



THE OPRAH
MAGAZINE

LIVE YOUR BEST LIFE

• • • • •
**OPRAH'S
BACK ON TV!**
The Joy,
Laughs and
Lessons
Continue

You're Braver Than You Think!

**How to Find Your Strength,
Confidence and Power**

• • • • •
**PLUS: Courage – It's the Life Skill
EVERYONE Can Learn**

On Your Side

Brand-New Columns
from O's Newest Wise Women:
Brené Brown and Iyanla Vanzant

The Mirror Fast

Could You Live Without
Your Reflection for
Two Weeks?

Sexism in Social Media

Three Women Took on an
Internet Giant – and Won!

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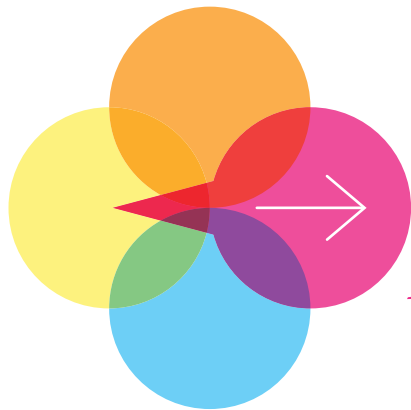


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November 2013

Why You're Braver Than You Think

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"ALICIA KEYS:
HER OWN WAY"

↑
"There's an important part of life that involves being spontaneous – being open to where it takes us."
–Alicia Keys



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"BEAUTY: LOOK
WHAT WE FOUND!"



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"MY MIRROR FAST"

←
"Freedom from our reflected selves bestows a greater opportunity to self-reflect."
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"Flirty prints and feminine silhouettes – what's not to love?"
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CLOCKWISE, FROM TOP LEFT: REX/LONDON NEWS; ANGIE LAZARO; ERIN WENGGROVIUS; GALLO IMAGES/BUSINESS DAY/TREVOR SAMSON; FRANK ELLIS; DENVER HENRICKS.



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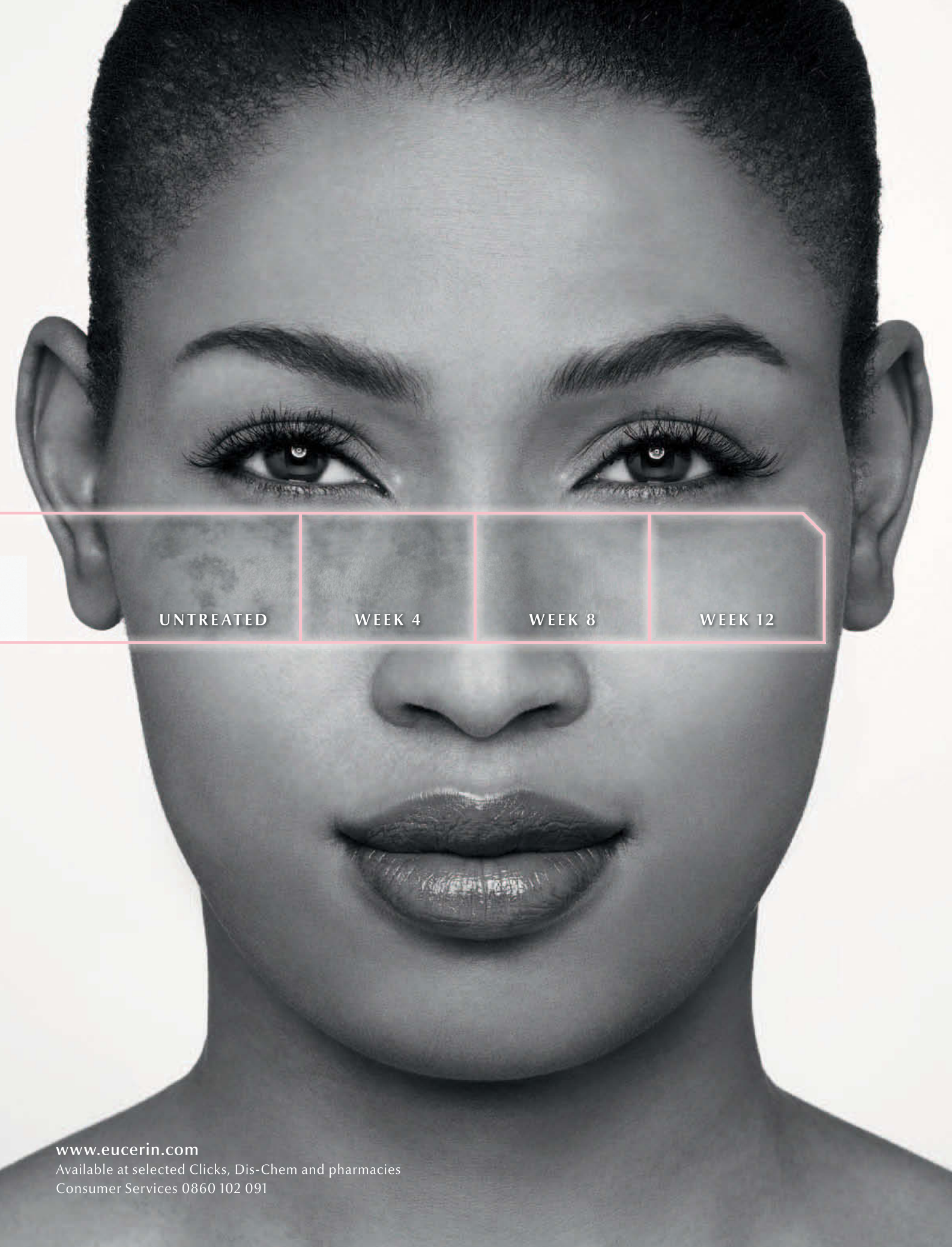
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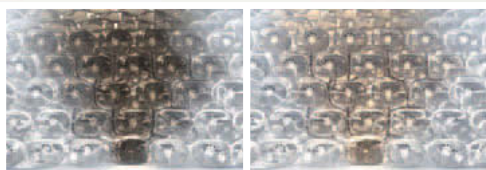
WEEK 12

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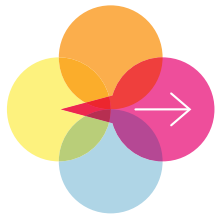
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Here We Go!

I**IN EVERY JOB** I've taken and in every city I've lived, I've known it's time to move on when I've grown as much as I can. When I left Baltimore, in 1983, almost everyone around me doubted whether I had what it took to handle a talk show in a tough market like Chicago – but I took the step anyway.

What that move and many others since have taught me is that the true meaning of courage is to be afraid and then, with your knees knocking and your heart racing, to step out anyway – even when that step makes sense to nobody but you. I know it's not easy, but making a bold move is the only way to advance towards the grandest vision the universe has for you. If you allow it, fear will completely immobilise you. And once it has you in its grip, it will fight to keep you from becoming your best self.

You need to decide that no matter how difficult the path ahead seems, you will push past your anxiety and keep on stepping, which is what I did when I decided to open a Leadership Academy for Girls in South Africa, end *The Oprah Winfrey Show* after 25 years and launch my network in January 2011.

We're all braver than we feel at this very moment, but everything you've ever done prepares you for all you can do and be. Author Polly Morland discovered this when she quit her job to spend three years interviewing more than 100 people, whose stories of courage were recently published in her book *The Society of Timid Souls, or, How to Be Brave*. Turn to page 108 to read what Polly learnt from them about dealing with fear – courageously.



Whether you are boldly wearing summer's happiest colours (page 29), choosing not to examine every flaw in your reflection by valiantly embarking on a "mirror fast" (page 58) or setting a challenge to be a little braver every day (page 122), I am certain you will gain the courage you need by first clarifying your purpose and then releasing your fears about what you can achieve.

Be bold, be brave ... your best life is waiting for you.

“You need to decide that no matter how difficult the path ahead seems, you will push past your anxiety and keep on stepping.”



We think proof is even better than promises against dark spots.

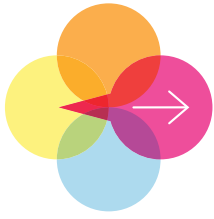
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FROM *Sam's* DESK

O's editor shares what's on her mind this month.

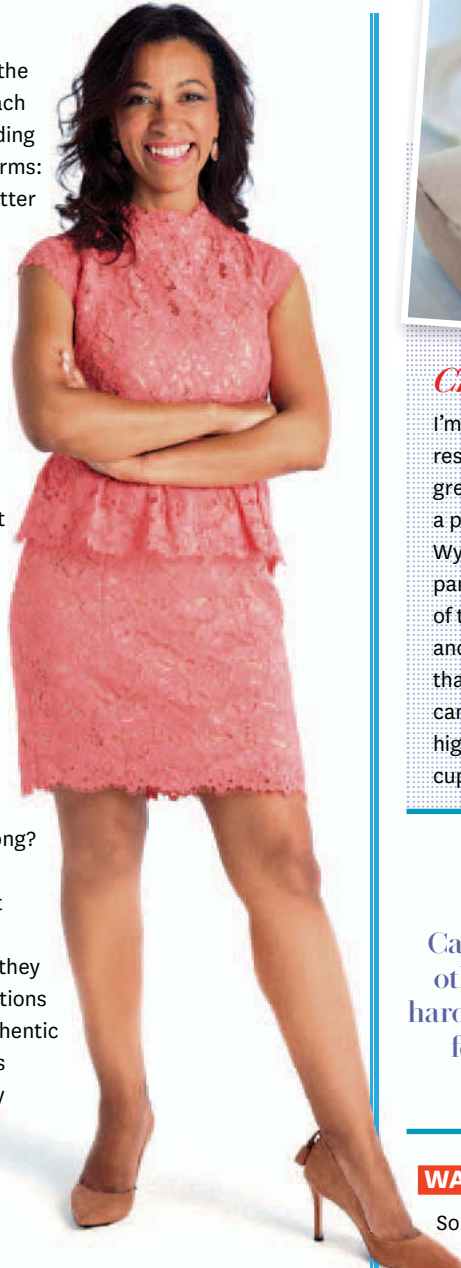


I RECENTLY READ an article that cited an astounding statistic: Apparently, of the 66,000 thoughts the average individual has each day, two thirds of those are fear-based. According to the author, these fears come in two basic forms: fear of the unknown and fear of conflict. The latter stems from a deep-seated dread that if we do something that someone else doesn't like, we'll be cast out of the proverbial tribe, be exposed as the weakest link or eliminated for being an imposter. I never thought I'd say it, but fear rules!

While we might all be assuming that an unstable global economy and worsening crime statistics are at the heart of this rule of fear, the author suggests that perhaps the root of it all is that we've been made to deny who we really are. It's no secret that when you step out, speak up and challenge perceptions, the results are not always favourable ... but how can you not? How can you continue to silence yourself? How long will you make yourself small enough to fit into a box others have designed for you? And for just how long will you continue to believe the story others tell about you when you know they've got it all wrong?

A poster in the Palo Alto Facebook office challenges employees with the question, What would you do if you weren't afraid? When I feel least brave, I whisper those words to myself - they give me the courage to think beyond the limitations I place on myself, so I can step into a more authentic place. And while there are times I'm not always successful, I know this is what it means to truly live without fear - to meet every moment as the truest version of me. I assure you, this is a risk worth taking!

Samantha



Chelsea Charm

I'm always looking for cafés and restaurants that offer heart along with great dishes, and **Four & Twenty** is such a place. Nestled in Chelsea Village, in Wynberg, Cape Town, this café and pantry, which was conjured at the foot of the Eiffel Tower by two friends, Tracy and Marijke, is testament to the fact that you are the only person alive who can see your bigger picture. I can highly recommend the mini red-velvet cupcakes. Visit fourandtwentycafe.co.za

QUOTE THIS

**“Risk! Risk anything!
Care no more for the opinion of others, for those voices. Do the hardest thing on Earth for you. Act for yourself. Face the truth.”**
-Katherine Mansfield

WALK TALL

Sometimes you have to fake being brave until you can get there - one way is to dress the part. I am a huge fan of everything **Ted Baker**, and these snakeskin banana heels from the spring/summer collection gives me a more confident stride. For more information, visit tedbaker.com



Change Just One Thing ...

As the weather warms, we all feel more inclined to freshen up our spaces. You can do that by making just one tiny change, which is what I did in my office: An **Addis Stella** chair was exactly the update I was looking for. At R225, it's a cost-effective investment. Visit addis.co.za



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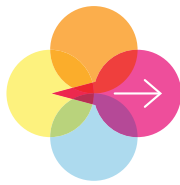
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*Source: NPD BeautyTrends, total sales of 4 countries: France, Italy, Spain mainland and UK, skin care products sold in perfumeries, prestige brands, sales in value in 2012.

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Contributors

A Daring Spirit

Four contributors to this month's issue share what bravery means to them.

Phyllis Ndlovu
"How I Got Here,"
page 142.



"Bravery is the ability to press on towards your convictions, regardless of your fear of the unknown. It's when the clamour of your passion is louder than the noise of your fears."

Nicola Taylor
"Women Who Make Beautiful Things,"
page 46.



"Living with courage is to continuously choose a path of risk, discomfort and vulnerability, in order to grow and gain in the name of human potential. This bravery is what life is truly about."

PJ Powers
"Aha! Moment,"
page 43.



"The bravest thing we can do is acknowledge that the hard thing to do and the right thing to do are often the same. Once we recognise that truth, we must also have the courage to act on it."

Khanya Matlala
"Lean Out, Say Millennials?"
page 116.



"To me, being brave means finding the strength within yourself to climb what seems like a mountain standing in the way of whatever you want to achieve."

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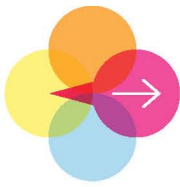
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Behind the Scenes

Painting the Town Red

At this month's cover shoot, our fearless leader combined work and play.

"THIS IS WHERE I go shopping," said Oprah, as she flipped through racks of clothes during her photoshoot in New York. **1.** Rocking the Lisette L pants she found at the shoot – she loved them so much that she kept them. **2.** Evaluating her earring options: "Is this too much red?" **3.** Striking a pose for photographer Ruven Afanador. **4.** Oprah's new go-to loafers in a rainbow of colours. (She particularly liked the yellow ones.) "I love a Hush Puppy," she said. "It's like a cushion for your foot!"

—CLARISSA CRUZ



HOW OPRAH DOES RED ...

Make-up artist Derrick Rutledge lined Oprah's lips with a brick-red shade, like **Dior Lip Pencil** (R280) in Autumn, filled them in with **MAC Lip Pencil** (R165) in Auburn, then layered **MAC Plushglass** (R185) in Wildly Lush over the top, concentrating the gloss in the centre of her lips for a fuller look.



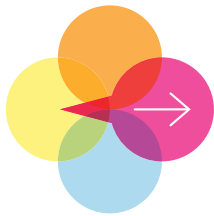
Better Off Red

SELECTED ITEMS IN ONE OF SUMMER'S FAVOURITE COLOURS:

- A.** Jasper earrings, R1,170, Petra at caratstones.com.
- B.** Heels, R1,200, Passo at Step Ahead.
- C.** Skinny jeans, R300, Free2BU at Edgars.
- D.** Stainless steel and sapphire crystal watch, price on request, Dior.
- E.** **Chanel Rouge Allure Lipstick** (R395) in Passion.
- F.** **YSL Rouge Pur Couture** (R375) in #13 Le Orange.
- G.** **Tom Ford Beauty Lip Color** (R495) in Cherry Lush.



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O-ver to You

O readers reveal the articles that touched their hearts and made a difference to their lives.

Letter of the Month

Write a letter telling us, in no more than 250 words, which story really moved you, and yours could be chosen as the Letter of the Month.



Happiness from Sorrow

Author John van de Ruit's Aha! Moment in the August issue [The 2013 O Power List] resonated with me. I, too, felt profound grief when I lost my father. I was 8, and so filled with anger and loneliness

that when my mother met someone else a few years later, I hated her for it. As it turned out, this new man became the best friend I needed. When he passed away last year, I felt all that pain resurface, but this time I decided to keep his memory alive by completing my book and dedicating it to him. Out of sorrow, comes happiness. I am blessed to have two guardian angels watching over me, and because of them, I know I'll never be alone. *—Anisa Singh*



This month, the writer of our winning letter will receive a Bee Nigma face cream hamper, worth R1,720. Packed with powerful natural ingredients, Bee Nigma rejuvenates your skin for a smoother, more youthful complexion. For more information, visit wlhealing.co.za

Living Gratitude

Every month, the wisdom in O reminds me how blessed I am. I was especially inspired by Oprah's humility in her "What I Know for Sure" in the August issue [The 2013 O Power List]: "The only difference between being famous and not is that more people know my name. When it comes to what really matters – what makes us laugh and cry, grieve and yearn, delight and rejoice – we share the same heart space." She teaches us that it's the simple things that give the most pleasure.

—Shernaaz Moola



O Asked:

What's the bravest thing you've done recently?

"I went on a cruise to overcome my fear of the sea."

—Mandy Bowers Heynes

"I left my old life and started a new one. It has been sad and terrifying but, most important, exhilarating."

—Kamo Gaokgwathe

"Having surgery to fix my broken ankle. I have a plate and seven screws holding my ankle together and I'm recovering slowly."

—Nqobile Mafungwase Magudulela

"Crossing the Mediterranean Sea in an aeroplane, despite my fear of flying."

—Vero Taba

Making Amends

After reading Oprah's "Here We Go!" and the O Interview with Brené Brown in the July Issue [Confidence!], I realised I'd been longing to find a way to stop the painful and vicious cycle of feeling ashamed. I was unexpectedly retrenched in 2010 and then experienced one rejection after another while trying to find a new job. As my confidence plummeted, I turned to a reliable source of comfort: food. This made it even worse; when you're overweight, people perceive you to be lazy and lacking in self-control. The disdain in the interviewers' eyes hurt – but then I realised I was responsible for my own happiness. I've since started a new life plan, consisting of regimented eating and exercise routines, and have decided to "dare greatly." No one is going to stop me ever again.

—Lynne-Alice Crabtree

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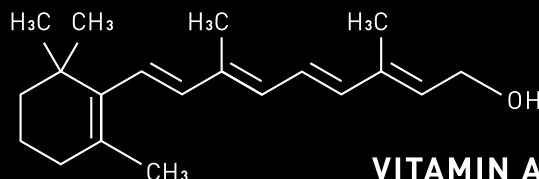
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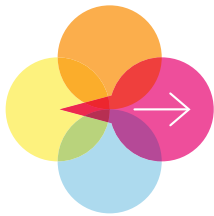


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Premieres 21 November at 8 P.M.

"My students often ask me, 'How do I get to be who you are?' They mean, 'How do I get to be secretary of state?' And I say, 'Well, you start out as a failed piano major and you go from there.' You can't plan every step in life."

Condoleezza Rice, former US secretary of state and professor of political science at Stanford University



USHER: *The Man Behind the Music*

Intimate, inspiring and always enlightening, *Oprah's Next Chapter* sees Oprah step out of the studio for conversations with newsmakers, celebrities, thought-leaders and real-life families. In this episode, Oprah travels to the home of Grammy Award-winning R&B artist Usher Raymond IV, in Atlanta, Georgia, for an intimate interview in which he opens up about his custody battle for his sons, the infidelity rumours, divorcing his ex-wife, Tameka Foster, and how the divorce affected the promotion of his latest album, *Looking 4 Myself*. Plus, Oprah talks to Usher's mother and former manager, Jonetta Patton, about why she chose not to attend her son's wedding, and the reason behind their reported rift. **Premieres 7 November at 8 P.M.**

SUPER SOUL SUNDAY

In this award-winning series, Oprah sits down for in-depth conversations with some of the world's most renowned thinkers. This is TV at its most inspiring, designed to help viewers awaken to their best selves.

Oprah and Rainn Wilson present *Soul Pancake* on 3 November at 11:50 A.M.

Dr. Jill Bolte Taylor: A Stroke of Insight on 10 November at 11:50 A.M.

Oprah and Iyanla Vanzant: Soul to Soul, Part 1 on 17 November at 11:50 A.M. The bestselling author and spiritual teacher talks about how she was able to find peace among the broken pieces of her life.

STAR POWER

OPRAH'S NEXT CHAPTER: JENNIFER HUDSON

Oprah chats to the award-winning singer in Chicago about her relationship with her fiancé, David Otunga, their upcoming wedding and the man convicted of killing her family. **Premieres 28 November at 8 P.M.**

OPRAH BEHIND THE SCENES: LIZA'S RAZZLE DAZZLE

Living legend Liza Minnelli returns for a show-stopping performance. When her rehearsal runs over time, can producers cut some of the razzle-dazzle without offending the superstar? **Premieres 14 November at 8:55 P.M.**



TLC Entertainment, which will be exclusive to DStv in South Africa and across sub-Saharan countries, brings you the biggest hits from OWN: Oprah Winfrey Network. Key OWN titles joining the channel include *Oprah's Next Chapter*, *Oprah's Master Class*, *Oprah's Lifeclass* and *Super Soul Sunday*.

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David Hale

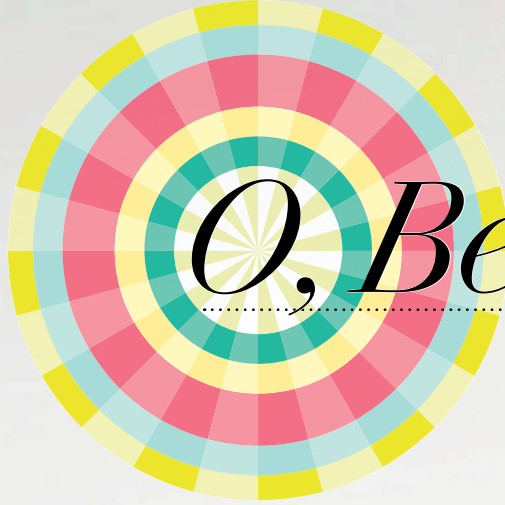
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3. Wait for 5 – 30 seconds and the hidden content will appear

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O, Beautiful

Smooth Operators

Ease into summer with products that exfoliate, tone and soothe your skin.
By *Chereen Gibson*

WHY SHOULD YOU USE A BODY SCRUB?

Scrubs work their magic by removing dead skin cells, so any products you apply afterwards will be better absorbed. A good scrub also stimulates just about every nerve ending in your body, which boosts circulation and reduces water retention.

Sh'Zen Rejuvenating Scrub for Body (R199) is a luxurious, weekly treat that contains avocado, almond, and wheatgerm oils to improve elasticity and nourish your skin.

For an invigorating boost that will also soften your skin, add a little water to **GreenLand Grapefruit-Ginger Scrub Salt** (R170) before gently massaging into your skin.

Mama Mio Skin Tight Toning Serum (R700) uses facial peel technology to exfoliate, tighten, tone and moisturise your skin, all in one go.



The delicate skin on your décolletage has a tendency to lose elasticity with time. Applying new **Nip + Fab Bust Fix Décolleté Gel** (R324) to your chest and bust twice daily helps improve tone and texture.

Massage **The Body Shop Spa Fit Toning Massage Oil** (R200) into stubborn areas for an added dose of moisture and more toned skin.

The fruity scent of **I Love ... Mango & Papaya Exfoliating Shower Smoothie** (R60) lingers on your skin for hours after application. *For details, see Shop Guide.*

L'Occitane en Provence Amande Cleansing and Exfoliating Shower Scrub

(R195) is enriched with almond oil to moisturise, while crushed shells remove dead skin cells for velvety soft skin.

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Revive your complexion with a pop
of pink cream blush on lips and
cheeks. By *Chereen Gibson*

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(R50) in Pink

Bobbi Brown
Pot Rouge for Lips
and Cheeks (R310)
in Pale Pink 11

NYX Rouge
Cream Blush (R111)
in CBo6 Diva.
For details, see
Shop Guide.

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THAT LOOKS GREAT.**



NEW

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RANGE OF RICH
MOISTURISING CREAMS**



YOU ASK, O ANSWERS

Q: I want to go barefaced this summer. What can I do about large pores, besides cover them up?

A: Unfortunately, the size of your pores is determined largely by genetics, and you can't magically "shrink" them overnight. But, given time and a little expertise, you can reduce their appearance. Maureen Allem, founder of Skin Renewal Aesthetic Centres, recommends switching to a cleanser that contains alpha-, beta- or poly-hydroxy acids. "Exfoliation is also key," she says. "You can use an at-home facial scrub, or go for microdermabrasion at a salon or spa, to see results."



@ChereenGibson

Chereen's Choice

O's BEAUTY EDITOR SHARES HER FAVOURITE THINGS

A Golden Partnership

Beauty and fashion go hand in hand, so I was excited to learn about SA designer David Tlale's latest couture collection, inspired by Pond's Gold Radiance range. Tlale created five exquisite garments to capture the essence of each product in the new line. My favourite? Tlale's masterpiece gown, embellished with handcrafted flowers, feathers and golden beads. It is an inspired reflection of **Pond's Gold Radiance Precious Youth Serum** (R215), which re-energises ageing skin cells with real gold microparticles.



TIME SAVER!

As a working mom, I don't have much time to enjoy a long, indulgent bath, put on body lotion, apply flawless eyeliner or wait for a hair treatment to work. Thanks to these helpful products, I can save valuable time while still maintaining an effective beauty regime:

Nivea recently launched the first body lotion that can be applied in the shower. Simply cleanse and rinse your skin as usual, then follow with **Nivea In-Shower Body Moisturiser** (R30 for 250 ml), rinse and towel off for smooth skin in a matter of minutes.



Uniq One All In One Hair Treatment (R299) is a spray-in treatment, which leaves your hair soft, shiny and manageable. It adds shine and volume, controls frizz, ensures your colour doesn't fade and provides UVA/UVB protection.



The one question I am asked regularly is, "How can I create the perfect winged eye?" And my standard answer has always been: Practice makes perfect. That is, until I discovered **Essence Frame 4 Fame Wow Style Stick On Eyeliner** (R30). These reusable self-adhesive liner designs are surprisingly easy to use (simply peel off backing and apply along your upper lash line) and come in three fashionable designs. For details, see Shop Guide.



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Q How is Dove different to other deodorants?

A Dove is the first deodorant to moisturise your skin while keeping you dry. Gentle and effective, Dove offers the perfect balance between all day protection from wetness and odour and the added benefit of moisturisation.

Q What does the ¼ moisturising cream do?

A The ¼ moisturising cream has been proven to moisturise the skin, leaving your underarm skin soft and smooth.

Q Does the ¼ moisturising cream stop the product from being highly effective against wetness and odour?

A Not at all! That's the great thing about Dove deodorant. It offers you 48 hour protection against wetness and odour, while caring for your underarm skin, so you can feel confident that the product will keep you fresh and dry all day.

Are you ready to experience soft, smooth, beautiful underarms?

- 48 hour anti-perspirant protection
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Beautiful Result.**



Fashion

Sunny Side Up

A twist of lime or dash of lemon make for the perfect summer colour cocktail, says O's guest fashion editor *Cara-Lee Ruditzky*.

Ray of Sunshine

Embrace this confident colour by wearing it head-to-toe – just be sure to keep the number of items to a minimum.

Maxi dress, R450, Truworths.
Earrings, R170, Lulu Belle.
Handbag, R1,999, Jo Borkett.
Heels, R1,299, Nine West. ▶

Cara says:
"Combine different shades of yellow when wearing it top to bottom."



LOOK
WHAT WE
FOUND!





Fruity-licious

Mix and match citrus colours for added zing: Orange and yellow complement each other perfectly.

Yellow-and-white checked cardigan, R399, Zara. Tangerine dress with green detail, R1,199, and yellow belt, R499, both Mari and Me. Cuff, R160, Lovisa. Chain bracelet, R225, Lulu Belle. Ankle-strap heels, R499, Zara.

Cara says:
"A sundress gets a professional update with a light cardigan."

Do the Twist
Bright yellow is at its most chic when paired with clean, crisp white. Pair a flowing sleeveless blouse with three-quarter pants and court shoes – the only accessory needed? Beautiful, glowing skin!

Yellow-and-white blouse, R1,359, Ted Baker. Trousers, R499, Zara. Sunglasses, R1,199, Guess. Court heels, R1,490, Europa Art Shoes.





