watched *American Idol*?' he asked. 'Just because you love singing doesn't mean you should be a professional singer.'

**4. It's egotistical.** Ben argues that people eventually value what they leave behind more than what they took out of the world.

In May 2014, after hearing Jim Carrey's 'follow your passion' commencement speech at a small university in Iowa, entrepreneur, investor, software engineer (and Ben's business partner) Marc Andreessen tweeted: "Do what you love/Follow your passion" is dangerous and destructive career advice.' Marc says we only ever hear from the people for whom this advice has worked out, but never the much larger group of people for whom it hasn't. This, he says, is a 'particularly pernicious problem in tournament-style fields with a few big winners and lots of losers: media, athletics, startups.'

His advice (in a couple of tweets)? 'Do what contributes. Focus on the beneficial value created for other people vs just one's own ego... People who contribute the most are often the most satisfied with what they do.' In our culture, this may be hard to swallow, he admits. 'Perhaps difficult advice, since [it] requires focus on others vs oneself – perhaps [a] bad fit with endemic narcissism in modern culture? ... Requires delayed gratification – may toil for many years to get the payoff of contributing value to the world, vs short-term happiness.'

## TIME WELL SPENT

W. Oliver Segovia, the co-author of *Passion and Purpose: Stories from the Best and Brightest Young Business Leaders*, believes that it's in fact 'our daily struggles that define us and bring out the best in us, and this lays down the foundation to continuously find fulfilment in what we do even when times get tough.' According to Oliver, job satisfaction comes from doing something that (a) you love, (b) you're good at, and (c) what the world needs, which is why the notion of following your passion fails: it only addresses the first requirement, and ignores the other two.

Billionaire entrepreneur Mark Cuban (also not a believer in 'follow your passion') has some simple career advice: 'If you really want to know where your destiny lies, look at where you apply your time. Time is the most valuable asset you don't own. You may or may not realise it yet, but how you use or don't use your time is going to be the best indication of where your future is going to take you.'

He also advocates cultivating a passion for something by becoming skilled at it. 'When you work hard at something you become good at it,' he says. 'When you become good at doing something, you will enjoy it more. When you enjoy doing something, there is a very good chance you will become passionate or more passionate about it. When you are good at something, passionate and work even harder

to excel and be the best at it, good things happen.' The take-home message? 'Don't follow your passions, follow your effort. It will lead you to your passions and to success, however you define it.'

## GET ENGAGED

After spending three years doing research with Oxford University and coaching hundreds of people to make real career decisions, Benjamin Todd, the founder of career counselling company 80,000 Hours (named for the number of hours in the average working life) believes that we're definitely on the wrong track. In his Tedx talk, titled 'To find work you love, don't follow your passion', he says: 'One of the main things we've discovered is that we've a lot to learn. Choosing a career is a complex problem and not enough serious research has been done into how best to do it.'

According to Benjamin, 'follow your passion' is not always a winning recipe – for many reasons. 'It turns out, if you follow your passion, you are probably going to fail,' he says. 'Why do I say that? Let's look at the data. A survey of 500 Canadian students... 90% said they were passionate about sports, arts and music. But if you look at census data, we can see that only 3% of jobs are in that field. Even if only one in 10 people followed their passion, the majority would still fail to be successful.' 'Most people's passions just don't fit well with the world of work,' writes William MacAskill, Benjamin's business partner.

Success also doesn't necessarily equal contentment. 'Even if you find success you might still fail to have a fulfilling career – you might not find the work meaningful,' says Benjamin.

So how do you find the right path? 'What we've found is that the best predictors of job satisfaction are features of the job itself, rather than matters of pre-existing passion,' writes William. Research shows that the main criteria when looking for your vocation should be how *engaging* it is. Engaging work, says William, depends on 5 key factors:

**1. Independence:** How much of what you do on a day-to-day basis is within your control?

**2. A sense of achievement:** Does the job involve completing sections of work so that your contribution is easy to see?

**3. Variety:** Is the work you do repetitive? Or does it allow you to use a variety of skills and talents and perform different tasks?

**4. Feedback:** Do you know if you are performing well? Is your work acknowledged?

**5. Contribution:** Does your work improve the lives of other in some way? Are you making a difference?

Of course, you won't really know whether any particular line of work is engaging until you're actually doing it... ❖



# WIN!

Must-haves for every career woman, worth **R38 529!**

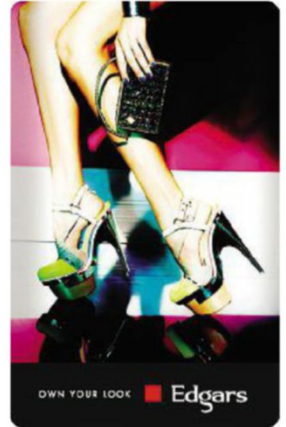


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*FAIRLADY is giving one lucky reader the chance to win the career woman's essentials.*



PHOTOGRAPHS: SUPPLIED



**Elizabeth Arden**



To keep on top of things and be accessible, every career woman can do with a Samsung Galaxy A3 2016 smartphone (worth R5 999). The sleek, sophisticated design makes it a stylish accessory while ensuring no important calls or emails go unanswered.

A set of lightweight American Tourister Bon Air luggage (worth R5 000; visit [www.houseofsamsonite.co.za](http://www.houseofsamsonite.co.za)) adds a chic professional edge to any travel outfit.

An Edgars shopping voucher (worth R5 000) will go a long way towards helping you keep your work wardrobe up to date *and* splash out on that perfect dress for a night out. You're sure to find a handbag that matches any outfit when you have these three Nine West bags (worth R5 000)

up for grabs. What's more, an Elizabeth Arden beauty hamper (worth R2 530) will help you look your best. Last but not least, knowledge is the secret to success in the businessworld. Sharpen your skills with a local online short course of your choice (worth R15 000) from SA's leading online education company, GetSmarter. Answer the question below to stand a chance to win this fabulous prize.

**Q:** Which smartphone will the winner receive?

**HOW TO ENTER:** SMS the keyword **CAREERS**, along with the answer, your full name, physical or postal address and email address to 37174. Free SMSes don't apply. **CLOSING DATE:** 31 March 2017. For rules of the competition, see page 129.





A woman with curly brown hair and blue eyes is sitting in a red theater seat. She is wearing a light blue button-down shirt and black pants. Her hand is resting on her chin, and she is looking thoughtfully towards the camera. The theater seats are red with white numbers, and the background is dark.

*'South African  
theatre is particularly  
soulful. It has heart  
and it has grit,  
and it's unique in  
that it has urgency  
and passion.'*



# THE MUSEUM OF ME

# Lara

We asked Lara Foot, acclaimed playwright and CEO and artistic director of the Baxter Theatre Centre, to let us in on her personal archive of significant and meaningful objects. Each item gives us a glimpse into her interesting life as a theatre-maker, mother and exemplary South African creative.



By **Marli Meyer**

# Foot

# 'My

parents used to take us to the drive-in almost every week. I saw all sorts of movies.

I would recreate them in my head and change the plot and ending frame by

frame until it was the way I would have liked to have seen it. From a very early age I loved stories.'

But it was when Lara saw *Born in the RSA* at The Market Theatre at the age of 17 that she changed her mind about studying law. 'It was the first time I understood what was going on in our country. I was riveted, and decided that night that whatever those guys were doing on stage, I wanted to do it.'

To date she has directed more than 50 productions, written profoundly successful plays, and is building cutting-edge South African theatre with local young talent. 'South African theatre is particularly soulful,' Lara says. 'It has heart and it has grit, and it's unique in that it has urgency and passion.'

Her plays confront difficult issues, but hope is a constant theme and redemption a recurring message. 'When you engage with the dark, you start to understand the light,' she says. 'When you're in denial of the dark, you live in a sort of oblivion. When you engage with your country and the people around you, you become part of the solution rather than part of the problem. I always look for the light inside the dark, and I choose hope.'

This can be seen in her work in developing young talent. The Baxter's Zabalaza Theatre Festival development programme, which gives promising theatre practitioners a platform, is a good example.

Apart from being a theatre icon, Lara is a mother of two. 'My biggest pride is my children, giving birth to them and watching them grow up so beautifully. My son recently matriculated with great results and my daughter is taking fantastic photographs – I'm proud of them all the time.'

Her personal 'museum' fills in the details.

**1. Owl sculpture** I bought this from a carpenter on the side of the road. Somehow it makes me feel very peaceful. There's grace in the carving because the log has been kept whole; there's been no hacking.

**2. Miniature Thozama from the Karoo Moose set** This is the character of Thozama in *Karoo Moose*, from the scene where she's sailing across the river in a boat they'd made out of the bonnet of a Beetle just after she'd been raped. Patrick Curtis, the set designer, made this miniature version, so it doesn't really belong to me. I love it because it reminds me of the play, and of the real Thozama – Thozama Jacob.

**3. Photograph of my mother, Sonia** A number of my plays have been inspired by my mother. She passed away about 12 years ago, but she's still very much in my life. That's a particularly beautiful picture of her. She was famous for her very long nails – always smoking. A delicate but feisty, ferocious woman. She was anti-apartheid and anti-establishment – I think I got a lot of my sense of social responsibility from her.

**4. Framed David Hockney doodle** Part of winning the Theatre category in the Rolex Mentor and Protégé Arts Initiative entailed spending time with Sir Peter Hall in London. At a press conference they asked me to sit next to the Visual Arts mentor, David Hockney, to repeat the questions for him, as he is hard of hearing. All through it he was doodling away. By the end I hadn't made any notes, so I joked, 'Why don't I give you my nice clean notepad and you give me yours?' He looked at me as if I were crazy. I laughed and went off, but as I was getting into a cab a woman came running up and said, 'This is from Mr Hockney.' It was his doodle! He's probably one of the top 10 most valued artists alive.

**5. Michael Kors 24K Brilliant Gold** I'm not a girly girl, but I like perfume. I got this for my birthday.

**6. Patterned bowl** When my son went to Istanbul with his school, he was so grateful that I afforded him this tour that he bought this for me. He's not that responsible with objects, but he sat with it on his lap all the way home as he was scared it was going to break. His name is Daniel – Daniel Barney, after Barney Simon.

**7. 'Best mom in the world' mug with teddy and note** Last year I had a detached retina and had to have eye surgery. I was about to direct *The Inconvenience Of Wings* and three plays in Grahamstown, and I was pretty stressed. During that time, my daughter put this on my bed. I burst into tears. You're always there for your children, and it's so amazing when they reach out

to you and say, 'Hey, I can see you're stressed.' You don't think they notice, but they do. It's a prized possession.

**8. Tshepang, the published play** This is the first play that I had published, by Oberon Books. *Tshepang* put me on the map as a writer. It was such a great feeling to be published that I started an initiative to publish the best of Zabalaza Theatre Festival every year.

**9. Wooden man sculpture** If you stand far away from him, he's got such intent! He could be walking from A to B with purpose, saying, 'Let's go there!' He's also kind of camp – he could be a theatrical designer shouting on set. Again, I love the way its integrity is maintained; it is not symmetrical.

**10. Stone from Arniston** Every time I go to Arniston, I bring back a few stones. I ask the sea if I can have them, and I thank the sea. For me and my kids, Arniston is our happy place.

**11. Red directing boots** After I had my second child, Rebecca, I wanted to be comfortable but also sassy. These boots are Italian, and were hellishly expensive. To this day, when I'm directing and I need a bit of courage, I wear them. Last year, when I was featured artist at the National Arts Festival in Grahamstown, I hauled them out. The first play I directed wearing these boots was *Waiting for Godot* – they've been in many rehearsal rooms all around the world.

**12. Scarf** This is a very special scarf; it's probably about 25 years old. It's from Barney Simon, who was the artistic director of The Market Theatre. When I left university, he was my first mentor and he quickly became a special and close friend. He taught me so much about directing and storytelling. One day he came to me – I was sitting at The Periwinkle, the little coffee shop at The Market Theatre – and took this out of his pocket. He'd just come back from New York and he said, 'I thought of you when I saw this scarf. Would you like it? But you must like it, else you mustn't take it.' It's falling to pieces now. He passed away a few years later, quite early in his life, which was a huge loss to our industry.

**13. To Kill a Mockingbird** This is probably my favourite book I read as a girl. Through the clear, innocent eyes of Scout, the narrator, we see a very complicated and sinister world. In some ways I think it has affected my writing; in a lot of it there's a childlike voice...

**14. Notebooks** For all the plays I write, I make pre-notebooks. One of them is my *Tshepang* notebook; one is from when I wrote *Karoo Moose*. My daughter gave me this brown leather one for Christmas – for my next play. ♣



Owl sculpture



A framed photo  
of my mother,  
Sonia



Miniature Thozama from  
the set of *Karoo Moose*

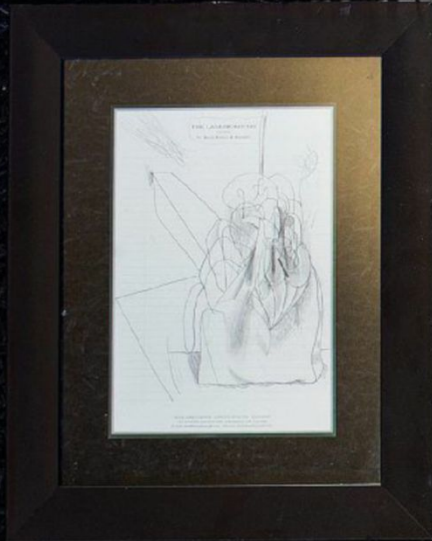


# Lara's things

Patterned bowl



Michael Kors  
fragrance



Framed David  
Hockney doodle

My published  
play, *Tshepang*



'Best mom in  
the world' mug



Scarf



Red directing boots



Wooden  
man



Stone from Arniston



My copy  
of *To Kill a  
Mockingbird*



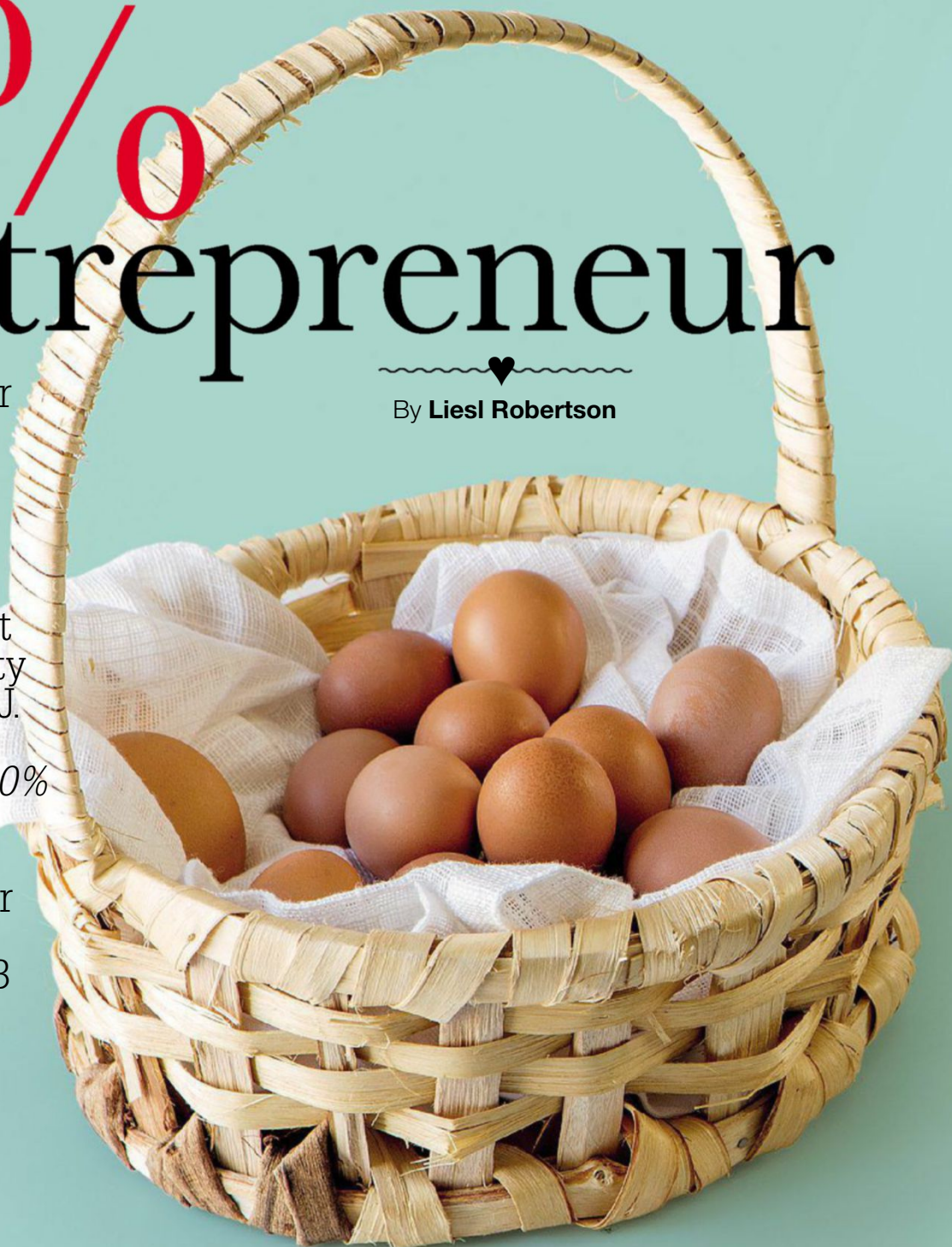
Notebooks



# How to become a 10% entrepreneur

Can you live your dream of being an entrepreneur without quitting your day job? Absolutely, says venture capitalist and private equity investor, Patrick J. McGinnis. In his new book, *The 10% Entrepreneur*, he explains how to keep your regular pay cheque *and* get Career Plan B up and running by investing just 10% of your time and money.

By Liesl Robertson





For the first decade of his career, Patrick J. McGinnis was a bona fide 'company man'. 'When I talked to friends who were taking part in new ventures outside of work, I smiled, thinking, "Why on earth would you want to spend your free time working?"' he says. While he could see the appeal of being an entrepreneur and building a business of your own, Patrick didn't want to sacrifice the financial stability of having a regular income. 'I didn't want to give up the prestige, and most importantly the pay cheque, of a stable job for something that wasn't a sure bet,' he writes. 'I was very happy being a 0% entrepreneur and I wanted to work for the biggest and safest company out there.'

As the vice president of an emerging markets investment fund, Patrick thought his career was bulletproof. He had followed all the rules, had steadily climbed the corporate ladder and he had an MBA from Harvard under his belt. *And* he was working for a trillion-dollar business. What could go wrong? Well, plenty, it turns out.

In 2008, the global financial meltdown hit, and even though the division of the company Patrick worked for had nothing to do with the risky investments that sent its stock plummeting, his livelihood was suddenly in jeopardy. 'I had naively expected the safety and security of one company to provide everything I needed,' he writes. 'Unfortunately for me, that stability was an illusion.'

Patrick realised that he had made a rookie mistake: he had put all his eggs in one basket. It was Finance 101: the key to successful investing was *diversification*. 'If you're properly diversified, you minimize the risk that one failed investment will materially impact your wealth. Ironically, most of us do the exact opposite with our careers.'

Normally, this is the part of the story where the down-and-out corporate stooge sees the error of his ways and decides to start his own business, with life-changing results. But that's not what happened to Patrick. 'After some soul-searching, I concluded that I couldn't really see myself becoming a full-fledged entrepreneur, at least not for the foreseeable future,' he writes. 'I didn't have any great ideas and I didn't want to give up the stability of having a day job. I also didn't really *feel* like an entrepreneur.'

## PART-TIME ENTREPRENEURSHIP

Patrick came up with an alternative plan: he would keep putting 90% of his time and efforts into his full-time job, and become a 10% entrepreneur. So what does it mean to be a 10% entrepreneur? 'You will invest at least 10% of your time and, if possible, 10% of your capital into new invest-

ments and opportunities,' writes Patrick. This approach allows you to embrace entrepreneurship, autonomy and flexibility, with less risk. This, he says, is a long-term strategy, not a get-rich-quick scheme.

Your full-time job might even help you hit upon a winning idea: according to an *Inc.* magazine poll, 71% of founders said that the idea for their businesses was sparked by problems they faced in their previous jobs.

BUT, says, Patrick, and this part is crucial: under no circumstances should you pursue your side-project at the *expense* of your full-time job. The relationship needs to be symbiotic: you will be taking the

*Patrick realised that he had made a rookie mistake: he had put all his eggs in one basket. It was Finance 101: the key to successful investing was diversification.*



skills you learnt at work and using them elsewhere, but you should also take the new skills you pick up and pour them back into your day job. 'Your 10% provides you with myriad benefits,' says Patrick, 'but it doesn't pay your salary. When conflicts arise, your day job must come first without question, since continued success there is the main reason you have the ability to work on outside projects.' No-go areas include: competing with your employer, taking opportunities away from them, conducting business on your work email and using corporate resources for your own purposes.

## THE 5 TYPES OF 10% ENTREPRENEURS

Okay, so let's get down to it: how do you actually go about becoming a 10% entrepreneur? First off, it's good to understand that there are different ways of getting involved, and it all depends on your circumstances. Do you have a lot of disposable income but little time to spare? Or do you have little cash to spend but a fair bit of extra time on your hands? Let that guide you as to which kind of entrepreneur you should be – here are the five types:

### 1. THE ANGEL

An Angel is essentially an investor. A lot of established venture capitalists aren't interested in small start-ups, and that's where you might get your foot in the door – by contributing financially, in exchange for a share in the company. 'Some opportunities will only be available to you if you can bring cash to the table,' says Patrick.

### 2. THE ADVISOR

Do you have more to offer in terms of time and experience than in cash? 'When you're an Advisor, you don't invest capital – your currency is your expertise,' writes Patrick. 'New companies, especially when they are first starting out, cannot afford to hire all the people they need to push their business forward.' And that's where you come in: you commit to offering up your services for a set amount of time per month, and receive stock in exchange. You might not think your skills are that valuable, but consider this: instead of charging them a flat fee, graffiti artist David Choe took stock in Facebook in exchange for painting murals at their headquarters. By the time Facebook went public, his shares were valued at hundreds of millions of dollars. 'Holding even a tiny slice of equity in the right company can change your life,' says Patrick. Perhaps your skills are more marketable: by providing support such as legal advice, financial

guidance or marketing expertise, you could play an ongoing role in the business – remember that advisory positions may also turn into full-time roles at a later stage.

### 3. THE FOUNDER

Taking on this role is a bigger commitment – a Founder's role is about launching an entrepreneurial venture. Once you determine if the business is viable, you need to make a call – do you leave your day job and become a full-time entrepreneur, or do you find a partner to handle the day-to-day operations?

### 4. THE AFICIONADO

Got a hobby that you are actually really skilled at? Being an Aficionado is about going after that passion project of yours – doing something you love.

### 5. THE 110% ENTREPRENEUR

Already an entrepreneur? You also need to diversify. 'By making Angel investments or taking Advisor roles on the side, you can build a diversified portfolio of ownership stakes in ventures outside of your own startup, which offer downside protection while opening new doors,' says Patrick.

## FINDING THE TIME

Deciding to allocate 10% of your time to something is easy enough – but how do you actually fit it into your already-busy schedule? 'Bear in mind,' says Patrick, '10% is a target, but more than anything else, it's a mindset.'

In order to free up some time, you will have to prioritise, and make adjustments to make your time count for more. 'The secret is to combine passive activities – say folding laundry or exercising on the elliptical machine – with activities that require deeper thinking. If you've got work to do, you can make calls during your commute or during your lunch hour or coffee break. Why waste valuable time listen-

*The average American, says Patrick, spends a whopping 23 hours a week emailing, texting and using social media.*



ing to the radio, playing games on your phone, or talking about the same old office politics when you can spend it doing something for yourself?’

Another strategy is to cut down on some of the ‘noise’ in your life. How much time do you spend per day scrolling through social media, mindlessly watching reruns on TV, sending emails, watching YouTube videos and reading blogs? The average American, says Patrick, spends a whopping 23 hours a week emailing, texting and using social media. South Africans, meanwhile, spend at least 6 hours a day looking at some sort of screen, whether it’s a TV, a tablet, a computer or a phone. ‘Cutting down on distractions and reallocating that mindshare to your 10% can be a transformative commitment,’ writes Patrick. ‘That means cutting down on television, turning off your phone, disabling notifications on your computer, and, if possible, leaving the office during lunch to find a quiet place to work.’

