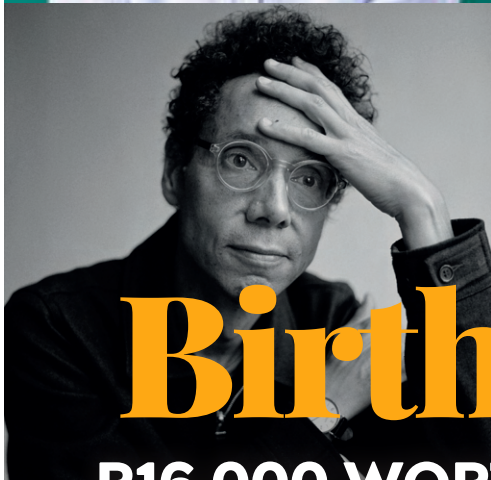


THE PENGUIN POST

THE MAGAZINE ABOUT BOOKS FOR BOOK LOVERS

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FREE
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Birthday Special

R16 000 WORTH OF PRIZES UP FOR GRABS!



FICTION BONUS

Everything on the hottest new fiction

NATURE WALKS

Easy hikes around beautiful Cape Town

JOYFUL WELLBEING

Change your life by discovering your ikigai

MMMEATBALLS

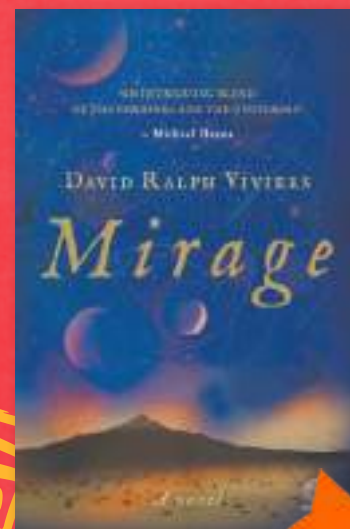
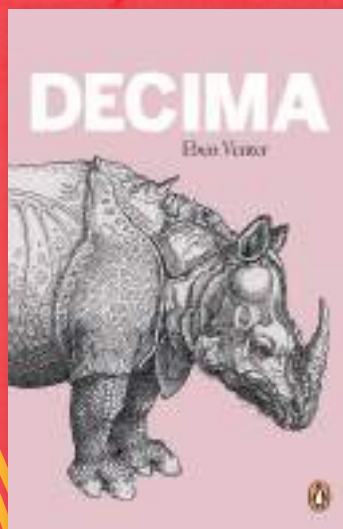
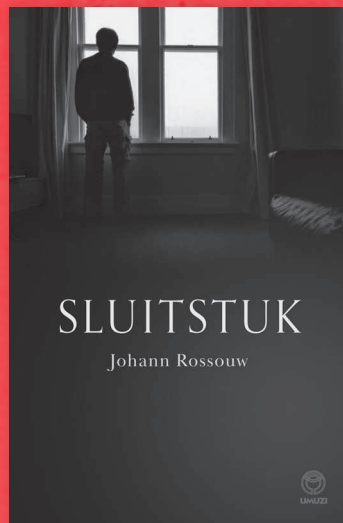
Two ways with this dinnertime favourite



LOCAL

literary

WONDERS



Penguin
Random House
South Africa

Read
extracts
here



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Cape Town | Estuaries No 4, Oxbow Crescent, Century Avenue, Century City, 7441 | 021 460 5400

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Welcome!

This issue marks our third year of bringing you the best in views, news, interviews, and insight into the latest and greatest reads.

In the spirit of celebrating, we've wrangled up over R16 000 worth of prizes, giving 10 lucky readers the chance to win big. There's something for everyone - from tickets to Cape Town's Open Book Festival and a spot in a creative writing course from SA Writers College, to vouchers for a meal or wine tasting at Nederburg's Manor House restaurant and a foodie giveaway worthy of Insta. Plus, you could also win a hamper of 10 books, and a voucher towards a bookcase to put them all in! So, what are you waiting for??

Also in this issue, a compelling piece written by *Cutting for Stone* author, Abraham Verghese. His new novel, *The Covenant of Water*, is a stunning epic of love, faith, and medicine. While reading the book, I found myself being sucked into this modest story with big feelings and characters I couldn't help but care for. It's a book that will stick with me for a lifetime, and I highly recommend you give it the chance to do the same for you.

And, I'm so excited about *The Bookbinder of Jericho!* Pip Williams' previous novel, *The Dictionary of Lost Words* was my favourite read of 2020, and this new one ties closely into it, even sharing some of its characters. I can't wait to meet up with the bold Tilda Taylor yet again!

You can also enjoy a guide to help you find your life's purpose, easy hikes around beautiful Cape Town and from Vickie de Beer, two yummy ways to serve meatballs.

So, get comfy, and happy reading!

Lauren

Lauren Mc Diarmid

ThePost@penguinrandomhouse.co.za



bookscape

news | snippets | what's new

Everyone's talking about ...

An outstanding new book from one of the world's most iconic and inspiring figures



The world's greatest bodybuilder. The world's highest paid movie star. The leader of the world's sixth largest economy. That these are the same person sounds like the setup to a joke. But this is no joke. This is Arnold Schwarzenegger. And this did not happen by accident.

Arnold's stratospheric success happened as part of a process. As the result of clear vision, big thinking, direct communication, hard work, resilient problem-solving, open-minded curiosity, and a commitment to giving back. All of it guided by the one lesson Arnold's father hammered into him above all: be useful. As Arnold conquered every realm he entered, he kept his father's adage close to his heart.

Written with his uniquely earnest, blunt, powerful voice, *Be Useful* takes readers on an inspirational tour through Arnold's toolkit for a meaningful life. Arnold shows us how to put those tools to work, in service of whatever fulfilling future we can dream up for ourselves. He brings his insights to life with compelling personal stories, life-changing successes and life-threatening failures alike – some of them famous, some told here for the first time ever.

Too many of us struggle to disconnect from our self-pity and connect to our purpose. At an early age, Arnold forged the mental tools to build the ladder out of the poverty and narrow-mindedness of his rural Austrian hometown, tools he used to add rung after rung from there. Now he has shared that wisdom with all of us. As he puts it, no one is going to come rescue you - you only have yourself. The good news, it turns out, is that you are all you need.

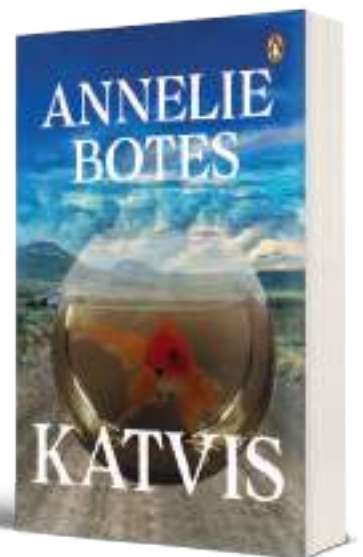
Be Useful hits shelves in October 2023.

DOMINATING THE BESTSELLER LISTS

Katvis deur Annelie Botes

“Katvis is ’n meesterstuk; ’n roman wat die lesers aangryp, boei en, ná die lees van die slot, vir ’n wyle laat swyg uit respek voor die grootsheid daarvan.”

- Anschen Conradie, Goodreads



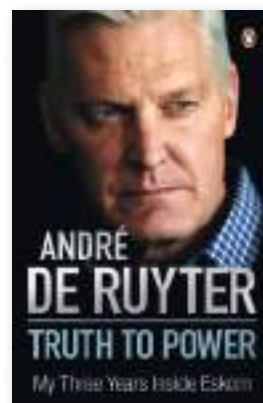
“Looking back on the patriotic ambitions with which I took on the job, I have the satisfaction that, unlike the twenty-eight who turned it down, I at least tried. I did my

best when armchair critics aplenty were wringing their hands.”

- André

de Ruyter,

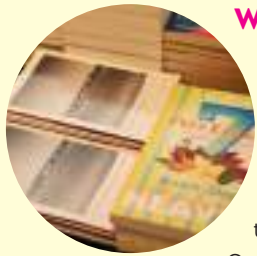
Truth to Power



Read an extract

GIVEAWAY BONANZA

It's our birthday, and we're in the giving mood!
Check out these exciting giveaways on offer.



WIN ONE OF THREE DOUBLE PASSES TO THE OPEN BOOK FESTIVAL VALUED AT R1 500 EACH!

OPEN
BOOK
CAPE TOWN

Get ready for three days of conversations that matter. Cape Town will again host a highlight of the annual literary calendar when the Open Book Festival 2023 takes place from 8-10 September at The Homecoming Centre. Look forward to important and engaging conversations that will stay with you long after the event itself. The Festival programme will be announced early in August. Visit www.openbookfestival.co.za for more. Entrants must be based in Cape Town. Entries close 31 August 2023.

WIN ONE OF TWO VOUCHERS FOR THE MANOR RESTAURANT AT NEDERBURG VALUED AT R500 EACH!

The Manor Restaurant at Nederburg in Paarl prides itself on creating authentic and nostalgic food experiences featuring simple yet elegant dishes that honour our South African heritage. Guests are invited to indulge in flavourful breakfasts, seasonal lunches and superb cheese and charcuterie platters. The restaurant also has various wine tasting options available, and the venue's sprawling gardens create an idyllic setting for laidback picnics with loved ones. Visit www.nederburg.com for more. Entrants must be based in the Western Cape, or able to redeem their vouchers before 31 December 2024. Entries close 15 September 2023.



WIN

one of three spots on the Self-guided Creative Writing Intensive from SA Writers College valued at R695 each!

Ever wanted to turbo-charge your creative writing? On the Self-guided Creative Writing Intensive from SA Writers College, you will learn a vital writing lesson daily, and write 14 pieces of creative writing in 14 days. Plus, hand in your completed assignments at the end and you'll get a certificate of completion! Since 2005, SA Writers College has helped students from all over the world achieve their writing goals. Let them help you achieve your own. The course starts whenever you're ready. Entries close 15 September 2023.



To enter into any of these fantastic giveaways, scan the code using your phone camera, or visit www.penguinrandomhouse.co.za/competitions. Ts & Cs apply.



SA WRITERS COLLEGE
FOR THE LOVE OF WRITING SINCE 2005

Keep reading for more exciting giveaways!

Five Minutes with ... **DOUGLAS KRUGER**

Katrina Hunt can 'read' the intentions of others. Douglas Kruger tells us more about his fascinating character - and the nail-biting adventure that awaits readers of this psychological thriller.



Read an
extract

Where did the idea for Katrina's 'super' power come from?

Imagine two young men trying to seduce a teenaged girl. But imagine if she could sense their every intention. No space for lies. How might that play out? I wanted to know, and I also wanted to know who this young woman would grow up to be. That sounded intriguing to me. Dark, but fascinating.

How possible is it for Katrina to have successful relationships, if she's always aware of others' wrongdoings?

Katrina is haunted by what she knows. Every thought, every feeling, every subtle shift of intention in the souls of others - it's all laid bare for her. It makes relationships a nightmare. Until she learns to use it.

Does Katrina ever have feet of clay?

Katrina is achingly human. She's fallible. She grew up in poverty in a series of trailer parks across the American Southwest and initially has no idea how to use her skill. Even when she masters it for good, it places her loved ones directly in danger.

Your book is set globally; why is that?

Much of it sweeps through Texas, but we also visit rain-drenched Edinburgh, stop in at 10 Downing Street, visit a men's prison and then a mental asylum, and, for reasons close to the heart of our evil antagonist, we take an ill-fated walk through a park in DC with a prostitute. I wanted the

tale to have a sprawling, blockbuster feel - small, intimate moments, immense consequences.

Why should someone read this book?

I loved every moment following the twisty nightmares of this tale, and my goal in writing it was to take you as far away from the ordinary as possible. This is a wild rush of a story, though one with frighteningly real political elements. More than anything, I hope you'll

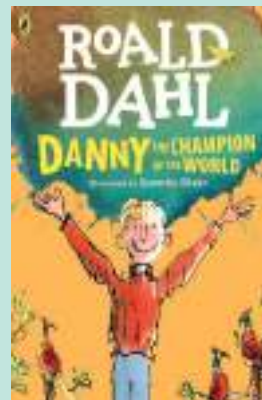
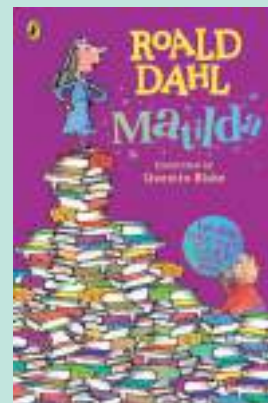
love the people you meet as much as I loved spending time spying on them. *CharacterScan* is frightening. It's not for the fainthearted. But ... there may be light at the end of the tunnel. [▶](#)

CharacterScan is out now.





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CELEBRATING
OUR
COVER
STARS

A small cartoon penguin mascot is positioned at the bottom right of the orange text box. It is black and white with a red beak and a yellow party hat.

Over the course of the last three years, *The Penguin Post* has been fortunate to have phenomenal cover stars. From cookbook authors Jamie Oliver and Siba Mtongana, and thought leaders, Malcolm Gladwell and Saray Khumalo, to thriller authors, James Patterson and Paula Hawkins and both Barack and Michelle Obama. Have a look at some snippets from our features with these incredibly accomplished individuals.

