

THE PENGUIN POST

THE MAGAZINE ABOUT BOOKS FOR BOOK LOVERS

Karen Dudley

Onwards
& upwards

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From Jo Nesbo and
TikTok sensation
Emily Henry to
Annelie Botes and
actor-filmmaker,
Tom Hanks

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LASTING WELLBEING

Life advice from
a 102-year-old

EXPLOSIVE EXTRACT

Former Eskom CEO André de
Ruyter's electrifying memoir

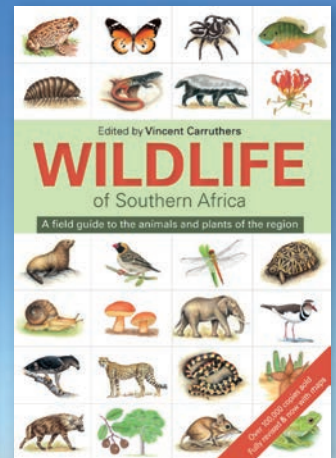
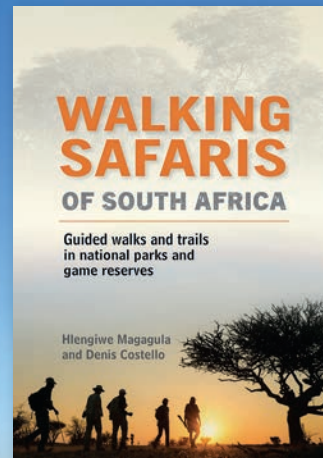
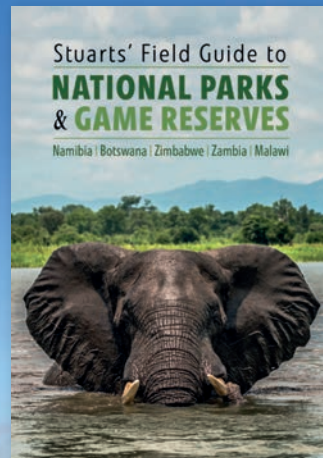
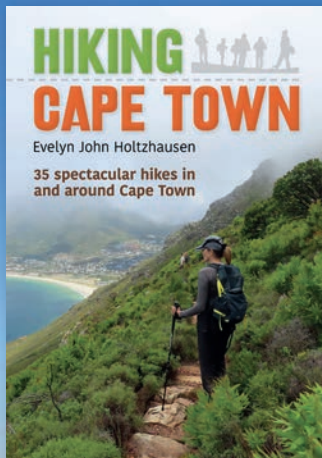
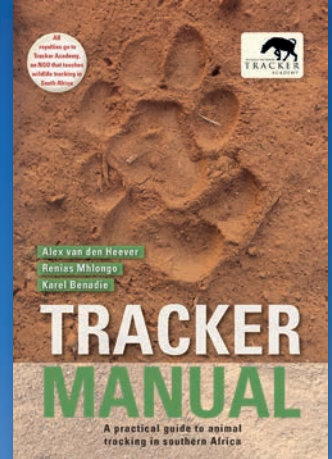
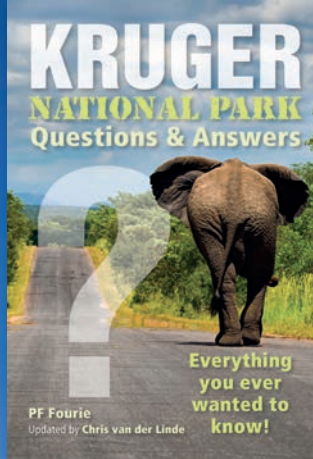
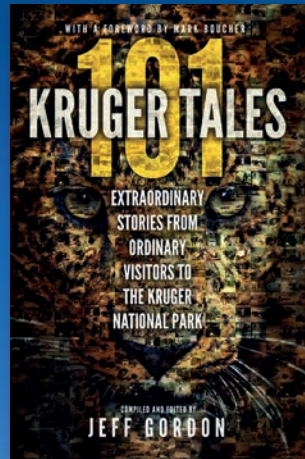
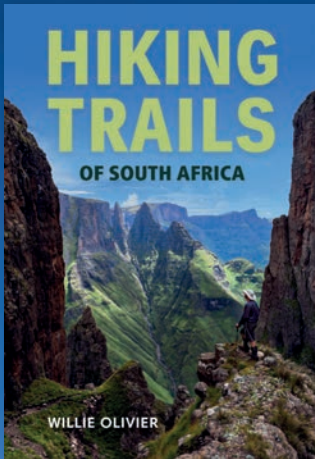
ON MY MIND

Siya 'Slikour' Metane
on thinking small

NUMMY NOSH

Dinners with
a difference

TAKE A WALK ON THE WILD SIDE



Penguin
Random House
South Africa



**STRUIK
NATURE**



**STRUIK
NATURE CLUB**



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Welcome!

We are all fortunate to have the power of defining our lives in any way we want. We are the authors of our own story. When the going gets tough, seeing things from a new perspective – the silver lining, so to speak – helps give us hope that all is not lost.

When cover star Karen Dudley faced a life-changing event – the closing of her restaurant, The Kitchen, into which she poured her passion for 11 years – she saw it as the chance to get back in touch with her first love: the alchemy of flavour. With time on her hands and loads of leftover ingredients from the restaurant, Karen took to her kitchen and began making relishes, sauces, lunch for her family ... anything her heart desired, without any of the limitations of being a restaurateur. Read our interview with Karen to find out what happened next.

Book clubbers, you're going to want to check out our Q&A with TikTok sensation, Emily Henry, on her new book, the delightful *Happy Place*. There are also new reads from Catherine Alliot, Claire Fuller and *Dear Edward* author, Ann Napolitano to get excited about.

For the home cooks, we know how tricky it can be to come up with meal after meal that both suits your budget, and keeps everyone in the family happy. If you need a bit of inspiration, we've got it, for both light and healthy and slightly more indulgent options.

Also in this issue, a compelling extract from former Eskom CEO, André de Ruyter's *Truth to Power*; a Q&A with 102-year-old Gladys McGary; and a column from the revered Michiel Heyns.

So, cosy up and happy reading!

Lauren

Lauren Mc Diarmid

ThePost@penguinrandomhouse.co.za



bookscape

news | snippets | what's new

+++++

Everyone's talking about ...

JAMIE OLIVER' MUCH-ANTICIPATED FOLLOW-UP COOKBOOK: *5 Ingredients Mediterranean*

We're excited to share the news of a new book from Jamie Oliver this Spring - *5 Ingredients Mediterranean*, the sister cookbook to the original bestselling *5 Ingredients*.

In the new book, Jamie delivers new recipes, with minimal fuss, to help reinvigorate mealtimes. *5 Ingredients Mediterranean* is full of big-flavour food, but without lots of ingredients or long shopping lists and is inspired by Jamie's travels to the Mediterranean.

With over 125 delicious and easy-to-follow recipes, the book is all about making everyday cooking exciting but accessible. With chapters including Salads, Soups and Sarnies, Pasta, Veg, Pies and Parcels, Seafood, Fish, Chicken and Duck, Meat and Sweet Things, you'll find something for every day of the week, and every occasion.

Each recipe will include a visual ingredient guide as well as a short, easy-to-follow method, making this the perfect companion to the original *5 Ingredients*.

Jamie says, "It was never in the plan to write another 5-ingredients cookbook, but I've lost count of the number of times I've been asked! With the added va-va-voom of basing it on my life-long travels around the Med, this book is a real celebration of one of the most loved and respected diets in the world - think big-hitting hero flavours, stripped-back methods and clever hacks, all translated through the 5-ingredient lens for easy everyday cooking."

This beautiful book will make the perfect addition to your Jamie collection of cookbooks.



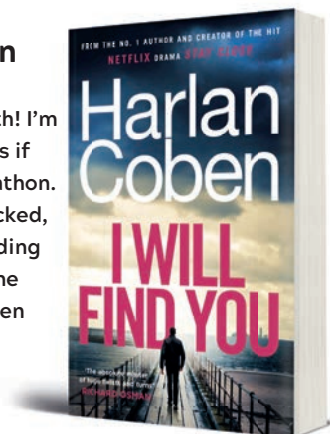
5 Ingredients Mediterranean hits shelves in September 2023.

DOMINATING THE BESTSELLER LISTS

I Will Find You by Harlan Coben

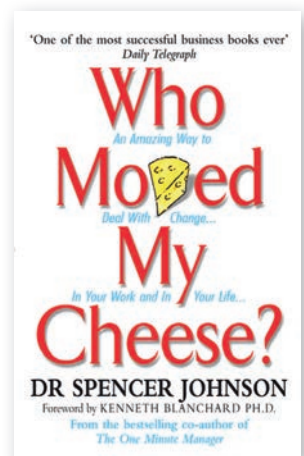
"Oh my. My eyes hurt! My heart is in my mouth! I'm still hyperventilating as if I've just run a 10K marathon. This book is action-packed, absolutely heart-pounding and definitely one of the best books Harlan Coben has written."

- Nilufer Ozmekik,
Goodreads



“What you are afraid of is never as bad as what you imagine. The fear you let build up in your mind is worse than the situation that actually exists.”

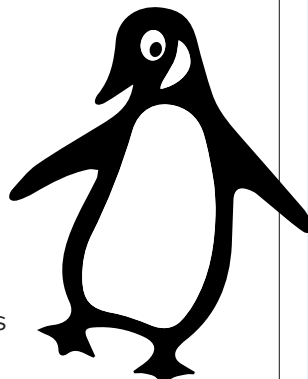
- Dr Spencer Johnson,
Who Moved My Cheese



#bookstagram MUST of the MONTH



10.4k followers



WIN! WIN! WIN!

A hamper of books from this issue valued at R1 000 is up for grabs to one lucky reader. To enter, scan the code using your phone camera, or visit www.penguinrandomhouse.co.za/competitions. Ts & Cs apply. Entries close 30 June 2023.

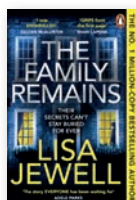


OUT IN PAPERBACK



Again, Rachel by Marian Keyes

Back in the nineties, Rachel Walsh was a mess. After a spell in rehab transformed everything, and life is good. But with the sudden reappearance of a man she'd once loved, her life starts to wobble.



The Family Remains by Lisa Jewell

A bag of human bones offers a trail of clues which lead to a mansion in Chelsea where, thirty years ago, three people lay dead, while a baby upstairs waited for someone to pick her up.



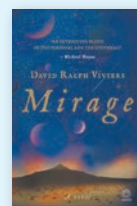
Shrines of Gaiety by Kate Atkinson

A mesmerising novel set in the glittering world of Soho in the 1920s - a place of gangsters and showgirls, Bright Young Things and one remarkable young woman.

Bookworm Faves



Award-winning radio host, Pippa Hudson has a show on Cape Talk radio every weekday, but it's her book club segment that's one of her favourite parts of the job. An avid reader across many genres, she loves hosting author interviews and festival panels. Here are some of her favourite reads.



MIRAGE

by David Viviers

This story made me weep over the pages with its beautiful rendition of a child's quest for a lost mother, and a mother's love for the child she knows she won't get to see grow up. David Viviers is such a talented writer; I had to stop and re-read many passages in this book in absolute awe.



LESSONS IN CHEMISTRY

by Bonnie Garmus

A book that deftly tackles systemic sexism and the fight for women to be recognised for their achievements. Heroine Elizabeth Zott is unforgettable - deliciously smart and subversive - but it's the inner monologue of her dog, Six Thirty, that almost steals the show.