Colour Me Happy

If you want to go all out in this shade and show off your summer-ready legs, add some spunk and dimension with an embossed, textured sundress, paired with strands of cotton beads and daring wedges.

Textured dress, R499, Zara. Cotton beaded necklace, R195, Lulu Belle. Mustard heels, R999, Aldo.



Short and Sweet

For a stylish take on a casual summer look, combine colour-blocked shorts in mustard and tan with a delicate printed top.

Blouse, R399, Zara. Mustard and nude shorts, R1,350, AYK. Bracelet set, R835, Joya Collection. Flat sandals, R380, Ginger Mary at Truworhs. For details, see Shop Guide.

Cara says: "Beaded sandals are a flattering warm-weather staple."



Party Pack

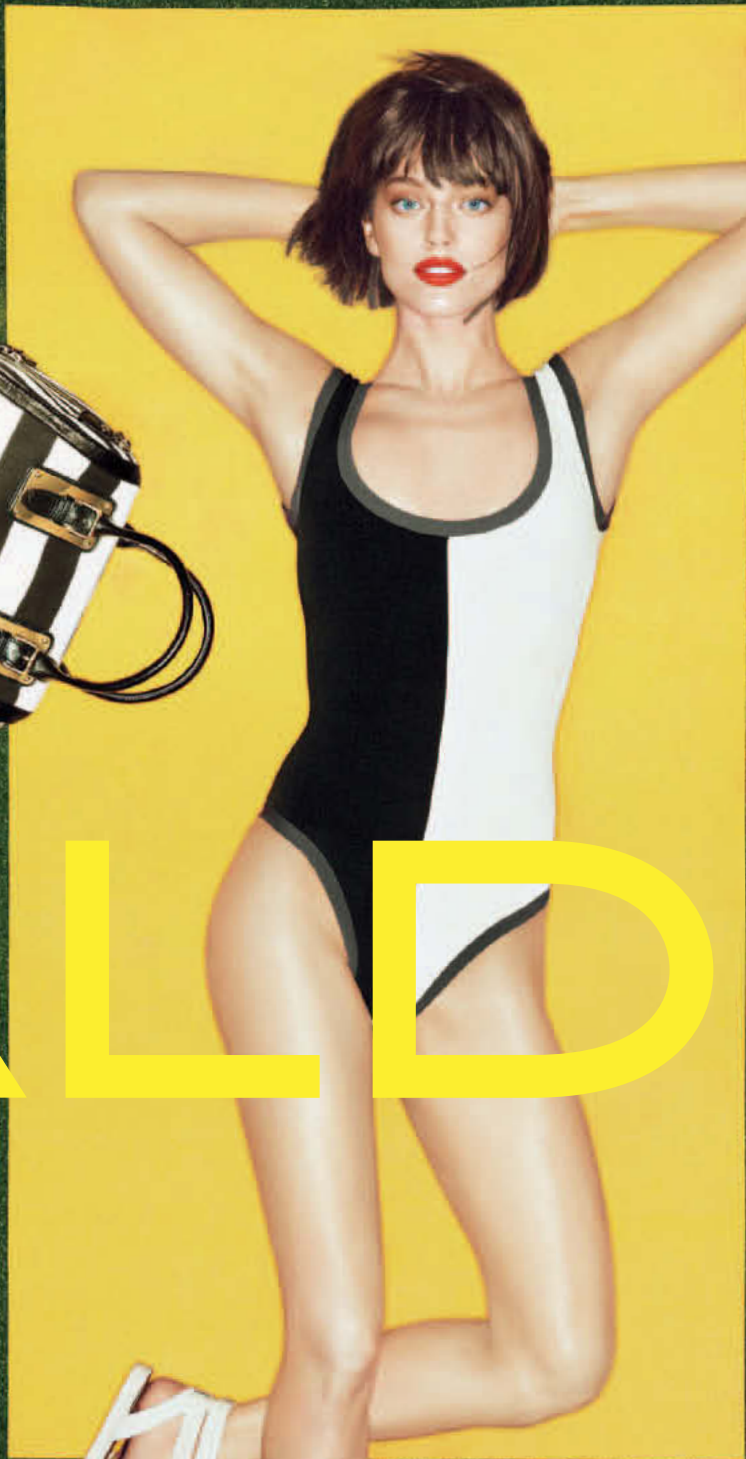
Meet your summer-party companions, perfect for mingling at outdoor soirees.
By *Raaziqa Majiet*



CLOCKWISE, FROM TOP LEFT:
Orange, R1,900, Shutz at Oscarina Boutique. Gold, R659, Zara. Red studded, R140, Ackermans. Gold studded, R799, Aldo. Tan embellished, R300, Prato at Edgars. Blue studded, R449, Call It Spring. Leopard-print, R249, Rage. Black studded, R649, Zara. Perspex and silver, R90, Ackermans. Gold and nude, R4,260, See by Chloé at Oscarina Boutique.
For details, see Shop Guide.



Love That!



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Leila's Choice

O's FASHION EDITOR SHARES HER FAVOURITE THINGS

Accessory Stacks



Expressing yourself through jewellery has never been this much fun: Layer your wrists with delicate cuffs and bracelets in one colour, or a mix of metals and textures. The more the merrier!

FROM FAR LEFT: Rose-gold bangle, R6,000, Winston Lane. Bracelets, R99 each, Foschini. Tassel cuff, R249, mesh bracelet, R399, buckle cuff, R399, wrap cuff, R399, Michael Kors watch, R3,999, all American Swiss.



YOU ASK, O ANSWERS

Q Summer's here but I'm not at all confident in a bikini. Which style should I wear to feel comfortable and still look fashionable?

A: The beachwear of choice this season is the retro-inspired swimsuit, so you have the go-ahead to wear a full piece, or high-waisted bikini bottom. Both options give you great coverage and are right on trend. Enjoy!



Top, R699, and bottoms, R599, Love Water Love

RUFFLES ADD A PRETTY, FEMININE TOUCH

CHARITY COLLECTION: PETITE JOLIE FOR LILIKOI

What can you do this year to show your support for Movember? By buying a pair of Brazilian Petite Jolie for Lilikoi sandals you'll be helping to raise funds for Can-Sir, a local men's non-profit organisation aimed at cancer awareness, education and support. Petite Jolie for Lilikoi Movember styles are available at Lilikoi's online store, lilikoishop.co.za, The Secret Room in Riverside Mall and Sowear to in The Zone, both Johannesburg, Habits in Cavendish Square and Skin Tonic in Sea Point, both Cape Town, and online at style36.co.za. For details, see Shop Guide.

@LeilaPetersen



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 good hair day, every day



The Straight and Narrow

O's fashion team shows three readers with different shapes how to wear the pencil skirt with flair.

FOR THE SHORT FRAME

Jacqui O'Connor, 30, PR coordinator

Considering Jacqui's height, it's important that her skirt sits just above her knee, to create the illusion of length. Stylish, nude heels further enhance the effect.

Cream top, R650, Banana Republic at Stuttafords. Printed skirt, R199, Woolworths. Nude belt with gold plate, R480, Witchery at Stuttafords. Large gem bracelets, R180 each, Lulu Belle. Heels, R999, Aldo. ▶

"I didn't think a pencil skirt could work for my height, but I was so wrong."





**FOR THE
CURVY FRAME**

Saskea Jacobs, 24, musician

Two important style rules come into play here: First, we tucked in Saskea's top and added a belt to accentuate her waist. Then, we opted for solid, colour-blocked items, where the brighter shade highlights her top half.

Pink blouse, R499, Sissy Boy.
Orange pencil skirt, R499, Zara.
Gold necklace, R129, Topshop.
Pink belt, R199, Accessorize.
Orange-and-pink heels, R499, Call It Spring.



“I love this bold colour combo; it’s the perfect look for my singing gigs.”

“This print is so vibrant
– and I wouldn’t have
thought to pair blue
with blue.”

STYLE TIP:

To balance the lengthening
effect of a pencil skirt, don’t
tuck in your shirt.

**FOR THE
TALL AND LEAN FRAME**

Lauren Hills, 24, student

A midi-length pencil skirt, which falls just below the knee, is perfect for Lauren. In a bright and bold print, this fitted skirt is sophisticated and summery.

Blouse, R499, Jo Borkett. Kaleidoscope print skirt, R439, Topshop. Necklace, R169, Lovisa. Clutch, R299, Accessorize. Silver court heels, R499, Call It Spring. *For details, see Shop Guide.*

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“I believe that the most important thing, beyond discipline and creativity, is daring to dare.”

—Maya Angelou

From Banker to Clothing Designer

Zama Mathe discovered that her longtime hobby was actually her dream career. *By Kemong Mopedi*



→ **AS A TEENAGER**, Zama Mathe aspired to work for a bank largely because the employees always looked neat and elegant in their uniforms. And when she was fresh out of matric, life presented her with just this opportunity, when a bank in Durban hired her as a home-loans clerk. “I used the opportunity to dress up stylishly every day – I believe well-dressed women radiate charm and power,” she says. Her style didn’t go unnoticed; colleagues often asked where her clothes were from, and some went as far as to place orders for items when they heard she’d made them herself.

After spending a year and a half at the bank, Zama enrolled for a degree in economics at the University of KwaZulu-Natal, but had to take a break when she fell pregnant in her second year. “I think the time I took off to raise my son at home pointed me in the direction of my future career. I used to cut up and re-design my own clothes. I even made curtains for my mom,” she recalls. Zama taught herself to sketch designs, cut out patterns and sew. “I’d often use Google for tips and directions,” she says.

As a parent, Zama needed extra funds, so she took an administrative job at a hospital while she was moonlighting as a clothing designer and seamstress. She realised that she was happiest when making clothes – and was faced with the most important decision of her life. “I resigned from the hospital, because I just couldn’t ignore my true calling anymore,” she says. Before long, she was tending to the needs of a solid client base and had her own studio downtown. She launched her label, Zarth Designs, in 2009 [the name is an abbreviation of her full name, Zama Ruth Mathe].

Her excitement is tangible when she describes the essence of her designs: “My garments are an elegant fusion of good fabric and craftsmanship. I’m pedantic about finishing touches – and delivering on time,” she says. Zarth featured at one of Durban’s biggest fashion shows, Fashion by the Sea, in 2012, and then the prestigious Vodacom Durban July earlier this year – and this exposure has ensured new horizons and a growing client base.

As her popularity has grown, so has demand for her creations. She admits it has been a challenge keeping up with this need and employing people who share her vision of the perfect end product. “There were times when I’d be sewing and crying while preparing for a big fashion show, because the pressure was just too much,” she recalls. But through the tears, she’d remind herself that all the hard work would someday earn her a spot on the list of SA’s top designers. “I have always believed in dreaming big, and I visualise myself achieving those dreams.”



PJ Powers

Choose Wisely

Recovering from her addiction taught local music icon PJ Powers to value her authentic voice.

→ **FROM A YOUNG** age, I learnt that my voice was my ticket to popularity. As “Penelope” no one noticed me, but when I was performing – be it at school concerts or for my mother’s friends – I was somebody people paid attention to. It was as though my ability to sing transformed me into somebody else who was confident and accepted. And I loved being that person.

Yet while my voice was always adored, it felt as if nothing else about me was good enough. My first manager believed that if I wanted to be a star like Olivia Newton-John, I had to look like her, too. He humiliated me daily, forcing me to get on the scale each time we met, to weigh me – and time and again I failed the test. Since childhood, I’d been bigger than my peers and eating was a perpetually guilt-ridden experience that only exacerbated my self-loathing. The only time I ever felt powerful and loved was when I was on stage, or when I had a drink in my hand.

In my early thirties, I learnt that with alcohol by my side, I was funny and fearless. People expected me to get the party started. Once, when I was at a friend’s birthday celebration, I mowed the lawn at 2 A.M. We all laughed about it the next day, but deep inside I knew I wasn’t a social drinker anymore: I was an alcoholic trying to escape how I felt about myself. Over the years, having drinks with friends turned into drinking alone. Each day became a performance of numbing my insecurities.

In 2009, at my lowest point, my inner hatred and addiction to alcohol pushed me to drink a bottle of hair-spray for a fix. I knew it was deadly but, after five stints in rehab, I had run out of the strength to carry on. Thankfully, my sister was there to rush me to hospital, where I had two seizures. As I lay in high care, I heard the doctor say, “We’re doing our best to help her live.” At that moment, I knew I wanted to find the real me. A few months later, I went to rehab and got sober for good.

I have forgiven myself. I’ve spent my life looking for validation from others and I’ve learnt that I don’t need other people to think I’m funny or talented or thin. I know who I am. With the help of a life coach and dietician, I lost 20 kilograms simply by making healthy choices. Each day, I’m faced with the choice to be sober, to be healthy and to be in control. Today, I’m choosing to be me.

—As told to Tracy Essers



O is giving away five signed copies of PJ Powers’ new single, *Destiny*. For details, see Shop Guide on page 143.



Driven to Deliver

This young entrepreneur from Khayelitsha has an innovative solution for long queues at public hospitals. By *Norma Young*

→ **SIZWE NZIMA DOESN'T** mind rejection. In fact, it seems the 22-year-old has a gift for overcoming obstacles, and is quite agreeable to taking on the kinds of challenges that might intimidate other people. At times, as in the case of the legal secretary course he started at Boston College in January 2011, he has no qualms about reassessing his options and giving himself the chance to follow a new direction. And at other times, he's relentless and single-minded in his pursuit – take, for example, his first attempt at becoming an entrepreneur, which stalled early.

“In June 2011, I applied to study an entrepreneurship course at the Raymond Ackerman Academy, but I wasn't accepted. Exactly one year later, I applied again, and this time, I made it through,” he says.

After graduating from the course, Nzima launched Iyeza Express, a bicycle courier service that delivers chronic medication to the doorsteps of Khayelitsha residents. His brainchild has made both hospitals and customers happy. At a cost of only R10, clients inform Iyeza Express of their collection dates for medication and then wait for it to be dropped off. From elderly people who may not have the strength to queue for hours to those who are working and don't want to take off one morning every month to top up their medication, Iyeza Express makes good health much easier to achieve.

And Sizwe knows first-hand how frustrating the alternate option can be. “I used to collect chronic medication for both my grandparents,” he says. He'd get to the local hospital at

6 A.M. to collect their treatments for diabetes and high blood pressure and often find an intimidating queue to contend with. Sizwe would delay getting to his lectures until the very last minute, but even then, he'd often come away without the medicine.

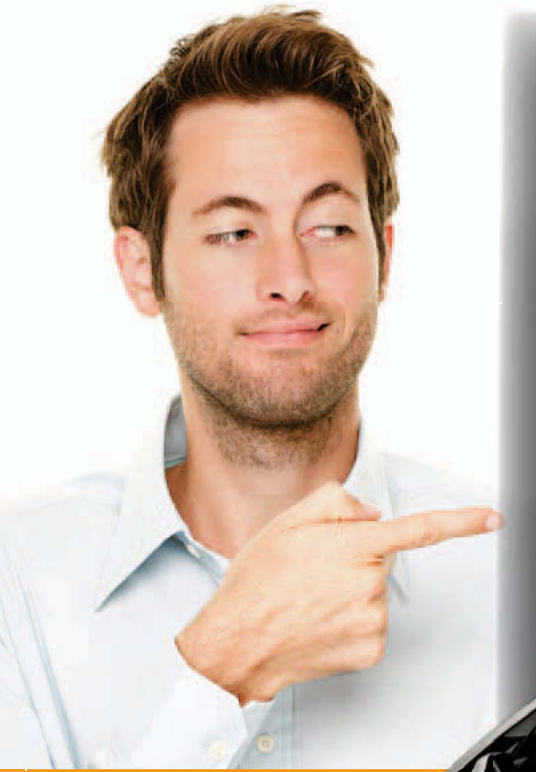
But there's nothing like necessity to kick a sharp mind into high gear, and Sizwe's innovative solution has grown into a business that serves 300 people a month. Sizwe initially relied on word of mouth to grow his business, but in the past year, it has won sponsorship from the South African Breweries Innovation Awards. Sizwe has also been named one of the Top Five Youth Entrepreneurs at Cape Town Entrepreneurship Week, and been hailed as one of 30 Under-30 African Entrepreneurs by the prestigious business title *Forbes*. Now with four delivery men as employees, the business has potential for further growth. “We are currently in talks with the provincial department of health. We want to develop a model that complies with good pharmacy practice and regulations. My hope is that we will grow the business beyond Khayelitsha.”

Sizwe still charges his first clients, his grandparents, standard rates. He appreciates their support, but insists that “this is business.” His grandmother has little reason to complain, though: She still gets her chronic medication delivered to her front door every month, and every now and then, her entrepreneurial grandson likes to reward her for his success with a gift or two. **Q**

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Way of Life!

Through Nature's Eyes

This fine artist draws inspiration from humankind's intricate relationship with the environment. By Kemong Mopedi



→ HER WORK

As a nature lover and avid traveller, Nicola Taylor's art has always reflected the relationship between nature and human nature. For instance, she enjoys painting birds soaring into the air, saying it's symbolic of the human spirit being uplifted. "I know for a fact that we are at our happiest when we're interacting with nature, so I'm interested in discovering how human nature overlaps with what we see in the natural world," explains the 28-year-old. Nicola's latest successful exhibition, at the Everard Read

Gallery in Johannesburg, featured an interactive work inspired by the serious issue of deforestation in Zambia. "People are burning trees down, illegally, and selling the charcoal to make a living. It's a delicate and disheartening situation: You want to make the charcoal criminals stop, but that could cause their families to go hungry. But it's wrecking the Zambian forests," she says.

As a means of raising awareness, she drew a three-metre tree using charcoal, and invited guests to smudge the painting with their hands in the hope that they'd become more conscious of their carbon footprint.

→ HER INSPIRATION


Nicola's father has a home video of his daughter declaring, at age 4, that she wanted to be an artist

when she grew up. Her high-school years at Kingsmead College solidified her passion for art. "My art teacher gave me keys to the art room and, like a nerd, I'd go to school on weekends to paint," she reminisces. After school, Nicola enrolled at the Lorenzo de' Medici School, an art school in Florence, Italy. She then completed a bachelor's degree in politics, economics and philosophy at the University of Cape Town, followed by more immersion in her passion at the Art Academy in London. Through speaking to other artists, Nicola has found that great art is inspired by honest attempts to interpret thoughts that go through the artist's mind at any given point. She keeps a notebook close at hand, where she sketches her inspiration.

"But I'm also careful of becoming too inspired, because it can lead to days of non-stop painting," she says with a laugh.

→ HER PROCESS

Nicola finds that drawing a loose sketch, instead of obsessing about the details, helps to get her started on a new work. "William Kentridge said an artist plays the dual role of seeing and doing at the same time. While painting, I constantly step back to look at my work with a critical eye."

As a fledgling artist, she'd often look to others for validation. "But I can't rely on others' opinions, because it dilutes my art." Another lesson she had to learn was to be kind to herself when judging her own work. "Art forces me to trust my judgment." 

Visit nicolataylor.net



From Behind Bars

One woman's life-changing programme offers prison inmates new hope. By Melany Bendix

→ **KARINA ANDERSEN CLEARLY** remembers the moment she was told about the accident that changed her life. It was 11 years ago when the police knocked on the door of her home in Denmark and told her how her partner and the father of her two young children had died in a car crash. It would take her several years to come to terms with what had happened, but the moment she did would prove to be the catalyst for her own journey towards healing – one which would eventually lead her to work in South African prisons to rehabilitate hardened criminals. “The accident was like a bottle opener for me,” she explains. “I’d had quite an abusive childhood, and I was bulimic as a teenager. All these things I hadn’t yet dealt with just came out and I was forced to look into some deep, dark corners of myself.”

Karina emerged from this period of transition to write her first book, *The Responsible Individual*, which she would later adapt into a self-help course, TRI. It was during this time, in late 2006, that she came to South Africa – and another of her “puzzle

pieces” fell into place. While she was attending a business breakfast, she met a social worker from Brandvlei Correctional Centre, near Worcester in the Western Cape, who was interested in the value of Karina’s course. Within a few weeks, she’d launched a TRI programme at Brandvlei.


“We invite inmates to go on a conscious journey to revisit the choices they’ve made. This way, we hope to show them how past decisions have limited their opportunities,” Karina explains. “Many people don’t understand that within each reaction there is a choice, both to understand and undo old patterns, and to bring peace back into their lives.”

“Most of these guys have had powerful transitions themselves. They’ve seen an awful lot of darkness in their lives, and have a tremendous capacity to see the other side of the spectrum: the light.” More than 230 inmates have completed the course, and 35 of them have trained to become coaches to facilitate the programme.

By donating all proceeds from her book, and at least 20 percent of her income from corporate coaching to

her NGO, SmilingOne Foundation, Karina has managed to fund her prison work without any major outside funding. “People don’t want to pay for prison rehabilitation. There’s an attitude of ‘just lock them up and throw away the key’ – but former prisoners are most likely to commit another crime if they haven’t had the opportunity to change.”

She has seen the change that can take place if prisoners are given the chance: “We have had a 100 percent success rate – none of the men in this programme have gone back into prison, which is phenomenal considering that South Africa’s reoffender rate is around 80 percent.”

But putting all her energy (and most of her funds) into her passion has come at a cost: At one stage, she lived in a single room with her kids. However, she sees these hardships as part of the journey: “I had to detach myself from my idea of what success looked like, in order to live a rich and truly rewarding life.” 

For details, visit the-smilingone-foundation.blogspot.com

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What Makes You Tick

On the outside, you're perfectly lovely – but at the core, you're ready to self-destruct. Fortunately, *Martha Beck* has a plan for defusing explosive situations: Revisit the emotional triggers of your past.

ILLUSTRATIONS: DAN PAGE.



EVERYONE KNOWS MARY as a sunny optimist – until she starts talking about herself. Then she turns so bleak she makes Debbie Downer look like a motivational speaker. Angie routinely receives

leadership awards at the office, but at home she's a shouting dictator whose husband and kids feel perpetually steamrolled. Shauna is the kind of dependable friend you'd want by your side during a medical procedure

or your ex's wedding. But when it comes to everyday conversation with people she doesn't know so well, she either clams up, overshares or blurts irrelevant trivia until even passing strangers feel embarrassed. ▶



Many of us know what it's like to be extremely emotionally intelligent in some areas and display the social skills of a wounded badger in others. We go along seeming functional and well-adjusted, then find ourselves causing mayhem in social minefields. But these minefields can be cleared. Yes, it's a slow, painstaking process, but if you're tired of the badger life, it's worth the effort.

The Making of a Minefield

Healthy relationships are formed through a combination of observation, communication and testing. As we get to know a new person or group, we watch their behaviour, express our own perspectives and notice the reactions that ensue. If we do this while maintaining a confident, secure, yet humble sense of self, *bada-bing, bada-boom*: functional relationships develop.

The problem is that no one feels confident and secure all the time; we have fears, sometimes hidden even from ourselves. Minefields are created when we ground our actions in a form of fear. Emotional "triggers" are set as we suffer trauma-dramas – experiences that wound us, and the stories we attach to them.

It works like this: Our feelings can be hurt by almost anything – from horrific abuse to a comment we misunderstand as criticism. And once we feel wounded, we tend to reactivate the pain in any situation that resembles the original scenario. The resulting anxiety causes us to tense up in such situations, leading to odd responses. Soon, we're walking through a minefield.

For example, Mary's mother narcissistically insisted on outshining everyone, even her own children. Whenever Mary attempted to succeed at anything, her mother killed her hopes with icy criticism. To avoid the attacks, Mary became almost aggressively pessimistic about herself.

Angie's trauma came from a military father who raised children the same way he trained recruits. His shouted orders and emotional inaccessibility made Angie desperate to escape to school, where her teachers were kinder. Now, she unconsciously models her professional behaviour on that of her teachers and her parenting approach after dear old Dad – hence her leadership awards and frightened family.

Shauna was a bookish child with a precocious vocabulary. Adults loved this, but her peers often mocked her

as a nerd. She is still fearful that if she talks in the way that comes naturally, she'll be disliked. Any attempt at friendly conversation leaves her either tongue-tied or blurting.

All these minefields were once invisible to the women who dwelled in and around them. Mary didn't know why hoping made her nervous. Angie was horrified when her dad's harsh words blasted out of her own mouth, at her own kids. Shauna didn't know why conversation freaked her out. Most of us don't see the dynamics of our emotional triggers. But we do know the general areas of our emotional lives where we tend to blow up or implode.

Now try this: Briefly imagine the social situations you expect to encounter during the rest of this week. When you get to a minefield, just picturing it will cause tension in your body – it might be your jaw, your shoulders, your throat, whatever, but something will tighten. If nothing you imagine creates this reaction, congratulations: You have no landmines to contend with this week. But if you're now fixating on an upcoming event like a soldier being sent into enemy territory, this may be a good time to take action.

De-Mining Your Life

In real life, de-mining can be horrifically dangerous, costing limbs and lives. But these days, a small army of particularly effective de-miners is helping get the job done more safely. I mean an extremely small army. As in, each soldier weighs only a couple of pounds. They are giant African pouched rats, and please stop making that face; they're a lot cuter than they sound. Wearing jaunty little zip-line harnesses, paid only in bananas, they sniff out mines without detonating them. They're called HeroRATs, which is convenient for our purposes: RAT is an acronym that will help you remember how to defuse your own emotional land mines.



R is for Recognise

We often mistake our emotional triggers for something that's wrong with the world, not with our own thinking. But you can't fix an error if you don't recognise it for what it is. If Mary had never seen how unreasonable her pessimism really was, she would have continued believing her future was utterly bleak. If Angie hadn't realised she was being dictatorial, she'd probably be blaming her family for their hypersensitivity. If Shauna had never identified her awkwardness as an acquired behaviour she could modify, she'd never have learnt to relax and relate.

Fortunately, although we rarely understand what's really happening in our minefields, we often have some awareness that they exist. If you find yourself wondering, "Why do I always talk too much at parties/snap at my sister/scream at other drivers even though it never helps and often gets me arrested?" you've probably got psychological explosives hidden just below conscious awareness. Recognising this, you can get down to dealing with dangerous emotional triggers.

A is for Analyse

Analysing unwanted behaviour uncovers the emotion that triggers it in certain situations or relationships. Therapy is a great way to get help understanding your triggers, but you can help yourself in a pinch. First, remember the last time you found yourself doing that thing, that stupid or cruel or embarrassing thing you do. Then, slowing the memory, ask yourself these questions:

1. What was I feeling right before I began acting badly?

Give this some time, and be honest. You were probably experiencing an emotion you devalue, such as anger or fear. Be kind to yourself, and let the emotion surface.

2. What thoughts do I associate with that feeling?

For Mary, feeling hopeful brought on waves of anxiety – and thoughts like, Don't get a big head! and Just look at Miss Too-Big-for-Her-Boots! Angie felt a rigid anger at home, along with thoughts like, Harden up; don't be so weak! When Shauna thought about engaging in conversation, she felt despair and thought, Nobody likes me, and People think I'm weird.

3. When did these thoughts begin?

You may remember one particular trauma-drama, or you may have so many painful memories that they all blend together. But you'll remember

We often mistake our emotional triggers for something that's wrong with the world, not with our own thinking.

the general social context – what was happening, who was there and how you got hurt.

4. Do I want to keep recreating that trauma?

Be honest: Do you really want the meanest, ickiest people in your history to keep dominating your life? Your narcissistic mom, your pompous father, the mean girls at your high school? I didn't think so.

T is for Tranquil Eyes

Reducing fear – in other words, tranquilising – is necessary for clearing our minefields. Chemical tranquilisers can do the trick, but it's easier on your liver just to revise the thinking around triggers. Then you can regard alarming situations with tranquil eyes, which work better than drugs.

Imagine walking into an early trauma-drama. If there's a bully present, such as Mary's mother, Angie's father or Shauna's classmates, shoo them away. Then, imagine sitting

down with your wounded self and saying what you'd say to a dear friend who'd been hurt in a similar way. The right words are the ones that bring you tranquillity. Repeat them mentally, often – and write them down.

Once you feel somewhat calmer, examine the situations that trigger negative emotions in your current life, and begin listing differences between those dramas and the traumas that originally wounded you. Again, I'd advise making a written list.