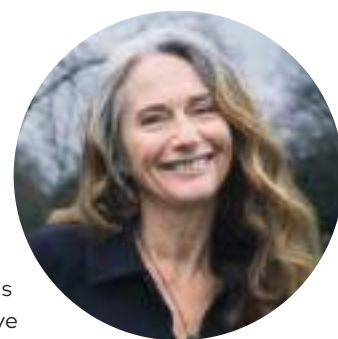
"I like to think I've held on to a lot of my character because I lived a full life before my first novel, *Georgia*, was published in 1993, and it wasn't always easy. I'd had broken marriages, lost a child and my business went bust. It all made me quite humble, which is something I've held onto. I don't assume that life owes me anything, and I'm grateful for everything it's given me. It's also often what I draw on in my writing. It's no wonder why my publishers battle to fit my books into any one genre!"

- Lesley Pearse



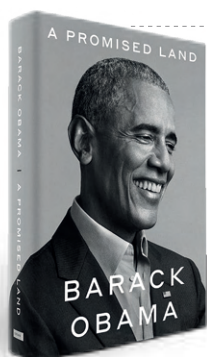
"At the end of the novel, one of the characters has the thought that 'the real failure as a woman was not to try'. That need to try, to be brave, is essential not only for women, but for us all. But I think women have been behind on this one. I am not saying, *Live your dream!* But I am saying be true to the creative part of yourself, because no one else can do that for you. It takes tenacity and determination to bring about change and become who we truly are."

- Rachel Joyce



"We often get so caught up in daily life that we rarely stop to notice how much we've achieved. It's only when we do that we see how much good there is to life. I've had an awesome ride, and been lucky to realise many of my dreams, some of which I'm still living."

- Tebogo Proverb Thekiso



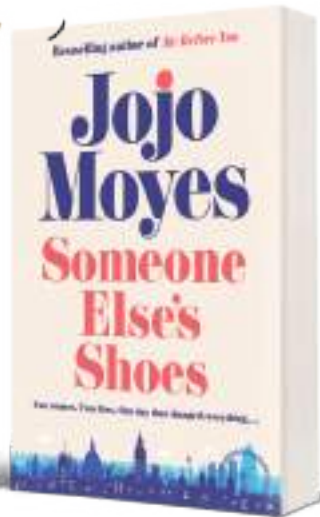
"I think that until we can start having a common baseline of facts, if we do not have the capacity to distinguish what's true from what's false, then, by definition, the marketplace of ideas doesn't work. And, by definition, our democracy doesn't work. So, as citizens, we need to push our institutions in the direction of addressing these challenges." - Barack Obama

"If I can inspire people to keep cooking from scratch, I'll be really happy. During lockdown we've seen more people cooking than ever before, which is one thing we can take as a positive from [that] awful situation. It's given us an opportunity to reconnect with our food, rediscover our kitchens and to shop and support local. If we're eating more fresh food cooked from scratch and less ultra-processed food - that's only going to be a good thing."

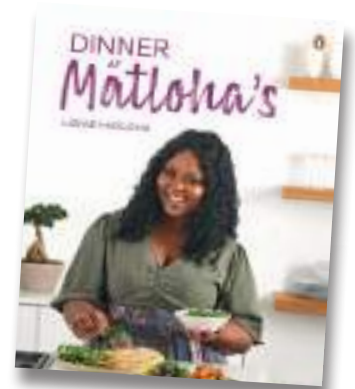
- Jamie Oliver



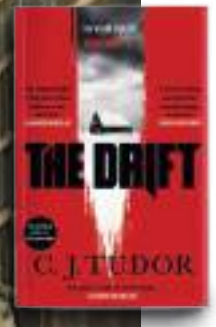
“It will come at some point between the small sherry and the over-heavy pudding, as inevitable as death, taxes and these random chin hairs.”
Extract from *Someone Else's Shoes* by Jojo Moyes.



“My kitchen is the heart of the home, and the whole family is involved in what comes out of it. My son Kenzou especially is already a budding chef. He has a knack when it comes to delicious food combinations, and has no problem with cooking a full English breakfast for all of us at the weekend.”
- Liziwe Matloha



“Before *The Chalk Man* was published, writing was a guilty pleasure for me. I was walking dogs for £10 an hour and juggling that with looking after my little girl, which meant I was short on both money and time. Getting the book deal in 2016 changed my life completely, not least financially. For the first time in 10 years, my bank account was in the black and I no longer had to sell stuff on eBay to buy my little girl Christmas presents!” - **C.J. Tudor**

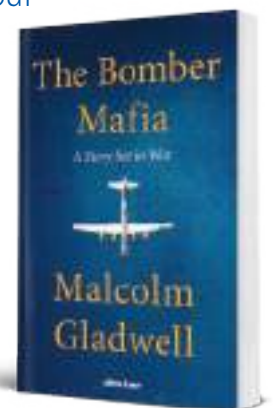


“While I may bring aspects of my real life to my stories, my characters are always better versions of myself. Through my characters, I can imagine myself to be cleverer, braver and better-looking. And I’ll admit that living vicariously through my characters is one of the pleasures of telling fiction.”
- Tess Gerritsen



“The words ‘good’ and ‘simple’ really epitomise my approach to food. One of my favourite little habits is simplifying recipes. I love to take a recipe that has ten steps and see how I can bring it down to five, using one pot instead of three. It slots in perfectly with my goal of dialling back and slowing down. In the last few years, I’ve gotten so over being busy for the sake of being busy, feeling overstretched and cooking food that’s unnecessarily over-complicated.” - **Sarah Graham**

“One day, a stray bomb landed in my grandparents’ back garden. It didn’t explode. It just sat there, half buried in the ground - and I think it fair to say that if you were a five-year-old boy with an interest in things mechanical, a German bomb sitting unexploded in your backyard would have been just about the most extraordinary experience imaginable.”
- Malcolm Gladwell



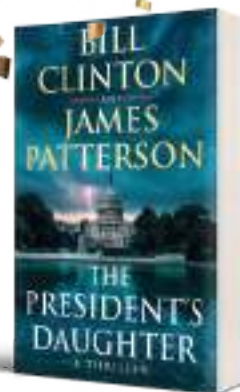
Find recipes here



Read an extract



“I never imagined I’d be writing a book with a master storyteller like Jim, much less two.” - Bill Clinton



Read an extract

“The easy answer to why I write about women is because I am one. I am particularly interested in the lives of women who feel like outsiders, or who are seen as outsiders, who might be found wanting by society’s exacting standards for what the right sort of woman should be. Because,

despite all the progress women have made over the past half century or so, there remain certain societal expectations about women: to be pretty and pleasing, compliant and nurturing, to marry and have children. What happens to women who refuse those things? Or women who try to do what is asked of them and fail?” - Paula Hawkins



“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.”
Extracted from *Run, Rose, Run* by Dolly Parton and James Patterson.



“My role is to tell the story; the reader’s is to fill in the gaps through the lens of their own life’s experiences. That is why a reader can tell me that ‘this book changed my life’, even though I had no intentions of changing anyone’s life. The story must speak for itself.” - Zakes Mda

“It’s not that Rachel and I have a lot in common - she has a fondness for expensive trainers, where I am obsessed with foundation ... Like, it should be classified as a mental illness; I have enough to last me the rest of my life, and still, my head has been turned. But there is one major thing we have in common, which is that we’re both addicts. And that it’s the most important fact of my life, and the most important fact of her life. And for me, well, you know, my addiction is different - I’m an alcoholic - but if I wasn’t sober, I wouldn’t have anything. You know, people don’t understand that. If I don’t put effort and energy and care and respect into keeping my addiction at bay, I won’t have the job I have, and I won’t have my husband, or friends; I just won’t ... And that’s the case with Rachel as well.”

- Marian Keyes

Read an extract



Read an extract



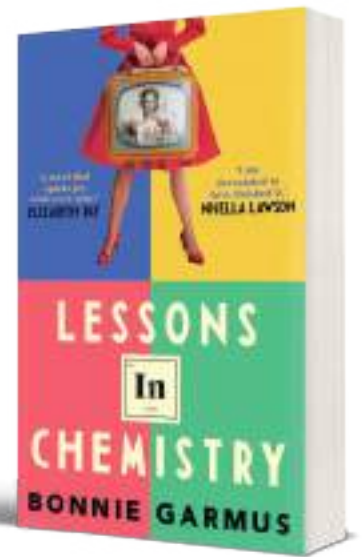
“In my book, I share stories about my childhood, my complicated relationship with my father, my early rap career, being arrested, going bankrupt, love, divorce, raising kids in Hollywood and navigating a very public marriage, and how it’s shaped me into the man I am today.” - **Will Smith**



“Believing in one’s self is hard, and I think that’s part of the reason many prefer to turn the reins over to something commonly referred to as ‘God’s will.’ I was raised in a normal, friendly church, but I did start questioning the stories at an early age. I became disenchanted with religion when I was old enough to notice people often used it to bolster their reasons to hate someone or something. I know religion offers solace and community to many, and I think that’s great, but prayers don’t solve problems. People solve problems. We can’t hope for a better future; we must make it. And that starts with believing in ourselves.”

- **Bonnie Garmus**

More from this author



“I don’t know if there’s a set recipe for success; I think everyone’s journey is so different and success is such a relative term. For me, my recipe for success has been to follow my passion, be authentic and work hard, even when no one is watching. With what I do right now, I’m able to teach people about food and help them gain confidence in their own cooking skills - and I wouldn’t have it any other way.” - **Zola Nene**

Find recipes here

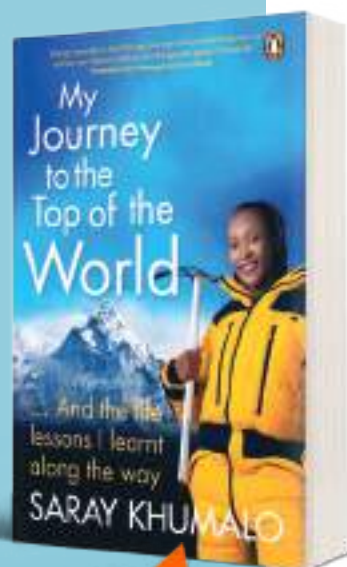
Find
recipes
here

"I quickly fell in love again with the alchemy of putting different flavours together and finding the 'crack', as I call it. That thing which, once tasted, you can't live without - it's the deeply roasted sesame sauce, the Nuoc Cham dressing, or that crumbly bread mix to top absolutely anything. It was just me, doing what I love. It was both healing and incredibly liberating, and it led to my newest cookbook, *Onwards*."

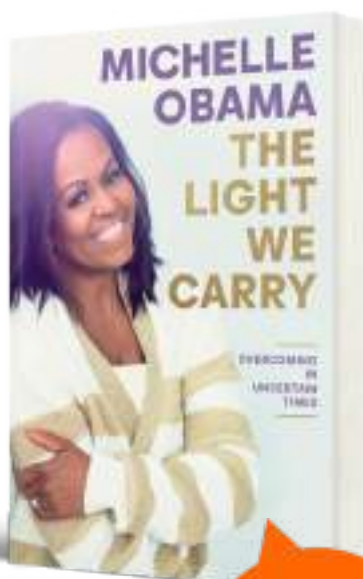
- Karen Dudley

"Once you know your purpose, you'll do anything to fulfill it. It helps bring clarity to life, and drives you in that direction, no matter what might get in your way. It's not always the most straightforward thing to figure out, though. It comes from a deep introspection into what's important to you, what you want to be remembered for, and what impact you want to leave on your children and community, long after you've left this earth."

- Saray Khumalo



Read an
extract



Read an
extract

"I've learned it's okay to recognise that self-worth comes wrapped in vulnerability, and that what we share as humans on this earth is the impulse to strive for better, always and no matter what. We become bolder in brightness. If you know your light, you know yourself. You know your own story in an honest way. In my experience, this type of self-knowledge builds confidence, which in turn breeds calmness and an ability to maintain perspective, which leads, finally, to being able to connect meaningfully with others - and this to me is the bedrock of all things. One light feeds another. One strong family lends strength to more. One engaged community can ignite those around it. This is the power of the light we carry."

- Michelle Obama

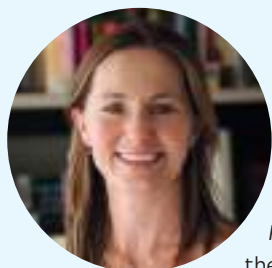


HIP HIP HOORAY ...

IT'S OUR BIRTHDAY!



As we celebrate three years of *The Penguin Post*, we hear from our closest community of friends who share our love for books. These are the people who have spread the word about the magazine, helped us get each issue into your hands, and occasionally, even weighed in on their own favourite reads. We couldn't have done it without them. Cheers!



"Happy birthday *Penguin Post*! There's nothing we love more than going behind the scenes with authors and publishers. Thank you, *Penguin Post* for taking us there every month. We have a habit of underestimating and under-appreciating our amazing local talent and I love seeing our local authors taking the spotlight alongside some of the huge international names that are featured. Onwards and upwards!"

Kate Rogan, owner at Love Books



"From a chick to a fledgling and now a gorgeous adult bird ... congratulations on your third birthday, *Penguin Post*! There are many fish out there in the big book sea - thanks for always helping us choose the tastiest morsels for the finest reading meal."