GOOD + SIMPLE

by Sarah Graham

I have a number of Sarah's earlier books and they are all dog-eared and splattered from regular use. This latest one heroes vegetables in a way that will make even a committed carnivore salivate.

Tune in for Book Club on Lunch with Pippa Hudson, every Friday at 13h40 on Cape Talk.

Five Minutes with ... **EBEN VENTER**


He wanted to show that rhinos are sentient beings, says Eben Venter about his latest novel, *Decima*.

Falling under autofiction, your book straddles the line between fact and fiction. Why this approach for this specific work? My story includes a history of the rhinoceros, as well as the contemporary life and times of the black rhinoceros. This part of the story is based on facts. When *Decima* slumbers under spekboom, I am using my imagination; I wanted to inhabit the mega-herbivore as much as is humanly possible. This part of the story is fiction.

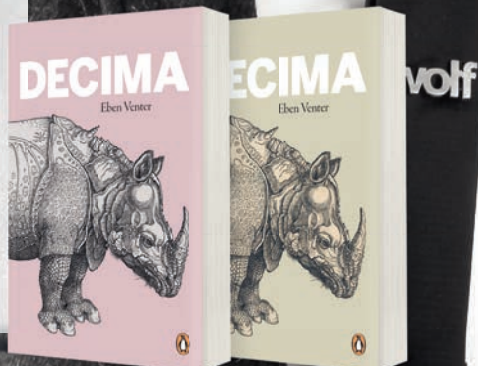
Were you fairly informed about rhino poaching when you began your project, or was your knowledge limited to the occasional news report? I have to state emphatically that *Decima* is not about rhino poaching. There are heaps of thrillers on that subject, and they are all the same in that the human, that is the poacher and anti-poacher, is always in the forefront. Sure, I include the storyline of poaching in my narrative, but first and foremost the story is about the rhinoceros as a sentient being - a living, feeling creature with memory, with a life. How do we humans treat her, how have humans historically treated the rhinoceros, and how does she treat us? In order to write about this animal/human relationship, I had to do extensive research in libraries and on the ground, mostly in Mpumalanga.

What made you tackle this very heavy and emotional subject?

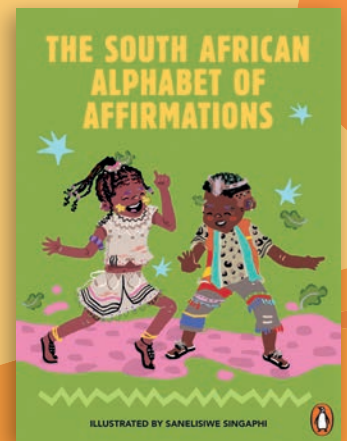
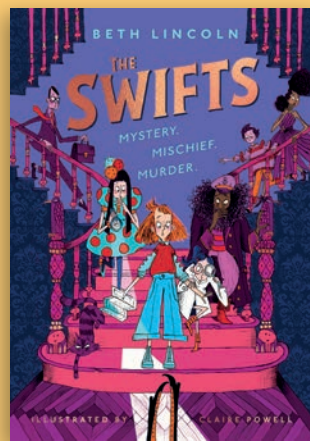
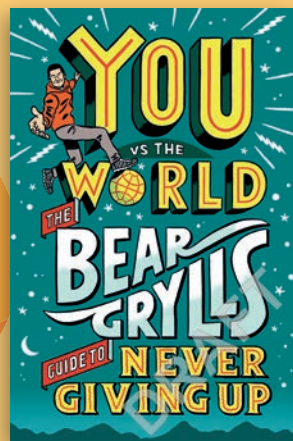
In the most recent climate report from the IPCC (Intergovernmental Panel on Climate Change), it states clearly that our Blue Planet has reached a tipping point: continue with the eradication of more species and their habitat and we, as humans, will permanently endanger our own existence. One such species is the rhinoceros. *Decima* is a timely and highly topical book about the precious black rhinoceros. What is this being? How should we (re)think about the black rhino in order to respect her, our environment and ourselves?

You use different voices - even that of your mother. Why this technique? The points of view differ; as does the tone. There is that of the narrator (myself); at times, my mother tells the story; then I let the two impoverished poachers speak; from the bush comes *Decima*'s voice; the ranger, Ziyanda's; there are the two researchers travelling to Hong Kong, and so on. A layered, multiple-voiced story set in different countries, calling upon the reader to understand this creature in a totally different way. 

Decima, both the Afrikaans and English versions, will be out in June.



FOR THE BUDDING BOOKWORMS





The joy of food

After closing her beloved Cape Town restaurant, The Kitchen, Karen Dudley embarked on a journey to rediscover her love for the alchemy of food, and cooking for her family. It was a journey that helped her redefine herself after being a restaurateur for eleven years, and has come together in her beautiful new cookbook, *Onwards*.

“The Kitchen, was loved by so many people and we had a strong community. To be frank, we still do, even without the restaurant. I can’t tell you how often I get asked about when – or if – I’m going to open again.

We were forced to close The Kitchen during lockdown in May 2020, after we weren’t allowed to trade as usual because of the restrictions in place. It was incredibly sad to say goodbye. I had 20 people working for me, and we were like a family. It was important to me that they were still paid and have something to tide them over after we closed. To be able to do this, I sold everything in the restaurant, gave online cooking demonstrations, began filling bottles of dressings and sauces for online foodie platforms; whatever it took. We were also fortunate to have help from our dedicated community, who showed their support by buying my cookbooks or making donations.

Of course, once we closed for good, we were left with loads of ingredients. I donated much of it to a nearby soup kitchen, but there were things like mustard and horseradish and capers and olives that I took home. The silver lining was that I was lucky to not only have these wonderful ingredients, but also now an abundance of time to get creative with them. And so, I began making relishes.

It was the beginning of a joyful new time for me. Up until then, I'd been so preoccupied with the restaurant, and everything that came with it, that I didn't have the capacity to do what I loved, and what got me into the food industry in the first place: playing with flavour.

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*.

Onwards is my fourth cookbook, and it's different to my first three, in that it's quite intimate. It's more than just a cookbook: it tells the story of my journey since closing The Kitchen, and having to redefine my life without it.

It begins with 'Recipes to help with letting go', and features all the relishes, sauces and dressings I created when I found myself at home after closing The Kitchen.

Then there's 'Actual lunch and supper' and 'I make lunch for my Sweetheart now', filled with yummy lunches and simple dinners because, for the first time in ages, I was spending more time at home, giving all the weight of my creative energy to my poor family (luckily, they loved it!). It was a very special time.

'The solace of vegetables' and 'My brassica affair' are inspired by our move towards a more vegetable-led diet during lockdown. After I closed The Kitchen, we were a single income family, so we really got into vegetables, and just being clever with what we had. We even started our own veggie garden, which was such a good thing to have come out of lockdown.

Then I moved towards doing online stuff, really trying to imagine our new life, post pandemic. This was my way of connecting with



friends and strangers alike, and sharing my knowledge outside of The Kitchen, and this is where the chapter 'Earrings & lipstick for Instagram' originates from.

The book is geared towards home cooks, who want to make simple, but delicious food for their family. I've focused a lot on dressings, relishes, sprinkles and stuff that's crunchy and brings texture because, even the simplest ingredient can become phenomenal with just a bit of relish. Like, you can have a steeped broccoli and by the time you add something like my tonnata sauce, made with tuna and mayonnaise, it's a whole different thing.

My hope is that people use my recipes as a starting point, but really make them their own – finding the flavours they like, and combining them in new and interesting ways. There's a whole world of exciting possibility right there! That's the true joy of food."

'Smoked' Basil Chicken Thighs

"Who doesn't love the flavour of chicken cooked over fire? It has taken Saliha Mahmood Ahmed to teach me this Mughal cooking technique, dhuandar: a way to impart the flavour of smoke into cooked chicken without fire! My friends in Durban have been doing this for generations. Ah, I have so much to learn!"

FOR THE CHICKEN MARINADE

100 g Greek yoghurt
3 tsp grated ginger
1 clove garlic, finely grated
30 g fresh basil leaves, divided
1 Tbsp garam masala
1 Tbsp dried chilli flakes
1 Tbsp cumin seeds
½ tsp salt

FOR THE SMOKED CHICKEN

800 g boneless chicken thighs
(see note)
1 small piece of coal, about 4 x 4 cm
Vegetable oil, for grilling, + 1 Tbsp

To make the marinade, add the yoghurt, ginger, garlic, half the basil leaves, garam masala, chilli flakes, cumin seeds and salt to a food processor. Blitz until you have a smooth green purée.

Place the chicken thighs in a glass or casserole dish. Pour your marinade over them. Cover with cling wrap and allow the chicken to marinate for 30 minutes. If you are marinating the chicken for longer than 30 minutes, store it in the fridge.

Preheat the oven to 220°C.

Take a piece of coal and, using kitchen tongs, hold it directly over a gas flame. Getting the coal glowing takes longer than you might think, so get this process going a good 15-20 minutes before you plan to use it.

Place a griddle pan over high heat and brush it lightly with vegetable oil. When it is super-hot, grill the marinated chicken thighs for 5-7 minutes on each side, until cooked



Onwards by Karen Dudley is out now.


through. Place the cooked chicken in a casserole dish with a lid or a heavy cast-iron pot with a lid.

Here is the fun bit: put a large metal serving spoon into the casserole dish on top of the cooked chicken and place the glowing coal on the spoon. Working quickly, pour the oil onto the piece of coal. Smoke will form immediately!

Quickly replace the lid of the casserole (no peeking!) and allow the smoke to infuse the chicken for about 15-20 minutes (the pot need not be on the heat).

Serve with a tamarind or garam masala raita and a lovely salad. Top with the remaining basil leaves. This is great served with Beetroot Salad with Cardamom-Ginger-Mint Yoghurt.

NOTE:

I love smoky chicken skin, so I usually debone the thighs myself just so I can get some skin. Skinless thighs are readily available at the supermarket and work well, too. 



at my desk

With *Go as a River*, Shelley Read has honoured the writer in her. After 30 years as a university lecturer, Read retired from teaching, and finally paid heed to the story that had long been brewing in her mind, and which shines a light on her deep roots in her home state of Colorado.

“G*o as a River* gets at the heart of what is most valuable to me and what I think the world needs now: a strong connection to nature, a belief in love, and a deep faith in personal resilience.

This book began for me when I was out camping alone, as I am known to do, when I witnessed the exact scene that appears on page 126 of the book: the doe and two fawns creeping into the dusky meadow. I was so moved, I immediately got out my notebook and wrote about it. The next day, I climbed a mountain (which is when I do my best thinking) and the character of Victoria started to grow in my mind.

At the time, I wasn't clearing much space for writing—while teaching full-time and raising two kids and what not—but as I got to know Victoria and the other characters, and the story started to evolve in my imagination, I kept jotting down notes here and there, not really knowing what would come of it. Add to this that I often drive past or take a swim in Blue Mesa Reservoir and have for years wondered about the town of Iola drowned in its depths. So, the narrative eventually came together.

I am a fifth generation Coloradoan, a mountaineer, environmental advocate, wilderness historian and overall outdoor woman. I come from humble, hard-working Colorado ancestors. I have lived in the same small mountain town at 9,000 feet in the upper Gunnison Valley for over three decades, and I deeply value a sense of place. I know my homeland well and I love it.

This novel is rooted in everything that defines and enriches my own life—my family roots in Colorado, my love and knowledge

“This novel is rooted in everything that defines and enriches my own life.”



