

# THE PENGUIN POST

THE MAGAZINE ABOUT BOOKS FOR BOOK LOVERS

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**LATEST  
RELEASES**

From Kate Atkinson &  
Siphiwe Gloria Ndlovu  
to Ian McEwan &  
Richard Osman

**TAYLOR  
JENKINS  
REID**

"It was a big  
surprise to me  
when I found  
my voice  
in novels."

## Zola Nene

**COOKING UP A STORM**

**ONE-PAN COOKING**

Jamie Oliver's new  
cookbook serves up  
delicious no-fuss food

**ON MY MIND**

TJ Strydom on the  
rise of SA billionaire,  
Koos Bekker

**INTENSE EXTRACT**

Daniel Janse van  
Rensburg's nightmare  
inside a hell hole prison

**ON WRITING**

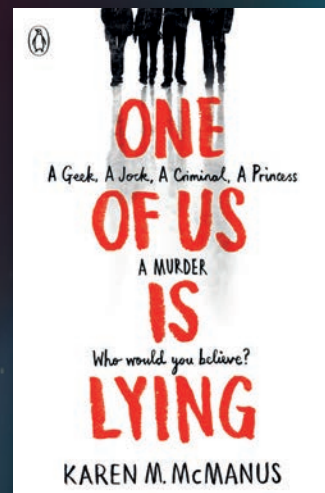
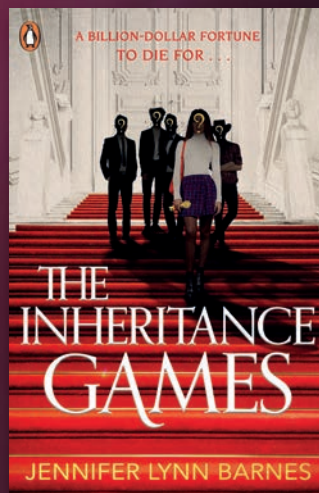
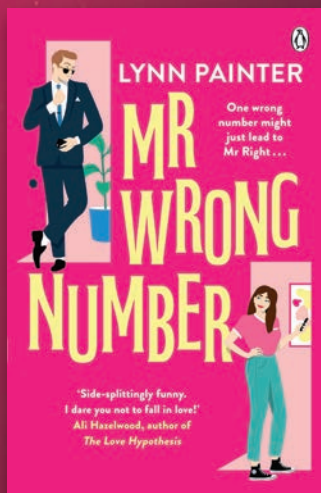
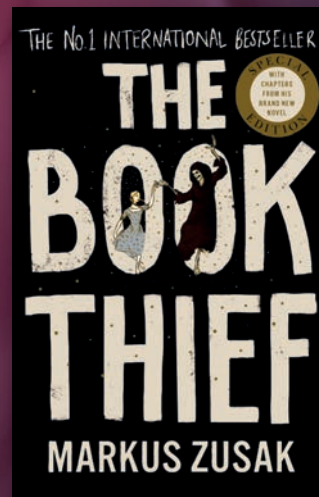
Tips from *All the  
Broken Places* author,  
John Boyne



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## Welcome!

**Sjoe, our reading pile just jumped in size** with all of this month's incredible new releases.

Amongst them are four new cookbooks, including Jamie Oliver's latest, *ONE*. It's a must for anyone keen on simplifying the cooking process, but still enjoying a delicious meal.

Our favourite foodie (and cover star), Zola Nene, is also back. Zola's new one, *Simply Seven Colours*, is a sight to behold, having been arranged by the seven colours typically associated with a South African spread. I tried her coleslaw recipe just the other day, and it's taken what I always saw as quite a simple side to new heights. Check out our interview with Zola to find out more about this gorgeous gourmet, and try out a recipe from the book.

On the fiction front, one of my favourites is Kate Atkinson's *Shrines of Gaiety*. It's set in post-war London, the scene of an outlandish new nightlife, and follows the woman behind it all. It's a vivid story with colourful characters, and a finale you won't see coming.

On the list as well is John Boyne's *All the Broken Places*, the long-anticipated follow-up to *The Boy in the Striped Pyjamas*. It's a profoundly moving novel that picks up the story of Gretel, Bruno's sister, now 91 years old and living in London. It's definitely worth the read.

Also in this issue, At My Desk with *Daisy Jones and The Six* author, Taylor Jenkins Reid, an extract from a new Taliep Petersen biography, and insight into the fascinating adventures of one of history's earliest ecologists.

Happy reading!

*Lauren*

**Lauren Mc Diarmid**

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# bookscape

news | snippets | what's new

+++++



Everyone's talking about ...  
**Michelle Obama's New Book**

In her inspiring follow-up to *Becoming*, former First Lady Michelle Obama shares practical wisdom and powerful strategies for staying hopeful and balanced in today's highly uncertain world.

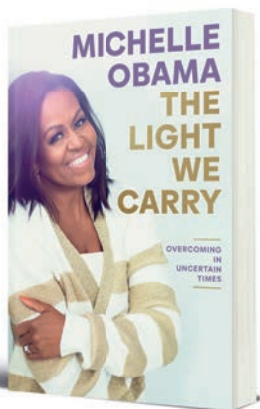
In *The Light We Carry*, she opens a frank and honest dialogue with readers, considering the questions many of us wrestle with: How do we build enduring and honest relationships? How can we discover strength and community inside our differences? What do we do when it all starts to feel like too much? Michelle Obama believes that we can all lean on a set of tools to help us better navigate change and remain steady within flux.

*The Light We Carry* offers readers a series of fresh stories and insightful reflections on change, challenge, and power, including her belief that when we light up for others, we can illuminate the richness and potential of the world around us, discovering deeper truths and new pathways for progress. Drawing from her experiences as a mother, daughter, spouse, friend, and First Lady, she shares the habits and principles she has developed to successfully overcome

various obstacles - the earned wisdom that helps her continue to "become."

With trademark humour, candour, and compassion, she also explores issues connected to race, gender, and visibility, encouraging readers to work through fear, find strength in community, and live with boldness. A rewarding blend of powerful stories and profound advice, *The Light We Carry* will inspire readers to examine their own lives, identify their sources of gladness, and connect meaningfully in a turbulent world.

*The Light We Carry* hits shelves November 2022.