Pippa Hudson, host of Lunch with Pippa on CapeTalk 567AM

"Happy birthday *Penguin Post*! What a fabulous milestone for such a wonderful magazine. Our customers love receiving their free copy of *The Penguin Post* and reading about all the fabulous new releases, author interviews and, of course, the book giveaways! Love, Ben & Liza."

books.books.books, Melkbosstrand



"Birthdays are a big deal. It is a new start, a fresh beginning, and a time to pursue new endeavours with new goals. I've been part of this

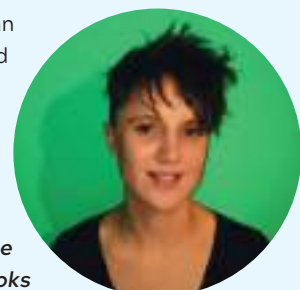
journey since the first issue, and it has been an exciting adventure.

Compliments to *The Penguin Post* team, and to Penguin Random House SA as a whole, for consistently providing us with new releases and giveaways. Wishing you many more editions to come!"

Martin Bekker, head of the online division at Wordsworth Books

"Happy third birthday - time flies when you're getting through your TBR pile! Eye-catching design and fun, informative content ... what more could you want from a magazine about books? Thanks for putting our South African authors in the well-deserved spotlight every issue, and for helping us readers keep our finger on the pulse of what's happening in books internationally."

Jennifer Malec, editor of The Johannesburg Review of Books





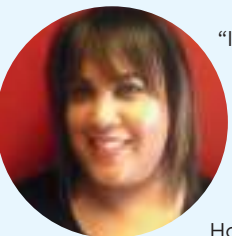
"It's been a real joy to offer our customers the wonderful *Penguin Post*. Our staff get a buzz when each new issue arrives, and we get to dip into the content, from Bookscape, with its need-to-know book news, to our personal favourite, author interviews, and, of course, the recipes. *The Penguin Post* is a fantastic resource for our book clubs and nature-enthusiast customers. Happy third anniversary."

Thomas Bulpin, Readers Warehouse



"*The Penguin Post* is an absolute gem! I find that its diverse content not only offers a delightful blend of content - but is a go-to literary guide on what's hot, fresh, and trending in the world of books. Keep spreading the love of reading and may your pages continue to be filled with insightful author interviews and captivating book reviews. Happy birthday!"

Tashatha Majaye, marketing manager at Exclusive Books



"I can't believe that *The Penguin Post* is three years old already. It's been a magnificent and much-needed addition to the South African book landscape. Starting a magazine in the middle of 2020 takes a certain amount of guts, madness and chutzpah and could not have been at all easy. I congratulate Penguin Random House South Africa, Lauren Mc Diarmid and her team for keeping it going, and with such strong content throughout these years. We have been graced with many fabulous interviews, useful advice from experts, sneak peeks on upcoming exciting releases and just all the juicy stuff we love to hear about when it comes to books. Keep it going. Here's to many more years!"

Jennifer Platt, books editor at Sunday Times

"Happy Birthday to *The Penguin Post*! A fellow friend, that shares the same birthday month as Wordsworth Books! Since inception, this publication has gone from strength to strength. We have had a lot of fun collaborating with such an energetic bunch of people. Each edition has been better and more interesting than the last. I can't wait to see where *The Penguin Post* goes next. Here's to many more years of informative, dedicated, and delicious publishing!"

Matthew O'Sullivan, chief executive officer at Wordsworth Books



"Thank you, Lauren and your team, for the sterling work you do, and enjoy the success that you have achieved with *The Penguin Post*. It is a popular pick for the readers in our store who enjoy the interesting and informative combination of content. May you continue well into the future with your successful formula. Happy third anniversary!"

Ramsgate Stationers

"Booksellers all value the most Each edition of *The Penguin Post*. Non-fiction, fiction, children and cooks ... This great publication helps sell your books! Happy birthday!"

Book League, Darling



"Mail after mail after yet another mail to deal with ... and then, *The Penguin Post* pops up in my mailbox. And it's time to drop everything, deadline be damned, and see what's up in the world of Penguin. Love (obvs) the new releases and the author interviews, a quick turn to the recipes, and then there's always a 'who would have thought this would interest me' feature ... and another book - one I'd never have thought of buying - is immediately added to the must-read list. Three years ... 25 issues ... happiest of anniversaries!"

Kym Argo, national group editor, Get It Local Magazines



"Congratulations on three years of promoting the love of books and showcasing all the wonderful titles Penguin has to offer across so many varied genres from fiction to lifestyle, business to biographies and more.

The Penguin Post is an essential one-stop guide that our customers highly anticipate as it helps to guide their book-buying with new additions to their TBR pile."

Carlisle Johnson, Category Manager: Books / Film / Music at Loot.co.za

"Happy third anniversary, *Penguin Post*! Our team has devoured every page since the very first edition, and we're always excited to share it with our customers. It makes recommending books in any genre really simple. *The Penguin Post* helps keep us all posted on what's new in the book world, and gives us valuable insight into the latest reads. And the recipes! We cannot wait for the new edition. Cheers to many more years of making our book-life easier!"

The Bargain Books Team

10 NOVELS TO READ IN YOUR LIFETIME



You won't soon forget the evocative worlds and inspiring characters created in these literary masterpieces.



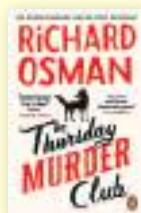
***The Boy, the Mole, the Fox and the Horse* by Charlie Mackesy**

The unforgettable book that inspired the Academy Award-winning short film.



***Recipes for Love and Murder* by Sally Andrew**

Sally Andrew's delightful heroine blends together intrigue, romance and cooking in this irresistible mystery.



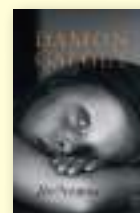
***The Thursday Murder Club* by Richard Osman**

This first book in the series saw Osman crowned author of the year at the British Book Awards 2020.



***Homegoing* by Yaa Gyasi**

Epic and intimate, *Homegoing* is a searing and profound debut from a the multi award-winning writer.



***The Promise* by Damon Galgut**

Winner of the 2021 Booker Prize, *The Promise* charts the crash and burn of a white South African family.



***The Handmaid's Tale* by Margaret Atwood**

This powerful vision of the future gives full rein to Atwood's irony, wit and astute perception.



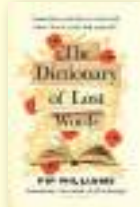
***All the Broken Places* by John Boyne**

The follow up to Boyne's globally bestselling classic, *The Boy in the Striped Pyjamas*.



***The Quality of Mercy* by Sipiwe Gloria Ndlovu**

From this award-winning author comes a novel of comfort and, indeed, mercy.



***The Dictionary of Lost Words* by Pip Williams**

The beautiful story inspired by the creation of the first Oxford English Dictionary.



***Lessons in Chemistry* by Bonnie Garmus**

Chemist Elizabeth Zott is not your average woman. Laugh-out-loud funny.



WIN!

All 10 of these books are up for grabs, along with a R1 000 gift voucher for you to purchase a bookcase of your choosing to home them in! This exciting hamper is valued at R4 000. To enter, scan the code using your phone camera, or visit www.penguinrandomhouse.co.za/competitions. Ts & Cs apply. Entries close 15 September 2023.

What would you do?

Brooke Robinson's enthralling debut explores what a criminal interpreter would do when faced with the moral dilemma of letting the wrong man go free.



“In 2015 I read a riveting article in *The Guardian's* ‘Experience’ column by a woman who worked as an interpreter and translator in the criminal justice system. I’d never given any thought to this profession before, and two things struck me as particularly intriguing. The first being that interpreters translate in the first person, ‘I’, and for the interpreter of the article, this has meant speaking for, and as a murderer and a terrorist suspect. For the rest of that day, I couldn’t stop thinking about what it would feel like to spend your working life speaking as – effectively *being* – someone else, even when that person’s actions went against your sense of right and wrong. I had worked as a playwright, so I know how psychologically difficult it can be for actors to come to the theatre every night and inhabit challenging characters. What, then, must it be like for the interpreter when their lines, their dialogue, isn’t a fictional story but real life? The second thing I learnt from this newspaper article was that words can have multiple meanings and how a criminal case, an asylum seeker application, a life, could hinge on the translation of a single word.

Some of us are naturally gifted at languages, so it follows that other people must be hopeless despite our best efforts. At university, I studied German but the minute I walked out of class, my Germanic vocabulary would desert me. Later, I was even more enthusiastic about learning Mandarin but still, nothing would stick. My university linguistics exam is the only academic test I’ve ever properly failed (30 percent, for the record ... I’ve still not told my parents). I have accepted that I’m destined to leave this earth monolingual. But once I

“If I had the opportunity to affect the outcome of a criminal trial, mistranslate one word and get away with it – would I take it?”

understood the power and responsibility of the interpreter, and the challenging situations they face, I kept thinking: what would I do? If I had the opportunity to affect the outcome of a criminal trial, mistranslate one word and get away with it – would I take it?

It took me a while to get to this point of publishing a book. I spent quite a number of years working as a playwright and my first two plays, like *The Interpreter*, were psychological thrillers. I wish someone had tapped me on the shoulder during those opening nights and said: ‘these are fine, but you know this sort of thing works much better as a novel ...’ It’s hard to get psychological thrillers to work for the stage, so for years I changed what I wrote about to suit the theatre. But in 2020, like many of us, I re-evaluated how I was spending my days and thought it was time to go back to what I really wanted to be doing, and telling the kind of stories I most wanted to write.”

Read an extract



The Interpreter is out now.

ABOUT THE BOOK

Single mother Revelle Lee is an interpreter who spends her days translating for victims, witnesses and the accused across London. Only she knows what they’re saying. Only she knows the truth. When she believes a grave injustice is about to happen, and a guilty man is going to be labelled innocent, she has the power to twist an alibi to get the verdict she wants. She’s willing to risk it all to do what’s right. But then someone discovers she lied ... An unputdownable, jaw-dropping thriller. [▶](#)

at my desk

Jane van der Riet on Leigh-Anne, 'a nice white racist' - and the main character in *How to Hide Inside a Three*.

“**T**here I was: barely eighteen, barefoot, hairy-legged and wrapped in my kikoï. Protesting against apartheid. The motley crew of white student activists to which I belonged knew we were in for a protracted, bitter, violent struggle but we were comforted by the deepest conviction: we were *right*. In the thrill of battle, there was little chance to examine our whiteness. We were disciples of non-racialism, transcending race. Race, however, cannot be transcended.

Decades later, I set out to write a serious novel about whiteness and shame. But my white narrator, Leigh-Anne, refuses to be noble. She insists on making terrible mistakes, saying embarrassing things and thinking outrageous thoughts. Leigh-Anne is a nice white racist who grapples with apartheid training that can never be undone.

Whiteness is already so clamouringly loud. I wonder if it's not a further act of colonisation to write about its troubles. There's no easy answer to this question. In my novel, I try to illuminate how what we most despise in others is the shadow of our hidden shame. Leigh-Anne - with her skeleton husband, her secret crush, her bickering children, and a large and eccentric supporting cast - flounders from one domestic disaster to the next. She makes frantic lists, never quite sober, always with a morsel of something on the way to her mouth. Yet slowly and unsteadily, she uncovers the truth about her father's sordid past. In the process, she must reckon with her own culpability.

There is no cure for shame, but it can be relieved by speaking its truth; and fiction is a delicious place for that.



“**W**hat we most despise in others is the shadow of our hidden shame.”



How to Hide Inside a Three is out in August.

My eighteen-year-old self would be shocked to see me now, with my suede boots and neatly shaved legs. I don't know what happened to my kikoï. I miss it. Recently, a friend gave me a new one, in more muted colours, but it wraps around me just as well.”

ABOUT THE BOOK

It's 2017 in Cape Town. The dams are empty. There's a gangster in charge of the country. Leigh-Anne may look like she's keeping it together in her Southern suburbs world, but really, she's unravelling. How is a woman supposed to cope? With chocolate and wine, of course, and by making plenty of lists (things feel much more manageable when you write them down in threes). But all is not what it seems. Leigh-Anne has a secret of her own. In her quest for answers, she will have to betray everyone she loves; only then can she truly come out of hiding. **LD**

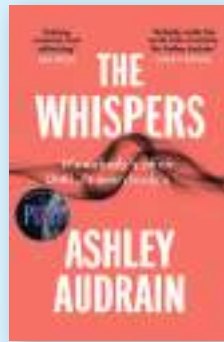
TOP FICTION



AUG

The Little French Village of Book Lovers by Nina George

In Nina George's bestseller *The Little Paris Bookshop*, beloved literary apothecary Jean Perdu is inspired to create a floating bookstore after reading a seminal pseudonymous novel about a young woman with the remarkable gift to see the marks Love has left on the people around her - tiny glowing lights on their faces and hands that shimmer more brightly when the one meant for them is near ... This is that novel.



AUG

The Whispers by Ashley Audrain

The whispers started long before the accident on Harlow Lane ... There was the party, where Whitney screamed at her ten-year-old, Xavier. Afterwards, the silence was deafening. After the accident sends these neighbours rushing to a hospital bedside, the whispers grow into a cacophony - what really happened that night? There's no smoke without fire ... The explosive new novel from the bestselling author of *The Push*.



JUL

Obsessed by James Patterson

Detective Michael Bennett and the NYPD are aboard a police boat in the Hudson River searching for a murder victim - a young college student. They find her tossed in the dark waves, dressed for a night out. The gruesome sight fills Bennett with dread only a father could fathom. As the obsessive killer extends his spree, a pattern emerges. One that Bennett's eldest daughter fits to a harrowing degree. The riveting latest instalment in the Michael Bennett series.