Finally, imagine yourself walking through a potential minefield with no fear whatsoever. No anxiety, no apprehension, no dread, no tension. Just tranquillity. Picture a potential situation several times, stopping as often as necessary to relax and release all fear. No one said de-mining is quick or easy. But it's so worth it.

Taking It to the Real World

If you repeatedly recognise, analyse and tranquil-eyes your emotional minefields, you'll find that you won't create as many trauma-dramas or react so explosively. Your negative behaviours will occur less frequently and lose intensity. It's working for Mary, who's becoming more hopeful about her future. At Angie's house, de-mining has led to less shouting and more smiling. And Shauna, with her therapist's help, is gradually becoming downright chatty.

One day you, too, will watch yourself hit a trigger – and choose a wiser reaction. Eventually you may even become an expert at disarming explosive situations before anyone gets hurt. At that point, pat yourself on the back and have a banana. You'll be making the world a safer place. **Q**



Martha Beck's latest book is *Finding Your Way in a Wild New World* (Free Press).

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Learning to *Surrender*

Shonda Rhimes – creator of *Grey’s Anatomy* and *Private Practice* – shares how adopting two children taught her to let go and just love.



→ **I’M SITTING INSIDE** a rental car in a parking garage in Detroit, Michigan. The car isn’t moving, but my hands are gripping the wheel like I’m in some high-speed chase. Mary J. Blige is singing “No More Drama” on the radio, and from now on, whenever anyone mentions Detroit, this song will pop into my head. It is June 2002. At this moment, four floors away, inside an operating room, my daughter is being born.

I am sitting alone in my car in Los Angeles. My mind is racing, the car stuck in traffic. Frank Sinatra is singing on the radio, but I don’t notice because I am too busy shouting questions into my cellphone. It’s February 2012. At this moment, two states away, my daughter is being born.

I’ve never been in a delivery room. I have never pushed. My water has never broken – hell, I’ve never had any water to break. My friends talk

about the many horrors of pregnancy – haemorrhoids, episiotomies and that awful moment when, in the midst of pushing, they poop on the table. They tell me about their special organic pregnancy diets and how they avoid coffee and alcohol and people who smoke as they grow life inside them. I listen to them, intrigued in a detached way. I’m happy for them, but I feel no “I wish that were me” pangs. I feel no jealousy.

I’ve never wanted to be pregnant, never suffered through the infertility that devastates a few of my friends. Since I was 9 years old, I’ve been telling people that when I have children I will adopt. It has always been a fact for me. I don’t know why. I think when I was younger the idea seemed bold to me and slightly defiant: Why, it’s just lazy to make people when there are so many people out there who need mothers! Like I said, I was

young. As I got older, the idea matured, too. It took shape and form and became real. Adoption was how I would become a mother. Adoption would build my family.

It makes sense how comfortable I was with the process of adoption. I’m a former straight-A student. I’m driven; I like goals. I’m a list-maker and nothing makes my mind hum at a better frequency than huge quantities of research to complete. When you are planning to adopt, you spend months researching – domestic, international, agency, private, foster, older child, newborn, special needs. You become versed in a new lingo. There are mountains of paperwork – financial statements, personal essays, biographies, medical reports. You get fingerprinted and photographed and interviewed and examined ... and then a birth mother picks you. You get picked. All your hard work ▶

pays off. Let me tell you, the annoying teenage girl who likes to raise her hand first in class still lives inside me – and she was euphoric. But I didn't count on what happens after that. After all that paperwork – all that control – I didn't count on the need to face what it means to surrender.

I was chosen. The first time, in 2002, I was chosen by a birth mother to raise her child. I was shown beautiful, fuzzy, ultrasound photos. I flew to Detroit and met a woman who was pregnant, alone and in crisis. Back at home, I spoke to my daughter's birth mother on the phone every single evening. We discussed our favourite television shows and trashy mystery novels. She told me stories from her childhood – stories that made my skin crawl because it horrified me that life should be that hard for a child. She told me things that made me love her resilience. And she had a wild sense of humour – we made ourselves sick with laughter over the silliest things. We became friends. We never talked about the baby growing in her belly.

Never. Ever. Not once.

I had questions. I had type-A, intense questions. Could she feel the baby moving? Did she regularly eat vegetables? Why hadn't she had any early medical care? Did she read to the baby? Had she *really* stopped drinking once she knew she was pregnant? But I didn't ask. I kept my questions to myself. It was driving me insane, but I knew to leave her be. I knew I had no control. I had read all the books and I had talked to other parents who had adopted. Surrender, they told me.

You have to just let go and accept that you have no control and surrender to the process, one friend said as she buckled her daughter into her car seat. She'd adopted three times from two different countries. Surrender, Shonda. Surrender.

In 2012 it was the adoption agency that chose me. The birth mother was



I bought baby clothes and came up with names ... while, running through my mind, was the reminder that anything could happen.

a woman I never had the honour of meeting. She didn't want to know me. I imagined her wrapped up in a tight blanket of pain, unable to deal with the reality of another mother. My heart broke for her on a daily basis. But I spent her pregnancy acting like a dog locked out of the house and constantly searching for a way in.

"Does she want pictures of me?" No. "Can I have pictures of her?" No.

"Should I write her a letter?" No.

"Does she want to write a letter to the baby?" Maybe.

"Can I send her anything?" No.

"Does anyone know what her favourite colour is?" No. "Her hobbies?" She is athletic. "Oh, does she play soccer, volleyball, basketball or swim or dance or ...?" She's just athletic.

"What does that mean?"

My hand was raised and no one was calling on me. Once again, I had no control. I never learnt what "she's athletic" meant. I never learnt her favourite colour. I never met her. By her own choice, she was a mystery. Surrender, Shonda. Just ... surrender.

One birth mother I knew and one I didn't. One was middle class, one was poor. One was in her thirties and one was barely in her twenties. But the situations were – oddly – exactly the same. There were babies growing in bellies and it didn't have a thing to do with me. They weren't my babies yet. I loved them and I loved their birth mothers and I decorated nurseries and bought baby clothes and came up with names, and all the while, running through my mind in a continuous loop, was the reminder that anything could happen. That I needed to surrender to the process. That birth mothers change their minds. And honestly, I support the idea of birth mothers changing their minds. I support the idea of a birth mother keeping her child if she can. I do. But I was still climbing the imaginary walls of my mind. I had no control. Surrender to the process ...

So there I am, in 2002, sitting in a parking garage in Michigan while my daughter is being born. It's an emergency C-section and the birth mom was given a choice of who she

wanted to go to the operating room with. I stood there, all hopeful and excited and ready to gown up. But she had chosen her sister-in-law. I'd choose my family member, too, instead of the intense, tightly wound ball of nerves that was me. Anyone would. But after the nurses and orderlies rolled her out to head to the operating room, I stood alone in that room and I knew I was going to cry. I'm not a crier. I don't like to cry in public. I don't like to cry in private. I like to think that I inherited my mother's stoicism. But that stoicism was in danger. Which is how I ended up in the parking garage listening to Mary J. Blige, my hands gripping the steering wheel so hard that I'd have marks on my palms for several days.

It was in the car that I understood the art of surrender. I finally, fully accepted that this wasn't my process. Something in me broke wide open. Because I realised that I wasn't sitting in that car thinking about me. I was thinking about the scared girl heading into an operating room having a baby she would ultimately hand over. To me. This wasn't my surrender. It was hers.


I cried far more in that car than I have in a long time.

Ten years later, the whole process is like a long unused muscle for me. But I exercise it as best as I can. I try to stop asking questions. I try to stop lying awake at night worrying. I look at the ultrasound photo 5,000 times each day and I breathe and I try to refrain from raising my hand at all. I let go of any sense of control and I tell people that anything can happen. That yes, maybe I have a baby. But mostly I think of the birth mother who doesn't want to meet me. How scared she must be. How alone she must feel. What a leap of faith she's taking.

She is preparing to send her tiny daughter out into the world with the hope that all will be well. I filled out all the papers and wrote letters and got a home study and hoped and dreamt, but she is doing all the work. She is surrendering a piece of her soul to the universe and hoping for the best. I don't have to meet her to know that.

I've never been in a delivery room. I've never pushed. I've never had any water to break. I can't discuss haemorrhoids or episiotomies or pooping on the table. But I am a mother. In 2012, my daughter's birth mother stayed in the hospital after delivery just long enough to make sure that I had arrived. Then she did the hardest thing imaginable. She got dressed and she left the hospital without her baby. I was told that, before she left, she asked if I was there. Yes, they replied. And I was told she asked if I loved the baby.

Yes. Yes, I did.

Yes, I do. 

This excerpt, from Carried in Our Hearts: The Gift of Adoption, by Dr. Jane Aronson, is published with permission from Tarcher/Penguin.



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1. THINK BEYOND THE BLOCKBUSTER

Two not-so-mainstream films worth a trip to the theatre. (Treat yourself; go solo.)

BEFORE MIDNIGHT

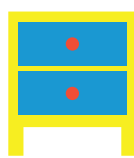
This is the third instalment in director Richard Linklater's renowned film series, *Before Sunrise* and *Before Sunset*, which focuses on the complexity and charm of real-life relationships. Beneath the surface, tensions are simmering between Celine (Julie Delpy) and Jesse (Ethan Hawke). It has been nine years since we last saw them and they're still together, only now with twin daughters. On holiday in Greece, it seems like theirs is the good life – or is it? *On screen from 29 November*

GIRL MOST LIKELY

After both her career and relationship hit the rocks, Imogene (Kristen Wiig) is forced to move back home to New Jersey, to live with her eccentric mother and younger brother (Annette Bening and Christopher Fitzgerald). An unexpected family reunion helps shape her journey, in this hilarious coming-of-age tale. *On screen from 22 November*

2. HUNT FOR TREASURES

Find a hidden gem or forgotten fortune among the mysteries of a vintage shop. "The thrill of second-hand shopping is that you never know what you're going to find; you could stumble on a pearl at a bargain price," says Paula van Niekerk, owner of Vamp, a vintage collectables shop in Cape Town. She adds a few tips: "If you find a vintage cabinet, check that the drawers slide in and out easily, as wooden runners can get worn. Don't be afraid of surface scratches, as they can be repaired with light sanding and a sealant. If you find a chair with good 'bones,' refresh it with a modern fabric. And remember: A lick of paint can help an old treasure look new."

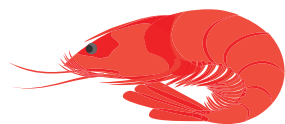


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Six ways to perk up the season.

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4. BRAAI PRAWNS LIKE A PRO ...

... with help from Suzi Holtzhausen, owner of Gaaitjie Salt Water Restaurant in Paternoster, on the West Coast:

→ **Prepare** the prawns by twisting off the heads. (Boil these to make a stock, if you wish). Use a sharp knife to cut a slit down the back of each prawn and remove the digestive tract; keep the shell on.

→ **Marinate** in a blend of olive oil and raspberry vinegar. Add salt and a touch of wasabi powder. Put prawns and marinade in a sandwich bag for half an hour, shaking twice.

→ **Braai** prawns on a hot, open fire for two to three minutes on each side.

→ **Prepare** a dipping sauce by gently heating together pink grapefruit juice, butter and two or three slices of chilli, depending on your level of heat. Remove shells and enjoy.

5. GO FOR A (NIGHT) RIDE

As the sun sets and the vibrancy of the night gets your adrenaline pumping, why not hit the streets of Joburg, Cape Town or Durban on a bicycle for a Critical Mass experience? Everybody is welcome, be they roller-skaters, skateboarders, unicyclists or any other self-propelled people – and no one gets left behind. Visit criticalmass.co.za for more information about where and



when the next ride in your city takes place – usually it's the last Friday of the month. Oh, and don't forget your helmet.

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My Mirror Fast

Jocelyn Warrington shunned her own reflection for two weeks, to see how it would affect her sense of self.

YOU WOULDN'T BELIEVE how hard it is to avoid your own reflection. Windowpanes, computer screens, oven doors, sunglasses lenses ... the world, it seems, is one huge mirror ball. To swear off mirrors for 14 days is no small feat. I agree to the challenge, though, to see if there's any truth in the notion that freedom from our reflected selves paradoxically bestows a greater opportunity to self-reflect. Earlier this year, two US bloggers caused a flurry of cyber-excitement when they embarked on a "mirror fast" in an effort to lessen what one of them referred to as "the overriding self-consciousness that has taken up residence in my psyche." For Kjerstin Gruys, the experiment proved liberating, allowing her other interests – "passions, friends, family, personal goals and favourite hobbies"

– to receive all the "energy and attention" she used to devote to her looks, while Autumn Whitefield-Madrano reported feeling "calmer."

When I sign up for the challenge, however, I quickly learn that removing my reflection from the equation of my daily life is a logistical minefield. I'm impossibly self-conscious about the pigmentation that stains my face – the fallout of years of sun worship without wearing sunscreen – so make-up is just as fundamental a part of my routine as toothpaste. You'd think that, after over 20 years of powdering my nose and lining my lips, I'd be a dab hand at doing it in the dark. The reality, however, is a mascara-smudged mess of which I'm entirely ignorant until my sister points it out too late in the day to be of any use.

I resort to using only lipstick and concealer, but the unreserved affirmations of my 8-year-old daughter, who I solicit as my appearance inspector, offer no reassurance at all. Initially, I'm somewhat unhinged by the experience of heading seemingly naked into the world, but the time-saving benefit to the mayhem that constitutes my everyday morning quickly becomes apparent. Within a few days, I'm sold on this whole dare-to-go-bare campaign.

Unfortunately, it's not so easy to win over my own self-esteem. Some people would say that vanity drives the impulse to continually check one's appearance, but I have a problem with this theory: Vanity implies a degree of self-love I just don't have. I'm not alone in my dissatisfaction; according to social anthropologist



FRANK ELLIS. STYLIST: RAAZIQA MAJIET. HAIR AND MAKE-UP: RENEE ROSSOUW. ALL CLOTHING, ZARA. MIRROR COURTESY OF LEONAT219.COM ☎ 021 447 1304. FOR DETAILS, SEE SHOP GUIDE.

Kate Fox, codirector of the Social Issues Research Centre (SIRC) in the UK, at least 80 percent of women over the age of 18 are unhappy with what they see when they look in the mirror. “Female dissatisfaction with appearance – a poor body image, in other words – begins at a very early age,” she tells me, explaining that infants begin to recognise themselves in mirrors at about 2 years and girls begin to dislike what they see only a few years later.

On the other hand, a man viewing his own reflection is more likely to be either pleased with what he sees or indifferent. “Research shows that men generally have a more positive body image than women. In fact, they may tend to overestimate their attractiveness,” says Fox, who attributes the fact that women are so much more self-critical than men to their being judged more on appearance.

My general discontent with my mirrored self is light years ahead of how I saw myself at 18, when I began a long, hard battle with anorexia. Like suffering from impaired vision, I’d look in the mirror and see detestable fat where, in reality, there was skin and bone. Such body-image distortion is, in fact, a brain condition commonly associated with malnourishment and is by no means confined to eating-disorder sufferers. “More and more normal, attractive women, with no weight problems or psychological disorders, look at themselves and see ugliness,” says Fox.

You can see why I struggle with the notion that my compulsion to check my appearance is born of the same vanity that saw Narcissus meet his untimely end. Far more illustrative of a deep love of one’s reflected self would be my daughter’s relationship with the looking glass. As she preens in front of the mirror for hours, Hannah demonstrates a self-love that’s completely foreign to me. Long may it last. I try to recall a time

when I was so self-smitten, but I can think of none. I ponder this a lot over these 14 days. What was it in my childhood that so damaged my self-esteem? Why, when I know it to be nonsensical, do I tie my appearance so inextricably with my sense of self-worth? And why do I apply this warped barometer of success to no one but myself?

“English psychoanalyst Donald Woods Winnicott once said, ‘The precursor of the mirror is the mother’s face,’” says clinical psychologist Alison Breen. “Our prevailing sense of ourselves develops from what is reflected back to us by our caregivers and, at the core, gives us the notion that we’re either lovable and worthy of the admiration of others, or the belief that we’re somehow flawed and should expect judgment from others. In time, these notions of how others perceive us form our identity, an internal set of beliefs and expectations that serve as a lens through which we see the world. Essentially, we see what we expect to see.”

The key is not so much to avoid the mirror, but to become conscious of these different views of self and to embark on a process of what Jungian

analyst James Hollis calls “reimagining,” says Breen. “When self-esteem is linked to external sources, it’s precarious, whereas an internal sense of self-worth endures.”

My mirror fast ends on the morning of my 40th birthday. I’ve timed it this way as I was sure when I started that I wouldn’t be able to face this milestone occasion without an inkling of what I look like. But on the day, I find myself reluctant to face the mirror. I’m not in the mood for self-flagellation. Instead, I spend the day catching up with friends and trying my level best to graciously accept the kindly offered sentiments of my well-wishers.

It’s only just before bedtime that I finally stand in front of the mirror. Whether it’s because of the two-week reprieve from physical scrutiny or a result of the self I’ve seen mirrored today in the eyes of those who care for me, the woman who gazes back at me is no longer the fat-thighed, sun-scarred one I’ve come to expect. Instead, she’s a familiar friend. And I’m glad to see her. **Q**

Jocelyn Warrington is a freelance writer based in Cape Town.



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Feeling Good

NATURE'S CALL | LIFE OF A LIE

Excuses, Excuses

STILL WORKING THE “I’ve got no time to exercise during the week” excuse? Well then, you won’t like recent research published in the journal *Applied Physiology, Nutrition and Metabolism*, which shows that the number of times you exercise in a week isn’t as important as getting the recommended 150 minutes of physical activity – even if that’s on a Saturday or Sunday. Researchers from Queen’s University in Canada looked at more than 2,000 adults to determine if their exercise frequency affected their risk for diabetes, heart disease and stroke. “The findings indicate that it doesn’t matter how adults choose to accumulate their 150 weekly minutes of physical activity,” said study leader Ian Janssen, PhD. “For instance, someone who did no physical activity on Monday to Friday but was active for 150 minutes over the weekend would obtain the same health benefits from their activity as someone who accumulated 150 minutes of activity over the week by doing 20 to 25 minutes of activity on a daily basis.”

The study’s results are encouraging, says Tracy Kolbe-Alexander, PhD, of the Research Unit for Exercise Science and Sports Medicine at the University of Cape Town. “It means we can easily obtain the recommended amount of exercise per week in whatever pattern works for our schedules.” —**TRACY ESSERS** ▶



NATURE'S MAYO

Next time you reach for the bottle of mayo, reach for nature's mayonnaise instead: an avocado pear. Simply swap two tablespoons of regular mayonnaise for a quarter (30 grams) of a small avocado in a tuna mix to halve the total fat content. And next time you're at a braai, ditch the sour cream dip and whip up some guacamole instead. You'll reduce your total saturated fat intake from 19 grams (per 100 grams, almost four teaspoons of butter) to two (less than half a teaspoon of butter). Yummy goodness!

coffitivity

PERKS OF THE JOB

Trying to tap into some creative flow in the midst of a noisy workplace or deathly quiet home office?

A new app delivers an innovative solution ...


It turns out that it's not only the mocha java that makes your brain light up with creative ideas each time you sit down at your local coffee shop. While a loud room is distracting, a room with a moderate level of noise sparks creativity because it gets you thinking more abstractly than a quiet room, according to research published in *The Journal of Consumer Research*. That's where the smart folks at coffitivity.com came up with the concept of playing ambient sounds to boost your creative flow – plug into their site, or download their app, and listen to the cheery sounds of a coffee shop to keep you focused, productive and creative.

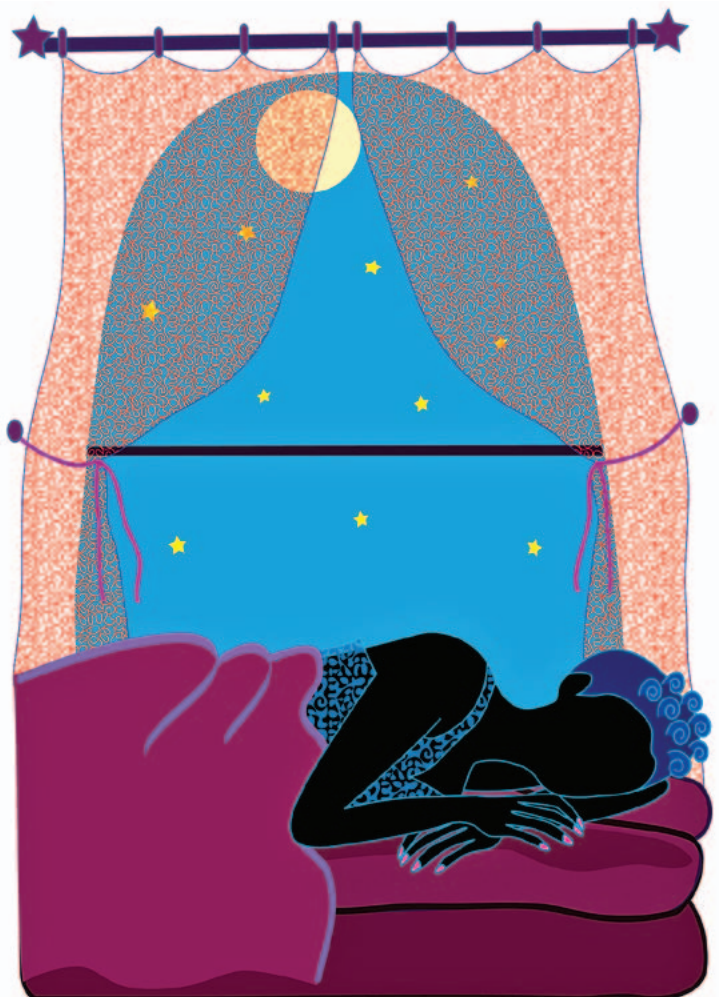
ARE YOU MOONSTRUCK?

As it turns out, the full moon really does have an effect on us, specifically when it comes to sleep ... In a recent study published in the journal *Current Biology*, researchers from the Psychiatric Hospital of the University of Basel in Switzerland found that people have 30 percent less deep-sleep-related brain activity, get 20 fewer minutes of sleep a night and take an extra five minutes to fall asleep around a full moon. "The lunar cycle seems to influence sleep patterns even when we don't 'see' the moon and aren't aware of the actual moon phase," says study researcher Christian Cajochen, PhD.

To combat those moonstruck mornings, try these helpful tactics to fake a good night's sleep:

See the light side: "Bright light has been proven to stimulate the brain – and the best source is the sun," says Karine Scheuermaier, PhD, head of the Wits Dial.A.Bed Sleep Laboratory in Johannesburg. "So take advantage of the sunny weather and step outside for a 10-minute refresher."

Exercise wakefulness: "If you can, take a nap of no longer than 20 minutes. It will help you feel more awake, although anything longer will take you into the deep sleep phase, making you feel groggy when you wake," says Scheuermaier. Alternatively, a short lunchtime gym workout should get you focused for a busy afternoon schedule. "It may seem counterintuitive, but aerobic exercise has been scientifically proven to help enhance alertness and performance," says Scheuermaier. Movement boosts core temperature and stimulates the heart, brain, and muscles, preventing a slump, so even pacing around your office will help kick your body back into gear. 





She sees
flat.
We see
fit.

Together we can change
how women see beauty.
See how at facebook.com/dove



Liar, Liar

Still haunted by a fib she told 13 years ago, Sarah Jio explores why the smallest deceptions can strip away our sense of integrity.



→ **IT WAS A** clear summer night, and my husband and I had gone to see a concert with a couple we were just getting to know. We spread out a picnic blanket, poured wine, and just before the band came on, 12 hot-air balloons drifted over our heads stunning against the fiery sunset. We *oohed* and *aahed*. As our husbands looked on, my new friend turned to me and said, “I’ve always wanted to go up in a hot-air balloon. Have you ever done that?”

And then, out of my mouth, flew the lie: “Yes.”

My cheeks flushed while she peppered me with questions, like “Was it fun? Did they serve Champagne?” I don’t remember what I said. I was too stunned by my own deception.

Let me be clear: I’d never set foot in a hot-air balloon. As the lie smouldered in me that evening, I analysed dozens of back-out strategies and explanations. In the end, none seemed right. So I kept my mouth shut. I felt guilty, ashamed. The lie, random as it was, suddenly had power over me.

Today, more than a decade later, it still does. It’s the one niggling blemish on my otherwise spotless sense of integrity. What compelled me to blurt out this untruth? Can I really consider myself an honest person if I could lie so easily about something so small?

When I put these questions to psychologist Robert Feldman, PhD, dean of the College of Social and Behavioral Sciences at the University of Massachusetts, in the US, he tells me, “You’re a terrible person” – then laughs. “Actually, you acted in a very human way,” he says. “And that probably wasn’t the only lie you told that night. You might well have said, ‘You look great,’ when your friend didn’t look that great. Lying is a natural part of human interaction.”

Research suggests that by the age of 3, most children understand the short-term benefits of deception to avoid getting into trouble. According to one study, adults estimate they tell roughly 13 lies a week. When I polled my friends about their most recent untruths, one admitted that she had fibbed to an acquaintance about her plans to attend graduate school at Harvard University, while another confessed that she had inflated the total page views of her website when making small talk with a stranger.

These benign misrepresentations are make-yourself-look-better lies. Feldman says they aren’t technically white lies – which are told to spare someone else’s feelings – but what he refers to as “social lies.” “New friends know nothing about us, so it’s much easier to present ourselves in ways that make us more likable, since the chances of getting caught are low,” explains Feldman. He illustrates this with a study he led, in which he found that during 10-minute conversations with strangers, 60 percent of people lied two or three times.

While the majority of the falsehoods were minor – some said they agreed with another person’s point of view even when they didn’t, for example – others were bolder. One subject lied about being in a rock band, another trumped up her academic accomplishments. But the most interesting finding of the study was that many of the subjects were unaware of how often they’d lied until they watched videotapes of their conversations. That level of subconscious lying may be a harbinger of even bigger lies.

When I asked Dan Ariely, PhD, professor of behavioural economics at Duke University and the author of *The (Honest) Truth About Dishonesty*, what separates harmless liars from the Lance Armstrongs of the world, he told me that ultimately it comes down to how people rationalise their dishonesty. Lies can wield the most power when we start to believe them. “You told the hot-air-balloon story out of vanity,” Ariely says. “But imagine if you lied about being a Rhodes Scholar and then got a job based on that untruth. That’s when things escalate. What distinguishes the lies that tend to snowball out of control is due in large part to circumstance, not just the individual.” But those circumstances are often predicated on a need to keep up the falsehood. Take, for example, the case of former US vice presidential candidate Paul Ryan, who said he ran a marathon in under three hours, shaving an hour from his true time. By repeating the untruth over and over, Ariely says, it may have become easier for Ryan to

believe he was telling the truth. I’m sceptical of this reasoning at first. If something never happened, how could anyone trick herself into believing it did?

Ariely had an answer for this, too: In one of his experiments, people who cheated on a test were given certificates confirming their dishonest scores. Over time the liars were more likely to believe their exaggerated performance was an accurate reflection of their abilities. Confirmation, in this case in the form of certificates, helps make it easier to think of a lie as true. “Believing our lies is an important human capacity,” Ariely says. “Without it, we risk living in terrible conflict all the time.”

This helped explain why my guilt continued to gnaw at me so many years later. Unlike the testers, I had never taken part in the activity I lied about, nor was I ever in a situation to reinforce the falsehood.

While it was too late to come clean to my friend – we’d since lost touch – I had to find a way to make peace with the lie. The simplest solution: finally taking a ride in a hot-air balloon. Terrified of heights, I white-knuckled my way through the first agonising minutes as the basket soared skyward. And then, somewhere over the green hillside, I was overcome with a surprising sense of calm – the freeing feeling that comes when you’ve done the right thing. Now I had a true story to tell. **Q**

Sarah Jio is the author of four novels, including The Last Camellia.

Ask
Dr. Oz



New Ways to Conquer Pain

Millions more women than men live with pain that lingers for months or even years, but compelling research shows that alternative therapies can offer lasting relief.