## DOMINATING THE BESTSELLER LISTS

### *Deception*, Lesley Pearce

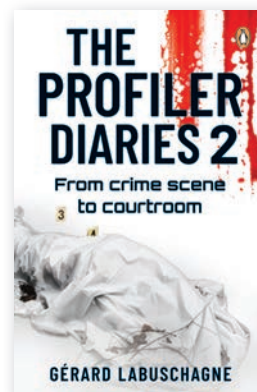
"I wasn't sure where this story would go, and I was intrigued to see what the author had in store. Yet again, Lesley Pearce has produced a novel that is as interesting as it is enjoyable."

- Christine E Hann, ArtSMart



“The reality is that people who are lonely or feel like misfits, or have anger and hatred inside of them, will probably listen to music that expresses those feelings or turn to alternative belief systems in an attempt to find comfort. The troubled person is the catalyst, not the music or the religion.”

- Gérard Labuschagne, author of *The Profiler Diaries 2*





#bookstagram

MUST  
of the  
MONTH

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## RELEASE RADAR

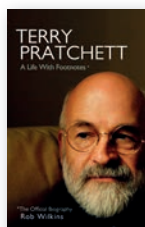


### ***The Ninth Month* by James Patterson & Richard DiLallo**

When Emily Atkinson discovers she's pregnant, she's forced to swap out late-night partying for morning runs in the park. But as a series of women go missing, Emily's pregnancy becomes decidedly high-risk ...

### ***Like, Comment, Subscribe* by Mark Bergen**

Bloomberg tech journalist, Bergen, tells the story of YouTube, the global phenomenon that single-handedly upended traditional media and transformed Google into one of the world's most profitable companies.



### ***Terry Pratchett: A Life with Footnotes* by Rob Wilkins**

Pratchett's former assistant, friend, and now head of the author's literary estate, draws on his own extensive memories, along with those of family, friends, fans and colleagues, to recount Pratchett's extraordinary story.

## Reader's letter

I was intrigued by Willie Olivier's article 'Exploring South Africa on Foot' (Nature, Volume 14) since, as a long-time hiker, I have gone on many expeditions, some of which held excitement far beyond the destination itself. Travelling to Kenya, for example, to lead a climb up Mount Kenya and Mount Kilimanjaro in 1972, when travel between South Africa and most East African countries was forbidden. Four of us had to go via Malawi, the only East African country where South African travellers were still welcome. From there, we used our British and Rhodesian passports, which would be accepted at the airport in Nairobi. After much nail-biting, we managed to get in without so much as a question. The climb was expectedly challenging, and unfortunately, one of my teammates, Jimmy, had badly injured his leg, making it crucial we fly back to Johannesburg directly. But, according to Kenyan authorities, we'd come in from Malawi, and so, we would need to return there. With Jimmy in a supermarket trolley, leg extended, being wheeled along by me, we both held our breath as we passed through customs. For sure, we'd get caught, held for hours in a dimly-lit room and who knows what else. However, because of our dramatic situation, we were lucky that the immigration officials turned a blind eye and allowed us to proceed. A harrowing experience, but certainly one for the books. I returned to Kenya much later with my wife, Sue. As guests of a revered member of parliament (who was also Sue's uncle), we were received like absolute royalty, a welcome refashion of my earlier trip there.

Thank you,  
Martin Briggs

Martin's winning letter has won him a hamper of three books featured in this issue! Want to stand a chance at winning? Email your thoughts in a letter to [ThePost@penguinrandomhouse.co.za](mailto:ThePost@penguinrandomhouse.co.za), and we might just publish it!

## Five Minutes with ... SIPHIWE GLORIA NDLOVU

Siphiwe's debut novel turned out to be the first in a trilogy. Not that she planned it that way. But now, she's just written the last, *The Quality of Mercy*.

***The Quality of Mercy* is also the last in the City of Kings trilogy, but, you didn't set out to write a trilogy, did you?**

I think if I had set out to write a trilogy, I would have found the prospect too daunting. When I started writing *The Theory of Flight*, I was also playing around with other story ideas. I wasn't aware that I was writing interconnected works until I was well into the novel and all of a sudden one of the characters from another story idea made an appearance. When I started writing *The History of Man*, I had to accept that I was working on a series of interconnected stories. *The History of Man* deals with the colonial state and *The Theory of Flight* deals with the postcolonial state, so by the time I started writing *The Quality of Mercy*, I thought it would be interesting to examine what exactly is inherited when a state transitions from being one that is colonial to being one that is postcolonial. So, *The Quality of Mercy* actually acts as a bridge between the first two novels.

**How did you choose the first names of Spokes Moloi and his wife, Loveness?**

Zimbabweans are known for being rather, let's say, 'creative' with names. This is a characteristic I quite like about my country. I wanted this aspect of name-giving to be very present in the novel through not only Spokes and his wife, the lovely Loveness, but many



other characters as well. A name carries so much and (whether we like it or not) it can help shape a person's identity; because of this, names are extremely powerful.

**You are also a filmmaker; do you write with that medium in mind?**

I do like the visual language of film; how the medium forces you to translate what you see in your mind's eye onto the page so that others can see it as well. Although film is a visual medium, images usually have to be turned into words in order to be turned into images once again. This process of what I would call 'image translation' is definitely how I write. Words and images are equally important to me in my writing process.

**Spokes investigates the murder of coloniser Emil Coetzee, the protagonist in *The History of Man*. How does mercy come into play?**

