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you

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*Suiker
hardloop
deur
Masterchef
Thys se are*

Sarah-Kate Scott

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Brits - Hartbeespoort - Rustenburg

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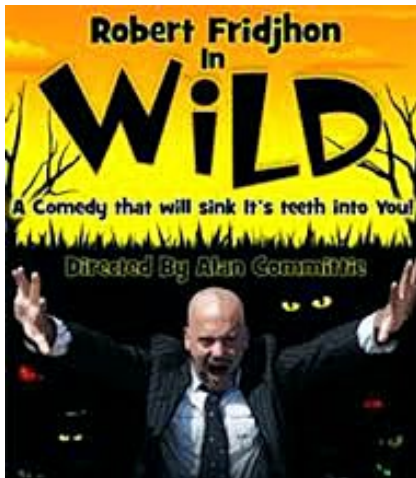


18



Out & About

Pencil these events into your July diary now!



1 Multi-award breaking Robert returns to the stand-up comedy fold after a long sabbatical in theatre, working with herds of actors. At Montecasino Theatre, Fourways, until 3 August.



4 Acclaimed South African comedy legend Barry Hilton on stage in his new show, The Way I See It, at Silverstar Casino. His face and physical movements are as funny as his repartee and he'll have you rolling in the aisles. The show starts at 20:00 and doors open at 19:30. Tickets R150 per person.



6 Old Mutual Music in the Pretoria Botanical Gardens with Johnny Clegg. Pack the picnic baskets and get your friends together for a great musical experience in a beautiful setting. With Johnny Clegg, Gates open at 11:00 and the opening act, Shortstraw, is on at 13:00 and the main act from 15:00. Tickets are R100 online or R120 at the gate.



4 en 05 Die gewilde en inspirerende troebadoer, Mathys Roets, tree by die Tarentaalteater in Rustenburg op. Deur sy loopbaan het Mathys bekendheid verwerf vir sy sielvolle vertolkings van die wêreld se mooiste ballades, veral die musiek van Leonard Cohen, Roger Whittaker en Neil Diamond, maar hy sing ook oorspronklike Afrikaanse treffers. R150 per persoon. Kontak Michele by 079 341 3420 of Anita by 082 782 3019 .

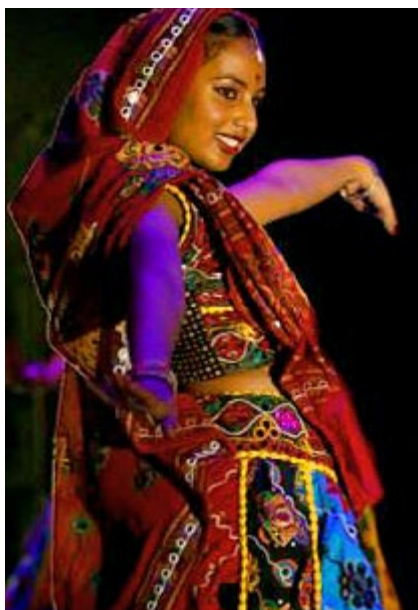


11 Beeskraal, wat al verskeie trefferalbums uitgereik het, gaan die Tarentaalteater rock in Afrikaans. R100 per persoon Kontak Michele by 079 341 3420 of michele@tarentaalteater.co.za, Anita by 082 782 3019 of anita@tarentaalteater.co.za of Chris op 082 417 6873 of chris@tarentaalteater.co.za.

If you have a date for the Get It diary page, email the info at least a month in advance to info@getitplatinum.co.za or fax 012-259-0986



10 REIK NA DIE STERRE - DIE MUSICAL open in die Opera by Staatsteater. Met splinternuwe verwerkings van ou bekende liedjies soos Ek Reik Na Die Sterre, Ruiters Van Die Windjie, Fight For Love en Was Ek Maar 'n Digter word die liefdesverhaal van Stefan (Willem Botha) en Jana (Kristen Raath) vertel. 'n Asemrowende stel, fantastiese teaterontwerp en choreografie op internasionale standaard sal verseker dat Reik Na Die Sterre Die Musical die grootste gebeurtenis in 2014 is. Speelvak tot 3 Augustus. Kaartjies R250 by Computicket.



12 After a superbly successful, sold-out performance at the Artscape Theatre, Cape Town, Vadhini Indian Arts Academy is coming to The South African State Theatre, Pretoria. Book at Computicket.



14 Dr PG du Plessis, beroemde en bekroonde dramaturg, draaiboek- en romanskrywer, storieverteller, en volks-ikoon, vier op 14 Julie sy 80ste verjaarsdag. Daar moet dus konsert gehou en feesgevier word! Hiervoor kom van PG se gunstelingakteurs en musikante bymekaar: Sandra Prinsloo en Marius Weyers, natuurlik. en Frank Opperman, Elize Cawood en Deon Lotz daag op as Skroef, Han en Toffie – die hoofkarakters in Du Plessis se nuwe TV-reeks, Pandjieswinkelstories, wat vanaf 15 Julie op kykNET uitgesaai word. Christo Davids (wat in 2015 se weergawe van Siener in die Suburbs gaan speel) maak sy verskyning, asook Alexa Strachan om die orde te probeer handhaaf. Die musiek word hanteer deur maestro Matthys Maree, saam met wie Du Plessis tans aan "Legende van die Lokvoël", 'n musiekblyspel, werk. Ook met Anna Davel, Richard van der Westhuizen en Pietman Geldenhuys. Stof die kispak af, trek die partytjieskoene aan, en moenie hierdie aand misloop nie! Atterbury Teater, Lynnwood, Pretoria. KAARTJIES: Ry A-K: R250.00; Ry M-Q en galery: R200.00 Vir besprekings en navrae kontak 012 471 1700



24 Mating Birds, starring Sputla Sebogodi and Martin Le Maitre. Very soon now, all this will be over. Ashes to ashes, dust to dust, the priest will intone. I am grateful for one thing, prison after all is not so bad when you are to hang. Much better this isolation, this quarantine which is like the waiting at a small railway station, before the start of a long journey then plucked from the bosom of family and friends and then dispatched to the scaffold. The outside world is a shadow without reality, a patch of blue sky seen through the bars of a prison window, a slash of sunshine caught suddenly in the unnatural silence of a working day, or a swath of moon beam penetrating into a darkened cell through the high window grille at night. The world is a rumour of trains arriving and departing, of ships honking in the black harbour of voices, laughter and a sudden blast. Written and directed by Mpho J Molepo. until 17 August at the State Theatre, Pretoria.