The third strategy that Patrick recommends, is choosing projects that complement the rest of your daily life. ‘You will be far more likely to work efficiently and have fun if you choose ventures that play to your strengths and your interests.’ Or, partner with people you get on with, and who share your values – those you like and respect. Partnering with friends or family also means that that time won’t necessarily feel like work.

## FINDING THE RIGHT PROJECT

So where do you start? Patrick’s one key tip is this: ‘Your 10% is not about eating your broccoli. It isn’t about what you *should* do, but rather what you *want* to do.’ Michael Mayes, an LA-based 110% entrepreneur, recommends picking ‘something that doesn’t make you freak out. As a first-time entrepreneur, you’re already operating outside your comfort zone, so pick an area that you understand, that is “close to home”, and that integrates into the rest of your life.’ In short: play to your strengths. ‘Once you’ve got your bearings,’ says Patrick, ‘you can widen your focus and expand into related areas of expertise.’

Michael’s second piece of advice (to set your plan in motion) is to find what he calls an ‘anchor tenant’. If you are in real estate development (which is where the term comes from), finding that first paying tenant for your office building or shopping mall is all-important: it gets the ball rolling, takes some of the pressure off and it sends a message that you are open for business. ‘Your anchor tenant is the person or opportunity that gets you started,’ says Patrick.

To make an intelligent business decision and give yourself the best possible chance at success, you’ll need to assess the quality of the business (is it positioned for success?) and

the team (are your partners competent and ethical?).

Another thing to consider is this – as someone who will only be able to contribute 10% of your time, is this the right project for you? Patrick suggests asking yourself: ‘Will this venture fit within my 10% Plan so that I can (i) contribute meaningfully and (ii) make connections or gain experience and intellectual capital for future endeavours?’

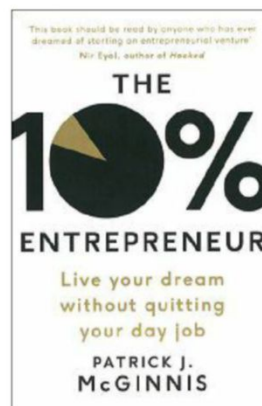
## BUILDING A TEAM

‘If you’re going to make it as a 10% entrepreneur, you’re not going to do it alone,’ says Patrick. ‘Since you’re investing just a portion of your resources into entrepreneurial ventures, and you’re doing so in a part-time capacity, you will need to collaborate with other people who can help to make each of your assets count for much more.’

Your starting point, says Patrick, should be your existing network: your friends, family and former colleagues. Is someone you know doing something interesting that you could contribute to? Odds are, they will be the most responsive to your pitch. Not that you should rule out the option of cold-calling a complete stranger – entrepreneurs are generally open to opportunities. If you discover someone you think would be a good partner, send them a cordial, succinct message – just remember to be clear about what you would be able to contribute to their business and then make a specific request of them or offer to help.

Also pay some attention to your public profile – at the very least, update your LinkedIn account, so that a quick Google search of your name will deliver up-to-date results. It also doesn’t hurt to upgrade your online presence. ‘Your goal is simple,’ says Patrick. ‘Whenever someone googles your name, you will emerge as an authority in your area of focus.’

In the end, there is no right or wrong way to become a 10% entrepreneur, says Patrick. ‘The one common thread is that all of these people look for opportunity and then make things happen. From that point forward, they take calculated risks, learn from their mistakes, and improve.’ His advice? ‘Look around you, learn from others, join their teams, then build your own 10%.’ ❀



**To find out** what kind of 10% entrepreneur you are and how to get started, take the quiz on <http://patrickmcginnis.com/>



# *5* ways to **LIVE LONGER**

Having a coffee at  
a sunny café could  
be just what the  
doctor ordered.

~~~~~♥~~~~~  
By **Kate Minogue**



Your good health

Five simple steps for a longer, healthier life – sounds too easy? That's because it is – you might already be doing one or two! Dr Sanjiv Chopra, professor of medicine and brother of alternative health guru Deepak Chopra, has released a new book *The Big 5* (Picador) in which he explains how drinking coffee, keeping vitamin D levels topped up, exercising, eating nuts and meditating are key to greater longevity and vitality. Here he tells how to easily make the Big 5 part of your daily routine.

HOW DOES THE BIG 5 WORK IN YOUR LIFE?

I start my day at 4am with a 30-minute meditation. At 6.15am I am at a coffee shop where I get a tall coffee and porridge with nuts. I sit down with two other friends for about 15 minutes and then go to work. I exercise three times a week and take vitamin D3 (4000 IU) daily.

So let's start with the 5 steps to good health!





1 DRINK COFFEE

Q WHY SHOULD WE BE DRINKING COFFEE?

Coffee appears to be a miracle drink. Coffee drinkers have a lower risk of many types of cancer, type-2 diabetes and Parkinson's disease, and they experience slower cognitive decline. Research shows coffee drinkers have a lower overall chance of mortality! Coffee can aggravate heartburn or irritable bowel syndrome, and some people may develop tremors or insomnia. But as you can see, the multitude of health benefits far outweigh these side effects.

Q HOW SHOULD WE ENJOY OUR COFFEE?

I recommend at least two cups of black coffee a day: the first one in the morning and the second in the afternoon. Adding cream or milk adds unnecessary calories, and artificial sweeteners are not healthy. Studies show they alter the gut microbiome and raise blood sugar levels.

2 EXERCISE

Q WHY IS IT SO IMPORTANT FOR US TO GET MOVING?

Perhaps the best advice I can give is, 'Move! Move! And keep moving!' It is indisputable that people who exercise regularly live healthier and longer lives. Regular physical activity has been shown to reduce the risk of premature death, assist in weight control, and lower the risk of heart disease, type 2 diabetes, stroke, cognitive decline and depression, certain types of cancer, osteoporosis and sexual dysfunction.

Q DO YOU HAVE ANY TIPS FOR BECOMING MORE ACTIVE?

I ask people, 'Which form of exercise do you dislike the least and could do a minimum of three to four times a week?' Let's say the person says swimming – I take out a pad and

write a prescription for "Swimming for 30 minutes, 4 times a week. Number of refills: infinite."

For people who like exercise feedback, wearing a fitness tracker can pay huge dividends. Or try exercising with friends – I find this particularly useful as you will most likely not want to let down your buddies. Also, take the stairs instead of the elevator, and park the car as far from the entrance to the gym in the parking lot as possible.

3 GET YOUR VITAMIN D

Q WHY DO WE NEED VITAMIN D?

Vitamin D is good for strengthening bones and muscles, it supports the immune system, and it's likely to be a strong weapon against prostate cancer. Vitamin D is made by the skin when we are exposed to sunlight. But many people are not exposed to enough sunlight and those who are often use sunscreens, which hinders vitamin D production. It's important to wear sunscreen to decrease the risk of skin cancer; however, I strongly believe that it's a good idea to get your vitamin D3 blood level checked.

4 EAT NUTS

Q WHY SHOULD WE EAT NUTS?

They are a powerhouse of nutrition with a wide array of health benefits. People who eat nuts have a lower risk of coronary artery disease and the deadly pancreatic cancer, and a recent study found that consuming nuts reduced mortality. I recommend eating cashews, almonds, walnuts, or peanuts, which are actually a legume. Add them to your morning cereal or eat a handful of nuts half an hour before a big meal. This helps curb the appetite while providing the benefits.

TEXT: GOOD MEDICINE/BAUER SYNDICATION/MAGAZINE FEATURES. PHOTOGRAPHS: ISTOCK; THINKSTOCK; GALLO IMAGES/GETTY IMAGES

5 MEDITATE

Q WHY SHOULD WE MEDITATE DAILY?

You'll notice the benefits of meditating immediately – your friends will remark that you look happier and different. Not only do meditators feel calm, more focused and creative, but they have a lower risk of developing high blood pressure and other chronic disorders.

Q ANY ADVICE TO BEGINNER MEDITATORS?

It is best to learn meditation from a certified teacher for the proper technique. Although there are many books and websites that teach meditation, you get the most out of it by learning to do it properly.

You might wonder, 'How am I going to find the time?' There's an ancient saying: you should meditate once a day, and if you don't have time to do that you should meditate twice a day.

For years I've meditated later in the afternoon in the office. I simply put a sign on my door saying, 'Please do not disturb between 4.40–6pm.' ♣

Denmark topped last year's
World Happiness Report



Why managing your energy

BEATS managing your *time!*

By **Kristen Birch**

We say it every day: 'I don't have enough time!' But is it really lack of time that's keeping us back? Could it be lack of energy?

Early last year, the United Nations released an updated World Happiness Report. Every Scandinavian country made the top 10, with Denmark sitting at the top and the Swedes about to test a six-hour workday. In a bid to increase productivity and staff satisfaction, a Toyota vehicle centre in Sweden's second-largest city, Gothenburg, made the switch 13 years ago. And – this probably won't surprise you – staff were happier, employee turnover was lower and profits increased during that period. Other Swedish companies have since followed suit.

Listed as one of the most family-friendly countries in the world, Sweden also offers working citizens 25 days of holiday a year and parents receive 480 days of collective parental leave (which quite rightly includes adoption), 90 days of which are reserved for the father.

It's a lot of time away from work, but the principle is that the break gives people time to completely recharge and readjust to parenting, which in turn will make them better workers.

Without energy, labour is impossible, regardless of the amount of time available. Which begs the question: why do we always focus on time management rather than energy management? We're taught to meticulously plan our digital diaries to make every second count. But managing time efficiently doesn't guarantee success. We're all familiar with the final two hours of a four-hour session: people struggle to stay focused, fresh ideas are few and far between, all enthusiasm has gone out the window and bad decisions are made because everyone wants to get out of there. Time is not the issue here; energy is.

As obvious as it may seem, we tend to underrate energy and overrate time. Our working hours are increasing annually, leading to working weeks of 70+ hours, and the physical, mental and emotional consequences are evident. More and more studies show connections between longer working hours and obesity, anxiety, depression, strokes,

'To be fully engaged, we must be physically energised, emotionally connected, mentally focused and spiritually aligned with a purpose beyond our immediate self-interest.'

miscarriage/low birth weight/prematurity, and reduction in quality and quantity of sleep. And the longer the working week, the higher the risk. Doctors call sitting the new smoking, and sugar the new cocaine. Fatigue and exhaustion lead to human error, specifically for those who work with machinery.

But no one is listening.

Whether it's a craving for success and recognition or fear of retrenchment, we're unwilling to step off the treadmill, particularly if a colleague is seen to be putting in the extra hours. We're concerned that if we aren't visibly stressed, we'll be seen as lazy. Even those at the top feel the need to keep climbing.

In an interview at the height of his fame, Jack Higgins, author of *The Eagle has Landed*, among other successful novels, was asked what he would have liked to have known as a young boy. 'That when you get to the top, there's nothing there,' he said. Tabloids and the paparazzi make

Your four primary wellsprings

PHYSICAL ENERGY

- Set an earlier bedtime and stick to it.
- Stop using all electronics an hour before bed.
- Cut down on the quantity of alcohol you drink.
- Do cardiovascular exercise at least three times a week, and strength training once a week.
- Recognise signs that you need to replenish your energy stores: restlessness, yawning, hunger or difficulty concentrating. Don't push through; restore energy first.
- Take brief, regular breaks away from your desk at 90–120 minute intervals.

SPIRITUAL ENERGY

- Identify your 'sweet spot' activities and find ways to include them more often in your day. If, for example, you hate doing sales at work, delegate this to someone who enjoys it.
- Allocate time to recharging energy. For example, spend 20 minutes a day meditating, listening to music or visualising yourself stepping away from the office and into the home where you connect with family.
- Stick to your core values. If you hate tardiness but you're always late for work, you're adding stress to your life. Make an effort to change bad habits and create good ones.

EMOTIONAL ENERGY

- Defuse negative emotions through deep abdominal breathing. Try breathing in through your nose, filling your lungs as much as you can, then exhaling for a minimum of five counts.
- Regularly show appreciation for others in detailed and specific terms through emails, calls and conversations.
- Always put yourself in the other person's position to fully understand conflict.

MENTAL ENERGY

- Reduce interruptions by performing high-concentration tasks away from electronics (if possible).
- Respond to emails only at designated times.
- That task you've been avoiding for weeks? Do it first thing in the morning when you get to your desk. Some people find it best to check their emails first, but if you're procrastinating on a particular task, finish it, then move on. The same goes for exercise: if you hate doing burpees but want to try for 30 a day, do them first.

Extracted from 'Manage Your Energy, Not Your Time' – *Harvard Business Review*

celebrities and extreme wealth attractive, but those who get there often don't seem all that happy.

So what to do? Well, working fewer hours is a start. But you need to leave the office mentally as well as physically: if your mind is still at the office, you're wasting any energy reserves you may have left – and, crucially, preventing yourself from re-energising. In their book *The Power of Full Engagement: Managing Energy, Not Time, is the Key to High Performance and Personal Renewal*, Tony Schwartz and Jim Loehr describe how managing energy rather than time leads to full engagement in life – whether at work, at home or on holiday. Schwartz went on to launch a company, Energy Project, premised on the idea that working long hours and spending most of your time on work-related tasks can and will go to waste without the necessary energy reserves. One strategy is to foster rituals at work, to replenish energy and to use working hours wisely.

So what does it mean to be 'fully engaged'? It 'begins with feeling eager to get to work in the morning, equally happy to return home in the evening and capable of setting clear boundaries between the two,' they write. 'It means being able to immerse yourself in the mission you are on, whether that is grappling with a creative challenge at work, managing a group of people on a project, spending time with loved ones or simply having fun.'

And the 'how'? 'To be fully engaged, we must be physically energised, emotionally connected, mentally focused and spiritually aligned with a purpose beyond our immediate self-interest. Full engagement implies a fundamental shift in the way we live our lives.'

For employers, it would make sense to invest time in people across all dimensions of their lives rather than constantly hiring and training to replace those who have burnt out. Energy is our most important resource – it diminishes with both over- and under-use. The ultimate trick is to balance energy expenditure with intermittent energy renewal. In their article 'Manage Your Energy, Not Your Time', Tony Schwartz and Catherine McCarthy advise refilling 'your four primary wellsprings – the physical, spiritual, emotional and mental'. (See 'Your four primary wellsprings' opposite.) ♣

GETTING IT RIGHT

Universities in the US and Canada have started 'puppy rooms' to help students cope with the intense stresses of college life. Studies show that pets alleviate depression, reduce anxiety and decrease levels of the stress hormone cortisol. So why not include these puppy benefits in all stressful situations?

For years, Google has been voted the best place to work, worldwide. At the Googleplex headquarters in Mountain View, California, employees are allowed to take quick siestas in sleep stations called EnergyPods. Using Nasa technology, these pods restore energy while you sleep by shutting out external stimuli and reclining the occupant in the optimum resting position to provide maximum blood flow. There's a built-in music system and the timer wakes the napper using light and vibration.

Winston Churchill's afternoon nap was a non-negotiable part of his daily routine. He began his day at 8am by eating breakfast, answering letters and dictating to his secretaries, all while still in bed. Then he had a bath, lunch, and painted or played cards with his wife, Clementine. Then it was time for a solid nap. At 6:30pm he'd get up, take another bath and enjoy dinner. He finally got down to business at 11pm and worked for several hours before going to bed. Naps were so important to Churchill he kept a bed in the Houses of Parliament and believed that it was the key to his success in leading the country through the Battle of Britain. In his book, *The Gathering Storm*, he wrote: 'Nature has not intended mankind to work from eight in the morning until midnight without that refreshment of blessed oblivion which, even if it only lasts 20 minutes, is sufficient to renew all the vital forces.'

Acuity Insurance runs the Magic Happens Gossip Line: when an employee receives positive feedback from a customer, the feedback is posted on a bulletin outside the cafeteria. Each month, one person is drawn out of that group and the feedback is shared in a voicemail message all employees receive. The recognised employee also gets a \$100 cash prize.

At Netflix HQ, vacation days and work hours aren't tracked – there are no specific working hours. The only thing measured is what employees get done. As long as they do their work, it doesn't matter when or how long they're in the office.

Patagonia provides bikes, volleyball courts and on-site yoga for its workers. It makes sense for a business that sells outdoor clothing and equipment to want its employees to stay fit. They're also encouraged to catch a wave or two in the middle of the workday – the front desk posts daily surf reports and makes companywide announcements when the surf's especially good!





HOW I LEARNT TO LOVE MY THIGHS

Thunder thighs. All my life. Not even three years of teaching at an all-girls school where young women twice my size strutted around in scanty shorts or skin-tight jeans could cure me of my thigh-hatred. Those natural curves stacked with crater-like cellulite? My loathing was absolute. With no chance of reconciliation.

Until I acknowledged that there was, in fact, a war going on. That of all the parts of an otherwise perfectly fine and functioning body, I'd chosen

Most of us have at least one part of our bodies that we wish were smaller, or smoother, or sexier... Maybe a mindset change is what we need.

~~~~~♥~~~~~  
By **Ruth Woudstra**

this specific area for my undivided resentment. Into which to pour all my bitterness and hatred.

The Dove global study of beauty and confidence, involving 10 500 women aged between 10 and 60, found that body confidence has reached a critical low. Interestingly, of the 13 countries surveyed, South African women came out tops in body confidence: 64% said they had high body esteem. Unfortunately, I'm not part of that statistic.

A major drawback of feeling insecure about any particular body part is that you focus on that area in other women, objectifying them as



a result. I'd see only women's thighs, and judge them according to what I felt I lacked. If a woman had slim thighs, I considered her successful, sexy, sorted.

During the three years I lived in Japan, I regularly visited the *onsens* (hot springs), but felt ashamed among the naked flat-thighed Japanese women. The irony is that they have the lowest body self-assurance among the countries that participated in the Dove study, with a shocking 8% confidence rate.

A truce with my thighs did not come easily. I tried everything. Slimming diets, of course – those wonderful remedies that deal with the symptom but leave the cause curiously unruffled. It finally dawned on me that I was involved in a vicious cycle: body rejection – binge – body rejection. I could no longer ignore the cause. So different types of therapy followed: psychotherapy, hypnosis, mind coaching, reiki, visualisation, meditation. I gathered something valuable from each method, but still went in with the wrong approach: that therapy should help me to lose weight so I would feel better about my body.

The correct approach was revealed when, at a retreat, I had to come up with an intention. The intention was self-acceptance. Simple, unconditional self-acceptance, starting with acknowledgement. Acknowledgement of the message my thighs had been sending me all these years, persistently, quietly whispering, 'Love us!'

'No, I most certainly will not love you,' I'd always retorted. 'You are unwieldy and oddly shaped and embarrassing. You, I must cover up and squeeze in. You, I lug around like bandages wrapped around my upper legs. You are not flat and masculine. I want to fit into a pair of jeans like a man who has no thighs at all, but you deny me that possibility, saying I should actually look like a woman? Preposterous!'

A photo shoot of the thighs of 25 diverse women in *Huffington*

*Post Women* revealed contradictory descriptions accompanying the images. Critical adjectives like 'dimply' and 'complicated' resonated with me. But most participants were positive about their thighs, describing them as 'resilient', 'supportive' and 'under-appreciated'.

After years of battling against what is, without any tangible results,

*A truce with my thighs did not come easily. I tried everything. Slimming diets, of course – those wonderful remedies that deal with the symptom but leave the cause curiously unruffled.*

I realised that I had in fact *chosen* my thighs. They were not selected by my ego. Ego is never satisfied, explained Felicity, my coach on the retreat, during a one-on-one coaching session. If it had not been my thighs, the ego would have chosen something else to pick on. It was in fact my spirit that had chosen my thighs, she said, and added mysteriously, 'for some reason you may never know'.

'Maybe because I am training yoga teachers and women feel more at ease with a curvy instructor?' I offered. She nodded. But I get the feeling that there is something more. And I quite like the idea of possibly never knowing my reason for choosing big thighs.

It might all sound a bit kooky, and certainly my ego had a bit of a go at the suggestion, but – and this is a big but – the idea of having chosen my thighs, and all my body parts for that matter, shifted something fundamental in me. That vicious cycle of blame switched to an unexpected feeling of owning this earthly shell of mine. Of saying, 'But hold on, if I chose this, then I should be content – and even proud of it – right?' Right.

It does, however, not stop there. It never does. Hard work lies ahead. First, I need to recognise the lies I tell myself about my body every single day. I like

to play the victim, and my thighs grudgingly go along as the scapegoat. They have become accustomed to being the focus of negative energy, while the rest of my body has silently suffered the absence of thankfulness for its functional perfection.

So the path ahead involves a lot of uncovering of lies, and a little bit of self-love. One golden key, according to

Felicity, is Ho'oponopono, an ancient Hawaiian practice of reconciliation and forgiveness modernised and simplified by therapist Dr Ihaleakala Hew Len. The concept, literally translated as 'make right', is disarmingly simple yet surprisingly popular thanks to its many curative facets.

The following mantra can be repeated whenever a negative feeling arises:

I love you.

I am sorry.

Please forgive me.

Thank you.

These steps of love, repentance, forgiveness and gratitude do not have to be in any specific order. They can be directed at yourself, at others you may perceive to cause negative feelings within you, or even at parts of your own body. The point is that you take responsibility for everything and everyone that you encounter. By humbly owning that responsibility, you can cleanse and heal yourself.

