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THE MAGAZINE ABOUT BOOKS FOR BOOK LOVERS

LATEST RELEASES

From Gregg Hurwitz & Lisa Gardner to Margaret Atwood & Jeanette Stals

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1 of 5 spots on
Hendrik Marais's
Keto and Intermittent
Fasting Coaching
Programme



Dolly Parton

Her first novel with none other
than James Patterson

PLUS READ AN
EXTRACT

WELLBEING BONUS

Advice from the
wellness experts that
you need to hear

BOOK CLUB PICK

Sally Andrew's new
Tannie Maria mystery,
The Milk Tart Murders

NATURE'S MAVENS

Chris and Mathilde
Stuart share their
epic adventure story

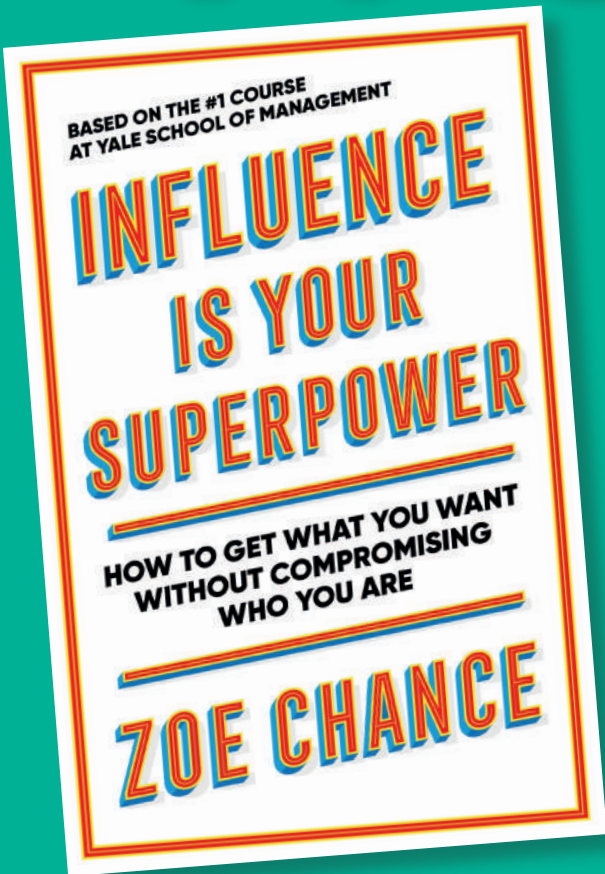
WEEKEND PLANS?

Get cooking with
delicious recipes from
Mynhardt Joubert

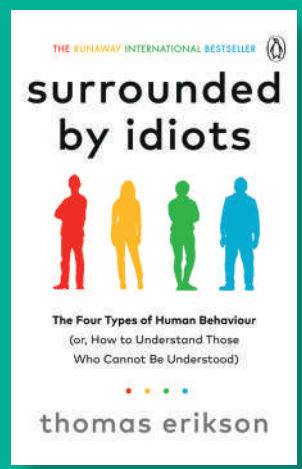
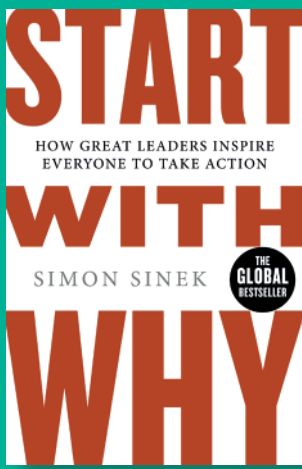
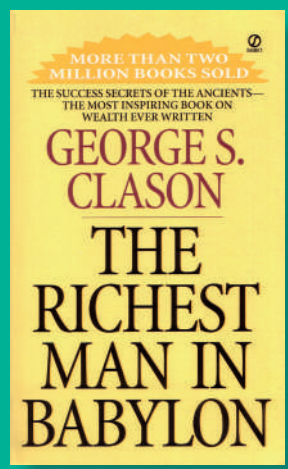
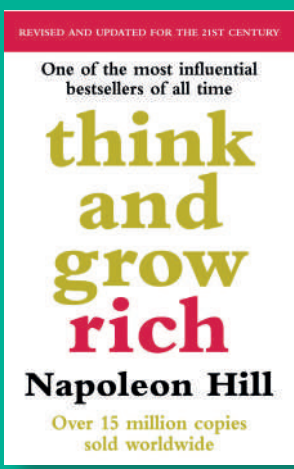
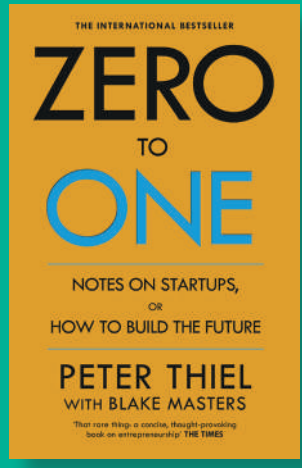


CHANGE THE WAY YOU

WORK



A selection of our best business books to improve how you work



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Welcome!

Our talented cover star, Dolly Parton, is an icon. She's written so many classic songs that a lot of us can sing along to, she's performed in films and on television - and now, she's written a novel! *Run, Rose, Run* is the singer-songwriter's debut novel with bestselling writer James Patterson. It's a fun read with a thrilling edge that we know you're going to love.

Our book club pick is the much-anticipated fourth book in Sally Andrew's Tannie Maria series. *The Milk Tart Murders* is both an intriguing mystery and a love drama, paired with some lekker Karoo recipes. But there's more! Andrew's first book in the series, *Recipes for Love and Murder*, has just been turned into a television series! It airs on M-Net this month, and we're so excited to see some of our favourite characters brought to life on screen.

There are few who have done as much in wildlife research and conservation as Chris and Mathilde Stuart. Their work spans 40 years, 50 countries, 18 books and four mobile apps, and thankfully, they're not about to call it quits. With World Wildlife Day on 3 March, we pay tribute to the couple with a look at their epic journey so far.

Also in this issue, the recipes for a melt-in-the-mouth lamb shank from Mynhardt Joubert's *My Station Street Kitchen*, perfect for the long weekend coming up, a bumper wellbeing feature, with extracts from Brené Brown and Deepak Chopra's new books, and a column from Nick Dall and Matthew Blackman on how the history of democracy and elections shaped South Africa.

Happy reading!

Lauren

Lauren Mc Diarmid

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bookscape

news | snippets | what's new



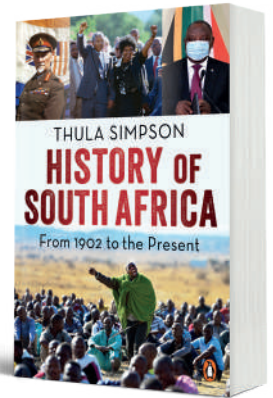
Everyone's talking about ... The Tannie Maria TV Series

This food-centric and quirky murder mystery series based on Sally Andrew's acclaimed novel *Recipes for Love and Murder: A Tannie Maria Mystery*, will premiere on M-Net 101 on 20 March 2022 and throughout 2022 on Acorn TV.

M-Net, AMC Networks' Acorn TV, Global Screen (a brand of Telepool) and Both Worlds Pictures began principal photography of the South African murder mystery series in November last year, filming between Cape Town, the Karoo and Scotland. The series stars award-winning actress Maria Doyle Kennedy (*Outlander*, *Orphan Black*, *Kin*) as the empathetic, accomplished and complicated recipe advice columnist for a small-town gazette, who investigates the murder of one of her correspondents, as well as Tony Kgoroge (*Invictus*, *Long Walk to Freedom*) who plays Khaya Meyer, the local Chief Detective.