AUG

Lion & Lamb by James Patterson

Husband and wife Archie and Francine Hughes are heroes in their hometown of Philadelphia. Archie is a football star, while Francine is a Grammy-winning singer. So everyone is in a state of shock when news breaks about the seemingly perfect couple. One spouse is murdered. The other is Suspect Number One. Two sides. One truth. Gripping investigative drama perfect for fans of Jeffery Deaver's Lincoln Rhyme series.

The Half Moon by Mary Beth Keane

AUG

Bartender Malcolm Gephardt has always dreamed of owning a bar. When his boss retires, Malcolm seizes his chance. His wife, Jess, has devoted herself to her law career, but after years of unsuccessfully trying for a baby finds herself slipping away from her work and her marriage. When a blizzard hits their town, on the same day that Malcolm learns some shocking news about Jess and a key patron of the bar disappears, everyone is trapped. And Malcolm and Jess are forced to make a decision. The page-turning and immersive new novel from the bestselling author of *Ask Again, Yes*. **12**



In Conversation with Lesley Pearse

Lesley Pearse worked her way through a number of jobs, including nanny, bunny girl, dressmaker and full-time mother before, at the age of forty-nine, she became a published writer. With her new book, *Betrayal*, hitting shelves, Lesley chats to us about the book.

Was there a specific moment that sparked the idea for this book? Where did the idea come from?

I've been betrayed by people a few times, and it hurts. You rarely see it coming which makes it such a shock. But the book is not my story, whether it is the man in your life cheating on you, or a good friend passing on your innermost secrets, or a close relative stealing from you, it's equally bad.

What is it that draws you to writing about domestic life, and the secrets it may harbour?

It's what I know, I've experienced brutality, poverty, abandonment, and success and, of course, joy and love. So I write from the heart.

Your characters are so convincing that the reader might be inclined to think that you are writing from experience. How do you manage to write characters so convincingly?

I have experienced nasty stuff, but I don't put any of those incidents in my books. It has made me wiser about people, but intrigued by them, too. I study them. But you don't have to kill someone to have a good idea about how it might feel.

What is your secret to creating suspense in your books?

I don't have a secret exactly; it's more living the moment I'm writing about. Thinking about each of the senses, what I can see, smell, taste. Can I put an edge to it to make it scarier? I like having characters who aren't what they seem. That can create suspense too.

Read an extract



Betrayal is out now.



Who is your favourite character in the book, and why?

I confess I like writing about nasty people, it's fun. And giving them their comeuppance. I also enjoy flawed characters because, after all, most of us have flaws. Many of the people in *Betrayal* are flawed or damaged. So I enjoyed George, the smarmy, well-bred estate agent, who does something unspeakable. But overall, my absolute favourite was Ollie. Such a kind, sensitive boy; the sort of son we all wish for ourselves. He took command at one point, unasked, and I loved him even more.

You tackle some hard subjects in the book. What was your thinking behind putting these characters in their specific situations?

If all the characters led a blameless life of comfort, that would make for dull reading. I believe reading offers people an escape from their own lives. And if what they read about is worse than what they're living through, there's the potential for relief that their own life is actually not so bad. It's safe; it's normal.

What are you hoping to convey with *Betrayal*?

That people can escape a bad and troubled life. You can run away and start again; I've done that several times in my life. But I think my mind compass always directs my readers to the importance of love and happiness, which I think is the Holy Grail. I find people who are living half-lives, disappointed that theirs isn't what they hoped for, become bitter and critical of others. I say, 'Be Brave', reach out for what and who you want. 📖

'Your job is to bind the books, not read them.'

The captivating new novel from Pip Williams, the internationally bestselling author of *The Dictionary of Lost Words*, is the perfect book for anyone obsessed with words. Dip in with this extract from the book.

"Scraps. That's all I got. Fragments that made no sense without the words before or the words after.

We were folding *The Complete Works of William Shakespeare* and I'd scanned the first page of the editor's preface a hundred times. The last line on the page rang in my mind, incomplete and teasing. *I have only ventured to deviate where it seemed to me that ...*

Ventured to deviate. My eye caught the phrase each time I folded a section.

Where it seemed to me that ...

That what? I thought. Then I'd start on another sheet.

First fold: *The Complete Works of William Shakespeare*. Second fold: *Edited by WJ Craig*. Third fold: *ventured to bloody deviate*.

My hand hovered as I read that last line and tried to guess at the rest.

WJ Craig changed Shakespeare, I thought. Where it seemed to him that ...

I grew desperate to know.

I glanced around the bindery, along the folding bench piled with quires of sheets and folded sections. I looked at Maude.

She couldn't care less about the words on the page. I could hear her humming a little tune, each fold marking time like the second hand of a clock. Folding was her favourite job, and she could fold better than anyone, but that didn't stop mistakes. Folding tangents, Ma used to call them. Folds of her own design and purpose. From the corner of my eye, I'd sense a change in rhythm. It was easy enough to reach over, stay her hand. She understood. She wasn't simple, despite what people thought. And if I missed the signs? Well, a section ruined. It could happen to any of us with the slip of a bonefolder. But we'd notice. We'd put

the damaged section aside. My sister never did. And so I had to.

Keep an eye.

Watch over.

Deep breath.

Dear Maude. I love you, I really do. But sometimes ... This is how my mind ran.

Already I could see a folded section in Maude's pile that didn't sit square. I'd remove it later. She wouldn't know, and neither would Mrs Hogg. There'd be no need for tutting.

The only thing that could upset the applegart at that moment was me.

If I didn't find out why WJ Craig had changed Shakespeare, I thought I might scream. I raised my hand.

'Yes, Miss Jones?'

'Lavatory, Mrs Hogg.'

She nodded.

I finished the fold I'd started and waited for Mrs Hogg to drift away. *Mrs Hogg, the freckly frog.* Maude had said it out loud once and I'd never been forgiven. She had no trouble telling us apart, but as far as Mrs Hogg was concerned, Maude and I were one and the same.

'Back in a mo, Maudie.'


'Back in a mo,' she said.

Lou was folding the second section. As I passed behind her chair, I leant over her shoulder. 'Can you stop for a second?' I said.

'I thought you were desperate for the lav.'

'Of course not. I just need to know what it says.'

She paused long enough for me to read the end of the sentence.

I added it to what I knew and whispered it to myself: *'I have only ventured to deviate where it seemed to me that the carelessness of either copyist or printer deprived a word or sentence wholly of meaning.'* 

Extract
continues
here



Extracted from *The Bookbinder of Jericho* by Pip Williams, out now.

Finding inspiration in the ancient world

Stories and myths from the ancient world have transcended millennia, and it's from these that author Conn Iggulden draws inspiration for his bestselling historical fiction.



“Each year I go to watch wreaths laid at the Cenotaph in London. The word is Greek for ‘empty tomb’ – a symbol of those who could not come home. Old Prime Ministers line up there, shrunken somehow, reduced by age or the loss of power.

The inspiration was an empty tomb in Sparta, for a king who fell at Thermopylae. Leonidas gave his life to delay the Persian invasion. When he fell at last, he was hacked to pieces. Sparta had no body to bury, so made an empty tomb in his name, a place people could visit to honour his memory.

In Athens too, there was a need to remember those who gave their lives on distant fields. Many were brought home, wrapped and laid out on carts. They were adorned with garlands and taken through the city to a cemetery beyond the walls. One cart was left empty – to represent the unknown dead.

Over time, it became a tradition each year for a speaker to address grieving families. When Pericles gave the oration, his words moved the crowd to tears. As a result, his speech was written down – a rare and precious record. I used those lines when I wrote *Empire*, the last of four Athenian books.

My quartet opened with those who stood at Marathon in 490BC. *Empire* is the story of the birth of a nation and the sons who brought it about – Pericles above all. I only hope I did some kind of justice to an extraordinary life. Here is part of what he said:

In the past, many have praised the tradition to honour the fallen. I disagree. Mere words cannot gild that service. These men made themselves noble. Their sacrifice is proof: this democracy of ours is worth a life.

“They shall not grow old, as we grow old.’ It is why we still look to cultures of Greece and Rome; why we take inspiration from them.”



Empire is out now.

This is who we are: every one of us is equal before the law. When we raise a man, it is for quality, not class or family. Those with talent can rise. We obey those in authority. We keep the law, and when we rest from labours, we strive in sport, in plays and love, in beauty – and works of the mind. It does not make us soft! No, it gives us purpose. Spartans break children to make warriors, but we are willing to die for something greater than ourselves ...

In Athens, we are concerned with politics. If a man takes no part in debate, we don't say, 'He minds his own business', we say: 'He has no business here!'

That is the city for which these men fought and died. I say to you: remember their sacrifice. Make it noble through your lives; in how you raise your families. Fall in love with Athens once again with their example. Fix your eyes on her, for there is nothing like her in the world.

There are no better men than these. In years ahead, they will wonder at us, at our spirit and our courage. We have forced an entry in every land, every sea. We go out – and some of us return to the earth too soon. Perhaps they had faults, these men, but if they had, they are wiped away like tears tonight. Let your hearts lift at the fame of the dead. Their honour will not grow old. Where valour is given in love, that is where you will find our people.

I cannot read those words without hearing echoes. “They shall not grow old, as we grow old.’ It is why we still look to cultures of Greece and Rome; why we take inspiration from them. As Tennyson put it: “*Tho we are not now that strength which in old days moved earth and Heav'n, that which we are, we are, One equal temper of heroic hearts, Made weak by time and fate, but strong in will, To strive, to seek, to find ... and not to yield.*”

All things come to an end, but stories – and values – remain.” 📖

SUDDENLY STANHOPE DOESN'T FEEL SO SAFE ...

After an altercation with her father, nine-year-old Avery Wooler goes missing from her home in Stanhope - and all eyes are on Dad. Author Shari Lapena chats to us about her thrilling new novel, *Everyone Here is Lying* and what draws her to writing about domestic bliss gone wrong.



Avery Wooler, the nine-year-old girl who goes missing in the novel, is seen as a troubled child. What made you want to tap into this level of dysfunction in a child?

I wanted to get away from the trope of the perfect child, that everyone loves, being abducted. I wanted to explore how difficult parenting is when you have a child who's different; more challenging and problematic than the norm. I wanted to look at how it affects them, and their marriage; what it might drive them to. And also, how people might look at them differently; as suspects.

Why does domestic life (and the dysfunction of it) appeal to you so much?

I love looking at close relationships and what can go wrong in them. Really, there are infinite possibilities of how various relationships can go wrong. I love to explore that. I'm fascinated by psychology.

***Everyone Here is Lying* is set in the fictional town of Stanhope. What is it about small towns and the need to keep up a façade?**

Stanhope has all the elements I wanted for my story - small, but not too small, close to the countryside and so on. I'm interested in façades of all kinds. I don't think you need to be in a small town to find people hiding who they really are. It's part of human nature to present different aspects of yourself as circumstances require. The benefit of a small town, or one particular street, as in this book, is that people are connected in a way they might not be in a large, anonymous city.

“There are infinite possibilities of how relationships can go wrong. I love to explore that.”



Everyone Here is Lying hits shelves in August.

We follow several different characters throughout the novel. What made you decide to write from so many perspectives?

I generally like to write from several different perspectives. I discover my story through writing it, and I think I do it by getting deeply into my characters. I find my characters drive the story, through their (usually bad) decisions and actions, and I like to get deep into their points of view for that to happen. I also like to keep readers on their toes and play with what information I'm sharing and holding back, which is fun to do if you have different points of view.

What do you think is better for families: keeping secrets, or radical honesty?

I'm one for telling the truth. White lies, to save someone's feelings, are fine. But I don't think lying, or manipulating or hiding the truth, is ever really a good idea. (I mean, just look at what happens in my books!) But then, I don't really have anything to hide. I especially don't think it's good to lie to children, to tell them that everything is fine, when it isn't. Children deserve the truth, and just need to be assured that everything is going to be okay; that they'll be okay, no matter what might be happening.

What do you hope to convey with this book?

I just want to write a really gripping story that makes my readers keep turning the pages. But I also want them to think about the different situations people face and understand how people in certain situations might make the bad decisions that they do, and how easy it is to judge others, perhaps wrongly. 📖

“Most families are bound not just by blood but by secrets.”

From Abraham Verghese, author of the bestselling novel, *Cutting for Stone*, comes a stunning and magisterial new epic of love, faith, and medicine, set in Kerala and following three generations of a family seeking the answers to a strange secret. Verghese, who is also a talented physician, talks about *The Covenant of Water*, and where he drew inspiration from for this masterful novel.



“I’ve always been intrigued by the kind of novels that drew me to pursue medical training; novels that portray medicine the way I experienced it, as a noble and romantic pursuit; a grand adventure. I’m thinking of books like *The Citadel* by AJ Cronin, and *Arrowsmith* by Sinclair Lewis, which drew me to medicine.

I wanted my first novel, *Cutting for Stone*, to be in that genre, and it was set in the land of my birth, Ethiopia. The setting this time is not Africa, but south India (with a short trip to Glasgow). My family hails from a small but ancient Christian community that has its roots in the arrival of Saint Thomas on the ‘spice coast’ of India in 52 AD – which is present day Kerala. I spent idyllic summer vacations with my grandparents in what seemed like a

fantasy land of lagoons, lakes, streams, and rivers, with coconut trees forming a fringe on the horizon in every direction. Years later, I returned to India to study medicine at the University of Madras.