I have been repeating these precious words to myself since being given the key. I don't know what the result will be, but I am curious to find out. Because, after all these years of self-loathing, my thighs could use a little love. A little acknowledgement. And a little gratitude. ♣

# Turkish delight

Istanbul, the largest city in Turkey, is a gateway between continents and cultures. But don't just treat it as a stopover – it offers wonderful sights and experiences, and so much more.

~~~~~♥~~~~~  
By **Anna Rich**

Walk into one of the beautiful parks, take the funicular up to the vantage point of Pierre Loti or slip into a mosque outside of the five prayer hours and all is still and beautiful.



THIS PIC:

A touch of magic inside the Hagia Sophia Museum.

OPPOSITE:

The Great Mecidiye Mosque is popularly known as the Ortaköy Mosque, named for its location in the Ortaköy neighbourhood.



erhaba. Nasılsın? That's 'Hello. How are you?' in Turkish. Have you ever heard those words before? And did you notice that there are no dots on the i's?

In most European countries, even where English is not an official language, the lingo is not completely unfamiliar to a South African, especially if you understand Afrikaans. Same linguistic family, with shared roots. In Turkey, not so much.

It's quite disconcerting to try to find your way around when everything is filtered through a veil of incomprehension. But when words fail you, your focus is heightened – you work so much harder at looking, listening, absorbing and interpreting.

And there's so much to take in, in Istanbul, Turkey's largest city.

It straddles Europe and Asia, and the society, architecture, culture and food reflect cultural influences from both sides – to great effect.

The current population of the city stands at more than 14 million, so the streets are crowded, noisy and congested.

But walk into one of the beautiful parks, take the funicular up to the vantage point of Pierre Loti or slip into a mosque outside of the five prayer hours and all is still and beautiful.

Let's start exploring...



ABOVE: The traditional way of serving Turkish coffee.

OPPOSITE: Seeing a Whirling Dervish ceremony is one of the things you have to do in Istanbul.

Take a Bosphorus cruise

A boat trip is a relaxing way to get a sense of the city, and the twinkly blue water, bright sunshine and cool breeze in your hair soon put you in a holiday mood. The shimmering 32km strait that links the Sea of Marmara in the south with the Black Sea in the north splits the city into the Asian and European sides. A one-and-a-half- to two-hour cruise – starting near the Galata Bridge and turning around just past the Fatih Sultan Mehmed Bridge – feels like just the right length.

You can't miss the magnificent New Mosque with its 66 domes and semi-domes at the southern end of the Galata Bridge. Construction started in 1597 when the mother of the sultan commanded that it be built. The high costs made her unpopular, so after her son's death, construction came to a standstill. It would only be completed in 1665 by another sultan's mother, known as the New Queen, hence the name of the mosque.

Look for the wooden Ottoman summer mansions on the banks, which were designed to let the cool breezes fan their interiors. They are so impressive that you can only wonder what the second houses of the original owners must have looked like. Dolmabahçe Palace, one of these summer mansions, was built between 1843 and 1856, when the sultan at the time decided he needed to keep up with the European monarchs. It cost 35 tonnes of gold to build, and the burden of this expense on the state contributed to the demise of the Ottoman Empire. So much for keeping up with the Joneses... or the Hanovers and Habsburgs.

At the Fatih Sultan Mehmet Bridge you'll see the Rumeli Fortress, constructed in 1452 by the order of Sultan Mehmed II to control traffic on the strait. A year later he would conquer the city, called Constantinople at the time, and it became the capital of the Ottoman Empire.

For ferry timetables, visit www.ido.com.tr/en.



The Whirling Dervishes are members of the Mevlevi Order – founded by the followers of the 13th-century Persian poet Rumi. Their whirling dance forms part of a devotional ceremony.

Go bargain-hunting

At the bustling markets, the traders are pushy (at best), which is overwhelming if you're just browsing. Their English is quite good enough for closing a deal, especially at the Grand Bazaar. Some even trot out a few key Afrikaans phrases, so you know you're not the first South African looking for a bargain.

The bazaar is not called 'grand' for nothing: with 61 covered streets and more than 4 000 shops, it is one of the largest and oldest covered markets in the world. It's a teeming, crowded place: between 250 000 to 400 000 pop in there on any given day.

The gentler and less busy Spice Bazaar (also known as the Egyptian Bazaar) is where more locals go. It's an old bazaar, founded to help fund construction of the New Mosque. Buy spices, nuts, dried fruit, leather, ceramics, leather, jewellery and fabrics here. My friend bought an iridescent blue pashmina. Pretty pricey, so I didn't give in to temptation, but now I feel a bit of non-buyer's remorse.

There are loads of spice shops, so it helps to know what you're looking for. The shopkeeper informed us that yellow saffron, or Indian saffron, is actually turmeric. And Turkish saffron comes from sunflowers – it doesn't enhance the taste of your food, just colours it. The real deal is dark red, from the crocus. Each crocus flower has three stamen and they have to be picked by hand, which is why it's the most expensive spice in the world.

Veg out, juice up

If you've been cutting out carbs, Turkey is not the place to persevere. Bread (*ekmek*) is a staple food, and it's just far too good to miss out on. Everyone starts their day with freshly baked bread that they pick up from the baker – and no one is overweight. Try as many as you can, from flatbreads such as *pide ekmei*, to the bagel-like sesame-encrusted *simit*, which is cheap and the most common type sold by street vendors.



THIS PIC: Baklava made with bright-green immature Antep pistachios is a popular Turkish confection.

OPPOSITE: A man and his cat taking part in a demonstration.

Once you've tasted *menemen*, Turkish scrambled eggs, typically with tomato, green peppers, onion, ground red pepper, salt and oreganum, you'll be reluctant to revert to the vegless version. And make a point of seeking out *mantı*, little dumplings filled with spiced mince and onion. Compounding the deliciousness is a garlic yoghurt sauce, and olive oil infused with sumac, red pepper flakes and dried mint. Each part is delicious, but the whole is definitely greater than the sum of the parts!

Labmacun, also known as Turkish pizza, is good too: mince, tomatoes, pepper and onion, but no cheese.

In Turkey, they don't hold back on the sweet stuff: think baklava (yes, the Turks claim this as their own) and Turkish delight (*lokum*), which isn't as sickly sweet as the version we know.

When it comes to beverages, there's every kind you can think of. Despite the majority of Turks identifying as Muslim, alcoholic beverages are freely available, but it's not the default option. *Ayran*, the national drink, is a watered-down and salted yoghurt that's frothy and refreshing. *Salgam*, a fermented juice made from purple carrots, is earthy and reminiscent of tomato juice. Then there's muddy, dark Turkish coffee, and every kind

of tea – served rather differently to what we're used to. A favourite way of prepping is brewing tea over a metal urn called a *semaver*. As for the fruit juices, they're sublime.

Count the minarets

Every mosque has at least one minaret, which the muezzin used to climb five times a day to chant the call to prayer. Nowadays, they mostly use loudspeakers. The only mosque in Istanbul with six minarets is the Blue Mosque, built between 1609 and 1616 as a symbol of Ottoman power.

Entrance to the Blue Mosque is free, but watch your timing. It is closed to non-worshippers for about 90 minutes during each of the five daily prayers. No photography is allowed, tempting as it may be to insta all those stunning ceramic tiles. More than 20 000 of them (handmade in the town of *Iznik* from the 15th to 17th centuries) decorate the interior, featuring many different flower and more than 50 tulip designs. (By the way, did you know that tulips were originally cultivated in the Ottoman Empire and were only brought to the Netherlands in the 1590s?)

Strange to think that this Muslim



rug after the next, rippling them in the air to catch the light. Memet, a consummate salesman, got us lying on the rugs and stroking them to feel the quality of the wool and silk. Besides the material used, the quality of a rug depends on the concentration of knots at the back: the higher the quality, the smaller and more dense the knots. A young woman brought in her small loom and worked shimmering silk threads in bright colours into the weft, with just a picture to guide her. Point made: all that knotting is labour-intensive and time-consuming. It takes a couple of months to complete a rug, Memet said. And a large, intricate one can take years.

They say you shouldn't buy from the first shop you visit – rather thank them, say you'll think about it and take a business card. But you have only a few days to see so much and the time they've devoted definitely makes you feel obliged to buy. Don't – it's all part of the bargaining ritual. When the shopkeeper gives you a price (which is a cash price, without credit card fees), come in lower than you intend to pay – but you should know what the going prices are. ♣

city – known for centuries as Constantinople, until the formation of the Turkish Republic in 1923 – played a big role in the push towards Christianity in the Roman and Byzantine eras. When the Ottomans conquered the city in 1453, it became an Islamic stronghold.

At its heart during the Christian era was the basilica Hagia Soia, which, for a thousand years, until 1520, was the biggest cathedral in the world. At the time it obviously didn't have a minaret, but when the sultan of the day converted it into a mosque, a wooden minaret was erected over one of the half-domes. The wood didn't last, and the brick one we see today was built later. Hagia Sophia is dominated by a massive dome, and is considered the best example of Byzantine architecture. Today, it's a museum. Hagia Sophia is near the Blue Mosque, so plan to visit them on the same day.

See how the sultans lived

Topkapi Palace Museum, a UNESCO World Heritage Site and one of the residences of the sultans for 400 years, is near the Blue Mosque too – just across Sultanahmet Square. Tip: buy

your ticket online at muze.gov.tr so you don't have to queue. And you'll need another ticket if you plan to visit the harem. Take your time at Topkapi – there's so much splendour to take in. It certainly gives you an idea of the power and wealth of the Ottoman Empire.

Another pretty palace is Beylerbeyi, on the Asian side of the Bosphorus. From the strait, you'll pick it out by the beautiful marble bathing pavilions (one for the men and one for the women) on either side. It was a summer palace of the sultans, for entertaining visiting heads of state. The indoor pool and fountain in the reception area was – and is – bound to impress. In recent times, a Tata family (as in Indian car manufacturing group Tata) wedding was held here.

Take home a magic carpet

Our tour guide took us to Topkapi Carpet, a rug shop near Nakillbent Sokak No:3 in the Sultanahmet area. We spent nearly two hours there, as one of our group decided to buy a rug. Apparently the routine is typical. We were all offered tea or coffee and had a bit of a chat. Then the ultra-suave Memet gave us the rug talk. The assistants whipped out one beautiful

IS IT SAFE?

The UK government foreign travel advice says: 'British nationals made over 1.7 million visits to Turkey in 2016. It is generally safe to travel to Turkey, but you should take additional safety precautions. Be alert to your surroundings and remain vigilant in crowded places popular with foreign nationals, including during festival periods such as Christmas and New Year.'

THANK YOU!

We travelled courtesy of Turkish Airlines, which was a great experience. The cabin crew were genuinely warm and friendly.

Turkish Airlines offers direct flights from Cape Town and from Johannesburg to Istanbul daily, and from Durban via Johannesburg to Istanbul four times a week.

If you have a six- to 24-hour stopover in Istanbul, don't hang about the airport, nice as it is – take advantage of touristanbul, a free guided tour of the main attractions with Turkish Airlines. For more info, visit www.istanbulinhours.com.

How to FLY TO FAR-AWAY PLACES FOR LESS

Sure, the rand isn't doing too well against foreign currencies like the euro, dollar or pound, but this doesn't have to mean overseas travel is out of the question. Take these money-saving tips on board and you can make it happen!



By **Anna Rich**

▪ Fly when no one else is

When everyone's on the move – the height of the summer hols (in Europe, it's August), Christmas and New Year, when school's out, weekends – demand peaks. As do prices. If your kids are grown up and you aren't bound by the school holidays, it would be silly not to take advantage of shoulder-season or off-season prices. And you'll have far more elbowroom then too – unless you love the hustle and bustle of crowds?

If you're willing to travel on Christmas Day, you could save up to 23% on your flight, says local online flight comparison site Cheapflights.

One of our absolute favourite online flight comparison sites, momondo, does an annual flight study on how to get the cheapest airfares. The study is based on 13 billion fares across the 100 routes searched on the site. Their latest findings?

- Book 56 days before your departure date to optimise your likelihood of scoring the cheapest flight. (Often, the early bird really does catch the worm – booking early secures you the

cheapest tickets. But if you're more disorganised, and you're willing and able to travel at short notice, things can work out for you too, as airlines and hotels try to fill empty seats and rooms. This works well with accommodation, as long as it isn't high season. Try Booking.com and Lastminute.com.)

- Tuesday is the cheapest day to fly, and the priciest is Saturday.

- Evenings flights are the cheapest; morning flights the most expensive.

Of course, once everyone else cottons on to this, things might change.

▪ Shop around

Thanks to the internet, you have a world of options! Make those price comparison sites work for you: locally, there's Flightsite, Cheapflights and Travelstart (a winner in the World Travel Awards for Africa's Leading Online Travel Agency 2016); and others with head offices elsewhere, like Skyscanner, momondo, and Google Flights. They all do global comparisons. Most of them offer hotel and car hire too.

Look for the currency tab and

make sure it's set on ZAR. Type in your departure city, destination and dates and you'll get a range of prices, airlines and number of stops. Usually, the more stops you're willing to endure, the cheaper it gets. For example, momondo gives you a pretty bar graph showing how prices fluctuate around your dates, and suggests the cheapest, quickest and best (a combo of cheapest and quickest) prices. Apply the filters that suit you – like 'direct preferred' and 'nearby airports'. Check the 'flight insight', which shows you the impact on price of the airline, the season, airport, day of the week and more. Most of the comparison sites have similar features but, as we said before, momondo is our favourite.

Some of the sites have a feature that will find a destination for you – on momondo, select the 'take me anywhere' option in the destination tab. The Google Flights version of that is the 'Discover destinations' section, where you can opt for the type of holiday that suits you. Under 'interests', and 'any destination', their categories include adventure travel, beaches, ecotourism, shopping, wildlife, honeymoon and islands. Click 'I'm feeling lucky' (over and over) to see where that takes you.

Another great feature on Google Flights is the map: click on the flights tab, then put the continent you're interested in the destination box, and you'll see a map with all the prices of flights to the various cities.

This site also shows when prices are expected to increase for some flights.

*Thanks to
the internet,
you have a
world of
options!
Make
those price
comparison
sites work
for you.*



Don't forget to check the sites for the airlines that fly from your city. It is sometimes possible to get the best deal by booking directly with them.

If you're wary of booking online, do your window-shopping online, then go to your local travel agent with the pricing you've found.

▪ Turn off cookies, maybe

When you're surfing the net, you'll notice those pop-up boxes notifying you about the site's use of cookies.' What's that about? The BBC explains it like this: The first time you visit a site, a cookie is downloaded – a file that contains the site name and your unique user ID. When you return to the site, your computer checks for the cookie for that site, and if it finds one, it sends the info back to the site. Depending on the sophistication of the cookie, the site might make adjustments to suit you – that is useful.

But, says an Independent Traveler article, you should turn off your cookies before you hit the price comparison sites. Why? Because the airlines and booking sites show higher fares for routes that you search often – they know you're keen on that trip, so you might be willing to pay more. Maybe, maybe not. I know the flight I was checking often on an airline site went

up... So if you think this is worth considering, google 'how to clear cookies' and follow the instructions.

▪ Sign up for alerts for good deals

Subscribe to mailing lists on flight comparison sites so that you hear about specials on flights. If you see a bargain, snap it up pronto, as those tickets come in limited numbers. Try www.southafrica.to, for example.

On Google Flights, turn on price-tracking to get emails with price changes and travel tips for the trip you're interested in. Pick the number of stops and the airlines you'd like to track.

▪ Try different travel permutations

Flying to London? Don't default to Heathrow – perhaps a flight into Gatwick is cheaper, or even one that stops in Amsterdam first. The beauty of flight comparison sites (again) is that you can quickly and easily check loads of options. And if you're moving around once you're there, don't assume that you save time by flying: if you take into consideration the lengthy flight check-in and getting there at the prescribed time, well in advance of departure, the lengthier train or bus ride might not add that much time after all. And they might be cheaper. Airports are often well outside the city, whereas train and bus stations are usually right in the centre, where you probably want to be.

▪ Apply for leave after you've found your flight

Of course you need to clear this with your line manager, but give her a general range at first. If you're flexible about dates when booking, you stand a far better chance of scoring a great deal. And even though, usually, Tuesday is cheapest, it's not always the case!

▪ Don't be penny wise, pound foolish

By offering a 'best' option, the flight comparison sites tacitly acknowledge that cheapest isn't always best. Think through the logistics. Recently, I flew out of Amsterdam early on a Sunday, as that was the cheapest flight. But when I turned up at the metro at the crack of dawn to get to the central station and then out to the airport, I found that the trains didn't run that early over weekends! The saving on the airfare was overtaken by the price of the taxi.

Also, the minute you have to stop over anywhere for a night to get a 'cheaper' flight, look at the add-ons like meals and transport. And think carefully about multi-stop long-haul flights for the sake of savings; you might be so tired by the end of it that you waste a day catching up on sleep.

Found a cheap-cheap flight on a budget airline? Take a closer look: do they charge you extra for luggage? For your seat? For food? For airport taxes? For not printing your ticket yourself? Turns out they're not always as cheap as they seem. ♣

A woman with blonde hair in a bun, wearing a white long-sleeved dress, is walking away from the camera on a sandy beach. The background shows the ocean and a bright sky.

12 *ways to* *ease* BACK PAIN

~~~~~♥~~~~~  
By Anna Rich



Lower back pain is a common problem – 80% of us will experience an episode of back pain at some point in our lives, says the Pain Management Physiotherapy Group of the SA Society of Physiotherapy. Here's how to deal with it.

## Our experts



**NICKY AKERMANN,** a registered physiotherapist with a special interest in jaw, neck and back pain, musculoskeletal injuries, orthopaedic rehabilitation, dry needling and equine massage



**JENNY KIRKWOOD,** a registered physiotherapist with a special interest in acupuncture, headaches, chronic pain and sports injury management

## WHAT'S THE DIFFERENCE BETWEEN ACUTE AND CHRONIC PAIN?

*You don't want to experience either of these – they're both as unpleasant as they sound. Acute pain is the result of a specific disease or injury; it is 'self-limiting', which means it goes away once the injury is healed. If pain persists, it's called chronic pain – it becomes a problem with the nervous system instead of a tissue problem, which can affect your wellbeing. With acute pain, the underlying cause is treated. With chronic pain, you need neuroscience education to help you understand and manage it. There are physios, GPs and pain clinics that specialise in this field.*

## 1 Get help

To deal with your painful back appropriately, you need an accurate diagnosis. 'The source of lower back pain varies from person to person,' says Nicky, 'which is why it is so important to have it assessed by a professional'. The Health Professions Council of South Africa considers physiotherapists registered with them first-line practitioners, says Jenny. In other words, see your physio first. They can make an independent diagnosis and treat the condition as long as it falls within the scope of their practice.

Back pain is tricky to diagnose and treat. And it could fall into one of three categories: mechanical, non-mechanical (infection, tumour) and referred pain. Non-specific back pain (which is felt in the lower back and doesn't go down past the buttocks) is the most common. Radicular pain (the pain that can go down one or both legs) is less common. Musculoskeletal problems account for about 90% of the issues, and, according to the *BMJ*, about 75% do not have a specific cause. 'Treatment could be hands-on (including techniques like spinal movements, neural glides, massage, acupuncture or dry needling, taping, electrotherapy and heat/ice), advice (what to do, what to avoid and for how long) and a home/work exercise programme,' says Jenny. 'The exercises would be tailored to the type of back pain and its location. There isn't a one-size-fits-all approach.'

If your injury is not something your physio can treat, they will refer you to the appropriate health professional.

## 2 Put your mind at rest

Your feelings and beliefs about your pain have a major influence on its duration and intensity. But 'pain – even if it is severe – does

not always indicate the extent of the damage,' says Jenny. 'A simple strained muscle in the lower back can cause intense pain that can limit your ability to walk or even stand, whereas even a large disc bulge can be completely painless. There could be a big pain for a little reason.' So you might be worrying unduly. If there are 'red or yellow flags' – warning signs like leg weakness, significant numbness, loss of bladder or bowel control, or significant unexplained weight loss – your physio will usually refer you to a specialist, who will arrange blood tests, an MRI or X-rays to rule out problems.

'It's important not to catastrophise,' says Nicky. 'X-rays are fairly unimportant: changes in our spines are a normal part of ageing – they're like wrinkles on the inside. But often someone with a really lousy-looking spine experiences no pain at all.'

The Pain Management Physiotherapy Group (PMPG) of the SA Society of Physiotherapy says scans only show something problematic in 5% of people with back pain. On the other hand, 95% of those with degenerated discs, 52% with a bulging disc, 38% with arthritic changes and 28% with a herniated disc have *no* back pain.

## 3 Pop a pill

Medication does have its place. 'These days, there's more openness to medication to make people feel more comfortable. And that's not necessarily a bad thing,' says Jenny. 'If you move better, you won't get stuck in a pain pattern. As a physio, if you see someone who's really stuck and in agony, it would be silly to leave them in that state – they need a combo of physio and medication. So you'd refer them to a GP for advice on pain medication.'

## 4 Don't take it lying down

'Back in the day, corsets, collars and bed rest were the standard treatments, but we don't do that any longer,' says Nicky. 'You need to move.'

## 5 Give it time

Six weeks is nature's healing period, says Nicky.

'The first two weeks are what we call the acute phase,' explains Jenny. 'That's when the person is in a lot of discomfort and pain. The physio calms the patient down by explaining that it's okay to be in pain at this time. We usually use a number of treatments to relieve their pain. And then things should start improving. If not, we look at whether the strategy needs to be changed. The suffering can't be allowed to go on.'

'Our rule of thumb is two or three sessions,' says Nicky. 'If you aren't significantly better after three or if you're going nowhere slowly and we're not helping, we'd refer you to an orthopaedic specialist.'

It's individual: people don't get better at the same rate. But the PMPG says 88% of people fully recover from back pain within three months.

Some people expect a quick fix. 'But that's not realistic,' says Nicky. 'The concept that joints "go out" in the spine is misleading. Spinal joints can become stiff or could be hypermobile, but the spine is a feat of engineering! So adjusting joints "in" is a myth.'

'Also,' adds Jenny, 'we encourage people not to be afraid to move. But if they go for the concept that their spine is "out of alignment" then they're terrified to do anything until someone clicks it "in". If we were that fragile, we'd all be a heap of bones on the floor.'

## 6 Tap into nature's painkillers

'Scientific evidence shows that exercise is safe and effective for managing lower back pain,' says Jenny. 'In fact, if the person's back pain is mechanical in nature, exercise can be better than surgery or injections or various other treatments.'

'Exercise is not just about moving your muscles and joints, getting your heart rate up, or all the health benefits we're familiar with,' adds Nicky. 'You've got a stash of painkillers in your brain – endorphins – and after a 20-minute walk your body is full of them. If you tap into that, it's a painkiller as strong as morphine!'

*Equilibrium*, an SA Society of Physiotherapy publication, says endorphins are more than 50 times stronger than any available drug.

### HOT TIP WHAT'S THE BEST EXERCISE?

'The answer is the exercise you enjoy,' says Nicky. 'Choose exercise that has a recreational aspect: something you look forward to and that you enjoy, rather than dragging yourself off to do something you hate and endure, watching the clock. It makes exercise a different experience. And you can't discount your lifestyle. Being busy in your home and garden may not be recreational, but it's better than sitting!'

*Equilibrium* says that many different forms of exercise help lower back pain: aerobic exercises like walking, cycling and swimming, as well as exercises aimed at improving the posture, strength and mobility of the spine – each as good as the other. The most important thing is to keep it up!

### SJOE-SHOE

Very-high-heeled shoes arch your lower back, making you look elegant and sexy, says Nicky. 'But they're not good for your back. Choose shoes with a slight heel.'

What do you do if your job requires you to dress formally, in heels? 'Commute in takkies and put on your smart shoes once you get in,' Jenny suggests. 'So when you're walking from your train to the office or stepping off the platform at the station, you're safer. Also, if you're just at your desk, kick off your heels and just put them on when you have a meeting.'



## **HOT TIP** GO FOR BLOOD TESTS ONCE A YEAR

Vitamin D is important for healthy bones, says Nicky. 'Problems with iron, vitamin B and thyroid hormone levels can leave you tired all the time,' Jenny points out. 'When you're tired, you adopt poor posture, so you start getting sore.' 'And tiredness as a result of these issues means you're less likely to exercise,' adds Nicky.

## 7 Don't sit for too long

'I think the worst thing for your back is a sedentary lifestyle,' says Nicky. 'A lot of lower back pain is linked to all the sitting we do. The golden rule is to vary your activity. There's a big drive to have standing workstations to alternate between sitting and standing. If you have a sedentary job, get up and move around *at least* every hour. You could set up an alert on your phone or computer (like Big Stretch for Windows computers, and Awareness or Time Out for Macs; Move, Stand Up! or StandApp for iPhones and iPads; and TakeBreak or Randomly RemindMe for Android).'

'Have a strategy at work to help you remember to move,' Jenny advises. 'Like keeping a bottle of water on your desk – you'll have to walk to the loo some time! Take your takkies to work and walk for half an hour during lunch three times a week. And if the weather puts you off, go up and down the stairs or the fire escape. Don't just carry on sitting at your desk! Cumulatively, that lack of movement is a problem.'

'For people doing work in their homes or gardens, we suggest a 20-minute rule. Vacuum for 20 minutes, then do the ironing or something else for 20 minutes. Mix it up to vary your posture. In the garden, do the weeding for 20 minutes, then switch to watering – with a watering can, of course!'

## 8 Position yourself correctly

'Make sure your workstation is compatible with you,' says Jenny. Ask your physio for advice, but the general principles are: make sure your screen is at eye level; sit upright, as far back into the seat as you can, with thighs parallel to the floor and feet flat; elbows at your side, mouse and keyboard within reach.

## 9 Stub out that fag

Smoking interferes with the delivery of nutrients to the discs in your spine, and it's thought that this could lead to their degeneration.

## 10 Pay attention to your sleep

First, there's the mechanics of it. 'Your mattress needs to support your back,' says Nicky. 'It's personal, though: the level of support that works best for you depends on whether you're skinny or heavy, and on your shape – if you have large hips and narrow shoulders, you'd need a mattress with a bit of give. Test it out in the shop.'

And don't sleep on your tummy. A medium-height pillow is important. I usually advise people to lie on their side with the pillow tucked under their head to keep the neck in the normal position. If your back is sore, put a pillow between your knees.'

Then there's this vicious cycle: pain interferes with sleep, and lack of sleep worsens pain. The US Spine Health site says nearly two-thirds of those who experience chronic pain also have a sleep disorder. So how do you break the cycle? Tricky, but they suggest these strategies. Exercise in the morning so you sleep deeply. (If you exercise in the evening, this just peps you up, making it difficult to fall asleep.) Have a warm bath before bed to relax your muscles, and do a few stretches just before turning in, as this will help you feel more comfortable. A warm drink (non-caffeinated, of course) about an hour before bedtime also helps.