➔ **WHEN I OPERATE** on a patient with heart disease, the ravaging effects of the illness are immediately apparent. I can see the source of the problem – a damaged blood vessel, a clogged artery – and know exactly what I need to do to try to fix it. Unfortunately, that’s not the case with chronic pain. Its source can be difficult to pinpoint, it’s hard to measure and it’s not something a doctor can stitch up with sutures. And for reasons science can’t fully explain, of the many millions of people who experience chronic pain (defined as any discomfort that lasts three to six months or longer), women are more than twice as likely as men to have rheumatoid arthritis, for instance, and seven times as likely to have fibromyalgia.

For many generations, the default method for treating pain has stayed largely the same blend of prescription and over-the-counter painkillers. But sustained use of painkillers can lead to its own problems, including stomach ulcers, liver failure and addiction. The good news: As a doctor who has long praised alternative therapies, I’m happy to report that pain management is one area in which drug-free treatments are showing promising results. A recent survey found that 75 percent of integrative-medicine centres in the US were successful at relieving chronic pain with therapies that don’t come in the form of a pill. When you’re hurting, these strategies can help to alleviate the discomfort.



LOWER-BACK PAIN

About 84 percent of us will experience lower-back pain at some point in our lives – whether due to injury (think a yoga move gone wrong), poor posture or osteoporosis that leads to fractures in the vertebrae of the lower spine. Debilitating backaches are actually so widespread that they account for roughly 385 million missed workdays in the US every year. If you’re dealing with acute pain, it helps to start moving as soon as possible to keep muscles flexible, but avoid strenuous activity and try using a heating pad to relax injured or overused muscles; the discomfort should subside in just a matter of weeks. For chronic sufferers, however, the pain may never fully go away.

★ **Alternative Prescription:**

Osteopathic Manual Treatment (OMT)
This hands-on form of therapy is so much more than a simple, spa-style rubdown: An osteopathic physician will use techniques, like stretching and kneading soft tissue around inflamed muscles or applying pressure at particular sites along the back, known as myofascial trigger points,

where muscle fibres are tight. A 2013 study in the *Annals of Family Medicine* found that 63 percent of patients with chronic lower-back pain who underwent six sessions of OMT, over eight weeks, saw a 30-percent or greater reduction in discomfort, decreasing their need for painkillers.



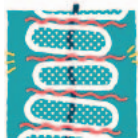
KNEE OSTEOARTHRITIS

Blame this kind of joint pain on cartilage – or a lack thereof. As the connective tissue wears away, the subsequent bone-on-bone contact can trigger pain ranging from mild to severe. It's more common among obese people (as excess weight increases pressure on joints) and the elderly (because cartilage deteriorates with age), but it can also develop from an injury. Cortisone is one option, but too many shots may worsen joint damage.

Alternative Prescription:

Acupuncture

This needling technique has been used to treat pain for centuries, and evidence suggests that it can be particularly effective in treating knee osteoarthritis. A 2012 study found that acupuncture could be a low-cost substitute for knee surgery, providing substantial pain relief in about a third of patients. Researchers say the needles may trigger nerves to signal the brain to release endorphins that naturally dull pain.



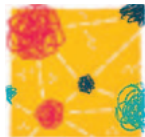
SCIATICA

A subset of back pain, sciatica affects up to five percent of women and refers to pain that can begin in the back and radiate south to the legs and feet. The pain can vary widely, from a burning sensation to numbness and tingling, brought on by the compression of nerves that run along the spinal column. A herniated disc is one of the most common culprits, but injury, obesity and prolonged sitting can also trigger the condition.

Alternative Prescription:

Physical Therapy (PT)

While sciatica will make you want to do anything but exercise, prolonged inactivity can make symptoms worse. Once the pain subsides (rest for no more than two days), PT can help prevent injury to the back by improving your posture and strengthening muscles for support. One study found that 79 percent of sciatica patients who did physical therapy in addition to receiving routine treatment and medication reported recovery after one year, while only 56 percent of patients who didn't receive the PT saw similar results.




FIBROMYALGIA

Unlike other common types of pain, fibromyalgia has no known cause and is characterised by fatigue and widespread aches, which often leave the whole body feeling tender. In most cases, when the brain processes pain, it sends the signal back to the site of the problem, but with fibromyalgia, the signal is amplified, affecting the body at many different points. While there is no cure for this condition, reducing stress, exercising and getting enough sleep can help manage the symptoms.

Alternative Prescription:

Hypnotherapy

The healing powers of hypnotherapy, in which a licensed hypnotherapist guides your mind to a highly focused mental state while easing your body into deep relaxation, are impressive, with studies showing its ability to reduce pain. While it's not clear why hypnosis works so well, some brain imaging studies suggest it reduces activity in the areas of the brain that process pain. It may not take long: Patients in one study reported relief that lasted for three months after just eight one-hour sessions. 

Catch The Dr. Oz Show on SABC 2, Mondays and Thursdays at 3:45 P.M.

Heal the Hurt at Home

Keep these three natural treatments on hand for relief, day or night.



ARNICA GEL

In my house, this is the go-to pain remedy for bruises and sore muscles, and research has shown it can even help soothe arthritis aches.

One study of 204 people with osteoarthritis in their hands found that using arnica gel for 21 days worked just as well at zapping pain as ibuprofen.



AROMATHERAPY

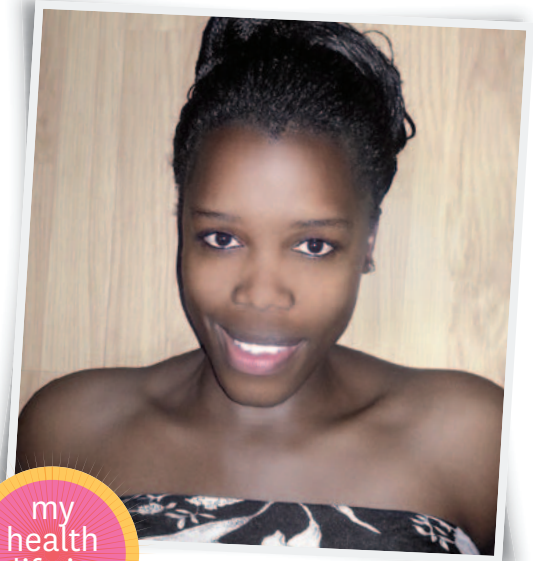
Massaging certain essential oils onto aching body parts can trigger a calming response. People with fibromyalgia who applied a mixture of oils (including rosemary, eucalyptus and aloe vera) for one month reported significantly less pain than those using a placebo oil, according to a study in the *Journal of Musculoskeletal Pain*.



VITAMIN C

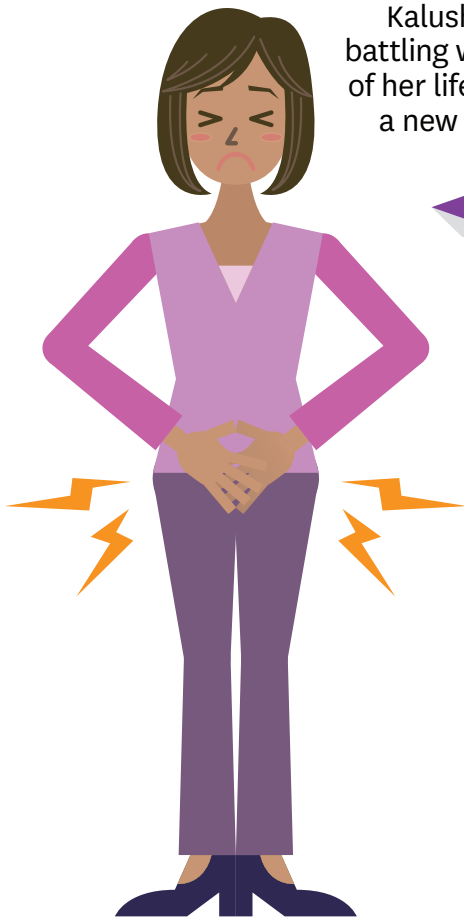
In a study in *Arthritis & Rheumatism*, osteoarthritis sufferers who consumed an average of 500 mg of Vitamin C per day reported less knee pain (and were three times less likely to experience a progression of their symptoms over seven to 10 years) than those consuming the least – possibly due to its protective effect on cartilage and bone.

“I’m Living with Endometriosis, Pain Free”



my health life in SA

Kalushi Mavimbela has been battling with chronic pain for most of her life. She shares how she got a new lease on her diagnosis.



Endometriosis is a gynaecological condition that can cause severe abdominal pain and infertility.

“MY PERIODS HAVE always been a nightmare: From the age of 12, when they first began, I spent at least one week every month doubled over in pain, forced to leave school early or skip sport. By the time I’d entered adulthood, over-the-counter painkillers were a permanent fixture in my handbag.

“Then, two years ago, my periods got even worse: I bled constantly for two months and could barely find the energy to get out of bed. I had always thought of myself as an optimistic person – outgoing, fun-loving – but during that time, it felt as if my period pain stole my strength, appetite and even my upbeat personality. It felt as if my body was controlling every aspect of my life.

“Then my cousin recommended that I see her gynaecologist; her confidence in his skills made me feel there was a solution. I went to see him for the first time in February last year, and I was shocked when,

after an ultrasound, he diagnosed endometriosis, a condition where the endometrial lining of your uterus grows outside the womb.

“In my case, the tissue was growing in my ovaries, causing chronic pain and excessive bleeding into my womb. He recommended that I have surgery to remove all the tissue and blood build-up, and to see if there was something that the ultrasound hadn’t shown.

“During the surgery, the doctors made small incisions in my bellybutton so the gynaecologist could use keyhole tools to allow a camera into my abdomen, where he found an abscess that was growing on my ovary – this had to be drained for a week, in the hospital. At the same time, blood and tissue were removed.

“When I woke up, I was told my years of bleeding had permanently damaged one of my Fallopian tubes. I had never been completely sure whether I wanted to have children or not, but being told I may not be able to conceive naturally was very tough.

“I’m now on the Pill, which helps moderate my bleeding and eases the pain. I also have beetroot and spinach shakes to restore my iron levels, which helps me feel more energised. I’m still worried that I may not be able to have children, but at least I’ve regained control of my body.”

–As told to Tracy Essers

WHAT YOU NEED TO KNOW:

- **Endometriosis affects** one in 10 women during their reproductive years.
- **It’s unpredictable**, which can make it hard to diagnose and even harder to treat. It also shares symptoms with other illnesses, sometimes causing doctors to misdiagnose.
- **The most common symptoms** are chronic pelvic pain, period pain, heavy menstrual bleeding and pain during or after sexual activity.
- **For more information**, e-mail the Endometriosis Society of South Africa at info@endpain.co.za or visit endpain.co.za



The Defy 7kg Aquafusion Washing machine offers you innovative features and cold water cycles.

DEFY Eco Wash: At 20 °C, this super energy efficient programme for 3.5 kg loads of daily, lightly soiled, laundry uses three times less energy when compared to the Cotton Eco 40 °C programme.* **DEFY Refresh:** Working at ambient temperature, this fast and effective 17 minute programme is ideally suited for clothes that simply need to be freshened up and rid of odours.

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You can rely on Defy. To simplify.

* With a 3.5 kg wash, Cotton Eco 40 °C energy consumption is 0.70 kWh while Eco wash 20 °C energy consumption is 0.16 kWh.

* According to Unilever calculations you can save 73 % on your washing machine electricity bill on leading brands.


Defy recommends **OMO AUTO Liquid Detergent**, it removes tough stains, even in a **COLD WASH**.



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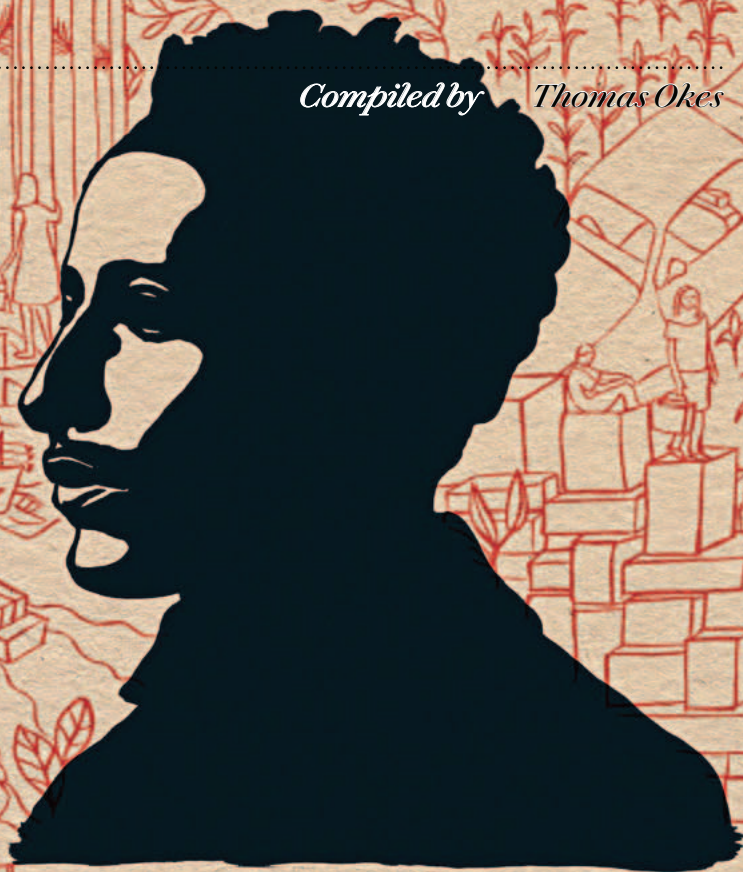


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Reading Room

Compiled by *Thomas Oke*



African Awakening

A new anthology of short stories celebrates the continent in all its colour and complications.

THE CAINE PRIZE for African Writing, an annual literary award for the best original short story by an African writer, regularly heralds the arrival of local literature's next big thing – SA's own Henrietta Rose-Innes received the award in 2008, for instance, while 2013 Man Booker nominee NoViolet Bulawayo was the 2011 winner. This book's kaleidoscopic cover is an appropriate first clue to the abundant life and depth of ***A Memory This Size and Other Stories***, the anthology of this year's selected submissions – the 17 stories inside, drawn from all over Africa, including Zimbabwe, Sierra Leone and Nigeria, sparkle and shimmer like so many pieces of carefully coordinated, coloured glass. Each one is a fragmented mirror that shines more brightly the longer you look at it, plunging you into new cacophonies of vibrant, violent context, and the contrasts – urban versus rural, local versus foreign – are what bring the characters to light and life.



Depicting an experience in just a few sparse lines is a master craft, and bursting from these pages is a burning sense of relevance: There is, clearly, no single, simple African experience, and no way to capture with one voice what the continent is to all who live on it, or have arrived or left or visited or dreamt of it. These stories are as achingly animated as the lives they observe. Chief among these is the winning story, "Miracle," by Nigerian Tope Folarin, set in an expatriate community in Texas. In an evangelical church, a crowd of anxious immigrants watches a priest attempt to cure a boy of his blindness – and the child comes to recognise his own role in the spectacle of hope, faith and fear. "This is what I learnt during my first visit to a Nigerian church," he says, "a community is made up of truths and lies. Both must be cultivated in order for the community to survive." –**RUTH CRICHTON** ▶



SHOCK AND AWE

Thrill queen Margie Orford on how a poignant page-turner – like her new book, *Water Music* – can educate and inspire:

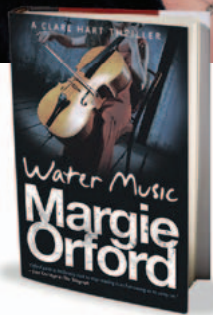
“CRIME WRITERS ARE really polite people. What we do for our readers is move them through the page, distract them from reality, show them something, and then, politely, end the story. But in a way, I didn’t choose the genre; when I came back to live in SA in 2001, I needed to

answer the question of why the country was so violent. I’d been an investigative journalist for a long time, looking at the reality and trying to figure it out. Eventually, I chose to use this genre – and Clare Hart, the intrepid investigator – because it throws the reader into the middle of the narrative: straight into the second act, alongside the central character, looking at the things that frighten us most. We all have a fascination with violence, and are drawn to stories that explore our

capacity to commit it. Reading the book, you have to navigate those fault lines of the taboo, but you’re always aligned with someone who will keep you morally safe.

“I put a lot of research into each book I write – I’ve spent far too much time in mortuaries and hospitals – in order to take

the reader into a crime scene, or show her the specifics of an autopsy, for example. I’ll take her right up close, so she can stare at the thing that frightens her, head-on, and she’ll be protected. If there’s a lesson in this book, it is that crime is real, and not something we should deny – it’s that when crime happens to us, we can heal ourselves with the help of a caring community, of investigators and counsellors and family, who say, What happened to you is wrong, and must be put right. By going through that, the reader can find her human space – the part of herself that values empathy, connectedness and justice – and recognise the role she plays in asserting these values in her community.” –*As told to Thomas Oke*



TEN TITLES to Pick Up Now

The Liberty Tree, by Suzanne Harrington

A touching, brutally honest and utterly compelling tale of coming back from the brink of a deadly addiction.

The Last Banquet, by Jonathan Grimwood

Jean-Marie d’Aumout goes from penniless orphan to high-powered diplomat on his wits alone – and he must rely on them again when revolution threatens his carefully constructed life.

The People in the Trees, by Hanya Yanagihara

This book, which took a decade to write, manages to be both ambitious and entertaining. It combines the pace of a thrilling adventure story with a heartfelt vision of what happens – to our bodies, to our planet – when we let science run wild.

The Son, by Philipp Meyer

An ambitious family cuts a swathe of violence through US history to become one of the most prominent powers in Texas – a history which leaves them ill-equipped to face, as they eventually must, the consequences of their actions.

The Weight of Water, by Sarah Crossan

Life is lonely and difficult for Kasiénka, an alienated immigrant who finds growing up and getting along in an English school a challenge – until someone shows her the quiet strength that lies inside her.

Dear Life, by Alice Munro

Beautifully spare, razor-sharp new stories from a master of the form – some drawing on the author’s memories and experiences, others skewering the specifics of chaotic, confusing, everyday life.

Night Film, by Marisha Pessl

An investigative journalist who believes a young girl’s death to be more sinister than suicide delves into the strange, cult fandom surrounding her father, a horror film director.

Still Counting the Dead: Survivors of Sri Lanka’s Hidden War, by Frances Harrison

Beneath the tourist-heaven façade lies a decades-old civil war, which culminated, in 2009, in a bloody battle between the army and guerrilla fighters. This book tells the stories of thousands of ordinary people caught in the crossfire.

The Panopticon, by Jenni Fagan

From one of *Granta* magazine’s 2013 Best of Young British Novelists comes the arresting, affecting story of Anais Hendricks, 15, who is funny, brave and confused as to why she’s in the back of a police car, headed towards a centre for delinquents.

Snow Hunters, by Paul Yoon

When Yohan, a North Korean war refugee, leaves his friends and family behind to start a new life in Brazil, he finds that in order to connect anew he must first let go of his traumatic past.



CAPE FEAR

Up for a hair-raising trip into the supernatural underworld of the Mother City?



A SERIAL KILLER is terrorising the Southern Suburbs of Cape Town, and people have nicknamed him the Mountain Killer. His calling card is an occult-esque “third eye,” which he carves into the foreheads of his victims. Meanwhile, 16-year-old Baxter Zevcenko, the antihero in local author Charlie Human’s debut novel, **Apocalypse Now Now** (Umuzi), is having violent dreams – featuring third eyes. According to his

psychiatrist, Baxter is just a troubled teen, struggling to cope with the dissolution of his parents’ marriage. But could he be a killer? This novel is an irreverent work of satire, which tears away the tranquil surface of middle-class suburbia to reveal a writhing underworld of drugs, gangs and mythical monsters. Its dark imagery and electric dialogue wouldn’t be out of place in a Quentin Tarantino movie, while Baxter’s encounters with supernatural creatures in Cape Town’s underbelly evoke scenes from *Buffy the Vampire Slayer*. Infused with futuristic dystopian anxiety, *Apocalypse Now Now* is an intelligent and thought-provoking debut from a local legend in the making. **—SARAH JOHNSTON**

REMEMBER, REMEMBER

First published in Afrikaans in 2005, Etienne van Heerden’s multi-award-winning novel **In Love’s Place** (Penguin) has finally been translated into English ... Here, he talks about how it feels, and what it means, to close the language gap: “My writing had developed as I went through school and started university, during the 1960s and 70s, and I quickly discovered that I was writing against the mainstream. It was a wonderful place to be, in the margins, writing back, in anger or discomfort, about how things are. In our cultural context now, that in-between space is such an interesting place to be. There are so many different backgrounds and narratives in South Africa, and I can see how we’re all on the outside of each other’s histories, looking in. Communal memory is valuable in that sense – storytelling can fill those gaps and bring us closer to each other. Contemporary novels published in English and Afrikaans can help us speak to each other.”



A Sense of Strangeness

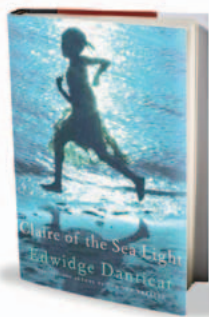
Masande Ntshanga, who recently received the PEN International New Voices Award for his short story, “Space,” talks about where he found his inspiration:

“I SPENT MY childhood years in Bhisho, a former homeland capital during apartheid, and I remember the abnormality of that period. In this story, the setting – a place of uncertainty teetering on the edge of chaos – was my first character. It imposes a feeling of being haunted in the characters: four boys trying to navigate the minefield of adolescence. The environment is a kind of spectre, reaching into their lives, and in the same way, they’re trying to shrug off their childhoods, but they don’t know what’s coming next. Boys at that age bond in a bid to feel more protected against their frightening and confusing environment – hierarchies form and there’s a lot of bravado, but there’s an instinctual sense that they’re all vulnerable. Children are able to intuit the contradictions of social convention, and here, it grates at them that their parents were socialised under apartheid – there’s something tragic and unwell about the world that’s coming. They cling to each other because there’s no one else.” To read “Space,” by Masande Ntshanga, visit oprahmag.co.za/books ▶



LITTLE GIRL LOST

In a moving new book, childhood is a fractured, splendoured thing.

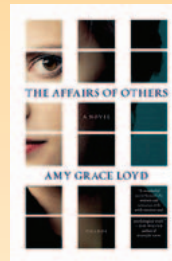


EDWIDGE DANTICAT'S *Claire of the Sea Light* (Knopf) is set in the fishing village of Ville Rose, "crammed between a stretch of the most unpredictable waters of the Caribbean Sea and an eroded Haitian mountain range." There, we meet 7-year-old Claire Limyè Lanmè, named for her mother (who died in childbirth) and the luminous effect of the sunlight striking the ocean. Claire lives with her

father, a poor fisherman working waters that, on occasion, rise as a wall "from the depths of the ocean, a giant blue-green tongue, trying ... to lick a pink sky." Even if the sea doesn't take him, he knows he can't provide his daughter with a bright future, so for years he's pressed a prosperous local woman (whose own daughter died in an accident) to adopt Claire. On Claire's seventh birthday, when the woman finally agrees, Claire runs away. Danticat has created a pulsing world of characters, whose haunting stories make up a web of relationships, coincidences, misunderstandings and ambitions. She is expert at subtly exploring such themes as the consequences of poverty and the powerful bonds between parent and child. On these pages, the human heart is laid open and the secret contents of its chambers revealed in all their beauty and agony. **-TAYARI JONES**

BEHIND CLOSED DOORS

A debut author's literary peep show:



For first-time novelist Amy Grace Loyd, a block of flats is not simply housing. It's also a metaphor for the paradoxical isolation and proximity we feel among others, especially in congested urban settings. In search of the order she craves, Celia, the young widowed narrator of ***The Affairs of Others*** (Picador), has bought a subdivided Brooklyn brownstone and serves as its live-in landlady. Prudent Celia selects unobtrusive tenants, most of whose best years, like hers, seem largely behind them: a retired ferry captain, a single schoolteacher, a humourless activist. But their neatly compartmentalised existence is destabilised when, against her better judgment, Celia allows the teacher to sublet his flat to an unnervingly beautiful woman with the fraught name of Hope. Hope's disorderly presence "rattle[s]" the "bones of the place." The captain disappears, the activist's husband bolts, and Celia rouses herself from her melancholic, tranquiliser-fuelled reveries to begin snooping through her tenants' apartments, "jeopardising the privacy that is so necessary ... in a city like ours." With forceful, sensual prose, Loyd allows Celia to discover that "life had as many gains as losses as long as we were willing to tally them." **-AMY FINE COLLINS**

HUNGRY FOR MORE

A short-fiction phenomenon serves up a surreal smorgasbord:



In the lively pages of Aimee Bender's dazzlingly dreamlike new story collection, ***The Colour Master*** (Doubleday), Asian tigers split their skins and are mended by seamstresses; a woman who is "ugly, by human standards," falls in love with a man-eating giant she meets in a tavern; and random gifts, including cans of lobster bisque, materialise out of thin air, perhaps delivered by ghosts. These fantastical elements season the soup of Bender's savoury and sublime human sagas. Though we journey into the author's strange worlds without a map, her particular brand of magical realism is so deeply rooted in American middle-class life that even her most exotic landscapes feel as familiar and well-lit as the local mall. Her characters crave work or words or one another. In "The Devourings," the aforementioned giant accidentally consumes his own children. In the first story, "Appleless," a narrator observes: "I once knew a girl who wouldn't eat apples ... She didn't even like to look at them ... It's unsettling to meet people who don't eat apples." So many of Bender's sentences settle and unsettle, and deserve to be read aloud for pure pleasure. **-BONNIE JO CAMPBELL**

Homecoming

An age-old truth told in a stunning new voice: O talks to debut author Marli Roode.

CALL IT DOG (Penguin) delves into some of South Africa's darkest corners, and does it all, as acclaimed author Patrick Flanery has said, with a "clear eye and bracing voice." When Jo, a journalist living in the UK, returns to her native SA to report on the xenophobic riots sweeping across Johannesburg, she finds herself reunited with her estranged father, Nico. An unabashed racist and compulsive liar who is accused of a vicious, apartheid-era murder, he persuades Jo to help prove his innocence. Over the course of their ensuing meandering road trip across the vast Karoo, Jo is forced to confront the true, unfiltered nature of her father, her history and herself. O speaks to the South African-born author, who now lives in London:

Q What was it like to write a book about the violence and turbulence of the country you come from?

"I wrote most of the first draft in a month, spending up to 18 hours at a stretch in the South Africa of my imagination, followed by vivid dreams set in Alexandra or in a car I couldn't get out of. It was difficult to distance myself from the story and I think I needed to be so immersed to evoke Jo's claustrophobia and urgency. In my research for the book, I learnt a lot about South Africa that I hadn't been aware of, and that made me feel more at home, even as I sat on the Tube, with fat, gold pounds in my purse and *traffic light* instead of *robot* in my mouth."

Q There's a great distance between Jo and Nico ...

"He trusts no one, not even his daughter. It's too much of a risk. And his sense of superiority prohibits him from trying. Nico feels betrayed by his country, his fellow soldiers and even by Jo. Everything about her makes her untrustworthy for Nico: her stumbling over Afrikaans words, the ways in which she's more like her mother – and her belief that equality is possible and necessary."

Q In South Africa, it seems, the personal is political: Is it possible to stay true to a fixed sense of integrity?

"Jo is caught between the obligations of family and her conscience, while her politician boyfriend, Paul, is caught between his need to discover what happened to his father and his duty to the people of Gauteng. It is difficult to navigate that internal struggle, but they work hard to hold themselves accountable for their actions. At the end, they each decide on a path, but whether they can move forward without wavering is for the reader to decide, I think."



Q Does Nico feel displaced in post-apartheid SA?

"Nico often mentions how the only role he can play in SA is the cartoonish, Afrikaner villain, a dinosaur in khakis. He sees a similar demonisation in the xenophobic violence – the fixation on foreigners taking South Africans' jobs and driving down labour prices, rather than an attempt to address inequality."

Q Can Jo leave her past behind?

"What moving forward means for Jo is, I think, up to the reader: Does she stay in SA or return to the UK; can she really accept the reports about her mother's death? And is leaving your past behind possible, when its shadow still looms over every action and interaction?"