Go as a River is out now.

of the Gunnison Valley, my own wanderings through the wilderness and along wild rivers gathering life lessons. Nothing is more important to me than family and the natural world. This is who I am. I have also spent much of my career and personal life exploring the history of social and anthropocentric hierarchies that translate into the mistreatment of people and the land, and I know we can do better.

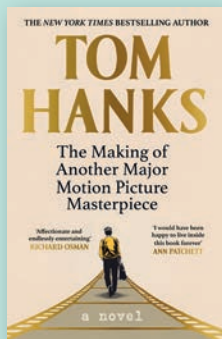
I hope that my novel will leave readers exploring some of the relevant issues of our time—displacement, prejudice, and notions of progress; the value of women, mothers, and the natural world; resilience in the face of adversity; and of course, the extraordinary power of love. I hope that Victoria's journey moves them to contemplate (or, better yet, *feel*) more deeply about place/displacement, the natural world, motherhood, loss, and/or resilience. And I hope I can offer a reader some wisdom that might help them befriend their own journey, especially in what Victoria's learns near the end of the novel—“What I've learned most about becoming is that it takes time”—and in the concept of what it means to go as a river (we flow, we gather, curve and bend, we carry on).”

ABOUT THE BOOK

A heart-wrenching coming-of-age story and a drama of enthralling power. Combining unforgettable characters and a breath-taking natural setting, it is a sweeping story of survival and becoming, of the deepest mysteries of love, truth and fate. **P**



TOP FICTION



MAY

The Making of Another Major Motion Picture Masterpiece by Tom Hanks

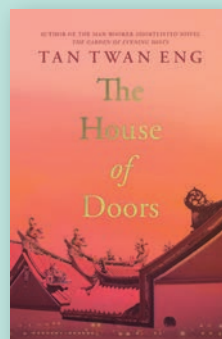
From actor-filmmaker Tom Hanks comes a story of the making of a colossal, star-studded, multimillion-dollar superhero action film, and the humble comic book that inspired it all. Funny, touching, and wonderfully thought-provoking, the novel offers an insider's take on the momentous efforts it takes to make a film. At once a reflection on America's past and present, on the world of show business and the real world we all live in.



MAY

The Half Burnt House by Alex North

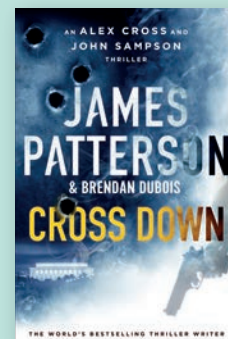
Katie prided herself on being a responsible big sister - until she left her brother Chris alone for one selfish afternoon, and he became the victim of a vicious attack. Although he survived, the scars ran deep. Now they're adults, and they haven't spoken in years. Then she gets a call. A body has been found - and Chris is the prime suspect. Katie sees this as a chance to save her brother. But she doesn't realise that this isn't the first murder - and so she doesn't know how much danger she's in ...



JUN

The House of Doors by Tan Twan Eng

The year is 1921. Lesley Hamlyn and her husband, Robert, a lawyer and war veteran, are living at Cassowary House on the Straits Settlement of Penang. When "Willie" Somerset Maugham, a famed writer and old friend of Robert's, arrives for an extended visit with his secretary Gerald, the pair threatens a rift that could alter more lives than one. A masterful novel of public morality and private truth a century ago. Based on real events, it is a drama of love and betrayal.



JUN

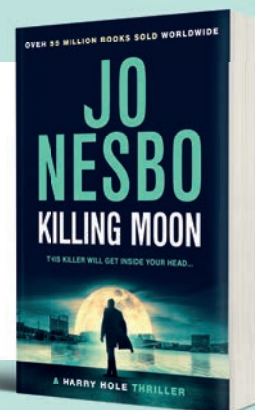
Cross Down by James Patterson

When a series of military-style attacks erupt across the United States, Detective John Sampson is called in to investigate. The attacks are untraceable, with patterns too random to decipher, leaving Sampson struggling to find a link amongst the carnage. As Sampson discovers a lead through an ex-military contact, his partner Alex Cross is brutally side-lined, leaving him certain about one thing: he can trust no one. A thrilling spin-off of the bestselling Alex Cross series.

Killing Moon by Jo Nesbo

JUN

Harry Hole is pushed to his limits when the woman who saved his life is put in grave danger, and he has no choice but to return to Oslo, the city that haunts him, and hunt for a murderer. When the killer took his first victim, he left an unusual signature, giving police reason to suspect he will strike again. They are facing a killer unlike any other, and as the evidence mounts, it becomes clear that there is more to this case than meets the eye ... And for Harry, this just got personal. **12**



EYES WIDE OPEN:

realism as a way of seeing the world

Michiel Heyns is well-known as author, translator and, to some, lecturer. Here he tells more about his latest book, *Each Mortal Thing*.



“In an exchange of letters with Paul Auster (collected in *Here and Now*, Penguin 2014), J.M Coetzee claims to be ‘afflicted with a peculiar kind of blindness’:

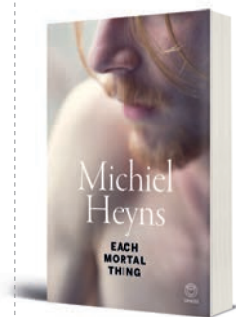
It’s not that I am incurious. On the contrary, everywhere I go, my eyes are wide open. I am on the alert for signs. But the signs I pick up seem to have no general meaning. And the generalisability of the particular is the essence of realism, is it not? I have in mind realism as a way of seeing the world and recording it in such a way that particulars, though captured in all their uniqueness, seem yet to have meaning, to belong to a coherent system.

I would not want to discuss the validity (or otherwise) of this as a comment on Coetzee’s work; but as a writer who regards himself as a realist, I am interested in this view of realism: the generalisability of the particular, in other words, the capacity of the concrete details of the setting to represent certain non-material values.

In my new novel *Each Mortal Thing*, the city of London acquires, I think, something of the status of a centre of value. I imagined the city in the first place merely as a setting for my story, which centres on a young South African expat living in London. But the conjunction of setting and character automatically creates a certain tension between the South African and the city he finds himself in: he is probably more conscious of the city than a London native would be. Thus, walking from Oxford Street to Russell Square, he registers the different feel of different parts of the city:

As he emerged from the relative calm of Wells Street into the clamour of Oxford Street, with its fug of exhausted air, the heat fuming from

“As a writer who regards himself as a realist, I am interested in the capacity of the concrete details of the setting to represent certain non-material values.**”**



Each Mortal Thing is out now.


the tacky tarmac even early in the day, he wished he could shut down his senses: he didn’t want to hear the street, smell it, see it, feel it on his bare skin, know it. All he wanted was to retreat into a cocoon of insensibility until he reached breathable air or an open prospect. [...]

He walked as fast as the crush on Oxford Street and Tottenham Court Road permitted. As he entered the airier environment of Bedford Square and the British Museum, he felt he could breathe easier: the class structure of British society extended to its urban spaces.

Later, returning by train to London from an outing to the calmer spaces of Cambridge, he compares the two places:

The train was pulling into King’s Cross in one of its least welcoming modes, besieged by wet, hungry, tired commuters, crowding each other while waiting for platform announcements, shouldering each other aside once the magic figure had flashed onto the board. [...] The chill fresh silence of the Fellows’ Garden seemed a world away: this, this crush and press of humanity, was life in the city he had chosen to inhabit.

These passages are of course incidental to the action of the novel and its characters. But they seem to me instances of what Coetzee means by ‘realism as a way of seeing the world and recording it in such a way that particulars, though captured in all their uniqueness, seem yet to have meaning, to belong to a coherent system.’

Of course, the ‘coherent system’ is the whole of the rest of the novel, which is not really about London at all, and yet is inextricably conditioned by it. Much as our lives are conditioned by the surroundings we may not even be conscious of.” 

In conversation with ...

Holly Smale's adult debut novel, *The Cassandra Complex*, is a unique, heartwarming and life-affirming novel about one woman's unlikely journey through love, again and again ... Smale chats about the book, her adult diagnosis of autism, and using her own life as inspiration for Cassandra.



Where did the idea for *The Cassandra Complex* come from?

I came up with the concept about six years ago, immediately after a pretty distressing breakup. We had only been together four months, but the end had come from nowhere and it was confusing: I found myself obsessively trying to work out what had gone wrong (or, perhaps more specifically, what I had done wrong). I had repeating fantasies, on loop, where I would go back through our entire relationship in minute detail and try to figure out where it had broken, and what would happen if I could go back and fix it; how it would play out differently, and whether we'd have stayed together. I spent hours, days, weeks doing that. It occurred to me at some point in this intense mind-spiral that it might be the idea for a novel, but I also knew it wasn't quite ready. There were big elements missing. So I popped it to the back of my head and let it stew until I was ready.

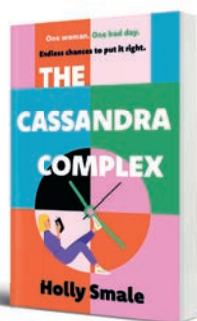
Who inspired your character, Cassandra?

Cassandra is me, although I appreciate how boring that is as an answer. I had just been diagnosed as autistic, and I knew I wanted to write an autistic adult character. I also knew that to do that with integrity, I had to be as honest as possible. So I put myself on the page, and it was probably the hardest thing I've ever done as a writer (my sister describes her as 'almost painfully accurate').

Why was it important to you to write an autistic character?

I have spent a lot of my life, looking for people like me in books and on TV and

I put myself on the page, and it was probably the hardest thing I've ever done as a writer.



The Cassandra Complex hits shelves in June.

finding very little. When you grow up knowing you're 'different' – and not knowing why – that failure to see people like you in fiction can have a very strong impact on your self-esteem, and in your validation as a loveable human. There are still so few autistic characters in fiction who are actually written by autistic authors, and even fewer who are female. It felt important to put a genuine voice out there, and to combine it with a fantastic, funny, uplifting and imaginative story.

Love is a big theme in the book, whether it's romantic, familial or friendship. Was this important to you? How did it inform the plot?

Cassie's key need – the thing that drives her – is for love and connection. I don't think she's unusual in that. Her inexperience in romantic love might be less common, but also very much reflects my own. I, like her, have never had a serious romantic relationship, or been in love – despite really wanting it – and it felt important to explore that honestly. As an adult woman, it can come with a sense of shame; as if you've failed adulthood in some way. You can crave intimacy and love, but also struggle with it – feel isolated and lonely, while also isolating yourself – and that felt like a topic worth exploring.

What do you hope readers will take away from *The Cassandra Complex*?

Ultimately, I want this book to make readers feel less alone. I want them to laugh, cry – to feel the entire range of emotions – but I want them to walk away from *The Cassandra Complex* feeling uplifted, hopeful and perhaps a little more in love with the beauty of what it is to be human. We're not all the same, we all see the world slightly differently, and that's a glorious thing. **📖**

What's your Happy Place?

Set over one sizzling summer, *Happy Place* is the new chemistry-filled 'second chance love' romcom from TikTok sensation, Emily Henry.



Tell us about *Happy Place*.

Happy Place is the story of Harriet and Wyn, a couple who have been together for the better part of a decade, but broke up fairly recently. For a handful of reasons, they decided to put off telling their friends about the break-up until their annual group trip to Maine, which Harriet is supposed to go on *alone*. But when she gets there, she finds out the Maine house has been sold, and this is the last-ever trip the friends will have. So she and Wyn decide to fake it for one more week, so their friends can have a perfect last coastal vacation together.