## 11 Work towards an optimal weight

Obesity is one of the causes of lower back pain. One of your missions – a challenging one – is to try to adjust your lifestyle so that you bring down your weight.

## 12 Think differently about pain

'After six weeks, the pain is termed "chronic",' says Nicky. 'It's not a tissue or mechanical pain any longer, but a pain in the brain. And we don't mean it's in your head – but your beliefs about pain and your stress levels have a huge impact on your experience of pain. Understanding the mechanisms of pain through neuroscience education can help.'

'Physios and pain researchers Dr Ina Diener and Dr Adriaan Louw have taught me that lower back pain patients who are most fearful about their future, who rest excessively, who cannot cope with or control their pain, or who believe there is a serious structural problem with their back are at greater risk of developing chronic lower back pain,' says Jenny.

*Equilibrium* explains that the pain system can become super sensitive over time: 'It is like a burglar alarm sensor that is activated even when there is no intruder in the room.'

'Knowing how our brains and our pain work often shifts our perception,' says Nicky. Once your original injury is healed, neuroscience education might just be your next stop. ♣

## **HOT TIP** TRY THE PAIN MANAGEMENT TECHNIQUES AT [WWW.SPINE-HEALTH.COM](http://WWW.SPINE-HEALTH.COM).

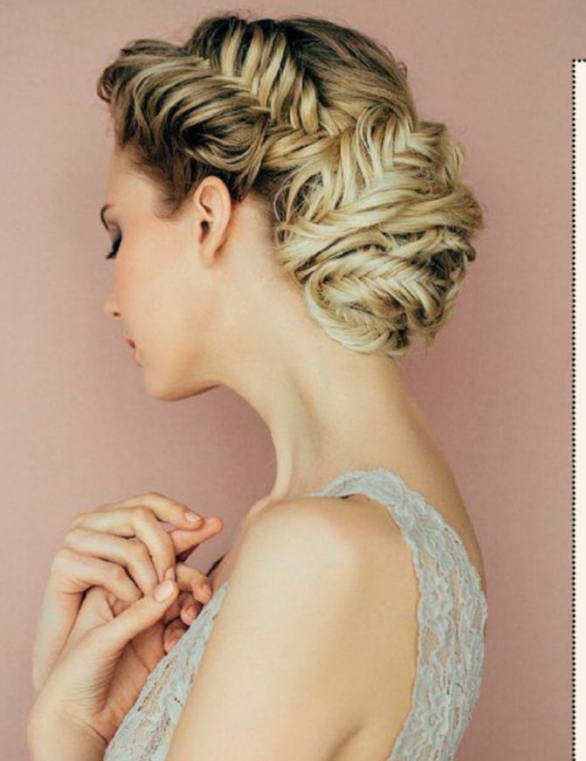
One example is symbolic imagery: think of a symbol for your chronic pain – like a bright, flickering fluorescent light or your teen's loud, thumping music. Gradually dim the light or reduce the volume of the noise, and your pain will be reduced too, they say!

# HEALTHY

## living

Health is a journey of discovery!

BY ANNA RICH



### 3 EXERCISES TO SCULPT YOUR NECK

*Your open-plan office is probably not the place to do these – unless you're happy to lighten up your colleagues' day. Otherwise, do them while you brush your teeth or any other time you remember. (Several times a day gives the best results.)*

#### #1 THE PELICAN

*Open your mouth. Pull your lower lip inwards over your teeth. Close your mouth, with a scooping action of your lower jaw.*

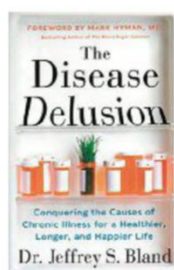
#### #2 KISS THE SKY

*Look upwards, then pucker up for a kiss.*

#### #3 TONGUE-TWISTER

*Stick out your tongue and try to reach your nose with the tip.*

### INTERESTING READ



Functional medicine is about looking for the underlying causes of illness in the interaction between our individual makeup and our lifestyle,

diet and environment, says Dr Jeffrey S Bland in *The Disease Delusion*. What plagues us now are chronic diseases that have several contributing causes rather than a single one – we're talking heart and vascular diseases like type-2 diabetes, autoimmune inflammatory diseases like arthritis, cancer... The complexity of causes means they're difficult to cure, yet we still expect to 'find the bug and nuke it with a drug developed for just that purpose', says Dr Bland.

### 'HOW'S YOUR MESENTERY DOING?'

How many organs do you think we humans have? Heart, lungs, brain, liver, kidneys... and loads more – 79 at the last count! The mesentery, a double fold of the lining of the abdominal cavity, holds the intestine to the wall of the abdomen. Leonardo da Vinci apparently described this organ in 1508, but it's been overlooked till now. Why? Scientists thought it was just separate sections of the digestive system; now they've realised that it is one continuous organ. Next step: to understand how it works.



### 10 AM

Why do we wake up when we do?

An Oxford University website explains it this way: the photo-sensitive retinal ganglion cells at the back of our eyes transfer info to the brain's master clock (or suprachiasmatic nuclei in the hypothalamus) about the amount of light reaching them along the optic nerve. This 'clock' controls the physiological changes in cells, including the hormones that get us ready to wake up. If we're in the dark (like the poor sun-deprived peeps in northerly climes), we still keep to a 24-hour cycle. But if we get too much light at the wrong times (like from your phone at night) our natural rhythms are messed up – and our health and well-being suffers in a big way (big as in heart disease and cancer). All this is why researchers at Oxford University's Sleep & Circadian Neuroscience Institute believe the working day should only begin at 10 o'clock. One of the researchers, Dr Paul Kelley, says it's only once you hit about 55 that you're ready to begin your day at 9am.

SOURCES: DAILYHEALTHPOST.COM, WWW.INDEPENDENT.CO.UK. PHOTOGRAPHS: GALLO IMAGES/GETTY IMAGES, ISTOCK





BY DR SARAH RAYNE

## ASK THE DOC

Specialist surgeon and lecturer Dr Sarah Rayne answers your questions. This month, they're about hot flushes, chilblains and bulimia.



**Q:** *I'm 40, and I've had breast cancer. My cancer medication causes hot flushes. What can I take to relieve this problem? I can't take anything hormonal.*

**A:** As a surgeon who looks after a lot of women with breast cancer, I'm often asked this question. Most of the breast cancers we treat respond to the female hormone oestrogen, and the cancer cells use it to help them grow (this is called a hormone-positive breast cancer or 'ER' positive). After active treatment of breast cancer, doctors recommend medication that prevents oestrogen from stimulating most parts of the body. This often causes menopausal symptoms, which is tough at any age but especially when you're young. Most menopause treatments contain oestrogen, so your doctor will take care to avoid them.

The good news is that there are a few other medicines that help: the side effect of some anti-depressants and blood pressure medicines is that they prevent flushes. I don't want to name them, as you should discuss this with your cancer doctors – they will want to know about any problems you are having. The lack of oestrogen can also cause vaginal dryness and mood swings, but these can be helped too.

Besides meds, there are ways to get relief from what one of my patients called her 'own personal summer': dress in layers that can be removed, and reduce smoking and caffeine intake. Unfortunately, no natural remedy or supplement has been shown to help, but small trials show that cognitive behavioural therapies and relaxation

techniques have some benefit, as does acupuncture. Remember, your lack of oestrogen reduces the risk that the cancer will return, so it is worth persisting through it.

**Q:** *In winter, my fingers swell and become red and sore. Why? And how can I get some relief?*

**A:** You may suffer from chilblains. This condition is more common in damp, cold climates than in South Africa. As a child growing up in Scotland, after we played on the cold steel jungle gym our teacher warned us not to warm our hands on the radiator to avoid getting chilblains. When your hands or feet get cold, the blood vessels get smaller and less blood flows to give oxygen to the cells. As they warm again, the cells and vessels get more blood. This change causes swelling and inflammation. The fingers – or any exposed parts – get swollen and red, and may be painful and itchy. It usually gets better over a week. There's not much you can do to treat it, but try a soothing lotion. If it happens often or affects several areas, ask your GP to discuss taking a tablet that opens up the blood vessels. To avoid chilblains, wrap up warmly and don't let your hands get cold. Avoid smoking, too: people with low body weight or autoimmune diseases like lupus and Raynaud's disease are particularly at risk.

**Q:** *When I was a teen (over two decades ago!), I was bulimic. I've read that it can cause heart problems. Is this true, and should I be worried about having a heart attack?*

**A:** Like all eating disorders, bulimia is a serious condition. Well done for conquering this difficult problem! A recent study in South Africa suggests that these disorders may be on the increase – among all population groups.

Bulimia has several serious medical consequences. Electrolyte balance in the blood can be seriously affected, as can the kidneys and heart. In its advanced stages, there is a risk of heart problems and even sudden death due to severe physical and physiological stress.

Dental problems or problems with the gut from repetitive vomiting may develop. Damaged teeth may need to be removed or replaced with dentures. Changes to the gut, causing an irritation or a sluggish bowel, may be permanent. Most of the heart problems occur more commonly at the time of bulimia, but if you had severe bulimia it's possible that there may be problems later. It's a good idea to discuss it with your doctor and have a physical examination.♣

Send your questions  
to [letters@fairlady.com](mailto:letters@fairlady.com)

# Office hours

Your workwear doesn't have to be dull and dutiful. Ditch the matchy-matchy suits and shapeless shirts and skirts – it's time to take on the modern working woman's wardrobe!

FASHION EDITOR **CARA-LEE RUDITZKY**  
PHOTOGRAPHER **LIZA VAN DEVENTER**



## POWER PLAYER

*We always say it, and it still rings true: every woman needs an LBD. (Well, a few, actually – this staple works overtime in your wardrobe!) This year it's all about the length; tea-length (mid-calf) is as elegant and fashion-forward as it gets.*

Dress (R1299) Witchery, Woolworths; coat (R529) H&M; necklace (R499) Mimco, Woolworths; cuff (R129) H&M; bangle (R169,50) and laptop case (R399,50) both Colette by Colette Hayman; heels (R599) Zoom







## **CITY SLICKER**

*PVC has made its way to the corporate world. We love this patent update on a prim pencil skirt – it goes with anything but still looks slick and very much on trend.*

Shirt (R1 900) Matte Nolim; skirt (R629) H&M; Sunglasses (R4 186) Tom Ford, SDM

## **[opposite]**

### **COFFEE RUN**

*You can wear the same shift dress twice in one week – just change up the look by slipping it on over a crisp white shirt and swapping out your accessories.*

Shirt (R499) Woolworths; dress (R3 899,95) Ted Baker; bag (R599) and bracelet (R129) H&M; watch (R1 599) Komono; chain-link ring (R99,50) Colette by Colette Hayman











## [opposite]

### ON CALL

*A white blouse is sophisticated and practical, but can veer into the blah category. Make yours a statement piece by looking for one with some personality. This one features the sleeve of the season: an oversized bell cuff.*

Blouse (R799) Forever New; skirt (R149,99) Mr Price; sunglasses (R4186) Tom Ford, SDM; carry-all (R1199) Accessorize; belt (R529) and heels (R529) H&M

### AFTER HOURS

*No time to run home for an outfit change before your dinner date? Wear a shimmery top and velvet skirt combo. When 5pm hits, you can just swap your watch for some sparkly bangles and your work carry-all for a clutch!*

Blouse (R529) and necklace (R129) both H&M; skirt (R899) Witchery, Woolworths; earrings (R499) and clutch (R699) Country Road, Woolworths; laptop case (R1699) Mimco, Woolworths.





**MIDDLE MANAGEMENT**

*Belts aren't just for holding up your pants! Make a style statement and transform a printed everyday shift with the addition of a metallic belt. It cinches in your waist and adds glamour to the look.*

Dress (R1 299) Trenery, Woolworths; blazer (R1 199) and belt (R349) both Forever New; earrings (R79,99) H&M



## RUSH HOUR

*Wide-legged pants are figure-flattering, but beware: they can look a bit slouchy with the wrong styling. Master this key item by pairing it with something structured on top and a pair of high heels for added height and sleekness.*

Top (R240) and pants (from R399) both Contempo; jacket (R5 499,95) Ted Baker; earrings (R39,95) Kelso, Edgars; bangles (R169 each) Accessorize; heels (R599) Zoom

MODEL: ANEL AT OUTLAWS. HAIR AND MAKE-UP: SEBASTINE AT BIRD ON A WIRE AND MELISSA VAN ZYL AT SUPERNOVA CREATIVE MANAGEMENT. FASHION INTERN: TARSHA SCHOLTZ. SPECIAL THANKS TO CASTELLO'S BISTRO AND YOURS TRULY CAFE & BAR.

For a virtual tour of our fashion shoot, download a QR code reader (<http://www.crossinglive.com/fairlady02.html>), open up, keep your phone hovering over the code, then drive!





# Fashion NEWS

FASHION EDITOR  
CARA-LEE RUDITZKY

This month it's all about new designers, the latest in denim trends and holding onto that summer feeling for dear life!

## One to watch



It's not often you find a local man (sorry, guys!) who knows how to dress a modern woman. Designer Matte Nolim has caught our eye and is garnering a big fan base fast. We love the clean lines of his SS 17 collection, and the way his clothes show off your form in an elegant way. Check them out at [www.notjustalabel.com/designer/matte-nolim](http://www.notjustalabel.com/designer/matte-nolim); @matte\_nolim or [www.facebook.com/mattenolim](http://www.facebook.com/mattenolim).

PHOTOGRAPHS: SUPPLIED

## A LABEL IS BORN

Isn't this gown by new local label Oscar & Rose a beaut? The brand's aim is to dress powerful and influential women and bridge the gap between African creativity and Western style. Oscar & Rose's first collection, 'Ekaya', meaning 'home' in isiXhosa, is founder Noor Thandiwe Modise's interpretation of the different South African cultures. Each of her collections will be grounded in SA culture but framed in modern and trendy silhouettes. Shop online at [www.oscarandrose.co.za](http://www.oscarandrose.co.za)

## HELLO SUNSHINE!

We're hanging onto the last of summer with these fun Elizabeth Summer sequinned sunhats. Our favourite styles are Hello, Out of Office and Champagne Please. We also love their metallic cowboy-style hats, beautiful frayed straw hats and pom-pom bags! Check them out on Facebook [www.facebook.com/ElizabethSummerSA](http://www.facebook.com/ElizabethSummerSA).



## Into the fray

We're loving the laid-back look of this 'undone' trend. Goodbye neat hemlines, hello raw edges! Dress them up with a pair of heels or go minimalist in a tee and lace-ups. R629, Zara





Take your moment to enjoy that blissful alone time  
while you relax in a *Satiskin* Bubble Bath.

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*Beauty*





A woman's arm wearing a green, textured, short-sleeved sweater is visible on the left side of the page, extending from the bottom left towards the center.

# *Wake up to* PERFECT LOOKING *HAIR*

Skip the morning  
rush and do your  
hair the night before.

BEAUTY EDITOR **KELLI CLIFTON**



## Avoid the morning rush

It may sound bizarre, but have you ever considered styling your hair before you go to bed? All it takes is a little pre-prod. **The Stylerush hair styler, R1 799** lets you create slight waves, big bouncy curls or a poker-straight do with ease. Don't forget to apply a heat-protection spray beforehand, such as **Moroccanoil Heat Styling Protection, R365**, to prevent damage and colour fading – just hold the bottle about 20cm from your hair and spritz away. Not only does it smell fantastic (Moroccanoil products are known for their fabulous scent), but it will also give your waves a soft hold before you go to bed, which is what you need. Next morning, just run a brush through your curls.

## Apply the midnight oil

Don't feel too bad if you notice some split ends, dryness or breakage; everyone's hair has some damage, be it from over-colouring, excessive heat or just exposing it to the elements. The best way to instantly treat it? Comb a nourishing oil treatment through your dry or wet hair before bedtime and wrap a silk scarf around your head. While the treatment is strengthening and smoothing, the silk prevents further damage and knots. Remember to apply the oil from mid-lengths to ends to prevent excess oiliness on your scalp.

**We love:** • L'Oréal Professionnel Mythic Oil, R375 • My Abby Range Abby Oil Hair & Scalp Oil For All Hair Types, R249 • Schwarzkopf Professional BC Bonacure



Oil Miracle Finishing Treatment, R334 • Redken Diamond Oil Shatterproof Shine Intense, R600

## Loosen up

If you sleep with your hair down and usually wake up to find a bird's nest at the back of your head, try to sleep with your hair in a loose bun. It should be a lot less knotty.

## Say no to knots

There's nothing positive about knots and tangles – only pain, damage and time wasted on detangling. Tame your mane with these products: Hannon Argan Oil, R180 • Tangle Teezer The Ultimate, R300 • Tangle Teezer Lulu Guinness Lipstick Print Compact Styler & Markus Lupfer Compact Styler, R290 each • Paul Mitchell Taming Spray, R205

## Let it shine

It's pretty simple: healthy hair = shiny hair. Choose a shine-enhancing product (or two) to combat dull-looking hair and make you feel like you're in a hair advert (cue dramatic hair flick):

• Nak Shine Mist, R320 • Kevin Murphy Shimmer Shine, R430 • Pureology Hydrate Shine Max, R430 • Hannon Super Shine Shampoo & Super Shine Conditioner, R162 each

## Stop the frizz!


Frizz (bleh) occurs when the outer layer of the hair (aka the cuticle) lifts. This means that moisture is able to pass through and swell the hair strands. Dry, damaged and curly hair is most susceptible to frizz. Steer clear of rough towel-dries – just gently squeeze the water from your hair instead.

**We love:** Milkshake No Frizz Glistening Treatment, R311

**TOP TIP:** A cotton pillowcase tends to enhance frizz, so get a silk pillowcase. It will also work wonders if you have eyelash extensions, plus you won't have pillow creases on your face in the morning! ❖







*Attention, those of you who have a fringe; these are the best ways to keep it frizz-free: Blow-dry your fringe first after you've washed your hair. Once it's completely dry, lightly spritz a smoothing product over the entire fringe and run your fingers gently through to the ends to tame flyaways.*



# grow your 'FRO!

Still fighting to tame your hair's natural texture? It's time to ditch the relaxer and go back to your roots.

BEAUTY EDITOR **KELLI CLIFTON**

## 1 Moisture, moisture, moisture!

It's essential to healthy-looking hair. Keeping your afro well-nourished and moisturised will help to enhance elasticity and shine, and curb brittleness and breakage.

**We love:** Dark & Lovely's Au Naturele Afro Moisturizing Butter, R69,95. This delicious hydrating treat can be used every day, if necessary, and leaves no greasy residue. It also contains no mineral oil, parabens or drying alcohol.

## 2 Wrap your hair before you go to sleep

A silk scarf will protect your hair from friction, preventing tangles, dryness and further damage.

## 3 Use a silk or satin pillowcase

(Yes, we have more to say on the perks of sleeping on silk – it works wonders!) **Try:** Silk Lady Pillowcase, R380 for a standard size 45cm x 70cm. This naturally hypoallergenic organic silk pillowcase reduces the loss of natural hair oils and moisture, minimizes damage to thinning hair and prevents split ends and frizzing.

## 4 Beat the heat

Avoid heated tools as much as possible. Instead, let your hair dry naturally. Heat is one of the biggest damagers of hair, especially if you want to go natural. If using a hairdryer is necessary, set it on the lowest heat and remember to always use a heat protectant spray.

## 5 Keep a brolly on hand

The last thing you want is the rain to ruin your hair.

## 6 Snip, snip

Don't forget to go for regular trims. This is the best way to prevent split ends and enhance growth. A fresh cut will also make your hair easier to style as the dead ends would have been chopped away.

## 7 Know your products

Products that contain nourishing natural ingredients like argan, avocado









oil, jojoba and shea butter are the most beneficial for taming frizz, keeping the hair's moisture levels high and stopping further breakage. **We love:** Garnier Ultimate Blends Hair Food with Avocado Oil & Shea Butter, R34,95.

**8** Use the correct hair bands  
If you're going to tie your hair up or push it out of your face, ensure you use a hair band made out of silk or satin. (Yes, we're sounding like a stuck record!) Other fabrics such as elastic can cause breakage and damage the cuticles.

**9** Comb correctly  
Use a wide-tooth comb to pick at your afro instead of a small one, which can cause breakage. Picking allows your style to remain volumised and less knotty.

**10** Avoid colouring  
A colour change is tempting, but it's best to stay away from any forms of hair dye or bleaching for the first year of growing out your natural hair.

**11** Make hair oil your new bestie  
We can only list pros when it comes to hair oil: it moisturises, nourishes, prevents breakage, improves texture and detangles. **We suggest:** My Abby Range Afri Oil for Braids, Weaves, Relaxed & Natural Hair, R249 – it has anti-fungal scalp properties and is safe to add to your shampoo.

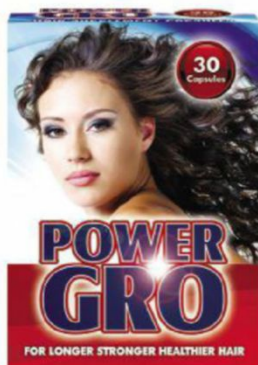
**12** Enhance those curls  
Curls feeling a bit tight? **Try:** Mizani Curl Define Pudding, R183 excluding VAT – this

paraben and wax-free formula tames frizz but gives a lightweight hold.

**13** Don't overwash  
Keep your hair clean, but don't overdo the washing. Wash and condition once or twice a week (lathering twice to get rid of product build-up) and use a leave-in conditioner.

**14** Treat yourself  
Chat to your hairstylist about hair treatments on offer that will give your hair a quick boost in moisture, nourishment, shine and strength. ♣

**TIP** Want to speed up hair growth? Try Power Gro Hair Capsules: R56 for a packet of 30 – it strengthens hair too!



PHOTOGRAPHS: ISTOCK, SUPPLIED

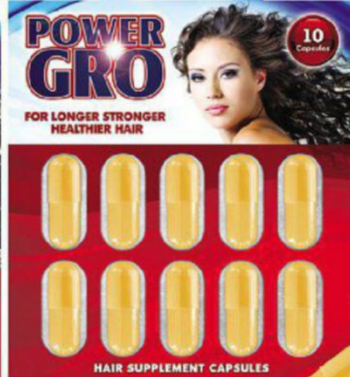
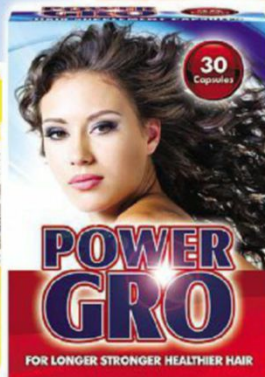
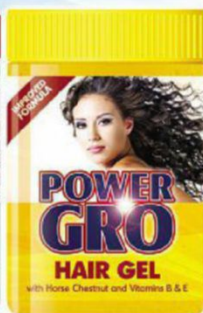


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# true colour

Our beauty editor is no stranger to drastic hair colour changes. Here are her top tips for fighting the inevitable damage that comes with each new look.

*“Those who know me well know that I have a hair colour addiction,” says beauty editor Kelli Clifton. ‘At least every three months I change it by going dark and dramatic, sunny blonde or, once (much to my parents’ horror) mermaid green. But changing your hair colour as often as I do comes at a price.’*

## THE GOLDEN RULES

To trim or not to trim?

If you're changing the natural colour of your hair, whether it's professional highlights done in a salon or a DIY dye-out-of-a-box in the comfort of your own bathroom, you should be going for a trim every six to eight weeks. ‘I know it's trim time when my ends feel straw-like, my hair lacks shine and I have noticeable split ends.’

Kelli used Manic Panic, an intense DIY hair colour, to achieve the purple and turquoise green. With her on the right is former FLY junior fashion editor, Catherine Zachariou.





## The moolah

Coloured hair needs extra TLC, so be prepared to spend more time (and money) on it. That means investing in professional shampoos and conditioners, at-home masques, treatments, salon visits and making peace with a bit of inevitable breakage and damage to your hair. And if you're making a dramatic change you need to be patient – going from brunette to blonde, for instance, is a gradual process. It won't happen overnight.

## Cheat sheet

If you're going to use a dry shampoo, use one specifically for your hair colour.