26 The Chace Contemporary Dance Studio in Hartbeespoort has its first show in the Skeerpoort Church Hall. For more information, contact Tamra on 082 886 3571.

Review



LISTEN THE BLACK KEYS

We really can't stop. We've tried ... and tried. But we've got **The Black Keys'** new album, *Turns Blue*, on repeat and have given up all intention of switching it off. It's just that good! There are plenty of road-rock riffs, and tracks like *Waiting on Words*, *Weight of Love* and *Gotta Get Away* are the highlights on the album.



WATCH SAVING MR BANKS

Mary Poppins, an all-time favourite Disney classic, almost didn't make it to the big screen ... yes really! And **Saving Mr. Banks** is the extraordinary, untold story of how Walt Disney (Tom Hanks) in his quest to obtain the rights, comes up against curmudgeonly, uncompromising writer PL Travers (Emma Thompson), who has absolutely no intention of letting her beloved magical nanny get mauled by the Hollywood machine. This one's an unexpected gem, witty, warm-hearted and so worth staying home for.



Don't miss it!

WATCH THE INVISIBLE WOMAN

Charles Dickens had a secret lover until his death ... huh, who knew! In **The Invisible Woman** Nelly (Felicity Jones), a happily married mother and schoolteacher, is haunted by her past. Her memories, provoked by remorse and guilt, take us back in time to follow the story of her relationship with Charles Dickens (Ralph Fiennes). As Nelly becomes the focus of Dickens's passion and his muse, for both of them secrecy is the price – and for Nelly, a life of invisibility. (*Opens 4 July*).

READ REALLY SCARY STUFF

You have to time reading a Mo Hayder thriller really well. Not when you're at home alone and there's a storm brewing! **Wolf** is set in an isolated hilltop house (well of course it is!) ... and is scary as all hell! David Baldacci's **The Target** is another book that will get the blood pumping. A game of cat and mouse between two government agents and a killer who was raised in the hellish, infamous Yodok Camp ... and fears nothing. Happy July reading (whatever you do, don't turn out the lights!).



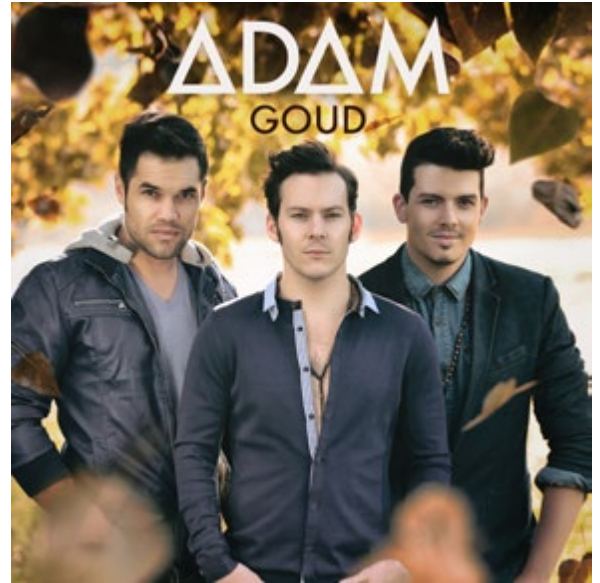
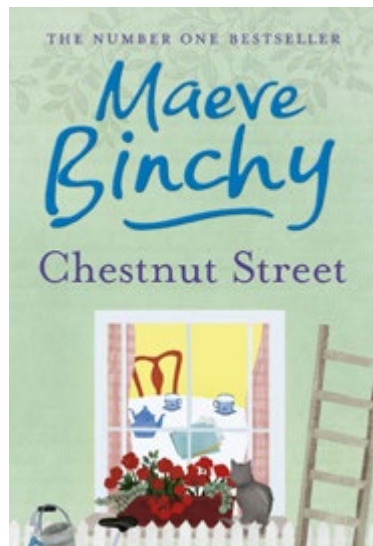


LEES WAAR BOOSHEID BROEI

Deur Peet Venter (LAPA). Die derde deel van die trilogie oor Thys Krige gaan weer boei. Dié keer sprei Krige sy vlerke oor die landsgrense heen as hy 'n opdrag aanvaar om die aanhouding van 'n joernalis, Henk Human, wat intussen vrygelaat is, in Zimbabwe te ondersoek. Hier kom hy af op 'n video oor die menseslagting waarby Suid-Afrikaners betrokke was en so begin hy 'n gevaarlike organisasie oopkrap.

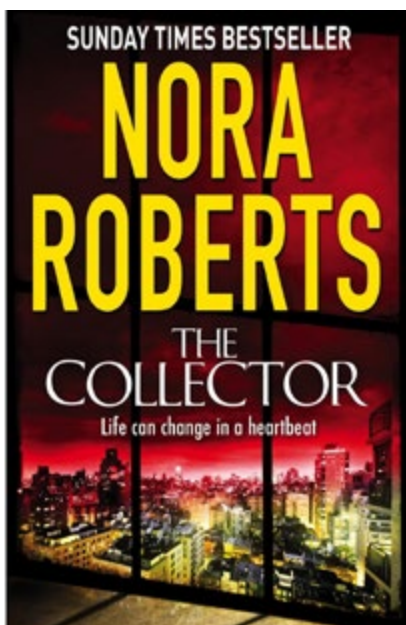
READ CHESTNUT STREET

A posthumous collection of old and new short stories as told by popular Irish author, Maeve Binchy, that brings Ireland and the places she created in her novels and stories - Knockglan, Castlebay, Mountfern, and so many others - to life. Chestnut Street is fictional, but the Dublin portrayed there is very real: a city changing over the years in ways that come vividly to life in these stories of its residents and their families.