Maria Purvis (nicknamed "Tannie Maria") is a middle-aged advice columnist who moved to Scotland as a child along with her parents and returned 10 years ago to South Africa after her husband died. She now dishes out help and recipes via the local gazette in the imaginary South African town of Eden, in the beautiful region of the Karoo. Mostly keeping to herself, focusing on food, gardening, and showing kindness to others, she is often thought of as an old lady before her time. But when Martine, a woman who writes to Maria about her abusive husband, is found dead, Maria joins forces with a local, risk-taking, rookie journalist, Jessie September (played by newcomer Kylie Fisher), to solve the small-town murder and catch the killer - before the local police finds more victims.

Turn to page 7 for more on Sally Andrew's newest Tannie Maria mystery



DOMINATING THE BESTSELLER LISTS

History of South Africa: From 1902 to the Present by Thula Simpson

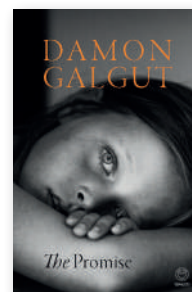
"This is a thorough, fact-packed history that deserves to be in every school library and on every home bookshelf." - Keith Gottschalk, *The Conversation Africa*

Her new faith, which she experiences as a kind of waterproof garment she's buttoned down over herself, doesn't stop her acting on her fears and desires, but it provides a way of washing them off afterwards. She will receive her penance and the karmic clock will be set again to zero and she will swear to the priest



that she will follow his instructions, that this is the last, last time she will ever stray, and she will deeply mean it. ☹

- Damon Galgut, *The Promise*



#bookstagram MUST of the MONTH



#booksaslewks

@flowahh_

10 600 followers

WIN! WIN! WIN!



Every month, we have loads of books and other great prizes to give away. To find out more, scan the code using your phone camera, or visit www.penguinrandomhouse.co.za/competitions. Ts & Cs apply.

RELEASE RADAR

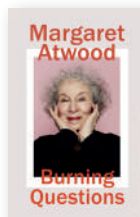
Don't miss out this month...



The Founders by Jimmy Soni A definitive look at the origin of PayPal and its founding team, including Elon Musk, Peter Thiel, Reid Hoffman, Max Levchin, and others whose stories have never before been told. They have defined the modern world. This experience defined them.

Burning Questions by Margaret Atwood

An exhilarating collection of non-fiction from the bestselling, double Booker Prize-winning phenomenon. In over fifty pieces Atwood aims her prodigious intellect and impish humour at the world, and reports back to us on what she finds.



The Flames by Sophie Haydock Vienna, at the beginning of the 20th century, is an exhilarating social whirl, a city of ideas, of music, of groundbreaking art. Into this world come four women, each with a story. Everything seems possible - until an act of betrayal changes it all.

Q&A

Een Minuut met...

Constant van der Merwe



'n Spannende avontuur met geskiedenis, kaarte, 'n skat en draai in die Vatikaan in Rome - *Die geheim van Mussolini se kaart* beskik oor al die regte bestanddele

Het jy 'n groot liefde vir geskiedenis?

Waarom? Wat my eintlik interesseer is mense. Ek wil onder die oppervlak krap en weet wat laat iemand doen wat hy doen. Dis hoekom geskiedenis ook vir my interessant is. Dit gee mens 'n idee hoekom mense dinge gedoen het, maar mens bly maar raai oor hul diepste motiverings. Dis wat fiksie skryf lekker maak. Die vryheid om jou karakters los te laat en hulle self hul besluite te laat neem, goed of sleg.

Waar is die idee van dié boek gebore?

Die storie kom 'n lang pad. Ek kan nie 'n spesifieke insident as vonk onthou nie, want die storie het deur baie stadiums en herskrywings gegaan. Die Italiaanse konneksie se vonk was my vriendskap met 'n oud-soldaat oom in die gemeente. As mens hom lank genoeg uitvra, kon hy die interessantste stories vertel van sy oorlogsondervindinge in die destydse Italië.

Julle woon tussen Suid-Afrika en Europa.

Hoe het dit die verhaal beïnvloed?

Die bekendheid help beslis. Dis heerlik om in 'n plek soos Rome te kan rond dwaal as deel van my navorsing. Ons het 'n huisie in die Franse platteland gekoop en met al

ons kinders in Europa, kan ons nou helfte van ons tyd daar spandeer. Vir my as skrywer is dit belangrik om die atmosfeer van 'n plek in te drink.



Die geheim van Mussolini se kaart is nou beskikbaar.

BIG DREAMS FADED JEANS

What happens when a number one bestselling thriller author and an entertainment icon collaborate? *Run, Rose, Run*, a one-of-a-kind novel that pairs James Patterson's brilliant character-building and dramatic skills with Dolly Parton's unparalleled insight into the music world's star-making machinery.

This is the first novel Dolly Parton has ever written, and she will simultaneously release an album of the same name, consisting of twelve original songs she was inspired by the book to write, record and produce. Take a sneak peek into the book with this extract from the first chapter.

"ANNIELEE HAD BEEN STANDING on the side of the road for an hour, thumbing a ride, when the rain started falling in earnest.

Wouldn't you know it? she thought as she tugged a gas station poncho out of her backpack. *It just figures.*

She pulled the poncho over her jacket and yanked the hood over her damp hair. The wind picked up, and fat raindrops began to beat a rhythm on the cheap plastic. But she kept that hopeful smile plastered on her face, and she tapped her foot on the gravel shoulder as a bit of a new song came into her head.

🔵 If she had one wish – besides to get the hell out of Texas – it was that whoever bought Maybelle would take good care of her. 🟡

Is it easy? she sang to herself.

No it ain't

Can I fix it?

No I ain't

She'd been writing songs since she could talk and making melodies even before that. AnnieLee Keyes couldn't hear the call of a wood thrush, the *plink plink plink* of a leaky faucet, or the rumbling rhythm of a freight train without turning it into a tune.

Crazy girl finds music in everything – that's what her mother had said, right up until the day she died. And the song coming to AnnieLee now gave her something to think about besides the cars whizzing by, their warm, dry occupants not even slowing down to give her a second glance.

Not that she could blame them; she wouldn't stop for herself, either. Not in this weather, and her probably looking no better than a drowned possum.

When she saw the white station wagon approaching, going at least twenty miles under



the speed limit, she crossed her fingers that it would be some nice old grandpa pulling over to offer her a lift. She'd turned down two rides back when she thought she'd have her choice of them, the first from a chain-smoking lady with two snarling Rottweilers in the back seat, the second from a kid who'd looked higher than Mount Everest.

Now she could kick herself for being so picky. Either driver would have at least gotten her a few miles up the road, smelling like one kind of smoke or another.

The white wagon was fifty yards away, then twenty-five, and as it came at her she gave a friendly, graceful wave, as if she was some kind of celebrity on the shoulder of the Crosby Freeway and not some half-desperate nobody with all her worldly belongings in a backpack.

The old Buick crawled toward her in the slow lane, and AnnieLee's waving grew nearly frantic. But she could have stood on her head and shot rainbows out of her Ropers and it wouldn't have mattered. The car passed by and grew gradually smaller in the distance. She stomped her foot like a kid, splattering herself with mud.

Is it easy? she sang again.

No it ain't

Can I fix it?

No I cain't



Run, Rose, Run is out now.


But I sure ain't gonna take it lyin' down

It was catchy, all right, and AnnieLee wished for the twentieth time that she had her beloved guitar. But it wouldn't have fit in her pack, for one thing, and for another, it was already hanging on the wall at Jeb's Pawn.

If she had one wish — besides to get the hell out of Texas — it was that whoever bought Maybelle would take good care of her.

The distant lights of downtown Houston seemed to blur as AnnieLee blinked raindrops from her eyes. If she thought about her life back there for more than an instant, she'd probably stop wishing for a ride and just start running."