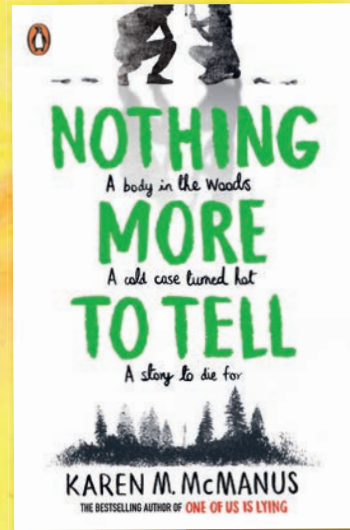
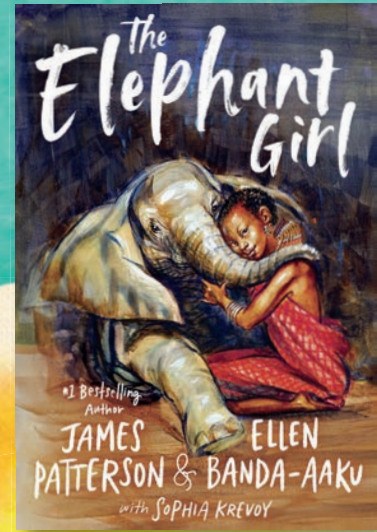
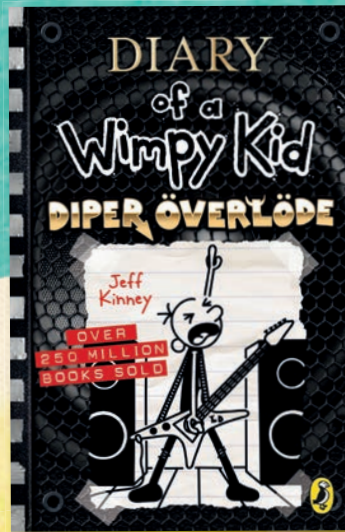
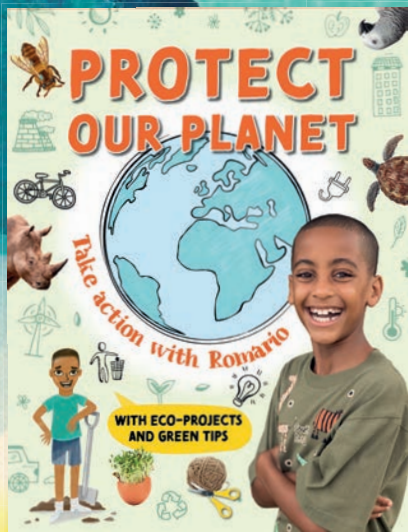
I can't think of how best to answer this question without giving too much of the plot away, so I will say that it is up to the reader to decide how mercy plays a role in the novel. However, what I love about the word 'mercy' is that it is both loaded and slippery as a term - it's not just about forgiveness and kindness and compassion; it's about the ability and the capacity and the willingness and the power to do the act. It's an extremely layered word. ■



*The Quality of Mercy* is out now.



# FOR THE BUDDING BOOKWORMS





# “LEAVING A LEGACY OF RECIPES BRINGS ME SO MUCH JOY.”

Media personality, chef and cookbook author Zola Nene is cooking up a storm with her latest cookbook, *Simply Seven Colours*. Zola chatted to Lauren Mc Diarmid about the joys of cooking, her most favourite kitchen appliance and her biggest food combo fail.







“It may go without saying that all my favourite things to do revolve around food. If I’m not cooking, I’m likely looking for the next spot to go have a bite to eat or heading off to a market to find fresh seasonal produce and ingredients to inspire my next meal. Even when it comes to travel, I’ll choose a destination based on what I’ll eat there.

And, of course, I love to cook for people. Family gatherings usually end up happening at my house, where I do most of the cooking. I’ve taken over from my mom, an incredible cook herself. Mom still likes to get stuck in, and her lamb curry (which I shared in my first book, *Simply Delicious*) is legendary. But what’s great is that my kitchen is open plan, which makes it easy to bring everyone into the cooking festivities. So while I might be the one standing at my gorgeous gas cooker (the centrepiece of my kitchen, and my most favourite kitchen appliance by far), we still get that all-important quality time together.

Actually, I’ll often be the one in the kitchen, getting stuck into some or other dish, even if I’m the guest! It just naturally happens that way, I guess, and I can’t say I’m mad at it.

When it comes to deciding what to make, I generally cook according to what I crave: if some dish or meal has been on my mind, I’ll make it. I also love changing things up with ingredients I haven’t used that much before or fruit and veg that are in season, which means my shopping list changes all the time.

Though, I’m definitely not the meal-prep type. I do freeze a lot of leftovers, but I would get bored with eating the same meal over and over again. Plus, the kitchen is my happy place, so getting stuck in there putting together something yummy is the perfect way to fill my cup.

I always get excited about diving into a new cookbook project, and *Simply Seven Colours* is my third. I absolutely love this book. The theme around it is something that wholeheartedly speaks to the way I cook and how we love to eat

I can honestly say that I love every recipe in the book ... I certainly couldn’t pick just one favourite. 9

as South Africans. Each chapter is themed to a different colour, and filled with even more deliciousness than the last.

Working on a new book gives me the chance to sift through all the recipes that I’ve created since the last, and narrow down what to include – definite yes to chicken and apricot sosaties; hard no to cauliflower and chocolate brownies. It’s a tough process, but it’s also a lot of fun, and I can honestly say that I love every recipe in the book ... I certainly couldn’t pick just one favourite.

I’ve been fortunate in my career to have had so many incredible experiences, which includes working with some amazing chefs from all over the world. A big highlight for me was cooking with Gordon Ramsay for his show *Uncharted* with National Geographic. We cooked braai-style outside in the KwaZulu-Natal wilderness, while a snorting hippo looked on from the nearby river. It was the stuff of dreams!

Being a judge on season four of *MasterChef South Africa* has also been a huge career highlight. It is such an amazing franchise and production, and I’m so grateful to have been involved with it.

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

But there is still loads more that I’d like to do, in terms of travelling to further explore and immerse myself in the world of food and meeting more chefs from around the globe to learn from and share food stories with. Hopefully there will also be more cookbooks in my future. It’s one of my favourite ways to share my recipes and love for food. By creating a book, I’m leaving a legacy of recipes for memorable meals long after I’m gone, and that brings me so much joy.”





## Chicken & Apricot Sosasies

SERVES  
4-6


**WIN!**  
Flip to page 31  
for more

6 wooden sosatie sticks  
1 Tbsp Zola's Feasts  
Flavourbomb Spice  
½ cup fruit chutney  
Fresh chilli, chopped, to taste  
Salt and pepper, to taste  
4 chicken breast fillets, cut  
into chunks  
18 Turkish (soft-dried) dried  
apricots

Soak the sosatie sticks in water for 10 minutes. This will prevent them from burning when you cook the chicken.

Mix together the Flavourbomb Spice, chutney, fresh chilli, and salt and pepper. Add the chunks of chicken and mix into the marinade until evenly coated.

Skewer the chicken onto the sosatie sticks, alternating with the apricots. You can leave the sosaties to marinate overnight at this stage, if you wish.

Cook the sosaties on the braai over medium coals or in a griddle pan until the chicken is cooked through and golden. 