**Moroccanoil Dry Shampoo for Light Tones** and **for Dark Tones**, R397 each, are great.

## Use protection

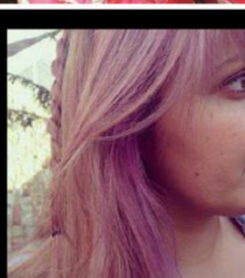
Using a heated tool? Make sure you spritz on a heat protectant beforehand – your poor hair is going to need all the help it can get!

## Do your homework

Before you take the leap and dye your hair My Little Pony pink, make sure to check the code of conduct of the company you work for. In a creative environment it probably won't matter, but it might not go over too well in a more formal corporate office.

## Top hair masks

**Kérastase Reflection Chroma Captive Masque**, R475  
**L'Oréal Professionnel Vitamino Color A-OX Masque**, R320  
**Matrix Color Last Mask**, R215



Purple may seem like a firm fave, but Kelli loves being blonde best of all – even though it's the most difficult colour to maintain. With her in the pic at the top left is her fiancé, Evan Török.

## Good to know

If you have colour-treated hair that needs some extra love, try the **Plantur 39 Phyto-Caffeine Shampoo for Coloured and Stressed Hair**, R164,95 and **Conditioner**, R144,95. Provitamin B5 and natural wheat extracts in the shampoo repair and condition the hair, and components of avocado in the conditioner help smooth and make styling a breeze. Plus, it protects the scalp! This shampoo-and-conditioner duo is a force to be reckoned with, especially for someone with fragile hair that is prone to falling out. ❖

today



# The best shampoo & conditioner duos for...

### Blonde or silver hair (or if you want to get rid of brassiness)

- Pureology Perfect 4 Platinum Shampoo, R290
- Pureology Perfect 4 Platinum Conditioner, R325

### Brunettes

- Redken Color Extend Magnetics Shampoo, R275
- Redken Color Extend Magnetics Conditioner, R315

### Redheads

- Schwarzkopf Professional BC Bonacure Color Freeze Rich Shampoo, R247
- Schwarzkopf Professional BC Bonacure Color Freeze Conditioner, R260

### Dry Hair due to radical hair colour changes

- Moroccanoil Hydrating Shampoo, R300 for 250ml
- Moroccanoil Hydrating Conditioner, R375 for 250ml



## Beauty buzz

### Getting cheeky

Estée Lauder Pure Color Envy Sculpting Blush, R595 is no ordinary blush. It contains an antioxidant complex of goji berry and cranberry, and the soft powdery formula is lightweight, buildable and gives all skin tones a healthy glow. Dust onto cheekbones and sculpt away. You know the drill...

# Beauty NEWS

BEAUTY EDITOR  
KELLI CLIFTON

This month, we're really enjoying nude nail shades, an Italian fashion house's latest scent and a serum that helps fade dark spots.



### OUT, DAMNED SPOT!

**Clinique Even Better Clinical Dark Spot Corrector & Optimizer, R635** has a dual-chamber bottle. The Dark Spot Corrector lightens hyperpigmentation and an antioxidant molecule protects against free radicals. The Optimizer helps stop irritation and further darkening of the skin. Algae extract helps soothe sensitive skin, and Gyokuro extract helps keep irritation at bay. Apply one or two pumps to the face and neck after cleansing in the morning and before bedtime.



### OUR 4 FAVE NUDE NAIL COLOURS



Maybelline Color Show 60 Seconds Nail Lacquer in Nude, R59,95

Crabtree & Evelyn Nail Lacquer in Almond, R190

Rimmel 60 Seconds Super Shine Nail Polish in 500 Caramel Cupcake, R59,95

Yardley Stayfast Pro-UV Gel Nail Colour in Nougat, R109,95



Missoni for Women Eau de Parfum, R1475 for 100ml is the Italian fashion brand's latest fragrance, and we can't stop spritzing this fruity floral scent. You'll notice the fresh, citrusy top notes of lemon, bergamot and cedar first, followed by a floral heart comprising sambac jasmine and petalia. The nectar settles into a woody base of tonka bean and sandalwood. But that aside, it was the rainbow dewdrop bottle that won us over before we even took a whiff!

PHOTOGRAPHS: LIZA VAN DEVENTER, SUPPLIED



With shades that range from matte nudes to dark smokey shimmers, the **Urban Decay Naked Smoky Eyeshadow Palette, R850** helps you create almost any eye makeup look.



**L'Oréal Paris Pure Clay Detox Mask, R149,95** brightens skin. Avoiding the eyes and lips, apply to your face and leave to dry for 10 minutes, then rinse off.

*We want!*

Get an all-over moisture boost with **Nivea Firming Body Oil with Q10, R109,99**. The squeeze bottle allows you to control how much you use. Plus, no greasy residue!



**Benefit Majorette Cream Blush, R385** gives a natural-looking flush, and the cream-to-powder finish makes application foolproof.

# THE LUST LIST

These great products save time, work like a charm and make our lives a little easier – what's not to love?

BEAUTY EDITOR **KELLI CLIFTON**

**Environ Even More Cover+ Concealer, R295**

is more than just a concealer – it contains antioxidants and vitamin E to help protect and smooth skin.



**Estée Lauder Double Wear Nude Cushion Stick Radiant Makeup in Sand, R480** is a foundation with great hydrating properties.



**Eucerin Aquaphor Soothing Skin Balm, R89,99** soothes and protects dry, cracked skin and is gentle enough to use on babies' skin.

Keep **Clinique Pep-Start Eye Cream, R330** in your bag to de-puff tired eyes and disguise the signs of an all-nighter (or even just a late night).

Remove makeup quickly and effectively with **YSL Top Secrets Universal Makeup Remover Melting Balm-In-Oil, R550**. Apply directly to your face, eyes or lips and then add water to emulsify.



Add volume to lashes and liven up your eyes with **Lancôme Grandiôse Extreme Volume Mascara in Noir Extrême 01, R415**.



**Vita Liberata Body Blur in 001 Latte, R1030** masks imperfections and hydrates skin.



Close your eyes and spritz on some **Lush Breath of Fresh Air Toner Water, R95 for 100g** to refresh and soothe your skin.





# SALAD DAZE

Here's how to turn this sometimes neglected side dish into a hearty, flavourful main meal everyone will love!

JUNIOR FOOD EDITOR **PIA-ALEXA DUARTE**  
PHOTOGRAPHS **LIZA VAN DEVENTER**



**PUMPKIN AND CRISPY  
BACON SALAD**  
RECIPE ON PAGE 90



**ROASTED BEET AND FENNEL  
SALAD WITH MARINATED FETA  
RECIPE ON PAGE 90**





## MEDITERRANEAN POTATO SALAD

*Serves 4*

*Prep time: 40 minutes*

- 800g baby mediterranean potatoes
- 3 ears of corn on the cob
- olive oil for drizzling

### For the dressing

- ½ cup mayonnaise
- ½ cup greek double-cream yoghurt
- 1 tbsp finely chopped chives
- zest and juice of ½ lemon
- salt and milled black pepper

### To serve

- 100g gherkins, thinly sliced
- 2 tbsp capers, drained
- 50g alfalfa sprouts
- 4 eggs, soft-poached

1. Bring the potatoes to a boil in a saucepan of cold water, simmer for 13-15 minutes until tender. Drain and set aside to cool.
2. Heat a griddle pan and cook the corn until charred and softened. Place the corn on a sheet of tinfoil, drizzle with olive oil, season with salt and pepper and wrap up. Set aside.
3. Combine the dressing ingredients in a bowl, stir vigorously and season.
4. **To serve:** Slice the potatoes in half and place in a large bowl. Slice the corn from the cob and add to the potatoes. Add the gherkins, capers and sprouts, and toss to combine. Transfer everything to a serving platter and top with poached eggs, some more sprouts and generous dollops of the dressing.

## PUMPKIN AND CRISPY BACON SALAD

*Serves 4*

*Prep time: 30 minutes  
plus cooking time*

- 300g streaky bacon

- 800g blue crown pumpkin, sliced into wedges
- 1 bunch rainbow carrots, peeled
- 300g long sweet peppers, sliced in half and deseeded
- 2 tbsp olive oil
- 1 tbsp dried oregano
- salt and milled black pepper
- 3 roma tomatoes, quartered
- 200g ricotta cheese, crumbled
- 50g roasted mixed seeds
- 60g rocket
- balsamic glaze

1. Preheat the oven to 180°C.
2. Dry-fry the bacon in a pan over medium heat for 6 minutes, turning occasionally until crispy and golden. Remove from the pan and set aside.
3. Arrange the pumpkin wedges, carrots and sweet peppers in a roasting pan and drizzle olive oil over the top. Sprinkle with dried oregano and season well. Roast for about 40 minutes or until the pumpkin is golden and the carrots are tender.
4. **To serve:** Combine the pumpkin wedges, carrots, sweet peppers and crispy bacon on a serving dish and top with crumbled ricotta, roasted seeds, rocket and a generous drizzle of balsamic glaze.

## ROASTED BEET AND FENNEL SALAD WITH MARINATED FETA

*Serves 4*

*Prep time: 40 minutes  
plus cooking time*

### For the marinated feta

- 100g feta cheese, drained
- ½ cup extra-virgin olive oil
- 2 cloves garlic, bruised
- 1 sprig fresh thyme

### COOK'S TIP

*The marinated feta will only get better with time and may be made up to a week in advance.*

- 1 bay leaf
- 6 peppercorns
- zest of 1 lemon
- ½ tsp chilli flakes

### For the salad

- 2 bunches mixed beetroots – golden, rainbow and regular, washed and quartered
- 2 fennel bulbs, sliced
- 1 large red onion, sliced into wedges
- 3 cloves garlic, crushed
- 3g fresh thyme sprigs
- 2 tbsp olive oil
- salt and milled black pepper
- 200g ruby micro greens
- 50g peppadews, drained, sliced

### For the dressing

- ¼ cup mayonnaise
- ½ cup buttermilk

1. Place the feta and all the marinade ingredients in a lidded jar, put the jar in the fridge and leave to marinate for at least a day.
2. Preheat the oven to 190°C. Place the beets, fennel, onion, garlic and thyme in a roasting tray. Pour olive oil over, season well and toss to combine. Roast for 25-30 minutes or until the beets are tender and the fennel and onion are caramelised.
3. **To serve:** Arrange beet, fennel and onion on a serving plate and top with micro greens, Peppadew slices and crumbled marinated feta. Whisk up the dressing ingredients, season well and drizzle over the salad.

### COOK'S TIP

*Balsamic glazes or reductions are available at most large grocery stores, but if you can't find any, simply pour 1 cup balsamic vinegar into a frying pan and simmer for 10 minutes or until reduced by two-thirds to a thicker, syrupy consistency.*



**MEDITERRANEAN  
POTATO SALAD**





*Summer lights*



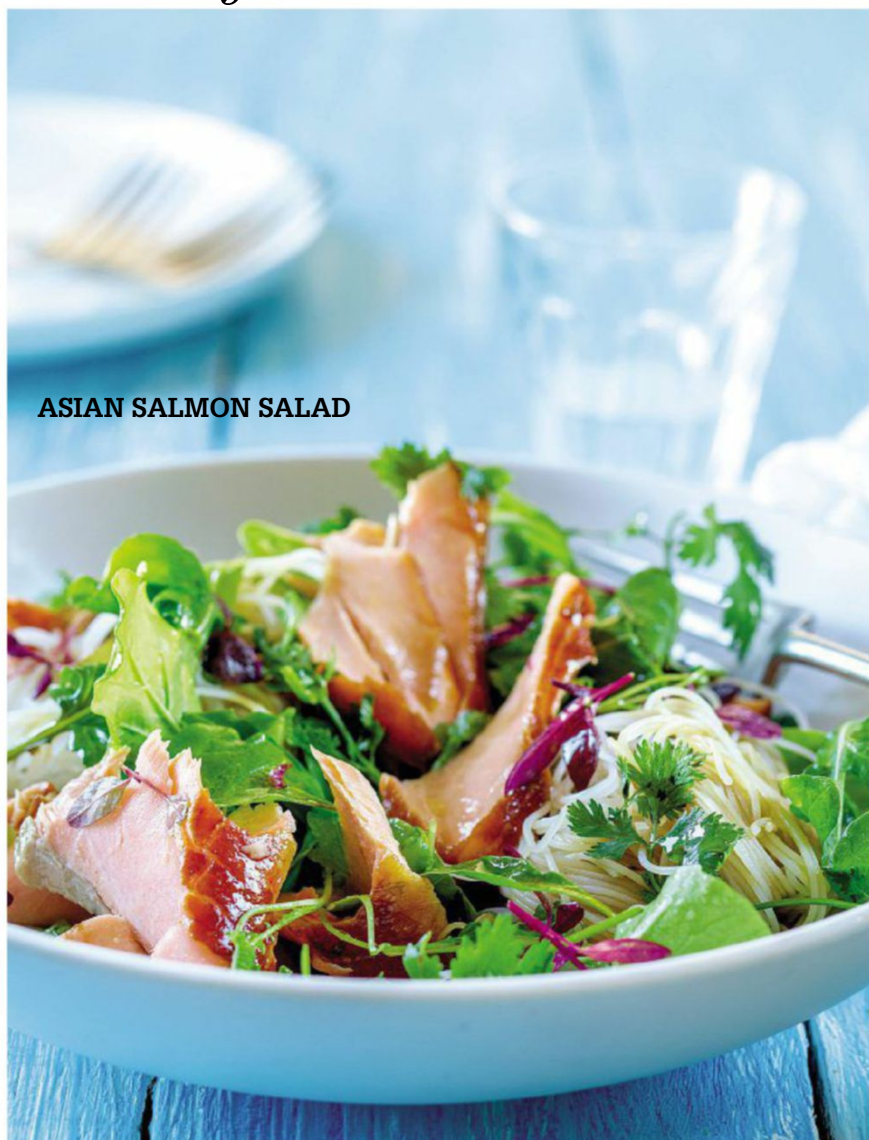
**THAI BEEF SALAD**  
RECIPE ON PAGE 94





**GREEN GODDESS  
TUNA SALAD**  
RECIPE ON PAGE 94





**ASIAN SALMON SALAD**

## ASIAN SALMON SALAD

*Serves 4*

*Prep time: 50 minutes*

- 400g salmon fillets

### For the marinade

- ¼ cup light soya sauce, plus extra to serve
- 2 tsp finely grated ginger
- 2 garlic cloves, crushed
- ½ tsp fish sauce
- ½ tsp sesame oil
- 2 tsp honey
- 2 tbsp rice wine vinegar

### To serve

- 100g asian baby leaf mix
- fresh coriander, to garnish
- 50g angel hair pasta, cooked according to packet instructions

**1.** Place the salmon in a bowl and add all the marinade ingredients. Leave to marinate for 30 minutes.

**2.** Preheat the oven to 180°C. Place the salmon on a foil-lined oven tray, pour the marinade over and pop into the oven to roast for 20 minutes or until just cooked.

**3. To serve:** Flake the fish and serve on a bed of baby leaves and pasta. Drizzle some soya sauce on top.

## GREEN GODDESS TUNA SALAD

*Serves 4-6*

*Prep time: 25 minutes*

- 2 tins (200g each) white chunk tuna in oil or brine
- 200g extra-fine green beans, blanched
- 200g mangetout peas, blanched
- 300g romanesco, broken into florets and blanched
- 400g baby potatoes (we used pink fir apple fingerling potatoes)
- 300g frozen peas, blanched
- 4 mini israeli cucumbers, thinly sliced

### For the dressing

- ¼ cup red wine vinegar

- 3 tbsp extra-virgin olive oil
- 1 tbsp dijon mustard
- 2 anchovies, finely chopped (optional) plus extra for serving
- salt and milled pepper

**1.** Arrange all the ingredients on a serving platter or wooden board.

**2.** Whisk together the dressing ingredients and season to taste.

**3. To serve:** Drizzle dressing over the salad and serve immediately.

### COOK'S TIP

*If you can get hold of fresh, sustainably caught tuna, feel free to substitute the tinned tuna for fresh.*

## THAI BEEF SALAD

*Serves 4*

*Prep time: 25 minutes*

### For the marinade

- 2 cloves garlic, crushed
- 1 stalk lemongrass, sliced in half and bruised
- 5 dried kefir lime leaves
- juice and zest of 1 lime
- 1 tsp finely grated ginger

- 800g rump steak

### For the dressing

- 1 tsp palm sugar or honey
- zest and juice of 1 lime





*the avo experts*

*Drizzling*

*Baking*

*Frying*



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- 1 clove garlic, crushed
- 3 tbsp olive oil

## For the salad

- 5g fresh mint leaves
- 5g fresh coriander leaves
- ½ red onion, finely chopped
- 100g bean sprouts, trimmed
- 200g thai rice noodles, cooked according to packet instructions
- 100g salted and roasted peanuts, roughly chopped

1. Stir together all the marinade ingredients. Immerse the steak in the marinade for at least 1 hour but preferably overnight.
2. Mix the dressing ingredients.
3. Heat a frying pan until it's as hot as it can go without burning and cook the steak for 2-3 minutes on each side or until done to your liking. Leave to rest for 10 minutes and slice.
4. **To serve:** Combine the salad ingredients and meat on a serving plate, pour the dressing over and toss to coat. Scatter more peanuts on top.

## FREEKEH AND CHAR-GRILLED AUBERGINE SALAD WITH SPICY MEATBALLS

Serves 4

Prep time: 45 minutes

## For the meatballs

- 400g lamb mince
- 3 cloves garlic, crushed
- 4 spring onions, finely chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 2 tbsp finely chopped parsley
- 1 red chilli, seeded and finely chopped
- salt and milled pepper to taste
- ¼ cup sesame seeds
- olive oil

## For the salad

- 1 red onion, sliced into rings

## FREEKEH AND CHARGRILLED AUBERGINE SALAD WITH SPICY MEATBALLS

- 2 medium aubergines, sliced lengthways into 5mm thick slices
- 2 large tomatoes, diced

## For the dressing

- ¼ cup white balsamic vinegar
- 1-2 tsp white sugar
- 2 tbsp extra-virgin olive oil
- 1 tbsp chopped fresh basil, plus extra to serve
- 1 clove garlic, crushed
- salt and milled pepper to taste
- 2 cups freekeh or brown rice, cooked according to packet instructions

1. In a bowl, mix together the lamb, garlic, spring onion, cumin, coriander, parsley and chilli. Season well with salt and pepper. Roll teaspoons of the

mixture into balls, then roll in the sesame seeds to coat.

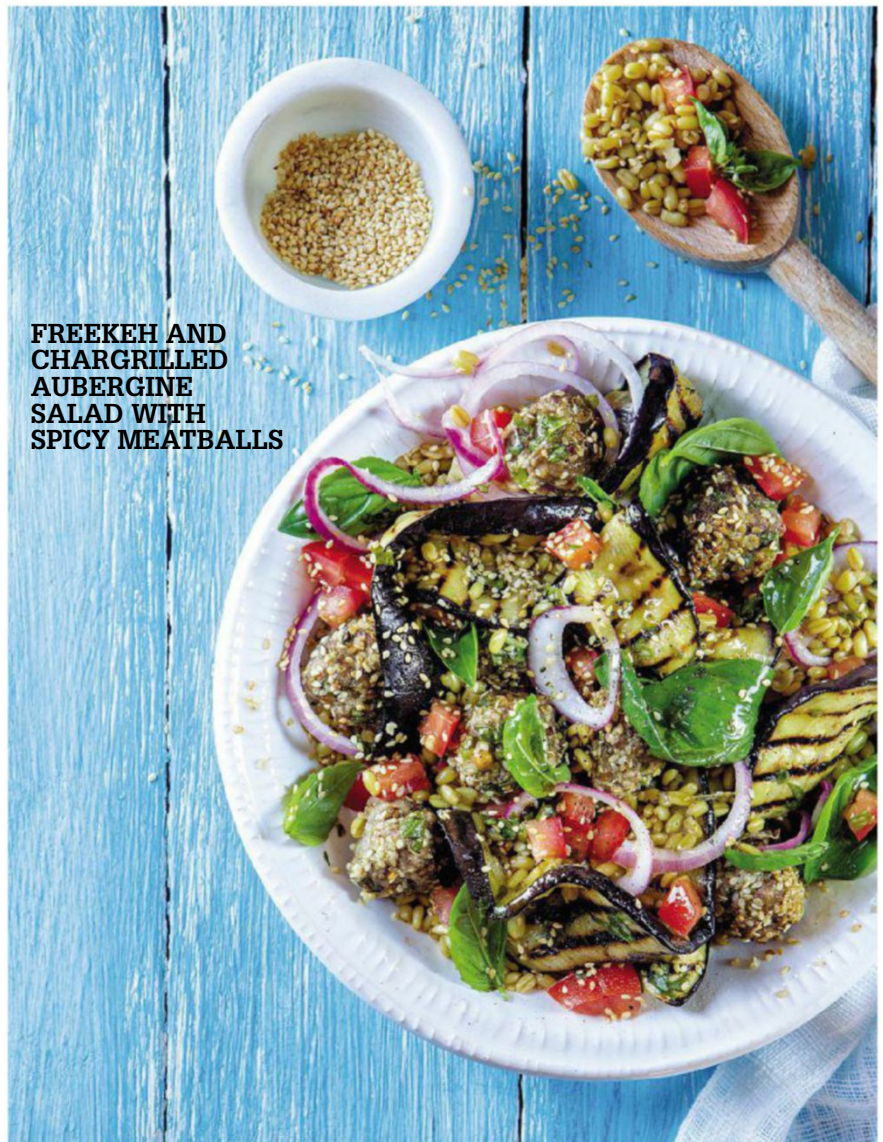
2. Heat a good glug of olive oil in a pan and fry the meatballs for 8-10 minutes or until golden and cooked through. Set aside.

3. Blanch the onion rings in boiling water for 1 minute. Drain and set aside.

4. Brush the aubergine slices with some olive oil and fry in a hot griddle pan for 1-2 minutes on each side or until well charred. Set aside.

5. Whisk together the dressing ingredients until well combined and mix with the cooked freekeh.

6. **To serve:** Toss the freekeh with the onion, aubergine and tomato. Arrange on a serving plate and top with sesame-coated meatballs and basil leaves ❖





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# tutti

JUNIOR FOOD EDITOR **PIA-ALEXA DUARTE**  
PHOTOGRAPHER **LIZA VAN DEVENTER**

# frutti

To herald the change of season and the last of summer's bounty, here are a few fresh fruit treats from the FAIRLADY kitchen.



**BEJEWELLED FRUIT TART**  
RECIPE ON PAGE 102



*In season*

**VICTORIA SPONGE SWISS ROLL**  
RECIPE ON PAGE 103





**COOK'S TIP**

*This dessert can be made  
in advance.*

**YOGHURT TERRINE  
SERVED WITH FIGS  
AND CHERRIES  
RECIPE ON PAGE 103**







### COOK'S TIP

*This lovely old-fashioned cake has a tender crust and fabulous flavours. The mint syrup complements the pineapple, although it is just as gorgeous served as is or with a dollop of cream.*

**CHARGILLED  
PINEAPPLE UPSIDE-  
DOWN CAKE WITH  
MINT SYRUP**  
RECIPE ON PAGE 103





**MERINGUE NESTS  
WITH FRUIT PEARLS**

## BEJEWELLED FRUIT TART

*Serves 6-8*

*Prep time: 1 hour*

### For the pastry

- 250g cake flour
- 50g icing sugar
- 150g butter
- 2 egg yolks
- 2-3 tbsp iced water
- 100g white chocolate, melted

### For the filling

- 200g butter
- $\frac{3}{4}$  cup granulated sugar
- juice and zest of 1 fresh lemon
- $\frac{1}{2}$  cup fresh granadilla pulp
- pinch of salt
- 6 large egg yolks

### For the topping

- a selection of fruits you like; we used berries and sliced kiwi fruit
- $\frac{1}{2}$  cup smooth apricot jam to glaze

**1. Make the pastry:** Place the flour, icing sugar and butter into a bowl and rub together with your fingertips until the butter is well incorporated into the flour; the mixture should resemble fine breadcrumbs.

**2.** Make a well in the centre and add the egg yolks and 2 tbsp of the water. Slowly bring the mixture together to form a firm but not tight dough. Add a little more water if it seems too dry.