Q In a globalised world, it seems everyone is from somewhere else. How do we find a sense of belonging?

"Emigrants live in liminal spaces, between homes. Everything is a comparison for Jo; she's always searching for coordinates by which to situate herself, be they landmarks or accents, rituals or faces. But people belong in different ways; they find home in their friends and family, in a shared appreciation for *The Simpsons* or *Isidingo*, in a certain kind of winter light. I've long thought of myself as homeless, belonging neither in the UK nor in SA, but coming to Johannesburg earlier this week, when the glare let up and I could see the burnt-out and yellowed trapeziums of the Highveld in winter, I wept."

–As told to Thomas Okes

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The **O** List

A few things
we think
are just great!

Go for a Ride ...

... in the Bokkie Rocking Chair,
which comes with beautifully
printed cushions. Available in red,
orange, yellow, black and white.
(From R3,950, *I Love Bokkie*) ▶





Table Manners >

If attention to detail is your thing, you'll love these holestitch napkins.
(R14 each, Mr Price Home)



< Sitting Pretty

This Dedon Dala Lounge Chair adds opulence to being outdoors in summer.
(Price on request, Cane Time)

A Glassy Affair >

Guzzini Aqua serving bowls add extraordinary colour to salads.
(R350 each, Entrepo)



▲ Rainbow Bright

With so many shades available, sipping has never been this spectacular.
(R20 each, Woolworths)

< Nature Is Invited

Bring the outdoors inside with Clinton Friedman's Deep Sea Ficus and Vine Pressing cotton scatter cushions - suitable for full undercover outdoor use.
(R695 each, Weylandts)



▲ Dish It Out

Serving won't be the same without "The Inseparables" salad cutlery.
(R220, L'Emile et Son)



◀ The Amazing Lace

This Shadylace Parasol in Green from Droog allows just a hint of sun to shine through. (R6,129, 5rooms.com)

Throw It Over

Whether it's to sit on at a picnic or drape over your shoulders in the evening, this throw has you covered. (R299, Woolworths)



O is giving away 10 packs of Arniston Bay Infusions, each containing two bottles.

Natural Buzz ▶

Arniston Bay Infusions are refreshing, low in alcohol (only 5,5 percent) and available in two delicious tastes: Lemongrass, Mint and Aloe, and Graviola and Passion Fruit. (R43 per bottle, Liquor City)



O is giving away three House of York hampers, each worth R850. For details of both giveaways, see Shop Guide on page 143.

Regally Rustic ▶

If you're a fan of au naturel, you'll love the new Bamboo range from House of York. (Green bowl, R135; tapered bowl R110; large bowl R135, medium storage canister R180, all houseofyork.co.za)



Bold and Beautiful

This platter will ensure there's never a crumb left, no matter what you serve. (R220, L'Emile et Son) For details, see Shop Guide.



Have you got a gorgeous product that you're just dying to boast about? We'd love to hear from you. E-mail a photo of your product and the relevant details to thelist@assocmedia.co.za



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- You'll receive exclusive, members-only content on oprahmag.co.za and your mobile phone
- You'll enjoy a 10-percent discount at netflorist.co.za
- **Plus!** You stand a chance to win the Clarins Summer Gift worth R1,500
- **And ...** You could win a trip to Mauritius, valued at R35,000
- You'll be able to support the Bookery in O's drive to stock a needy school library.

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**While stocks last. This membership offer is valid until 30 November 2013.*

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Your November Beauty Calendar

A MONTH OF *Funday*s

Long, low-key afternoons. Lazy weekends.

Now is the perfect time to break out of your routine. We've got 30 new ways to jazz up your summer – and your looks!

Photographs by GARY LUPTON and RIANA VOGEL

DAY ONE

Sweet Smell

Lightly spritz a fragrance containing notes of gardenia – like the intoxicating **Gucci Flora Gorgeous Gardenia** (R995 for 100 ml) – in your hair and on the hem of your skirt lining. Spend the day catching wafts of a summer garden.

DAY TWO

Getaway Plan

Take some time off – from your face. Skip the make-up, swipe on a clear lip gloss, run a comb through your hair and ... done. No peeking in the mirror for the rest of the day. Instead of thinking about how you look, reflect on the joys of summer.

DAY THREE

Practical Magic

Upgrade your baby pink nail polish to a version infused with delicate shimmer, like **Ice Box Colors** (R99) in Turkish Lights. It's still sensible (imperceptible chips) but more playful.

DAY FOUR

Simple Shift

Simplify your on-the-go make-up arsenal with a single multitasking stick. **Revlon Baby Stick for Lips and Cheeks** (R100) comes in three creamy shades (like Pink Passion, pictured) that can be used as lipstick or blusher.



DAY FIVE

Brow Wow

Smooth, defined brows help you look polished even on makeup-free days. A tinted gel, like **MAC Brow Set (R170)** in Beguile, fills in gaps and tames unruly hairs. Brush the gel up and out from the inner corners of your brows to the ends.

DAY SIX

Shimmer A-Go-Go

Give your skin a subtle gleam with a shimmery moisturising oil, like **L'Occitane Pivoine Flora Illuminating Oil (R360)**. Don't go overboard – apply a light layer only on your collarbones, the tops of your shoulders and your legs.

DAY SEVEN

Hot Lips

Swap that boring brown-berry lipstick at the bottom of your purse for a coral gloss. Two creamy shades that flatter every skin tone: **L'Oréal Infallible Lip Color (R181)** in 404 Coral Constant and **Revlon ColorBurst Lip Butter (R115)** in Juicy Papaya. ▶



DAY EIGHT

Shadow Brightener

A creamy, opaque concealer can melt in the heat. Use YSL Touche Eclat Radiant Touch (R475) highlighter on the inner corners of your eyes instead. The sheer, illuminating formula hides puffiness and brightens dark shadows without settling into fine lines and wrinkles.

DAY NINE

Easy Upgrade

Turn your ponytail into a statement in four steps: 1. Spritz thickening spray from roots to ends. 2. Make a side parting. 3. Use a fine-tooth comb to tease the underside of an eight-centimetre section of hair just behind the top of your head. 4. Gently smooth over that area as you brush your hair back into a ponytail.

DAY 10

Enduring Beauty

For a natural blush that lasts all day, dab a bit of a long-lasting liquid stain, like Stila Crush Lip + Cheek Stain (R225) in Raspberry, on the apples of your cheeks and blend it upward towards your temples, using circular motions.

DAY 11

The Colour Lavender

Have you been wearing the same tomato red on your toes for the past 10 summers? Reinvent your pedicure with a lively lavender polish. Our favourites: **inTouch Nail Enamel** (R32) in You Look Grape, **Revlon Nail Enamel** (R100) in Charming, and **Essence Colour & Go** (R20) in Hello Marshmallow.

DAY 12

Ready For Take-Off

Adding subtle wings to black eyeliner makes your eyes look more awake. Use a flat-tipped eyeliner pen, like **MAC Angle Brush #208** (R230) and a gel liner, such as **MAC Fluidline** (R180) in Blacktrack, to draw a thin flick from the outer corner of your eye towards the outer corner of your brow.



DAY 13

Green Party

A touch of emerald, or another shade of green, flatters most eye colours. If you're pale, blend a sheer shadow, like **Elizabeth Arden Beautiful Color Eye Shadow** (R195) in Aquamarine 16, over your lids. If you have olive or dark skin, dust the tips of your lashes with a deep teal mascara, like **Inglot Colour Play Mascara** (R149) in 02.



DAY 14

Quick Cleanse

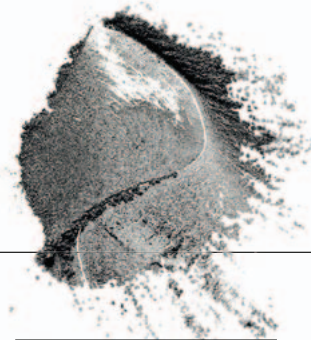
Looking for permission to skip face-washing tonight? Here it is: **Nivea Refreshing Facial Cleansing Wipes** (R50 for 25 wipes) are enriched with Vitamin E and Hydra IQ to gently cleanse, tone and hydrate. (And the subtle fresh scent is an added bonus.) Use one just before bedtime.



DAY 15

Silver Bullet

A silver eye shadow without shimmer or glitter, like **MAC Eye Shadow** (R185) in Copperplate, complements every skin tone; a light wash all over lids is low-key enough to wear during the day.



DAY 16

Head Mastery

Call a truce in your fight against frizz. A cute trilby hides a humidity-ravaged style, protects your face from damaging UVA-UVB rays, and elevates any casual summer outfit. R499, Accessorize.



DAY 17

Splendour in the Grass

A citrusy summer scent is predictable – try a lush, green fragrance instead. **Jo Malone Vetyver Cologne** (R1,100 for 100 ml) perks up the fresh grassy note with sweet orange and nutmeg.



DAY 18

Rest Area

Smooth a cloth mask saturated with rejuvenating ingredients over your face, put your feet up, close your eyes for 10 minutes – and open them to softer skin. Want an even more transporting experience? Store the wrapped masks in the fridge. Try a **Skin Logic Face Mask** (R32) in Cleanse/Refine or Repairing/Restoring.



DAY 19

Gold Finger

Update the French manicure with an elegant – but slightly more edgy – caramel and rose-gold combination. Paint caramel over your whole nail; then, with a very thin eyeliner brush, trace a golden shimmer over the tips. For a rich hue, try **Nails Inc. London Nail Polish** (R110) in Cadogan Square, with **Nails Inc. London Special Effects Nail Polish** (R120) in Stratford on the tips. ▶



DAY 20*Liner Notes*

In bright summer sunlight, brown eyeliner is more flattering and looks more natural than stark black. Reach for a coppery or gold-flecked brown, like **Avon Glow 2-in-1 Eye Pencil** (R123) in Beach Beauty (which also has a gorgeous, minty green on the other end; perfect for Day 13).

**DAY 21***Lighter Load*

Take the weight of the world – or at least the weight of your handbag – off your shoulders: Switch to a snappy straw clutch. Do you really need more than your wallet and a lipstick when running errands on a summer afternoon? R499, Accessorize.

**DAY 22***Shower Power*

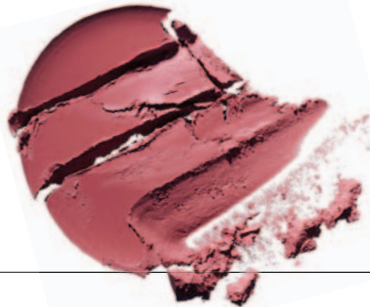
Make your morning routine deliciously indulgent. **Kiehl's Crème de Corps Soy Milk & Honey Body Polish** (R355) contains shea butter and almond oil, to leave your skin silky and scented with honey.

**DAY 23***Body Builder*

When blow-drying isn't an option, work a large dollop of volumising mousse into damp hair from roots to ends and let it air-dry. The silk and protein formula of **Revlon Flex Firm Normal Hold Mousse** (R35) moisturises, adds shine and controls frizz.

**DAY 24***Rosy Outlook*

For a natural, lit-from-within blush effect, apply a creamy formula, like **Chanel Le Blush Crème de Chanel** (R440) in 62 Presage, under a sheer tinted moisturiser.

**DAY 25***Sunny-Side Up*

Have you noticed more tiny lines around your eyes? Slip on a chic pair of oversized shades for squint and sun protection – as well as a hit of instant glamour. Armani, R2,690, Sunglass Hut.

**DAY 26***Instant Uplift*

Pull your hair back into a pony, braid it and secure it with another elastic. Twirl the length of the braid around the base of the pony and hold it in place with five hairgrrips. Enjoy the oohs and aahs.

**DAY 27***Stained Gloss*

Skip the pencils and primers and get long-lasting, kiss-proof lip colour with a stain. New formulae have the creamy (and comfortable) finish of a lipstick. **YSL Rouge Pur Couture Glossy Stains** (R375) come in 14 shades, from subtle beige to a more “wow” fuchsia.

**DAY 28***Glow Trick*

Trade your foundation for a CC Cream and feel the thrill of running out the door barefaced – but still even-toned. (CC stands for “colour correct”: It evens out redness and blurs imperfections). We like **Clinique Moisture Surge CC Cream Hydrating Colour Corrector** (R355).



DAY 29

Wave Maker

Yes, you can infuse beachy texture into your stick-straight hair. Salt sprays coax waves from even the flattest hair. Spritz **Toni & Guy Casual Sea Salt Texturising Spray** (R95) liberally through wet hair, then use your fingers to create small twists as it dries.

DAY 30

False Positive

If you want full, dark lashes all day, fake them. It takes only a few more seconds than layering mascara, and there's no need for touch-ups. Try half-strips, like **MAC Half Lashes** (R140) in #20, and end the month with a real eye-opener. *For details, see Shop Guide.*



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STYLE
36

*O's beauty editor shares her
top tips to help you make the most
of your unique allure this season.*

Chereen Says ...



ANSWERS FROM THE BEAUTY DESK; TRENDS
TO TRY; WASH-AND-WEAR HAIR; THE BEAUTY
DIARIES: THE O TEAM'S LUNCH-HOUR TEST;
AND MORE ►



BEAUTY
EDITOR'S
NOTE

ONE OF MY absolute favourite quotes is by the late, supremely sophisticated actress Audrey Hepburn, who said:

“The beauty of a woman is not in the clothes she wears, the figure that she carries or the way she combs her hair. The beauty of a woman is seen in her eyes, because that is the doorway to her heart, the place where love resides. True beauty in a woman is reflected in her soul. It’s the caring that she lovingly gives, the passion that she shows. And the beauty of a woman only grows with passing years.”

Her inspirational words infuse this 10-page guide, as I’d like to help you become more comfortable with your individual brand of (inner and outer) beauty – particularly in this season of sunny days and bright possibilities. You’ll find answers to some of your most pressing questions, as well as tips on how to master summer’s trends. But, most important, you’ll find guidance on how to bring out your best features. Our hair guide on page 93 features advice on making the most of your natural hair type, from the perfect cut to the most important product to invest in. And browse through

The Beauty Diaries on page 96, for a round-up of simple treatments you can pull off in your lunch hour – tested by members of the *O* team. Let this guide help you on the journey towards embracing your unique beauty. Enjoy!

Chereen
—♡

ANSWERS FROM THE BEAUTY DESK

Your most pressing concerns addressed

Q

A

Is It Really Necessary to Use a Primer?

Until I started using a primer under my foundation, I didn't quite understand the importance of one either. I first tried it after meeting Will Malherbe, the education and artistry manager of Smashbox Cosmetics. As he explained, primers act like filler putty for your skin, filling in fine lines and wrinkles, while minimising the appearance of pores. His advice was to always use a primer before applying make-up:

"That way, you won't need any touch ups, and your carefully applied make-up will last longer."

I've found that using a primer has not only increased the staying power of my make-up, but I end up using less foundation, so it lasts a lot longer. I'd say it's an all-round worthwhile investment.

Q

A

Chemical Peels: All Hype, or Truly Transformative?

A peel usually contains varying concentrations of glycolic acid, lactic acid, salicylic acid or trichloroacetic acid, and works by inducing a burn to remove a part or the whole of the top layer of skin. The deeper the peel, the more improvement you'll see. But be careful: Too deep a peel can be damaging. "Salicylic acid peels are the least irritating, as they have built-in anti-inflammatory properties," says Paula Begoun, author of *Don't Go to the Cosmetics Counter Without Me*. According to Begoun, you don't always know whether a chemical peel will do your skin a world of good, because it's hard to determine the skill level of the technician or doctor performing the peel. She says:

"It's important to realise that the claims for peels are often overblown and the risks downplayed, but, assuming all goes well, you will absolutely see an improvement."

My advice? If you're considering going for a chemical peel, have it done by your dermatologist or ask them for a referral.

Q

A

Is There a Way to "Fix" a Receding Hairline?

This problem can be caused by a number of factors, including age, genetics, stress, wearing your hair in tight ponytails and braids on a regular basis, weaves and hair extensions, or overlapping chemical processes. Before you start treatment, assess the severity of the problem by determining whether your hair follicles are irreparably damaged or still alive. Examine thinning areas in a mirror; if you can see new hair growth, then the follicles are alive and it is possible to encourage growth. Then give your hair an immediate break from all chemical treatments and weaves, and massage the area with "hair food," like **Dr. Miracle's Stimulating Moisturising Gro Oil** (R60) at least twice a week. If you braid your hair regularly, ensure that the braids aren't too tight, and give your hair a two-week break between weaves. "If this doesn't work, you can opt for medication, such as minoxidil, which can be prescribed by a dermatologist or trichologist," advises Kavuli Nyali-Binase, founder of *goodhairdiaries.blogspot.com*: You could also massage castor oil into your hairline to stimulate blood flow, encourage hair growth and promote thickness, Nyali-Binase says. She adds,

"There are plenty of women – including me – who have seen its positive effects on our hairlines, eyebrows and eyelashes."

If your problem is dead hair follicles, a hair transplant may be an option worth exploring, but ensure you consult the right experts and do your homework to make an informed decision. ▶



FERNANDO MILANI. FASHION EDITOR: JILL SWID. HAIR: SEBASTIAN SCOLARICI. MAKE-UP: JENNA ANTON AT SEE MANAGEMENT. SET DESIGN: SERGIO ESTEVES FOR IGROUP. MANICURE: ROSEANN SINGLETON FOR ART DEPARTMENT.

WASH-AND-WEAR HAIR

Make this the month that you call a truce with your hair's summer-weather tendency to flop, frizz, and generally drive you nuts. With the right cut (a matter of length and layers) and a few key products, you'll get a good chunk of your life back – and look genuinely gorgeous. Happy summer!

How much time will you invest in wrangling your hair this summer? Probably about 15 minutes a day, seven days a week, for 12 balmy, sun-filled weeks. That's more than 20 hours that you could spend lounging, swimming or juggling (toddlers, torches, parties). Here's an idea: Let's declare a moratorium on blow-drying and flat-ironing. Not only are there better ways to spend your time, but when it's hot and steamy, fighting your hair's natural texture is an exercise in frustration – and sometimes, utter futility. Even when you manage to force curls straight or muscle extra height into fine

hair – the (often fleeting) results can just look ... tortured. Instead, get a cut* that highlights the beauty of your natural hair texture, while tempering its challenges. Then you can set aside the dryers and irons (and exasperation) and still have a flattering style that's polished enough for work, and carefree enough for many hours of summer play.

**The right products help, too.* To find out which ones will make the most of your specific texture, visit oprahmag.co.za

IF YOUR HAIR IS ... CURLY

YOUR GOOD FORTUNE: Bold, vivacious ringlets come naturally to you. While some of us struggle to inject our hairstyle with a bit of an edge, you make rebellious look easy.

YOUR CHALLENGE: Like teenagers and toddlers, curls can be wilful and take on a life of their own if you don't set some boundaries.

YOUR IDEAL CUT: A style that skims your shoulders lets curly hair strike the perfect balance between wild and soft, explains hairstylist Shelene Shaer of

Tanaz Hair Body & Nails in Johannesburg. (If you want to move more towards the wild side, go shorter.) Layers should be no shorter than 15 cm, except for a few in front to frame the face. It's a good idea to have your hair cut dry so that your stylist can see how each snip affects the overall silhouette. "You don't want to thin out the hair. You just want to shape the curls around the ends and slightly texture them," says Shelene.

STEER CLEAR OF: Short layers, especially if your hair is fine; they will make your curls spring up

too much (boing!) and disrupt the shape of your style. And if a stylist takes out a razor, run. The result will likely be frizz and split ends. Even if your overall style is a little loose, your ends should be scrupulously neat.

YOUR GO-TO PRODUCT: A rich, moisturising styling cream. Try **Mizani True Textures Perfect Curl Defining Cream Gel** (R144).

YOUR SALON CHECKLIST:

- ✓ Cut dry
- ✓ Shoulder-grazing length
- ✓ Long layers ▶

... WAVY



YOUR GOOD FORTUNE: You have the potential to wash and go, and look like you just stepped out of a beachside photoshoot. Your hair's natural state is tousled and relaxed.

YOUR CHALLENGE: Wavy hair can be a bit inconsistent: bending beautifully in one area, falling flat in another. And while steamy weather encourages the natural twists in your hair, it also adds frizz.

YOUR IDEAL CUT: Layers of varying lengths (starting about halfway between your crown and ends) encourage the shape of the waves and

make the hair look fuller, not frizzy. Shorter layers will give your waves bounce, too. If your hair is thick, a stylist can also thin it out a little at the bottom.

STEER CLEAR OF: Razoring or serrated cutting (when a stylist slides scissors down the hair shaft), as both can fray waves. If you have finer hair, be wary of many layers – you need enough weight to help your style hold its shape.

YOUR GO-TO PRODUCT: A silicone serum: Try **Avon Advance Techniques Daily Shine Serum** (R70).

- YOUR SALON CHECKLIST:**
- ✓ Layers, from mid-length to the ends
 - ✓ Thinning, starting 5 cm from the bottom
 - ✓ No razors or serrated cutting



... FINE AND STRAIGHT



a few highlights around your face, too. "Bleach causes hair shafts to swell and can give your hair 20 percent more body," says Shelene.

YOUR GOOD FORTUNE: Frizz? What's frizz?

YOUR CHALLENGE: Without teasing, hot rollers or upside-down blow-drying, your hair can feel like it's plastered to your head.

YOUR IDEAL CUT: A bob that's shorter in the back than in the front gives fine hair lift at the crown. A deep, sideswept fringe can also help create the illusion of volume. If you have fine hair, you likely also have more hair follicles, which means your roots get greasy quickly because there are more sebaceous glands. Consider

STEER CLEAR OF: Too much length. "Once fine hair gets below the shoulders, it's almost impossible for it to hold any style, as gravity weighs it down," says Shelene. And request layers only in moderation: Too many make fine hair look stringy.

YOUR GO-TO PRODUCT: A volumising spray: Try **L'Oréal Professional Volumetry Anti-Gravity Effect Volume Spray for Fine Hair** (R250).

- YOUR SALON CHECKLIST:**
- ✓ Slightly angled bob
 - ✓ Deep, sideswept bangs
 - ✓ Face-framing highlights



↑

... THICK AND STRAIGHT (ISH)

YOUR GOOD FORTUNE: You have a full head of thick, lush hair.

YOUR CHALLENGE: Your hair is heavy and probably a bit coarse. As the humidity rises, it tends to expand, usually into a triangular silhouette, widening at the bottom.

YOUR IDEAL CUT: Length helps keep a mass of hair from becoming overinflated – but you don't have to grow your hair down your back: "A cut that falls at least to your collarbone has

enough weight to give you the extra control you need," says Shelene. You also want long layers, starting about 15 cm above the ends; they're key to keeping your hair from stacking into that pyramid shape. Shelene also recommends using thinning shears to remove the bulk.

STEER CLEAR OF: Blunt lines. They'll make your hair look, and feel, even heavier. "Don't get a cut that's perfectly even at the ends," says Shelene. And while long layers are a must, short

ones will make it more difficult to contain your hair's fullness, especially if there are lots of layers at the crown.

YOUR GO-TO PRODUCT

A light-hold spray gel: Try **ghd Style Straight & Smooth Spray** (R180) for Thick/Coarse Hair

YOUR SALON CHECKLIST

- ✓ Collarbone length (or a bit longer)
- ✓ Layers starting 15 cm above ends
- ✓ Thinning from the bottom ▶

THE BEAUTY DIARIES

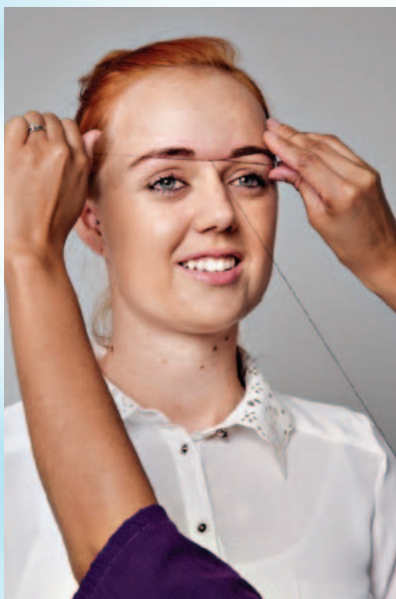
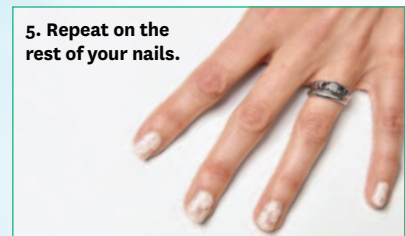
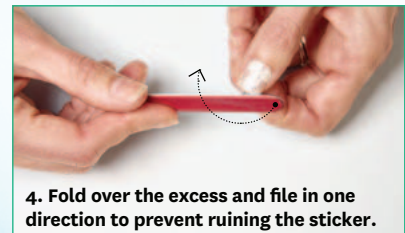
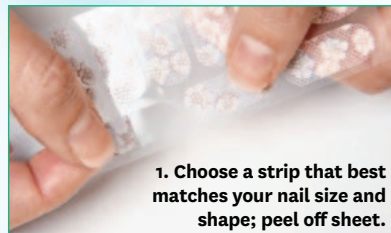
Desperate for a beauty revamp, but out of time? The *O* team was tasked with testing a selection of simple tweaks and treatments that ensure an instant pick-me-up – that you can pull off in your lunch hour. Here are their findings

DESIGN WITHIN REACH

O's features editor, Carla Calitz, investigates DIY nail stickers

"I'd never tried nail stickers before, but I'm always looking for quick beauty solutions, particularly a mani option that doesn't entail an hour of fixing the mess caused by uneven or shaky brush strokes, and drying time. So during a lunch break and at my desk, I tried my hand at DIY manicure art with the help of **Revlon Nail Art 3D Jewel Appliques WildFlowers** (R90) in 01 About a Pearl. Their nail stickers are made with fine layers of real polish and a film of flexible adhesive – I chose one of the more subtle options in white and pink lace and flowers. They also have bolder options, like 02 Psychedelic, if you're feeling a little more daring. I couldn't believe what an easy, fuss-free process it was – it took me a mere 10 minutes to smooth and trim the nail polish strips with

the help of the included mini nail file. And I absolutely loved the end result – my nails look superb, and the stickers lasted for four days without any chips. What a pleasure."



HAPPY AND HAIR-FREE

O's fashion intern, Natalie Gidlow, has her eyebrows threaded and tinted

"I've had my brows waxed before, but I'd heard rave reviews about threading, so I was looking forward to it. It's an ancient South Asian technique in which the therapist holds one end of a cotton thread between her teeth, while using her hands to loop and twist the thread around each tiny hair, before pulling it out. Unlike waxing, the process wasn't over in one, painful go; instead, the therapist spent a good 10 minutes working on my brows before she was satisfied that she had achieved the perfect shape. My eyebrows didn't do much for me before, but now they look more defined and frame my eyes. It's slightly more painful than waxing, but the results are so much better and definitely worth it. My therapist also tinted my brows a shade darker than my natural hair colour, to make my blue eyes pop. The combination of threading and a tint make me feel confident enough to pin back my bangs."

FRINGE BENEFITS

O's acting beauty editor, Juana Parathyras, tries on a fringe

"After confiding in my stylist that I was bored with my hair and I thought that it was time for a change, he suggested I cut a fringe. It took me some time to actually pluck up the courage, but once he'd cut it, I loved the end result. That being said, my new hairstyle and I do have a bit of a love/hate relationship: I love it when it's freshly blow-dried, but I'm not such a fan when I have to pin it up for my yoga class. It requires a fair amount of maintenance, in the form of a trim every six weeks, but I've decided that it can stay because it softens my features when I tie my hair up – plus, my husband thinks it's cute." Juana had her fringe cut by David Gillson at Carlton Hair Constantia, Cape Town ☎ 021 794 4417.



TAKING THE HEAT

A professional blow-dry gives *O*'s online content producer, Neena Andrews, stylish tresses

"I hadn't been for a blow-dry in a while, so I jumped at the chance to have my hair done during my lunch hour. It started with having my hair washed at the basin, and culminated in a relaxing (and, after deadline week, much-needed) scalp massage. I was then whisked off to stylist and salon-owner Mario's chair, where he gave me great hair tips while he worked on making my tresses look their best. When

he finished, it was as though he had spent hours on it, but he was able to give me a gorgeous, Kate Middleton blow-dry in less than an hour. It was such a wonderful way to spend my lunch hour and, after all the lovely compliments I received throughout the day, I'll definitely be making this a regular treat." Neena visited Mario's Company for Hair in Green Point ☎ 021 801 0667.