LUISTER NA GOUD

Die eerste enkelsnit, *Sal Oorlog Vir Jou Maak*, kraai al vir maande lank koning op trefferparades in die land. Die titelsnit is pas uitgereik en speel reeds die klankgolwe aan die brand. Die musiekvideo van die tweede enkelsnitvrystelling word eersdaags uitgereik. ADAM, wat bestaan uit Hugo Ludik, Kyle Grant en Reynardt Hugo, het al die verhoog met Air Supply gedeel en tree ook vanjaar op by Huisgenoot Skouspel Plus in die Kaap en Skouspel by Sun City.



READ THE COLLECTOR

In this blend of romance and sizzling suspense, New Yorker Lila Emerson lives a free-spirited life as a house-sitter and author. But her peace is irrevocably shattered when she witnesses a woman being pushed through a window to her death. While helping the police with their investigation, Lila meets the brother of the suspected murderer, but it turns out he is also a victim. A multifaceted cast of characters, a plot twist involving the legendary Romanovs, and plenty of sensual romance will keep you riveted.



READ GOOD MORNING, MR MANDELA

This book tells the extraordinary story of how a young woman's life was utterly transformed at the side of one of the world's greatest icons. It recounts her journey from an awkward, terrified young secretary in a government typing pool to becoming one of the president's most loyal and devoted as-

sociates. Zelda pays tribute to the Nelson Mandela she got to know. This memoir about love and second chances honours the lasting and inspiring gifts of one of the great men of our time. It offers a rare intimate portrait of Mandela and his remarkable life, as well as moving proof of the power we all have to change.

Wish List

Stay warm

Beat the cold and save energy by staying cosy in your own home with these guaranteed-to-warm-you-up buys.



Luxurious warm gown and slippers from Woolworths





Fleecy blankets from MAKRO

MAKRO ONLINE NOW BRINGS THE STORE TO YOU!

Whether you live in Aliwal North or Hotazel, you can now get what you want, when you want it, all in the comfort of your own home! Makro SA launched its new and exciting eCommerce website, www.makro.co.za at the end of March and is excited about the fact that customers across South Africa can now purchase a wide range of products, which up to now have only been available in its 19 warehouse stores across the country. Customers can now purchase a wide range of products online and have their orders delivered to their doorsteps anywhere in South Africa at a nominal fee, or, if they prefer, they can have their order picked, packed and ready for collection at their favourite Makro store.



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Fabulous Food Market

The Fabulous Food Market opened at Chameleon Village in Hartbeespoort recently and was welcomed with enthusiasm by residents and tourists. This market, with its 65 unique stalls, can be visited every Sunday.



MAY COMPETITION WINNERS



Corné Appelcryn won a weekend away for two at Sparkling Waters, including dinner, bed and breakfast, two tickets for the Magalies Canopy Tour and two hot stone massages.



Congratulations to Chantel Theron Stoltz, the winner of a designer pair of sunglasses from Nilsen Optometrists.



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Sanet Brugman, Joey Oosthuizen en Mike Kern



Johan, Nadia en Alta Weyers en baba Isabella



Lina en Marie Venter

Bosveldbasaarpret

Jonk en oud het die gewilde jaarlikse Bosveldbasaar van die Hervormde Kerk Schoemansdal ondersteun en heerlik gesmul aan tradisionele basaarlekkernye soos pannekoek, vars boerbrood, roosterkoek en kerrie en rys, terwyl hulle die gratis musiekkonsert, waar Steve Hofmeyr, Lianie May en Ricus Nel opgetree het, in die wintersonnetjie geniet het.



Monique Powell en Chantel en Bianca Nell



Klein Jaco Kern



Catherine Hart and Leanne Goncalves



Jamie and Georgie Chennels

Cambridge Food Festival delights foodies

The Mountain Cambridge School hosted its popular gastronomic Cambridge Food Festival for the fifth time. The North West's biggest and best culinary carnival offered something for everyone in the family. While the youngsters had fun on the jumping castles, at the tazer games, and foodlympics, the adults savoured the gourmet food and local brews and ogled the exclusive homeware and jewellery at more than 130 stalls. Live music entertained patrons throughout the day..



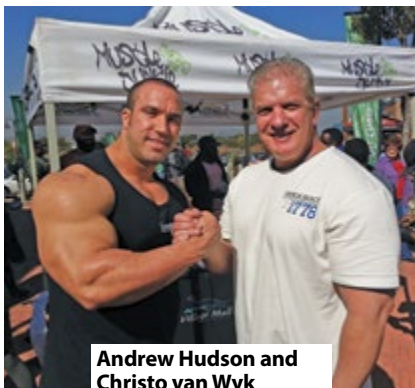
Gail Payze and Mariza Oosthuizen



Gerard and Teresa de Kamper



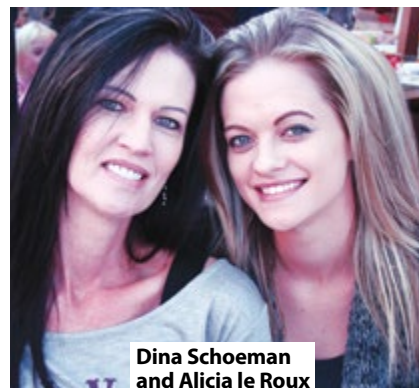
Gadiel Robbertze and Phil and Christien Holder



Andrew Hudson and Christo van Wyk



Sureen and Attie Herbst



Dina Schoeman and Alicia le Roux



Little Kayleigh, Malan Kloppers, Andrew Hudson and Elandri Kloppers

Battle of the Biceps

The first Battle of the Biceps, presented by Dis-Chem at the Piazza Village Mall in conjunction with SSN, was a resounding success. Some 57 competitors flexed their muscles in front of an appreciative audience.