**3.** Preheat the oven to 200°C. Roll out the pastry into a  $\frac{1}{2}$  cm-thick disc and place into a greased 21cm loose-

bottomed tart pan. Trim the pastry around the edges and bake blind for 25 minutes, then remove the baking paper and bake for a further 20 minutes until golden and crisp. Using a pastry brush, paint the inside of the pastry shell with melted white chocolate, to ensure it doesn't become soggy when the filling is added.

**4. Make the filling:** Place the butter, sugar, lemon zest and juice, granadilla pulp and salt in a saucepan and stir over a low heat until all the sugar is dissolved. Beat the egg yolks lightly and slowly whisk in half of the warm butter mixture. Return the egg mixture to the saucepan and whisk over a low heat until a thick curd is formed. Transfer to a bowl and leave to cool.

**5. To assemble:** Pour the curd filling into the tart shell and spread evenly, then arrange the fresh fruits on top. Warm the apricot jam until runny and brush over the fruits to glaze. Slice and serve with a cup of tea.

## MERINGUE NESTS WITH FRUIT PEARLS

*Serves 6*

*Prep time: 40 minutes, plus  
baking time*

- 3 large egg whites
- 2 tbsp lemon juice
- pinch of salt
- 180g castor sugar
- 1 tsp vanilla essence

### For the filling

- 1 cup cream, whipped to stiff peaks
- 2-3 tsp Cointreau (optional)
- 200g watermelon, balled with a melon baller
- 200g sweetmelon, balled with a melon baller
- 4 kiwi fruits, balled with a melon baller
- 100g gooseberries

**1.** Preheat the oven to 120°C and line a baking tray with foil.

**2.** In a clean, dry bowl, whisk the egg



whites, lemon juice and salt until stiff peaks form.

**3.** Gradually add the sugar, 2 tbsp at a time, beating after each addition until the meringue is stiff. Once all the sugar is added, add vanilla. The meringue should be thick and glossy.

**4.** Spoon the meringue into a piping bag fitted with a small star nozzle and pipe 6cm meringue nests onto the prepared baking tray.

**5.** Bake for 1½ hours, then turn off the oven and leave to cool in the oven.

**6. To serve:** Combine the cream and Cointreau (if using) and top with fruit 'pearls' and gooseberries.

## VICTORIA SPONGE SWISS ROLL

*Serves 6*

*Prep time: 35 minutes*

- 3 extra-large eggs, separated
- ½ cup castor sugar
- ¾ cup self raising flour
- 3 tbsp milk
- 2 tsp vanilla essence

### For the filling

- ¼ cup strawberry jam
- ½ cup cream, whipped to stiff peaks
- 100g strawberries, hulled and sliced
- 100g raspberries, plus extra to serve
- icing sugar for dusting
- mint leaves to garnish

**1.** Preheat the oven to 190°C. Grease and line a 26cm x 32cm swiss roll tin with baking paper.

**2.** Whisk the egg whites to stiff-peak stage, then add the sugar gradually until the mixture forms a thick meringue.

**3.** Add the yolks and whisk until pale. Sift the flour over the egg mixture, add the milk and gently fold together until well combined.

**4.** Spread the mixture evenly into the tin and bake for 8-10 minutes until just baked.

**5.** Place another piece of baking paper on a countertop and dust well with icing sugar. Invert the warm swiss roll

onto the sugar and gently peel off the baking paper from the top of the swiss roll. Carefully roll the sponge up into a log and leave to cool.

**6. To serve:** Carefully unroll the sponge and spread with the jam and cream. Arrange a layer of berries on top, then roll the sponge into a swiss roll again and place on a longish serving plate. Dust with icing sugar and garnish with fresh berries.

## CHARGILLED PINEAPPLE UPSIDE- DOWN CAKE WITH MINT SYRUP

*Serves 6-8*

*Prep time: 40 minutes, plus  
baking time*

### For the topping

- 1 pineapple, peeled and sliced into 5mm thick round slices
- ½ cup castor sugar
- ½ cup butter

### For the cake batter

- 1 cup butter
- 2 cups castor sugar
- 5 large eggs
- 1 teaspoon vanilla extract
- 3 cups cake flour
- 1 tbsp baking powder
- ¼ tsp salt
- 1 cup buttermilk

### For the mint syrup

- ½ cup sugar
- ½ cup water
- 10 fresh mint leaves, plus extra to serve

**1.** Preheat the oven to 180°C and grease and line a 22cm springform baking tin with baking paper.

**2. For the pineapple topping:** Heat a griddle pan and griddle the pineapple until golden on one side. Remove from the heat and set aside.

**3.** Cream the butter and sugar and spread evenly over the base of the baking tin. Arrange the pineapple charred side down in the tin; set aside.

**4. For the batter:** Cream the butter and sugar. Beat in eggs one at a time until the mixture is pale and creamy.

**5.** Add the vanilla and remaining ingredients and fold together until just mixed. Pour the batter over the pineapple and bake for about 1½ hours until golden and baked through.

**6.** Allow to cool completely in the tin.

**7.** Meanwhile, place the mint syrup ingredients in a saucepan and bring to a boil, then turn the heat down and leave to simmer until reduced by half.

**7. To serve:** Carefully invert the cake onto a serving plate and drizzle the mint syrup over it. Garnish with fresh mint and serve.

## YOGHURT TERRINE SERVED WITH FIGS AND CHERRIES

*Serves 6*

*Prep time: 30 minutes plus  
setting time*

- 1 cup (250ml) milk
- ¼ cup icing sugar
- 1½ sachets (23g) powdered gelatine
- 1kg double-cream yoghurt
- 1 tsp vanilla extract
- zest of half a lemon
- 100g raspberries

### To serve

- a handful of cherries, pitted
- 6 black figs, halved

**1.** Pour half the milk into a small bowl and sprinkle over gelatine. Leave to soak for 10 minutes.

**2.** Heat the remaining milk and sugar in a small saucepan. Add the gelatine mixture and stir until all the gelatine has dissolved. Allow to cool slightly.

**3.** Now whisk the milk and gelatine mixture into the yoghurt.

**4.** Pour half of the yoghurt mixture into a lined and greased 22cm loaf tin. Scatter over raspberries, then pour over remaining mixture.

**5.** Refrigerate overnight, or until set.

**6. To serve:** Unmould the terrine onto a plate and slice, using a knife dipped into hot water. Place on serving plates and top with cherries and figs. ❖



*At home with...*

Restaurateur extraordinaire and doting dad Reuben Riffel shares his most delicious family recipes in his fourth cookbook, *Reuben at Home*. Here's a sneak peek.

# *around the* **KITCHEN TABLE**

**THIS PIC:**  
Reuben is at  
Racine restaurant  
at Chamonix  
Wine Estate in  
Franschhoek,  
where he started.

**OPPOSITE:** The  
Riffel family at  
the kitchen table.  
L-R: Maryke,  
Max, Latika &  
Reuben.







## At home with...

### THIS PIC:

HERE'S SOME FOR YOU, TOO – MAX (4) AND LATIKA (7) WITH THE FAMILY PET, PENELOPE ROSE.



### FRENCH TOAST

*Serves 6*

I never knew sweet, custardy French toast growing up but I did know what we called 'eggy bread', which is similar and was my absolute favourite. I would make it for myself after school, using thick slices of my ouma's bread – never winkelbrood! – which I would dip into an egg/milk mixture before frying until the bread had the crispy, slightly burnt edges that I liked. I would then eat it hot with cheese or lots of honey, which was always plentiful in our home because my parents got it directly from the farmers in the area. I'm always a bit perplexed when

chefs get excited about serving fresh honeycomb as a showstopper because it was something quite ordinary when we were growing up; honey came with the comb. That's how we knew it. Anyway, this French toast is an even better version of my childhood eggy bread and I would choose it over pancakes any day.

- 2 eggs
- ½ cup milk
- ¼ cup cream
- 1 tablespoon castor sugar
- 1 vanilla pod, seeds scraped
- salt
- ground cinnamon
- ground nutmeg

### FRENCH TOAST



- 6 slices brioche
- unsalted butter

#### For serving

- crispy fried bacon
- raspberries, strawberries and/or blueberries
- crème fraîche
- maple syrup

1. Beat the eggs, milk and cream together.
2. Add the sugar, vanilla and a pinch each of salt, cinnamon and nutmeg. Mix it all together.
3. Soak each slice of brioche in the egg mixture for 30 seconds.
4. In a non-stick pan on medium heat, melt 1 tablespoon butter, allowing it to go slightly nutty.
5. Fry each slice of bread until golden brown on both sides. Add more butter if the pan dries out.
6. Serve with bacon and topped with berries, a dollop of crème fraîche and a drizzle of syrup.

### NO-CREAM SPAGHETTI CARBONARA

*Serves 4*

I dislike creamy pastas. In fact, I cannot stand them. I think too much cream drowns the taste of the pasta and that's a shame. A pasta dish without the cream is not necessarily a less luxurious pasta, and in this case the spaghetti carbonara has a creaminess



*Adding raw egg to pasta while it's still hot allows it to cook very lightly. It is not supposed to curdle or scramble.*



**NO-CREAM SPAGHETTI CARBONARA**

*March 2017/Fairlady 107*



## ONION, BACON & CHEESE TART



that comes from the pasta, egg and parmesan combination. The pancetta also adds a special smokiness to it. So this is, in fact, a wonderfully luxurious pasta.

- 4 eggs
- 4 egg yolks
- salt and black pepper
- $\frac{3}{4}$  cup chopped flatleaf parsley
- 2 cloves garlic, chopped
- 100g grated parmesan
- olive oil
- 250g pancetta, chopped
- 400g spaghetti

1. Whisk together the eggs and yolks in a bowl. Season to taste. Stir in the parsley, garlic and parmesan; set aside.
2. Heat a little oil in a frying pan over medium heat and fry pancetta until crisp. Remove; drain on a paper towel.
3. Cook pasta in boiling, salted water until al dente, then drain (do not rinse).
4. Fold the egg mixture through the hot spaghetti, toss through pancetta. Serve immediately with a drizzle of olive oil.

## ONION, BACON & CHEESE TART

*Serves 6*

This is an easy breakfast option for a larger group of people when making individual eggs for everyone just wouldn't be practical. Making this tart frees you up to concentrate on providing fresh toast and hot coffee while still enjoying the conversation.

- 1 roll store-bought puff pastry, defrosted
- 1 beaten egg yolk, for brushing
- 3 thick-cut bacon slices, chopped
- 1 large onion, thinly sliced
- 1 leek, thinly sliced
- sugar
- 1 cup whipping cream
- 2 large eggs
- 2 egg yolks
- salt and ground white pepper
- ground nutmeg
- $\frac{1}{2}$  cup coarsely grated Gruyère
- 2 cups English spinach, quickly sautéed

1. Preheat the oven to 190°C.
2. Roll out the puff pastry to about 4mm thick and wider than your spring-form tart tin. Place it in the tin and fold over the edges. Prick the pastry lightly with a fork.
3. Line the inside with greaseproof paper, place baking weights on top (or rice or beans) and blind-bake for 15 minutes. Remove the weights and paper and bake a further 5 minutes.
4. Brush the inside of the tart crust with egg yolk and place back in the oven for 2 minutes to seal. Remove and set aside to cool.
5. Fry the bacon over medium heat until crisp, then drain on paper towel.
6. Add the onion, leek and a pinch of sugar to the bacon drippings in the pan; sauté on medium until the onion gets some colour. Turn down to low and cook until the onions are a deep golden brown (about 20 minutes).
7. Whisk the cream, eggs and yolks in a small bowl, adding a pinch of salt and nutmeg and  $\frac{1}{4}$  teaspoon pepper. Spread the cooked onion mixture over the bottom of the baked tart crust.
8. Sprinkle the bacon over, then cheese, then spinach. Finish by pouring the cream-egg mixture over.
9. Bake at 150°C until puffed up and the filling has set, about 25 minutes.
10. Leave to cool on a wire rack for 10 minutes. Serve warm or at room temperature.

## LAMB & SPINACH CURRY

*Serves 6*

This is a special curry, definitely not a midweek rush job, but it is worth both the time and effort if you're wanting to make something special for your family and friends. I don't have a lot of curry recipes any more and this one is exactly the way I want my lamb curry to taste. I really don't want anyone else's version. This recipe is a result of taking elements of all the other curries that I've liked over the years and making them into this one great one. I credit Rick Stein for giving me the idea of using the puréed spinach, which gives it the good colour. At the end I also add what we refer to in the restaurant kitchen as



a *wakkermaker* (a wake-up) – a blitzed paste that adds some nice heat to the curry and livens it up even more.

- 250g ghee
- 550g chopped onions
- 1 tin (400g) chopped tomatoes
- 50g fresh ginger, chopped
- 65g minced garlic
- 900g deboned leg of lamb (or shoulder), cut into cubes
- salt
- 1 tablespoon turmeric
- 1 tablespoon red chilli powder
- 1 tablespoon paprika
- 1 tablespoon ground coriander
- 350g spinach leaves, stems removed

#### Wakkermaker

- 4 medium green chillies
- 2 garlic cloves
- ½ teaspoon garam masala
- 1 tablespoon ground cumin
- 3 tablespoons chopped coriander

#### For serving

- warm rotis
- plain yoghurt

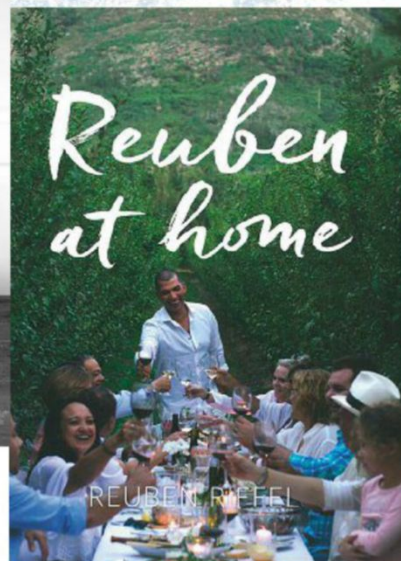
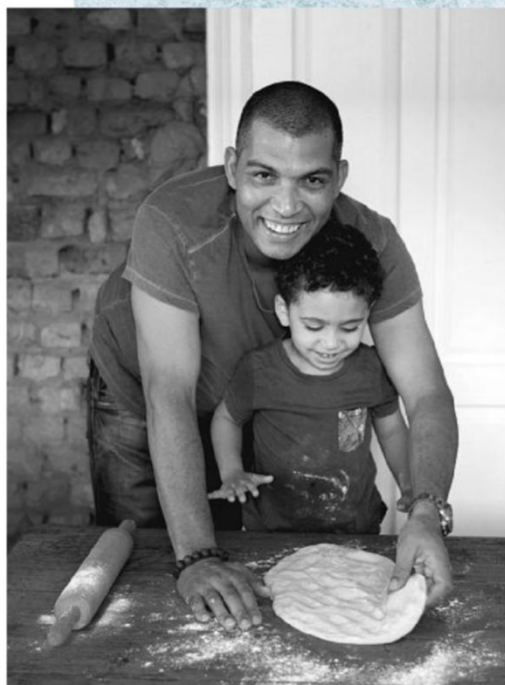
1. Melt the ghee in a large heavy-bottomed pot. Add the onion and fry over a medium heat, stirring constantly, until they're a nice light-brown colour.
2. Remove pot from the heat and put the onions in a food processor. Add the tomatoes, ½ cup water, ginger and garlic. Process so everything is finely chopped.
3. Put the mixture back into the pot, add the meat and 1 tablespoon salt, and let it simmer for about 30 minutes. By this time the sauce would have reduced sufficiently.
4. Add turmeric, chilli powder, paprika and ground coriander to the sauce.
5. Slowly simmer everything for another 30 to 45 minutes or until the lamb is tender and nicely cooked. Just keep an eye on the sauce – if it gets too thick, add some water.
6. Make the wakkermaker by blending the ingredients with ½ cup of water in a food processor. Set aside.

7. When you see a layer of fat forming on top of the curry you will know that the lamb is soft and perfectly cooked. (Remove the fatty layer before serving if you like.) Add more salt to taste, then the spinach. Cook another 2 minutes.
8. Serve with rotis, yoghurt and the wakkermaker. ❖



#### LAMB & SPINACH CURRY

**LEFT:** The littlest chef? Reuben giving Max one of his first culinary lessons.



**REUBEN AT HOME IS AVAILABLE AT ALL LEADING BOOKSHOPS**

EXTRACT FROM *REUBEN AT HOME*, PUBLISHED BY QUIVERTREE



# Cheers!

BY SUZY BROKENSHA

## 5 BRILLIANT THINGS you need to know *about wine*

### 1 Save leftover wine for cooking (properly)

On the odd occasion that we have leftover wine, we put it aside 'for cooking'. Next time I look, it's not only off but it also often has a very happy-looking – but dead – fly in it. That's why I have learnt to freeze leftover wine in ice trays. When I want to add it to a stew or sauce, I just pop it out and bung it in. Perfect!

### 2 Make gorgeous red wine vinegar

My aunt in Paris makes the most beautiful, mild, tasty red wine vinegar using leftover wine. Being French, she does it properly: she keeps a mother of vinegar in a dark cupboard in her kitchen, which I would like to say is just as bad as it sounds. It looks like raw liver and lurks sinisterly in a dark jar. She pours any leftover wine into the top of the jar and decants as much vinegar as she needs from a tap in the bottom... it's delicious. Happily for the rest of us, you can do it without a mother.

...other than how best to drink it!

All you need is 1 cup of wine and 3 tablespoons of a living vinegar – Bragg Apple Cider Vinegar, available at health shops, is perfect. Mix the wine and Bragg vinegar quite vigorously together in a big bowl (so it has a large surface area), cover it loosely with a cotton cloth secured with an elastic or a piece of string, and leave it somewhere warmish... in South Africa, room temperature will do. If you remember, give it a bit of a stir every day.

After a while you'll see something scary starting to form on the surface – this is the beginning of the mother. (Cue *Jaws* music.) The mother can take up to a month to form. When the liquid starts to taste like vinegar rather than wine, move it to a bottle and use it as you would store-bought vinegar (you need to reduce the surface

area, otherwise it goes beyond vinegar into something very yucky). But you will need to keep feeding the monster you have created, and she WANTS YOUR WINE. There's only one thing to do, and that's keep drinking. YOUR MOTHER NEEDS YOU.

### 3 Marinate your braai meat – it's good for you!

Apparently, marinating meat in wine for 6 hours before you cook it on an open fire reduces the formation of carcinogenic heterocyclic amines (HCAs), which are produced during cooking at a high temperature, by about 95%. It will also make your meat more tender and delicious, of course. Interestingly, adding rosemary to the marinade is also thought to reduce HCAs.



## 4 Make your own baked beans (with a bit of a kick)

Baked beans are a delicious thing, and can lower the GI of most meals as long as they're not stuffed with sugar – as most tinned baked beans are.

**Here's how to make your own:**

You'll need 4 tbsp olive oil; 2 medium onions, chopped; 6 cloves garlic, chopped; 2 tbsp tomato paste; ½ cup red wine; 1 tin white beans, drained; 1 tin crushed tomatoes; ½ cup water; 3 tsp salt, 1 tsp ground white pepper; 3 tbsp brown sugar; and 2 bay leaves.

Heat olive oil in a pan and fry the onion and garlic on a low heat for about 15 minutes. Add tomato paste and cook for 2 minutes. Add red wine and simmer until the sauce is reduced by half. Add the rest of the ingredients. Bring to a boil, turn down the heat, cover and simmer for 10–15 minutes. If the sauce is too runny, simmer for a little longer with the lid off until you have the consistency you want, and *voilà!*

I am a chilli queen, so I also add a bit of chopped chilli at the onion and garlic stage – fabulous.

## 5 Stop red wine from staining upholstery or a carpet

**DON'T RUB THE SPILL!** Gently dab or blot the excess liquid with kitchen paper or a clean dry cloth. While the spot is still damp, cover it with table salt (a lot of it!). The salt is really just to soak up the liquid, so talcum powder or bicarb will do just as well. Leave it there until it has soaked up as much of the wine as possible – sometimes even overnight.

Vacuum up the salt, then pour white wine or soda water onto the stain. Leave it for a while, then rinse it with cold water. **DO NOT USE HOT WATER – IT MIGHT SET THE STAIN.**

If you spilled red wine on a tablecloth or garment, wash it as normal on a cool wash with laundry detergent. ❖



## Best wines I've tasted in the past month



### La Petite Ferme Barrel Fermented Chardonnay 2016, R200

Fermented in the barrel, this wine is made using grapes from two very different regions: Franschhoek and Elim. It manages to be both fruity and flinty without being too oaky. We had it with steak and salad, and it was delicious.



### Balance Winemaker's Selection Pinot Grigio 2016, R45

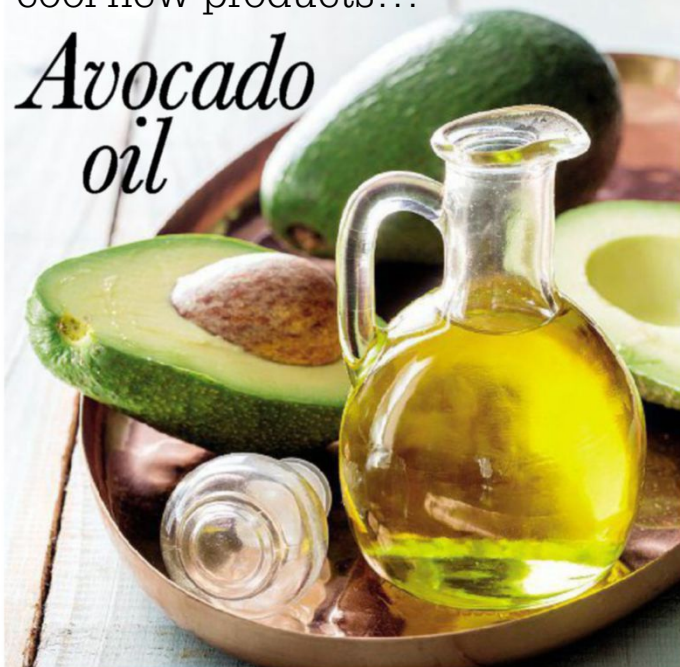
I absolutely loved this wine. Light and citrusy but also strong enough to hold its own with or without food, it's gorgeous.



# Foodies

Pesto pot breads, posh nosh and cool new products...

## Avocado oil



We're all aware of the health benefits of avocados, so why has it taken us so long to twig the obvious benefits of cooking with avocado oil? It's super versatile, too: great for use in stir-fries and marinades as well as in deep-frying, baking and roasting, and it's one of the few edible oils not produced from the seed. With its high smoking point, subtle flavour and numerous health benefits, it's a store-cupboard must-have.

## New on shelf...



Banting Revolution from Checkers is a fantastic range of low-carb products designed to make it easier for you to maintain a healthy low-carb, healthy fat diet. Available at most Checkers stores nationwide.



Golden Cloud Muffin Mixes are now available in two

new flavours: Chocolate & Orange, or Berry. They're great for quick and easy breakfast or lunchbox snacks. Bake the mix in a regular cake tin to make a great teatime treat, too!



Le Creuset's new colour, 'Rosemary', is bang on trend and inspired, obv, by the colour of the herb we all know and love. Visit [www.lecreuset.co.za](http://www.lecreuset.co.za) for more information.

## 3 ways with avocado oil

### EASY CARROT MUFFINS

Whisk together 1½ cups granulated sugar, 1 cup avocado oil and 3 eggs. Add 3 cups grated carrot, 2 cups sifted cake flour, 1 tsp ground cinnamon, 2 tsp baking powder, 1 tsp vanilla, ½ tsp salt and 100g chopped pecans. Divide the batter between 12 paper cups in a muffin pan. Scatter nuts or seeds on top. Bake for 30-35 min in a 180°C preheated oven. Cool before serving.



### HOMEMADE MAYONNAISE

Place one large egg and an egg yolk in a bowl. Add 1 tbsp white balsamic vinegar, 1 tsp dijon mustard and a pinch of salt and whisk until pale. Pour ¼ cup avocado oil into a jug and add 1 tbsp to the egg mixture, whisking well. Continue adding the oil bit by bit, whisking well after each addition until it emulsifies into a thick, creamy mayonnaise. Season to taste, and serve.