EYE SPY

I tried a press-on eye treatment to combat puffiness and dark shadows

"My biggest beauty bugbear since becoming a mom? Tired, puffy eyes, of course. Fortunately, my job as *O*'s beauty editor means that I get to try out some of the very best eye creams, which ensure that I look bright-eyed and wide awake – at least, most of the time. One of my favourite under-eye treatments is **Henriëtte Faroche Active Age Eye Lift Fleece Eye Pads and Mask** (R416). Simply apply the eye mask to your delicate under-eye area, position the eye pads, put your feet up and relax. When I peeled off the thick fleece pads after 15 minutes, my eyes felt soothed, the dark circles beneath my eyes were noticeably lighter and the whites of my eyes appeared brighter." ▶

TRENDS TO TRY

Four looks you'll love this summer



THE LOW-SLUNG BUN ...

1

... is back – with a bang. There's nothing better than a chic hairstyle that's quick and easy to achieve. Gather your hair in a ponytail at the nape of your neck, wrap your pony around itself, and clip into place.



BLUE EYE SHADOW

2

Some say this look should stay in the 1980s, along with shoulder pads and permed hair. But the modern take on it is surprisingly wearable:

Try a wash of cobalt blue shadow over your entire eyelid, or, for a more subtle approach, add blue liner – we like **Avon GlimmerStick Eye Liner** (R40) in Starry Night Blue – to your lower lash line only. Two coats of mascara and rosy pink lips round off the effect.



A BOLD LIP COLOUR ...

3

... ensures an instant update: Experiment with tangerine, tomato-red, bubblegum-pink and fuchsia. My favourites include **Estée Lauder All Day Lipstick** (R275) in Coral Tangerine, **CK One Pure Shine Lipstick** (R235) in Rave, **MAC Lipstick** (R185) in Candy Yum Yum, and **Revlon ColourStay Ultimate Suede Lipstick** (R145) in Catwalk.



METALLIC NAILS ...

4

... are the perfect complement to a summer glow. I particularly love the simplicity of using **LA Girl Magnetic Nail Polish** (R33) in Repel, which creates nail-art effects in just a few minutes. Apply two coats, then hold the magnetic cap over each nail, without touching the cap to the nail, for 15 seconds, to create fun patterns. Remember to apply a solid base coat to prevent discoloration. *For details, see Shop Guide.*

... AND TRENDS TO AVOID

STILETTO NAILS
Worn super-long and filed to a point, this look is impractical, if not dangerous.

PASTEL HAIR
Pretty it may be, but “My Little Pony” hair isn’t appropriate for the office.

CRYSTALISED LIPS
Pulling off the perfect red pout is hard enough, but some make-up artists would

have you believe that lips studded with Swarovski crystals are the next big thing. Just don’t.

Win!
Thirty lucky winners
will each receive a pair
of FitFlop shoes of their
choice, to the value
of R1,500.

TREAT *Your Feet*

Look fabulous and feel great
in FitFlop footwear.

IT'S NO SECRET THAT A STYLISH PAIR OF SHOES is a major confidence-booster – and if they're comfortable and good for your feet, too, they can keep you on the go and in style throughout the summer.

The pretty footwear from FitFlop is designed with comfort and style in mind. FitFlop shoes give your feet a boost as you walk, as their biomechanically engineered midsoles absorb shock and provide cushioning. And by offering a wide variety of colours, textures and styles – including sandals, pumps, boots and sneakers – FitFlop provides chic, comfortable shoes for every occasion. To choose your favourite pair, visit fitflop.co.za

How to Enter: visit oprahmag.co.za/win or SMS the following information to 35449: FitFlop/your name, surname, address and e-mail address. SMSs are charged at R1,50 across all networks. The closing date is 30 November 2013. Entrants' details will be made available to the sponsor. Visit oprahmag.co.za/win for competition rules.





Fashion

O's • Swim- Suit Handbook

From a chic one-piece to a pretty bikini, *Leila Petersen Gallant* wades through the often-tricky swimwear waters to find the most stylish suit for your shape.

Neon shirt dress, R899, Seafolly. Bathing costume, R649, Speedo. Sunglasses by Dolce & Gabbana, R1,999, Sunglass Hut. Beaded necklace, R175, Lovisa. Shopper bag, R660, Ted Baker. Bracelets, from R160 to R855, all Joya Collection. Towel, R299, Billabong.

Make a Splash

Colour-blocking really does benefit every figure. If you're concerned about unsightly lumps and bumps, a shirt dress is a subtle cover-up. It showcases your costume but also provides enough coverage to put you at ease.

A SUIT FOR EVERY BODY

Big Bust



R350, Foschini

Athletic



R848, Love Water Love

Fuller Figure



R1,025, Miraclesuit



R995, Speedo



GREAT DEAL!

R140, Mr Price



R350, AC Activewear



GREAT SUPPORT

R360, Truworths



R1,348, Seafolly



R1,499, Seafolly ▶

FLATTER YOUR FIGURE, LIKE THIS:

Big Bust

- ① Opt for bikinis that have detail on the bottom – ruffles, frills or ruching add volume to your hips, which ensures they're more in proportion to your bust.
- ② Choose costumes with halterneck styles, thicker straps or structured cups, as these offer added support.

Work black-and-white combos to your advantage and get bold with stripes, chevrons and other geometric patterns. Even horizontal lines can be flattering if you wear them in the right way – make sure they’re narrower if you’re fuller figured.

Two-Toned

A SUIT FOR EVERY BODY

Big Bust



GREAT DEAL!

R350, Foschini

Athletic



R1,200, Sunseeker

Fuller Figure



R350, Foschini



R299, Woolworths



PRETTY BOW DETAIL

R1,025, Miraclesuit



LINE WE LOVE!

R1,000, Sunseeker



R1,698, Seafolly



R900, Roidal at Scalini



R1,745, Miraclesuit

FLATTER YOUR FIGURE, LIKE THIS:

Athletic

- 1 Use ruffles to your advantage, as they add volume to your hips.
- 2 Opt for swimwear with built-in padding, to create the illusion of curves.
- 3 Look for sleek suits with curve-enhancing details, like cut-outs and seaming.

Fashion



Bikini top, R605, bottoms, R445, and cover-up, R535, all Moontide at Slimsuit Distributors. Sunhat, R249, Accessorize. Sunglasses by Miu Miu, R2,550, Sunglass Hut. Bangles, R230 for a set, Lovisa.



Fashion



Kaftan, R1,320, Lalesso.
Bikini, R1,648, Seafolly.
Bangles, R175 for a set, Lovisa.
Beach bag, R699, Seafolly.

Print Pool Party

Flirty prints and feminine silhouettes – what's not to love? Pair your swimsuit with a flattering (not frumpy!) kaftan in a similar shade to take you from the pool to lunch.

A SUIT FOR EVERY BODY

Big Bust



Top, R199, and bottoms, R169, both Accessorize

Athletic



Top, R249, and bottoms, R229, both Accessorize

Fuller Figure



R1,149, Love Water Love



R1,711, Maaji



R1,298, Love Water Love



R1,745, Miraclesuit



R1,599, Seafolly



R270, Woolworths



R1,598, Seafolly
For details, see Shop Guide.

**FLATTER
YOUR FIGURE,
LIKE THIS:**

Fuller Figure

- ① Embrace the vintage trend – these older styles will flatter your curves more than contemporary styles.
- ② Opt for bathing costumes with extra-durable fabric, as this will help maintain their shape – and yours.
- ③ Choose solid or small prints that won't distort your proportions.

BRAV



VERY



You're braver than you think,
and if you're ready to take a leap of faith,
spread your wings and take off for your best
life, we're here to make sure you land on solid
ground. Perhaps you're a self-proclaimed
worrier and truly believe you don't
possess the courage to be
adventurous. Here's a newsflash:
There's nobody who is brave who
hasn't learnt to be – and
sometimes you should take
a risk because your heart
says you should. Your
journey to courage
starts by turning
this page. ▶

Photographs by CHRIS CRISMAN



How to *Be* Brave

Author and self-confessed “pathological worrier” Polly Morland shares how you can teach yourself to be courageous. By *Carla Calitz*

BRAVERY HAD ALWAYS been a mysterious quality that others possessed and she lacked – as a timid soul, she had been more prone to anxiety, relates Polly Morland from her home in Chepstow, UK. But then one day, about three years ago, the award-winning documentary maker came across a long-forgotten news story that changed her life and concept of courage. “It was about an eccentric group of stage-frightened performers in New York, 70 years ago,” she says. “They were named the Society of Timid Souls, and together, they learnt to be brave. With the use of rudimentary exposure therapy techniques, nervous musicians, actors

and singers learnt to overcome their fear of performance. What was so intriguing to me about this story was the timing: Because the Timid Souls first met within just a few weeks of Pearl Harbor and the moment the US joined World War II, I couldn’t help wondering how those big fears that come with frightening times must have triggered a thousand tiny terrified ripples, little crises of courage at all sorts of levels in people’s lives. I couldn’t help sensing a real connection between their age of anxiety and our own; these strange years since 9/11, where there’s been such a lot to be frightened of. I found myself identifying with these Timid

Souls – and I was inspired by their stories to work out for myself how you might learn to be brave.”

So Polly did the most daring thing she’s ever done – she quit her job to spend three years interviewing over a hundred people, whose enriching stories of courageous feats were collected in her recent book, *The Society of Timid Souls, or How To Be Brave*. From soldiers, objectors, freedom fighters and cancer patients to surfers, climbers, a bank robber, an opera singer, a man who confronted a suicide bomber and a woman who carried out her own Caesarean section – here’s what they taught Polly about true courage

“I WAS INSPIRED BY THEIR STORIES to work out for myself how you might learn to be brave.”

1. BRAVERY IS LEARNT

This journey has turned my ideas about courage on their head. I now realise just how intimately entwined courage is with fear. It's not about fearlessness so much as the metabolising of fear: Rather than being an innate quality, bravery can be, and often is, learnt. I've also come to see it less as a lonely quality, but as the product of a collective state of mind; it's much more communal and more attainable than we think. Of course, people do keep asking me, am I any braver now, having met these people? Well, ask me if I'm any more likely to bungee jump than three years ago and I'd say, nope. Would I take up bullfighting or surfing? No way. But meeting these people has changed me on the inside. It has changed how I think about my own fears.

Courage isn't a single, noble activity. It isn't about a neat or uplifting saying you could tweet. It turns out to be as kaleidoscopic, nuanced and even contradictory as the human experience itself. But there are threads running through these stories that have powerful lessons to teach about some of the mechanisms of courage, whether it's an understanding of the shape of your fear, or a sense that you have the power to change the world around you in small or large ways, or the ability to make decisions, or look beyond your bubble to other people's lives with empathy. While *Setting Out To Become Brave* is almost an impossible project, you can begin to cultivate these mechanisms of courage, these brave habits. By doing so,

you'll become more equipped to deal with the moments in your life when you do indeed need to be brave.

2. FIND SOMETHING WORTH BEING BRAVE FOR

We all have the capacity to be braver than we are today. You have to have something worth being brave *for*, be it a goal, cause or dream. It might be big or small, but we have it in us to step up in a new way to the fears that hamper our lives. But I don't think there's any need to overcome *every* fear. I interviewed some of the bravest people in the world, but they were still scared of something, like spiders, or public speaking.

You just have to learn to get over the fears that are standing between you and a happier, more fulfilled life. I believe that if we were all to become just a little braver, our society would be the better for that.

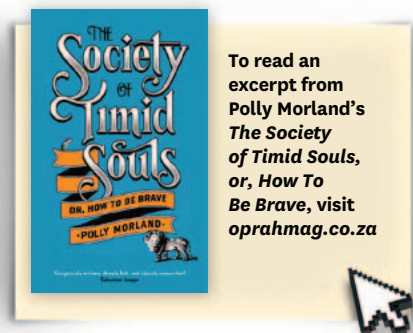
3. BRAVERY ISN'T A SUPERHUMAN ACT

I would argue that even the grandest forms of courage are human rather than superhuman, and that often, humble, unseen acts of courage have far more in common with apparently epic bravery than one might think. I was moved by a wonderful veteran of the US Civil Rights movement, a man who had faced down the Ku Klux Klan and worked with Martin Luther King Jr, and I felt inspired by a chronic agoraphobic who plucked up the courage to make a trip to his grocery store. I was blown away by a couple in California, the husband

with motor neuron disease and the wife just trying to do her best in the face of it, both of them so full of optimism and realism and yes, full of courage. I couldn't believe the steel of the guys who surf giant waves, but could that compare with the woman who survived one of the worst massacres of the Kosovo War with dignity and love? Meeting all those different sorts of remarkable mettle was humbling and uplifting. And I came out a lot less cynical than I went in – by a long way.

4. TRUE COURAGE MEANS STEPPING UP TO YOUR OWN LIFE

You don't have to be brave across the board, but I do think that in many forms of timidity lies regret, and that in many forms of courage, you can find fulfilment and a sense that you have stepped up to your own life. I think we need to spend less time getting hung up on “heroes” – those out-of-this-world paragons of courage – and more time getting back in touch with ordinary bravery, and how we might become a little braver in our own lives. **Q**



How 3 Women Took on Sexist Facebook and *Won*

It took just one week for three women to force the social-media giant to finally block photos that celebrate violence against women. By *Emma Barnett*

THE MIGHTY FACEBOOK was forced to cave. It took just seven days in May for the tech titan to bow to the thousands of people protesting online (and via Facebook – oh, the irony) and agree to change its user guidelines and the way it moderates photos and posts, which could be used to celebrate violence against women. Having toiled as a tech hack for years, enduring an endless stream of bland comments from Facebook executives toeing the corporate line, I see this as no small achievement. The Facebook PR team has refined the art of “no comment” when asked about the service, usually making some reference to the site’s evolving terms and conditions.

It is remarkable enough that three women were able to make Facebook change its mind about anything, never mind something as large as its moderation technique and what it flags as hate speech, in just a week. Laura Bates, the 26-year-old British founder of the Everyday Sexism Project, US writer Soraya Chemaly and Jaclyn Friedman, the US creator of feminist media group, Women, Action and The Media (WAM) – have achieved something special.

JUST BANTER

It might have been easy for many to dismiss their protestations as those of women who “don’t have a sense of humour” about a few bits of “laddish banter” shared in the digital microcosm of Facebook, or advise them to simply rethink their online friendship groups. But the images and posts that these women have taken issue with fall far outside that tent. These images, uploaded by individuals and groups around the world, regularly depicted references to domestic and sexual violence, often accompanied by chauvinist jokes.

Until May, Facebook, which bans any such equivalent hate images or messages broadcasting homophobia, racism or anti-Semitism, had blithely allowed these images to be shared, “liked” and commented upon across its network for years. As Laura Bates tells me, “These incredibly graphic and upsetting images were popping up everywhere. We had parents contacting us, saying their children had seen images of little girls with black eyes in their newsfeeds. They were appearing in Facebook groups that had nothing to do with women or violence, such as an atheist group.

“These types of images were becoming normalised across Facebook. And while the site’s executives kept telling us that the site had to allow for freedom of speech, what they didn’t account for was how these images were stifling women users’ freedom of expression – as they left the site distressed and speechless.”

And what made no sense at all was why Facebook was treating this form of hate speech differently from other forms of hate speech it proactively banned, especially once alerted to it.

HITTING THEM WHERE IT HURTS

In the seven days these women came together to launch the campaign, 15 of Facebook’s major advertisers suspended their campaigns, while 5,000 e-mails and 60,000 tweets – using the hashtag #FBRape – were posted on Twitter. In this way, an army of digital protestors used social media against the site that had invented it, and, just like that, victory was theirs.

A press statement from Facebook admitted the site’s team of controllers had failed to prevent hate speech from appearing on the network, and promised to update user guidelines,

improve moderator training and increase user accountability by forcing those posting “cruel or insensitive” content to attach their real identity to their posts.

A spokesman for the social network conceded: “Facebook’s mission has always been to make the world more open and connected. We seek to provide a platform where people can share their content, messages and ideas freely, while respecting the rights of others. In recent days, it has become clear that our security systems to identify and remove hate speech have failed to work as effectively as we would like, particularly around issues of gender-based hate. In some cases, content isn’t being removed as quickly as we want it to be. In other cases, content that should be removed has not been or has been evaluated using outdated criteria.”

Indeed. They say if you want to hit a corporate, hit its wallet. Money always talks. But an optimistic Bates doesn’t think it was just brands, like Dove or American Express, pulling

their campaigns that forced the hand of Facebook. “I really don’t think the Facebook team had fully grasped just how angry and upset people were about this. Men and women felt very uncomfortable about the normalisation of these images and the deeply ingrained misogyny underpinning them,” she explains. So it took seven days for Facebook to realise that many of its users are sexist? I ask her. “Yes, pretty much,” Bates says, with a small laugh.

HYPOCRISY MUCH?

Was it not also a very poor advert for a company that has just let its top executive, Sheryl Sandberg, Facebook’s chief operating officer, go on a world book tour, promoting *Lean In*, a tome dedicated to gender equality? I heard Sandberg talk in London about the power of Facebook, but these violent images and posts didn’t feature in her presentation. Bates agrees. “It doesn’t add up, to have Sandberg promote a pro-women message to the world and this stuff being on the site.”

“I DON’T THINK the Facebook team had fully grasped how angry and upset people were about this.”



Laura Bates, founder of the Everyday Sexism Project.

But wiping misogynistic content off Facebook sadly won’t eradicate this type of awful thinking from the internet or society as a whole. This is something Bates is all too aware of. Friedman, executive director of WAM, does believe it’s a landmark moment, though. “We are reaching a tipping point in attitudes towards rape and violence against women,” she says. “We hope this effort stands as a testament to the power of collaborative action.”

EVEN MORE GROWING PAINS

For a long time, there has been the hope that more people will start behaving in the largely civilised way they do offline, online. And while Facebook is not the real world, nor the whole internet, it does have the power to shape cultural norms. With more than a billion members and most young people sharing their every breathing moment on the site, it’s a very real, albeit young, microcosm – with many growing pains.

The change brought about by Bates, Chemaly and Friedman is another sign of Facebook evolving into a more civilised social system, in which supposedly “jokey,” highly offensive photographs are no longer tolerated. It may have taken a long time for the network to act, but at least it has. Now it just needs its members to follow suit. **Q**

Emma Barnett is the women’s editor of The Daily Telegraph.



WORLD'S ROOFTOP
LaQuishia Stone, then 17,
in front of Everest's summit.
Opposite page: With her
mom, LaShonda, at
a "rest stop."



Everest? What's Your

LaShonda Stone would do anything for her daughter – even brave the highest mountain in the world.

By *Stephanie Pearson*

LASHONDA STONE HAD never trekked up a mountain trail, slept in a tent or even crossed an ocean, until she was faced with a life-changing challenge in 2010. Until then, the furthest from home this North Carolina native had ever travelled was Puerto Rico – and that was on a luxury cruise ship. The last time she'd thought about Mount Everest was in her Grade 5 geography class. But on one frosty April afternoon in Nepal, the 34-year-old single mother of two finds herself sprinting up a treacherous mountain path in the shadow of the world's highest

peak, trying to escape a charging herd of ponies. They're harmless, apparently, but at 4,000 metres, where just sucking enough oxygen to take a breath is difficult, even a pony can go postal, or so it seems. The ponies are gaining on Stone and her daughter, LaQuishia, 17, so the two hide behind a boulder. When their guide manages to shoo off the ponies, the Stones' fear has melted into laughter.

Welcome to Day Seven of a 25-day journey that will take the Stones nearly 13,000 kilometres around the globe. The trip will require LaShonda

to ascend thousands of metres on foot and horseback. Anaemic, she'll shiver through single-digit temperatures. She'll tweak her knee so badly that she'll barely be able to walk, and will eventually wind up in a make-shift ER where she'll be prescribed medication to rein in an irregular heartbeat. She'll survive on soup and miss her son, J're, so much that she'll cry at night. Why the sufferfest? It turns out LaShonda will do anything to give LaQuishia a once-in-a-lifetime opportunity. In this case, that means crawling up to 5,334 metres.

It all started with an essay contest. “What’s *your* Everest?” Jamie Clarke, a Canadian adventurer and entrepreneur, asked the Carver High School students in December of 2009 in North Carolina. The student who could best answer that question by articulating his or her life goals in an essay would win a trek to the Mount Everest base camp, where Clarke would soon be launching his second Everest summit. But the deal came with an all-or-nothing caveat: The winning student had to be accompanied by a parent, and the student, parent and a Carver staff member had to act as a team. If any one of them couldn’t make it to base camp, they all had to turn around. “For some, trekking to Everest base camp is not a prize – it’s a punishment,” Clarke told his audience. “But some of the most rewarding experiences are the ones you probably hated the most when you were doing them.”

That speech immediately clicked with LaQuishia. “At first, I thought it was a big joke,” she says. “But once I talked to my mother about it, she made me realise this was an opportunity I couldn’t pass up.”

“I am the best candidate because I have the hunger to go outside the box,” she wrote in her essay. Later that month, the school announced that LaQuishia had won. LaShonda was thrilled. But at the time, she had

no intention of going to Nepal. Her plan was to send LaQuishia’s father, Carlos Williams – she thought it would be a perfect opportunity for him to get to know LaQuishia better, as he wasn’t a stable fixture in her life. But, because Carlos owed thousands in child maintenance to four

and erratic heartbeat, a condition she’s had since childhood.

As the days wore on, however, she became fatigued. LaQuishia, on the other hand, powered through her aches, pains and homesickness with comfort food. Each night, as the team sat down to dinner, they’d sum

She had one month to train, so she joined the gym and **set the treadmill to “INCLINE.”**

different women, his passport application was denied. LaShonda’s only option was to accompany LaQuishia to base camp herself.

The reality of life in Nepal hit the Stones at Tribhuvan International Airport. While they were waiting to go through customs, they watched Hindu women carrying loads of bricks to a construction site in the sweltering heat. Days later, they saw porters crammed behind a fence, waiting to carry tourists’ backpacks for about \$100 a day.

“I thought the Sherpas were prisoners at first,” says LaShonda. “They were begging for work. It was disturbing to think they had no choice but to live in that way. I thought I’ve done well in overcoming my share of adversity. But I e-mailed my sister to say, ‘We think *we’re* survivors? These people over here are the true survivors.’”

Over the next 10 days, LaShonda would find out just how tough the Sherpas were. Her first challenge: Namche Hill, a 700-metre vertical climb that starts with a narrow suspension bridge swinging over the Dudh Kosi River. Focusing on the dramatic scenery all around her, LaShonda pushed through her fear, altitude sickness

up the day in six words. A week into the trip, LaShonda’s summary was, “Too late to turn back now.”

By the time LaShonda and her guide reached the Mount Everest Base Camp sign, LaShonda could barely walk. At her pace, it would take at least another hour to trek the last kilometre. Having heard news on the radio that LaShonda was getting close, Clarke and his climbing partner, Scott Simper, were waiting, directing LaShonda to her final destination. “She was exhausted,” says Clarke, who quickly took LaShonda to the ER tent for a check-up. “And yet, spiritually, she was as strong as a mother bear.” A few hours later, LaQuishia arrived. “Just knowing that Mama had made it was a great feeling,” says LaQuishia.

Spent from their two-week battle with gravity, the two women finally dozed off, sleeping soundly until the next morning. Rested and revelling in their accomplishment, LaQuishia and LaShonda spent their last day in camp joking with the team members, gazing at the views of Tibet and anticipating the next day’s hike back to Lukla and the long flight home. As much as LaShonda wanted to get back to J’re, a part of her wanted to stay right there with the Sherpas and their mountains. At the top of the world, anything seems possible. **Q**

Stephanie Pearson is a regular contributor to O, The Oprah Magazine US.



Hope

These Palestinian and Israeli women unite to ensure childbirth is a safe and joyous experience.
By Paula Slier and Rebecca Greig

Amid Conflict



Members of Midwives for Peace in the courtyard of Everest Hotel, Beit Jala.

“HOW MUCH DID the baby weigh?”
“Was it a vaginal birth?” “Did you have an epidural?”

Questions and endearments are flying around, in English, Arabic and Hebrew. There’s a lot of cooing and aahing. Fifteen pairs of expert eyes smile delightedly at the new arrival. There’s an age-old armed conflict going on outside, but for now, there’s a baby in the room. Four-month-old Sophia doesn’t realise it, but she is in the company of 15 midwives and nurses who belong to a grassroots group that brings together women from opposing sides of the Israeli-Palestinian conflict. These members of Midwives for Peace come from vastly different backgrounds but all have the same goal – to ensure childbirth is a joyous and safe experience for women, despite the battleground surrounding them.

Today, they’re meeting at Everest Hotel in Beit Jala, a Palestinian neighbourhood 10 kilometres south of Jerusalem. The name of the hotel is fitting: These women have faced significant challenges to get to where they are today, just as many climbers have battled the odds to reach the famed mountain’s summit. Where to meet is itself always a recurring concern, it seems. Palestinians living in the West Bank are not allowed into Israel without a permit, which is rarely granted by the Israeli authorities, and Israelis are prohibited from entering any Palestinian Authority-controlled areas.

This meeting has a start time of 10 to 11 A.M. to allow women to come from all over the region, including Tel Aviv, Jenin, Haifa and Ramallah. As each woman enters the room, there’s a lot of hugging – emotionally

charged kisses leave their mark on cheeks puffed up with laughter.

Aisha Saifi, the Palestinian coordinator, explains the group’s mission: “It’s the same message, whether I am Israeli, Palestinian or from abroad. I am a woman; I’m pregnant. I have to go through labour, through all of my pain, the same way. So when we talk about something, it is in the same language. It’s the basics.”

But it wasn’t always this way. The idea for the group came from a midwife in the US, Sera Bonds, who was fundraising for an NGO she had founded, Circle of Health International (COHI). In 2005, she came to Jerusalem to find midwives from Israel and Palestine to form a group. The timing, however, couldn’t have been worse – the Second Intifada, a Palestinian uprising against Israeli occupation, had just ended.

After a preliminary meeting in Jerusalem, all of the Palestinian midwives from the West Bank said they couldn’t participate in the project. They feared a group that promoted coexistence, however uplifting its intentions, would encourage reprisals from their families, many of whom had relatives in Israeli jails. Many worried that their involvement with Israeli women would also normalise the occupation and the Israeli settlement of Palestinian land. Aisha and one other, both from Jerusalem, were the only ones who stayed.



The midwives sit down to a traditional Middle-Eastern lunch and enjoy catching up on each others' lives.

It would be two years before the group would meet up again. Mindy Levy, a homebirth midwife from Beit Lehem HaGlilit, was the first Israeli to get involved. She was interested in the issues facing Palestinian women, and the health policies and practices particular to them. In May 2008, the meeting took place at Mindy's birth centre, but not before several months of waiting for the Israeli authorities to provide entry permits for the Palestinian women.

The meeting was an emotional one, as Gomer Ben Moshe, an Israeli hospital midwife, recalls. She had recently completed her master's in gender studies and art, and was passionate about being involved. "I told Mindy, I'm willing to be the broom in the room. I just want to be there."

Five years on, Gomer is the Israeli coordinator of the project. For her, this group is the realisation of a long-standing dream. The women meet every three months to discuss better ways to provide critical prenatal care and childbirth support to women in the West Bank and Israel. It's also an opportunity to open up dialogue on a somewhat thornier subject: Israeli-Palestinian relations. The group also makes time to eat, laugh and sometimes even dance together.

For every meeting, they'll invite a speaker to discuss a topic of interest, which they hope will promote further discussion. Today's guest is Shawn Dunning, the leadership and training director of a US organisation

called Search for Common Ground. He has arrived with his family, wife Lindsey and baby Sophia, who, with her cute looks, is threatening to overshadow the main attraction. Once the coos have quietened and Lindsey is breast-feeding Sophia (to looks of all-round approval) everyone settles into the workshop. Today's topic is conflict resolution.