Abel and Tebogo Moeng



René van Zyl, Didi Kriel, Gizelle Venter en René Coetzee



Victor en Malida Middleton en Louise van Rensburg



Andrea Theron en Chanté Swart

Daniel kry nuwe baadjie

Die Daniel-musiekblyspel wat ten bate van liefdadigheid by die Harties Kuierkerk op die planke gebring is, het nuwe lewe gekry op die ritme van hedendaagse treffer van Elton John en Kelly Clarkson.



**Bakes
golden
Smiles**



Oh So Chocolate Muffins with Peanut Butter Cream

Ingredients

500 g **Golden Cloud**
Chocolate Flavoured Muffin Mix
175 ml sunflower oil
225 ml boiling water
10 ml coffee granules
2 large eggs
12 x Rolo chocolates

Peanut Butter Cream

125 ml butter, softened
125 ml smooth peanut butter
125 ml icing sugar, sifted

Chocolate Decoration

Few pieces of baking chocolate, cut into smaller pieces.

Method

Muffins

- Preheat oven to 180 °C. Add the coffee granules to boiling water, stir and leave to cool completely.
- Grease a 12 cup muffin pan. Use cupcake cases if desired.
- Whisk oil, eggs, and cooled coffee together.
- In a medium sized mixing bowl, add the **Golden Cloud Chocolate Flavoured Muffin Mix**.
- Make a well in the centre then add the liquid mix
- Using a wooden spoon stir until the ingredients are just combined. Do not over mix .
- Fill each muffin cup $\frac{3}{4}$ full; place a Rolo in the middle of each muffin cup ensuring that the batter completely covers it.
- You may need to use a spoon to move the batter over the Rolo.
- Bake for 15 - 20 minutes until a skewer comes out clean when inserted into the centre of the muffin. Cool completely.

Peanut Butter Cream

- Beat the butter and peanut butter together until light and fluffy. Add in the sifted icing sugar. Mix until well combined .

Chocolate Decoration

- Place a piece of wax wrap on your work surface ensuring that the shiny side is on the top.
- Melt chocolate in microwavable bowl in 30 second bursts, mix after every 30 seconds until chocolate is melted. Place chocolate into a sandwich bag. Make a small snip at the end of the bag and draw whatever pattern you desire Wait for the chocolate to cool at room temperature.

To Assemble

- Pipe or spread peanut butter cream onto cupcakes. Gently place chocolate decoration in middle of muffin. Enjoy!

Best Recipe Winner



Meet **Renuka Lallbahadur**, one of our 10 winners in the 'Golden Cloud Bakes Golden Smiles' competition. Renuka's **Golden Cloud** creation, Oh So Chocolate Muffins, has won her a **Kenwood kMix Kitchen Machine Stand Mixer worth R4 695**. Golden smiles were on her face when she heard the wonderful news!

www.goldencloud.co.za





Our cover girl loves wearing faux fur in winter for a knockout statement

Sarah-Kate

Scott

The first thing that strikes you when you meet Sarah-Kate Scott (30), 2014 Mrs SA finalist, is her captivating blue eyes and radiant smile. But it would be a mistake to judge this book solely on her cover.

Underneath the glitz and glamour of her life as an international model, actress and wife of well-known radio and television personality, Darren, lies a woman who has been tried and tested, but survived and came through stronger than ever. Now living her dream as the owner of her own successful gifting company, a member of PETA (People for the Ethical Treatment of Animals) and patron of "Cupcakes for Kids with Cancer", her most important and favourite role is being a doting mother to cancer survivor, Mark, (three and a half),

their child suffer the devastating effects of chemotherapy. My faith is what kept me standing through the darkest times. I would not have coped, managed or survived the ordeal of the past few years without the Lord, my divine strength in all the small and overwhelming stresses of life. It was a surprisingly happy time, despite the monumental stresses. We don't look back, we only look forward and continue to count our blessings."

Both Mark and Darren have received the all-clear and are healthy and thriving. Darren's online radio station is doing

home a few years ago. "Harties is truly heaven on earth. People often ask why we choose to commute to and from Johannesburg, but the reality is we would both rather drive distance than be stuck in bumper-to-bumper traffic all day long. I like the permanent holiday feel around the dam, almost like a mini-Monaco: winding roads, beautiful views of mountains and water. We try as far as possible to support local business and some of our top 10 restaurants are here. My favourite place is the Kosmos Garden Chapel, an incredibly special church," enthuses



and eight-month old Matthew.

The past few years were not easy on the Scott family. Little Mark was diagnosed with stage two cancer in 2012 and had to undergo chemotherapy to remove his kidney tumour. Then Darren was also involved in an unfortunate incident at the radio station where he was an anchor presenter and as a result, had to resign from his presenting jobs. To top it all, he was diagnosed with advanced stage melanoma on his chin, after having beaten cancer before.

"I will always wish Mark had not been sick. I will always wish it had been me instead. No parent can stand seeing

well and he has already earned many accolades.

No stranger to beauty pageants as a former Miss Sharks and Miss South Africa finalist, the decision to give the Mrs South Africa title a go, was an easy one. "I believe in what the pageant stands for. Married women who are juggling a husband, children and a career can still look fabulous while doing it all. I enjoy the self development, the glamour and the interviews of pageants. After neglecting myself for the year of Mark's treatment, I felt this was a wonderful opportunity to celebrate my role as a mother, wife and business owner."

The Scotts made Hartbeespoort their

Sarah-Kate.

What lies in stall for Sarah-Kate and the Scott family? "I used to think I could plan ahead, but life has taught me that no amount of planning actually matters when life can change in a minute. It is necessary to be responsible and plan for what you can, but you need to be flexible to how life sometimes feels like a roller coaster: you never know what the next twist or turn will be." Whatever happens, she is firmly rooted in family and faith.