*Simply Seven Colours is out now.*



# at my desk

Taylor Jenkins Reid on chasing ideas, writing badly and her next project.

**“F**unnily enough, I didn’t immediately know that I wanted to be a writer. I took writing classes when I studied media at college, but only because I was more interested in those than the other production classes. Perhaps that should have told me something ... When I moved out to Los Angeles, I did it with the intention of working in Hollywood, and it was a big surprise to me when I found my voice in novels, instead. But I absolutely think my training – both at school and on-the-job – have contributed to how I tell a story.

One of the biggest lessons I have learned over the course of writing my four books about fame is that I can – and should – trust that little part of my brain that lights up when I think about various settings in the world. If something excites me, I will follow it. When I listen to a duet and get an idea for a book about rock singers, when I’m on the shores of Malibu and get an idea for a party, when I’m watching Serena Williams at the US Open, I get this little flutter of an idea. And I’ve learned how to tell myself, “OK, see if there’s anything there. Why not?”

Then I jump right in. I don’t plan or plot anything out ... which is why my first drafts are terrible. At the start of it, I’m way too excited to slow down and by the time I get to the middle, I’ve gotten myself into such a pickle that I just have to find my way out. But after a few drafts, I eventually find a good flow. And if there’s one writing hack that I can’t emphasise enough, it’s to give yourself permission to write something bad. Then go back and fix it.

But I do spend a lot of time researching before I start writing. I want to know who really existed in this space before I go creating my own person. And then I start taking details from loads of different people and places, adding in contradictions, and putting them at the centre of my particular story to see what happens. It’s embarrassing to admit but after

It was a big surprise to me when I found my voice in novels. ”



Carrie Soto is Back is out now.



hours and hours of writing these characters, I do start to hear them in my head. And they sometimes stick around for quite a while.

At the moment, though, I don’t know what I’ll be writing next, which is a first for me in my ten years of writing novels. It’s scary and thrilling all at once. And I’m just as curious as you to see what lies ahead.”

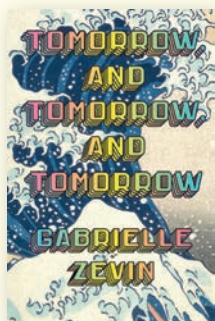
## ABOUT THE BOOK

By the time Carrie retires from tennis, she is the best player in the world. She has shattered every record and claimed twenty Slam titles. But six years after her retirement, Carrie watches as her record is taken from her at the 1994 US Open by a brutal British player named Nicki Chan. So, at thirty-seven years old, Carrie makes the monumental decision to come out of retirement and train for one last year in an attempt to reclaim her record. Even if her body doesn’t move as fast as it did. And even if it means swallowing her pride to train with a man she once almost opened her heart to. A riveting and unforgettable novel about the cost of greatness. **B**



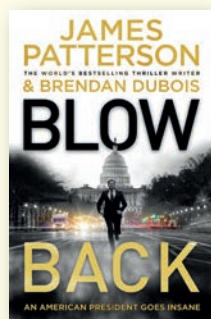
# TOP FICTION

## OUT IN SEPTEMBER



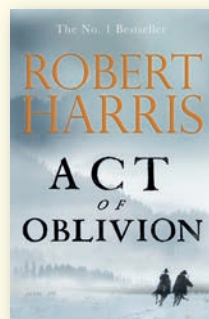
### **Tomorrow, and Tomorrow, and Tomorrow** by Gabrielle Zevin

Two kids meet in a hospital gaming room in 1987. Their love of video games becomes a shared world. But all too soon, that time is over. When the pair meet again years later, they are taken back to that moment. The spark is immediate, and they get to work on what they love: making games and finding an intimacy in digital worlds that elude them in real life. A dazzling and imaginative quest that examines our need to connect.



### **Blowback** by James Patterson

US president Keegan Barrett swept into office on his success as director of the CIA. Six months into his first term, he devises a clandestine power grab with a deadly motive: revenge. President Barrett personally orders Special Agents Liam Grey and Noa Himel to execute his plan, but their loyalties are divided. As CIA agents they've sworn to support and defend the Constitution of the US against all threats, both foreign and domestic. High-stakes action.



### **Act of Oblivion** by Robert Harris

1660, General Edward Whalley and Colonel William Goffe, father- and son-in-law, cross the Atlantic. They are on the run and wanted for the murder of Charles I. They have been found guilty in absentia of high treason. In London, Richard Naylor, secretary of the regicide committee of the Privy Council, is tasked with tracking down the fugitives. He'll stop at nothing until the two men are brought to justice. An epic journey across continents, and a chase like no other.



### **The Last White Man** by Mohsin Hamid

One morning, Anders wakes to find that his skin has turned dark, his reflection a stranger to him. At first, he tells only his new lover, Oona. Soon, reports of similar occurrences surface across the land. In many, like Anders's father and Oona's mother, a sense of profound loss wars with profound love. As the bond between Anders and Oona deepens, change takes on a different shading: a chance to see one another, face to face, anew. A story of love, loss, and rediscovery.

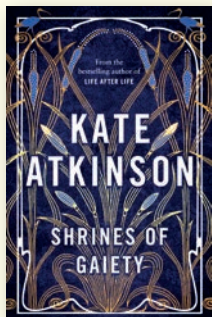
### **The Family Remains** by Lisa Jewell

On the foreshore of the river Thames, a bag of bones is discovered. The bones are those of a young woman, killed by a blow to the head many years ago. Also inside the bag is a trail of clues, in particular the seeds of a rare tree which lead DCI Owusu back to a mansion in Chelsea where, nearly thirty years previously, three people lay dead in a kitchen, and a baby waited upstairs for someone to pick her up. A jaw-dropping, intricate, and affecting novel about the lengths we will go to protect the ones we love and uncover the truth.