I've called on many of my mother's stories that she told her three sons (and she retold many times, the details often merging with other stories). My late mother, Mariam Verghese, was an incredible storyteller and a gifted artist. Late in her life, her first granddaughter, who is also her namesake, said to her, 'Ammachi, what was life like when you were a little girl?' In response, my mother, then in her seventies, with remarkably elegant penmanship, wrote a forty-page manuscript, complete with quick sketches that are nevertheless clever and illuminating. Her hand-drawn family tree and the many anecdotes she strung together were familiar to me, though they were altered and sometimes embellished from what I recalled as a child. In this novel I draw on some of those stories and that is why *The Covenant of Water* is dedicated to my mother.

I also called on my own observations as a child and as a teenager and adult seeing the conflict and contrast between the rich and the poor in Kerala, the struggle for caste equality, and especially the unique nature of the community of Christians in Kerala, a community who (as legend has it) formed when Saint Thomas the apostle – 'doubting Thomas' – arrived on the coast of Kerala on one of the dhows from Arabia that plied back and forth carrying spices to be sold at a hundred-fold mark up in the markets of Europe.

So what is *The Covenant of Water* about? Well, it has love, faith, family, and medicine in it (and after all, what is medicine but life++?). Most families are bound not just by blood but by secrets. The Parambil family of *Covenant* has a secret (that isn't all that secret): In every generation, going back seven, at least one member has drowned unexpectedly, be it in a puddle, a shallow pond, a stream, or a river – shocking, because these are individuals who studiously avoid water. The 'Condition', as the family calls it, seems to be inherited; a familial disorder.



It's also about love: Love that uplifts and enhances, unrequited love, love that destroys, love that is lost, misguided love, and ultimately, love that gives redemption. I won't say more lest I give too much away, but the tale begins in 1900 and ends in the 1970s.

The Covenant of Water has been a long time in the making, not just because it is ambitious in its scope and inherent intricacies, but also because I have a fulfilling day job as a doctor and teacher of medicine that feels to me connected in an umbilical fashion to the act of writing and creating at night. The day job was never

more challenging than when Covid arrived; the prevailing emotion I felt – that of finding meaning in a world where there is much suffering – no doubt infuses the book.

I hope you find *The Covenant of Water* to your liking. I feel quite blessed to put it in your hands." 📖

Read an extract



The Covenant of Water is out now.

Wordsworth Books celebrates



30 YEARS

When the bookshop with a mind of its own, Wordsworth Books first opened its doors in 1993, its aim was to bring a more personal approach to book selling; one where their booksellers hand-sold the books they'd read themselves. Thirty years later, the chain is going strong.



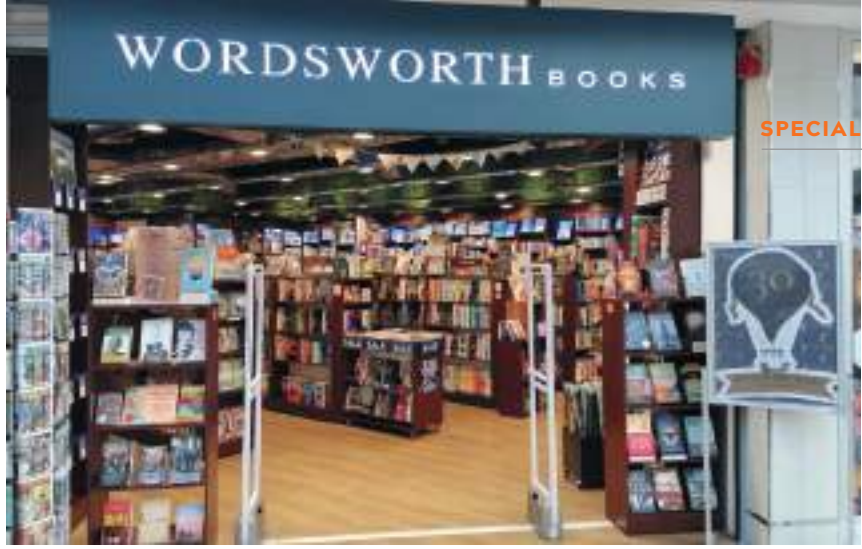
Back in the long-ago nineties, there were few retailers in South Africa purely dedicated to the sale of books. Corporate stores stocked the same generic book titles, sitting amongst anything from toys to snacks, and staff was there simply to point you to the right aisle and ring up your purchase. This wasn't the place for advice on your next great read, or hearty discussions about your favourite author.

In step Andrew and Frieda Marjoribanks. As passionate readers themselves, they

ABOVE The opening of one of the first Wordsworth Books stores in Gardens, Cape Town

yearned for a more community-orientated atmosphere; a place where they could find like-minded bookworms, bursting with first-hand knowledge on their favourite topic, and eager to help them find something to read that they were guaranteed to enjoy.

Joining forces with Richard Friedlander and Michael Crudge as founding booksellers, the team introduced Wordsworth Books, launching in July 1993 with three stores in the Western Cape. A formidable force of experience, literary knowledge and passion,



their hope was to instil in their stores a more personal touch, where book lovers felt welcome, and where booksellers hand sold books by reading them.

It was a brave venture, but one that ignited the book trade, and inspired the culture that still exists today in all Wordsworth stores. Each store has its own personality, striving to be a place where anyone and everyone is welcome. The memories flow with stories of all the goings-on at Wordsworth stores over the decades, including the famous one about Michael Crudge, known as one of Wordsworth's most convincing booksellers of all time, who would chat to customers while sitting on the counter and rolling his cigarettes!

Wordsworth Books was, and is still, run very much as a family business, which, without a doubt was influenced by the warmth and generosity of the Marjoribanks. Alida Jacobs, who has been with Wordsworth from the get-go, and is the manager of their Gardens store, fondly recalls the parties held at Andrew and Frieda's home, where everyone would arrive in fancy dress and experience the wonderful hospitality of the Marjoribanks. The couple


ABOVE LEFT
Andrew Marjoribanks
ABOVE RIGHT
Matthew O'Sullivan

valued their community, and they showed it, as living examples of the culture they hoped to inspire in their stores.

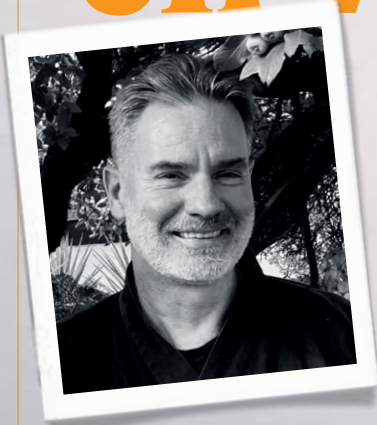
Further than offering so much more to the book-shopping experience, Wordsworth Books has grown with the times, listening to their loyal community of book lovers, and responding with innovations that meant they continued to stand out. Wordsworth was the first book retailer to have a coffee shop attached to its store – visitors to their Waterfront store were now given the chance to look through books at leisure, cuppa Joe in hand. They also established specialty stores for genres such as travel, and their Grand West Casino store did a roaring trade with two very different kinds of customer – those that went for religion and those that preferred erotica!

Although the group changed hands to John O'Sullivan, founder of Bargain Books, in 2011, Andrew and Frieda always kept their finger on the pulse and managed the group with their team to ensure that the core values of Wordsworth Books never faltered.

When Andrew sadly passed in 2019, John appointed Matthew O' Sullivan as general manager of the group. As an involved and enthusiastic leader, Matthew kept the wheels of this dynamic group turning – Wordsworth Books now has 14 stores across the country, as well as an online shop established by head of the online division, Martin Bekker, in 2021.

After 30 years, Wordsworth Books still envelops the warmth it's been known for since the beginning and maintains a strong community of loyal customers and authors. They have and always will continue to sell books the old-fashioned way; by reading them. 

Afskeid en vertrek



Hoewel fiksie, is Johann Rossouw se roman ook 'n oordenking van sy vriendskap met Karel Schoeman.



Waar het hierdie verhaal sy oorsprong?
Wat het jou die pen laat optel?

Dit het heeltemal spontaan ontstaan nadat Karel Schoeman sy lewe op 1 Mei 2017 geneem het. Ofskoon ek en my eertydse leermeester in daardie stadium al vir amper dertig jaar nie meer in gereelde kontak was nie, was die heengaan van die man – en wel op so 'n tragiese wyse – wat my destyds alles geleer het wat ek van die lewe moes weet, vir my 'n verskriklike skok, 'n trauma. Sonder dat ek dit bewustelik besef het toe ek op 15 Mei 2017 aan die teks begin skryf het, het dit my nie net met die skryf van die eerste rou weergawe tot met middel Julie 2017 teen 'n dreigende depressie help beskerm tesame met my stilgebed, swem en meditatiewe klassieke musiek nie, maar by terugblik was die roman 'n verwerking van wat nog verwerk moes word – van destyds tot met sy finale afskeid en vertrek.

'n *Sluitstuk* se doel is om iets af te sluit en te voorkom dat dit uitmekaar val of lostorring. Hoe pas dié idee by jou boek? Die term het verskeie betekenisse in Afrikaans, en nog meer in Schoeman se


Lees 'n uittreksel



Sluitstuk is nou beskikbaar.

moedertaal, Nederlands. Die een wat veral tot my gespreek het, is die laaste steen wat op 'n hoë gebou geplaas word om dit te stabiliseer. In 'n sekere sin, op gevaar daarvan om pretensieus te klink, was die roman die sluitstuk van die gebou wat 'n aanvang begin neem het toe ek en Schoeman destyds by mekaar uitgekome het. En, in sy woorde, hou niks wat begin het ooit op nie. Tegelyk het die motief van die sluitstuk in die roman self 'n baie spesifieke simboliese lading vir elk van die drie hoofkarakters, wat ek hoop ook vir die sensitiewe leser duidelik sal word.

Jy is 'n Ortodokse priester en kontemplasie/oordenking is 'n baie belangrike deel van wie jy is. Vertel meer?

Kontemplasie, altans in die sin van die Ortodokse hesigisme (stilgebed), is nie gelyk aan denke nie, maar (ook na my ervaring) eerder die voorwaarde van helder denke – en van skone skeppendheid. Dit is vir my belangrik om te beklemtoon dat met die skryf en herskryf van *Sluitstuk*, dit intiem gepaardgegaan het met stilgebed, asook met ander kontemplatiewe praktyke soos swem en die luister van wonderskone musiek. 

WAT IS JOU EINDBESTEMMING?

Wat is jou finansiële eindbestemming? As jy nie weet nie, gaan jy nie weet watter paaie om te volg nie. Is dit om ryk te wees? Finansiëel onafhanklik? Aftree op die ouderdom van 50? In hierdie uittreksel uit *Word ryk, bly ryk*, verskaf die outeurs PJ en Geo Botha punte van bespreking vir jou huishouding om te help besluit oor jou eie finansiële reis.



SKULD

Ek praat nou nie van iemand die skuld gee oor iets wat verkeerd geloop het nie. Veel belangriker: Hoeveel skuld sal ons by die banke aangaan? Is skuld aanvaarbaar en wat sal ons alles op skuld koop? Die meeste mense sal skuld aangaan om motors en huise te koop, maar is dit nodig om die maksimum skuld wat die banke ons veroorloof, aan te gaan? Sal ons meubels en klere op skuld koop? As ons skuld het, gaan ons dit so vinnig as moontlik probeer afbetaal of gaan ons die 20 jaar van die huisverband deursien?



UITGAWES

Hoe belangrik is dit vir elkeen in die huishouding om spaarsamig te wees?

BESPARINGSKOERS

As ons besluit het ons gaan spaar, hoeveel gaan ons wegsit? Is dit 'n vaste bedrag of 'n persentasie van ons inkomste?

INKOMSTE

Het ons planne om ons inkomste aan te vul? Gaan ons addisionele werk doen of 'n gedeelte van ons huis uitverhuur?

JOU WELVAARTREIS

- Waarheen is jy op pad? Skryf jou finansiële doelwitte neer. Wees spesifiek en verdeel dit tussen:
 - Korttermyn doelwitte (tot een jaar)
 - Mediumtermyn doelwitte (een tot drie jaar)
 - Langtermyn doelwitte (drie jaar en langer)
- Betrek jou familie by die gesprek. Hou dit lig en ongekompliseerd. Kies 'n aand, maak saam kos en bespreek julle toekomstige doelwitte.
- Is daar sekere faktore wat jou terughou om die doelwitte te bereik? Hoe kan jy die belemmerings verwyder?

FINANSIËLE DOELWITTE

Vir watter spesifieke groot uitgawes moet ons spaar? Universiteitsgeld vir kinders is 'n goeie voorbeeld - lank voor die tyd moet daarvoor gespaar word. Daar kan ook korttermyn doelwitte wees, soos om met vakansie te gaan oor drie jaar. Hoeveel geld benodig ons teen daardie tyd en hoeveel geld gaan ons opsy sit om ons doelwit te bereik?

AFTREEDOELWITTE

Op watter ouderdom wil jy aftree? Hoe moet jou leefstyl lyk wanneer jy aftree? Wil jy as afgetredene oorsee gaan rondreis of wil jy in 'n karavaanpark gaan bly? 🏠



Word ryk, bly ryk is nou beskikbaar.

Sonde met die bure

Almal in die straat is skielik kenners wanneer 'n vrou - wat hulle gedink het haar man liefhet - hom doodskiet. Erla Diedericks oor haar onneersitbare spanningsroman.

Waarom die titel *Salemstraat*?

