



Retail

ACA Auto	031 765 8353
Audio Achitex	031 765 8792
Bidvest Waltons	0861 446 666
Braai & Lawaai	
Calypso	064 880 5982
Cash 4 Macs	076 321 2144
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Entropy Hair Design Studio	031 765 4898
Hair Base	031 765 2753
Hillcrest Art Supplies	031 765 7839
Hillcrest Tyre & Exhaust	031 765 2512
Hillcrest Wool 'n Weave	031 765 2770
Home etc	031 765 8293
Household Plastics	031 765 4004
Leisure Lounge	031 765 1591
Lupa Osteria	031 765 3059
Manoli's Munchies	031 765 2992
Moffat Optical	031 765 2125
Nikki's Gift Shop	031 765 4090
Olive and Oil	031 765 6214
Oscars Café	031 765 7322

Paint & Beyond	031 765 1313
Rugs Original	031 765 5411
Salt, Surf and Sport	031 765 4105
Sorbet	031 765 4186
The Ear Institute	031 765 8158
The Inkdrop	031 765 8650
The Juice Kitchen	081 828 6387
The Toy Factory Shop	031 765 8238
What's cooking	031 942 5120
Woolworths	031 761 3800
Zebbies Lighting	031 763 1660

Office

Acutts	031 765 9555
Antony Kerdachi & Associates	031 765 4339
Champagne Sports Resort	031 765 7100
Guardian Accounting Solutions	031 765 2688
Hannah Interior	031 765 2439
Laser Lipo	031 765 1466
Lime Distribution Natal	031 765 7100
Ridgetop Investment Managers	031 765 6625

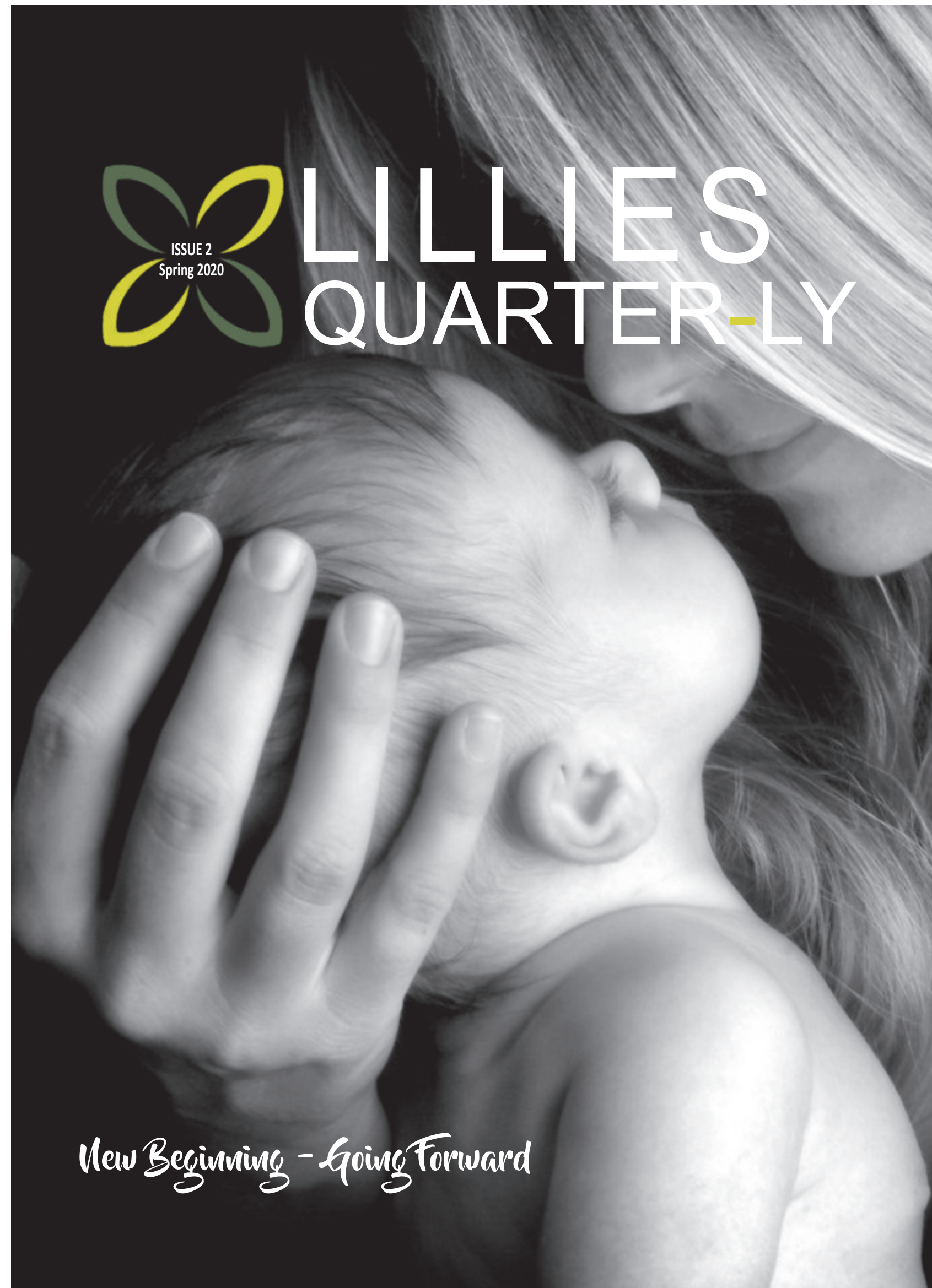
Where *Quality* Meets *Convenience*



Lillies Quarter | 12-16 Old Main Road, Hillcrest | Tel: 031 765 4037 | info@lilliesquarter.co.za | www.lilliesquarter.co.za



LILLIES QUARTER-LY



New Beginning - Going Forward



WOOLWORTHS FOOD



Woolworths Lillies Quarter is situated in the heart of Hillcrest and fills 1045sqm. This beautiful supermarket, caters to every customer's whim, from their delectable desserts to their expansive grocery selection to every pet lover's dream. Our extensive catalogue ensures customer satisfaction. The Woolworths difference is always finding new and innovative meal ideas, whilst ensuring our great quality and value is not compromised. Our trading times are designed to make your shopping experience convenient and easy.....

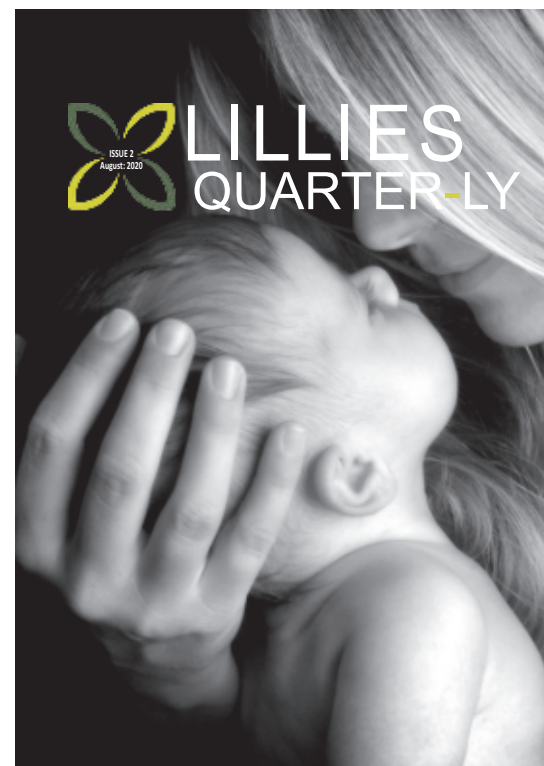
Our trading times are:

Monday – Sunday
8am – 6pm
Times might differ on public holidays

We hope to welcome you soon!