### PESTO POT BREADS

In a blender, pulse 30g fresh basil, 2 cloves garlic, 20g grated parmesan, 50g blanched almonds and ½ cup avocado oil until smooth. Roll 500g store-bought bread dough (find at your super) into a 30 x 20cm rectangle. Spread pesto on dough and roll into a tight log. Slice into 6 equal pieces and arrange in small greased, foil-lined terracotta pots. Bake at 180°C for 30-40 minutes. Serve warm, with butter.



PHOTOGRAPHS: LIZA VAN DEVENTER, SUPPLIED.

## POSH NOSH

At last! A family friendly eatery that'll make parents feel like it's date night. At Strolla, in Sea Point, Cape Town, kids can play in a play room (and enjoy a great meal) while parents enjoy some fine dining or sip on sundowners in plush surrounds.





# Gardens

COMPILED BY **KRISTEN BIRCH**

Small space? No problem! Grow your garden directly on the wall.

## OFF THE WALL



From edible walls to garden wall art, vertical gardens are becoming more popular as garden sizes decrease. If all you have at the back of your house is a patch of grass surrounded by wall – don't fret, you can grow your garden from the bottom up. Here are two beautiful ideas on how to start your own wall garden.

### ◀ Spotted at De Warenmarkt in Stellenbosch.

Transform a wall into a herb or flower garden by using gutters as planters. They are best for growing herbs and plants with a shallow root system. Thirsty plants would do better near the base, where they'll get run-off.

### Add some rustic flair to your vertical garden...

...by planting herbs and flowers in tins like Melanie Farrel of Pallet Gardens Cape Town has. You can buy vertical pallet gardens from them: visit [melaniejaynefarrel.wixsite.com/palletgardensct](http://melaniejaynefarrel.wixsite.com/palletgardensct).



## IN BLOOM!

Our gardening expert, Nick Stodel from Stodels Garden Centres, shares his top tips on how to get your bougainvillea to bloom.



1. When pruning, don't cut away the twiggy growths, because these are usually the ones that bear the most flowers.
2. This plant *must* get direct sun. Do not expect to see flowers if your bougainvillea is in a shady spot.
3. Overwatering of an established plant will make it produce plenty of lush foliage and thick water shoots, but not a great number of flower-bearing stems. Water just enough and you'll be sure to see a blooming bougainvillea.

## Need a watering can...

for your brand-spanking-new vertical garden? Here are our top two picks.



BLACK VINTAGE WATERING CAN  
R359,95, STODELS

GALVANISED WATERING CAN  
R149, WOOLWORTHS





# Home 101

BY LIESL ROBERTSON

This month, we're curating an artsy feature wall and sprucing up the living room with a few new scatter cushions.



## HOW TO CREATE A GALLERY WALL

### 1. Choose a space

This is all about scale: if your pieces are big and bold, a nice big wall will provide a great canvas – and you could even add onto it at a later stage. However, if you're planning on hanging dainty little pencil drawings or a Lorraine Loots original, a narrow little wall or even a corner of a room

might work best. Also consider the fact that people will want to walk right up to them to get a good look, so don't go for a spot behind a big piece of furniture.

### 2. Curate

Take stock of your paintings, drawings, photos and prints. There are no rules, really, but some kind of cohesion in terms of theme or colour is good. (You might not want to mix your five-year-

old's fingerprint projects with those nude self-portraits – just a thought.) Don't be scared to combine frames in different shapes, styles and sizes. You could also add some three-dimensional objects to the mix, like a wall-mounted vase, a mirror or a ceramic tile.

### 3. Build a paper trail

Lay a large piece of paper (you may have to tape a few together) down on the floor in front of the wall you've chosen and arrange your pieces on top of it. Start with the boldest piece in your

collection; put it right in the middle or slightly off to the side, then build from there. Move them around until the arrangement looks good to you.

### 4. Make your mark

Once the arrangement works, take a marker and map out all the frames on the paper. Then check the back of the frame and measure the exact spot where the nail/screw needs to go in relation to the outline of the frame. (If you don't have a sheet of paper that's big enough, you can trace templates of each frame and stick them up individually.)

### 5. Stuck up

Now that all your frames are mapped out, put them to one side and stick the paper(s) to the wall, keeping in mind that your anchor piece should be hung at eye level. (Use a level – you don't want the whole gallery to be slightly lopsided.) If your gallery wall is above a piece of furniture, make sure there is a gap of at least 20cm or so between the bottom of the frame and the top of the furniture.

### 6. Nailed it

Drill holes or hammer nails in the marked spots. No need to remove the paper – just drill right through it, so you're 100% sure you've got the exact spot.

### 7. Wonderwall

Hang all your bits and pieces, stand back, and admire your handiwork! ♣

**TIP**

Take colours into consideration and spread out darker pieces so they're not too close together.



# *cushy job*



Printed floral velvet  
scatter (R299) @home



Gailee scatter in Amber  
Gold (R550) Hertex



Aperture cushion cover in  
Petrol (R395) Skinny laMinx



Botanical scatter with  
sketched lines (R1 195) Weylandts



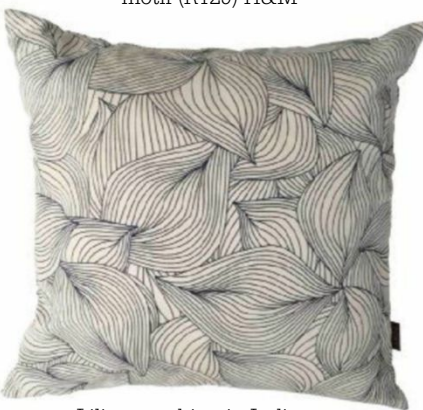
Cushion cover with cat  
motif (R129) H&M



Silk Ink Fade scatter  
(R995) Weylandts



All Ears continental cushion  
(R320-R380) Zana



Lilium cushion in Indigo on  
White (R280) Indigi Designs



Lux Prickly Pears Panama cushion  
(from R650) Handmade by Me



Patterned cushion  
cover (R149) H&M



Peacock scatter  
(R350) Woolworths



Metallic pineapple print  
cushion cover (R129) H&M



# Pets

Here's how to help old dogs and prevent grass seed casualties.

COMPILED BY **JANINE NORTJÉ**  
pets@fairlady.com

## Watch out for grass seeds!

Besides checking your dog for ticks after a walk, it's important to check for grass seeds. They're potentially dangerous as they can lodge in their paws, ears, eyes and skin. The very sharp tip can easily penetrate your dog's skin, and most grass seeds have an awn that fans out, so once it's embedded, it's like a fish hook – impossible to move backwards. They can cause painful swelling, infection, and even abscesses. Dogs try to scratch, lick or chew the infected area. If the signs of a grass seed problem are recognised early, the treatment is quite straightforward. But there are more serious scenarios. In the toes and feet, grass seeds can travel between tendons and ligaments, even to the shoulder or groin. If a seed lodges in the ear canal, it can cause chronic infection or even rupture the eardrum. If it penetrates the cornea, your dog could lose its sight. Seeds can be inhaled or ingested, possibly causing pneumonia or a collapsed lung. They're not always easy to detect, so this can escalate to a life-threatening condition. Depending on where the seed is lodged, it may be best to take your dog to the vet for removal. A course of antibiotics might also be necessary.



## Feathery facts

- The lifespan of a parrot is around 80 years
- Parrots don't have vocal cords, so they actually 'trumpet' the sound by pushing air out of their trachea
- Parrots are omnivores – they eat both meat and vegetables
- They are monogamous
- African Greys are the best mimics
- Parrots are the only birds that can pick up their food with their feet and bring it to their mouths to eat
- Their eggs are always white
- Parrots can't sweat because they don't have sweat glands. They often hold their wings away from their bodies, open their mouth or even curl their tongue to keep cool.

## FLY LOVES!

### TRICK OR TREAT?

We love Woolworths Pet Treat Tin! It's locally made, contains Nutrition First Small Dog Biscuits (and a sweet keepsake for storing more treats). R59,95 (250g).



## GREAT IDEA!

If your dog suffers from hip dysplasia or joint problems because they're getting on, they might struggle to get up after lying down or to walk on tiles or wooden surfaces. Use your old yoga mat to give them a better grip. You could also put their bowl on the mat to help them stand more steadily while eating, and to prevent the bowl from sliding around.





# Don't invite them in!

Don't let garden and household pests take over. The Efekto range of products offers easy to use effective solutions to help you protect your home and garden.



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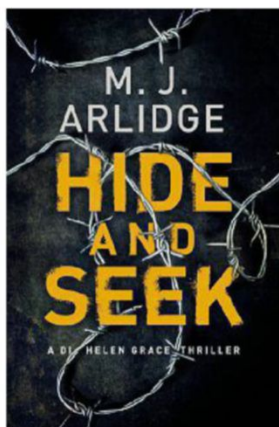
# Books

COMPILED BY KRISTEN BIRCH

This month

**FLY**

LOVES!



**HIDE AND SEEK**

BY M.J. ARLIDGE  
(Penguin Random House)

*Detective Inspector Helen Grace has been framed for three murders and is in Holloway Prison awaiting*

*trial and sentencing. Some of the women she shares her space with were put there by her – and they're looking for revenge. To make matters worse, somebody starts murdering the inmates. The murderer is able to access their locked cells and leaves their bodies mutilated. Helen secretly tries to find out who's behind the killings, but as she closes in, her fellow inmates and guards increasingly believe that she herself is guilty. Who can access the cells at any given time? Could it be gang-related? Will Helen be framed once again – even inside prison? She has only one ally: Charlie Brooks, a former colleague and the only one who believes in her innocence. But time is running out as her trial date looms. A great plot – and there's a huge twist in the tale!*

Lezelle Smit

## MORE GOOD READS

**THE NOISE OF TIME**

BY JULIAN BARNES  
(Penguin Random House)



The melancholy image that will linger with readers of this novel is that of Russian composer Dmitri Shostakovich, his little suitcase

packed, fearfully waiting night after night to be taken away by the Soviet secret police. Barnes, known for his sharp and direct writing style, depicts him as a terrified and unwilling instrument of the Communist Party propaganda machine, not free to express himself but desperate to do so: '[Then there were those] who did not grasp the one simple fact about the Soviet Union: that it was impossible to tell the truth there and live.' Barnes creates between his readers and this famous but misunderstood man an emotional connection that few other writers could equal. His almost-supernatural ability to depict Shostakovich's inner monologue makes the novel sheer genius. Highly recommended.

Marthe Bijman

**FEMINIST FIGHT CLUB: AN OFFICE SURVIVAL MANUAL**

BY JESSICA BENNETT  
(Penguin Random House SA)

Feminism has come a long way since the '60s, but recognising sexism is harder than it once was: today it can be more subtle, sometimes even politically correct – but it's no

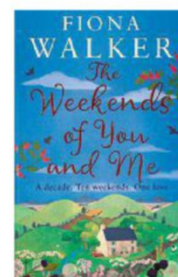
less damaging to women. Some women still have to fight for equality in the workplace, as in all other areas of life. *Feminist Fight Club* is a fun book

on a serious topic. Bennett provides a practical manual on how to survive the sexist workplace (and society at large) in an easy read peppered with witty illustrations and packed with tips for dealing with situations women face every day. It should be an essential read for women and men, whether you work in an office environment or not. It definitely left me feeling empowered. 'Repeat after me: just because I'm nice, don't assume I'm a pushover.'

Karin Bebreus

**THE WEEKENDS OF YOU AND ME**

BY FIONA WALKER  
(Jonathan Ball)



Jo wants a one-night stand, just one last fling before she gets on with her new life. Everything is perfectly planned – until she meets Harry. Just a few

hours later, she agrees to go away with him for a weekend. Over the weekend Jo begins to feel something but decides that what happens at Morrow, stays at Morrow. This



becomes a ritual: every year Jo and Harry get away from their normal lives to spend a weekend together. Things could surely not get any better, but over the years the fairytale begins to slip away. On one occasion Harry starts sharing his business concerns with Jo and the discussion about money leads to an argument. Then they discover that they both have secrets from their past. Can they be truly honest with each other, or will the secrets prove the undoing of the arrangement?

**Lezelle Smit**

## FEAR OF DYING

BY ERICA JONG  
(Penguin Random House SA)



Sixty-year-old Vanessa Wonderman is desperate to escape the realities of ageing. With dying parents, a sick husband and a pregnant daughter,

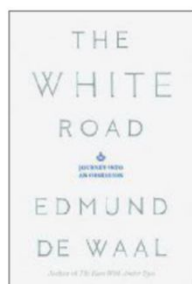
Vanessa tries to revert to the glamorous days of her youth as a famous soapie star by placing an advert on a casual encounters site, but escaping her present is not as easy as she'd hoped. She soon learns that an anonymous website is not a substitute for love and intimacy. This leads her towards acceptance of her life and all the chaos that surrounds it. Jong has a knack for giving insight into the issues that many women face with a sincerity that is both relatable and humorous. An excellent read for anyone still longing to drink at the fountain of youth.

**Chantelle Kean**

## THE WHITE ROAD: JOURNEY INTO AN OBSESSION

BY EDMUND DE WAAL  
(Penguin Random House)

In this book, British artist and writer Edmund de Waal tells the story of porcelain in five stages – through its origins in various regions of the world: Jingdezhen, China; Versailles, France; Dresden, Germany; Plymouth, UK, and

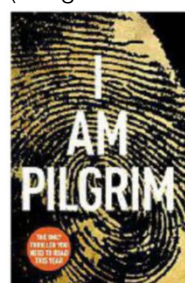


Dachau, Germany. It is an eye-opener. For centuries, the secret to creating pure white porcelain was an obsession for many around the world. It involved skulduggery, espionage, war, enslavement and madness. De Waal employs several creative visual devices to describe the white porcelain objects in order to allow the reader to grasp the distinctions between the types of porcelain. But white being white, he eventually resorts to using musical terms. Probably only a truly passionate and dedicated artist like De Waal could actually 'hear' porcelain. The book opens the door to an esoteric world, revealing to the reader how highly prized, scientifically complicated to craft and utterly beautiful porcelain has always been.

**Marthe Bijman**

## I AM PILGRIM

BY TERRY HAYES  
(Penguin Random House SA)



Set in the underbelly of a secret world, three crimes against humanity are tied together, intertwined with the journey of the Pilgrim as he attempts to find the Saracen. Hayes offers brilliant insight into the Saracen, reflecting on the reasoning behind the plot to take down one of the world's great powers. This violent page-turner had me riveted; Hayes doesn't ever reveal too much – just enough to prompt any number of theories as to what exactly would happen next. This three-part novel will satisfy any fan of thrillers as you try to untangle the truth. Even if it's only half as good as this one, Hayes's next book, *The Year of the Locust*, is on my shopping list.

**Sheldon Moss**

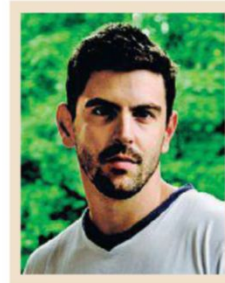
# The return of Richard Mason

**'I started writing** when

I was six or seven.

**My parents were involved in anti-apartheid politics.**

My mom ran Helen Suzman's election campaigns until we moved from



Johannesburg to the UK when I was 10.

**I fell madly in love** with a glamorous girl who was older than me. The heartbreak spurred me on to writing my first novel, *The Drowning People*.

**I never thought anyone would read it,** but suddenly a lot of people did. It won awards and became a bestseller, and instead of me waking up at 3am, inspired to write a short story like before, it became a job. I found myself conscious of other people's opinions of me. I decided there and then not to sell my next book in advance and not to ask for anyone's opinion. I wanted to rediscover the joy in telling a story.

**After the unexpected success of the book,** I had disposable income for the first time. I started The Kay Mason Foundation – named after my sister, who died when I was a child. It's a funding scheme that provides access to education for underprivileged South African children.

**Before I start writing** I immerse myself in my characters' environment. The protagonist of *The Lighted Rooms* is an elderly woman with dementia, so I spent most of my time at retirement homes. For my next book, *Who Killed Piet Barol*,



I didn't want to write about Xhosa characters without research, so I went on a quest to Mthwaku in the Eastern Cape.'

**The BBC is turning *Who Killed Piet Barol* into a TV series. ♣**



# Test house

TEST HOUSE EDITOR **TASNEEM LARNEY**

## HOW TO CHOOSE LINEN



Is there anything better than sliding into a bed made with good quality sheets? Just as the right duvet provides the perfect degree of warmth, the best sheets provide a smooth, crisp layer against your skin.

Here's what you need to know to choose the sheets that will suit you best.

### **BUYER'S GUIDE** **WHAT IS THREAD COUNT?**

*It's the number of threads woven horizontally (weft) and vertically (warp) into one square inch of fabric. The higher the thread count, the softer, more luxurious and more durable the fabric. Thread count should be about 180 threads per inch or higher. Unlike cotton, linen is not classified by thread count. This doesn't mean it's less luxurious – linen is one of the finest and longest-lasting bedding fabrics, laundering better over time than even cotton of a high thread count.*

### **... AND WEAVE?**

*This affects your bedding's look and feel. The weave you select is based on whether you're a hot or cold sleeper.*

**PERCALE:** *Lightweight, crisp, cool, breathable bedding. Best for warm climates.*

**SATIN:** *Soft and silky. Warm sleepers should choose lower thread counts.*

**FLANNEL:** *A brushed cotton for colder climates.*

**TENCEL:** *A silky feel and cool effect – great for warmer climates.*

### **TYPES OF FABRIC**

**COTTON** is the most popular fabric for bed linen. Durable, comfortable and breathable, it's available in these types:

**COTTON PERCALE:** It is closely woven using a fine thread, and thread count is vital. It has a firm, smooth finish and quality feel. Good cotton percale rarely needs ironing!

**POPLIN:** A tighter weave than regular cotton, this also needs minimal ironing.

**EGYPTIAN COTTON:** Beautifully soft yet durable, this is regarded as the best material for bed linen.

**POLYCOTTON:** A blend of cotton and polyester (synthetic) fibres or yarns, this is wrinkle-resistant and durable, and holds colour better than 'natural' fibres.

**LINEN** is a heavier, stronger natural fibre than cotton. It feels cool against the skin, so it's great for summer. Some bed linen is a blend of linen and cotton.

**SILK** is cool in summer and warm in winter. It is naturally hypoallergenic and easy on sensitive skin. But it's delicate, so it needs more care –

especially during washing.

**SYNTHETIC FABRICS** such as polyester, acrylic, nylon and rayon feel less crisp and smooth than cotton.

**BAMBOO FABRIC** is often blended with cotton or other materials, and these blends are popular. Bamboo is a sustainable resource.

### **CARING FOR YOUR BED LINEN**

*Washing instructions vary depending on the design and fabric used. Check the label for advice on the correct wash temperature and spin cycle, or whether professional cleaning is required.*

■ Iron while damp or with an iron that has a steam function. ■ Always follow the manufacturer's instructions for washing. ■ Dark colours should be washed together, as should the pillowcase and duvet. ■ Use colour-



care detergents to help preserve the brightness of dyed textiles and to ensure that whites remain white. Sheets can be washed at lower temperatures (30°C), which will also help protect the colour. ■ Wash bedding separately to stop it becoming discoloured from contact with clothes.

- Never wash bed linen with towels, as they cause pilling.
- Choose a mild, eco-friendly detergent – it's gentler on sheets and on your skin. ❖

## WE TESTED:

**FLAT SHEET, ABOUT R399 (K), @HOME**



**FLAT SHEET, ABOUT R440 (K), GRANNY GOOSE**



**FITTED SHEET, ABOUT R229,99 (D) AND R259,99 (Q), MR PRICE PREMIUM RANGE**



**FITTED SHEET, ABOUT R259 (D) AND R279 (Q), VOLPES**



**FITTED SHEET, ABOUT R299 (D) AND R325 (Q), STUDIO.W, WOOLWORTHS**



**FITTED SHEET, ABOUT R169 (D) AND R179 (Q), SHEET STREET**



Find reviews on the linen tested on our website ([testhouse.fairlady.com](http://testhouse.fairlady.com)) or subscribe to the Test house newsletter at ([fairlady.com](http://fairlady.com)) to receive the results in your inbox.

PHOTOGRAPHS: LIZA VAN DEVENTER, ISTOCK

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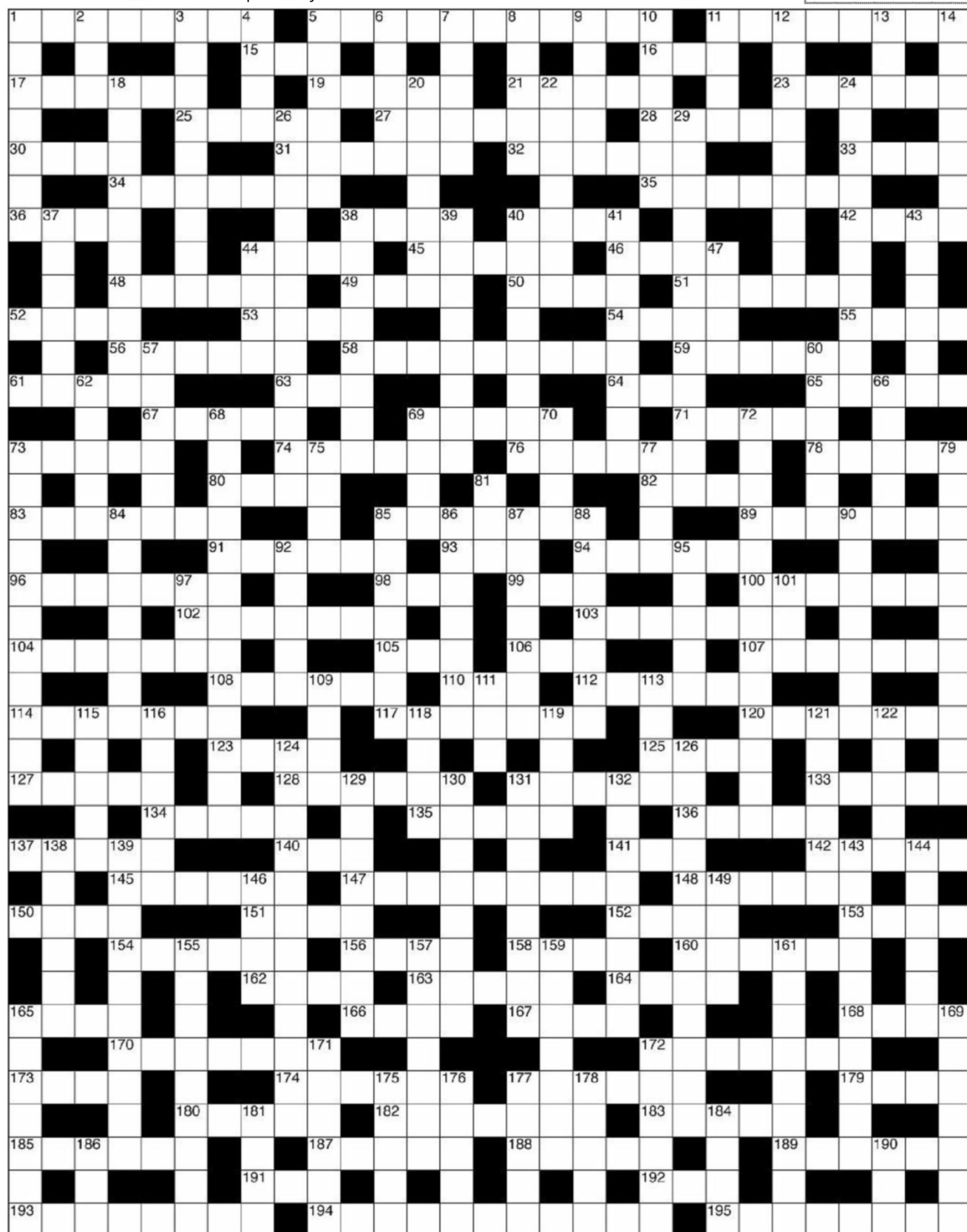
[www.yellowpages.co.za](http://www.yellowpages.co.za)