Shawn begins with a simple exercise. The women pair up; one makes a fist and the other must persuade her, by any means, to open it. There's a good deal of giggling as the women variously tickle each other and make silly faces in an attempt to get their partners to open their hands. Many of the women make soothing noises of a kind that comes with years of practice dealing with women in labour. Shawn is impressed by the lack of force and the communicative efforts of the women, although he jokes that he'd hope as much from a team of women who have built their careers on helping others.

Many of the women gathered here are mothers themselves. As Muna Assaf, a Palestinian maternal and child health nurse says, "I have four children. I have eyes in the back of my head. I know how to deal with fights." She's an enthusiastic and elegant member of the group, sharing in the trials and joys of her Israeli colleagues' lives "as if we were sisters." Her workshop partner, Leslie Wolff, a breast-feeding specialist and fellow mother of four, agrees. Growing up

in the US and moving to a *kibbutz* with her parents as a teenager, she had no immediate experience of the conflict. But as an advocate for cooperation and natural birth, joining Midwives for Peace was an obvious decision, she says. "As soon as I heard about it, I knew this was something I had to be part of."

Before the group sits down to a traditional Middle-Eastern lunch of hummus, tahina, pita bread and baba ghanoush, Shawn is keen to surmise the lesson from the morning's workshop. Muna suggests it should be: "Force satisfies a direct need but in the long term, it leads to failure."

Her metaphor may just as easily apply to the peace process as it does to giving birth. With the help of these brave women, the birthing process looks that little bit easier. **Q**

Paula Slier and Rebecca Greig are international journalists who report for newshoundmedia.com



Israeli midwife Leslie Wolff (left) and Palestinian nurse Muna Assaf share a laugh during the meeting.

Lean *O*ut, say Millennials?

Young women are redefining job “success” – and they don’t necessarily want the coveted corner office, says a new study. *Kemong Mopedi* investigates.

WHEN FACEBOOK COO Sheryl Sandberg released her book, *Lean In: Women, Work and the Will to Lead*, earlier this year, it struck a chord with a great many women and dominated the Amazon and *New York Times* bestseller lists – not to mention headlines. Her inspirational book, along with her Lean In Foundation, encourages women to be assertive about taking charge of their careers so that they can climb to the very top of the corporate ladder, traditionally occupied by the male of the species.

Spurring on the debate around the changing needs of women in the gender-biased workplace is an intriguing new study, which claims young women simply aren’t interested in being top executives of high-profile companies. Conducted by US public relations company Zeno Group, the study found that a mere 15 percent of the university-educated women aged 21 to 33 – often called Millennials – had ambitions to lead a “prominent organisation.” Their reasons? Making the personal compromises in order to “get ahead” and “have it all” were simply untenable – with 90 percent believing that female leaders were forced to make greater sacrifices than their male counterparts.

As *The Huffington Post* summed it up: “Instead of trying to climb the ladder, many young women are choosing to opt out of – or at least change – the process.” When interviewed by *BusinessNewsDaily*, Barby Siegel, the CEO of Zeno Group, said, “We need to think about doing things differently when helping millennial women develop their careers. We don’t want to risk losing this talented generation ... and we don’t want *work* to be a new four-letter word.”

“WE DON’T WANT *work* to be a new four-letter word.”

South African companies should heed the warnings of this study, says Khanya Matlala – employability coach for young adults and founder of coaching company On the Job Training – and use it as an opportunity to retain young talent. “I’ve consulted with many millennials who, within just a year of working, already want to change from traditional careers, such as investment banking or accounting, to entrepreneurship or teaching English. Some are open to job-hopping until they find a company that shares their values and allows them to pursue their dreams.”

What differentiates millennials from their predecessors, Generation X and the Baby Boomers, is that the internet has ensured they’re exposed to a wealth of information and choices, says Matlala. “As a result, they place emphasis on finding a meaningful career, where their contribution will be valued and their growth prioritised. They don’t want to work for 10 years before getting the promotion or remuneration they feel they deserve. They’ve seen older women relegating childcare and their hobbies because they were too busy meeting deadlines, and they gauge success by the impact they’ve made or how much of the world they’ve seen.”

These educated and determined younger women may actually have a valuable lesson to teach their older, more harried counterparts: In a world where a healthy work-life balance appears to be increasingly out of reach, ensuring lasting happiness, both in the workplace and at home, might mean negotiating your priorities, making peace with your choices and defining what success means to you personally. **Q**

Courageful Honest

At 31, this illustrator was looking forward to having a baby, then she discovered she had cancer. Her response? To create a raw and funny comic about her experience. By *Zoe Williams*

MATILDA TRISTRAM HAS written a beautiful account of what it's like to find out you have colon cancer when you're 17 weeks pregnant. I called it a graphic novel, which she delicately corrected to *comic*. You get a sense of the person she is from that terminology: She's modest, yes, but what's more striking is her wry, determinedly unhysterical way of looking at things.

Sitting in the flat she shares with her boyfriend, Tom, in London, she insists she does freak out sometimes. "I do feel unlucky, and it's hard not to be self-pitying. Especially with cancer, there's a lot of positive-thinking mumbo-jumbo around it. People talk about it as something you're battling or fighting, and if you don't think positively, it's going to come back. People imply that if you're a positive person, your body is better at dealing with the disease. It's all a bit ..." – she pauses, as if to consider and reject 17 different swearwords – "... suspect."

Despite being so sceptical about that cancer cliché – in which you wage a war, your high spirits against its cellular mutations – Matilda seems, by nature, prone to looking on the bright side. "Although it's a terrible thing to happen, it's really lucky that the tumour completely blocked my colon, because it meant they could find it earlier. Also, the timing of the pregnancy was fortunate: If it had been discovered any earlier, I would have had to have an abortion, because chemo in the first trimester is a real no-no. And if it had happened any later, it would have been much more difficult to operate and not disturb the baby."

On Tom's birthday, the couple was presented with three options: Have chemo now, and risk damaging the baby. Abort the baby, and start chemo after that – and the chemo might make Matilda infertile. Or delay treatment until after the baby is born. They looked up the risk to the foetus of chemotherapy, "and it's only slightly higher: Five



To read from Matilda's touching comic, turn the page.

percent of normal babies have problems and 10 percent of those – whose mothers had chemo – have minor problems, like a flaky patch of skin on the baby's head. Even though it feels risky, it's nice to have a baby to be thinking about when I'm in a chemo room. In this air of death, to have new life to think about is really helpful."

The decision to write a comic about the process was a complicated one – Matilda had put elements of her life into her work before, but she had never done anything so directly autobiographical. "Lots of people I don't know very well e-mail me, wanting to know how I am and if the chemo's going well. It's great to have something I can show people – they're able to see and understand what's happening. Maybe doing a comic makes me feel slightly more in control of my thoughts, so I remember the things worth remembering – there are some things I don't include, though, because they're just too intimate."

Apart from how funny Matilda's comic is, it's hard to pinpoint what makes it so magnetic. But there is something in the way it's pitched, the deft gear changes, the honesty, that makes you feel, as a reader, like a companion on her journey, rather than a spectator. ▶

For more from Matilda, visit mmaattiilddaa.com



I was wearing my favourite t-shirt on the day of the diagnosis... I never want to wear it again.



A tiny windowless room. I try not to think; 'It must be bad news'



'The bad news is that I'm afraid the tumour was cancerous...'



I don't feel anything



'The good news is that of the 25 lymph nodes we removed, only 5 were infected'



'So we'll give you a course of mild chemotherapy to mop up any extra cells.'



I am surprised to notice that the only reaction to being told I've got a potentially terminal disease is that my neck feels suddenly icy cold.



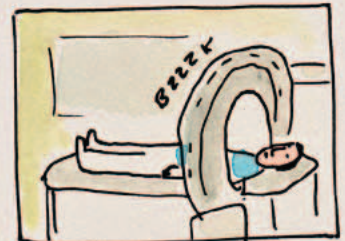
I think 'This is the moment we hug each other and cry'



'I'll let you have some space for a bit...'



We hug each other and cry.



I have a CT scan to see if it's spread to my liver or lungs...



It hasn't.



The flat is full of flowers.



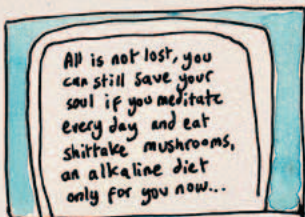
No one can bring themselves to write 'cancer' in a card.



Apart from one friend who's had it before.



Lots of people send lovely messages.



And not so lovely ones...



I get annoyed when people ask if they can pray for me. 'Do it if it makes you feel better... don't ask me to validate your stupid god!'



And when people I don't know very well ask me how I'm feeling... 'How do you fucking think I'm feeling!?'



And when people send me emails about miracle cures... 'Lemon peel? Broccoli? I've been eating broccoli my entire life!'



I lie on the bed in a patch of sun and imagine I'm on a rock by the sea at Anse des Catalans (in Marseilles)



Me and Tom talk about the other holidays we'll go on and I cry.



My step-dad, Mikey, wants to know about Twitter and everything starts to feel a bit more normal. 'So what is this, Tweety? Can I use it to message you?'



Then we go to see the oncologist and everything seems terrible again. 'We will give you chemotherapy but we can't be certain it will kill any remaining cancer cells...'



'We also don't know for certain if there are any cancer cells left!'



'As I see it, you've got three options... have chemo now and risk damaging the baby...'



'...terminate the pregnancy and start chemo after that... and I must make you aware that chemo could make you infertile...'



'or delay treatment until after it's born.'



'The surgeon mentioned that as the cancer hasn't spread very far, there might be some sort of mild chemo available.'



'forgive me but...'



Chemo is chemo. There is no such thing as mild chemotherapy. We need to attack you with it.' (I had asked her to 'tell it to me straight'.)



“I’m Risking Everything to Stay in SA”

One woman shares why she’s willing to brave innumerable challenges to live in a country she now calls home. By Zama Nkosi

IN FEBRUARY THIS year, the Forced Migration Studies Programme at the University of the Witwatersrand revealed that there are between one and 1.5 million Zimbabweans living in South Africa, legally and illegally. According to media reports, between 200 and 300 illegal Zimbabwean immigrants use the Beitbridge border daily to search for new hope in our country. Between January and May 2013, more than 23,000 Zimbabweans

were deported, many allegedly from farms in Limpopo, where they were working illegally. Thoko,* 33, sought sanctuary here a decade ago, and this is her story: one of dashed dreams, bureaucratic incompetence, violence, quiet persistence and an unstoppable drive towards a better life.

“I never imagined South Africa would be the place I’d eventually come to call home. Growing up in Bulawayo, I had been happy and

comfortable. In my early twenties, I was settling into my career as a successful tailor and my husband was managing several restaurants. But then political unrest started to permeate our daily reality. In 2002, my husband and I became involved in the Movement for Democratic Change (MDC), believing this new party offered a brighter future for our country. But MDC supporters were attacked for their affiliation,




hard lessons. Having family in the country doesn't mean as much as I'd hoped it would; with the myriad challenges foreigners face every day, family members often don't have the time or energy to be very supportive. My husband and I found a place to live in Hillbrow as quickly as possible. Finding work was difficult back then, and it is even harder now. My husband works at restaurants and I have my own business, making beaded clothes and artworks. Our jobs aren't stable, but we make do.

"I often hear South Africans complaining about foreigners, like me, who live in the country without the correct documentation. What they don't know is how much of a battle it is to secure a work permit, let alone residency – I've applied for both, but it's been a futile endeavour, time and again. It's naive and ignorant for anyone to think that we wouldn't do everything in our power to secure these vital legal documents. I have spent so many frustrating hours over the years at Home Affairs, and I still have nothing to show for it. Every six months, I have to renew my asylum papers, but I still haven't been able to secure a work permit. I've just tried for the fourth time. It takes months to get feedback and then I'm just ordered to reapply, again. If I don't renew my asylum visa, Home Affairs staff will make my life miserable, demanding up to R1,000 a day for every day over the expiry date on my permit. It's not my choice to be an undocumented immigrant; I'm a responsible person who wants a secure life like everyone else – it's just not that easy to achieve, it seems.

"On top of dealing with financial stresses and raising our two children, there's the threat of xenophobic violence, which frightens us every day.

In 2009, we moved to Malvern, in Johannesburg, hoping it would be a safer haven for us. But after settling in, we started noticing hostility from our neighbours – we even got a warning that *kwere-kweres* [a derogatory name for foreigners] aren't welcome in the neighbourhood. I didn't realise how serious the threat was until the day three men broke the windows in our house, stole some of our belongings and assaulted my husband. I felt helpless and terrified. We had to move immediately, so we relocated to Yeoville. There are many foreigners here, and I hope we're less likely to be attacked, but it's still an unsafe neighbourhood. Crime is rife and people are hungry and willing to do whatever it takes to survive.

"The last decade has taught me to be strong, to be persistent and to fight for my family. Life hasn't been easy but I continue to strive to do my best, to give my kids the best life possible. And even though I've been struggling with organising the correct legal documentation to stay in South Africa, I won't give up because I know it's my key to a better life. I want to be able to get a decent job, live in a safe neighbourhood and send my kids to a good school.

"I miss Zimbabwe. I've left my family and 20 years of memories behind, but I know I can't go back without enough money to survive there. Some days, I am overwhelmed by my life here. But I still believe, with all my heart, that there is a better future for me. I believe my perseverance will eventually pay off, not just for me, but for my whole family. In the meantime, I will continue to build a life in this place I now call home." 

**Name has been changed.*

and it wasn't long before we discovered that my husband was in danger, too. He fled for the SA border; I was pregnant at the time with our first child and I didn't want to raise her alone, so I followed him. I managed to secure a temporary, three-month visa to enter SA – little did I imagine the challenges that lay ahead.

"I moved in with my sister, who'd been in the country for eight years. It was a difficult time, filled with some



1. CREATE A MANTRA

Verna van Schaik, the Guinness World Record-holder for the deepest scuba dive by a woman (221 metres) and motivational coach: “In my search for dive records I was always outside my comfort zone, where fear was stronger than my desire. Willpower could never overpower it, but an ancient mantra I learnt in Nepal did – “Om mani padme hum,” which is a Buddhist prayer of compassion. In March 2004, I was trapped alone at 152 metres, with my fin caught in my guide line. As I began to panic, I remembered my mantra and chanted it to myself. Instead of becoming obsessed by fear, I found a calm space in which I could function. It allowed me to see choices that would have otherwise been invisible. That mantra saved my life, and eight months later I set the world record. My mantra gives me the space to breathe, think and act.”

3. BELIEVE IN THE LIGHT

Ferrial Adam, climate change and energy campaigner for Greenpeace Africa:

“Courage comes from facing a situation squarely, accepting the difficulties that are coming your way, and from believing deeply that you can overcome them.

There is a light at the end of the tunnel, even if you can’t see it right now.”

4. TAKE CONTROL

Brett Archibald, 50, fell overboard from a yacht off the Indonesian coast in April and survived for 28 hours before he was rescued:

“Don’t panic. Focus on the reality around you, assess your environment and take control of your situation by making the right decisions and formulating a plan. Implement your choices with resolve, constantly analysing the results and fine-tuning them. Ensure you’re the one in control at all times. It helps to believe in what is most important – for me, that’s friends, family and faith.”

8
Ways
Be Brave

2. BE PREPARED

Paula Slier, war correspondent:

“Life is about living the unexpected, but for so much of what happens to us, we can still prepare. If I have a meeting to attend, I do my homework, if I’m going to interview a president, I make sure I know everything there is to know about him or her. I’m often sent into war zones at the last minute, but there are always at least 20 minutes for me to download material about the place I’m travelling to, which I can read on the plane. There’s always time to prepare. The jitters will still be there, but knowing you’re ready is the best bravery tip I know.”



GREAT STOCK/CORBIS.

As these “ordinary” heroes show, bravery isn’t only about heroic acts in extraordinary circumstances – it’s also about being courageous every day, writes *Glynis Horning*.

You Can Today

6. CHALLENGE YOURSELF

Redi Tlhabi, journalist, producer, TV and radio presenter, and the Alan Paton Award-winning author of *Endings & Beginnings*:

“When I’m overwhelmed and afraid, I pause and ask myself, Will I feel better if I don’t give this a try? The answer is always no. This gives me strength to take on whatever challenge I face. In my line of work, I meet many ordinary heroes whose bravery knows no bounds. I observe their lives, listen to their stories and draw strength and inspiration from them. Whether it’s about challenging a powerful person, or speaking truth to power, I take a deep breath and tell myself I must try.”



5. LOOK FORWARD

Kavisha Seevnarain, a teacher and motivational speaker, was kidnapped four years ago, driven down the KwaZulu-Natal South Coast and pushed off a 60-metre-high bridge:

“Lying in freezing water with a shattered pelvis and injured spine, it didn’t help to think about the men who did this to me and the terror of it all. I focused on one step at a time – first dragging myself onto a bridge support, then waiting for daybreak. Eventually, a pedestrian came past. I still use that forward focus when I’m struggling with a challenge.”

7.

CHOOSE TO BE BRAVE

Vicki Fourie is a motivational speaker, actress and writer, with 97-percent hearing loss:

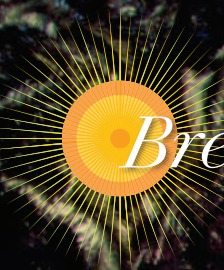
“Courage isn’t a gift; it’s a decision. When I wake up, I make a choice: Will I be afraid or brave? I can’t allow my circumstances – what people say to me, or what happens during the day – to hold me back or influence me in such a way that I can’t achieve my goals. My destiny is waiting for me, and I will be bold.”

8. KNOW WHEN TO SURRENDER

“When I’m overwhelmed or anxious, I tell myself I’m not in control of everything. I trust in a personal God. When things get too much and I’ve done all I can, I release them to the Big Boss.”

Lisa Bobbert, an award-winning actress and singer, lost her daughter in a car accident 13 years ago.





Breathing Space



→ “Nothing is art if it does not come from nature.”

Spanish architect Antoni Gaudí

Do you have a travel bucket list of places you simply must see? Until December 2013, the *O* team will feature destinations we think you might consider adding to your dream itinerary. Pictured here is the view from an inlaid bench in Park Güell, in Barcelona, Spain.

GREAT STOCK!/CORBIS IMAGES.



On Her Own Way

Child prodigy and R&B sensation Alicia Keys talks to Oprah about her mother's positive influence, soulful music and defining your own success.

I VIVIDLY REMEMBER the day I first met Alicia Keys. It was 2001 and we were taping a show about women who sing. It was her US TV debut. Even then, it was pretty clear that she was headed for superstardom. However, success for Alicia didn't happen overnight. It never does for anybody. Her first label wanted to mould her into a young pop sensation, but Alicia knew enough to remain true to her R&B roots. After teaming with the legendary producer Clive Davis – who discovered Whitney Houston, Bruce Springsteen and Aretha Franklin – Alicia's career took off. Now, of course, she's known as one of the most talented performers of her generation, selling over 35 million records worldwide, and she has won 14 Grammys since the day we first met. It's obvious to all of us that she's not landing anytime soon.

I love how Alicia has learnt that words do have power and banished the word "if" from her vocabulary. She's living proof that when you pour out your soul, your passion will be right in front of you. As Alicia continues to chart hit after hit, she remains humble, even though to all of us, she has clearly arrived. She opened up to me in an episode of OWN's *Master Class* –Oprah

Be Bitten

"I remember being about 4 and really falling in love with the sound of music – with the action of making it. I had this incredible preschool teacher, Ms. Hazel, who was eccentric and full of personality, and she wanted us to perform *The Wizard of Oz*. I got the part of Dorothy, and can remember learning "Somewhere Over the Rainbow" for the audition. I was terrified about singing in front of the school, but once I did it, it was so exhilarating. It was a feeling that I'll never, ever forget. I remember being physically affected. I was excited about it; it felt good. And every time I sing, I feel that same exact way. That's the first moment that I was really just bitten." ▶



Alicia says she wrote her first song as a tribute to her late grandfather.

“We’re all walking a journey that’s constantly evolving before us. The best way to live fully during that journey is to be **honest with yourself.**”

Practise... a Lot

“I started playing the piano when I was 6. Every time I passed a piano in a shop window, I went, Whoa It just looked so incredible to me; it looked so long and shiny. I started studying classical piano. Classical takes a lot of practice – well, when you do anything, you have to practise it a lot. I remember my grandmother playing piano: She would sit beside me while I played and help me go through it. She was full of beautiful, bright, great, loving energy. Her presence, knowledge and wisdom fills, nurtures and nourishes me, even now. Grandmothers are the best invention.”

Stay Busy

“I grew up in Hell’s Kitchen [a gritty section of New York City] and it was exactly how it sounds – a hub for the disenfranchised. Everybody who didn’t have a place to belong stayed there. There were pimps, prostitutes, drug dealers and eccentric, artistic people. I lived in this big

building with my mother. She’s an amazing woman and did a lot to make a decent life for us in a tough city. I think she expected a lot from me and I didn’t want to let her down. She kept me very busy: I always had to go somewhere or do something. I didn’t have time to sit around. I definitely think that was her way of keeping me out of trouble. It’s important to have to be somewhere. Find that place.”

Pour Out Your Soul

“The first time I wrote a song was after my grandfather passed away. I loved him very much and I think I felt sadder about the fact that my grandmother was so sad. I was pretty young then, so I hadn’t known something could be such a blow to somebody. I had a lot of emotions about it. At the time, my mother and I went to see the movie *Philadelphia*, starring Tom Hanks. Afterwards, I ran home and wrote the first words to come into my head – all of the things I wanted to say about losing my grandfather,

about seeing this film, about what that felt like. I remember being up all night, and then finishing this song. That was the first time I understood how you can feel something so deeply and it can come out of you into the world like that. I finally found a way to express something I was holding in for so long. That was the first time writing helped me feel lighter.”

Define Your Own Success

“I have always treated everything like it’s my only chance. When I was 16, Columbia Records wanted to sign me. They brought me up into this room with a white grand piano in front of a wall of windows. It was the most beautiful room I’d ever seen. I couldn’t breathe. I played my little heart out against the backdrop of Manhattan.

“I got signed to Columbia, but it was hard. They didn’t quite know who I was. I wrote my own songs and I had very clear ideas of what I wanted to do and how I wanted to sound. And if I’d just gone along with what everybody wanted me to do, I’d have been miserable – I would have to sing songs I hated, that I didn’t believe in. I’d have been doing what people told me to do in the hope that they would take me where I was praying to go.

“They tried to team me up with different producers, but that didn’t help, either. They told me that I didn’t know what I was doing. I always knew that I just wanted to be myself. I felt really strongly about being that girl, who maybe wasn’t super-refined or super-perfect, but that was me. My manager was very supportive – he said to Columbia, If you don’t like it, let her go. We met Clive Davis, who ended up buying me out of that deal. It was awe-inspiring: This man is behind a long list of the world’s greatest artists. We started to create some really good music and there was something unique. He really just let me find my own space.”

Find Out Who You Are

“I think my drive has had a twofold effect on me. It has made me a better artist, in the sense that I always strive for more and push harder. But it has had a few negative effects, too. There was a time when I was so relentless, I was just filling up every possible space I could possibly fill and moving as fast as I could possibly move at every moment.

“We’re all walking a journey that’s constantly evolving before us. The best way I found to be able to live fully during that journey is to really uncover who you are and be honest with yourself.”

You Know When You Know

“I really learnt what that saying means when I met my husband. I never knew what those words meant before. What do you mean, You know when you know? But actually, you *do* know. And it’s true for so many things in life. When something’s right, you can feel it. It’s just that we convince ourselves that we’re not feeling it, or we convince ourselves that it’s not right.

“My husband [music producer Kasseem David Dean, better known by his stage name Swizz Beatz] is crazy, spontaneous and full of life. Few of us are able to be that free; to just follow our light and know that it’s going to lead you where you’re meant to go. He has definitely taught me a lot about freedom and being open to life. And our son, Egypt, is my heart-burster. I’m learning so much from him.

“Before, I was very regimented about how everything had to happen, and I had to control it all perfectly. But that’s not quite *living*. You definitely have to plan things and execute them well, but there’s an equally important part of life that involves being spontaneous – being open to where it takes you.” **O**



Alicia credits her family with teaching her to be more “open to life.”

Comfort Zone

Photographs by ANDREW PURCELL
Text by KATIE ARNOLD-RATLIFF
Recipes by MARCIA KIESEL

45 Ways to Spice Up Your **GRILLING**


Get ready for summer with our guide to cooking just about any dish outside - from chilli-dressed turkey to chocolate-and-cherry brioche.



Make a better burger by adding quirky ingredients, like grilled peppers and beer mustard, to your usual toppings.


Top It Off

Select from a bonanza of burger add-ons that span the spectrum from tried-and-true to truly adventurous.




Gherkins are at their best when crisp, with a light, spicy kick.

1




Beer mustard outshines the classic yellow stuff any day.




Try a fried, cheese-stuffed portobello – but a grilled 'shroom is also fantastic on its own.




In place of the traditional raw red onion slice, try grilled spring onions. Their sharp flavour mellows out over the flames, but still stays vibrant.



Love grilled peppers? When blistered on the grill and peeled, a jalapeño is a spicy addition to any patty.




Barbecue sauce may be an oldie but it's always a goodie.




Turn Elvis Presley's favourite sandwich ingredients – bacon, bananas and peanut butter – into an indulgent burger topping. Long live the King!

Layer pastrami on your patty for a smokier sandwich.



The sweetness of pineapple is hard to beat.



Pimento cheese is creamy, spicy and guilt-inspiringly delicious.

VEG OUT!

Use this colour-coded chart to pair garden-fresh delights with five mix-and-match sauces – just toss the grilled vegetable with a sauce of your choice. (Each serves 4.)

11



VEGETABLE

BABY BOK CHOY

Halve 12 heads (about 340 g) lengthwise. Brush with oil and grill over medium-high heat for about 2 minutes per side, turning once, until lightly seared.

SWEET POTATOES

Scrub 900 g sweet potatoes. Slice lengthwise 3-mm thick, brush with oil and grill over medium-low heat, covered, for about 8 minutes, turning once, until tender.

KALE

Brush 680 g curly kale with oil and grill over medium-low heat for about 7 minutes, turning often, until crispy.

RED ONIONS

Slice 2 large red onions 1,3-cm thick crosswise. Brush with oil and grill over medium-high heat, about 5 minutes per side, until seared and nearly tender.

ASPARAGUS

Brush 900 g medium-thick trimmed stalks with oil and grill over medium heat for about 8 minutes, turning occasionally, until lightly seared and tender.

SAUCE

HONEY-MINT VINAIGRETTE

Mix 2 Tbsp. honey, 2 Tbsp. medium-dry sherry, 2 Tbsp. chopped mint, 1 tsp. lemon juice, ¼ tsp. salt and ½ tsp. ground black pepper.

CHIMICHURRI

Mix ½ cup chopped parsley, 2 cloves garlic, ½ tsp. smoked paprika, ½ tsp. crushed red pepper flakes, ½ cup red wine vinegar, ½ cup olive oil and ½ tsp. salt.

PARSLEY AND LEMON GREMOLATA

Mix ¼ cup finely chopped parsley, 1 clove minced garlic, 1 tsp. olive oil, finely grated zest of 1 lemon, ½ tsp. lemon juice and ¼ tsp. salt.

BALSAMIC VINEGAR AND ROSEMARY

Mix 2 Tbsp. plus 1 tsp. balsamic vinegar, 3 Tbsp. olive oil, 1 tsp. finely chopped fresh rosemary, ¼ tsp. salt and ½ tsp. ground black pepper.

SOY-SESAME VINAIGRETTE

Mix 3 Tbsp. soy sauce, 2½ Tbsp. rice wine vinegar, 1 tsp. toasted sesame seeds and 1 tsp. sesame oil.

RUB IT IN

Reinvigorate your grilled chicken with a spice blend.

CLOCKWISE, FROM TOP LEFT: NoMU Coffee Rub (R33) will set you abuzz with its aromatic dose of dark grounds and spices. Ensure a taste sensation with the blend of garlic, thyme, basil and chilli in Nando's Wild Herb & Garlic Peri-Peri Rub (R13 for 25 grams). Woolworths Moroccan Rub (R25) is a fragrant mix of cumin, ginger, mint, coriander, paprika, cinnamon, nutmeg, chilli and rose petals. Make your own gourmet chicken dish with NoMU Poultry Rub (R33), which includes beloved chicken companions thyme, sage and lemon.