ABOUT THE BOOK

She's a star on the rise, singing about the hard life behind her. She's also on the run. *Find a future, lose a past.* Nashville is where she's come to claim her destiny. It's also where the darkness she's fled might find her. And destroy her. *Run, Rose, Run* is a novel glittering with danger and desire - a story that only America's number one beloved entertainer and its number one bestselling author could have created. 

DOLLY PARTON IN NUMBERS

2 spots in the Guinness World Records 2018 edition: One for Most Decades With a Top 20 Hit on the US Hot Country Songs Chart and the other for Most Hits on US Hot Country Songs Chart By a Female Artist.

8 published works, including the cookbook *Dolly's Dixie Fixin's*, a children's book *I Am a Rainbow* and her autobiography, *Dolly Parton, Songteller: My Life in Lyrics*.

11 younger siblings, several of whom Parton and her husband helped raise.

55 years Parton's been married to businessman Carl Thomas Dean.

365 wigs Parton said she owned, when asked the question by *Out* magazine in 2019.

3,000 songs composed, including her biggest fan favourites, "Jolene" and "I Will Always Love You".

174,670,526 books gifted to children around the world through Dolly Parton's Imagination Library, inspired by her own father's illiteracy. imaginationlibrary.com

100 million records sold worldwide, including her 1971 bestseller, *Coat of Many Colours*





For heart, soul – and stomach

From muesli-buttermilk rusks via the delectable Venus cake to milk tart. Yes, our beloved sleuth - and giver of sound advice and recipes - Tannie Maria, is back. Author Sally Andrew shares her love for this unique character.



“I just love *The Milk Tart Murders* cover. How often can one combine a milk tart with Marilyn Monroe? And I get to dress up as Marilyn! At the book launches, I usually don the clothes of one of the characters. For Tannie Maria mystery number one, *Recipes for Love and Murder*, I dressed up as a debu-Tante in a red silk dress. For book two, *Tannie Maria and the Satanic Mechanic*, I wore my green overalls, and for the last one, *Death on the Limpopo*, I dressed in black leathers like the book’s journalist, Zabanguni Kani. And now I get to doll up as Marilyn! I have a dress that might work ... but I still need to find the right wig and the right make-up artist to make the transformation complete.

Each book in the Tannie Maria series is set in a different season, and ends with a feast on Maria’s stoep. *The Milk Tart Murders* is in spring, and begins with the chirruping of swallows, a marriage proposal, and a lemon drizzle cake. But things get a lot less tra la la lovely for Maria from there on. Murders. Relationship troubles with Henk. A fall-out with Jessie, her best friend at the *Gazette*. Maria buries herself in food, but it doesn’t perform the magic it used to. The poor woman ... I’ve promised to give her a much easier time in book five (a cookbook with a short story).

The first murder takes place in Oupa Frik’s Fantastiques, during the screening of a vintage Marilyn Monroe movie. Maria says:

“Henk held my hand. The movie was Some Like it Hot. Black and white. With Marilyn Monroe and Jack Lemmon. It was funny and sweet, and sometimes scary, when people were killed. For a while it seemed like everything was going wrong and there was no hope for the lovers. But then, in the end, everything turned out all

right. Movies should always be like that because real life often isn’t. We need to live in hope, or else why keep going? We want to believe pain and sorrow are things that will pass with the wind, and that love and happiness can belong to us. Like the earth beneath our feet.”

Maria and Jessie are on the trail of the murderer, and find clever clues hidden in the collectables shop. Of course, they also use food (including the fantastic Karoo Zoo *soetkoekies*) to get people talking ... And then there’s the naartjie milk tart, the last request of a man stabbed with an antique dagger.

I am grateful to all the readers who love Maria. It feels like I have loads of friends, because any friend of Maria’s is a friend of mine. While I have Maria’s company most of the time, I’m sad others have to wait so long to spend time with her and her *chommies*. But I take quite a while to write and polish my books, as I want the words to sit nicely – not only on the page, but also in the heart and spirit of the reader.

As well as solving a murder mystery, Maria always goes on a healing journey. I choose an issue that I also need to work on. In this book, Maria grapples with jealousy, and explores how this relates to her sense of self-worth. All sorts of exciting things happen, both inside Maria and in the murder plot. (A grave! A bulldozer! A goat called Mildred!) I don’t want to ruin the meal for you, but here’s another bite from the book:

‘I need to get going,’ I said. ‘I must put my hens to bed.’

‘Aren’t they too old for bedtime stories?’ Jessie asked.

‘I must close their hok door, to keep out the jackal and the rooikat.’

Sometimes a thin layer of mesh is all that stands between life and death.” 📖

“Any friend of Maria’s is a friend of mine.”



The Milk Tart Murders. A Tannie Maria Mystery is out now.

at my desk

Ayanna Lloyd Banwo is a writer from Trinidad and Tobago. She shares how she came to find the story for her incantatory debut *When We Were Birds*, and the sense of place in the novel.



“When I was growing up, my family largely had the good fortune of being very long-lived. We did not have a history of losing members frequently or before their time. But that started to change, slowly at first, and then all at once, and I began spending a lot of time in Lapeyrouse Cemetery, where my mother’s people are buried. Because none of us had been buried there for a while, we were out of practice. In relearning the rules and social norms of death – wakes, burial, grieving periods – I found myself growing interested in the people for whom death was their daily trade.”

I started writing short stories set in funeral homes, morgues, terminal wards of hospitals. Somewhere amid all that, an old gravedigger named Darwin walked into my head and started talking, hoping to be redeemed for his bad choices. The voice of a formidable, grief-stricken woman named Yejide followed. It became a story called ‘The Gatekeepers’, which I took to my first Creative Writing MA workshop in 2017, where my teacher told me it had legs to become a novel.

I spent the rest of that year making playlists, thinking about death and matriarchies, about gods and goddesses who walk in plain sight, researching the science of gravedigging. I thought of myths and folkways and Caribbean iconography. I thought of indigenous creation stories and the Orisha in West Africa. And I thought about the Rastaman as an iconic image of one who stands apart: the righteous mystic struggling against an unjust society.

During that process both Darwin and Yejide’s voices changed – they became younger,


“I found myself growing interested in the people for whom death was their daily trade.”

less certain, a bit more lost. They are very different characters now to when I first began.

I grew up in Trinidad and Tobago in the 1980s and 1990s, and then years later I moved to Norwich in the UK. They’re both small places that don’t act like small places – they punch somehow above their weight. My mother’s family specifically came from Belmont, a suburb of Port of Spain which was originally known as Freetown. Her stories about that neighbourhood in the 1950s inspired me to create Bellemere, a fictionalised version of the same suburb, which features in the novel.

In fact it’s not just Bellemere – the whole city, the whole island where the novel takes place is fictionalised. It is an imagined Trinidad with the volume turned up loud; the kind of place where stepping out of your door, crossing into an unknown quarter of the city, might mean getting so lost that no one will ever find you again.”

ABOUT THE BOOK

Darwin is a down-on-his-luck gravedigger, newly arrived in the city of Port Angeles to seek his fortune. Meanwhile in an old house on a hill, Yejide’s mother is dying. And she is leaving behind a legacy that now passes to Yejide: the power to talk to the departed. Darwin and Yejide’s destinies are intertwined, and they will find one another in the ancient cemetery at the heart of the city, where trouble is brewing and destiny awaits ... A hypnotic literary debut. 



When We Were Birds is out now.