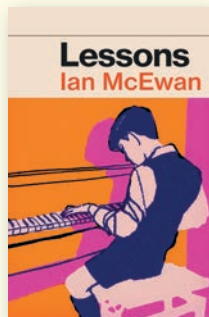
**"Fast-paced and cleverly plotted. It grips from the first page to the last." - Paula Hawkins, author of *A Slow Fire Burning***



## COMING OCTOBER


**Shrines of Gaiety**  
by Kate Atkinson

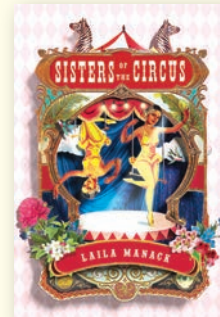
In a city still recovering from the Great War, London has become the focus for a delirious new nightlife. The queen of this glittering world is Nellie Coker, ruthless but also ambitious to advance her six children. But success breeds enemies, and Nellie's empire faces threats. For beneath the dazzle of Soho's gaiety, there is a dark underbelly; a world in which it is all too easy to become lost. A mesmeric novel that captures the uncertainty of a world in which nothing is quite as it seems.


**Lessons**  
by Ian McEwan

It's 1961 and young Roland Baines's life is turned upside down. Stranded at boarding school, his vulnerability attracts his piano teacher, Miriam Cornell, leaving scars as well as a memory of love that will never fade. Twenty-five years later, as the radiation from the Chernobyl disaster spreads across Europe, Roland's wife mysteriously vanishes, and he is forced to confront the reality of his rootless existence and look for answers in his family history. An intimate yet universal story of love, regret and a restless search for answers.


**The Furrows**  
by Namwali Serpell

Cassandra Williams is twelve; her little brother Wayne is seven. One day, there is an accident, and Wayne is lost forever. Though his body is never recovered, their mother is unable to stop searching. As C grows older, she relives and retells her story, and she sees her brother everywhere. But it can't be, of course. Or can it? A beautiful exploration of memory and mourning that twists unexpectedly into a story of mistaken identity, and the wishful and sometimes willful longing for reunion with those we've lost.

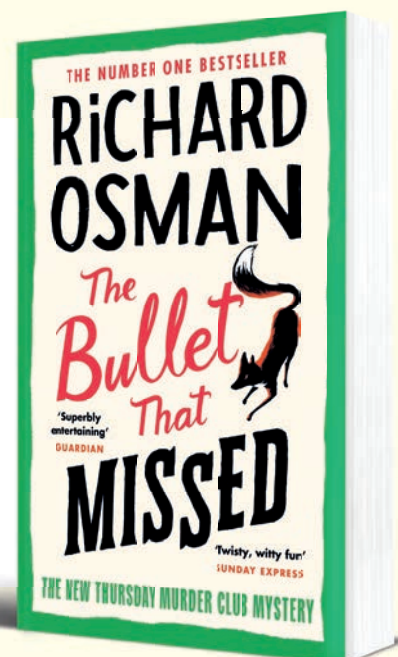

**Sisters of the Circus**  
by Laila Manack

Trapeze-artist twins Kahina and Noor are one of a kind. Kidnapped from their home in India, they were sold to a travelling circus in Europe at four years old. Now it's the Roaring Twenties, the girls are twenty-one, and they want to escape their circus trailer and abusive ringmaster and make their way to India to find their birth parents. A vivid tale of the power of sisterhood and womanhood, trust and self-worth, flying and falling and getting up again, no matter what.

**The Bullet that Missed** by Richard Osman

It is an ordinary Thursday and things should finally be returning to normal. Except trouble is never far away where the Thursday Murder Club is concerned. A decade-old cold case leads them to a local news legend and a murder with no body and no answers. Then, a new foe pays Elizabeth a visit. Her mission? Kill . . . or be killed. As the cold case turns white hot, Elizabeth wrestles with her conscience (and a gun), while Joyce, Ron and Ibrahim chase down clues with help from old friends and new. But can the gang solve the mystery and save Elizabeth before the murderer strikes again? A thrilling caper in the series.

**"Smart, compassionate, warm, moving and so VERY funny."**  
- Marian Keyes, author of *Again, Rachel* 📖





# FROM CHAPTER ONE TO THE END

Bestselling author John Boyne has written thirteen novels for adults, six for younger readers, and a short story collection. Along the way, he's figured out a few things that really work well for him, some of which he shares with us here.



**THE SLOW MUSE DAY** Inspiration, like true love, arrives unexpectedly. Writing is about discipline and focus, about sitting down and putting a sentence on a page, then looking at it for a while and wondering what a good sentence might be to follow it. Some days, it might lead nowhere, and some days the floodgates will open. But either way, you're writing.

**READING MATTERS** It might sound obvious, but you'd be surprised by the number of aspiring writers who don't read. It's important to be aware of what your peers are writing about. Be able to discuss new books. Have opinions on them. Reading and writing have a direct relationship to each other, and if your life is not filled with other people's stories, then your own writing will suffer by your neglect.

**NOVELS ARE ABOUT STORIES** Storytelling sometimes gets a bad reputation, but that's what the novel tradition was built upon. *Moll Flanders*, *Gulliver's Travels*, *Pamela*, these are all novels that are absolutely filled with story. Yes, you want to write beautifully, but the most wonderful metaphors and unique similes in the world won't help a novel that is, at its core, boring.

**PLANNING YOUR NOVEL** It can be helpful at the start of a writing career to fully plot out your novel in advance so you know each day what you're sitting down to write. But allow yourself the freedom to walk away from that plan once the novel begins to take on a life of its own, as it inevitably will. In time, you'll feel more confident starting with just an idea and seeing where it takes you.




*All the Broken Places* is out now.

**FIRST PERSON VS THIRD PERSON** This is one of those decisions that you have to make before beginning. Do you want the intimacy of a first-person narrative, which allows you to follow the progress and psychology of a central character from the first page to the last? Or the scope of a third-person, which gives you more freedom to move around through different characters?

**NEVER GO BACKWARDS ON YOUR FIRST DRAFT** You need to make your way to the end and then you'll have an entire manuscript to improve. Remember, things will happen later in your novel that you'll need to know about before returning to Chapter 1. And the relief of finishing that first draft is enormous, as is the sense of achievement. Your confidence will soar.

**REWRITING** Everything in the novel is about rewriting. Everything. Do not be afraid of rewriting large sections, changing them, or deleting them entirely. Be afraid of not doing it. Each draft is like a block of sculptor's stone; you have to keep chipping away at it until you find something beautiful inside.

**READ YOUR WORK ALOUD** This can be really helpful in terms of identifying clunky sentences or words that have been repeated. And, if all goes well, you'll find yourself reading sections to an audience one day, so you might as well get in some practise!

**ALL WRITING IS EXPERIMENTAL** There are always going to be literary snobs who value one particular style of writing over another but, in the end, a novel is either written well or written badly. All writing is experimental. And, as any scientist will tell you, some experiments work, and some just blow up in your face. 