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Content by: TheWriteDesign 073 194 3731

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About

Lillies Quarter, is a high quality mixed-use shopping complex with 34 retail tenants and 11 office tenants. The strength of its position, located centrally in Hillcrest with easy access to the M13, coupled with the broad tenant mix and secure parking have enabled Lillies Quarter to establish itself as the centre of choice when it comes to quality and convenience shopping for the whole family.

As a large neighbourhood centre serving the interests of the Upper Highway community, Lillies Quarter focusses on the values of quality, safety and family, and it is this at its heart that makes it successful. With an extremely popular Woolworths Food as its anchor, a Clicks with a full clinic offering and pharmacy, a host of superb restaurants and a broad range of retail options from everyday shopping through to home décor, arts and hobbies, Lillies Quarter offers something for everyone in the family.

*Lillies Quarter –
Where Quality Meets Convenience!*

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- 24 Hour CCTV Surveillance and monitoring
- Lifts to the first floor
- Baby Changing Facilities

The Centre Management and Maintenance team are located in Block C, first floor, Monday to Friday between 08:00 and 16:30.

Phone: 031 765 4037
Email: info@lilliesquarter.co.za



Well I bet you didn't think during the first half of last year, when you said "This time next year I will be....." that it would turn out the way it did. The world certainly had the last laugh!

However, that being said, we at Kaleidoscope Media, are excited to say, that we took this time to start our website. We have a page for each of our mags, and the latest and previous issues are digital, and there for everyone to see.
www.kal-media-publishing.co.za

You will also find us on social media, Facebook and Instagram. Please go and give us a like and follow.

Pat Franken

Kaleidoscope Media



Sales - Pat Franken
082 552 3027

pat@kal-media.co.za

www.kal-media-publishing.co.za

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Hillcrest 3650



follow us:

Notes from The Publisher

Wow, the Covid Crisis has been a rocky road for publishers! On one side of the coin, magazines have been closing in rapid succession, on the other, The Daily Maverick, which is an on-line news website, has launched a print version!

So, what is happening here? There are many who believe that the age of print media is over, but it's not. It has however, changed its face. It is dark days for national publications, and this is a trend, which has been happening overseas for some time. "You can't please all the people all of the time" – so while nationals are crashing, the **condensed local approach** is happening. Just in London last year, three new publications were launched in particular areas. Additionally, the 'FREE TO READ' has come into its own and has become the norm. People do not believe it is necessary to purchase print media, the publishers are able to make their profits from advertising. It's a format greatly endorsed by Billionaire Warren Buffet and his results speak for themselves.

So, where does this leave the advertisers? To be honest in a similar position to those in the 1950s when television advertising became prominent. At the time, 'experts' were predicting the end of radio advertising! And yet here we are seventy years later, and radio is still alive and kicking.

When a new format arrives, clever marketing people incorporate all mediums to ensure that they reach the broadest base for possible customers. And the more you can localize this to your immediate location the better – especially in retail. **What you need is feet through your door and that means you need to attract 'your community'**. Likes are lovely on Facebook *if* they turn into sales, depending solely on social media may very well get results but ask yourself, what would happen if you extended your reach? More sales and who doesn't want that?

Consider your budget, spread your impact over various mediums and you are taking a leaf out of the book of giants.

Just a note here, Kal-media while concentrating on print media understands how essential it is to have a web presence. This is why each issue is featured on the website, Facebook, and Instagram – so when you place an ad in a Kal-media publication you are effectively covering all the bases!

Call Pat Franken for all advertising information 082 552 3027

Article by TK

Going Forward

HIGHWAY STYLE



The Corona crisis has, on a worldwide level put all countries economic structures in sharp focus. Overall, it is not a pretty sight. From Australia to Zimbabwe people are shaking their heads and asking why they are so dependent on China – for everything. Why are individual countries giving up massive employment opportunities and making the Asian giant richer?

Phew it would take an exceptionally long article to explain in detail but in a nutshell – consumerism got out of hand, people wanted more and more and even more at the lowest price possible. And China with 'dodgy' workers rights, fed the need for 'stuff'. This all kicked off big time back in the 80s, when greed was good (to quote from the movie Wallstreet, which was popular at the time). Since then we have gone along with it, choosing quantity over quality, while hoping for both.

Our decisions as consumers have closed down local manufacturing – and South Africa is not alone in this. These actions are hitting us where it hurts, our own pockets and community wellbeing. But the good news is that we have an opportunity to do something about it, change our ways, roll up our sleeves and get back to work – making our own.

It starts when you go shopping, each time you reject an import and go local, you are fighting the good fight. I'll give you an example; the other day I was shopping and wanted frozen spinach, there were a few options and the big special – yes MADE IN CHINA! Hello, why would one of the worlds leading 'eaters of the good green stuff' need to purchase from China. We grow it here! Despite the difference in price I bought local and made a point of telling the manager. **What you can do is get on to Facebook pages and make a fuss, in all honesty the only thing which makes big wholesalers behave is bad publicity, get enough of that and they are out waving their SA Flags with aplomb. It takes us, the consumer to change things, we may think we are powerless, but we are not, certainly not in these days of social media.**

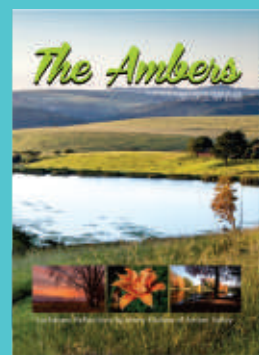
We will have to change our mindset, think less, but is that such a bad thing? Back in the 50s people were very quality conscious, which is why so much of their products are still with us today. Maybe, two pairs of quality leather shoes are better than ten pairs of plastic! Certainly, better for the environment, our feet, and our pockets. A couple of decades ago South Africa had a thriving shoe and textiles manufacturing market – we were amazing! This fell away as consumers began 'plastic purchasing' from China, but here we have an opportunity to reverse. By doing so we will create employment opportunities on a grand scale.

The more localized we go, the better, let's start with our own region The Upper Highway, let's seek out those who trade local products and support them. It all begins with us and ends, well that depends on what decisions we make when we shop...

TK



CONTENT DRIVEN - AREA FOCUSED PUBLICATIONS



Triple H effective advertising: Hillcrest - Hilton - Howick

Call Pat for details





Guardian turns 6!

Established in 2014, Guardian is a forward-thinking, energetic and proactive team, with a passion for professional excellence and pinstripe suits. However, what sets them apart is not their dress sense, but their personal approach and their hands-on, can-do attitude.

Six years and hundreds of happy clients later, Guardian has grown exponentially but this philosophy hasn't changed at all.

Partners Lindy Head and Nicola Wichmann agree, "Our business has been built on word-of-mouth. That's because we treat every client as if they're our only one. It's something we're very proud of, and it gives us faith in how far we can go. Happy anniversary to us!"