THIS MONTH'S TOP FICTION



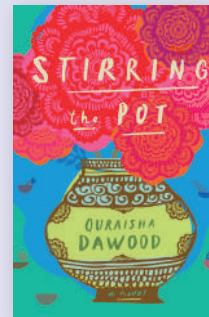
One Step Too Far by Lisa Gardner

During a bachelor party camping weekend in the woods, Timothy O'Day disappeared without a trace. Years later, he's still missing, and his friends who were with him that day are still searching for him. Still hunting. They hike deep into the wilderness. With them is missing person specialist Frankie Elkin. What they don't know is that they are putting their own lives in terrifying danger ... The brand new thriller by the *New York Times* number one bestselling author.



Steal by James Patterson

When a suicidal sophomore in his Abnormal Psychology class goes missing, Dr Dylan Reinhart becomes wrapped up in multi-million dollar secrets and danger when the student's powerful father turns to him for help. It'll take every bit of his expertise, and the help of NYPD Detective, Elizabeth Needham, to close the case. Can he stay ahead of his enemy ... and his employer? The third thrilling instalment of James Patterson's Instinct series.



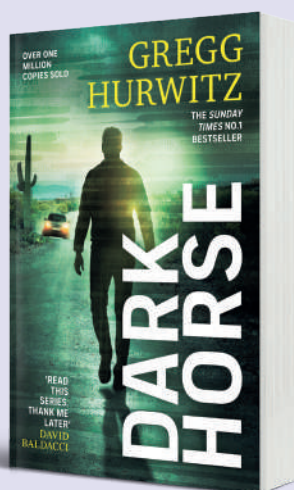
Stirring the Pot by Quraisha Dawood

Meet old Auntie Ruki, who lives with her domestic worker, Joyce, an arrangement that ruffles many feathers. There's Zaina, who has her sights on becoming an architect, and her mother Rabia, a florist, and yes, she's divorced. Zaina hides a secret that could cause a rift in their relationship: his name is Imraan, and dating him simply isn't allowed. A compelling glimpse into the private lives of a group of women in Durban's Muslim community.



The Herd by Emily Edwards

Elizabeth and Bryony are polar opposites, but they're the best of friends, and godmothers to each other's daughters. Little do they know that they differ radically over one very important issue. And when Bryony, afraid of being judged, tells what is supposed to be a harmless white lie before a child's birthday party, the consequences are more catastrophic than either of them could ever have imagined. A topical and thought-provoking read that is both gripping and compulsive.



Dark Horse by Gregg Hurwitz

Aragon Urrea is a major drug-dealing kingpin in South Texas. But he's also a local patron - providing legitimate employment, and a future to people with little hope. However, for all his money and power, when a vicious cartel kidnaps his daughter he is helpless. Evan Smoak isn't interested in a new mission, but this one finds him anyway. Not only must Evan break into the fortress of a heavily armed, deeply paranoid cartel leader - he must decide if he should help a very bad man, no matter how just the cause. Full of non-stop action. **P**

SKRYWERS IS NOOIT EENSAAM NIE

Jeanette Stals, wat al aksie-verhale, geskiedkundige romans én liefdesverhale die lig laat sien het, meen sy het nooit te min geselskap nie.



Skryf behels baie ure in afsondering en maak jou tydelik 'n kluisenaar. Maar jy is nooit eensaam nie, vertoef net tydelik in 'n binnewêreld met fiktiewe familie en baie goeie vriende – byna soos om te droom in die nag.

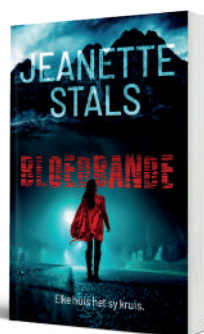
Om wakker te wees is deesdae meer van 'n uitdaging. Ontwikkeling van die tegnologie gebeur vinnig en dis permanent. In drie geslagte is gevorder van die eerste motorvoertuig tot by landings op 'n planeet in die buitenste ruim. Daarby kom ook ontwikkeling op ander terreine, soos kunsmatige intelligensie. Volgens meneer Musk en sy medewerkers het hulle GPT2 die potensiaal om skrywers oorbodig te maak; dié rekenaar sal joernalistieke verslae skryf en ook fiksie kan produseer.

'n Skrikwekkende gedagte.

Dit laat die vraag opduik: Kan 'n rekenaar woede ervaar, insig hê waarom iemand moord sal pleeg? Kan die stuk tegnologie 'n allesoorheersende liefde vir 'n ander ontwikkel? Kan 'n blikbrein so betrokke raak by die karakters waaroor dit skryf dat dit saam met hulle lag of huil terwyl dit skryf ...? Noem dit 'kop in die sand druk', maar my gevoel is: "Nee, dit kan nie." Dis juis die mens met die krake in sy sigte, sy feilbaarheid van denke, wat daardie ekstra 'iets' aan 'n storie gee.

Fiksie word breedweg in vyf genres ingedeel wat oorspronklik vir bemerkingsdoeleindes gevestig is. So kan lesers aanlyn of by 'n boekwinkel makliker soek na iets wat in hulle smaak val. Gelukkig geld hierdie rigiede grense nie aldag meer nie en uitgewers sal deesdae

Volgens meneer Musk en sy medewerkers het hulle GPT2 die potensiaal om skrywers oorbodig te maak.



Bloedbande is nou beskikbaar.

ook manuskripte aanvaar wat elemente van meer as een genre bevat. Maar oor die algemeen kan fiksie steeds breedweg ingedeel word as Misdaadverhale, Historiese romans, Liefdesverhale, Wetenskapsfiksie, Magiese of Verbeelding-verhale. (Daar bestaan ook ander indelings, elk met eie subgenres).

Skrywers verkies meestal 'n spesifieke genre om in te skryf en ook om te lees. (Lees is immers goeie opleiding vir skryf). Persoonlik is skryf vir my meer instinktief, dit kom uit die agterkop, of moet dit onderbewussyn genoem word? Karakters meld hulle aan en mettertyd is ek so betrokke by hulle lewens dat ek geen ander keuse het nie as om daarvoor te skryf. Ek lees graag boeke uit verskillende genres en met elke storie bevind my karakters hulle in ander omstandighede, ervaar uitdagings en frustrasies van 'n ander aard, wat beteken my boeke val nie almal in dieselfde genre nie. Die spanning en raaisels van die misdaad-stories was een groot plesier om te skryf; die historiese roman se navorsing het ander wêreld vir my oopgemaak en die Romanza wat tussendeur die lig gesien het, was soos om 'n ligte soufflé te geniet na 'n swaar hoofgereg. Skryf is kos en mens kan nie altyd gourmet wil eet (indien dit binne my bereik sou wees!), ook nie net van pasta lewe nie.

Nes voeding, is lees noodsaaklik en mense lees of skryf om verskeie redes. Dit mag wees om sin te probeer maak van die wêreld om ons, of om ons medemens beter te verstaan. Maar hoofsaaklik lees ons vir die wonderlike plesier daarvan. ■



On Writing a Thrilling Short Story


An engaging short story is one of reading's great pleasures. If you want to write a story that draws the reader in and sweeps them along, here are some tips from Andrew Salomon, author and creative writing tutor at SA Writers College.

THE HOOK The opening paragraph of your story needs to grab the reader's attention by activating their curiosity about your character and the situation they find themselves in. This is where you introduce the main character and get the reader to wonder: Who is this character? How on earth did they get into this situation? How will they get out of it? You can also employ a mystery, or a piece of intriguing dialogue to hook the reader and get things rolling.

A CHARACTER TO ROOT FOR Your main character should be someone who badly wants something; a clear goal. They could want to rescue someone, reach their dreams, or triumph against a formidable adversary, and the best way to get the reader to root for them is to put obstacles in their way. How a character deals with challenges (regardless of them succeeding or not) is what makes us root for them. A character the reader can identify and empathise with is an intriguing character.

TENSION AND CONFLICT A gripping story will see your character face a difficult decision or dilemma that must be resolved to fulfil their desire. Tension and conflict (from external threats and challenges, and internal conflict within your characters themselves) are essential to a good short story.