What inspired this idea?

I started with the concept of a *couples trip*, something that can either be a lot of fun or torturous, depending on how everyone's quirks feed into or push up against one another. I thought that idea had potential for both comedy and stress, and I had a few different ideas of how to amp up both, but I've always loved *comedies of remarriage*, so I decided to try my hand at making one.

Each of the characters in *Happy Place* is so distinct. How did you juggle writing all of their personalities while keeping focus on Harriet and Wyn?

This was a real challenge after writing three books with smaller central casts. Even though I felt like I knew all of these characters well, it was a struggle figuring out how to actually get that on the page without relying too heavily on *telling* the audience about them. On a very practical level, I made sure that Harriet had one-on-one scenes with everyone, where we could see a bit more of their history and

During the day, the ghost of the writer haunted the accountant. At night, they switched places.



Happy Place is out now.

dynamic together. The one exception is, I'm not sure if she has a scene that's *just* her and Kimmy, but Kimmy is a scene-stealer, in my opinion, so I wasn't as worried about readers not knowing her. She is unapologetically herself, and a true weirdo, in the best way.

What character in *Happy Place* do you relate to most?

I put a little bit of myself into every character, but I find Harriet's issues painfully relatable. I also relate to some of Sabrina's more ... *challenging* traits. When she's hosting, she gets into Cruise Director mode, in which she has a very specific idea of how things are supposed to go, and it's really hard for her to let go of that idea when circumstances force her to shift gears.

Why is it so important to Harriet and Wyn to pretend to still be together for this trip?

Harriet is a chronic people-pleaser. Nothing scares her more than causing discord. There's a lot more going on than that, but that's the most obvious reason for the farce: she *needs* the people around her to be happy, and she's terrified of being the reason they're not.

What do you hope readers take away from reading *Happy Place*?

It's so easy to feel stuck on a track in your life. And it's easy to keep putting your happiness just beyond an imaginary finish line on that track, instead of hopping the rails. I hope this book can be a reminder to someone that there's no one right path, that they're allowed to change their mind about what they want, and that they deserve to be happy, even if that looks different for them than it does for other people.



The Pink House by Catherine Alliot

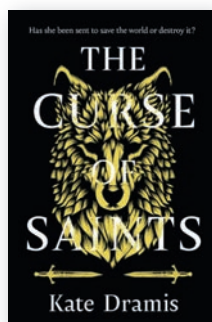
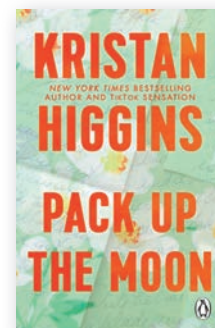
MAY

Emma and Hugh have a dilemma. Hugh's parents have divorced and neither wants the Pink House - the family home he grew up in. If they take it on, they must also accept all that comes with it, including Hugh's sister Sally, living in the garden cottage; playing host to their son's wedding; converting the barn into an art gallery. Then Emma runs into Rory McCloud - the one who got away so many years ago. Suddenly, she's wondering what might have been. A big move can change so much, but for Emma could it change everything? A heartwarming read.

Pack Up the Moon by Kristan Higgins

MAY

Joshua Park never expected to be a widower at the age of thirty. Given his solitary job, small circle of friends and family, and the social awkwardness he's always suffered from, he has no idea how to negotiate this new, unwanted phase of life. But Lauren, his wife, had a plan to keep him moving forward. A plan hidden in the letters she leaves him, giving him a task for every month in the year after her death. Funny, sometimes heart-wrenching, and always uplifting, this novel illuminates how life's greatest joys are often hiding in plain sight.



The Curse of Saints by Kate Dramis

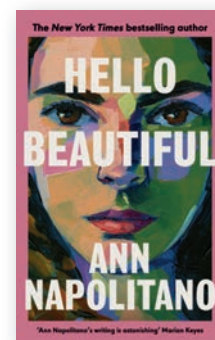
JUN

As Spymaster to the Queen, Aya's blood oath ensures she protects those she fights alongside - including Will, the Queen's Enforcer and Aya's bitter rival. When rumours of dark magic rise in a nearby kingdom, both are sent to investigate. But when Aya's power acts beyond her gods-given affinity, she risks being turned into a weapon in a war she doesn't know how to win. An enemies-to-lovers, fantasy phenomenon that will have you begging for more.

Hello Beautiful by Ann Napolitano

JUN

Best friends and sisters, the four Padvano girls are thought of as inseparable by everyone in their close-knit Chicago neighbourhood. From childhood, the four sisters complete each other. But when Julia falls in love with William Walters, their lives change. As William falls into darkness, it is Sylvie, not Julie, who steps in to help. Spanning decades and generations, *Hello Beautiful* captures what it means to be a family. A rich, life-affirming, and heart-breaking novel.



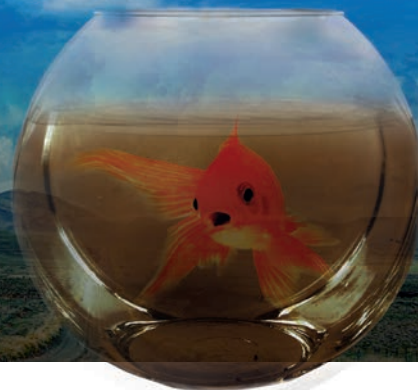
The Memory of Animals by Claire Fuller

JUN

Neffy is running away from grief and guilt. When she answers the call to volunteer in a controlled vaccine trial, it offers her a way to pay off her many debts and, perhaps, to make up for the past. But when the London streets below fall silent, and all external communications cease, only Neffy and four other volunteers remain in the unit. With food running out, and a growing sense that the strangers she is with may be holding back secrets, Neffy has questions that no-one can answer. A gripping, haunting novel about memory, love and survival. [Read more](#)

In 'n monster se kloue

Als waaraan geliefde skrywer Annelie Botes raak, verander in onneersitbare boeke wat jou bybly en laat dink. Self sê sy skryf is vir haar 'n sielsding. "Ek sal skryf tot die potlood in my kop stomp word, of tot ek dood neerslaan." *Katvis*, Annelie se nuutste boek, belooft om net so 'n groot treffer te wees.



“Sy gee voor om dit nie te sien nie. Volg hom woordeloos teen die halfskemer sementtrap af. Aan die onderpunt van die trap sluit hy 'n groengeverfde deur oop en staan opsy. "Step inside your temporary parlour," en hy maak 'n galante buiginkie.

Sy tree onseker vorentoe. "Waar skakel ek die lig aan?"

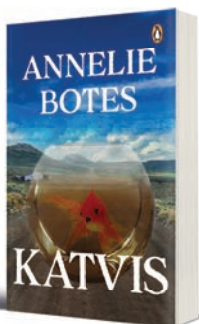
Die volgende oomblik tref 'n hou haar teen die rug, so hard dat sy handeviervoet in die donker op die vloer beland.

Ná twaalf hellejare aan die sy van die narsissistiese patologiese leuenaar Gerhardus, kry Marja via die internet 'n pos as bestuurder van 'n gastehuis in die distrik van Maclear. Sy vlieg weg van haar armoedige grootwordjare en die leë vertoon van haar getroude lewe tot diep in die Oos-Kaap waar haar ma of eksman haar nie kan opspoor nie. Na 'n plek waar sy op 'n bergkrans wil sit, vir die gryskuikertjies viool wil speel en tot verhaal kom.

Toe sy in die afgeleë Drakensbergwêreld in 'n slagyster beland, besef sy sy sal die nuwe oorlog met haar gebrekkige kennis van sielkunde moet wen. Haar ankers is herinneringe aan 'n tuintjie met swaelstertskoenlappers, die klank van 'n viool en die diep medemenslikheid en sorgsaamheid van die mense van haar jeug, veral haar Selina-ma wat vetkoek en slaghoenders verkoop het om vir haar haar eerste viool te koop.

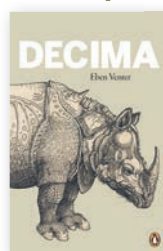
Te midde van maandelange foltering en aftakeling ontdek sy dat sy ook die tierwyfie in haar ma geërf het."

“Die volgende oomblik tref 'n hou haar teen die rug, so hard dat sy handeviervoet in die donker op die vloer beland.”



Katvis is nou beskikbaar.

Moenie hierdie herfsboeke misloop nie!



Decima deur Eben Venter

In die Oos-Kaapse veld staan sy: Vir Decima - 'n formidabele swartrenosterkoei. Haar dogter, Tandeka, is dragtig, en die handvol renosters

sien uit na die kalf se koms in die lente. Maar vir Decima is daar vrees wat met elke volmaan in haar opwel. Sy kan steeds die gebeure onthou wat haar baie seisoene vantevore wees gelaat het. Eben Venter se boek kombineer outofiksie, fabel, 'n speurverhaal en die wetenskap, en is 'n dringende pleidooi vir die bewaring van een van die wêreld se megaherbivore. Decima is 'n elegiese werk vir baie stemme waarin die skrywer die aard van verlies in sy vele gestaltes besing en besweer.



Salemstraat deur Erla Diedericks

Skote klap in die stil oggendure en Salemstraat sal nooit weer dieselfde wees nie. Wanneer 'n man deur sy vrou doodgeskiet word, besef die bure hulle

het nie die paartjie langsaan baie goed geken nie. Stories oor MJ en Emilee loop skielik die buurt vol, stories so uiteenlopend soos Salemstraat se inwoners. Dit val grootliks op die skouers van 'n afgetrede psigiater en jong prokureur om uit te vind watter stories waarheid inhou en wat blote bog is. Een ding is egter seker: Satan het nog altyd in die suburbs geskuil. **U**

Welkom terug!

Lesers wat nog nooit die Davelvroue ontmoet het nie, kan hulle regmaak vir 'n groot bederf. Hierdie gewilde reeks deur Chanette Paul, is terug op lesersaandrag.

Die Davelvroue-reeks, wat oorspronklik in 2006 verskyn het, bestaan uit sewe boeke, elkeen die verhaal van 'n volgende geslag in die Davel-stamboom. Benewens die kwessie van vrou se bemagtiging, spreek *Die Davelvroue* ook eg Suid-Afrikaanse en spesifiek Afrikaanse geskiedkundige kwessies op subtiële wyse aan, alhoewel die genre steeds fokus op vrou se beleving van die liefde. Srywer Chanette Paul volg die wel en weë van die mooi, maar wederstewige Davelvroue van 1899 af tot en met 1938. Elkeen voer haar eie stryd, beleef op haar eie unieke manier in die geskiedkundige tydperk waarin sy leef en beland in een of ander konfliktsituasie met die man wat sy liefkry.



1899-1902

Met die Anglo-Boereoorlog (1899 - 1902) as agtergrond, word die vraag gevra: Wat gebeur as twee mense

grootgemaak is om te glo dat hulle broer en suster is, mekaar liefkry en teen die agtergrond van die chaos van oorlog moet probeer uitvind hoe sake inmekaar steek?



1909

Willemien, Tamara se broerskind, word deur die liefde gekonfronteer: Wat gebeur as 'n vrou, wat 'n

konsentrasiekampkind was en wie se hele familie feitlik uitgewis is deur die Engelse, verlief raak op 'n Ier? En as sy boonop 'n sryder vir die taal is en haar liefde vir die man verg dat sy Ierland toe moet trek?