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Going Forward

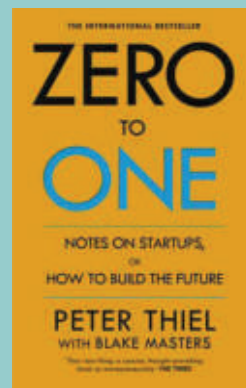
BUSINESS BOOKS

Zero to One

By Blake Master/Peter Thiel

Notes on Start Ups, or How to Build the Future

The next Bill Gates will not build an operating system. The next Larry Page or Sergey Brin won't make a search engine. If you are copying these guys, you aren't learning from them. It's easier to copy a model than to make something new: doing what we already know how to do takes the world from 1 to n, adding more of something familiar. Every new creation goes from 0 to 1. This book is about how to get there.

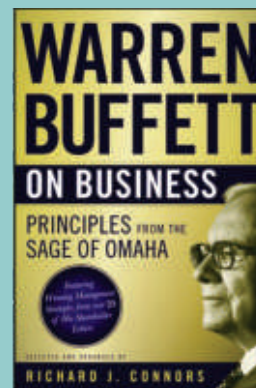


Buffett on Business

By Warren Buffett

The proven business principles of Warren Buffett

Buffett is one of the most admired and prolific investors and managers in corporate America. Warren Buffett on Business is a timeless guide to strategies that can help you run a successful business. This book is a one-of-a-kind collection of Buffett's letters to the shareholders of Berkshire Hathaway written over the past few decades, and in a clear, simple style distills the basic principles of sound business practices. Through Buffett's own remarkable words, this practical management handbook shares valuable insights on communicating with, and treating employees and shareholders fairly; responsible corporate governance; ethical behavior; patience and perseverance; admitting mistakes; and having a passion for work. This book contains priceless pearls of business and management wisdom, woven into a delightful narrative and is designed in an accessible manner and organized by business and management topics with strong lessons from Buffett. It also provides direct, hands-on information on major topics concerning managers, entrepreneurs, business students, and anyone interested in business.



Available from your favourite bookstore or on-line from Takealot or Loot

Going Forward

BUSINESS

These are extraordinary times. Many businesses have been closed because they were considered non-essential during the Coronavirus pandemic.

Due to the economic situation before the lockdown, which let's face it wasn't great, the new twist has brought about a question of survival. Adapt, change or close are the options - few are able to go on as before. Whatever choice you make, be sure to consult experts before you make the final decision.

Some small business owners consider accounting a necessary evil. Some even consider it an unnecessary evil! But if ever there was a time when you need some sage advice regarding the financial aspect of your business it's now.

How can they help you?

The normal steps a business would take during a downturn in the market are as follows:

- Reduce Expenses
- Increase Revenue
- Collect Past Date Bills
- Extend Credit line
- Negotiate with Suppliers

The above all works well when we are living in 'what use to be normal', but now we are creating a new normal and as, yet we don't know what that will be.

With all the basic financial instincts flying out the window, you need to look at your business and come up with a business plan for the aftermath, as well as coping for now.

Don't be alone out there – call in some professional help, you may be surprised at the options available to you. At worst, they can help you deal with all the aspects of closing your business down, at best, they can help you move forward with a plan. Either way, you can benefit from the experts



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- Annual financial statement preparation
- Bookkeeping
- Corporate structuring
- B-BBEE consulting
- Entrepreneurial support
- Due diligence and business valuations



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Antony Kerdachi & Associates

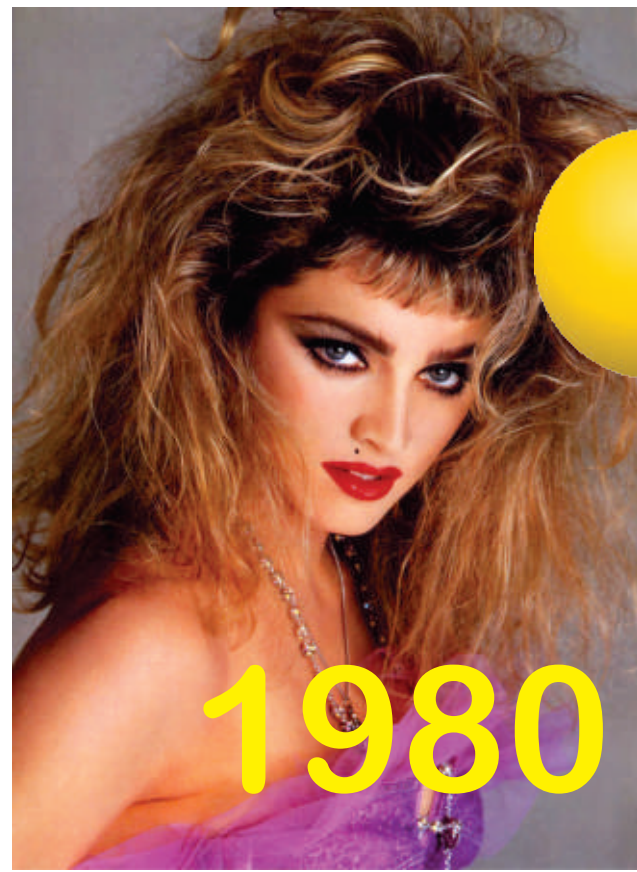
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Unit A18E (Upper Level) Lillies Quarter
antony@kerdachi.co.za





1980

Back In Time

But back to 1980

Fashion was rapidly changing in the 1980s and more diverse than ever before. Due to increased globalization of the world and pop culture trends in fashion spread faster than ever and were more widespread. Changes in technology and the expansion of cable television and networks like **MTV** meant that TV, Movie and Music celebrities' fashion was more accessible to fans and viewers and an increased obsession with celebrities brought fashion into the forefront of pop culture. **Things were BIG, hair, shoulder pads and beatboxes.**

It's a sobering thought – 1980 was forty years ago! The flamboyant **Punks**, the **breakdancers** and not forgetting the **Yuppies** are probably now on pension!

Looking back is always interesting, every generation believes they have the cutting-edge regarding technology. This is true for the 1990s with their steam engines, the 1960s with Stereo sound and today with A.I.'

Looking back also gives us a slice of history, of what was going on then and still today – the protests, the wars and alas poverty.

TV series like **Dallas** and **Magnum PI** had us riveted; **Star Wars** huge success was followed with the release of **The Empire Strikes Back** in 1980.

One major change in society was the expansion of the middle class and the creation of a large group of upwardly mobile young professionals known as "Yuppies". This group of society suddenly had more disposable income than ever and was known for their focus on wealth and conspicuous consumption.

Fashion was a way for these young business people to display their wealth and therefore became an especially important part of their lives. The media influence on fashion of the time was immeasurable. Music videos showcased fashion in a way that had not been seen before and the media started to focus on a new batch of young and interesting celebrities, making the gossip more interesting than ever. **This was also one of the first times that fashion models became celebrities and celebrities became fashion models.** Fashion started to become an integral part of the definition of celebrity and it has become an even more important factor since then. **It was the age of materialism.** We've lost many of the trends from the 80s but not the greed!