# MegaXword 129

Compiled by **Christine Lovatt**

DIGITAL ENTRY



TURN TO PAGE 127 FOR SOLUTION TO MEGAXWORD NO 127 AND PAGE 129 FOR XWORD WINNERS



## ACROSS

1. Do (business)
5. Lacking aspirations
11. Fellow player (4-4)
15. Geological period
16. Through
17. Draw forth
19. ..., aim, fire!
21. Unhitch
23. Bead-frame calculator
25. Earthy pigment
27. Lost feathers
28. Subsequently
30. Baklava pastry
31. Consumes (4,2)
32. Explores ahead
33. Yawn widely
34. Wither
35. Perpetual
36. Cronos
38. Prison
40. Fog
42. Arabian Sea country
44. Stupefy
45. US president, Richard ...
46. Greek Cupid
48. Academy
49. Yanks
50. Non-government bodies (1,1,2)
51. Morning sickness
52. Ice-free Norwegian port
53. Pause (in storm)
54. Jogging gait
55. Noel season
56. Spanish festival
58. Mind
59. Sombrero land
61. Petty quarrels
63. Treat (cow hide)
64. Tertiary student campus
65. Beginning
67. Jewish minister
69. Ship's bunk
71. Lifting device
73. Lebanon's northern neighbour
74. Spied for police
76. Actress, ... Bonham Carter
78. Highways
80. Marshes
82. Troubles
83. Demonstration
85. Books of charts
89. Forever young
91. Small church
93. Acorn tree
94. Laughing scavengers
96. Remarkable rare objects
98. Front of boat
99. Creeping plant
100. Last name
102. Chit-chat
103. Get up late (5,2)
104. Amusement park
105. Typist's ailment (1,1,1)
106. Portion
107. Nodes
108. Abuse
110. Poet's word for before
112. Form of dermatitis
114. London flower-show venue
117. Water oxygenator
120. Scolded (4,3)
123. Urged on, ... up
125. Against
127. Tilt
128. More inquisitive
131. Cannot, is ... to
133. Thrash (about)
134. Offend
135. Evade (duty)
136. Kayak
137. Aerial tracking system
140. Weeding tool
141. Commit perjury
142. Conifer secretion
145. Asexual
147. Mars, the ... (3,6)
148. Clearly point out
150. Groan
151. Frayed
152. Garden tube
153. Purplish-brown
154. Solo (3-3)
156. World fair
158. Hence
160. Summon up (demon)
162. Information
163. Confuse
164. Rents out
165. Amaze
166. Neat
167. Harvard's rival
168. 'Beware the ... of March'
170. UK prince
172. US capital of Georgia
173. Vatican City metropolis
174. Firebomb liquid

177. Uncomplicated
179. Tibetan priest
180. Rampages
182. Emission
183. Embellish
185. Iran
187. Winch up
188. Entomb
189. Most lively
191. Bullring shout
192. Hamburger, Big ...
193. Visit famous places
194. Stepmother's daughters
195. Seven-sided figure

## DOWN

1. 12th
2. Boxing legend, Muhammad ...
3. VIP's signature
4. Trades college
5. Imaginary
6. Throat lump, ... apple (4'1)
7. Purchase (entire stock) (3,2)
8. Ticket scalpers
9. Surpass
10. Slender
11. Tight
12. Consciousness
13. Alphabet (1,1,1)
14. From Asia
18. Deletes from list (7,3)
20. Extinguishing
22. Smooching
24. Old English (5-5)
26. Reappraising (2-10)
29. Enormous
37. Tennis champ,

- Andre ...
38. Large aircraft
39. Heard
40. Huge rock
41. Chemistry phial (4,4)
43. Naval expression (3,3)
44. Dimwit
47. Over-gratify
57. David's Biblical kingdom
60. Compel
62. Pronged table implements
66. Capture
68. Prams (4,9)
69. Conveyor strip
70. This spot
72. Lincoln's or JFK's murder
73. Unwanted drug outcomes (4,7)
75. As soon as possible (1,1,1,1)
77. Brand of sneakers
79. Cliffhanging
81. Bleat
84. Tragic
85. W Canadian province
86. Meeker
87. Pan
88. Con man
90. Lethargic
92. Female choristers
95. Nephew & ...
97. Cost of living index (1,1,1)
101. One, *numero* ...
109. Unbutton
111. Hip-hop
113. Fanaticism
115. Heavy antelope
116. Surgical stitch
118. Former husbands
119. Hog's cry
121. Long-term convicts
122. Ellipses
124. Installation of monarch
126. Required
129. Grimmest
130. Emotional musical piece
131. Suavely
132. Hideaway (4-4)
138. Total number
139. Radio presenters
143. Particularly
144. Dividends from shares
146. Actor, ... McGregor
149. ..., twenties, thirties
155. Discomfit
157. Walks barefoot in shallows
159. Straighten again
161. Revealing secret thoughts (7,2)
165. Screenplays
169. Very strict
171. Cummerbunds
172. Burglar deterrents
175. Active, ... & kicking
176. Chums
177. Spinnakers & jibs
178. Length measure
181. Woodwind instrument
184. Exclamation of pain
186. Oil-drilling platform
190. Cardiac monitor (1,1,1)

## FLY Giveaway



The first three correct entries drawn will each win a **Hugo Boss BOSS MA VIE Pour Femme (75ml) perfume worth R1 415.**

Your fragrance should capture the essence of your spirit and exude the sensation of a life fully savoured. In BOSS MA VIE Pour Femme, woody accords combine perfectly with sweet white floral notes through a blend of cactus flower, pink freesia, jasmine and delicate rosebuds. The fragrance was inspired by a forgotten element of the BOSS woman's lifestyle – the moment of her stepping out of her busy day to slow down and simply enjoy a sensual moment.

**CLOSING DATE: 31 MARCH 2017**



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- Monthly debit orders are available from R29,25
- The prizes will only be sent to readers residing in South Africa
- For terms and conditions, turn to page 129



# Sudoku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 to 9. You can't change the digits provided in the grid. Each puzzle has one correct solution.

## DIFFICULT

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

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

## MEDIUM

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

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

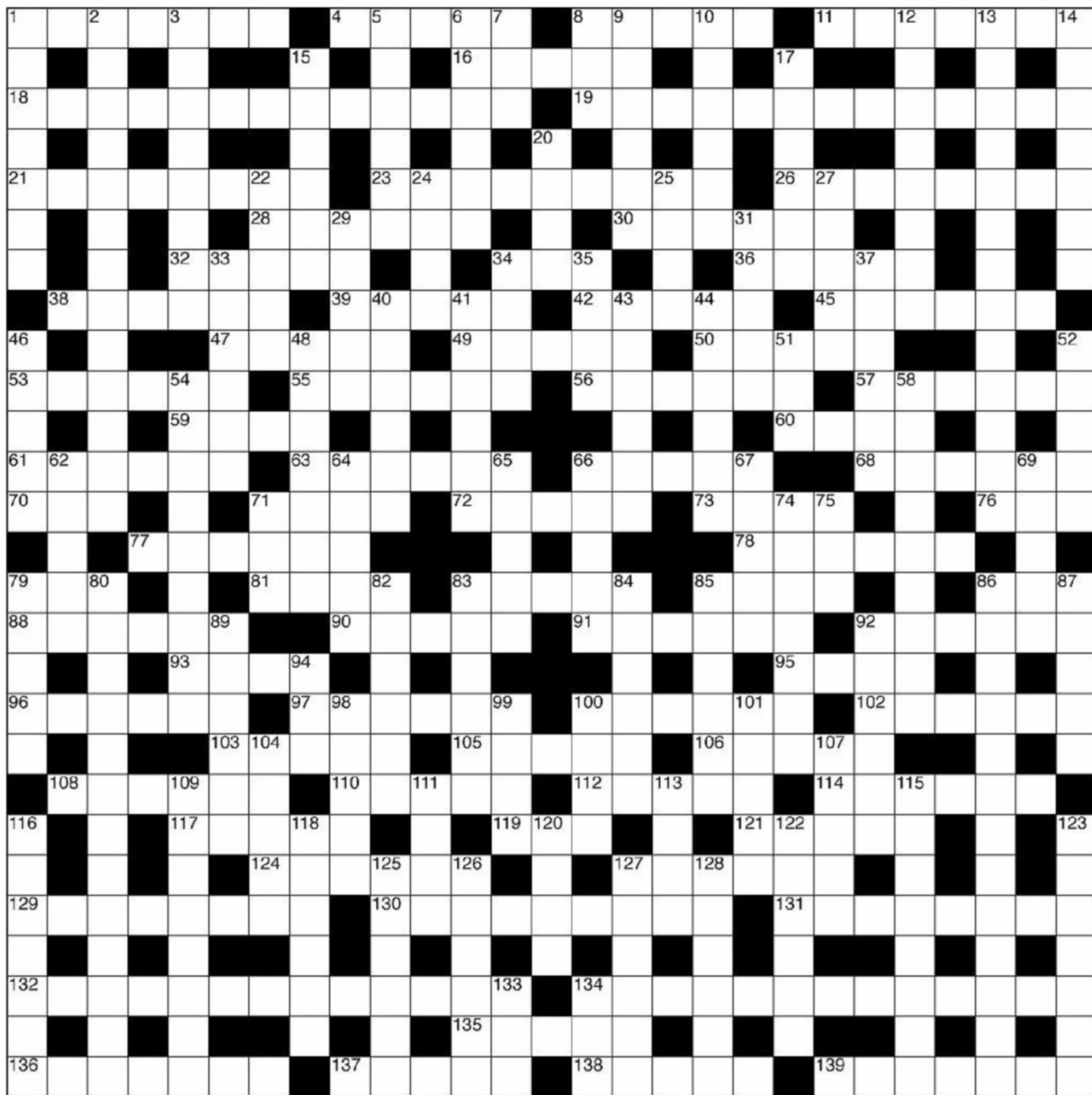
|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 9 |   |   |   |   | 5 | 6 |
| 1 | 5 |   |   | 8 |   |   |   |   |
| 8 |   |   |   | 3 |   |   |   | 7 |
|   |   |   |   |   | 1 | 5 | 4 |   |
|   | 4 | 8 |   |   |   | 6 | 7 |   |
|   | 1 | 2 | 5 |   |   |   |   | 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

TURN TO PAGE 128 FOR SOLUTIONS



# Brain teaser 128

DIGITAL ENTRY



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## FLY Giveaway

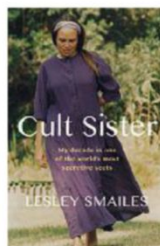
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**31 MARCH 2017**



### QUEEN OF THE FREE STATE BY JENNIFER FRIEDMAN

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BY LESLEY ELIZABETH SMAILES  
South African Lesley Smailes tells her harrowing experience of being a member of The Brethren cult for 10 years. First a series of letters between Lesley and her mother paint an idyllic picture, then Lesley fills readers in on the complete truth.



## ACROSS

1. Ached (for)
4. Countries' pennants
8. Big Ears' friend
11. Rues
16. Fossil resin
18. Mixed
19. Made distinctions
21. Uncivil
23. Height
26. Sweethearts
28. Avoided
30. Gossip
32. Destroy (papers)
34. Meadow
36. Exchanges
38. Unexpended
39. Hoedown
42. Spaghetti or noodles
45. Intrude (4,2)
47. Small isle
49. Avid
50. Arm joint
53. Lit (fireworks) (3,3)
55. About
56. Hate
57. Attach with rope
59. Horse control strap
60. Snow vehicle
61. Prim & ...
63. Happens
66. Third planet
68. Spoiled
70. Number of eras
71. Navy or azure
72. Lessens
73. Swedish car brand
76. Sat nav device (1,1,1)
77. Find 'not guilty'
78. Of weddings
79. By way of
81. Wildebeests
83. Shinbone
85. Low cloud
86. Carve
88. Pitch tent
90. Heathen
91. Deceased's property
92. Complete
93. Per, for ...
95. Infamous ruler of Rome
96. Moans & ...
97. Compulsive pill-popper
100. Skimpy pool outfit
102. Mooring hook
103. Jungle cat
105. Adult leverets
106. Successful (in love)
108. More plentiful
110. Sleight of hand
112. Indian instrument
114. Of medicinal plants
117. Rockies state
119. Revenge, tit for ...
121. Tint
124. Australian airline
127. Bright stripe
129. Slaughterhouse
130. Ambiguous (meaning)
131. Gleeful

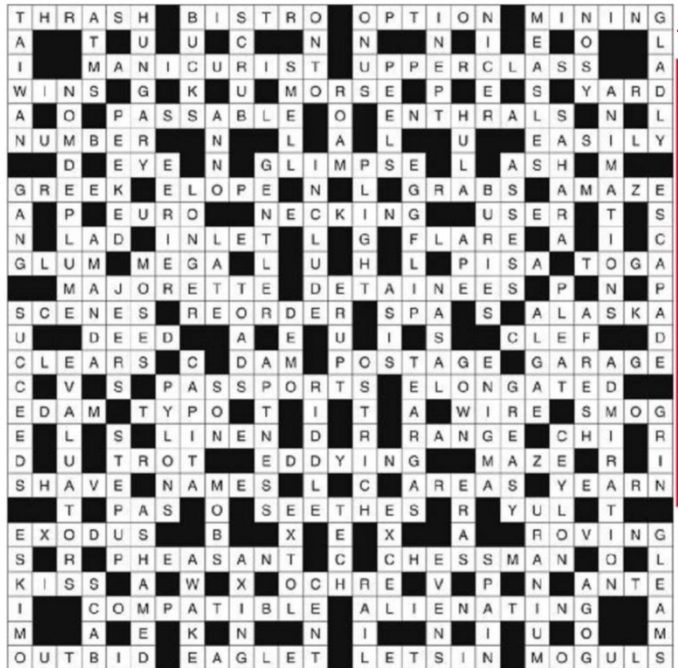
132. Terrifying (5-8)
134. Pointlessly
135. Diva, prima ...
136. Contradicts
137. Frozen dew
138. Times past, ... days
139. Fared

## DOWN

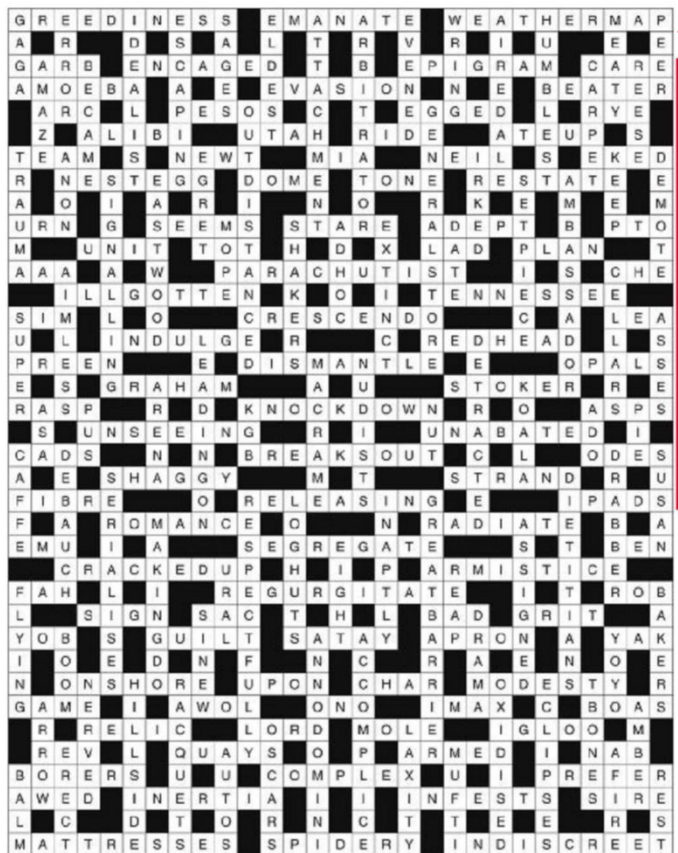
1. Tastier
2. Political murder
3. Senseless
5. Ogled, ... at
6. Measured
7. Phone text (1,1,1)
8. *The Simpsons* character, ... Flanders
9. Root cause
10. Pour (wine) into jug
12. Tenderest
13. Putting out flame
14. Brutal people
15. Baron's stronghold
17. Mould
20. Howling wind
22. Dorks
24. Bony
25. Porridge cereal
27. Saudi natives
29. Cow milk sac
31. Russian leaders
33. Female calf
34. Graphite (pencil)
35. Copied
37. Golf club
40. Immediately (2,4)
41. Core
43. Sports grounds
44. Twitter posts
46. Gradient
48. Wool fat
51. His, hers & ...
52. Nudges
54. Citizens of France
58. Enlightenment
62. *Batman* & ...
64. Dissect (3,2)
65. Shiny fabric
66. Ghostly
67. Routine
69. Heavy fencing swords
71. Annoy
74. Poison
75. Morsel
79. Brink
80. Giving shelter to
82. Oscar-winner, ... Bullock
83. Relaxation art (1'2,3)
84. St Francis of ...
85. Philippines capital
86. Scottish dance (8,5)
87. Spin
89. Glued
92. Ragged
94. Crone
98. Fiend
99. Diplomacy
100. Finest
101. Care for
104. From Baghdad

107. Light yellowish-brown
109. Tiniest
111. Thousandth of a kilo
113. Infants
115. Curb
116. Coordinator
118. Type of tweed
120. Delivered unreturnable serve

122. Nail driving tool
123. Held up
125. Helm
126. Outlays (cash)
127. Indication
128. Default
133. Procured
134. One, *numero* ...



Solution to brainteaser no 126



Solution to megaxword no 127



# Little black book

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 J Seitz, Sandton  
 J Badenhorst, Centurion

M Hunter, Hout Bay  
 E Thyssen, Tyger Valley  
 A du Toit, Riebeeck-Kasteel  
 G Engelbrecht, Germiston  
 L Rich, Aberdeen  
 Z Modena, Rivonia  
 P de Wet, Germiston  
 E Hadfield, Gordon's Bay

A Figg, Midrand  
 A Valbom, Pinelands  
 J Brandt, Stellenridge  
 C de Beer, Sandton  
 Y Redmond, Ruimsig  
 I Jones, Port Elizabeth

## Solutions to Sudoku

### DIFFICULT

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

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

### MEDIUM

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

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

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

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Send your completed crossword, with your name, postal or physical and email address and phone number, to FAIRLADY MegaXword No 129 or Brainteaser No 128 Box 7183, Roggebaai 8012 to reach us by 31 March 2017. The editor's decision is final and no correspondence will be entered into. Prizes may not be converted to cash. Staff members of the respective sponsors and Media24, as well as their advertisers, PR and digital agencies and their immediate family members may not enter. Photocopies are not allowed. Digital copies are allowed. **CLOSING DATE:** 31 March 2017. For standard rules, see page 129.



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FJ Allen, Glenashley

### • QUEENSPARK

J Sandilands,  
Krugersdorp

### • MRPHOME

A Melville, Centurion

### ELIZABETH ARDEN

K Muthu, Amanzimtoti

### • TWININGS TEA

TJ Johnstone,  
Somerset West

K Reddy, Milnerton

Y Osman, Sybrand Park

C Phillips, Port Elizabeth

P M Pilane,  
Johannesburg

N Gamaroff,  
Zonnebloem

### • KITCHENAID

C Frayne, Westville

H Wellman, Table View

### • PROTECTABED

P Karam, Johannesburg

M Grebe, Vanderbijlpark

### • CRABTREE

R van Tonder, Westdene

### • ISSEY MIYAKE

V Christiane, Wilderness

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A Olivier, Mossel Bay

### • MILADYS

A Cornell, Pretoria

### • WAZOUTDOOR

J Beddie, Bryanston

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A van der Lingen,

Linden

L Barberini,

Parktown North

### • TRAIN

M Grant, Three Rivers

J Korsman, Benoni

LP Davis, Knysna

### • PRINCESS

S Pereira, Kempton Park

D Roberts, Chintsa East

A Cocorozis,

Pietermaritzburg

### • POKÉMON

L Aylen, Kalk Bay

J Hiles, Chintsa East

M Dalby,

Pietermaritzburg

### • SA

M J Cook, Rosebank

C Walker, Mount

Edgcombe

S Halstead, Parkhurst

## MegaXword 126

M Dove, Amanzimtoti

E de Vries, Blairgowrie

C Hayes, Bergvliet

C Morrison,

Summerstrand

## Brainteaser 125

T Axtell, Plumstead

A Richardson, Lonehill

JL Brand, Durban

L Cantin, Observatory

D Beeton, Hillcrest

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Answer.....

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Address .....

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Tel .....Cell.....

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I agree to abide by the rules

Signature.....

Send coupon to: FAIRLADY/Career Woman's Must-haves Competition, PO Box 7183, Roggebaai 8012

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# STAR-STRUCK

by Angela Barry

## Pisces

19 Feb – 20 Mar

Hang in there, precious Pisces. Your heart's in the right place and this can only be good, right? A smidgen of negativity is sniffing around your wider social circle, but it has nothing to do with you. Ride the storm in your customary fashion – with style and sympathy. This too shall pass, and you'll emerge stronger and wiser.

## Aries

21 Mar – 19 Apr

Handle yourself with care – you're getting there. Going nowhere slowly may be the aim of the game this month, as plans take time to blossom, leaving you champing at the bit. Any girl would feel blue about that – but protesting your circumstances isn't necessary: you can trust that things are taking care of themselves backstage.

## Taurus

20 Apr – 20 May

The odd grumpy morning or flurry over finances aside, you're pretty much on top of things – so what's the fear about? Why the slightly harangued look? We tend to worry when we're not in control, but any OCD tendency to force things through will backfire now. So don't panic – all's well in your world. Relax into it.

## Gemini

21 May – 20 Jun

Lazy days are a must, not a luxury. You've had too few of those. Kick back at least once this month – you're hot under the collar and poised to wilt under pressure. Being a tough, tenacious sort, your energy-saving efforts work quickly, catapulting you back into the business of being fabulous in no time.

## Cancer

21 Jun – 22 Jul

Lucky thing! It's like having a month-long birthday, even though it's not – and you've hit the ground running. Stuff goes your way, no matter how hard you try to trip yourself up. Be thankful for small mercies and practise gratitude, Oprah-style, as part of your daily routine. You manifested this magic – keep it up.

## Leo

23 Jul – 22 Aug

You're over the mindless chit-chat and ya-ya sisterhood of stress. Authenticity is what you crave most. Heading for the hills is an option, but we'd miss your towering aura and *joie de vivre*. Stick it out for a while – spiritual clarity isn't far off, and it's possible that you'll have a radical realisation sooner than you think.

## Virgo

23 Aug – 22 Sept

Your truth detector is charged and at the ready – no more cloak and dagger set-ups. Plus, loved ones seem to be losing the plot. A bristling sense of integrity powers most of what you're up to this month, but do be cautious. Not everybody is out to get you, or those you love.

## Libra

23 Sept – 22 Oct

Why put it off until tomorrow? There's enough time to consider your options later, but a leap of faith may find you happier than ever soon enough. Naturally, being wildly impulsive probably won't work – but if something takes courage, it's worth doing. Or, at least, thinking about – and then acting upon. Go for it.

## Scorpio

23 Oct – 21 Nov

You may be shocked to discover that your stress hasn't disappeared, despite your best efforts. People might also disappoint – but that's life; we can't please everybody. Controlling your reactions and minding your mental state have double benefits; you'll feel better in seconds – and it won't cost a cent.

## Sagittarius

22 Nov – 21 Dec

You win some, lose some. Adopting a laissez-faire attitude towards any muck or misery thrown your way is a shrewd policy. Imagine being in the eye of the storm – other people's junk ain't a problem, as long as you calmly avoid it. Things will miraculously fix themselves soon. Be the change you want to see, as they say.

## Capricorn

22 Dec – 19 Jan

It's easy – almost too easy – to become complacent when circumstances favour your goals and expectations. Thankfully, you know this, so you won't assume everything's in the bag. There are a couple of knots to untangle and, perhaps, a chapter or two to close. But you're getting there, as you do. Nobody does it better.

## Aquarius

20 Jan – 18 Feb

Promise – so much of it! A smorgasbord of opportunity and gain in almost every area of your lovely life. The catch? Perhaps there isn't one. You've worked like a Trojan and the results – if only preliminary – are in. What a treat! The winning streak endures for as long as your positive approach does, honey. ♣



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