Show your support for Sarah-Kate by sending a SMS with her name to 35959 (R3/SMS) and track her journey to Mrs South Africa on Facebook.



Tamra
Chace

reaching for the stars

She's young, she's vibrant, extremely talented, and she is taking the South African dance scene by storm. Tamra Chace is ready to light up the stages.

Twenty-six-year-old American dancer Tamra Chace has only been in South Africa for two years, but in this time she has already made her name as teacher, choreographer and dancer on the local scene. She has established a dance studio, as well as a company, and is already in demand for corporate work and dance productions.

Living in the sleepy Skeerpoort Village in Hartbeespoort, Tamra travels to and fro between Hartbeespoort and Roodepoort to teach more than 40 dance classes a week, rehearse for recitals and dance in productions, when she has time.

"Dancing really is my life, there is not much time for anything else. I came from America to South Africa with my South African boyfriend, and now he does not get to spend too much time with me," she laughs.

Tamra started dancing at the age of four when her mother enrolled her in a dance class to make her shy little girl more socia-

ble. "Since my first steps, I never wanted to do anything else," she says.

She studied dance at the University of the Arts in Philadelphia and went on to get her degree in Ballet Performance as well as Dance Education, and ended up teaching dance at universities, as well as performing all over America. Among others, she performed with stars like Sting, Black Eyed Peas and the Backstreet Boys. She dances and teaches seven dance genres namely, classical ballet, modern ballet, contemporary dancing, jazz, hip-hop, tap and creative movement.

The dance scene in South Africa is worlds apart from that in America. "In America the different teachers work together and students are encouraged to attend classes with other teachers to experience variety and different styles of teaching. In South Africa, however, I have had a lot of resistance from the existing dance institutions, because I don't have their credentials," she laughs. "It's very strange, in America



I taught at university level, and here I am not acknowledged. But all that does not matter, I am going to do my own thing and it is well on track. My dream is to open a massive studio, almost like a car dealership, all in glass, so that people can look in. It will be like a Broadway dance studio, a place dancers from other countries can visit. There is so much room for growth in South Africa, and I am working hard at it to disprove the belief here that dancing is not a career. I make a good living from it and others can too. I am going to do what I dreamt of, I have wanted my own thing since I was little."

And as proof, she is well on her way to achieving her goals. Chace Dance Studio has been approached by the largest theatrical producer in the world, Cirque du Soleil, to assist with its show in Sun City later this year. "I will be helping with choreography and dancers. It is very exciting," she says.

Tamra is happy in South Africa and the only thing she misses about America, is her family. "The food in South Africa is so good, especially the healthy food. In America we eat junk because healthy food tastes horrible. And the people in South Africa are much, much friendlier."

Watch out for this talented dancer. She is going to change the look of dancing in South Africa.





Aarbei-ganachetert

Bestanddele:

- 1 broskors – blind gebak
- 2 houers vars aarbeie, gewas, gehalveer en ontstingel
- 250 g melksjokolade – fyngekap
- 300 g donkersjokolade – fyngekap
- 50 g ongesoute botter
- 60 ml vars room

Vir opdien:

Ekstra vars aarbeie
50 g kakao – om oor te sprinkel
Gedraaide suikerwerk vir versiering

Metode:

1. Maak die broskors aan en bak blind in 'n gesmeerde en gevoerde 22 cm losboomtertbak. Plaas eenkant om af te koel.
2. Plaas dan die gehalveerde aarbeie met breë kante na onder van

die buiterand af binne toe.

3. Plaas die melk- en donkersjokolade in 'n dubbelkoker op die stoof, voeg die botter en room by en verhit tot die sjokolade heeltemal gesmelt het.
4. Vou die botter en room versigtig in met 'n rubberspatel.
5. Gooi nou die gesmelte sjokolademengsel oor die aarbeie in die tertkors. As die mengsel klaar bygevoeg is, lig die bak sowat 3 cm van die toonbank en laat dit val om te verseker dat die sjokolade eweredig oor die tert versprei is.
6. Gebruik die spatel en smeer die sjokolade glad oor die aarbeie.
7. Verkoel tot geset – sowat 4 tot 6 uur.
8. Sprinkel die kakao rojaal oor en bedien met ekstra vars aarbeie en gedraaide suikerwerk vir 'n ekstra dekadente voorkoms.

Wenk:

Gebruik wit suiker vir die gedraaide suikerwerk. Bruin suiker is geneig om 'n nasmaak te hê. Wees geduldig, wag vir die suiker om die regte temperatuur te bereik voor jy begin draai. Moenie die suiker roer nie. Indien dit te veel afkoel terwyl jy werk, sit die pot net vinnig terug op die stoofplaat tot dit weer werkbaar is.

Thys van MasterChef – uit soetigheid sy spyse

Rustenburg-boorling Thys Hattingh se vertrek uit Suid-Afrika se eerste MasterChef in 2012 as een van die Top 8 uit 12 000 hoopvolle kokke was beslis nie die laaste sien van dié voormalige boontjieteller nie. Sedertdien kook hy behoorlik aan die kosfront.

Nie net skryf hy 'n baie suksesvolle kosblog en bedryf 'n spyseniersbesigheid, Sweet-Mafia nie, sy eerste kookboek verskyn binnekort en hy het sy droompos by een van die land se grootste spyseniersmaatskappye losgeslaan, waar hy resepte vir kommersiële spyseniering standaardiseer en ontwikkel. Daarby tree hy gereeld by gewilde kosskoue op en lewer landwyd kosdemonstrasies.

Thys was die eerste deelnemer wat na die televisie-oudisies deurgedring het en kan ook spog met die onderskeiding dat sjef Andrew sy bak poeding geannekseer en sjefs Pete en Andrew op kamera gesê het dat sy kersietertjies die beste is wat hulle nog geproe het. Uiteindelik is dit 'n visdis en speserye in Zanzibar wat hom gepootjie het. "Gelukkig nie die vorige week met die sjokolademoussekoek nie, want dan het niemand ooit weer van my gehoor nie!" spot hy.