ENGAGE MULTIPLE SENSES There is no need to limit the reading experience only to what your character sees. Employ all of the senses in your descriptions, like sounds, tastes, smells and textures, to make the story more vivid and visceral. This allows the reader to feel immersed in the scene and setting, experiencing the story right along with your characters.

DIALOGUE What a character says and how they speak reveals a great deal about their motivations and personality, and helps make a story feel real and believable. To get familiar with the style of dialogue used in short stories, try to read as many of them as you can, paying close attention to how the characters speak. You'll notice that short story dialogue can be quite different to dialogue in the real world. It's pared down, trimmed of most of the fluff that populates everyday dialogue, and focused on revealing aspects of a character's personality, helping to fill us in on backstory, and to move the story forward. 

SA WRITERS COLLEGE 
ONLINE COURSES FOR A CAREER IN WRITING

THE 2022 SA WRITERS COLLEGE SHORT STORY COMPETITION

Now in its fifteenth year, the annual SA Writers College Short Story Competition proudly supports emerging literary talent in South Africa. With free entry, cash prizes up to R17 500 and a team of multi-award-winning judges, send in your short story today!

Theme: A little knowledge is a dangerous thing.

Word Count: Accepting entries up to 2000 words.

Deadline: 30 April 2022

Find out more on the SA Writers College website, www.sawriterscollege.co.za.

INTO THE WILD

Chris and Mathilde Stuart are renowned for their work in wildlife research. Having spent the past 40 years travelling the globe, they've captured their findings in a host of beautiful and bestselling nature guides. In their own words, the couple shares with us some of the highlights from their journey.



Kamanjab, Namibia,
© R. Wirth



Melton Wold, Northern
Cape, South Africa



Grand Teton National Park,
Wyoming, USA

“My love for the natural world started as a child. Growing up in England’s rural Yorkshire county, I had the run of the countryside, which allowed me close-up experience of the living earth. This passion was only fuelled when I moved to South Africa as a teen, so it was a natural move for me to go study Wildlife Ecology at university. Early on, my work took me to the then-Cape Province, surveying carnivores; to the Namib Desert, on a three-year study in biodiversity; and to Grahamstown in 1982, where I undertook curatorship of Albany Museum’s mammal collection. It was in Grahamstown where Mathilde and I met by chance in 1983. She had just completed her medical studies in Austria, and was in SA for the first time. As soon as



Chris Stuart

we met, the die was cast. We married, moved to Limpopo, where Mathilde took up work at Elim Hospital, and the dream began: independent research, biodiversity consultancy and book writing. We published our first book, *Field Guide to the Mammals of Southern Africa*, in 1988.

From modest beginnings, our work has taken us to the four corners of the earth. Our first of many ventures into Africa began with Zambia’s Kasanka National Park, where around 10 million straw-coloured fruit bats (*Eidolon helvum*) arrive every year and settle for two months in the park’s Fibwe Forest; an aura of sight, sound – and smell. Our survey work there resulted in the first size estimate of what is considered the greatest mammal migration in the world.

The United Arab Emirates (UAE) was added to the mix in 1995 with an invitation from the

Arabian Leopard Trust to determine once and for all whether leopards survived in the area's mountains. They did, but in such low numbers that sadly, they wouldn't survive long-term. But on the upside, we discovered Blanford's fox (*Vulpes cana*) for the first time in the UAE, and confirmed the continued survival of the Arabian tahr (*Arabitragus jayakari*), a wild goat, once considered extinct. This led to the proclamation of a national park.

We called Australia home for nearly two years from 2004, while Mathilde did several locums. The Red Continent is known for its incredible natural life, so it was an exciting opportunity for us to explore, not least during an unforgettable 35,000-kilometre road trip.

A three-year interlude in North America started for us in 2011. For two years we were based out of Clearwater, British Columbia, where Mathilde had a medical practice. It was here where we would hear wolves howling while walking to and from our home, and receive visits to our garden from the resident American red squirrels, mule deer and, once, a puma. Our third year there was a kind of sabbatical spent exploring, from the North Slope of Alaska, zig-zagging to the fringe of the Florida Everglades. This trip led to our first mobile app, *Stuarts' North American Mammals*.

We also spend plenty of time in Austria, where we're fortunate to have a home. Being there gives us easy access to other European countries, from France and Hungary to Greece and Estonia, which is how we were able to develop our second mobile app, *Stuarts' European Mammals* in 2016.

Until the pandemic hit, we would spend at least half the year away from our Karoo home in Loxton. While we've been limited to where we can travel, that hasn't stopped us altogether, and we've used the time to get reacquainted with the many back roads of the greater Karoo, Namaqualand and the Kalahari, working on a host of new apps and finding the time to put together several new books for our collection, the latest being *Marine Mammals*. But our list of ambitions remains long, and we're looking forward to seeing how many more projects will unfold as we get back to our travels."



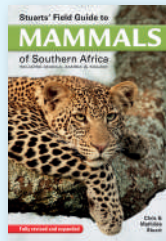
Mathilde Stuart

Our rediscovery of the Arabian tahr, a wild goat once considered extinct, led to the proclamation of a national park.



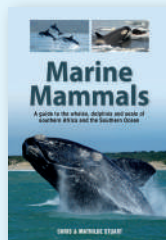
Kgalagadi Transfrontier Park, © G. Peters

FROM THE STUART ON NATURE COLLECTION



STUARTS' FIELD GUIDE TO MAMMALS OF SOUTHERN AFRICA

Almost 400 of greater southern Africa's mammal species (including those in Angola, Zambia and Malawi) are covered in this field guide. In addition to the most recent research and taxonomy, the guide also contains detailed descriptions of each species, and insight into key factors such as identification characteristics and preferred habitat.




MARINE MAMMALS

This guide to the seals, whales and dolphins found in Southern African waters is compact yet comprehensive. Close to 50 species occur in the region: from the demonstrative Humpback Whale and Dusky Dolphin to the striking Leopard Seal and massive Blue Whale. This beautifully illustrated book covers key identification features, behaviour and diet and includes the best times and places to view more commonly seen species.



STUARTS' FIELD GUIDE TO NATIONAL PARKS & NATURE RESERVES OF SOUTH AFRICA

This must-have guide covers 43 of SA's best and most accessible conservation areas, and includes info for each on aspects such as history, geology and wildlife; climate and facilities; and maps that indicate places of interest and top viewing spots. The book also has more than 900 colour photographs and a pictorial ID-guide that features commonly seen birds, mammals, amphibians, reptiles, flowers and trees. 

FROM SURVIVING ... TO THRIVING

Wellbeing is crucial to our happiness and overall health. We delve into how it can be best achieved with extracts from the works of two of the world's most revered experts.



MAKING COMPARISONS

In this compelling extract from her new book, *Atlas of the Heart: Mapping Meaningful Connection and the Language of Human Experience*, Brené Brown unpacks the hazards of comparing ourselves to others.

“Many researchers talk in terms of upward and downward comparisons. Specifically, Alicia Nortje writes, “When we engage in upward social comparison, we compare ourselves to someone who is (perceived to be or performing) better than we are. In contrast, when we engage in downward social comparison, we compare ourselves to someone who is (perceived to be or performing) worse than we are. The direction of the comparison doesn’t guarantee the direction of the outcome. Both types of social comparison can result in negative and positive effects.”

Most of us assume that upward comparisons always leave us feeling “not enough” and downward comparisons make us feel “better than.” But researcher Frank Fujita writes, “Social comparisons can make us happy or unhappy. Upward comparisons can inspire or demoralise us, whereas downward comparisons can make us feel superior or depress us. In general, however, frequent social comparisons are not associated with life satisfaction or the positive emotions of love and joy but are associated with the negative emotions of fear, anger, shame, and sadness.” These are important findings because, regardless of the different outcomes, in the end, comparing ourselves to others leads us to fear, anger, shame, and sadness.