Tydens die Salem Witch Hunt wat in 1692/3 in Amerika plaasgevind het, is 19 vroue verkeerdelik as 'hekses' verbrand. Ek het spesifiek op Salemstraat besluit weens die heksejagkonotasie, omdat daar so baie "jag" gemaak word op vroue wat mishandel word en dan soms uit noodweer hul mans doodskiet. Daar is baie mense wat nog steeds glo 'n geslaande vrou het daarvoor gesoek. Dit dui ook op die heksejag wat dan in die straat self losbars wanneer die bure begin kant kies tussen Emilee en haar man, ML. Nie almal glo hy was 'n vroueslaner nie, maar daar is weer ander bure met oorgenoeg bewyse dat sy wel geslaan is. Ons leef in 'n patriargale omgewing en die geneigdheid is steeds om die mishandelde vrou op die brandstapel te plaas. Ek kyk egter nie net eensydig na geweld nie, ek kyk na al die aspekte, ook vanuit die man se opsig en ek kyk na al die gate en leemtes wat daar in die regstelsel is wat kan veroorsaak dat die regte boosdoener nie aangekeer word nie.

Verduidelik hoe die hele straat by die gebeure betrek word?


Dis eintlik al die bure wat probeer verstaan wat gebeur het. Daar is 'n paar sleutelfigure in die straat wat agter die kap van die byl

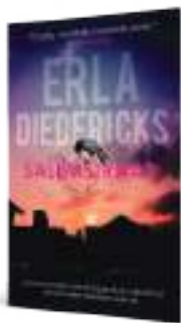
probeer kom en elkeen met hul eie teorieë en ervarings. Daar is die regse Stefaans wat vas glo dat die oorlede ML nooit 'n vrou sou slaan nie; Liz, is Emilee se prokureur en sit met die visuele bewyse van Emilee se aanranding en doktersverslae; die psigiater Dr Ann wat Emilee evalueer en bevind dat sy aan erge post traumatiese stres ly; en dan is daar die minnares wat nie kan glo haar ML sou 'n vrou aanrand nie, maar dan gebeur iets wat haar laat twyfel; en laastens ML se suster wat haar broer ken as iemand wat sal klappe uitdeel, maar net as hy eerste geslaan word.

In kort, waaroor gaan die boek?

Die kompleksiteit van verhoudings, mishandeling, emosioneel en fisies en die skade wat jou kinderdae kan aanrig en hoe 'n gemeenskap dit kan toesmeer en help geheim hou, word hier onder die soeklig geplaas.

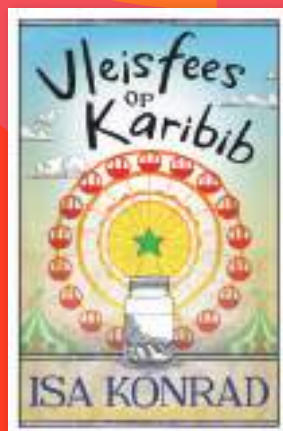
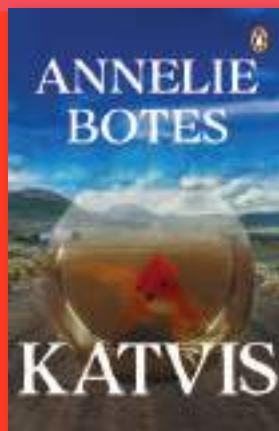
Waarom dink jy sal iemand jou boek wil lees?

Ek skryf nie vir 'n mark nie, ek skryf vir myself. Ek hou van iets wat my aan die raai hou tot die einde, ek hou van onverwagse, maar gelukkige eindes, ek hou van iets wat my uitdaag en anders laat dink oor die lewe, iets wat ek begin en net eenvoudig nie kan neersit tot dit klaar gelees is nie. 



Salemstraat is nou beskikbaar.

Fanaties oor fiksie



#fiksiefans



Penguin
Random House
South Africa



LAPA

AN ARACHNOPHILE'S JOURNEY:

A CAREER SPINNING WEBS OF SPIDER EXPERTISE

Ansie Dippenaar-Schoeman is one of the foremost experts on African spiders. As a professional arachnologist, Ansie has devoted her entire career, spanning more than 55 years, to the study of spiders, and she shares snippets of that prodigious career with us here.



“**M**y love for the natural world began very early on. I grew up on a farm near Bronkhorstspuit and spent much of my time outdoors. Then at high school, I was privileged to have an inspiring Biology teacher. Married with my love for the outdoors, this set the stage for my career in science.

After I'd finished school in 1967, I started working as a technical assistant at the Agricultural Research Council (ARC). Here, I was appointed to a team conducting a five-year termite control project, where I spent two-thirds of the year sampling spiders as part of field work undertaken in the Limpopo, KwaZulu-Natal and Free State provinces. It was fascinating work, but I soon realised that if I wanted to advance my career, I would need to obtain a degree.

I enrolled at UNISA for a BSc degree, with Zoology and Psychology as my main subjects, which I completed in 1971. I then moved on to, what is now, the University of Johannesburg for my postgraduate degrees, which included an MSc thesis on spiders as predators in strawberry beds, and a PhD dealing with a revision of some genera of the crab spider family, Thomisidae, which I obtained in 1981.

ABOVE Rhene lingularis male

72

South Africa's rich fauna includes 72 spider families and 2,270 species that are presently known, but many more species await description.

During my studies, having recognised the lack of information on arachnids in South Africa, I used every opportunity to broaden my research interests. Much of my research focused on spider diversity and the role they play in agroecosystems as biological control agents. This involved doing surveys at various orchards (avocado, macadamia, pistachio, citrus and vineyards) and cultivated crops (particularly cotton, maize and vegetable crops), and culminated in a review paper published in 2013 on spider biodiversity in South African agroecosystems, in which several agrobiont species were identified. This meant that, for the first time, we were able to market spiders to farmers as 'their best friends'.

In 1972, I was responsible for developing the National Collection of Arachnida (NCA) at the ARC. The first records were the specimens sampled during the five-year termite control project that I briefly worked on at the start of my career. As curator of the NCA, I helped to develop a database to eventually house the more than 200 000 specimens. The NCA represents by far the largest arachnid collection on the continent and one of the largest collections of African spiders in the world.



Many years later, I had the pleasure of working with Dr Rudy Jocqué of Belgium. Together, we published two major arachnological textbooks: *African Spiders: An Identification Manual* in 1997, and *Spider Families of the World* in 2006.

African Spiders was ground-breaking. The book collated information on all the spider families of the Afrotropical Region and included identification keys to the families and diagnostic characters, lists of genera, and discussions of the natural and taxonomic history of each family. *Spider Families of the World* provided a complete synopsis of global spider family diversity, identification keys, and diagnostic and descriptive characteristics for each family.

The same year *African Spiders* was published, the South African National Survey of Arachnida (SANSA) was formed by local arachnologists with the aim of collecting, describing and documenting the arachnid fauna of the country. As project manager, I was responsible for directing and executing field surveys, sorting and identifying material from surveys and museum collections, capturing specimens on our database, and ensuring the effective extraction of archived information.

In 2006, I was able to secure funding

ABOVE CLOCKWISE
TOP LEFT Garden Orb web Spider, Flower Crab Spider, Hogsback Jumping Spider, Renivulvatus Button Spider
BOTTOM RIGHT Synema imitatrix female



Field Guide to the Spiders of South Africa is out now.

from the South African National Biodiversity Institute (SANBI) for SANSA, through the Norwegian Development Agency. This funding was invaluable in helping us produce the important 2006 summary document, the 'First Atlas of the Spiders of South Africa', which provided detailed locality records for more than two thousand species, with distribution map for each species; and in 2020, to provide the first Red List for spiders in the country.

SANSA allows us the platform to educate those interested in spiders, scorpions and other arachnids and promote them to scientists, naturalists, amateur collectors and postgraduate university students alike. We also send out newsletters, posters and species pages, and present a series of radio talks, field guides and identifications workshops. The result is more than 300 papers published, that cover subjects such as biodiversity, conservation, ecology, taxonomy and predatory behaviour of spiders.

SANSA also provides an identification service to photographers. The digital camera and macro photography has opened up a whole new world to science, and footage of intricate webs and interesting behaviour of spiders have resulted in renewed interest.

South Africa's rich fauna includes 72 spider families and 2,270 species that are presently known, but many more species await description. Almost 60 percent of all species are endemic to South Africa and another 18 percent to southern Africa. It is impossible to capture all these species in one book, so in *Field Guide to Spiders of South Africa*, representative genera and species have been chosen to give the reader an overview and to enable the identification of the more common spiders encountered in the field and in and around the house. I hope the book will encourage people to observe spiders and photographers to document our spider fauna so that one day, we will be lucky enough to a footage of every species in the country." 📷



EASY HIKES

IN & AROUND CAPE TOWN

Taken from *Hiking Beyond Cape Town* by Willie Olivier and Nina du Plessis, these easy hikes make for a fun day trip, giving you the chance to soak in your surroundings as only hiking can.



WELGEMOED: Golden Mole Trail

Distance/Duration 5km, circular/1-2 hours

Tygerberg Nature Reserve lies in the northern suburbs of Cape Town, overlooking Table Mountain and the surrounding area. Surrounded by the urban sprawl of Parow and Bellville, this relatively small reserve protects one of the last and largest remnants of the critically endangered Swartland Shale Renosterveld. The reserve is a refuge for a variety of small mammals, including the Cape golden mole (*Cryptochloris asiatica*) after which the trail has been named.

The Golden Mole Trail gently meanders through some unspoilt Renosterveld. Make

ABOVE Palmiet

your way to the picnic area. Here you can take a break and enjoy the beautiful views of Table Mountain, Robben Island and Table Bay. Once you have caught your breath and taken in some great views, make your way back onto the trail which will take you on a leisurely stroll towards the tarred Watsonia Road. You can now either make your way back to the start along Watsonia Road and the Tortoise Trail, which branches off to your right, or take a detour to the lookout point where you will be able to see the cannon placed there as part of an early military warning system. From the lookout point you have a 360-degree view of Cape Town, Table Bay, False Bay and the surrounding areas.

REMEMBER Each person should carry at least two litres of water on a hike. Cloudy weather and rain can set in rapidly, especially during the winter months, so be prepared. Extremely high temperatures are common from November to March and hiking should commence early. A sunhat and sturdy hiking shoes are essential.



HELDERBERG: Klipspringer Trail

Distance/Duration 4.5km, circular/2 hours

Even though the reserve is situated near various coastal resorts, it has healthy populations of birds and small mammals. The mammals include common duiker, Cape hare, red rock rabbit, Cape clawless otter, small grey mongoose, baboon, caracal, the shy Cape leopard and the klipspringer, after which the trail has been named. The area is also home to six fynbos-endemic bird species, namely the orangebreasted sunbird, protea canary, Cape rockjumper, Cape sugarbird, Victorin's warbler and Cape siskin. A breeding pair of Verreaux's eagles has also been spotted in the area in recent years.

The trail heads in the general direction of a kloof and it is an easy walk, allowing ample time to marvel at the magnificent views of Kogelberg Peak and False Bay around you. During spring and early summer you will find an abundance of wildflowers, including large patches of pink pelargoniums, with their characteristic aromatic fragrance. The trail then begins to wind downwards as you make your way through some wetlands along the river.

ABOVE
Klipspringer Trail
BELOW RIGHT
Elsie's Peak,
False Bay



Hiking Beyond Cape Town is out now.

BETTY'S BAY: Leopard's Kloof Trail

Distance/Duration 2.7km out and return/
2 hours

Set between the mountain and the ocean, the 200ha Harold Porter National Botanical Garden nestles in the heart of Betty's Bay. The secluded garden is almost invisible from Clarence Drive (R44), but just a short walk from the entrance gate lies a magical kloof that holds much beauty and tranquillity. As the name suggests, Leopard's Kloof is named after the shy and elusive cat. Count yourself lucky, though, if you chance upon one, as happened to a hiker in January 2020.

The terrain is rocky but relatively level. Log stairs make for easy going as the trail slowly winds up to the gate. After you have passed through the gate the indigenous forest on your right invites you to immerse yourself in the sea of green before you, while Elephant Rock Mountain (655m), named for its resemblance to the large mammal, watches over you.

You will pass various amber coloured mountain pools with two beautiful waterfalls before reaching the top waterfall. If you visit the falls between December and January, you may be lucky enough to find the red disa (*Disa uniflora*) flowering high up on the moss-covered rocks and sheer cliffs above the pool. Sit down on the rocks alongside the waterfall, catch your breath and enjoy the tranquillity of the lush green kloof and the running water for a while. 📷

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FIND PURPOSE, MEANING AND JOY IN YOUR WORK AND LIFE

We all have an *ikigai*. It's the Japanese word for 'a reason to live'. The place where your needs, ambitions, skills and satisfaction meet. A place of balance. From authors Héctor García and Francesc Miralles comes a book that will help you unlock what your *ikigai* is and equip you to change your life.

“This book first came into being on a rainy night in Tokyo, when its authors sat down together for the first time in one of the city's tiny bars.

We had read each other's work but had never met, thanks to the thousands of miles that separate Barcelona from the capital of Japan. Then a mutual acquaintance put us in touch, launching a friendship that led to this project and seems destined to last a lifetime.

The next time we got together, a year later, we strolled through a park in downtown Tokyo and ended up talking about trends in

Western psychology, specifically logotherapy, which helps people find their purpose in life.

We remarked that Viktor Frankl's logotherapy had gone out of fashion among practicing therapists, who favoured other schools of psychology, though people still search for meaning in what they do and how they live. We ask ourselves things like, *What is the meaning of my life? Is the point just to live longer, or should I seek a higher purpose? Why do some people know what they want and have a passion for life, while others languish in confusion?*

At some point in our conversation, the mysterious word *ikigai* came up.