Sy liefde vir kosmaak kom al van jongs af. "Ek het graag geëksperimenteer en my arme gesin gereeld verras met vreemde skeppings soos pers kapokaartappels op 'n herderspastei," lag Thys, wat Houtwerk op skool gelos het om Huishoudkunde te neem. "En toe vind ek eers uit dat ek ses maande naaldwerk moet doen!" Sy vaardigheid met die naald kom vandag goed te pas, want in die Hattingh-huishouding is die tradisionele rolle omgeruil. Hy is die een wat die knope aanwerk en some insit terwyl sy vrou, Andrea, die braaiwerk en herstelwerk om die huis behartig.

Die gewilde Britse TV-kok en aanbieder, Alan Coxon, is een van sy grootste inspirasies en ook die rede waarom hy besluit het om die MasterChef-uitdaging te aanvaar. Een van sy kosbaarste besittings is dan ook 'n getekende eksemplaar van een van sy held se kookboeke. Alan skryf ook



die voorwoord van die eerste van Thys se reeks kookboeke, "Eggs and Pastry", 'n basiese gids wat voor die einde van die jaar verskyn. "My oorspronklike manuskrip was so lank dat ons op uitgewersadvies besluit het om dit eerder in vyf dele op te deel. Kookboeke is een van my passies en ek besit seker meer as 'n duisend. My boeke gaan werklik 'n stap-vir-stap gids wees en ook die geskiedenis van gewilde geregte en bestanddele vertel."

Thys, wat spottenderwys sê dat suiker in sy are pols, is verslaaf aan roomys. Geen wonder dus dat hy en Andrea 'n ooreenkoms het dat sy in geval van 'n brand die kinders red, en hy die roomysmasjien

nie. "Mense is bang vir poeding, maar dis regtig nie moeilik nie. Die lewe is kort, so ek glo jy eet elke dag poeding en verkieslik eerste," spot die soettand, wat sy besigheid se naam te danke het aan sy bynaam op MasterChef na aanleiding van sy voorliefde vir Caramello-beertjies, wat gereeld ingesmokkel moes word.

Benewens kos en soetgoed is sy gesin Thys se ander groot liefde. Hy en Andrea is die ouers van Rugo (11), Lexus Mila (7) en klein Silas (1). Lexus Mila ly aan serebrale gestremdheid en Thys en Andrea het die Lexus Mila Cerebral Palsy Fund gestig om ander kinders te help met mediese uitgawes. Onlangs het hy en sy MasterChef-spanmaats R100 000 vir dié saak ingesamel met 'n kookkompetisie. "Voor MasterChef het ons ook gesukkel en weet hoe dit voel as jy nie weet waar jy die geld vir broodnodige mediese sorg gaan kry nie. Nou is ons in 'n bevoorregte posisie en kan ons ander help," sê Thys. Sonder Andrea kan hy ook nie. "As sy in die gehoor is, is ek op my gemak en kalm en rustig."

Behalwe vir sy kosbare roomysmasjien is 'n kombuis skaal en Kenwood-menger op Thys se lysie van onmisbare gereedskap, en sy koskas is nooit sonder vanieljepeule of -pasta, sjokolade en linguini nie. "Met net linguini en 'n pak spek wat jy bros braai, kan jy die goedkoopste en smaaklikste pastagereg optower," gee die seun van 'n organiese varkboer gou raad.

Sy toekomsplanne sluit 'n produkreeks in, soos silikonbakvelle wat die resep en groottes van byvoorbeeld makrolletjies bevat om die gebak te vergemaklik, en 'n kosreeks op televisie.

Vir watertandresepte, kortpaaie, raad oor tegnieke, inspirerende idees en nuwe verwickelinge, volg gerus sy kosblog by www.sweetmafia-sa.com



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Winter has its icy grip on us, so snuggle up with this selection of the cosiest, prettiest scarves, hats, and boots to keep you warm this season. Keep the cold from your head by wearing warm, stylish winter hats that are soft and comfortable. Scarves do not only keep the cold at bay, they can change any outfit into a fashion statement. Wrap up and enjoy!



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Warm up with hearty soup



As temperatures drop, we all warm to the idea of a satisfying soup. Whatever the winter problem, the answer is always soup. Nothing soothes seasonal sadness like a hearty bowl of mama's minestrone. No medicine cures a cold as well as a spoonful of hot and sour Thai tom yum.

So who is cooking up the best hot pots of liquid happiness and health this winter? At the multi-award winning Silver Orange Bistro in Hartbeespoort (www.silverorangebistro.co.za) Chef Leon Nel makes a Mediterranean fish soup to warm the cockles of even the coldest, saddest, most flu-ridden heart. Served with a crisp crusted chunk of freshly baked baguette, each mouthful is a promise of the summer to come.

At Stef's Table, Hartbeespoort (083 522 2543) Chef Stef Van Vuuren's innovative adaptation of a French onion soup includes a generous portion of hazelnut and spinach ravioli bobbing about in the broth for added carbohydrate-laden comfort.

At Die Ou Pastorie in Skeerpoort (www.die-oupastorie.co.za) seasonal vegetable soups resonate with

the country environment in which the ingredients are grown. Whether the menu lists rich roasted tomato, apple and ginger-infused butternut or some other seasonal soup will depend on what the chef has most recently selected from the kitchen garden but, rest assured, delicious is always the order of the day.