Here’s what makes all of this really tough: Many social psychologists consider social comparison something that happens to us.

Fujita writes, “From this perspective, when we are presented with another person who is

obviously better or worse off, we have no choice but to make a social comparison.

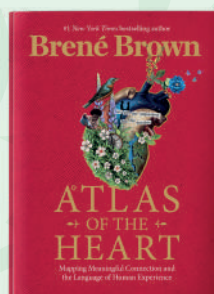
‘It can be hard to hear an extremely intelligent person on the radio, or see an extremely handsome one in the grocery store, or participate on a panel with an expert without engaging in social comparison no matter how much we would like not to’ (Goethals, 1986, p. 272) . . . Even if we do not choose whether or not to make a comparison, we can choose whether or not to let that comparison affect our mood or self-perceptions.”

Whenever I find myself in comparison mode, I think back to an Unlocking Us podcast conversation that I had with my friend Scott Sonenshein about his wonderful book *Stretch*. Scott is an organisational psychologist, a researcher, and a professor at Rice University. In the book and on the podcast, Scott talks about the popular comparison cliché “the grass is always greener on the other side” and the idea that people spend a lot of time and money trying to get their grass pristine because they want to outdo their neighbours.

As someone who can fall prey to comparing myself and my life to edited and curated Instagram feeds, I laughed so hard when he told me that due to the physics of how grass grows, when we peer over our fence at our neighbour’s grass, it actually does look greener, even if it is truly the same lushness as our own grass. I mean, does it get better than that? The grass actually *does* look greener on the other side, but that means nothing comparatively because it’s all perspective.

So the bad news is that our hardwiring makes us default to comparison—it seems to happen to us rather than be our choice.

The good news is that we get to choose how we’re going to let it affect us. If we don’t want this constant automatic ranking to negatively shape our lives, our relationships, and our future, we need to stay aware enough to know when it’s happening and what emotions it’s driving.”



Extracted from *Atlas of the Heart*, out now.



FINDING YOUR ABUNDANCE

Deepak Chopra, the world's master of modern meditation, writes in this extract from his new book, *Abundance*, on the attitude of abundance, and how it differs from having physical wealth.

“Yoga applies to money in ways that hardly anyone expects. But looking even more deeply, Yoga approaches life as consciousness on the move. Thanks to the generosity of spirit, consciousness doesn't move around randomly, like playing darts while blindfolded. The dharma benefits and supports us. Far beyond money, dharma is always on your side. We can simplify this with one word: abundance. If you have enough money, you are rich. If you have abundance, you are fulfilled. This is the true aim of Yoga.

Psychological studies show that having enough money makes people feel better, but, beyond a certain point, adding more money actually lowers a person's sense of happiness. There's a crucial question each of us asks at one time or another: “Is this all there is?” These five words suggest feelings of lack and unfulfilled dreams. We are confused about why other people have more than we do – more love, greater financial security, more confidence, and greater success. Money is only a small aspect. You might be unfulfilled in your career or relationships. At the worst of times, you might experience more suffering than joy. Worst of all is a sense of emptiness. In our darkest moments, these feelings leave us anxious, resentful, and lost for answers.

People use all kinds of tactics to get around their lack of fulfilment. These tactics include fantasy, wishful thinking, endless consumerism, constant distractions, and denial. Being materially well off doesn't solve the problem. In its global project of measuring people's sense of wellbeing, the Gallup Organisation uses two indicators – surviving and thriving. Surviving means that you are just getting by; thriving means that your

life is going well. There is no objective standard for the two; people are simply asked to pick one according to how they feel. Even in the richest, most developed countries, only about a third of respondents tell Gallup that they are thriving. The “have-nots” outnumber the “haves” by a huge factor if you glance around the world.

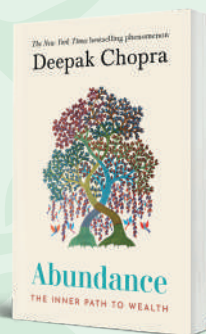
The Attitude of Abundance

“If I've painted the picture right— and I think most people will recognise themselves in it— there is an urgent need for abundance. Yoga equates fulfilment with an attitude of abundance. This is close to what Gallup is measuring. Either you have an attitude of abundance (thriving) or an attitude of lack (surviving).

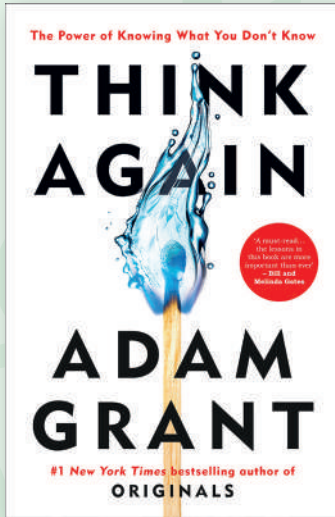
Two-thirds of people in prosperous societies have an attitude of lack, which is emotional and psychological. It has nothing to do with the size of your bank account. Without confronting our attitude of lack, you and I have silently fashioned our sense of self around limitation. We are careful about what we wish for. We fear going beyond our safe boundaries and secure comfort zones. These habits have actually shaped our identity. I knew a man who squandered a windfall of over a million dollars. He was intelligent and sensible, and he had always managed his personal finances well. After the money was gone, he had an insight. “I see myself as a \$40,000-a-year person,” he told me. “A million dollars wasn't who I am. So I managed to get back to \$40,000 a year despite everything.”

An attitude of abundance changes your expectations, your behaviour, and even your identity. Without fulfilment, there is no point in adding more money and consumer goods to your life. H. L. Hunt, a fabulously wealthy oil billionaire from Texas, was famous for wearing old shoes with holes in the soles and a cheap suit from JCPenney's — these were remnants of an impoverished early life in barren East Texas. He never acquired the attitude of abundance, which is where our story really begins.”

An attitude of abundance changes your expectations



Extracted from *Abundance*, out now.

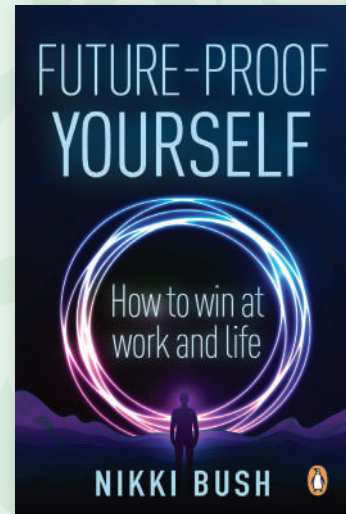


Think Again by Adam Grant

Discover how rethinking can lead to excellence at work and wisdom in life. Intelligence is usually seen as the ability to think and learn, but in a rapidly changing world it might matter more that we can rethink and unlearn. Organisational psychologist Adam Grant is an expert on opening other people’s minds - and our own. He tries to argue like he’s right but listen like he’s wrong. *Think Again* invites us to let go of views that are no longer serving us well and prize mental flexibility, humility, and curiosity over foolish consistency. If knowledge is power, knowing what we don’t know is wisdom.

Future-Proof Yourself by Nikki Bush

Whether your life has been disrupted by death, divorce, disease, or any of a host of other events that can either make or break you, this book will guide you to the best possible outcome. It provides personal, everyday lessons and frameworks to help you future-proof yourself to win at both work and life. Dip into chapters on disruption, remote working, resilience, teamwork, leadership and family in this easy-reading distillation of the author’s professional insights as a human-potential and parenting expert. A must-read for those of us who desire a rewarding, fulfilling future.