This Japanese concept, which translates roughly as ‘the happiness of always being busy’ is like logotherapy, but it goes a step beyond. It also seems to be one way of explaining the extraordinary longevity of the Japanese, especially on the island of Okinawa, where there are 24.55 people over the age of 100 for every 100,000 inhabitants – far more than the global average.

Those who study why the inhabitants of this island in the south of Japan live longer than people anywhere else in the world believe that one of the keys – in addition to a healthful diet, a simple life in the outdoors, green tea, and the subtropical climate (its average temperature is like that of Hawaii) – is the *ikigai* that shapes their lives.

While researching this concept, we discovered that not a single book in the fields of psychology or personal development is dedicated to bringing this philosophy to the West.

Is *ikigai* the reason there are more centenarians in Okinawa than anywhere else? How does it inspire people to stay active until the very end? What is the secret to a long and happy life?

As we explored the matter further, we discovered that one place in particular, Ogimi, a rural town on the north end of the island with a population of three thousand, boasts the highest life expectancy in the world – a fact that has earned it the nickname the Village of Longevity.

Okinawa is where most of Japan’s *shikuwasa* – a lime-like fruit that packs an extraordinary antioxidant punch – comes from. Could that be Ogimi’s secret to long life? Or is it the purity of the water used to brew its Moringa tea?

We decided to go study the secrets of the Japanese centenarians in person. After a year of preliminary research we arrived in the village – where residents speak an ancient dialect and practice an animist religion that features long-haired forest sprites called *bunagaya* – with our cameras and recording devices in hand. As soon as we arrived, we could sense the incredible friendliness of its residents, who laughed and joked incessantly

Is *ikigai* the reason there are more centenarians in Okinawa than anywhere else?



Extracted from *Ikigai*, out now

amid lush green hills fed by crystalline waters.

As we conducted our interviews with the eldest residents of the town, we realised that something far more powerful than just these natural resources was at work: an uncommon joy flows from its inhabitants and guides them through the long and pleasurable journey of their lives.

Again, the mysterious *ikigai*.

But what is it, exactly? How do you get it?

It never ceased to surprise us that this haven of nearly eternal life was located precisely in Okinawa, where two hundred thousand innocent lives were lost at the end of World War II. Rather than harbor animosity toward outsiders, however, Okinawans live by the principle of *ichariba chode*, a local expression that means ‘treat everyone like a brother, even if you’ve never met them before.’

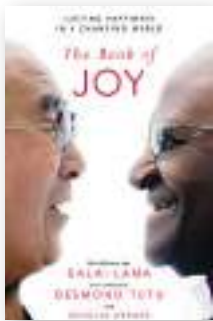
It turns out that one of the secrets to happiness of Ogimi’s residents is feeling like part of a community. From an early age they practice *yuimaaru*, or teamwork, and so are used to helping one another.

Nurturing friendships, eating light, getting enough rest, and doing regular, moderate exercise are all part of the equation of good health, but at the heart of the *joie de vivre* that inspires these centenarians to keep celebrating birthdays and cherishing each new day is their *ikigai*.

The purpose of this book is to bring the secrets of Japan’s centenarians to you and give you the tools to find your own *ikigai*.

Because those who discover their *ikigai* have everything they need for a long and joyful journey through life. 📖





The Book of Joy by Dalai Lama & Desmond Tutu

Nobel Peace Prize Laureates His Holiness the Dalai Lama and Archbishop Desmond Tutu have survived more than fifty years of exile and the soul-crushing violence of oppression. Despite their hardships - or, as they would say, because of them - they are two of the most joyful people on the planet. This book offers us a rare opportunity to experience their conversations and insights from a week spent together.

You Can Heal Your Life by Louise Hay

In this inspirational work, world-renowned teacher Louise Hay offers profound insight into the relationship between the mind and the body. Exploring the way that limiting thoughts and ideas control and constrict us, she offers us a powerful key to understanding the roots of our physical diseases and discomforts. This practical self-help guide will change the way you think forever!



The Things You Can See Only When You Slow Down by Haemin Sunim

The world moves fast, but that doesn't mean we have to. In this timely guide to mindfulness, Haemin Sunim, a Buddhist monk born in Korea and educated in the United States, offers advice on everything from handling setbacks to dealing with rest and relationships, in a beautiful book combining his teachings with calming full-colour illustrations.

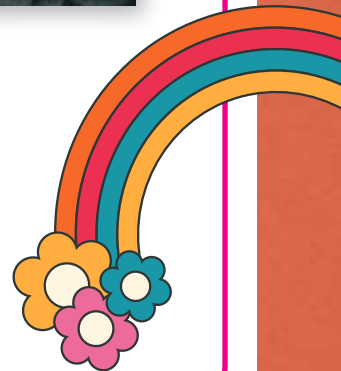
Man's Search for Meaning by Viktor E Frankl

A psychiatrist before the war, Frankl was uniquely able to observe the way that he and other inmates coped with the experience of being in Auschwitz. He noticed that it was the men who comforted others and who gave away their last piece of bread who survived the longest - and who offered proof that everything can be taken away from us except the ability to choose our attitude in any given set of circumstances.



The Body Keeps the Score by Bessel van der Kolk

A leading psychiatrist presents a sympathetic exploration of the causes of trauma and the new treatments making it possible for sufferers to reclaim their lives. With stories of his own work and those of specialists around the globe, *The Body Keeps the Score* sheds new light on the routes away from trauma - which lie in the regulation and syncing of body and mind, using sport, drama, yoga, mindfulness, meditation and other routes to equilibrium. **12**



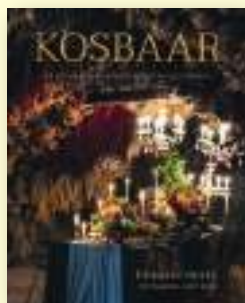
LOCAL IS LEKKER

From a nod to South Africa's seven-colour meal and a cookbook to feed your soul as well as your body, to recipes rich with memories, and others to help improve your health and wellbeing, this is local cookery at its best.



Simply Seven Colours by Zola Nene

In *Simply Seven Colours*, Zola gives praise to the uniquely South African seven-colour concept with a selection of more simply delicious recipes that tap into the heart of our food nostalgia, with a focus on going back to basics. This book is sure to bring you more simply delicious joy.



Kosbaar by Elmarie Berry

Kosbaar is Elmarie Berry se eerste kookboek hoewel sy reeds sedert 2015 'n bekende kosblogsrywer is. Haar hartsbegeerte is om 'n boek uit te gee wat jou siel sal voed en waarmee jy in jou kombuis met jou nabye vriende en familie herinneringe kan skip.



My Station Street Kitchen by Mynhardt Joubert

Mynhardt infuses everything he does with his enthusiasm, exuberance and love of food that incorporates his life experiences, from his childhood on a farm in the Eastern Free State to his travels around the world and throughout South Africa.



Thrive by Nicci Robertson

Struggles with weight, nutrition-related health issues and low self-esteem can result in food being condemned as an 'enemy', to be conquered at all cost. Nicci Robertson understands, and she uses her personal experience to guide readers towards improved health and wellbeing.



WIN! The four cookbooks featured here, plus loads of other goodies for foodies is up for grabs to one lucky winner. The hamper is valued at R4 500, and consists of an apron and Flavourbomb spice from Zola Nene; Elmarie Berry's famous spice blends, turmeric and chai spice, a labneh bag and Limited Edition 1l Extra Virgin Olive Oil; a fruit cake and bottle of KWV Cathedral Cellar from Mynhardt Joubert; and a one-hour nutritional consultation with Nicci Robertson and Re-Invent Health. To enter, scan the code using your phone camera, or visit www.penguinrandomhouse.co.za/competitions. Ts & Cs apply. Entries close 15 September 2023.

Elmarie Berry RE-INVENT Health

Recipes from these and other great cookbooks over here



MEATBALLS

TWO WAYS

They're meaty, they're saucy and they won't let you down. We're talking about meatballs, of course. Prepare them Moroccan-style, or as an Italian-inspired dish with these irresistible recipes from Vickie de Beer's new cookbook, *Clever Cooking*.

Basic Meatball Mixture

"In order to reduce the carb count, I don't add breadcrumbs to meatballs. Adding a little bicarbonate of soda ensures a looser texture and helps the meat to brown more quickly."

2 onions, peeled and finely chopped
4 cloves garlic, peeled and finely chopped
3 anchovy fillets, chopped
1 jalapeño chilli, finely chopped
1 Tbsp Dijon mustard
1 Tbsp fennel seeds
1 cup finely grated Parmesan or hard cheese
Grated zest of 1 lemon
1 kg pork mince
1 kg beef mince
Salt to taste
2 eggs
½ cup (125 ml) full-cream plain yoghurt
4 Tbsp water
2 tsp lemon juice
2 tsp bicarbonate of soda
Olive oil, for cooking

Place the onions, garlic, anchovies, jalapeño chilli, mustard, fennel seeds, grated Parmesan and lemon zest in a large bowl. Add the mince

in batches, alternating the beef and pork mince and combining it with the onion mixture before adding the next batch. Season with salt as you go.

Stir in the eggs and yoghurt until combined (the mixture should be quite firm at this stage).

In a separate bowl, whisk together the water, lemon juice and bicarbonate of soda, and pour over the meat mixture. Using your hands, gently mix everything until thoroughly combined, then continue massaging for another 2-3 minutes, until the mixture is firm enough to shape.

Cover the bowl and refrigerate for at least 1 hour, or overnight, to allow the flavours to come together. Using wet hands, shape small meatballs (about the size of a pingpong ball). If using immediately, heat some olive oil in a pan and brown the meatballs on all sides, 2-3 minutes (do this in batches).

To freeze the cooked meatballs, allow to cool completely before

MAKES
± 50
meatballs
(± 40 g each)



packing into resealable bags or containers. To freeze uncooked meatballs, spread them on a baking tray and freeze until solid before placing in resealable bags or suitable freezer containers. (To prevent sticking, place baking paper or greaseproof paper between each layer of meatballs.) Before using, allow them to thaw completely.

Moroccan Meatballs

2 Tbsp olive oil
 24 uncooked Basic Meatballs
 1 large onion, peeled and finely chopped
 1½ Tbsp Moroccan Paste (see Notes)
 2 cloves garlic, peeled and finely chopped
 2 tsp ground cumin
 ½ tsp chilli flakes, optional
 1 cup (250 ml) Tomato Cook-in Sauce (see Notes)
 1 can (400 g) chickpeas, drained and rinsed
 ½ cup (125 ml) full-cream plain yoghurt
 100 g feta cheese, crumbled
 Coriander leaves, for garnish
 40 g lightly toasted flaked almonds, optional

MAKES
4 portions



Heat half the olive oil in a pan and brown the meatballs well on all sides (± 2-3 minutes; do this in batches if necessary). Set aside.

Add the remaining oil to the pan and fry the onion for 4-5 minutes, until golden and softened. Stir in the Moroccan Paste, garlic, cumin and chilli flakes (if using), and cook for 1 minute, until fragrant.

Add the tomato sauce or whole tomatoes and chickpeas. Simmer

for 15-20 minutes, stirring occasionally, until you have a thick sauce.

Place the meatballs in the sauce (along with any pan juices). Cover the pan and simmer for 10 minutes, until they are cooked through.

Remove from the heat. Spoon over the yoghurt and top with the crumbled feta. Garnish with coriander and toasted almonds,

if using. Serve immediately with buttered cauli rice or couscous.

NOTES

Instead of homemade Moroccan Paste, use 2 Tbsp store-bought harissa paste.

Replace homemade Tomato Cook-in Sauce with 1 can (400 g) whole peeled tomatoes (crushed with your hands or a fork, along with the juice from the can).

Moroccan Paste

MAKES
12 frozen cubes

2 red peppers
 2 Tbsp ground cumin
 2 Tbsp ground coriander
 2 Tbsp sweet paprika
 1 Tbsp ground cinnamon
 1 Tbsp ground allspice
 2 tsp smoked paprika
 3 Tbsp tomato paste

1 Tbsp erythritol or honey
 6 cm fresh ginger, peeled and finely chopped
 3 cloves garlic, peeled and finely chopped
 6 soft-dried apricots
 ½ tsp salt

Place the whole peppers in a roasting pan and roast in a

preheated oven at 200°C for 25-30 minutes, until blistered and soft. Set aside until completely cool before removing the skin and seeds. Chop roughly and place in a food processor along with the rest of the ingredients. Process until smooth, then taste and add more salt if necessary. Spoon into a small resealable bag and store in the fridge for up to 5 days, or freeze in an ice-cube tray (± 2 Tbsp per cube).

Baked Brinjals with Meatballs

“Brinjals take the place of bread in these low-carb meatball ‘subs’, which are finished off with a deliciously creamy cheese topping.”

6 medium brinjals
Salt to taste
4 Tbsp olive oil
24-30 uncooked Basic Meatballs
2 cups (500 ml) Tomato Cook-in Sauce
(see Note)
100 g Parmesan, finely grated
125 g mascarpone cheese
8-12 slices mozzarella cheese
Basil leaves, for garnish

To prepare the brinjals, halve them lengthways and lightly score the flesh. Season with salt and leave to stand for 10 minutes to extract any moisture, then pat dry with paper towel. Place on a baking tray and drizzle with 2 Tbsp olive oil. Bake in a preheated oven at 200°C for 20 minutes, until cooked but not completely soft.