1922-1923

Tamara se oudste dogter, Annabella, moet kies tussen die twee groot passies in haar lewe: stemreg vir vroue en haar

musiekstudies. Boonop moet sy ook 'n keuse maak tussen twee uiteenlopende mans. Die een kan die saak van stemreg bevorder terywl die ander een 'n briljante violis is.



1923-1924

Deborah is Tamara se middelkind, buitenwone slim en met 'n passie vir argeologie. Hoe kry 'n vrou dit reg om op akademiese

terrein aanvaar te word? En hoe gemaak as sy vermoed die man wat sy liefhet steel en verkoop argeologiese skatte?



1932

In verre Ierland is Isabelle, Willemien se dogter. 'n Ierse gravin met 'n passie vir skilder, voel Isabelle die verantwoordelikheid

van haar gravinskap swaar op haar rus - soos dat dit bepaal met wie sy mag trou. Hoekom dan verlief raak op 'n bywoner op hul plaas in Suid-Afrika?



1933


Maryn, Tamara se jongste dogter moet skielik help om Bergendal vir die Davels te red en uit die kloue te hou van die

einste larentelman wat agter hulle lemoenboorde se bloeisels aan is - selfs al is hy die man wat haar wat haar bedwelm met sy kerslelie oë.



1938

'n Malherbe met suiwer Hugenotebloed beteken min as 'n mens niks weet van wynmaak en wingerd nie, leer Fleur. Met 'n

verwaarsloose plaas en 'n berg skuld, ontmoet sy dan vir Christiaan Davel: hy weet alles van wingerde en wyn af en laat haar hart skoon op galop gaan, maar hy is 'n Transvaler en boonop lief vir iemand anders. 

THE WEST-END KILLER

In an extract taken from *The Most Evil of Them All*, author Sam Human describes serial killer, Jack Mogale, who, by all appearances, was an outstanding member of his community but, behind this ‘man of God’ lay a sordid secret. Dr Human is an academic researcher and a post-graduate external research supervisor in the Psychology Department of the University of South Africa.



“Johannesburg, South Africa, 2008: South African serial killer Madumetsa Jack Mogale, nicknamed ‘The West-End Killer’, took the lives of sixteen people during 2008 and 2009, near his home in Westonaria, south of Johannesburg. In February 2011, Mogale was convicted on fifty-two of sixty-one charges relating to sixteen murders, nineteen rapes and nine kidnappings. According to clinical psychologist and former police profiler for the South African Police Service (SAPS) Dr Gérard Labuschagne, ‘Mogale was a particularly nasty piece of work’ who, after his arrest, attempted to urinate on his arresting officer and threatened her. Mogale was arrogant, furious and mocking, a defiant and entitled individual completely devoid of remorse. ‘One day I will

“Mogale was arrogant, furious and mocking, a defiant and entitled individual completely devoid of remorse.”

be out of custody, and you will be the first person I will rape and murder,’ he told her.

According to a *Sowetan* article in 2011, Mogale’s neighbours were shocked to learn of his crimes, claiming that he was a decent member of their community: ‘In the eyes of the world, he is a monster – but to his family and neighbours, serial murderer and rapist, Jack Mogale, is a “humble man of God”’.

Like many of his ilk, Mogale led a double life, carefully planning and executing his crimes right under his community’s nose. He reportedly grew up in a stable family as the eldest child. He later married and had two children of his own. His wife passed away in 2001. Mogale’s neighbours claimed he was a friendly person who lived a ‘good Christian life’ and regularly attended Sunday church

services. After the death of his wife, Mogale reportedly had many girlfriends and casual liaisons, but nothing to raise suspicion of his criminal activities.

What the community didn't know was that Mogale, posing as a priest and a prophet, was luring young women into the open veld behind his home, where he would brutally rape, strangle and batter them to death. Sometimes he would just leave them to die slowly once he had finished with them. He never bothered to hide their bodies.

No evidence of bodily fluids was ever found at his home, as he always took the time to carefully clean up after the murders. The crime scenes, however, were another story. Despite the overwhelming evidence against him, Mogale vehemently denied his involvement and even claimed that the police and witnesses were conspiring against him. An arrogant, deceitful and entitled man, devoid of empathy, Mogale was sentenced to sixteen life sentences without parole.

Although the traits and characteristics of serial murderers are as varied as the theories that attempt to explain their behaviour – including early childhood and sexual abuse, as well as neurobiological anomalies – more recently, the relationship between pathological narcissism and serial homicide has received increasing clinical attention. Narcissistic Personality Disorder (NPD) is no longer considered a 'benign' personality disorder. Rather, pathological narcissism, in its extreme, is now recognised as having the potential to fuel the vilest behaviour. It is a disorder worthy of objective medical attention and capable of standing alone or at least right next to its 'sociopathic counterparts' as an equally tragic and toxic malfunction of personality, potentially responsible for some of the worst crimes in history.


In scenarios where sociopathic and/or psychopathic serial murderers are shown to harbour pathological narcissistic traits – or have been formally diagnosed with NPD – a uniquely immoral, truly evil and self-entitled murderer emerges. Researching sociopathic and psychopathic traits is fundamental to understanding the behaviour of serial murderers, but exploring and understanding

the role of narcissism, particularly pathological narcissism, could be equally critical if we wish to fully comprehend the source and motivation of serial-killing behaviour.

While narcissists may think that they are superior to everyone else, this belief is fragile, rendering them extremely vulnerable to any form of rejection, negative feedback and/or criticism. They are more likely to react with anger and hostility to any perceived or actual challenge to their ego. In 1972, Austrian-born American psychoanalyst Heinz Kohut coined the term 'narcissistic rage' to describe the heightened risk of extreme violent behaviour from narcissistic personalities if they are challenged, feel rejected or experience an existential threat to their grandiose sense of self-worth.

Moses Sithole lived through a difficult childhood. His father passed away when Sithole was still very young and his mother, finding it too challenging to care for him and his five siblings, eventually abandoned them at a police station. All six siblings were moved around between different orphanages until they were eventually sent to one in KwaZulu-Natal. Sithole was reportedly abused and mistreated at this orphanage and eventually ran away.

Sithole began molesting young women in 1987, behaviour that continued until he was arrested in 1989 and sentenced to six years in prison. Although he was released early on good behaviour, he never accepted either his crime or punishment and felt enraged at his incarceration, to the point that, soon after his release, he began his murdering spree. He would later claim that his hatred for and rage against women stemmed from his earlier incarceration. On a deeper level, Sithole's hatred for women was probably the result of being abandoned by his mother.

Jack Mogale supposedly had a more stable childhood than Sithole, but he nonetheless harboured a deep disregard for and anger towards women, exploiting his status as a 'man of God' to first lure his victims, and then rape and murder them, for pleasure. With some of his victims, Mogale wasn't even bothered to make certain they were dead. It appears he could not have cared less if they survived or not." 



The Most Evil of Them All will be out in June.



HOW TO LIVE A SATISFYING LIFE

Dr. Gladys McGarey is 102 years old and a still-practicing doctor. She currently has a life coaching practice, maintains a healthy diet, and still enjoys a good piece of cake every now and then. Having started writing books in her nineties, McGarey's latest, *The Well-Lived Life*, serves up six secrets to health and happiness at any age. Here are a few words of wisdom from this phenomenal woman.

What have you learned in your 102 years about living life to the fullest?

Every minute counts. Some of the most important things that happen to us quickly, we hardly know they are happening. But when we are in the process of paying attention, we'll see them. The most miniscule things can change our lives. When I was in Wellsville, Ohio on call, caring for 9,000 people day and night, I would return to my son Bob who was 18 months old sitting on the front steps. I would pick him up, take him to my rocking

chair and he would pat my shoulders and I could return to being myself in my home. This was a life changing moment I recognised by being present.

What's something anyone can start doing tomorrow to live life to the fullest?

Keep living. Be aware of the fact that you are actually breathing in and out. The sun comes up and life is real. Life and love are the two most important things that are alive. It's the awareness that pops into your head when you

are looking for it. It's delightful, sometimes you have thoughts that mean nothing or ones that can change your whole life. You just have to be aware.

How do we mobilise when we are feeling impossibly stuck?

Sometimes it's done to you. Sometimes you get mobilised by the world around you and what your life is doing. Even those times we must accept as real. But we won't be mobilised if we are not looking for it. If you are actually looking for having an awakening or something new, that is important.

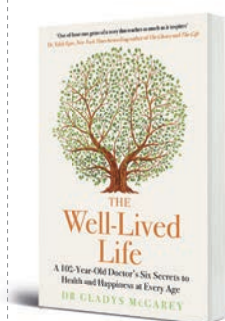
How does contributing to a community contribute to our own wellbeing?

We as humans need each other, if we don't have a community. You can live in the Himalayas, and I know people who do, that have a community because the villagers around them will bring food and resources. They have their own angelic community. It's almost impossible to live without a community. You can live by yourself but create a community that feeds your essence. I needed my son Bob on the steps of myself coming home after a hard day at work. We need to feed each other and be fed by each other. It's love that does that. It's like breathing in and breathing out. You breathe in the love from other people, you breathe out love to other people. Our world can't function without this duality, the in and out.

You were lucky enough as a child to meet Gandhi. What did he teach you about love?

Gandhi taught me that love is real. I spent hours trying to unpack the word "love" for this book so that it would be understandable. People have been trying to explain love for years in songs and poems, but I finally realised there aren't words to use that are adequate. Anyone who has not experienced love does not know what it is. It is like asking a blind person to understand what the colour green is. How do you explain something they have never experienced? You do the best you can until you can truly live.

It's almost impossible to live without a community. You can live by yourself but create a community that feeds your essence.



The Well-Lived Life hits shelves in June.

In your 90s you decided to take on a new ambition to become a writer. What led you to this decision?

I had a lot of things I wanted to say. I had written articles and people kept asking me questions. Someone finally asked if I could write a book and I thought, I could do that. My first book was in 2000 and from then more books came.

What's wrong with the old adage about conserving your energy as you get older?

If you try to conserve your energy as you get older, it won't work. Life doesn't work that way. If you stop using your energy and being aware, your energy dies. Life can't live without moving so we must be able to move our consciousness in such a way so life can continue. If we are going to be alive, we have to move, change, and live.

Can unpack the foundational 5 Ls for us?

The first two Ls are life and love, and they are one unit. Life as it is, is like a little seed. You can have a seed in a pyramid for thousands of years, and then give it some water and love and it will start to grow. Life can't grow without love. Love is what activates the shell so that life can begin. Like the sperm and the ovum. Life and love are a unit.

The third L is laughter. Laughter without love is cruel and vain. But laughter with love is happiness and joy.

The fourth L is labour. Labour without love is drudgery. For example, I have too many diapers to change, I'm too tired, or I have to go to work. But labour with love is bliss. It's why I became a physician. It's why a singer sings or a painter paints.

The fifth L is listening. Listening without love is empty silence but listening with love is understanding.

These 5 Ls really are a starting point for understanding some of the things that we are really working towards.

What is a piece of advice you would give your younger self?

Trust yourself. 

Unlock the Potential of Sensitivity

Our modern loud and harsh world wasn't built for highly sensitive people, but their unique strengths make them inspiring leaders, heartfelt caretakers, careful decision-makers and natural-born artists. In this extract from *Sensitive*, authors Jenn Granneman and Andre Soló give an example of how the lives of sensitive people might play out from childhood.

“It starts with a boy and a girl. They've never met, but their stories begin the same. They're from the Midwest, with blue-collar parents and not enough money. Neither of their families knows what to make of them. They're different from other kids, you see, and it's starting to show.