Cabbage Patch Kids dolls were a sensation and came with birth certificates, **Pac Man** was 'the game in the arcades and everyone was going crazy with the **Rubik Cube**. Cars were 'sporty' and often orange...it wasn't an era known for good taste! Of course there were many serious incidents, we reflect on those on page 9.



The Eighties see the collapse of traditional communism and the ending of the Cold War, Microsoft, IBM, Intel and Apple begin to have an impact on all our lives as small Computers becomes cheaper and more wide spread including home and Business, Famine in Ethiopia causes major music stars to band together to raise money and awareness, and the early beginnings of mobile phones as technology gets cheaper and smaller.

JANUARY

Nigel Short age 14 becomes the youngest chess player to be awarded the degree of International Master. The Rubik's Cube makes its international debut at The British Toy and Hobby Fair, Earl's Court, London.

FEBRUARY

AC/DC frontman Bon Scott dies after a night of heavy drinking in London.

MARCH

The Commonwealth Trade Union Council is established.

The Audi Quattro, a four-wheel drive sporting coupe, is launched in West Germany.

Robert Mugabe is elected Prime Minister of Zimbabwe.

The Soviet Union has its first Rock Music Festival.

U.S. President Jimmy Carter announces that the United States will boycott the Summer Olympics in Moscow because of the Soviet invasion of Afghanistan.

A mine lift cage at the Vaal Reefs gold mine in South Africa falls 1.9 kilometres (1.2 mi), killing 23.

APRIL

Zimbabwe gains its independence from the United Kingdom with Robert Mugabe as its first Prime Minister. Pennsylvania Lottery Scandal. The Lottery was rigged by six men including the host of the live TV drawing, Nick Perry.

MAY

Global eradication of smallpox certified by the World Health Organization.

In Florida USA the court acquits four white police officers of killing Arthur McDuffie, a black insurance executive, provoking three days of race riots in Miami.

Gwangju Uprising. Students South Korea begin demonstrations, calling for democratic reforms. A week later military government forces and pro-democracy protesters clash; 2,000 protesters die.

Pac-Man, the highest-earning arcade game of all time, is released in Japan.

JUNE

The first 24-hour news channel, Cable News Network, (CNN) is launched.

The African National Congress publishes a statement by their imprisoned leader Nelson Mandela.

Tim Berners-Lee begins work on ENQUIRE, the system that will eventually lead to the creation of the World Wide Web in autumn 1990.

JULY

India launches Rohini RS-1 Satellite using its own SLV rocket making India the 7th nation to launch satellites using its own rocket.

The 1980 Summer Olympics are held in Moscow, 82 countries boycott the Games, athletes from 16 of them participate under a neutral flag.

AUGUST

Vigdís Finnbogadóttir becomes the 4th President of Iceland, the world's first democratically directly elected female president.

In Australia, baby Azaria disappears from a campsite at Uluru (Ayers Rock), reportedly taken by a dingo.

SEPTEMBER

Ford Europe launches the Escort MK3, a new front-wheel drive hatchback.

Zimbabwe breaks diplomatic and consular relations with South Africa.

OCTOBER

British Prime Minister Margaret Thatcher delivers her famous "The Lady's not for turning" speech.

Six Provisional Irish Republican Army prisoners in Northern Ireland refuse food and demand status as political prisoners; the hunger strike lasts until December.

NOVEMBER

Voyager program: The NASA space probe Voyager 1 makes its closest approach to Saturn, when it flies within 77,000 miles (124,000 km) of the planet's cloud-tops and sends the first high resolution images of the world back to scientists on Earth.

DECEMBER

English musician ex Beatle John Lennon is murdered outside his New York City apartment building.

Source Wikipedia



Vigdís Finnbogadóttir

1980-1996 (Iceland)

World's first female elected president and first female world leader who did not have a father or husband who was also leader at one time




Going Forward

HIGHWAY STYLE



With the current economic situation, not just in South Africa but worldwide, it would be easy to give up. There is no doubt people are feeling, depressed, anxious, and fearful. It is all understandable and perhaps it is 'healthy', to experience these thoughts and feelings – to deny them is unhealthy and they only pop up again if not resolved. But not for too long. We are here and despite all the odds we need to look forward and perhaps we need to start thinking outside the boxes. In fact, perhaps we should kick the box right out of the picture!

If you study history – yes I know many people think it's boring but it does show us the past, mistakes made and while many of us wish we could go back and rub out those mistakes, we can't, we can only learn from them and resolve not to repeat them. However, something is always clear, after disasters, humans bounce back. Life is a roller-coaster, with each down there is an up – we have had economic depressions and virus outbreaks before, humans have also endured wars, holocaust, slavery, and genocide. In between these periods of misery, the good times roll... Maybe we don't appreciate them enough at the time!

We have options and opportunities now, but we need to make them ourselves, even with the best intentions Governments (here and everywhere) are slow to turn the wheels. One of the main benefits

the self-employed/entrepreneurs have over the corporates is the lack of meetings/investigations and enquires! This means we can get on with the job, roll up our sleeves and make things happen. There are many problem areas, which need addressing, namely:

Energy – And while none of us can fix Eskom's problems, we could maybe look smaller. How could individual households be run without traditional power sources? At the very least couldn't somebody invent a battery powered kettle, in South Africa please not imported from China. I cannot believe that in these days of advanced technology, that there is not a way to run a computer/fridge and geyser that is both cost effective and accessible for all.

Made Locally – Look at everything we are importing. Just about everything, even frozen veg! With the current attitude towards imported goods, could there be a better time to 'Go Local', and think really local, your community – let's build up South Africa one community at a time. Perhaps the Highway could lead the way.

We also need changes in **Education, Housing, Waste Control**, we need to stop waiting for 'someone' to come up with innovative ways – we need to be the innovators. Starting small is okay, remember both Bill Gates and Steve Jobs started in the garages....

Be Inspired

Minuteman Press International has launched a new program, BOUNCE BACK SOUTH AFRICA, to help give back to businesses in local communities that have been hit hard by the COVID-19 pandemic.

"Bounce Back South Africa offers two free services to help support all of our neighbouring businesses as we find a way to work together through these unprecedented times. First, we are distributing COVID-19 awareness and prevention posters at no charge to any business in our service areas. Second, we are providing free local advertising on this site to stimulate business and help all of our neighbours overcome the tremendous economic effects of the COVID-19 pandemic. We truly believe that a rising tide will lift all ships, and we want to make sure our communities stay afloat," says Nick Titus, President, Minuteman Press International.

How It Works:

Visit BounceBackSouthAfrica.com

Select your location and then click on your local office.

Fill out the form at the bottom of the page to submit your company's special offer or supportive message for publishing on our site at no charge. Just upload your logo and the message or offer, and we'll publish your message in the appropriate category.

Your listing will be published for free and you can order your posters via safe delivery if you like. In the event local delivery of posters is not possible, a small shipping charge may apply, but the posters will be free.



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We would like to take this opportunity to assure our fellow travellers, that our thoughts are with you during this distressing time.

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Carolyn and the Travel Tones Team

Our wings have been clipped, our sails taken down but at least we can still dream about where we will go when travel bans are lifted. So, let's plan ahead, set our travel goals - something to look forward to indeed.



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Crafting

BENEFITS

Arts and Crafts Are Experiencing Surge in Popularity Amid COVID-19



By partaking in craft activities, you are not only making time pass, but you are also improving your mental health, which in turn improves your physical health. Both of which improve your immune health – in a strange way, crafting can help you fight the virus!