# Small Miracles & Big Love

*Small Miracles* will take you on a joyful and uplifting journey as three nuns learn more about life, love and friendship than they could ever have imagined – and it all began with the seed of an idea planted in the mind of author Anne Booth.



**“S**mall *Miracles* follows three unforgettable nuns as they try to save their convent from ruin, an idea that came to me after watching a programme about a convent in York. The Sisters there were struggling financially, so they started buying lottery tickets in the hope that by some miracle, they might win and be able to save their convent. I thought this could be the beginning of a story, and I started to build on it by using some of my own memories and experiences.

Now, I am no nun, but I did go to convent school, and I was very religious as a child. At one point, I actually wanted to be a priest, but, having been told that girls couldn't be priests, I decided from the age of six that I would be a nun instead.

It was an ambition that stayed with me until, at sixteen years old, I went and stayed in a convent in Scotland for a couple of weeks. Instantly, I was struck by how harmonious the community there was, and just how normal the Sisters were. I had expected that they would be quite pious, and really rather uptight, but the reality was that they were far more relaxed than my teenage self.

I met an elderly Sister whose false teeth whistled when she prayed, and I was taken by another – who was also a Bishop's cook – to meet the Bishop and see his collection of relics,



“I can't speak highly enough to the importance of loving friendships between women.”



*Small Miracles* is out now.

a memory I brought into the book. Every Sister I met there was fulfilled, happy and just trying to love, and it struck me that, regardless of how many different personalities there were in their community, somehow, they managed to live more or less in complete harmony.

That experience helped me realise that having a vocation wasn't about dramatically suppressing my desires, and I began to suspect that a loving God would only want for me to be healthy and happy. I came to realise that what would make me most happy would be to marry and have a family, and that I actually wasn't called to be a nun after all!

But I never forgot the Sisters I met during my time at the convent, and to this day, I can't speak highly enough to the importance of loving friendships between women. Creating the very different main characters of Margaret, Cecilia and Bridget, who are older, committed, and vowed Sisters gave me the chance to focus on this type of friendship, and on the bond between women who might not naturally be friends. I also enjoyed exploring their prayer lives, their shared faith, their love and their commitment, something which I don't think is done too often.

But mostly, I wanted to write a story of love; how it is real and ever-present and that, no matter how imperfect a person might be, they are worthy of loving and of being loved themselves.”





# THE GEEK WHO DITCHED THE CORPORATE CLOAK

Michael Jordaan is the CEO of Montegray, chair of Bank Zero and director of Rain. In this extract from *Never Waste a Good Crisis*, author Carié Maas explores Jordaan's business ethic.

**S**o, what does it even mean, 'no one is smarter than everyone'? It means you are never as clever as the group, Michael Jordaan explains. 'Your job as a leader is not to make clever decisions, but to make sure that clever decisions are being taken.' He says that you have to turn the usual way of thinking on its head – as leader you only facilitate the decision making. 'That is what I have tried to do,' he says. Early on in his career, he learnt the game is about people, both personally and in business. 'You can even say in a way you resemble your five best friends or the people you spend most of your time with.' It's the same at work – you rate a leader on their team.

This is why he always tried to put together a team consisting of the best possible people in each position – often people who had impressed him incredibly. 'The amazing thing was that they were prepared to work for me.'

He says the first prize is when you can put together a team who can debate a topic, come up with ideas, and then the best idea wins. 'Maybe that is my other mantra, that the best idea must win,' he muses. He has this picture in his mind, one that would give him the greatest thrill: that if someone from outside were to walk in and hear his team debating, this person would not be able to work out who is who in the zoo – who is the finance guy, the HR guy or the marketing guy, or for that matter the boss – but would be able to experience how intellect and ideas compete to arrive at the best decision. Yes, if the best idea wins, it is a win-win situation.


Michael believes in another business thinking anomaly: not only should you appoint smart people, but they should actually be smarter than you. Genuinely? Will many not

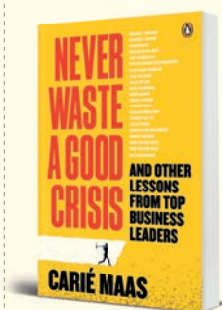
feel threatened and some even try to undermine the smart people in their team? Do you have to be pretty bright yourself to pull this off?

The best way to judge a leader is to look at the people who work in his or her team, he repeats, and compares it to how one can judge parents by the values and behaviour of their children. He doesn't think you have to be particularly smart to allow people to outshine you either: 'One has to have a certain level of humility as a leader.' This humility also serves him when his team members give critical feedback. 'It's super important to be able to listen and to change one's opinion when confronted with authentic criticism.'

Does he really take criticism on the chin? He admits when he had just been appointed CEO of FNB it was quite tough to hear negative feedback, 'probably because I wasn't confident enough in my role yet'. He admits that he felt threatened at first. 'I was incredibly unsure of myself, even as I tried to project an air of confidence. You're a young guy in this big job and you know everyone is watching you.'

In those uncertain times, he just said to people: 'Give me a chance and I'll give you a chance. That was the deal and it worked, in the end.' He gained confidence from his team.

Over time he was able to do the exact opposite from what he did when he started out, 'like a true leader should': you give away credit to performers and assume full responsibility for mistakes in public, and then deal with the one who made the mistake in private. He says that makes you the type of leader people want to work for. It's that simple: acknowledgement for a job done well, boosting the person, and protection in front of your peers if you have made a mistake – 'The buck stops at leadership.' 



*Never Waste a Good Crisis* is out in September.

# GREAT MINDS

An extract from James Clear's bestseller, *Atomic Habits*, and our round-up of the eye-opening books that will blow you away.

## Forget About Goals, Focus on Systems Instead

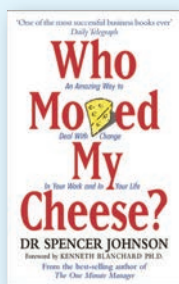
"Prevailing wisdom claims that the best way to achieve what we want in life – getting into better shape, building a successful business, relaxing more and worrying less, spending more time with friends and family – is to set specific, actionable goals.