Sometimes the boy seems normal enough. He follows the rules in kindergarten. He's polite to his teachers, and kind to the other kids, but when recess rolls around, he shrinks. Something about the playground is too much for him. Instead of joining for kickball, or tag, or king of the jungle gym, he runs away. He flees from the screaming and laughing and hides in the only place he can find: an old storm sewer pipe.

At first, the teachers don't even notice, because he always slinks back at the end-of-recess bell. But one day he takes a kickball with him so he won't be alone. It might be cute under different circumstances, but there are never enough balls to go around, and the other kids complain when they see him run off with it. That's when the teachers find him, and the concern starts. His parents don't understand: Why do you hide in a sewer pipe? What do you



| | | | | | |
|---|---|---|---|---|---|
| 1 | 3 | 5 | 7 | 9 | 6 |
| 4 | 4 | 2 | 9 | 1 | 9 |
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| 2 | 8 | 5 | 8 | 3 | 4 |
| 9 | 5 | 7 | 6 | 8 | 3 |
| 4 | 8 | 3 | 2 | 5 | 2 |

do in there? His answer — that it's quiet — doesn't help. He'll need to learn to play with the other kids, they tell him, no matter how loud or overstimulating it is.

The girl, on the other hand, doesn't run away. In fact, she seems to have a knack for reading people. She becomes the ringleader of her group of friends, sensing easily what each kid wants or what will make them happy. Soon, she organises them to pull off neighbourhood events: a family carnival, complete with games and prizes, or a particularly elaborate haunted house for Halloween. These events take weeks of effort, and she's perfectly at home refining every detail. Yet when the big day comes, she's not out in the middle of the action, howling at the puppet show or running from game to game. Instead, she stays on the edges. There are just too many people, too many emotions, too much laughing and shouting and winning and losing. Her own carnival overwhelms her.

It's not the only time she gets overstimulated. She has to modify her clothes, cutting off straps so the fabric doesn't rub her skin (when she was a baby, her mom recalls, they had to cut the feet off her footed sleepers, too). In the summer, she's excited to go to a week-long camp, but her mom has to drive her home early; she can't sleep in a crowded bunk, let alone one crackling with the feelings and intrigues of a dozen little girls. These reactions surprise and disappoint people, and their reactions in turn surprise and disappoint the girl. For her parents, her behavior is a cause of worry: what if she can't handle the real world? Still, her mom does her best to encourage her, and her dad reminds her she has to say things out loud rather than just thinking them in her head. But she has a *lot* of thoughts — libraries of them — and people rarely understand them. She is called many things, sometimes even sensitive, but it's not always a good thing. It's something to be fixed.

No one calls the boy sensitive. They do call him gifted when he reads and writes above his grade level, and he eventually gets permission to spend lunch hours in the school library — it frees him from the roar of the lunchroom, and it's less alarming than a drainpipe. His peers have other words for him. They call him weird. Or that worst-of-all word, *wuss*. It doesn't help that he can never hide his big feelings, that he

“What no one says is, You're perfectly normal. You're sensitive. And if you learn how to use this gift, you can do incredible things.”

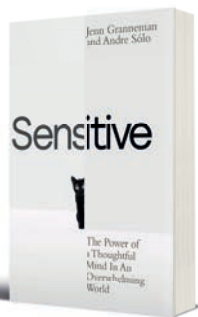
sometimes cries at school, and that he breaks down when he sees bullying — even if he's not the victim.

But as he grows older, he increasingly is. The other boys have little respect for the dreamy kid who prefers a walk in a forest over a football game, who writes novels instead of coming to parties. And he has no interest in vying for their approval. It costs him: He gets shoved in hallways and mocked at lunch, and gym class may as well be a firing squad. He is seen as so soft, so weak that an older girl becomes his biggest bully, laughing as she writes obscenities on his shirt with a marker. He cannot admit any of this to his parents, least of all his dad, who told him the way to handle a bully is to punch the person in the face. The boy has never punched anyone.

Both the girl and the boy, in their separate lives, start to feel as if there is no one else like them in the world. And both seek a way out. For the girl, the solution is to withdraw. By high school, each day overwhelms her, and she comes home so fatigued that she hides in her room from her friends. She often stays home sick, and though her parents are nice about it, she wonders if they worry about her. For the boy, the way out is to learn to act tough. It's to say he doesn't care about anyone — as if he could take them all on. The attitude fits him about as well as a grown-up's army helmet. Nor does it have the intended effect: Rather than coming to respect him, the other kids avoid him completely.

Soon the boy is skipping school and hanging out with a clique of stoner artists — people who feel as deeply as he does, who don't judge his way of seeing the world. The girl finds acceptance in an abusive church. The church members don't think she's weird, they assure her. They think she has miracle powers, even a special purpose, as long as she does everything they say.

What no one says is, You're perfectly normal. You're sensitive. And if you learn how to use this gift, you can do incredible things.”



Sensitive is out now.

AN EXPOSÉ ON THE INNER WORKINGS OF ESKOM FROM ITS FORMER CEO

When André de Ruyter took over as Eskom CEO in January 2020, he quickly realised why it was considered the toughest job in South Africa. In his explosive memoir, *Truth to Power*, De Ruyter candidly reflects on his three years at the power utility, his successes and failures, his reasons for leaving and his hopes for the future. As someone who is not beholden to the ruling party, he is uniquely placed to speak truth to power.

“Like a proverbial middle finger, the phallic monstrosity greeted me as I walked into the CEO’s office at Megawatt Park for the first time.

The silver trophy was more than half a metre high and looked like a cross between an aloe and a rollercoaster. Proudly displayed on a side table in front of a window, it marred my magnificent view over Johannesburg’s northern suburbs and the Johannesburg Country Club.

Whatever the trophy’s crimes against art and aesthetics, they paled in comparison to the cringe-inducing inscription. It transpired that the award had been given to none other than Brian Molefe, disgraced former CEO, for ‘ending loadshedding’. By Eskom’s own

generation division, no less.

Pass the sickbag.

The trophy symbolised everything that was wrong with Eskom at the time: an organisation in thrall to the Big Man, where sycophants were encouraged to bow before the CEO, and rewarded when they did so. The supreme leader would give instructions and his orders had to be obeyed without question. That, of course, lay at the root of many of the problems at the utility. By allowing an all-powerful CEO to rule the roost, all principles of corporate governance were thrown out the window.

By then, it was public knowledge that Molefe had been implicated in the worst excesses of state capture, that he had

acknowledged his repeated visits to the Guptas' residence in Saxonwold, and that he had left a legacy of poorly maintained generation plants and a technically insolvent business. The sharp points on the trophy were like a poke in my eye, given that I had the task of undoing the mess Molefe had left behind. It was laughable and infuriating in equal measure. Molefe, probably more than anyone else at Eskom, had contributed to bringing the company and the country to its knees. I gave the trophy one look and said, "This has to go."

This first visit to Megawatt Park came just before Christmas 2019. Even though Eskom chairman Jabu Mabuza had thwarted my plans to conduct an inspection of our power plants, I was still determined to hit the ground running and at least show my face at Eskom's headquarters. Leaving behind my family, who were still vacationing in the Western Cape, I flew up to Johannesburg for the visit.

Megawatt Park is a gigantic seventies edifice, rearing up over the suburb of Sunninghill. Clearly built to impress, it was a physical monument to the achievements of a company that once had a sterling reputation, having been named the world's best power utility by the *Financial Times* in 2001, a mere two decades before it was crippled by systemic corruption, loadshedding and enormous financial losses. As I drove in through the security gate, the expansive lawns surrounding the complex made it clear that this was all done at a time when money was no object. But as I came closer, I could see that Megawatt Park was showing its age. Like most buildings from the 1970s, it was not built to last. This type of brutalist architecture produced buildings that were intimidating and impressive but did not stand the test of time. The impression of solidity and imperviousness to change that the architects no doubt sought to convey was a mirage.

When Megawatt Park was inaugurated, it was one of the most advanced office buildings in South Africa. It had gymnasiums for deskbound staff – a revolutionary concept at the time. In its airy atria, infused by natural light, vegetation cascaded down in Babylonian magnificence. Eskom was a monopoly, unconstrained by shortages of

It transpired that the award had been given to none other than Brian Molefe, disgraced former CEO, for 'ending loadshedding'. By Eskom's own generation division, no less. Pass the sickbag. 9

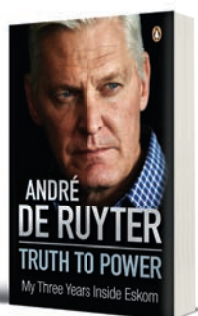
cash and capacity. The monolithic head office was symbolic of a business model that had reached the end of its natural life. For almost a century, Eskom had been a one-stop power shop, handling all aspects of the electricity business: generation, transmission and distribution. Now it was reaching the end of that trajectory. It was time to catch up to the future by unbundling the three divisions.

Driving into the underground parking, which had a vague Cold War-era feel about it, I noticed the enormous steel vault doors leading off to mysterious rooms and passages. Later, I was to learn that a duplicate system control room had been set up in a bunker. It could apparently withstand a nuclear attack and would provide living quarters for the executives who would be running Eskom in this feared dystopian future. In those days, Eskom took steps to continue supplying electricity no matter what.

For the first time, I parked in the CEO's bay. I was received by Anton Minnaar, Eskom's executive support manager, who took me to the office that had seen eleven occupants over the past decade. My expected shelf life at that time was probably numbered in months, given the average tenure of my predecessors.

Anton noted my displeasure about the Molefe trophy, and by my next visit, it had duly been consigned to the nether regions of Megawatt Park, where it belonged.

When Molefe was surprisingly reappointed as Eskom boss in May 2017, following his resignation a few months earlier, he had been greeted by admiring and ululating crowds on his return to Megawatt Park. These were notably absent on my first day. I knew full well that my appointment had not met with universal acclaim. But I was not there to be popular. Sitting in the high-back leather chair that had seen so many unfortunate occupants, I wondered if I really knew what I had let myself in for." 12



Truth to Power
by André de Ruyter
is out now.

SCORPIONS OF SOUTH AFRICA WHAT TO LOOK FOR



- 1 A male Painted Burrowing Scorpion
- 2 In an attempt at self-defense, this scorpion holds its tail high over its head
- 3 Like all rock scorpions, this Soutpansberg Rock Scorpion has a distinctively slender tail
- 4 A large species, the Giant Rock Scorpion measures between 13cm and 19cm in length
- 5 Scorpion species with large, thick pincers are less venomous than those with thin pincers.



It's probably an understatement to say that scorpions are not everyone's favourite animals. After all, they sting, and some species are dangerous enough to kill humans. But for Dr Ian Engelbrecht, leading expert on southern African scorpions, these creatures are simply fascinating.



South Africa has an incredible diversity of scorpions with over 100 species known to science, and many being discovered all the time. Dr. Engelbrecht's fascination started at a young age, when he found a large Burrowing Scorpion drowned at the bottom of the swimming pool where he lived in northern Johannesburg at the time. "I got it out with a pool net, and I was transfixed! It was so prehistoric, and yet so intricate and beautiful. The menagerie of creatures I had in my bedroom then had to make space for a scorpion ...".

Scorpions are, in fact, ancient, with the earliest fossils being over 400 million years old (that's almost 200 million years before the first dinosaurs appeared). They have changed remarkably little in that time.