Anxious thoughts can be more difficult to escape in sustained isolation, such as the widespread lockdown measures due to the coronavirus pandemic, but arts and crafts have been shown to help distract from these feelings.

The scale of pandemic and its impact on billions of people, in limiting physical contact with others, has meant that many are looking for ways to distract themselves while stuck inside their own homes.

Clinical neuropsychologist Katie Carey Levisay, who runs a private practice in Denver, Colorado, explained that crafting can help as it requires focused attention and forces us to be completely immersed in the moment.

“We've all experienced that phenomenon when we completely lose track of time and our awareness of what's going on around us diminishes,” she says. **“This is what is known as “flow,” a term popularized by psychologist Mihaly Csikszentmihalyi in the 1970s”.**

Being engrossed in a creative project temporarily allows us to stop worrying about the future or dwell on the past. Creating something for ourselves and others also helps our sense of self-efficacy, or the belief in our own abilities.

Using time purposefully has also been linked to lower depressive symptoms.

“The rewarding experience of creating, sharing, and using our time well all stimulate the reward centres in the brain to release 'feel good' neurotransmitters (dopamine) and our endogenous opioids (endorphins). Crafting can also keep the brain

effectively stimulated because, in many cases, it combines the learning and perfecting of new skills with those that have already been mastered”. Katie Carey Levisay advised.

These activities also use many different parts of the brain or require “whole brain recruitment.” For example, quilting requires visuospatial processing, which is the ability to perceive, analyse and transform images, while knitting requires working memory and math.

Perhaps, this is the time to release your creativity, try something, you never know you could unleash your hidden talents in this troubling time....

Many of us are not able to go out and source the products for our crafts, thankfully, many companies will deliver to your door. Legitimate companies will ensure correct sanitizing requirements. Also many of your favourite outlets do offer a delivery service.

There are thousands of websites about crafting - so get busy. **Visit www.kitscorner.co.za for inspiration**



HILLCREST

Wool 'n Weave

Wool 'n Weave in Lillies Quarterly

Wow, could there have been a worse time to launch Lillies Quarterly? I am sure there could, but it hasn't happened yet! A magazine full of interesting articles and information about our favourite centre was due to be distributed in March. However, like many other aspects of our lives, it was thrown a curve ball by a microscopic virus. However, I am sure that those of you who managed to receive a copy when it was released during level 4 will agree it is a great read.

During lockdown many people suddenly had time on their hands and their hands became busy with yarn projects. Crafting of various kinds helped to keep the stress levels down for many people and we want to encourage those people to carry on crafting. Significantly we spoke about that in the previous article and we repeat the paragraph here in case you missed it.

There isn't enough space here to list all the reasons to learn how to craft, suffice it to say that there are many but the most beneficial is stress relief. Many generations of women have crafted their way through life and smiled in the face of adversity. But perhaps for the younger generation putting down the device to pick up a hook or needles could be the biggest stress reliever of all. Left handed – no problem. I always suggest that left handed people learn to knit the normal way. Both hands are used so it is no more difficult to learn that way and it means that others can help the knitter easily when they wish to improve their skills. Crochet is best done with the dominant hand.

Puzzles and More

When I was a child, many moons ago, we didn't have 24/7 TV, playstation, cell phone etc. but we did know how to sit for hours and put together a jigsaw puzzle. There is still nothing like a puzzle to teach children patience and tenacity and to encourage special bonding time with Mom and Dad. Due to the problems experienced with lockdowns, the supplier of our puzzles will not be receiving stock for the foreseeable future. So if you need puzzles for Christmas or before, get them now while stocks last. We also have some gift options and many beautiful jerseys for babies and toddlers as well as scarves and beanies in all sizes.

Who are we?

If you have never been to Wool 'n Weave, now is the time. Just for fun we are inviting all visitors to the centre, especially those who do not knit or crochet, to pop in to the shop and enter our lucky draw. There will be one draw for regular visitors and one for newbies. We look forward to seeing some new faces. And if there is something that you would like to see in the shop, please let us know.

Tip of the issue: Manufacturers advise that you purchase enough yarn to complete your article. Sometimes it is better to buy more. Dye lots change and yarns are discontinued regularly so don't get caught out. All the leftovers can be made into the most awesome blankets and other articles.

**Until next time, happy needle crafting
Liz and the Wool 'n Weave ladies**

Monthly Lucky Draws, one for first time visitors and one for loyal customers. Details in store.



Lillies Quarter Lifestyle Centre (next to Parking Garage)

Tel: 031 765 2770 Email: info@woolnweave.co.za Web: www.woolnweave.co.za



Significant Women



Mary



Nellie



Marie Marvingt



Bessie



Marie

A brief look at the lives of women who made a difference against the odds - be inspired

Mary Seacole, 1805–1881

In her late forties, Mary travelled from her home in Jamaica to Britain to offer her services as a nurse during the Crimean War (1853-56). Despite being turned down, Seacole refused to give up: a woman of mixed-race with a Jamaican mother and Scottish father, she had dealt with prejudice and impediments her whole life. Funding her own passage to the Crimea Mary established the British Hotel near Balaclava. Nineteenth-century soldiers had no welfare support and Seacole's hotel provided a comfortable retreat away from battle with accommodation for convalescents and the sick. In addition, Mary nursed wounded soldiers on the battlefield earning the title Mother Seacole.

*Note at the time Florence Nightingale got all the publicity!

Nellie Bly, 1864-1922

At a time when women journalists tended to write about domestic topics such as gardening or fashion, Bly wrote hard-hitting stories about the poor and oppressed. In 1886-87 she travelled for several months in Mexico, reporting on official corruption and the condition of the poor, while another investigation saw her feign insanity in order to expose conditions inside asylums. Bly's journalistic fame led her to travel the globe, unchaperoned, in her own Jules Verne inspired *80 Days Around the World*. She completed the challenge in 72 days, 6 hours, 11 minutes and 14 seconds, setting a new world record.

Marie Marvingt, 1875-1963

French athlete and aviator

A world class sportswoman and qualified pilot, Marie worked as a Red Cross nurse during the First World War. At one point she joined the French infantry posing as a man and later joined an Italian alpine regiment. In 1915 she piloted a bombing raid over Germany and was awarded the Croix de Guerre.

Before the war, Marvingt had begun developing plans for an air ambulance and in the 1930s she devised training for in-flight nurses, vital work that led to a female air ambulance service in the Second World War.

Marie Van Brittan Brown, 1922-99

Inventor of the first CCTV

The Big Brother technology of Closed Circuit Television is now a ubiquitous public presence, but African-American nurse Marie van Brittan Brown invented it to protect her friends and family at home. Disillusioned by police negligence, in 1966 she filed a patent for a movable camera that could display images on a TV screen monitor of whoever was at the front door.

Bessie Coleman, 1892-1926

In 1921, Coleman became the first American woman to earn an international pilot's license, despite racial discrimination preventing her entry to American flying schools.

After travelling to France to earn her licence, Coleman returned to America where racial and gender bias prevented her from becoming a commercial pilot. Stunt flying was her only option and she staged the first public flight by an African-American woman in the US, on 3 September 1922. Coleman drew huge crowds to her shows, refusing to perform before segregated audiences and raising money to found a school to train black aviators.