For many years, this was how I approached my habits, too. Each one was a goal to be reached. I set goals for the grades I wanted to get in school, for the weights I wanted to lift in the gym, for the profits I wanted to earn in business. I succeeded at a few, but I failed at a lot of them. Eventually, I began to realise

that my results had very little to do with the goals I set and nearly everything to do with the systems I followed.

What's the difference between systems and goals? It's a distinction I first learned from Scott Adams, the cartoonist behind the *Dilbert* comic. Goals are about the results you want to achieve. Systems are about the processes that lead to those results.

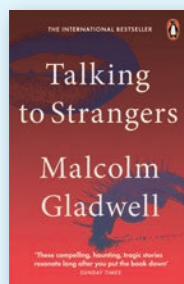
- \* If you're a coach, your goal might be to win a championship. Your system is the way you recruit players, manage your assistant coaches, and conduct practice.
- \* If you're an entrepreneur, your goal might be to build a million-dollar business. Your



### Who Moved My Cheese? by Spencer Johnson

An amusing, enlightening story of four characters who live in a

maze and look for cheese to nourish them and make them happy. Cheese is a metaphor for what you want to have in life – whether it is a good job, a loving relationship, money or a possession, health or spiritual peace of mind. And the maze is where you look for what you want – the organisation you work in, or the family or community you live in. Written for all ages, this story is a quick read, but its unique insights can last a lifetime.



### Talking to Strangers by Malcolm Gladwell

Why do we so often get other people wrong? Why is it so hard to

detect a lie, read a face or judge a stranger's motives? Through a series of historic encounters and misunderstandings – from psychology to legal cases – Malcolm Gladwell takes us on an intellectual adventure into the darker side of human nature, where strangers are never simple and misreading them can have disastrous consequences. A powerful and provocative exploration of why we so often misread other people.



### Leaders Eat Last by Simon Sinek

The best organisations foster trust and cooperation

because their leaders build what Sinek calls a Circle of Safety. It separates the security inside the team from the challenges outside. Everyone feels they belong and all energies are devoted to facing the common enemy and seizing big opportunities. Sinek illustrates his ideas with fascinating true stories. He shows that leaders who are willing to eat last are rewarded with loyal colleagues who will stop at nothing to advance their vision.

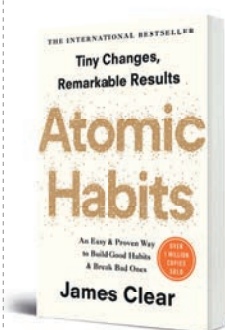


system is how you test product ideas, hire employees, and run marketing campaigns.

\* If you're a musician, your goal might be to play a new piece. Your system is how often you practice, how you break down and tackle difficult measures, and your method for receiving feedback from your instructor.

Now for the interesting question: If you completely ignored your goals and focused only on your system, would you still succeed? For example, if you were a basketball coach and you ignored your goal to win a championship and focused only on what your team does at practice each day, would you still get results?

I think you would.



Extracted from  
*Atomic Habits*,  
out now.

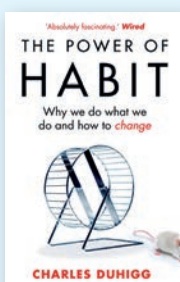
The goal in any sport is to finish with the best score, but it would be ridiculous to spend the whole game staring at the scoreboard. The only way to actually win is to get better each day. In the words of three-time Super Bowl winner Bill Walsh, "The score takes care of itself." The same is true for other areas of life. If you want better results, then forget about setting goals. Focus on your system instead.

What do I mean by this? Are goals completely useless? Of course not. Goals are good for setting a direction, but systems are best for making progress. A handful of problems arise when you spend too much time thinking about your goals and not enough time designing your systems."



**The Road Less Travelled**  
by M Scott Peck  
Psychiatrist Dr M. Scott Peck suggests ways in which facing

our difficulties - and suffering through the ensuing changes - can enable us to reach a higher level of self-understanding. He discusses the nature of loving relationships; how to recognise true compatibility; how to become one's own person, and how to be a more sensitive parent. This guide sets out to show you how to embrace reality and at the same time, achieve both serenity and a richer existence.




**The Power of Habit**  
by Charles Duhigg  
Charles Duhigg takes us to the thrilling edge of scientific discoveries

that explain why habits exist and how they can be changed. At its core, the book contains an exhilarating argument: the key to exercising regularly, losing weight, raising exceptional children, becoming more productive, and achieving success is understanding how habits work. Habits aren't destiny. By harnessing this science, we can transform our businesses, our communities, and our lives.



**The Art of War**  
by Sun Tzu  
"To win without fighting is best." This timeless classic captures the essence of military

strategy used in ancient East Asia, with lessons on how to handle conflict confidently, efficiently, and successfully. The techniques and instructions discussed in the book apply to competition and conflict on every level, from the interpersonal to the international. Its aim is invincibility, victory without battle, and unassailable strength through an understanding of the physics, politics, and psychology of conflict. 

# “WHEN I LOOK AT THE STARS, THE BRIGHTEST WILL BE YOU, TALIEP.”

As told through the lens of his children, in the days leading up to his murder, there were anomalies in Taliep Petersen's behaviour, as this extract from a new book on the legendary entertainer reveals.



“It was Reconciliation Day [16 December], and Taliep and his children headed to Adderley Street where the Coons were performing. They were soon stopped by a police roadblock. But Taliep was beloved of Cape Town, and the freedom of the city was his. “Ah, it’s Taliep Petersen!” the traffic cops exclaimed, and let him through. The Coons were performing Taliep and David’s song “Welcome to Cape Town”. Taliep promptly jumped out and began to dance in the street, playing the *voorlopertjie* for the Coons once more. Not metaphorically, as he had done most of his life, but by shaking his shoulders to the trumpets, the drums, the saxophones and the whistles, walking at the front of a column of slave descendants as they invaded the city under a December sun to blast it with their electrifying and undeniable presence.

Soon a busload of tourists wanted to be

photographed with him. But after posing for a few pictures, Taliep remembered his five children. “Because whenever we went out with him,” A’eesha explains, “we could never just spend time with him. Because it would always, like, people would, ‘Ah, Taliep Petersen!’ And they start to speak with him, then it’s twenty minutes, then we’re not really spending time with him. So, we got angry, most times. Anyway, en toe sê hy, ‘Nee, nee, nee, wag, die’s my kinnes se tyd.’” (1)

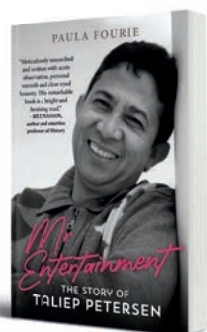
After walking down Adderley Street, buying *mielies* (2) and cooldrink and dancing some more with the Coons, it was time to go home again, this time to get ready for the twenty-first birthday party of [his wife] Najwa’s sister’s twins.