The first thing anyone wants to know about a scorpion is "can it kill me?". A simple rule of thumb is that dangerous scorpion species have a very thick tail and thin pincers. Size is important too – large scorpions have more venom than small ones, and the amount of venom a scorpion injects



when it stings is an important determinant of the severity of the sting. These thick-tailed scorpions use their powerful tails to drive their sting deep into the flesh of their prey, or predators in self-defence, to deliver the venom where it will be most effective. "In South Africa we only have two scorpion species that are really dangerous to human beings, with one or two others possibly causing serious stings very occasionally. There are only a handful of serious scorpion stings every year, sadly, mostly in children, but deaths can be prevented with proper treatment," says Dr Engelbrecht.

So why a book dedicated to scorpions? "People spend a lot of time outdoors in nature in South Africa - campers, hikers, 4X4 enthusiasts, and visitors to nature reserves - and they want to know what's around them. It's useful to be able to identify potentially dangerous scorpions, but many people want to identify other species too."

Scorpions occur in a wide range of habitats and can be found in almost every part of South Africa. While they do prefer the drier and hotter parts of the country, they can also be found at high altitudes on mountains, and in forests. Searching for scorpions can be a lot of fun, particularly if using an ultraviolet (UV) light at night. Scorpions are nocturnal and glow a bright turquoise-green colour under UV light, which makes them easy to find in the dark. A quick search around camp can help locate any potentially unwanted guests, but it also makes for a fun social activity, which can add an extra dimension to any trip into nature. Dr Engelbrecht actively encourages people to seek out scorpions, photograph them, and upload them to citizen science platforms such as the Virtual Museum (vmus.adu.org.za) or iNaturalist (inaturalist.org).

A Field Guide to Scorpions of South Africa is the first book of its kind in the world – a comprehensive guide to all of the species of the country including important identification features, geographic distribution and behaviour information. It is comprehensively illustrated with standardised neutral



6



7




8

6 A scorpion will aim to scare off predators by lifting its tail high over its body.

7 & 8 The pincers of the female Addo Burrowing Scorpion (left) are larger and rounder and the tail smaller than those of her male counterpart (right).



Field Guide to Scorpions of South Africa is out now.

background images of each species, including both sexes and colour varieties, which are complemented by natural background images that give a sense of the animals as they appear in the wild, as well as their habitats. Dr Engelbrecht shares, "It took more than ten years to put this book together, and I'm proud of how it's turned out. The team at Struik have done a remarkable job of making scorpions come to life on the book's pages. My hope is that this book will open people's eyes to just how amazing scorpions are, and that it will foster a greater appreciation for all aspects of South Africa's natural environment." 

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MUST-HAVE Freelancer Safety Nets

Although you may picture your freelance life as you sitting on a beach with a cocktail in your hand and a laptop on your knees, things can and do go awry. Life happens, and as a freelancer without the cushion of paid time off, you need to be extra prepared for any eventuality. Full-time freelancer, Shea Karssing shares some advice that's worked well for her.



Get a regular retainer client who pays on time

We all know that sound on the first of the month: 'Beep-beep, beep-beep, beep-beep' as the debit orders set your phone vibrating into space and your bank account funds spiralling down. When the dreaded debit-order day looms, you need to ensure that you have enough funds to cover your regular monthly expenses.

I suggest finding one or more retainer clients who pay their bills at a set time every month and pay you enough to cover all the expenses coming off on debit-order day. If you can't guarantee that all expenses will be covered by income from your regular, pay-on-time retainer clients, perhaps try moving a few of your debit orders to later in the month.



Top up with project work and other clients

Once you've got a reliable retainer that pays for all the boring stuff, add another retainer or client with a regular scope of work to cover the expenses that go beyond debit-order day (groceries, medical bills, etc.) and some project-based or ad hoc work to make up the rest of your monthly goal and fun fund.




Charge an upfront deposit

Getting a client to pay a portion upfront helps you better align your interests from the get-go. Clients are more responsive and invested in the project when they've already had to cough up some cash at their end. It also helps mitigate risk and allows you to spread out your income like the molly-coddled kids at varsity who get their pocket money weekly so they don't blow a month's worth in one night.



Create a famine fund

At the risk of sounding like a financial advisor (which I am not), even your non-freelance friends and family should have an emergency fund: three months' worth of income (or, at least, the total of three months' worth of expenses) to keep you afloat should the shit hit. Of course, you likely won't have three months' worth of income sitting idle in your bank account; if you do, you might be the one I see buying butter at Woolworths. If you don't, you can contribute to your emergency fund monthly until you're happy that you have enough in there to keep you going for a minimum of three months. But you're not done yet ...

Besides having an hourly rate, based on taking holidays, public holidays, sick days and other non-working hours, you'll also need to make sure that you put a little extra away to allow you to buy butter in the months that are a bit slimmer - and to fund your rock-star lifestyle when *ke Dezemba* rolls around. Don't forget about that pesky percentage for the taxman too. 



Freelance Like a Boss hits shelves in June.

DINNERS

WITH A DIFFERENCE

Whether it's light and healthy you're after, or something a bit more decadent, you'll find it here with these recipes from the cookbooks of Mmule Setati and Tiaan Langenegger.

Quinoa Bowl

1 cup cooked quinoa

A handful of chopped baby spinach

½ cup chopped sundried tomatoes

½ cup thinly sliced (but unpeeled)
cucumbers

½ cup pickled artichokes

1 red onion, thinly sliced

½ cup flaked almonds

Salt and pepper to taste

TAHINI DRESSING

2 tsp tahini

2 Tbsp cold water

1 tsp lemon juice

1 tsp runny honey

Salt and pepper to taste

Place all the dressing ingredients in a small, clean jar and shake until well combined, then set aside.

Transfer the cooked quinoa to a deep serving dish or bowl, then add the spinach, tomatoes, cucumbers, artichokes and onion.

Toast the almonds in a small non-stick pan over a high heat for 1 minute until they are slightly golden. Sprinkle over the salad and drizzle with the tahini dressing.

SERVES
2



Smoked Beef Burger

"There's nothing quite as sexy as a partner who can whip up a takeaway-style meal from scratch. However, the ingredients in this burger take it to the next level, and make it a far cry from the usual fast-food version, trust me."

SERVES
2

2 large burger rolls, halved and toasted

Lettuce and/or rocket leaves for serving

Cucumber for serving (optional)

4 slices smoked cheddar (or mature cheddar)

CARAMELISED ONIONS

50g butter

2 large onions, sliced

2 Tbsp whisky or 1 Tbsp Worcestershire sauce

2 Tbsp brown sugar

Salt and pepper to taste

BURGER PATTIES

250g lean beef mince

80g finely chopped bacon

1 tsp garlic powder

1 tsp ground cumin

1 tsp ground paprika

Salt and pepper to taste

1 drop liquid smoke

SRIRACHA-MAYO SAUCE

2 Tbsp sriracha sauce (how hot is your choice)

2 Tbsp mayonnaise

2 tsp lemon juice

Black pepper to taste

For the caramelised onions, heat the butter in a small saucepan and sauté the onions over a medium to low heat until translucent. Add the whisky and cook until the alcohol evaporates. Stir in the sugar and simmer for 15 minutes until the onions are sticky. Season with salt and pepper.

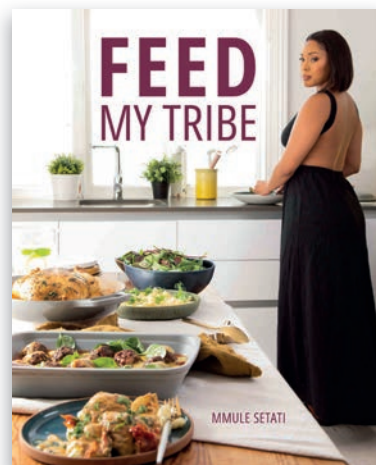
Prepare the braai (if using). To make the patties, place all the ingredients in a large bowl and mix until well combined. Shape the mixture into two large balls and use a spatula to gently press them into patties. Place the patties in the fridge for approximately 10 minutes to firm up before cooking.

Arrange the patties on the braai grid or in a grill pan over a high heat. Grill for 3-4 minutes on each side, turning them once. (Take care, as they can disintegrate.) If you prefer well done burgers, cook for 5-6 minutes per side.

For the sauce, mix together the ingredients.

Spread some sauce on the bottom half of each burger roll and add

the leaves and/or cucumber. Place the patties on the leaves, followed by a slice or two of cheese and the caramelised onions. Drizzle over some more sauce and finish off with the top half of the roll.



Feed My Tribe is out now.

Kerriesosaties

“Wie hou nou nie van ’n lekker sosatie op die braai nie? Tuisgemaak is beslis ’n bonus en hierdie resepte kan ook vir vark vleis gebruik word. Die basiskerriesous kan selfs gevries word vir later.”

GENOEG VIR
6-8

2 groot uie, in skywe gesny
1 e (15 ml) olie
3 e (45 ml) kerriepoeier
2 e (30 ml) borrie
2 e (30 ml) suiker
2 k (500 ml) water
1 k (250 ml) asyn
½ k fyn appelkooskonfyt
2 lourierblare
1 e (15 ml) mielieblom, indien nodig
om die marinade te verdik
1 skaapboud, ontbeen en in groot
blokkies gesny
sout en swartpeper na smaak
kerrieblare (opsioneel)

Braai die uie in ’n pot in ’n bietjie olie oor stadige hitte tot sag. Voeg die kerrie, borrie en suiker by en braai tot die speserye lekker uitgebraai is.

Voeg die water, asyn en appelkooskonfyt by, asook die lourierblare, en laat kook vir 15-20 minute. Die sous behoort dik genoeg te wees vir ’n marinade, maar kan met mielieblom effens verdik word indien nodig. Laat die marinade afkoel tot kamertemperatuur en gooi dit dan oor die blokkies vleis om vir minstens 30 minute (of selfs oornag in die yskas) te marineer.

Ryg die vleis op sosatiestokkies wat in water laat lê is (sodat dit nie brand op die vuur nie) en braai op ’n lekker warm vuur tot so gaar soos wat jy verlang. Ek verkies dit halfgaar, want dan is dit nog lekker sappig. Garneer met kerrieblare indien verkies.



WENKE

* Die sosaties kan ook vir sowat 15-20 minute by 200 °C in die oond gebak word of tot dit so gaar is soos jy dit verkies.

* Laat rus vir 5 minute en sit voor met ’n lekker slaai.



GENOEG VIR
4-6

Gnocchi met sampioensous en harde kaas

“Gnocchi is nie iets waarmee ek grootgeword het nie, maar omdat ek so baie daarvan hou, het ek gevoel dit moet deel uitmaak van hierdie boek. Ek het al baie duisende gnocchi's in my loopbaan gemaak.

Ongelukkig is hierdie resep baie op gevoel en kan ek net die basiese riglyne gee vir julle om te gebruik om by die eindresultaat uit te kom. Die idee is om 'n deeg te maak wat baie sag is, maar steeds werkbaar is en die minste hoeveelheid meel moontlik bevat.”

VIR DIE GNOCCHI

kapokaartappels, gemaak van
5 middelslag-aartappels (probeer
om dit so droog as moontlik te
kry en maak dit baie fyn)
2 eiers
150 g (275 ml) meel
50 g parmesaankaas
sout na smaak

VIR DIE SAMPIOENSOUS

250 g sampioene van jou
keuse
50 g (50 ml) botter
350 ml room
swartpeper
hand vol pietersielie, en
ekstra
vir garnering

VIR VOORSIT

50 g (50 ml) botter
1 e (15 ml) olie
2 e gerasperde
parmesaankaas

VIR DIE GNOCCHI

Plaas die warm
kapokaartappels in 'n bak en
breek die eiers daarin. Meng
dit baie goed deur.