WOW!
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(Upstairs next to Olive & Oil)

FRAME RECOMMENDATIONS FROM THE EXPERTS:

Article written by: Tracy Johansson, Resident Optometrist

Myself and our team strive to give expert advice on frame selection for different visual needs and face-shapes, skin tone and trend expectations. Advising involves getting information about the individual, knowing the type of lens requirements and listening to their needs. There really isn't a one size fits all solution. Some people are really easy going and adapt to just about any frame, while others may struggle with weight, size, comfort, nose pad issues, glasses slipping down, allergic reactions etc. We really aim to get it right the first time.

Always choose a frame you love, find comfortable and are proud to wear. There is no better feeling when a customer of ours looks and sees their best. Before we discuss frame guidelines it's worth mentioning that:

a) Some guidelines are to mask or soften a specific characteristic you may possess. There is a major trend to go totally against these guidelines since there is a shift in thinking; to 'rock what you've got' and not try to conceal characteristics which may have been deemed a flaw in the past. This trend lends itself to a very striking edgy look.

b) Different age groups tend to have totally different opinions on glasses. Younger generations often see glasses as an accessory or an expression of themselves and "if you have to wear glasses, they might as well make a statement." These days there is far less stigma around needing to wear glasses; whereas in the past wearing glasses was often seen as something to be embarrassed about. Older generations often go for a 'less bulky look'. Popular opinion is 'heavy/obvious glasses are unattractive.'

The gist of these guideline is to Achieve Balance:

Round VS Angular Face:

To conceal roundness choose a frame with sharp lines and angles, like a 'cat eye' shape or rectangular shape. Angles and colour create an edgy look.

To soften features eg: high cheek bones or

strong jawlines try curvy oval/ round shapes.

Light and airy softens features.

Neutral Shapes that minimally enhance or conceal angles of the face:

1) The 'butterfly shape' which is a very soft cat eye at the top and bottom temporal corners; typically for ladies

2) Square or rectangular shapes with very rounded/ curved corners; a unisex shape.

Length:

If you wish to give the illusion of a longer face go for frames that have more width than depth. Likewise try frames that have more depth than width if you have an elongated face. Decorative or contrasting temples also help to create an illusion of width.

Forehead:

If you have a wide forehead, try frames that are wider and more accented at the bottom of the frame. Experiment with thin, light-coloured and rimless frames; they often provide a balanced/ softened look.

Conversely if you have a narrow forehead, try frames that are heavily accented with colour and detail at the top of the frame; wider at the top of the frame; thicker at the top of the frame. Consider a 'cat eye', or a chunky semi rimless

Cheekbones:

Dramatic cheekbones can be softened by trying frames that have distinctive brow lines (almond shaped) by highlighting the the eyes. Rimless light and airy with soft oval type curves could soften features.

Similarly to enhance cheekbones try angular frames with more width.

Eye proximity:

Eyes that are close together: go for narrow frames, so your eyes are in the center of the lenses and not in the nasal third.

Eyes that are wide-set: go for wider frames, so your eyes are in the center of the frame and not in the temporal third.

Nose:

A large, lengthy nose: try bulky frames that sit close to the face. eg: plastic frame with a metal bridge. Experiment with wider rectangular frames with a low bridge. Arty,quirky and patterned glasses can detract attention from a large nose.

Small nose: Try round frames that are thin and sit a bit more proud from the face.

Oval faces are considered well balanced. People with these faces find trying frames on quite fun and easy, since just about every frame suits their face. With in reason. We always want the frames to fit properly, to be straight and feel comfortable.

Colours:

Warm tones: look best in browns, gold, yellow-orange, khaki, camel, coral, peach, blonde tortoise, orange red, off (beige)white and off (beige)clear

Cool tones: look best in grey, gunmetal grey, silver, blues, black, blue-grey, dark tortoise, wine colour and burgundy

What's in fashion at the moment:

1) Transparent frames are all the rage at the moment. They range from crystal clear, slightly grey tinted or brown tinted to different colours eg: pink, purple, yellow orange and blue and some are very slightly frosted. They can be very stark and are sometimes difficult to wrap your head around the concept, like with all fashion ideas. They are starting to become a more mainstream idea now.

2) Round large shapes are very popular
3) Metal frames are making a come back
4) Deep frames are still extremely popular
5) Full Plastic matt frames that are thin around the rim, and light weight for their size

We love helping our customers to look their best and see even better. Please don't be shy to experiment with our wide selection of frame styles.

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It only takes a few steps for the individual to make a huge impact on the planet.

Here's our top ten tips for making a difference to your footprint. **It should be noted that plastic is one of the biggest problems. Every bit of plastic ever made is still here!**

1/ **Use Drums or Re-Usable garden bags** for your garden refuse instead of the plastic blue bags. These are available from Dump A Drum and the system is much cheaper than using the blue bags. There is honestly no EXCUSE to use plastic for garden refuse.

2/ **Never use plastic bags for shopping!** Come on you know this, purchase your own cloth shopping bags, or buy the paper bags (all supermarkets have them now) instead of plastic. It's interesting to note that counties like Kenya banned single use plastic bags three years ago —we are lagging behind.

3/ **Plastic Water Bottles** —one of the main products that are polluting our waterways and causing the death of so many sea creatures. **Over 1 million plastic bottles are purchased every minute and nearly 80% of these end up in our landfills and oceans. At this rate, the amount of single-use plastic ending up in our oceans will outweigh fish by 2050, unless we make a change.** Put a filter system on your kitchen tap and fill your re-usable bottle instead of purchasing plastic.

4/ **Products** like mayonnaise, jam, marmite, peanut butter, tomato sauce —some brands supply in glass others in plastic (some offer both). In every case buy the glass and if your favourite brand is available in plastic only get on to their social media and complain!

5/ You can purchase bamboo, metal, cellulose, paper and glass **straws** from The Wild Fig Tree in Hillcrest, so if you prefer using a straw, use your own non-plastic.

6/ Much of the modern **gift wrap** has a plastic film. That is what makes it so bright and shiny —additionally, most of the world's gift wrap is imported from China. Don't use it, wrap gifts in cloth. You can get metres of fabric from waste centre, or you can give a gift wrapped in a pretty tea towel. Also make sure you use real ribbon or yarn to tie them together.

7/ If you **MUST** use all the above products, please don't throw them away with your rubbish, they just end up in the landfill and eventually in our waterways. Collect your plastic after use and get it to a **recycling company**. Go to www.dcpastics.co.za for details.

8/ Computers, cellphones and **electronic equipment** should never be thrown away with your rubbish. There is a local company that takes care of all 'that stuff' at no charge —Electronic Cemetery. **Find them on-line www.electronic-cemetery.com**

9/ Become more **consumer-conscious** when it comes to the foods, products and toys you buy for your kids and family. Not all products are created equal and many products contain lead and other materials that can be harmful to a person's health. To get further educated on the toxic chemicals in the environment around you, go on-line and visit thegoodhuman.com and visit unacceptablelevels.com.

10/ Do not use **pesticides or chemicals** on your yard or garden. Switch to natural products that won't contaminate your soil and more importantly, won't contaminate you and your family. The same goes for cleaning products, most are toxic and are packed in plastic! You would be surprised at how useful vinegar is for replacing many of these products. Just type in vinegar uses on google. Prepare to be amazed!