Untamed by Glennon Doyle

Who were you before the world told you who to be? Part inspiration, part memoir, *Untamed* explores the joy and peace we discover when we stop striving to meet the expectations of the world, and instead dare to listen to and trust in the voice deep inside us. It is also the story of how each of us can begin to trust ourselves enough to set boundaries, make peace with our bodies, honour our anger and heartbreak, and unleash our truest, wildest instincts. It shows us how to be brave. And, as Glennon insists, ‘The braver we are, the luckier we get.’



A New Earth by Eckhart Tolle

Tolle provides the spiritual framework for people to move beyond themselves in order to make this world a better, more spiritually evolved place to live. Shattering modern ideas of ego and entitlement, self and society, Tolle lifts the veil of fear that has hung over humanity, and shines an illuminating light that leads to happiness and health that every reader can follow. A cornerstone for personal spirituality and self-improvement, leading readers to new levels of consciousness and inner peace. 



...And a dash of *joie de vivre*

Chef Mynhardt Joubert's 24 Station Street Kitchen at his home in Paarl is a culinary landmark. His new cookbook, *My Station Street Kitchen*, is a reflection of his kitchen and the dinners that he hosts there. If you're looking for a return to slow food, try these mouth-watering recipes taken from the book.

Provençale lamb shanks with green olives & artichokes

"Most lamb shank recipes call for red wine, but this version is cooked with white wine and herbs, which makes for a lighter, more gentle and flavourful sauce. The added orange juice and zest creates magic with the artichokes and green olives. Serve with soft buttery polenta."
- Mynhardt Joubert

6 forequarter lamb shanks
Cake wheat flour, salt and pepper
Butter and olive oil for frying
4 onions, peeled and chopped
6 cloves garlic, peeled and chopped
1 carrot, peeled and cubed
1 celery stalk, chopped
1 leek, washed and chopped
100g tomato paste
1 x 750ml bottle (your favourite) white wine
1 litre prepared chicken or lamb stock
A handful of fresh rosemary, thyme, marjoram and tarragon (reserve some as garnish)
1 x 400g can chopped tomatoes
15ml paprika
4 bay leaves
Grated zest and juice of 2 oranges
100g pitted green olives

2 x 390-400g cans artichokes, drained and quartered
Salt and pepper to taste

Preheat the oven to 150°C.

Dust the lamb shanks in flour seasoned with salt and pepper.

Heat some butter and olive oil in a large ovenproof frying pan and fry the shanks until golden brown. Remove the shanks from the pan and fry the onions, garlic, carrot, celery and leek until browned. Add more butter and olive oil if necessary. Add the tomato paste and fry for 5 minutes. Stir in the wine, stock, herbs, tomatoes, paprika and bay leaves. Return the shanks and bring to a slow boil.

Cover and place in the oven for 2-3 hours or until the meat is soft. Once done, place back on the stove top and add the orange zest and juice, artichokes and olives. Season to taste and simmer for a further 15 minutes. Garnish as desired. Serve with mashed potatoes or creamy polenta.

SERVES
6

PREPARATION
TIME:
20 mins

COOKING
TIME:
2-3 hours



NOTES AND TIPS

Let the cooked dish stand for 24 hours in the fridge, which will allow all the flavours to develop. Great for home freezing, so make enough!

Niçoise Salad

“As its name suggests, this salad originated in Nice. I just love everything about it and can easily enjoy it as a main course with really good wine. The classic Niçoise salad is made with fresh tuna, but we use locally caught trout, which gives the salad a lovely creamy taste.”
- Mynhardt Joubert

CURED TROUT

2 medium local deboned trout fillets, skin on
500g coarse salt
250g white sugar
250g brown sugar
Grated zest and juice each of
2 lemons, 2 oranges and 2 limes
100ml (4 tots) (your favourite) gin or vodka
60ml coriander seeds, toasted
A handful of fresh dill, chopped

SALAD

1kg baby potatoes
300g green beans, topped, tailed and blanched
75ml salsa verde
4 baby gem lettuce heads, quartered
350g exotic tomatoes, halved
100g black olives, pitted
4 soft-boiled eggs, peeled and halved
Sliced cured trout
Parmesan shavings to serve
White anchovy fillets to serve
Fennel emulsion to serve

CURED TROUT

In a bowl, combine the salt, sugars, zests and juices, alcohol, coriander seeds and dill.

Cover the bottom of a medium container with half the salt mixture and place the trout fillets on top, skin-side down. Spread the remaining salt mixture over, wrap tightly with

clingwrap and refrigerate for 4 hours or overnight. Once done, wash off the salt mixture from the fillets and pat dry with a kitchen towel.

Using a sharp knife, slice the trout as thinly as possible, discarding the skin. Refrigerate until you are ready to plate the salad.

SALAD

Bring a pot of water to the boil and cook the baby potatoes until just cooked. Cut them in half and mix, together with the green beans, into the salsa verde. Leave to cool.

Assemble the salad starting with the lettuce quarters, potato and bean mixture, tomatoes, olives, egg halves and cured trout. Finish with parmesan shavings, anchovy fillets and dollops of fennel emulsion.



My Station Street Kitchen is out now. Ook beskikbaar as *My Stasie Straat Kombuis*.

SERVES
4-6

PREPARATION
TIME:
20 mins

COOKING
TIME:
20 mins

PASSIVE
TIME:
4 hours or
overnight



NOTES AND TIPS

Substitute the trout for a large salmon fillet, then double the salt mixture ingredients and cure the fish overnight.

WIN! One lucky reader will win a hamper that consists of six bottles of KWV Cathedral Cellar Wines (red and white), six bottles of Willowcreek Olive Oil and an aged 2 kg Fruit Cake, **PLUS** a copy of Mynhardt Joubert's cookbook in either English or Afrikaans, all valued at R1 880. To enter, scan the code using your phone camera, or visit www.penguinrandomhouse.co.za/competitions. Ts & Cs apply. Entries close 31 March 2022.



Keto Made Easy

Hendrik Marais's search for a solution to his health problems led him to the ketogenic diet, intermittent fasting and a handful of simple yet effective habits and techniques for fat loss. Now his book, *Living the Ultimate Keto Lifestyle*, makes keto accessible and approachable. Here's a glimpse into the book with two nutritional and tasty recipes.

Broccoli, Cheese & Chicken Soup

1 x 70g chicken breast, skin on, cut into strips
 ½ tsp (2.5ml) dried mixed herbs
 salt and pepper, to taste
 1½ Tbsp (22.5ml) olive oil
 ½ small onion, diced
 2 cloves garlic, minced
 1 cup (250ml) broccoli florets
 1 cup (250ml) lamb bone broth
 ½ tsp (2.5ml) mustard powder
 50g cream cheese
 40g cheddar cheese, grated

Season the chicken with the dried herbs, salt and pepper. Heat half a tablespoon (7.5ml) of olive oil in a pot and cook the chicken for about 5 minutes until cooked through. Remove the chicken from the pot and set aside.

Heat the remaining olive oil in the same pot and sauté the onion and garlic over a low-medium heat until soft and slightly caramelised.

Add the broccoli florets and sauté for another 2 minutes.

SERVINGS
1

PREPARATION
TIME:
10 mins

COOKING
TIME:
20 mins



Stir in the broth, mustard powder and cream cheese and simmer for 5–10 minutes until the broccoli is soft.

Stir in the chicken and half the grated

cheddar cheese and allow to heat through. Season with salt and pepper.

Serve the soup topped with the remaining grated cheese.

NUTRITION (per serving)

Protein	Net Carbs	Fat	Calories
37.7g (23%)	11.3g (8%)	51.4g (69%)	663kcal



HENDRIK'S STORY

"I am a 31-year-old practising defence attorney, entrepreneur, amateur triathlete and overall sports enthusiast. I have encouraged hundreds of people to lose weight and start living a healthier life through my endeavours as the founder of Keto Lifestyle.