Nothing beats a homemade ham and split pea soup flavoured with pork stock. Hekpoort sustainable farmer Mike Crewe-Brown of Wickedfood Earth (www.wickedfood.co.za) keeps free-range, antibiotic and growth hormone-free pigs. Anyone who has ever cooked with his ham hocks, smoked sausages or bacon will attest to the fact that breeding happy, hormone-free hogs is not only an ethical issue, but a taste one too. Mike explains that "our pork has a distinctive flavour. There is a robust, depth of taste that is missing elsewhere. This makes it perfect for rich stocks and soups." The recipe below offers the ideal opportunity to experience the delicious difference made by good quality pork. Paired with a glass or two of Magaliesburg's Black Horse Brewery beer (www.blackhorse.co.za) there is no finer way to see off the winter blues. - by Anna Trapido

Split Pea Soup

Ingredients:

- 400 g dried split peas (soaked overnight, then drained)
- 1.5 litres pork stock
- 2 onions (each stuck with one clove)
- 1 bay leaf
- 1 ham bone
- Salt and pepper to taste
- 200 g cooked ham (torn into shreds)
- A knob of butter
- A few fresh mint leaves

Method:

- Put the soaked peas, bay leaf, clove-stuck onions, ham bone and stock into a pot and bring to the boil. When the combination first comes to the boil, scoop off and discard the froth and impurities that rise to the surface of the pot.
- While the soup is cooking, check the salt levels and water down the stock if the ham bone has made it too salty.
- Reduce the heat and simmer until the peas are soft (at least one hour).
- When the peas are soft, remove and discard the bay leaf, onions and bones.
- Purée the soup until it is smooth and thick.
- Add a knob of butter to give the soup a rich gloss.
- Add about 200 g of cooked ham torn into shreds.
- Season to taste and sprinkle a few mint leaves on top and serve piping hot.

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Dietmar Wiening

- his art is his life

Hartbeespoort sculptor Dietmar Wiening loves every piece of art he creates. So much so that he finds it hard to let it go.



“I live for my art, I work at it every day. I'm addicted to it, what can I say?”

This 71-year-old artist is internationally renowned for his distinctive bird- and fish bronze sculptures with its stunning colourful patinas. His works are vibrant statements with a life of their own - from a cute little long-nosed butterfly fish, a mean mako shark and a prehistoric coelacanth, to a bizarre lionfish and a life-size sailfish.

His interests in marine biology and ornithology and his intense interest in and observation of these animals are clearly reflected in the simple, yet elegant forms of the birds and fish he creates.

“Although my abstract pieces have lately become popular, I prefer sculpting the things I love. I am an avid bird watcher and just on our property alone we have identified over 140 species. My wife, Lesley, and I also love scuba diving, from there my fascination with fish,” he says.

Dietmar is not only a sculptor, he also casts his own creations in bronze. “Although hard manual labour, it is much easier and without the frustrations I experienced in the past when it was cast by other foundries.”

“I believe that behind every successful man stands a totally exhausted woman.”

Art is something to be shown off, and many people don't realise that it can change a whole room. “A sculpture must stand by itself, be a focal point. Take the 'goedjies' off the coffee table, or use it as a centrepiece on a dinner table, or in the entrance of your house, and see how it changes the scene.”

Not many art lovers know that this talented artist started out by making food sculptures.

He trained as a professional chef and sculpted beautiful pieces in butter and ice for his displays. Among others, he was the executive chef of the famous St Geran Hotel in Mauritius.

Once he discovered his natural talent for sculpting, he made a career change in 1990, leaving the hotel industry to become a full-time artist.

“It has been a wonderful experience. There is nothing else I want to do. I live for it.”

Although Dietmar might have the talent, he is adamant that he wouldn't be where he is now without Lesley.

“For me, she is not only the perfect wife, friend, soulmate and lover, but also



the most giving and talented business partner I could ever have wished for. Lesley does so much for me. She helps with the bronze casting, organises exhibitions here and internationally, drive around to get supplies, does the marketing, deliveries... basically everything. I stay at home and sculpt. I believe that behind every successful man stands a totally exhausted woman.”

Dietmar has more than 30 local and 20

international exhibits under his chisel. He was recently invited to exhibit his work at the Monaco Art Exhibition.

“I have found the loves of my life, Lesley and sculpting. I won't stop. I will drop dead creating a piece I loved doing,” Dietmar says.

Visit the gallery on weekends on the R512 Lanseria Road.

For more examples of Dietmar's work, visit www.dietmarwiening.com.



Don't let rose pruning intimidate you



Pruning rose bushes is intimidating to many gardeners who think it will hurt the rose plant. Don't be worried or intimidated by the process, it is not as complicated as you may think and a good prune is actually very good for the plants.

Becoming an accomplished rose pruner takes practice, but keep in mind that it is very hard to kill a rose with bad pruning. While there is a great deal of disagreement among rose experts regarding how and when to prune roses, it is generally agreed that most mistakes will grow out very quickly and it is better to make a good effort at pruning roses than to let them grow rampant.

Edwin Baloyi from Countryside Nursery in Brits, who has been pruning roses for more than 20 years, demonstrated the tricks of the trade.

Pruning rose bushes is intimidating to many gardeners who think it will hurt the rose plant. Don't be worried or intimidated by the process, it is not as complicated as you think and a good prune is actually very good for the plants.



His advice:

Don't be scared and prune to the height you prefer.

- 1** Be sure to wear gloves and use sharp tools.
- 2** Begin pruning from the base of the plant. Prune to open the centre of the plant so that the plant will make new branches to the outside.
- 3** Make your cuts at a 45-degree angle, about 7 mm above a bud that is facing toward the outside of the plant.
- 4** Make sure it is a clean cut, not ragged. Remove all broken, dead, dying or diseased wood. (Any branches that look dry, shriveled or black. Cut until the inside of the cane is white.)
- 5** Remove any weak or twiggy branches thinner than a pencil. If cane borers are a problem in your area, seal the cut with a white glue.
- 6** Remove any remaining foliage, and voila, your rose bush is ready for a showy display come summer.

Clever technology, modern safety features, exceptional fuel consumption, class-leading passenger space and high quality levels are not the terms one usually expects to hear when talking about bakkies. Yet, it is exactly these characteristics that have made Ford's latest Ranger the one to beat these days.

Whether it's for its load-carrying capabilities, or as a replacement for a family vehicle, the Ranger has been proven to be tough enough for any task and attractive enough to stand out in the crowd.