Let's make a difference, together we can do it.

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LILLIES HEALTH

Healthy eating can help you prevent, control, and even reverse DIABETES

During the Covid virus epidemic, one thing has come through loud and clear – if you are diabetic, your risk is greater. Unfortunately, diabetes can be undetected for many years, often only once symptoms have become chronic. The other astounding fact is that diabetes type 11, once only found in the over 50s is now effecting younger people, even teens! Diabetes plays havoc on our immune systems, so to keep healthy, we should all eat healthy, so to reduce our risk of diabetes.

What's the best diet for diabetes?

People with diabetes have nearly double the risk of heart disease and are at a greater risk of developing mental health disorders such as depression. **But most cases of type 2 diabetes are preventable and some can even be reversed.** Taking steps to prevent or control diabetes doesn't mean living in deprivation; it means eating a tasty, balanced diet that will also boost your energy and improve your mood. You don't have to give up sweets entirely or resign yourself to a lifetime of bland food.

Whether you're trying to prevent or control diabetes, your nutritional needs are virtually the same as everyone else, so no special foods are necessary. But you do need to pay attention to some of your food choices—most notably the carbohydrates you eat. While following a Mediterranean or heart healthy diet can help with this, **the most important thing you can do is to lose a little weight.**

Losing just 5% to 10% of your total weight can help you lower your blood sugar, blood pressure, and cholesterol levels. Losing weight and eating healthier can also have a profound effect on your mood, energy, and sense of wellbeing. **Even if you've already developed diabetes, it's not too late to make a positive change.** By eating healthier, being more physically active, and losing weight, you can reduce your symptoms or even reverse diabetes. The bottom line is that you have more control over your health than you may think.

Planning a diabetes diet

A diabetic diet doesn't have to be complicated and you don't have to give up all your favourite foods. As with any healthy eating program, a diabetic diet is more about your overall dietary pattern rather than obsessing over specific foods. Aim to eat more natural, unprocessed food and less packaged and convenience foods. It is vitally important that you eat regularly, ideally, at the same times each day.

Eat more

- Healthy fats from nuts, olive oil, fish oils, flax seeds, or avocados
- Fruits and vegetables—ideally fresh, the more colourful the better; whole fruit rather than juices
- High-fibre cereals and breads made from whole grains
- Fish and shellfish, chicken or turkey
- High-quality protein such as eggs, beans, low-fat dairy, and unsweetened yogurt

Eat less

- Trans fats from partially hydrogenated or deep-fried foods
- Packaged and fast foods, especially those high in sugar, baked goods, sweets, chips, desserts
- White bread, sugary cereals, refined pastas or rice
- Processed meat and red meat
- Low-fat products that have replaced fat with added sugar, such as fat-free yogurt



Eating Out AT LAST!

Isn't it great that we are able to eat out again!

And where better than Lillies Quarter, where the restaurants have outdoor areas, which as we know is better than being cloistered inside when it comes to beating the virus.

Lillies Quarter is well known for having an excellent selection of restaurants, to suit all palettes and it is wonderful to see them open their doors again.

The restaurant trade, like most of us has had a tough time during the lockdown. We need to support them when we can. This is an industry, which employs so many people – it's an enormous ripple effect.

Some of us have become a little bit 'paranoid' about going out at all but if there is one industry, which has always been 'hygiene aware', it is the food trade.

You can be assured that all restaurants in Lillies Quarter have the highest standards. So step into a 'taste of normal' and enjoy a meal.



#TimeToDetox

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Emotional HEALTH

Emotional health is an important part of overall health. People who are emotionally healthy are in control of their thoughts, feelings, and behaviours. They're able to cope with life's challenges. They can keep problems in perspective and bounce back from setbacks. They feel good about themselves and have good relationships.

Being emotionally healthy doesn't mean you're happy all the time. It means you're aware of your emotions. You can deal with them, whether they're positive or negative. Emotionally healthy people still feel stress, anger, and sadness. But they know how to manage their negative feelings. They can tell when a problem is more than they can handle on their own. They also know when to seek help from their doctor.

Research shows that emotional health is a skill. There are steps you can take to improve your emotional health and be happier.

Path to improved health

Emotional health allows you to work productively and cope with the stresses of everyday life. It can help you realize your full potential. It helps you work with other people and contribute to society.

It also affects your physical health. Research shows a link between an upbeat mental state and physical signs of good health. These include lower blood pressure, reduced risk of heart disease, and a healthier weight.

There are many ways to improve or maintain good emotional health.

Be aware of your emotions and reactions. Notice what in your life makes you sad, frustrated, or angry. Try to address or change those things.

Express your feelings in appropriate ways. Let people close to you know when something is bothering you.

Keeping feelings of sadness or anger inside adds to stress. It can cause problems in your relationships and at work or school.

Think before you act. Give yourself time to think and be calm before you say or do something you might regret.

Manage stress. Learn relaxation methods to cope with stress. These could include deep breathing, meditation, and exercise.

Strive for balance. Find a healthy balance between work and play, and between activity and rest. Make time for things you enjoy. Focus on positive things in your life.

Take care of your physical health. Exercise regularly, eat healthy meals, and get enough sleep. Don't abuse drugs or alcohol. Keep your physical health from affecting your emotional health.

Connect with others. Make a lunch date, join a group, and say hi to strangers. We need positive connections with other people.

Find purpose and meaning. Figure out what's important to you in life and focus on that. This could be your work, your family, volunteering, caregiving, or something else. Spend your time doing what feels meaningful to you.

Stay positive. Focus on the good things in your life. Forgive yourself for making mistakes and forgive others. Spend time with healthy, positive people.

Things to consider

People who have good emotional health can still have emotional problems or mental illness. Mental illness often has a physical cause. This could be from a chemical imbalance in the brain. Stress and problems with family, work, or school can trigger mental illness or make it worse. Counselling, support groups, and medicines can help people who have emotional problems or mental illness. If you have an ongoing emotional problem, talk to your doctor. He or she can help you find the right type of treatment.

Article www.familydoctor.org



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CONDIMENTS TIPS

Mint jelly

This is the perfect partner for a roast lamb dinner, and you can add mint jelly to the mince mixture next time you make lamb rissoles.

Want a dipping sauce for rice paper rolls? Combine mint jelly, lime juice and soy sauce and stir well to combine.

Wholegrain mustard

Stir wholegrain mustard through your mashed potatoes for flavour or toss through steamed chat potatoes.

Add wholegrain mustard to white sauce before pouring over cauliflower cheese.

Mango chutney

Usually served with curries, mango chutney is also great for:

Making corn fritters. make a sauce with yoghurt, fresh coriander and mango chutney

Glazing chicken. Chargrill on low to stop burning.

Mixing with lemon juice and drizzling over prawn salad.

Basil pesto

The flavours of pesto go well with other dishes:

Serve minestrone soup with a dollop of pesto

Replace pizza sauce with basil pesto next time it's pizza night

Add to pure cream to create an easy sauce to accompany chicken.