While the brinjals are baking, heat the remaining olive oil in a pan over medium-high heat and brown the meatballs well on all sides (± 2-3 minutes). Do this in batches if necessary.

Return all the meatballs to the pan. Pour over the tomato sauce or passata, lower the heat and simmer for 5 minutes, until the meatballs are cooked through and the sauce has thickened.

Place the brinjals in an ovenproof dish and sprinkle with half the grated Parmesan. Top each brinjal with 2-3 spoonfuls of the meatball mixture, 1 spoonful of mascarpone,

MAKES
4-6
portions



1-2 slices of mozzarella and the rest of the Parmesan. Bake at 200°C for 10-12 minutes, until the cheese is melted. Top with basil leaves and serve immediately, with a green salad.

NOTES

Instead of homemade Tomato Cook-in Sauce, use 2 cups (500 ml) store-bought passata (Italian tomato sauce).



MAKES
4 jars
(± 500 ml
each)

Tomato Cook-In Sauce

“Using different types of tomatoes creates a delicious sauce.”

6 large, ripe tomatoes
3 sprigs rosemary
3 sprigs thyme
2 dried bay leaves
4 Tbsp (½ cup) olive oil, divided
2 tsp salt flakes or sea salt
3 cloves garlic, peeled and finely chopped
3 anchovy fillets, chopped
1 onion, peeled and finely chopped
4 small celery sticks, roughly chopped
2 carrots, peeled and roughly chopped
4 Tbsp tomato paste
1 can (400 g) Italian chopped tomatoes with juice

1 bottle (750 ml) Italian tomato passata
1 cup (250 ml) red wine or Chicken Broth
1 bouquet garni
Salt to taste
½ cup fresh basil leaves, chopped

Place the tomatoes in an oven tray with the rosemary, thyme and bay leaves. Drizzle with 2 Tbsp olive oil and season with salt. Roast in a preheated oven at 200°C for 30 minutes or until the tomatoes start to blister.

While the tomatoes are roasting, heat 2 Tbsp olive oil in a large saucepan over medium heat. Add the garlic, anchovies, onion,

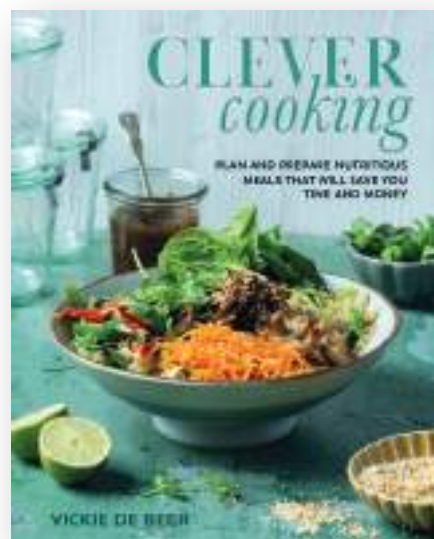
celery and carrots and cook, stirring occasionally, for 5 minutes until soft. Stir in the tomato paste, then add the chopped tomatoes, tomato passata, red wine or chicken broth and the bouquet garni. Stir to combine, then reduce the heat to low and simmer for 30 minutes.

Remove the roasted tomatoes from the oven. (Discard the herbs, bouquet garni and any stems.) Add the tomatoes to the sauce, along with any pan juices, gently squashing them with a fork. Cook for 15 minutes, until the sauce is thick and flavourful. Season to taste and stir in the basil. Set aside until cool before spooning into jars or resealable bags. Cool completely and store in the fridge for up to 4 days, or in the freezer.

NOTES

To make a bouquet garni, tie together 4 sprigs fresh thyme, 2 sprigs fresh rosemary and 2 fresh bay leaves.

Italian tomatoes contain less sugar and additives than regular canned tomatoes. 🍅



Clever Cooking by Vickie de Beer hits shelves in August.



On my mind

MASTERING THE ART OF TRADING

Trading, the practice of buying and selling financial instruments, has long been known as a double-edged sword for aspiring or new traders. Robert J. van Eyden, CEO of financial institution, IG South Africa, and author of *Badass Trader*, explores the intricacies of trading, shedding light on why it is considered both difficult and easy to make money through this art.

“Trading is a highly demanding discipline, requiring a deep understanding of market dynamics, technical analysis, and effective risk management. Even the most experienced traders can find themselves overwhelmed by the complexities of analysing charts, interpreting market indicators, and identifying profitable opportunities. Moreover, the ever-evolving nature of financial markets introduces an element of uncertainty, making it essential to remain adaptable and resilient. In short, trading is a formidable challenge that demands expertise, discipline, and a commitment to continuous learning.

Trading is not just about overcoming technical challenges; it's also about winning the psychological battle. The emotions of fear, greed, and impatience can often cloud a trader's judgment, leading to impulsive decision-making and irrational behaviour. The key to success in trading is being able to control these emotions and maintain discipline even in the face of market fluctuations. Achieving this requires a high level of self-awareness and mental fortitude.

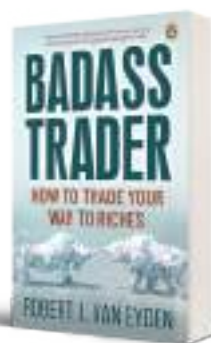
Trading can be challenging but also presents an opportunity for financial gain. By leveraging the volatility and liquidity of financial markets, traders can generate substantial profits. With the right combination of knowledge, skills, and mindset, traders can identify trends, capitalise on price movements, and achieve financial independence. Don't let

“Don't let the challenges of trading deter you from the potential rewards that await.”

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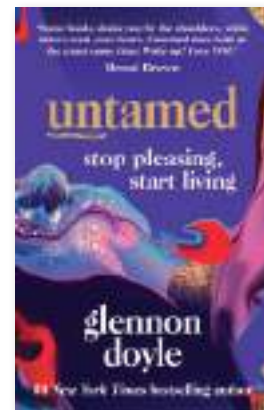
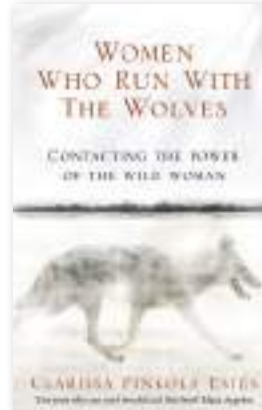
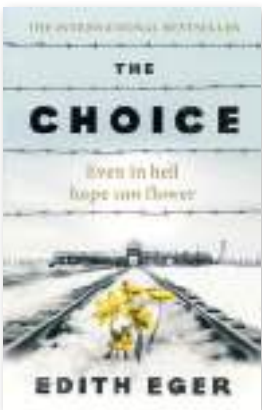
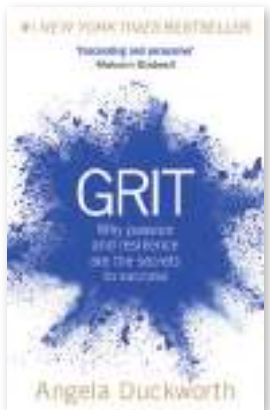
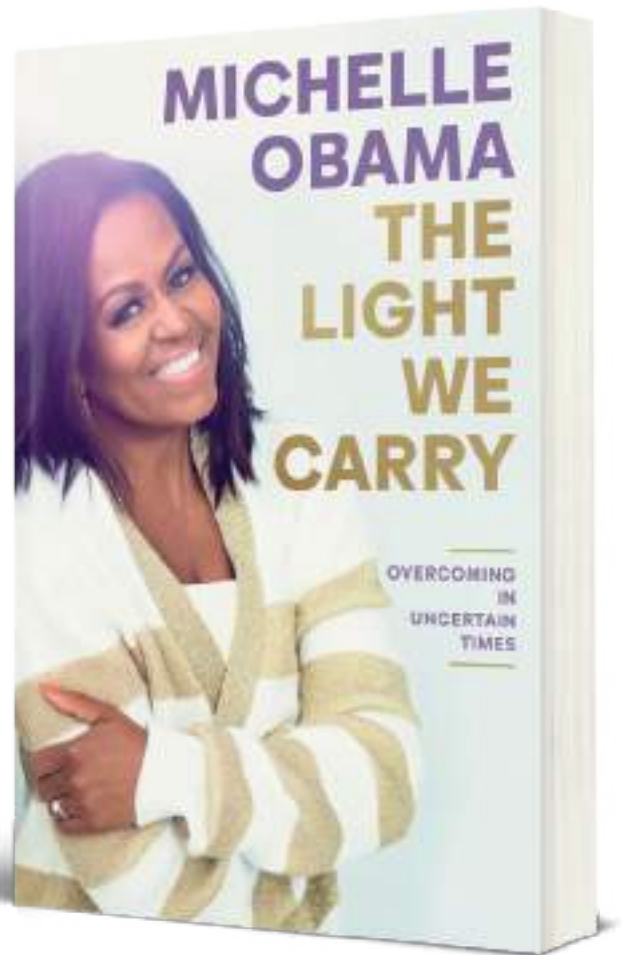
Navigating the complex trading world requires traders to develop essential habits and strategies. Education and continuous learning play a crucial role in achieving success. The most accomplished traders invest significant time and effort in expanding their knowledge base, studying market dynamics, and refining their trading techniques. They recognise that learning is a lifelong process and welcome the opportunity to keep up with the latest trends. Discipline is the foundation of trading success. A well-defined trading plan that includes entry and exit strategies, risk management protocols, and trade execution guidelines is essential. Adhering to the plan meticulously, even in the face of difficulty or tempting opportunities, enables traders to stay focused and objective.

In conclusion, trading represents a unique blend of difficulty and opportunity, making it both the hardest and easiest way to make money. While it presents formidable challenges, including complex market dynamics and psychological hurdles, it also offers the potential for substantial financial gains. Traders who acquire the necessary knowledge, discipline, and risk management skills can navigate the complexities of trading and reap the rewards. It is a journey that requires dedication, continuous learning, and a resilient mindset. With its blend of challenges and rewards, trading remains an enticing pursuit for those who dare to embark on the path to financial prosperity.”



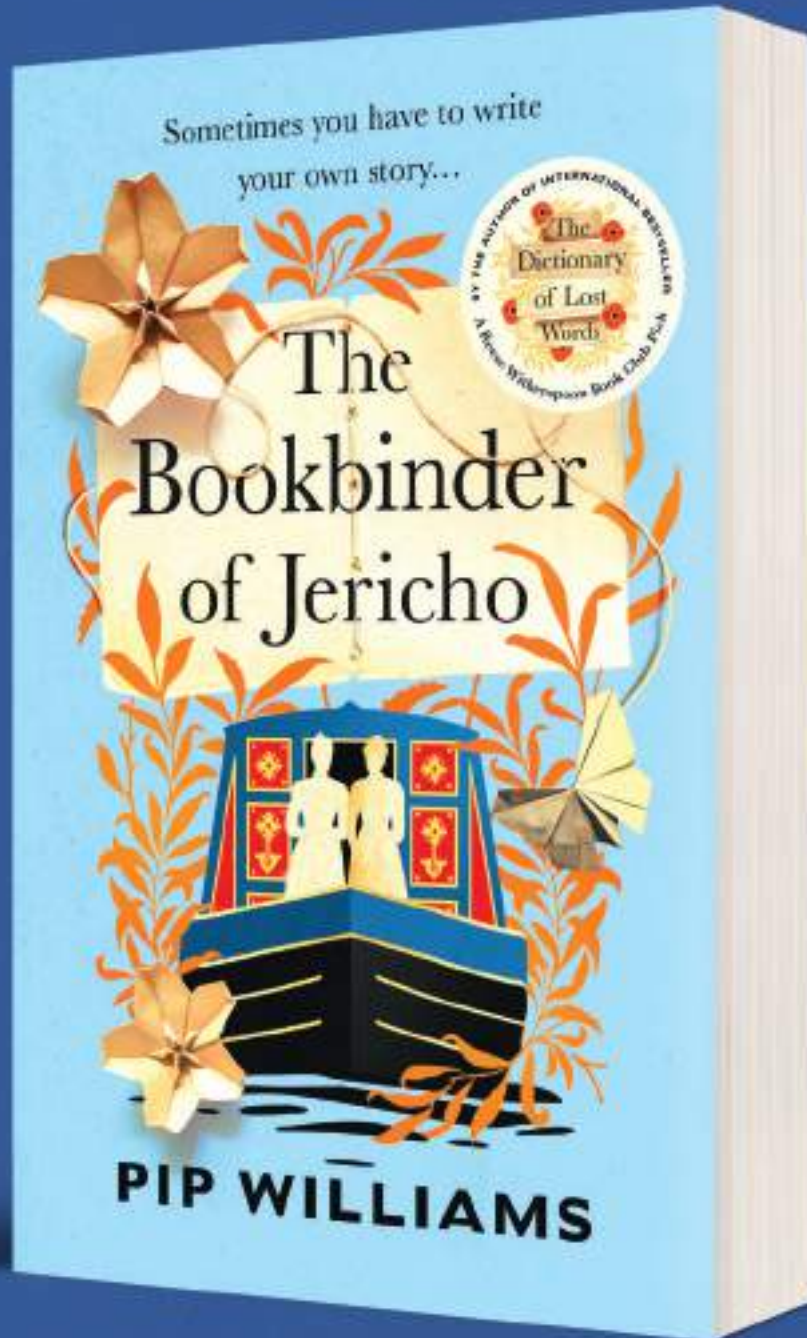
Badass Trader is out now.

Her words, our inspiration





The exquisite new novel from the
New York Times bestselling author of
The Dictionary of Lost Words



OUT NOW