Originally launched in 2011, the latest Ranger underwent stringent testing during its development phase, including more than a million kilometres travelled in prototypes in all kinds of conditions – from the Arabic deserts to the Thai monsoons, Ford ensured that its new one-ton contender delivers the goods. Which is a good thing, because we make our bakkies work hard in South Africa!

It's also an extremely diverse range of vehicles, including three body styles (single cab, supercab and double cab), three engine choices and three transmissions to choose from, as well as the choice between the usual rear-wheel drive configuration and four-wheel drive. As such, more than 20 different Ranger models are

on offer, providing an alternative for every potential customer with an eye on a Hilux.

The Hilux remains the undisputed sales leader in South Africa, but the Ranger equals, and in some cases betters that offering in surprising ways. With its prominent frontal design and shaped wheel arches, the Ranger looks tough, yet modern. Its high stance and wide body allows for a deep load bed and much ease when transporting goods, while its class-leading towing abilities also make it stand out for leisure-focused users.

The modernity continues inside, where the Ranger boasts a cabin much more reminiscent of a passenger car than a bakkie. Dashboard design and layout reminds of the Fiesta and Focus, with the basic design slightly altered for use in the Ranger. High quality materials and good ergonomics make it a comfortable and impressive space for the driver and passengers, with a sense of space that outshines the Hilux.

Specification levels are competitive, with a variety of trim lines – including nomenclatures like XLS, XLT and Hi-Rider – on offer. The cabin has more than 23 hidey-holes throughout, and the compartment between the front seats can accommodate six standard beverage cans (and keep them cool), while a 16-inch laptop can fit in the glovebox. Depending on the model, a number of modern technological solutions are also on offer, including Bluetooth connectivity, USB and iPod jacks and cruise control.

Where the Ranger really kicks dirt in the Hilux's eyes is with its engine line-up. The only petrol option is an upgraded version of Ford's familiar four-cylinder,



ROGUE RANGER

Impresses

by Christo Valentyn

2,5-litre Duratec engine, only available as a 4X2 and with manual transmission. It's the two diesel options that are really great though, starting with a new four-cylinder, 2,2-litre Duratorq TDCI engine with 110 kW and 375 Nm – incidentally also one of the most frugal options in its class, with claimed consumption of 7,6-litres/100 km. Pick of the bunch however is the new five-cylinder, 3,3-litre Duratorq TDCI with

147 kW and 470 Nm – a whopping 127 Nm more than its Toyota counterpart. It's also frugal, with consumption between 8,4-litre/100 km and 9,2-litre/100 km, depending on the transmission.

As expected, a vast variety of electronic driver aids are part of the Ranger package, with many of them making it even easier to play in the bush or mud (and get out of it again). Prices vary from

R299 900 to R522 900, with the Ranger 2.2 XLS 4x4 Manual Double Cab and sporty Ranger 3.2 Wildtrak 4x2 Auto Double Cab being the pick of the bunch, in my opinion. A four-year/120 000 km warranty and five-year/90 000 km service plan is included, making the Ranger an extremely impressive and competitive range. It has certainly proven itself as the Hilux's biggest rival to date!



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GET Spoiled



Winter Spoil

Casa Grande Lodge

Nestled in palms, roses and lavender, the exclusive, Spanish style Casa Grande on the outskirts of Brits next to the R566 offers a one-stop range of accommodation, facilities, services and experiences not found elsewhere in the area. From weekend getaways, weddings and functions, to business conferences, you will leave refreshed and inspired. Feast your senses while you wander along the paved walkways in the lavish and lush Spanish gardens, and listen to the relaxing sound of water features. With unrivalled commitment from our staff to service excellence, Casa Grande's peaceful atmosphere and garden setting will strive to make your stay a memorable one. Visit www.casagrandebb.co.za.

WIN

- Dinner for 2 (excluding alcoholic drinks) at Casa Cafe and Grill
- Accommodation for 1 night (sleep 2)
- Full breakfast buffet for 2

The prize is subject to availability of the room. Booking is essential.

Q: In what style is the Casa Grande Lodge built?

Send your answer and contact details to info@kormorant.co.za with Casa Grande in the subject line before 31 July 2014.



*Sophisticated conferencing venue
in the heart of an ancient primate forest*

Bookings Essential



*Touching elephant experiences with the
elephant people who really care...*

3 Tours daily: 8.00am 10.00am 2.00pm (7 days a week)
Tel: 012 258 0423 / 258 0332

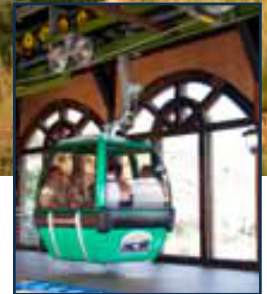


This is for the whole family!

Tours on the hour, every hour, 7 days a week.
First tour 09:00, last tour 16:00

Aerial Cableway - Hartbeespoort

Explore - Adventure - Delight



Facilities at the Top

- **Express** Restaurant at the top
- **Pizza Shack** for the best pizza in town
- **Lookout Bar** with the best views in Africa
- Boma Facilities for Private Functions
- Kidzone play area with a junglegym
- Shop for curios and gifts at the Little Shop at the top

Facilities at the Base Station

- 250 Seater **Bugatti Restaurant** at the base station
- Conferencing, Events and Function Venue
- Shopping Experience

Harties Cableway - a Perfect Venue

- Family Outings
- School Groups
- Senior Citizens
- Gala Evenings
- Adventure Tourism
- Team Buildings
- Tour Operators & Groups
- Corporate Functions
- Expo's and Trade Exhibitions
- Tour Buses and Coaches
- Shopping Experience

Open 7 days a week,
first ride up 09:00 - last ride down 16:30.

Hours may be extended over weekends to allow for sunset views, and private functions at night. (Visit our website for extended seasonal times)



SOUP OF THE DAY

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34⁹⁰
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