20

Salute the Kernel

Mealies become even sweeter when cooked over an open flame.

TO GRILL: Brush 4 shucked mealies with oil and grill over medium-high heat, covered, for about 10 minutes, turning often until seared in spots and just tender. Season each with $\frac{1}{4}$ tsp. salt. To add international flair, use these toppings:



MEXICAN: Mix 1 Tbsp. mayo and 1 tsp. cumin. Spread each grilled mealie with 1 tsp. mayo mixture and roll in $\frac{1}{2}$ cup grated Parmesan. Sprinkle each with 1 Tbsp. chopped coriander and serve.



INDIAN: Combine $\frac{1}{2}$ cup yoghurt, $\frac{1}{4}$ cup minced onion, 1 tsp. ground coriander, $\frac{1}{2}$ tsp. each cayenne and salt and $\frac{1}{4}$ tsp. turmeric. Spread on grilled mealies and serve.



ITALIAN: Combine $\frac{1}{2}$ cup finely grated Parmesan, 2 small cloves garlic, minced, and $\frac{1}{4}$ cup chopped parsley. Roll grilled mealies in mixture and serve. ▶

P

BACON AND
RED ONION

SPINACH, RICOTTA
AND FETA

BABY POTATOES
AND RADICCHIO

FIGS, ROSEMARY
AND PARMESAN

JALAPENO, GARLIC
AND ORIGANUM
(for recipe, visit
oprahmag.co.za)

MUSHROOM, ARTICHOKE
AND PROSCIUTTO



PERK UP YOUR PIZZA

These six topping ideas take your favourite flavours to the next level.

8 tsp. vegetable oil • 450 g pizza dough • cake flour, for rolling • assorted toppings (see below)

1. Preheat grill so that $\frac{2}{3}$ of grill is on high heat and $\frac{1}{3}$ on low heat. Cut dough into 4 equal pieces. Roll out each into a 15-cm circle. Cover loosely with plastic wrap and leave to rest for 10 minutes.
2. Coat a large, rimmed baking sheet with oil. Gently stretch a piece of dough into a 23-cm round, then place on oiled pan to coat both sides. Repeat with other pieces of dough and set aside on another baking sheet.
3. Working with 2 pieces at a time, lift a dough round and drape it over the hot part of the grill. Repeat with second piece. Grill over high heat for about 10 seconds, until seared. Using tongs, rotate dough and continue cooking for 10 to 20 seconds more. Turn dough over and move to the cooler area. Apply toppings (see options below), then slide dough back and forth between hot and cool areas to finish cooking dough, melt cheese and heat toppings. Transfer pizzas to a cutting board, slice and serve. Repeat with remaining dough and toppings.

TOPPING OPTIONS, LAYERED IN THIS ORDER

Figs, rosemary and Parmesan: 16 fresh figs, each stemmed and cut lengthwise into 4 slices; 1 Tbsp. chopped rosemary; 2 cups shredded mozzarella; $\frac{3}{4}$ cup grated Parmesan; $\frac{1}{2}$ tsp. sea salt; 1 tsp. ground black pepper.

Bacon and red onion: $\frac{3}{4}$ cup tomato sauce; 12 slices thick-cut bacon (about 340 g), cooked and cut into 2,5-cm pieces; 1 large red onion, thinly sliced; 2 cups shredded mozzarella; 1 tsp. crushed red pepper flakes.

Mushroom, artichoke and prosciutto: 250 g mushrooms, sliced, cooked in 1 Tbsp. olive oil until tender and seasoned with a pinch of salt and ground black pepper; 2 (170-g) jars marinated artichokes, drained; 2 cups shredded mozzarella; 8 thin slices prosciutto (120 g); 1 tsp. ground black pepper; drizzle with olive oil to taste.

Baby potatoes and radicchio: 12 baby potatoes, boiled until tender, about 10 minutes, drained, then sliced lengthwise into 3-mm thick segments and tossed with 1 Tbsp. olive oil, $\frac{1}{4}$ tsp. sea salt and $\frac{1}{2}$ tsp. ground black pepper; 4 cups sliced radicchio; 2 cups shredded mozzarella.



Get Adventurous

Bet you never thought to grill these foods – but you'll be glad you did.

Edamame

Heat a perforated grill pan over medium-high heat. Toss $\frac{1}{2}$ kg thawed frozen edamame with 1 Tbsp. vegetable oil, then add to a hot pan. Grill, stirring often, for about 3 minutes until skins char and start to burst. Transfer to a shallow bowl, sprinkle with $\frac{1}{2}$ tsp. salt and serve.

Lemonade

Cut 16 lemons in half and dip cut sides in granulated sugar; set aside. In a saucepan, combine $\frac{1}{2}$ cup water, $\frac{1}{2}$ cup sugar and $\frac{1}{2}$ cup honey and cook over medium heat until sugar and honey are dissolved. Set aside to cool. Grill lemons, cut side down, for about 5 minutes, until seared; set aside. When lemons are cooled, squeeze juice into a pitcher, then add cooled syrup and ice.

Garlic

Thread 4 large, peeled cloves sideways onto a skewer. Brush with vegetable oil and grill over medium-high heat, turning once, for about 3 minutes per side, until browned. Remove from skewer, chop finely and serve with steak or chicken.

ADD HEAT TO YOUR SWEETS

For the fire-kissed finale: grilled brioche rolls.

TO GRILL BRIOCHE: Slice 4 brioche rolls in half lengthwise, then brush each cut side with $\frac{1}{2}$ tsp. melted butter. Grill cut side down over medium-high heat for about 30 seconds per side, until lightly toasted. Then flip and continue with the toppings below.

BLUEBERRY AND VANILLA MASCARPONE

Mix $\frac{1}{2}$ cup mascarpone with 1 Tbsp. sugar and $\frac{1}{2}$ tsp. vanilla essence. Transfer grilled brioche to plates, add a dollop of mascarpone mixture; top with blueberries.

CHOCOLATE AND CHERRY

Divide 30 g chopped chocolate among grilled brioche. Cover grill and let chocolate melt. Transfer to plates and top with 230 g pitted, halved cherries, divided among brioche.

COFFEE ICE CREAM AND TOFFEE CRUNCH

Transfer grilled brioche to plates, spoon 2 Tbsp. slightly softened coffee ice cream on each, then top with 2 Tbsp. chopped toffee pieces. ▶



Wrap It in Bacon

Its smoky goodness makes everything better.

BACON-WRAPPED PRAWN AND BASIL

Wrap 12 large prawns, shelled and deveined, in 2 basil leaves each, then wrap each in ½ slice bacon and skewer. Grill over medium to medium-high heat for about 3 minutes per side, until bacon is crisp and prawn cooked.

BACON-WRAPPED MUSHROOMS WITH JALAPENO

Remove stems from 16 medium white mushrooms and stuff with halved, seeded, thinly sliced jalapeño. Wrap each stuffed mushroom with ½ slice bacon and skewer. Grill over medium to low heat for about 8 minutes, until bacon is crisp.

BACON-WRAPPED FENNEL AND PARMESAN

Core fennel bulb and cut lengthwise into 8-mm thick slices. Sandwich 8-mm thick piece of Parmesan between 2 fennel slices, then wrap in ½ slice bacon and skewer. Grill over medium heat until crisp.

55

GRILL YOUR TOMATOES

Heat softens tomatoes' flesh and heightens their sweetness. Try them in a grilled gazpacho, quinoa salad or salsa.



TURN TO THE BIG BIRD

Chicken may be the gold standard for grilling, but turkey is a lean, flavourful alternative.

CHILLI TURKEY KEBABS WITH SHIITAKE MUSHROOMS AND PEPPERS

2 large whole chillis, minced, plus 1 Tbsp. tamarind paste
2 medium shallots, minced
2 tsp. Dijon mustard
1 Tbsp. plus 1 tsp. vegetable oil, divided
450 g boneless turkey breast, cut into 5-cm pieces
2 orange bell peppers, cut into 5-cm pieces
20 shiitake mushrooms (about 250 g), stemmed
16 fresh bay leaves (optional)
1 tsp. sea salt
½ tsp. ground black pepper

1. Soak 8 wooden skewers in water for 15 to 30 minutes. In a large bowl, combine chillies and tamarind paste, shallots, mustard and 1 tsp. oil. Add turkey pieces and coat well. Cover; refrigerate for 3 hours.
2. Preheat grill to medium-high heat. Thread turkey pieces, bell peppers, mushrooms and bay leaves (if using) onto skewers, alternating among them. Drizzle kebabs with remaining 1 Tbsp. oil and season with salt and pepper. Grill kebabs for 8 minutes, until marks appear. Continue grilling, turning, for about 8 minutes more, until turkey is cooked and vegetables are just tender. Transfer to plates and serve.



FIRE UP YOUR FRUIT

Pop some grapes on the grid, blister some bananas and even warm up your watermelon.

GRILL IT

Grapes

Separate 450 g red seedless grapes into bunches of 5 to 6 grapes each. Oil lightly and grill over high heat, turning once, for about 6 minutes, until lightly seared and skins begin to burst.

Papaya

Halve 2 ripe papayas; remove seeds. Brush cut sides with oil. Sear over medium-high heat for about 8 minutes. Flip over, reduce heat to medium-low, cover, and grill until tender.

Mango

Cut 2 large, ripe mangoes off pits to make 4 halves (skin still on). Brush sides with oil and grill, cut sides down, over medium-high heat, for about 4 minutes, until seared.

Watermelon

Cut seedless watermelon into 4 (15-cm-long, 2.5-cm-thick) slices. Brush 1 side with oil and grill over high heat, undisturbed, for about 4 minutes, until seared.

EAT IT

On crostini: Grill 12 (1-cm-thick) baguette slices brushed with oil over medium-high heat, about 30 seconds per side, then top each with 1 Tbsp. Gorgonzola and 2 to 3 grilled grapes.

With maple syrup: After grilling, top each papaya half with ½ Tbsp. melted butter and 1 Tbsp. maple syrup; serve with lime wedges.

With chilli salt: Mix ½ tsp. paprika, ½ tsp. cayenne pepper, ½ tsp. salt and finely grated zest of 1 lime. Sprinkle mixture onto grilled sides of mango and serve with lime wedges.

In a salad: Mix 2 Tbsp. olive oil, 2 tsp. lime juice, ½ tsp. lime zest and ¾ tsp. salt. Toss sliced cucumber in dressing; serve on grilled watermelon with crumbled feta.



Follow @JennyMorrisChef on Twitter. For her exclusive Chunky Minty Caper and Parsley Dressing recipe, visit oprahmag.co.za/health/food

Cooking with Jenny

Celebrity chef and TV host Jenny Morris shares tips for getting the most out of your summer barbecue:

“Before you start, it helps to ensure your grill is clean and the vents aren’t blocked. (And have a pair of fireproof gloves handy in case you touch something hot.) I salt my meat just before I cook it – and adding salt to marinades can denature the meat, so I generally avoid it. It’s best not to pierce meat with a fork while you’re cooking

– rather use a pair of tongs, so you don’t puncture it and let all the juice escape. Leave meat to rest once it’s cooked, so it can reabsorb the juice. Where possible, don’t put cooked meat on the same plate that held uncooked meat. To prevent meat from burning, baste it with a sugary marinade when it’s almost cooked.”

May We Help You?

Suze Orman



It's a Matter of Trust

Suze helps a couple take advantage of their very good fortune.

eyes right now – who wouldn't want to worry about having a lot of money? But far from being spoiled rich kids, Ben and Lynne strike me as lovely people so focused on making the right choices that they're scared to think about money at all. Their story illustrates a universal theme: It's our attitude towards money, not how much we have, that causes problems.

BE HONEST

When I first spoke to Ben and Lynne, I had no idea about the real state of their finances. Their take-home pay is just shy of R55,000 a month. Ben, who works for a market-research firm, asked for my help because he and Lynne had a R1,600 monthly shortfall. I found a few ways to close the pair's spending gap, but something didn't add up. Though Ben earned less than Lynne, he paid more of their shared expenses. He also said that he had R250,000 in savings, while Lynne had just R5,000.

Ten minutes into our talk came the big reveal: Ben will be a millionaire by age 40. He recently received R1,6 million from a family trust, R800,000 of which he has tucked away. "I don't want to live off that money," he said. "I want to make it on my own." Just as I insist that people who have R80,000 of credit-card debt embrace their reality, my advice was to accept this wealth. "Stop pretending you don't have money," I told Ben. It's a gift to treasure.

➔ **WE'VE ALL THOUGHT,** If I only had X amount of money, my problems would be solved. Yet Ben, 28, and Lynne, 27, prove otherwise. The couple – who've been together

six years and plan to marry – will soon have more riches than they'll ever need, yet their finances have become a wedge in their relationship. I understand if you're rolling your




PLAY AS A TEAM

Lynne pays R5,000 a month towards R480,000 in loans. She also has a R3,500 car payment. The 30,000 she earns working nights as a nurse and at a part-time job covers her debt and her share of the rent (yes, she and Ben rent). But with so little in savings, she told me she's "terrified."

Talk about a disconnect: Lynne holds down two jobs while her boyfriend is sitting on R1 million in cash plus another R800,000 in investments. Ben should use some of his savings to pay off Lynne's debt. Why would I say that when she can clearly take care of herself? Regardless of their marital status, they're in a long-term, committed relationship and sharing expenses. Remember what I always say: people first, then money, then things. Whether you can give your partner R1,600 a month to reduce a credit card balance or R600,000 to wipe it away entirely, there's no better use of wealth than to ensure that everyone in your household feels financially secure.

After a little prodding, Lynne agreed to accept Ben's help. To make her more comfortable with the idea, I asked her to take the R8,500 a month less the shortfall of R1,600 she would have spent on debt repayment and deposit it in a joint savings account (she'll still come out ahead by not having to pay interest on her debts). The couple could then use the funds to pay shared expenses.

TAKE IT SLOWLY

Other than splurging on a car, Ben hasn't touched his trust fund. "I'm in the dark about what to do with it," he told me. I encouraged him, along with Lynne, to ask his mom and dad (who came into money late in life) how they handle their wealth. Then I told the pair to work with his parents' financial adviser, with one caveat: It's fine to seek professional help, but I urge everyone to truly understand every suggestion they're given before acting. 

Suze Orman's latest book is The Money Class: How to Stand in Your Truth and Create the Future You Deserve (Spiegel & Grau).

How far would you go to protect yourself for the sake of your family?

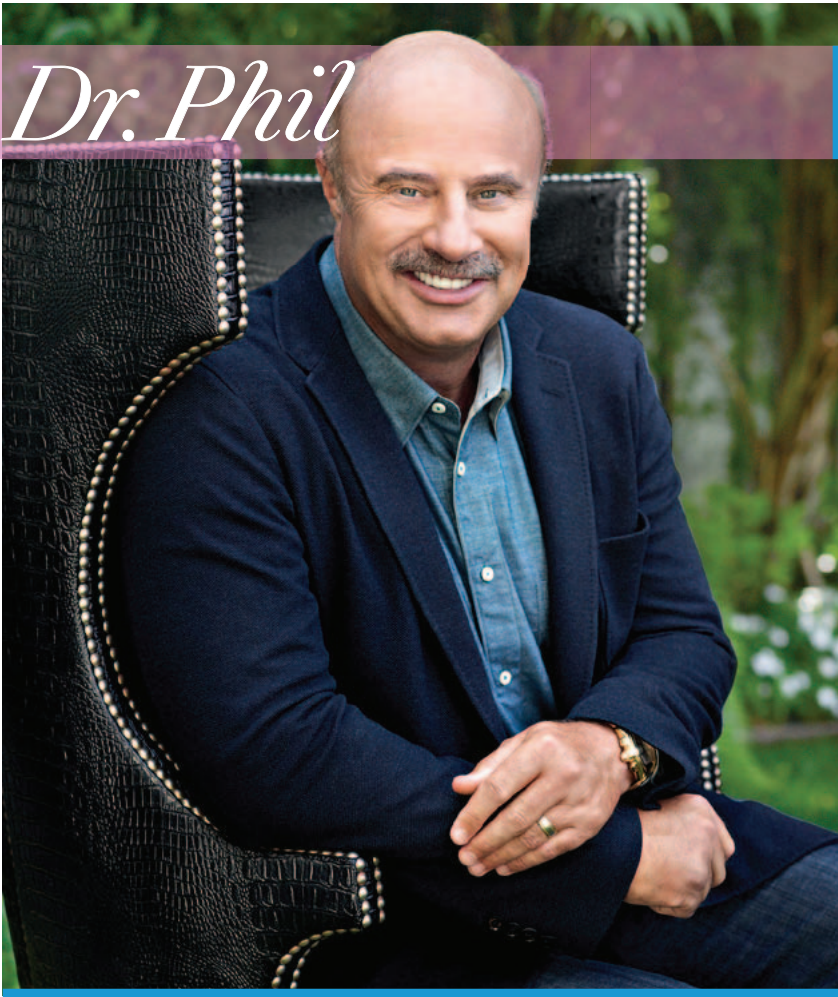
We do what we can to make sure our family is taken care of. Who else will take care of them when you are gone?

With the AIG Family Protection Plan, you can rest assured that your family will be taken care of with up to **R1 million*** cover for accidental death and disability. You'll receive a lump sum and 3 annual payments, paid in January, thereafter.

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SMS "your name" to 37045, call 0860 007 263 or visit www.familyprotectionplan.co.za today!**

Dr. Phil



Relationship Reboot:

How to Forge Stronger Connections

→ **THINK ABOUT THE** 10 most important people in your life, and ask yourself: Do I get what I want and need from my interactions with them? And am I investing enough time and effort to make sure my bond lasts? Answering these questions is a starting point for refreshing a relationship – and believe me, just about every relationship could use a tweak or two. Luckily, it's in your power to break a bad pattern, even one that seems entrenched.

Try these techniques to transform your dealings with your partner, colleagues and friends.

The Issue: **THE THRILL IS ... GOING.**

The Redo: **CHANGE THE VIBE.**

At the beginning of our marriage, my wife, Robin, and I got into the habit of griping about the day's frustrations as soon as we got home from work. After a while, though, I realised that if you discuss only problems with your partner, there's a good chance you'll develop a problem relationship. I'd read that the initial moments of an interaction can set the tone for the rest of the encounter.

That's why Robin and I have instituted the First Four Minutes Rule, which prohibits us from complaining

until we've spent a few moments together. Even if our house was on fire, we'd probably let 240 seconds elapse before allowing ourselves to mention it. I suggest that you take the same approach with your partner. Before you say anything else, tell a funny story, or talk about how much you missed each other. Your first words don't have to be romantic or earth-shattering – just positive.

The Issue: **YOU AREN'T GETTING ALONG WITH A COLLEAGUE OR BOSS.**

The Redo: **REASSERT YOUR RIGHTS.**

Interpersonal conflict often arises when one of two parties doesn't feel valued, appreciated or respected. If that's your situation, it's your responsibility to teach the other person to treat you better. Start by being upfront about your needs. In graduate school, I had a professor who missed appointments and assigned ridiculous projects, all while telling me I'd never succeed. One day, I decided to share how I felt: I wanted her to appreciate that my time was as valuable as hers, and that I was taking her course to learn. I vowed to represent our programme well, and in exchange I needed her to treat me with respect. Ultimately, she did.

The Issue: **A FRIENDSHIP FEELS LIKE AN OBLIGATION, NOT A PLEASURE.**

The Redo: **MAKE SURE YOU CONNECT.**

Maybe you have a pal who expects to talk to you daily, and you don't have the time or energy. Next time you meet, show her you're concentrating on her. Direct eye contact can foster the kind of intimacy that's lacking in many interactions. If you're focused on your friend when you're together, she won't demand more of your time when you aren't. 🗨️

Catch the Dr. Phil show on SABC 2, weekdays at 12 P.M.



May We Help You?



Brené Brown

Dare to Set Boundaries

If summer finds you harried and spent, Brené Brown has one word for you: No.

LEANN MUELLER. HAIR AND MAKE-UP: JENNIFER ARONSON/ZENOBIA AGENCY. GEORGE BURNS.



NOVEMBER CAN FEEL

like the busiest time of the year: Your work piles up, the kids are studying for exams and Christmas is suddenly just around the corner. But even as our calendars swell with obligations, it is important to recommit to the one thing that can help keep us sane: our boundaries.

The moment someone asks you to do something you don't have the time (or inclination) to do is fraught with vulnerability. "Yes!" may seem like the easiest way out. But simply agreeing to everything comes at

a price. I can't tell you how many times I've said "Sure," – in my I-can't-believe-I'm-doing-this voice – only to spend hours, even months, feeling angry and resentful. For women, there's a myth that we're supposed to do it all – and do it perfectly. Saying no triggers a chorus of built-in shame gremlins: "Who do you think you are?" and "Well, you're not a very caring mother/wife/friend/colleague."

But setting boundaries is really about having the courage to love ourselves, even when we risk disappointing those around us.

We can't base our sense of worth on others' approval – and this is coming from someone who spent years trying to please everyone. Only when we truly believe that we are enough can we say, "Enough!"

THE DARE

• **Make a mantra.** I needed something to hold on to in those awkward moments when an ask hangs in the air. So I bought a ring that I spin as I silently remind myself to "Choose discomfort over resentment." My mantra reminds me that I'm making a choice that's critical for my wellbeing – even if it isn't easy.

• **Keep a journal.** Whenever I'm walking around swearing under my breath, I grab what I lovingly refer to as my Damn It Diary, and write down what is going on. It has helped me notice that I'm at my most resentful when overwhelmed and tired – that is, when I'm not setting boundaries.

• **Rehearse.** I'll say, to no-one in particular, "I can't take that on," or "My plate is full." Like all worthwhile endeavours, boundary setting takes practice. **0**

Brené Brown, PhD, researches vulnerability, courage and shame at the University of Houston's Graduate College of Social Work, in the US.



Iyanla, Fix My Life!

Five steps forward, from problem-solving pro Iyanla Vanzant.

Q How Do I Make a Big Change?

1. **Have a vision.** You can't achieve something if you don't know what it is.
2. **Give yourself permission to be different** from how you've been in the past, and from what you think is expected of you. Connect to what's true for you.
3. **Begin where you are, with what you have.** When you start a workout, a trainer will tell you, "If you can't touch your toes, reach for your knees, or, go for your hips."
4. **Push.** When your mind says, "No!" you say, "Yes." (No, you can't think positively about that plane delay? Two hours to yourself? Yes, you can.)
5. **Lighten up.** Transformation doesn't have to be deep or dark. If you screw up, fine – laugh at yourself, learn and move on. **0**

Iyanla Vanzant is the host of OWN's Iyanla: Fix My Life and the author of Peace from Broken Pieces.



Phyllis Ndlovu

Having a purpose-driven career is the secret to success, says this Human Capital Director.



IN HER PROFESSIONAL life, Phyllis Ndlovu says she's guided by the principle that "People are human beings first, before they are a set of skills." As a clinical psychologist, she's ideally suited to the challenges she faces on a daily basis as head of human capital at leading advertising and marketing company, Ogilvy & Mather, in Johannesburg. She comes armed with the emotional and psychological knowledge she gained from running her own company, Kisima Psychological Services, which she founded in 2006. Intrigued by the challenge of working for a creative company, especially one that isn't traditionally corporate, Phyllis joined Ogilvy & Mather in February this year.

What exactly does your job entail?

I identify and nurture talent. I need to be constantly attuned to where our employees are, professionally and personally – and, in doing so, hopefully hook them into the company for life.

What key differences have you observed between men and women in the workplace?

It's natural for men not to think twice about chasing a new opportunity, whereas women tend to doubt their abilities. It's important for women to draw a clear road map of where they'd like their careers to go to help them deal with their self-doubt. So when a lucrative opportunity arises, women should ask themselves, "Is this in line with my career goals?" If it is, then I suggest taking that opportunity.

What holds women back from moving up the career ladder?

Women may seem liberated at work, but their traditional roles at home haven't changed much. At times, an internalised guilt about dedicating too much time to work and not home

(and vice versa) stands in their way. It's important for working mothers to understand that motherhood is just a slice of their identity and not all they are; we should learn to separate it from our other roles.

What's the best formula for handling stress at work?

First determine where your breaking point is. Discipline yourself into reflecting on your strengths and weaknesses. A stressed or overwhelmed mind sees a problem as much bigger than it really is, so always challenge yourself to look at your stressors positively. Lastly, we create emotional order in our lives when we separate what it is that we can and can't control.

Is the elusive work-life balance achievable?

It depends on which life stage an employee is in, or the number of family responsibilities they have. However, when your career is filled with purpose, the tension between home and work becomes less pronounced, whether you're 27 or 41.

–As told to Kemong Mopedi



NAME: Phyllis Ndlovu, 41

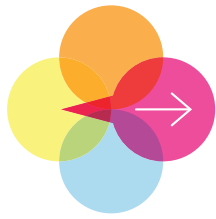
JOB: Human Capital Director, Ogilvy & Mather South Africa

QUALIFICATIONS: Master's in clinical psychology, University of Cape Town

Wellness in the Workplace

Phyllis shares tips for functioning best in the office:

- 1 Make wellness your lifestyle:** Recharge your body and mind by eating healthily and exercising moderately. Simple changes, like using the staircase at work instead of the lift, really add to your wellbeing.
- 2 Look after your psyche:** A positive outlook saves you from unnecessary stress. I believe when you're optimistic, your body has a better chance of being healthy.
- 3 Nurture office relationships:** Maintaining constructive interactions with colleagues and contributing to a positive environment will make you look forward to work.



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GREAT GIVE-O-WAY

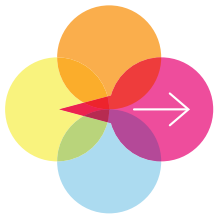
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O AUGUST WINNERS

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What I Know for Sure



Sharing a perfect moment with Rob Bell at my home in Maui for *Super Soul Sunday*

MY PRIMARY AND most essential goal in life is to remain connected to the world of the spirit. Everything else will take care of itself – this I know for sure. Reminding myself daily, continuously, who I am – a spiritual being having a human experience (thank you, French philosopher Pierre Teilhard de Chardin, for those truest of words) – is for me the real challenge of being alive. That’s why my number one spiritual practice is trying to live in the present moment, to resist projecting too far into the future or lamenting past mistakes, and to feel the real power of now. That, my friends, is the secret to an inspired life.

If everybody remembered to live this way (as children do when they first arrive; it’s what we hardened souls call *innocence*), we’d transform the planet. Playing, laughing and feeling joy.

My favourite Bible verse, which I have loved since I was an 8-year-old girl, is Psalm 37:4. “Delight thyself in the Lord, and He will give you the desires of your heart.” This has been my mantra through all my experience. Delight in the Lord – in goodness, kindness, compassion, love – and see what happens.

It’s my dream to encourage other people to connect the dots of spirituality for themselves, to recognise the fullness of their being and to live that fullness. This is where all our potential lies, and getting people to see it is what I was created for. That’s why when you see me on *Super Soul Sunday* on OWN, engaging with others who want to share their spiritual vision, wisdom and experience, I am at my happiest and most fulfilled. When Rob Bell – pastor, bestselling author, provocative thinker – recently joined me on the show, we talked for two and a half hours, and I could have kept going. The ideas Rob sets forth in his books *Love Wins* and *What We Talk About When We Talk About God* opened my heart and my mind. People like him are the reason I set out to build OWN in the first place: to be able to gather a global community of like-minded seekers.

This, by the way, is what *I* talk about when I talk about God. And yes, it delights me!



Entrepreneurship is working for me

Refilwe's uncle, Katleho Madikeng, is one of Investec's 3,455 CSI beneficiaries. As part of Investec's partnership with Junior Achievement South Africa (JASA) and Enke, Katleho received entrepreneurial training, his leadership skills were developed and he founded a community youth project called Sisonke. Sisonke now teaches other youths from the community, including Katleho's niece Refilwe, the value of entrepreneurship in their own lives. So for the community of Phuthaditjhaba, Free State, Katleho's success is theirs too.

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