Voeg die kaas by en meng dit
weer baie goed. Geur nou met
sout en proe.

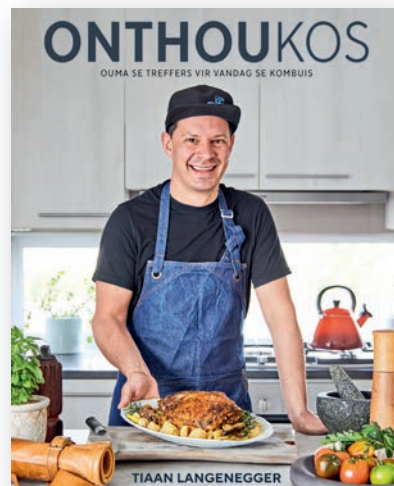
Die volgende gedeelte is baie belangrik. 'n Bietjie meel moet bygevoeg word om 'n deeg te vorm, maar hoe langer die deeg staan, hoe natter gaan dit word. Meng net genoeg meel by om 'n deeg te vorm en rol die deeg in 'n worsvorm van so 2-2,5 cm in deursnee uit. Sny duimgrootte-stukkies af en blansjeer dit in kokende warm water met baie sout daarin tot die stukkie begin dryf. Skep die stukkie uit en plaas dit in koue water om die kookproses te stop. Sodra dit koud is, kan dit gedreineer word. Ek gebruik dan 'n bietjie olie om seker te maak dat hulle nie aanmekaar vassit nie.

VIR DIE SAMPIOENSOUS

Braai die sampioene in die 50 g botter in 'n pot tot ligbruin en vol geur. Voeg die room by en kook af tot 'n sous vorm. Geur die sous met swartpeper en vars pietersielie en plaas eenkant.

VIR VOORSIT

Verhit 'n pan met die 50 g botter en die olie (die olie keer dat die botter nie so maklik brand nie) en braai die gnocchi daarin tot ligbruin. Giet die sous op 'n opdienbord en skep die gnocchi bo op. Rasper baie parmesaankaas bo oor en besprinkel met gekapte vars pietersielie. 🍴



Onthoukos is nou beskikbaar.



On my mind ALL THINGS BEGIN SMALL

If you have a vision, starting with your small idea and connecting with the right people can help give your idea wings, says Siya 'Slikour' Metane. Siya is a founding member of celebrated hip-hop group Skwatta Kamp and the CEO of SlikourOnLife, a platform dedicated to bringing the stories of musicians and artists to light.

"Are you always searching for something? Or are you the one who is supposed to provide what people are seeking? My life has been a constant navigation between these two realities – and the work that comes with the latter seems to be what has consumed me most.

In the public eye, it looked like a rap group or a celebrity relationship or a website or an agency or a sound mind. Yet, behind the scenes, it was a study of patience, because it's only later that I got to know not only what it looks like, but what it really is.

The public may have had a perception about me, my passions and my work, but, for years, I had my own perceptions, too. I knew, though, that my assumptions about the strangers around me had to constantly be muted. I knew I needed to be unbiased. To present a neutrality around the people who were catalysts to my role as a provider of what people are seeking. Sometimes those people were, for the most part, disconnected from my personal reality, but crucial to my vision.

Having the ability to connect your vision with the people who can help it become a reality knows no race or tax bracket. While it might be intimidating, it's within reach of anyone. It's about mentally levelling the ground in areas you thought you'd never be in by saying, 'It was all done by humans.' Once you recognise that we are all the same, it makes it easier to move into your power.

And never forget that all things start small. The path to being an expert is to become


"The way to be an expert is to become a master of small ideas."

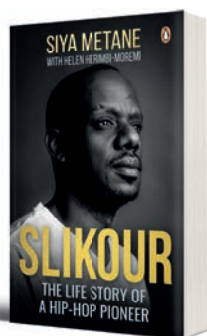
a master of small ideas. Once you gather with other experts and move them towards building *your* small idea, it's only a matter of time before you make an impact.

The way small ideas become big is through the receiver's imagination. Think about it this way: when you've been working hard on an idea for a long time, and someone recognises you for it, you feel elated. That small bit of elation you feel is tiny in comparison to the amount of work you might have put in, be it months or years, but the moment it reaches someone else's imagination, your small idea could take flight and become an everlasting source of inspiration.

It's that which you need to focus on, because the elation you feel in the moment can be hard to hold onto. Knowing the potential of your small idea in someone else's imagination can only spur your passion on, and encourage you to keep building your vision, however small your efforts might seem in the moment.

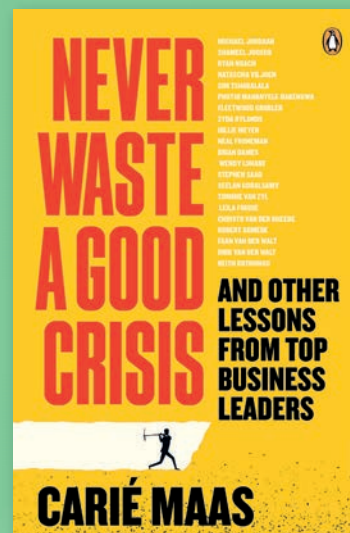
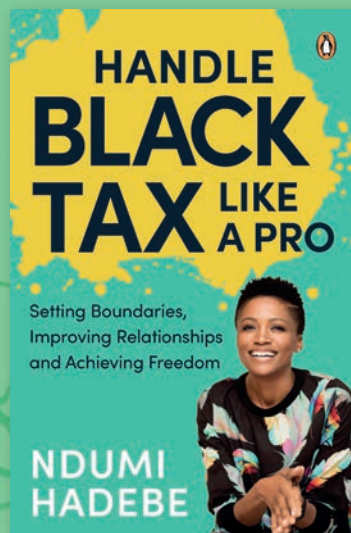
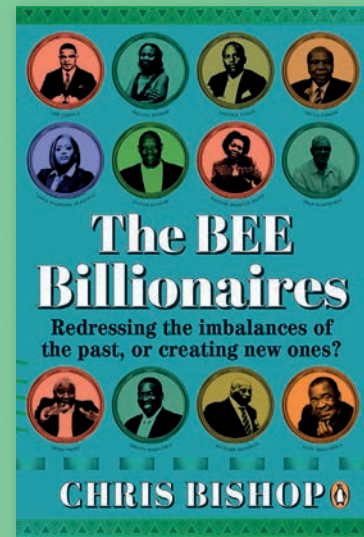
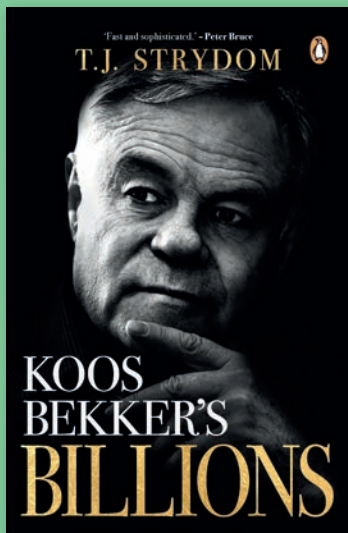
Today the pressures on people's mental health are no different to when I was younger, and constantly being told to think big. I had to teach myself to think small and suggest that's what we should all do, resiliently and consistently. If your idea comes from a true and authentic place, it will grow on its own.

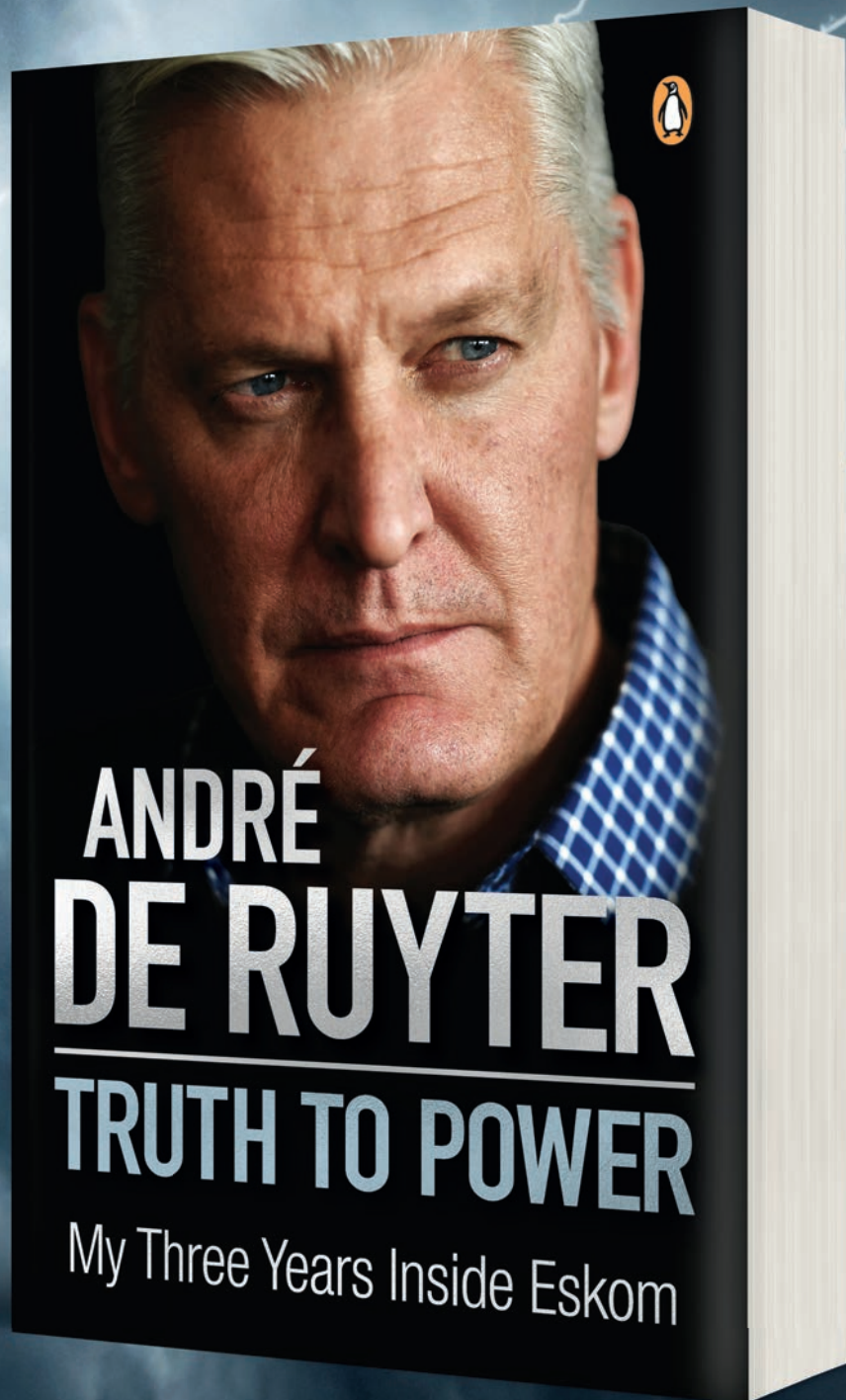
Every tree has a seed, we all were once an embryo. We all have small ideas that grow organically and, when you remove your prejudices, you find yourself walking paths you never dreamt you would. I hope you value your small idea because, believe me, someone out there is in search of it." 



Slikour: The Life Story of a Hip-Hop Pioneer is out now.

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