SUPER FOOD COOKING

Chicken with dried fruit & nut rice

INGREDIENTS – SERVES 4

2 tablespoons pistachio kernels
1 tablespoon olive oil
1 brown onion, halved, thinly sliced
200g (1 cup) Basmati rice
1 teaspoon ground cumin
3 green cardamom pods
Pinch of ground cinnamon
50g (1/4 cup) dried apricots, finely chopped
45g (1/4 cup) sultanas
500ml (2 cups) Massel chicken style liquid stock
4 chicken breast fillets.
1/2 teaspoon sumac (see notes)
1 bunch broccolini, trimmed, halved crossways
2 tablespoons toasted slivered almonds



METHOD

Preheat oven to 190°C. Place the pistachio kernels on a baking tray. Bake in preheated oven for 5 minutes or until lightly toasted. Remove from oven and set aside to cool slightly. Coarsely chop and set aside.

Heat 3 teaspoons of the oil in a large frying pan over medium heat. Add the onion and cook, stirring occasionally, for 5 minutes or until soft and light golden.

Add the rice, cumin, cardamom pods and cinnamon, and cook, stirring, for 1 minute or until aromatic. Transfer the rice mixture to a 2L (8-cup) capacity ovenproof baking dish. Add the apricots and sultanas, and stir to combine.

Place the stock in a medium saucepan over high heat. Bring to the boil. Remove from heat. Pour the hot stock over the rice mixture. Cover tightly with foil or a tight-fitting lid and bake in oven for 35 minutes or until all the liquid is absorbed. Remove from oven.

Meanwhile: heat the remaining oil in the frying pan over high heat. Add the chicken and cook for 2 minutes each side or until light brown. Transfer to a baking tray and sprinkle with sumac. Bake in oven for 10 minutes or until cooked through. Remove from oven and set aside for 5 minutes to rest.

Place the broccolini in a steamer over a saucepan of simmering water (make sure the steamer doesn't touch the water). Steam, covered, for 6-8 minutes or until bright green and tender crisp.

Use a fork to stir the pistachios and almonds through the rice. Cut the chicken across the grain into thick slices. Divide the rice and chicken among serving plates. Serve with broccolini.

Substitute For Sumac

Makes about 2 tablespoons

This 3-ingredient recipe makes a great substitute for the tart, slightly bitter dried red spice

Ingredients

1 lemon, zested (about 1 tablespoon zest)
1 tablespoon black pepper
1 teaspoon salt



Munch on this!

Nutritional Value of Dried Fruits & Nuts

We all have those days when we are craving something sweet or savoury – sometimes both. Your body is trying to tell you something – sending you a message! Go for something with nutritional value - dried fruit and nuts make a good option and not only when you are craving. A healthy dose of this combo daily may very well put cravings to rest. Fruit and nuts are full of protein, fibre and healthy fats.

Healthy Fat for a Healthy Heart

Dried fruit and nuts are a high-fat snack, with about 5 grams of total fat per 1/3-cup serving. However, most of the fat in the mix comes from heart-healthy monounsaturated and polyunsaturated fats. These types of fats, when used to replace saturated and trans-fat, might help lower your blood cholesterol level.

More Fibre Means More Filling

The portion may be small, but the fibre in the dried fruit and nuts can satisfy your hunger. A 1/3-cup serving of dried fruit and nuts contains 2 to 3 grams of fibre. Fibre in food makes you feel full after you've finished eating and delays hunger. Getting more fibre in your diet, more than 14 grams a day, without changing your usual intake can help decrease total calories by 10 percent, according to a 2001 review article published in "Nutrition Reviews." You should get 25 to 30 grams of fibre a day.

Alternative Source of Protein

It's very healthy to include alternative sources of protein in your diet, such as nuts, to vary your nutrient intake. Dried fruit and nuts are a good source of protein, with 2 to 3 grams of protein per 1/3-cup serving.

Look no further than Manolis in Lillies Lifestyle Centre for great selection.



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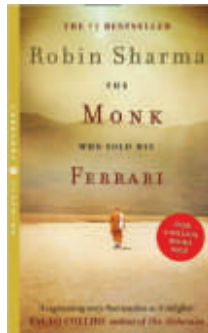
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Essential Reads

The Monk Who Sold his Ferrari by Robin Sharma



An internationally bestselling fable about a spiritual journey, littered with powerful life lessons that teach us how to abandon consumerism in order to embrace destiny, live life to the full and discover joy.

This inspiring tale is based on the author's own search for life's true purpose, providing a step-by-step approach to living with greater courage, balance, abundance, and joy. It tells the story of Julian Mantle, a lawyer forced to confront

the spiritual crisis of his out-of-balance life: following a heart attack, he decides to sell all his beloved possessions and trek to India. On a life-changing odyssey to an ancient culture, he meets Himalayan gurus who offer powerful, wise and practical lessons that teach us to: -

- Develop joyful thoughts
- Follow our life's mission
- Cultivate self-discipline and act courageously
- Value time as our most important commodity
- Nourish our relationships
- Live fully, one day at a time



You can make a difference

You may not know it, but you have the power to help thousands of needy people, simply by leaving a charitable bequest to the Community Chest in your will.

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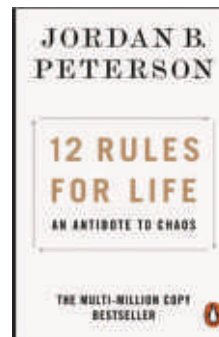
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BOOKS CAN CHANGE YOUR LIFE!

12 Rules for Life by Jordan B. Peterson An Antidote to Chaos



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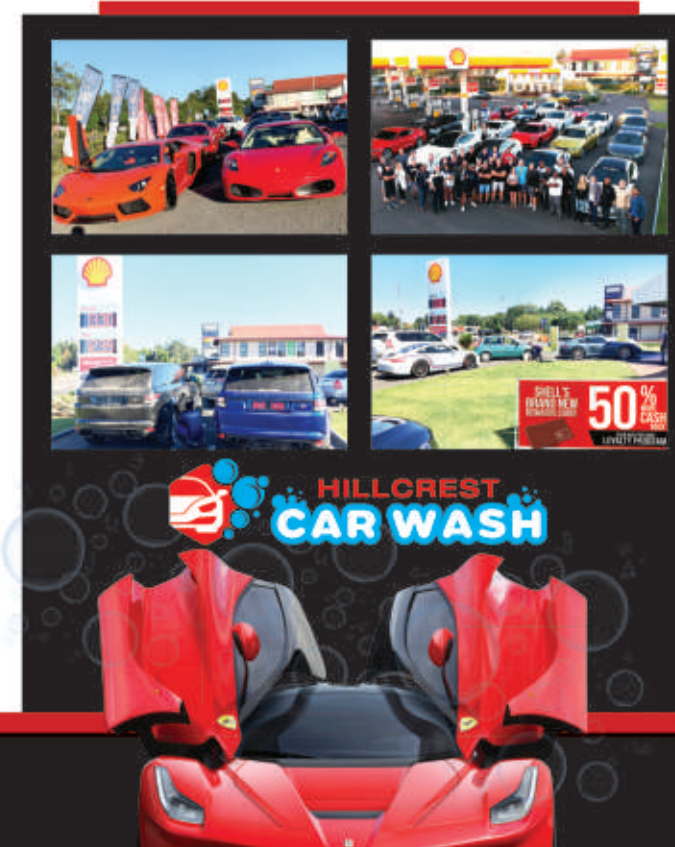
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