My own weight-loss journey started 14 years ago when I was still in high school. At 17, I reached my heaviest weight ever – 121 kilograms! Then, when a car accident left me injured and in need of physical rehabilitation, I teamed up with Jan Smit, a personal trainer at the High Performance Centre

in Pretoria, who motivated me to start exercising in order to lose weight.

By the end of my matric year, I had managed to lose more than 30 kilograms – finally getting under the 90-kilogram mark. Coincidentally, I had experimented with a ketogenic diet during this time, but because of the lack of

reliable information and my own novice mistakes and misunderstandings, I abandoned it without really getting the results I expected. This is probably how a lot of you will feel about the keto diet when you start out.

Unfortunately, weight loss for many individuals who are overweight is not as simple as just getting down to your goal weight and maintaining it. The thing is, fat cells never really die (or they take really long to do so), so they're always right there, ready to open up and store fat again.

In 2013, as a result of the car accident I was in during high school, I had to have a neck operation to fuse two of my cervical discs. This caused a major disruption to the active lifestyle I was trying to maintain – with full recovery taking me more than 12 months. In the years after leaving school, my weight fluctuated just above and below 100 kilograms for the majority of the time. There was a constant cycle that repeated itself in my life – I would lose weight, then regain all of it and some more after losing motivation. Then, after a few months of self-neglect, I would start the process all over again. In fact, my weight never really dipped below 90 kilograms again until I revisited the ketogenic diet in 2016 and decided to combine it with intermittent fasting. Finally, the weight started coming off! Things finally began to make sense.

Elated by my discovery, I started the group Keto Diet – South Africa (now Keto Lifestyle) in 2017 with my friend Sean Nel – an amazingly gifted athlete who also struggled with his weight after leaving

school. Through my own trials and tribulations, and with a keen sense of research and self-experimentation, I managed to take my situation, turn it around, and translate my experiences into actionable advice for whomever came to the group for support, motivation or information.

Then, in 2019, it became quite clear that there were hundreds of thousands, probably even millions, of people who had a burning desire to lose weight, but who simply didn't know how. As such, I decided to write this book – a collection of what I consider to be some of the best and most effective weight-loss techniques and advice that I built up over the years."

Caprese Chicken Salad

1 chicken breast fillet, skin on
 ½ tsp (2.5ml) dried mixed herbs
 ½ tsp (2.5ml) garlic powder
 salt and pepper, to taste
 1½ Tbsp (22.5ml) olive oil
 1 Tbsp (15ml) butter
 2 Tbsp (30ml) finely chopped fresh parsley
 2 cups (500ml) baby spinach
 70g diced mozzarella or halved mozzarella cheese balls
 1/3 cup (80ml) halved cherry tomatoes
 ½ avocado, sliced
 2 Tbsp (30ml) pumpkin seeds
 handful of fresh basil, chopped
 ½ Tbsp (7.5ml) balsamic vinegar

Season the chicken breast with the mixed herbs, garlic powder, salt and pepper.

Heat half a tablespoon (7.5ml) of olive oil in a pan over a medium heat.

Cook the chicken for 5–6 minutes on each side until golden brown and slightly crispy. Remove from the pan and set aside.

Lower the heat of the pan slightly, add the butter and fresh parsley and stir until the butter is melted. Add the chicken and spoon the buttery sauce over the chicken breast for another couple of minutes until cooked through. Allow to rest for 5 minutes, then slice.

While the chicken breast is resting, prepare the rest of the salad. In a large bowl or on a platter, combine the baby



SERVINGS
1

PREPARATION
TIME:
10 mins

COOKING
TIME:
15 mins

spinach, mozzarella, cherry tomatoes and sliced avocado.

Lay the sliced chicken breast over the top and scatter with pumpkin seeds and fresh basil. Dress with balsamic vinegar and the remaining olive oil. 📖

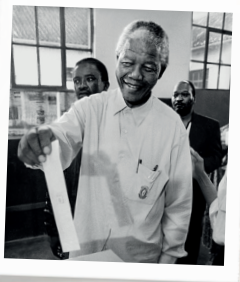
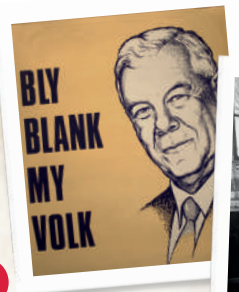
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NUTRITION (per serving)

Protein	Net Carbs	Fat	Calories
58g (25%)	7.8g (6%)	75.7g (69%)	960kcal



On my mind LIFTING THE LID ON 200 YEARS OF ELECTORAL DYSFUNCTION

Relying on fascinating (and often hilarious) newspaper clippings, diary entries, political posters and parliamentary records, *Spoilt Ballots* tells the story of South Africa's long road to democracy and how it has repeatedly forked off.

“Most South Africans would agree, the country’s political landscape currently looks like the morning after the jackal found its way into the Nkandla chicken run. The immediate reasons for this, of course, are that Cyril seems incapable of separating the bad eggs from the good, that Helen is more interested in breaking the eggs than making the omelette, that Julius is obsessed with counting his eggs, and that Jacob is still feathering his own nest almost five years after being knocked off his perch.

This was not how SA was meant to emerge from the battle for a democratic society. *Spoilt Ballots* spills the beans on how the history of democracy and elections shaped SA, showing that ‘we the people’ are at least partly to blame for the mess we find ourselves in. It is seldom acknowledged that even our most vile leaders drew their power from the (mostly white) people who voted for them. As a 1975 survey in *The Star* revealed, 87 per cent of the white population believed that Nazi sympathiser President B.J. Vorster was doing a ‘good’ job.

Spoilt Ballots begins by outlining how, after the assassination of Shaka Zulu, collective decision-making about a change of leadership shaped the new Zulu nation (leaving a few corpses floating in a Midlands brook). It then follows the story of those visionary white men in the Cape colony who fought tirelessly for a non-racial voting system ... in 1854! But this non-racial swallow did not a summer make. Instead, all the good eggs in this democratic handbasket went to hell with the emergence in

“We the people’ are at least partly to blame for the mess we find ourselves in.”

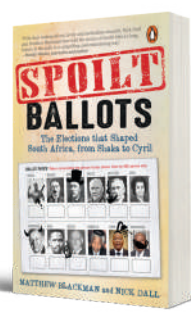
Cape politics of Cecil John Rhodes who proved that ‘every man has his price’ with perhaps the most corrupt election in our history in 1898.

The story of SA cannot, of course, ignore the apartheid albatross hanging about its neck. And although our policy of ‘good neighbourliness’ may have begun with Afrikaner Nationalism, *Spoilt Ballots* shows just how the founders of ‘grand apartheid’, H.F. Verwoerd and B.J. Vorster, managed jolly well to dovetail their beliefs with the preferences of the English-speaking electorate.

A few years later, with the country in a state of collapse and the moral force of Nelson Mandela perching on his shoulder, F.W. took the democratic dive. The ideal which Madiba had been prepared to die for, was suddenly a reality. On 27 April 1994, millions of black South Africans made their mark for the first time, ushering in what we all hoped would be the pot of democratic gold at the end of the rainbow.

But as our newly hatched – and nearly poached – nation finally stretched its wings, a new (but entirely familiar) politics of confusion and corruption surfaced under the ANC. Not for the first time in our history, the ruling party’s internal squabbles and elections took precedence over the will of the people, and now, nearly three decades into the democratic project, the country’s politics are currently as confused as ever.

As Mandy Wiener said after reading the book, ‘elections are serious business. They are the most profound, defining action of a democracy, deciding power and leadership.’”



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