When A’eesha and her siblings arrived at the party later that evening, it was to find Taliep sitting alone at a table. “Sielallien” is the

(1) and then he said, “No, no, no, wait, this time belongs to my children.”

(2) corn.





*Mr Entertainment: The Story of Taliep Petersen* is out now.

word that she uses, “soul-alone”. Usually, the whole extended family surrounded her father at gatherings like this. Everyone, after all, wanted to sit next to Taliep Petersen. But not that evening. So they joined him, and the Petersens ate together. When the call for maghrib, the sunset prayer, rang out, Taliep announced that he was going home to pray. So they all left, planning to go back to Adderley Street. But after putting on a pair of jeans at her mother’s house, A’eesha went to 101 Grasmere Street to collect a hoodie. It was very quiet in the house. She finally found Taliep in the room where Najwa slept, praying over her in her bed. Taliep gestured to her to wait five minutes. But while A’eesha stood on the steps just outside the room, five minutes became ten minutes. Ten minutes became fifteen.

“You’re taking too long,” she whispered. “And he said, okay, cool, he’ll phone me. ‘Okay, cool,’ I say, ‘Bye!’ Blow him a kiss, say, ‘I love you.’ He’s like, ‘I love you too, you go.’ Not long after that my phone rings, I see it says ‘Dad’, so I’m like, ‘You’re missing me already, I just left.’ He says, ‘I really do miss you.’ I say, ‘Must we come fetch you? You can go with us to town. We’re just going to see the Coons again and the night market.’ He says, no, he’s gonna watch his favourite team play, Liverpool. Liverpool and Manchester United were playing that night.” Instead, he gave his children another message. To A’eesha he said, “Just remember, Daddy will always love you and no matter what happens to me or where I go, I will always love you. And just remember to look out for each other.”

Seven-year-old Zaynab, meanwhile, shared the master bedroom with Taliep. “And I just told him,” she remembers, “Please come sleep, I have a feeling something bad is gonna happen.” And he told me, ‘No, don’t worry, you just fetch me a Coke.’ Because they had a mini-fridge in the room. He kept his Coke Zeros there. That’s what he drank. And then he was like, ‘Don’t worry.’ His last words were, ‘Don’t worry, I’ll see you tomorrow. And remember I will always love you.’”

Sometime after eleven that night, two men wearing balaclavas entered the house, bypassing its high walls and electric fencing, unseen because its surveillance cameras were switched off. Within the hour, a single gunshot echoed through the house. **12**

# A Business Deal Gone Wrong

Daniel Janse van Rensburg wrongly spent 495 days in Equatorial Guinea's Black Beach prison, one of Africa's most notorious. But how?

“Mr Angabi,” I say in a conciliatory tone, “I’m sorry, but I am very confused. Can you please explain the problem? I’ve never given you any reason to mistrust me. If you want to cancel the contract, then we need to follow the proper procedures.”

I lean across the table and place the contract in front of him, pointing to the section that covers cancellation. He grabs it, glances at it briefly pretending to read, then rips it into pieces, flinging it into the air.

“I told you, if you want to leave this country and see your family again, you need to repay my money,” he says, his tone ominous. “That’s the end of it.”

My mind is racing; nothing makes sense. No one else at the table has said a word, and I’m pretty sure that right now they wish they were elsewhere. I try again.

“But I’ve been working on this for almost two years, Mr Angabi,” I say. “Costs have been incurred. Please just tell me what is going on. I cannot be held liable to repay the deposit. All that money has been used up on licences and costs to get us to this point. I can’t get it back now. If you want to cancel the contract, there are procedures to follow.”

I am confident that as long as I don’t challenge him, we can sort this out. But I need to stand my ground. I’m well within my rights and our contract is legally binding. In fact, if he chooses to cancel the contract at this point, he would probably owe me more money, but I decide that perhaps now isn’t the best time to mention this.

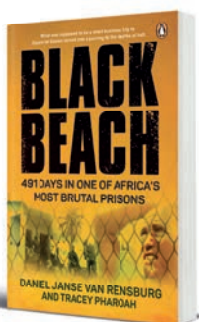
No one moves and the silence weighs

heavily, surrounding us in a suffocating blanket. Angabi’s mask has slipped. He glares with such venom that I quickly decide that silence is the better course and watch impassively as he heaves himself out of the chair, its metal legs scraping along the floor and setting my teeth on edge. He reaches for one of his phones, punches in a number, and barks down the line in Fang.

Whatever he has to say, he doesn’t want me to understand it, but he’s clearly enraged as he disappears inside. The others follow, leaving me alone on the veranda wondering what the hell has just happened. Minutes pass and no one returns, so I dig out another copy of the contract, flipping through it, toying with the idea of leaving and arranging another meeting once he’s calmed down, but leaving may add fuel to an already volatile situation. Perhaps the most powerful weapon is silence, so I wait, wishing I could rewind the clock just a few minutes.

We have a contract; he’s signed it and I’ve fulfilled my contractual obligations. I’ve done nothing wrong. All of a sudden, there’s a commotion outside. Sirens blare and tyres squeal as two Rapid Intervention Force (RIF) vehicles screech into the driveway. I lean over the balcony, curious to see what’s going on as they grind to a stop and a team of operatives leap out, armed to the teeth, and race towards the house. Some surround the building, while the others head over to where Angabi has come out to meet them.

The RIF is an elite tactical unit within the Equatorial Guinean police force, similar to SWAT in the USA. They’re a regular sight on



*Black Beach* is out now.



the streets of Malabo, but they can only be summoned by someone with serious power. Even Angabi isn't high enough on the ladder to have that level of influence over the police. Despite my own troubles, I realise that someone's day is about to take a turn for the worse. I'm lucky that these guys aren't here for me.

I sit down and pick up my coffee. It's cold, but I drink it anyway. Boots thunder on the stairs, and the team of RIF operatives suddenly bursts onto the balcony, assault weapons at the ready. They pause, apparently momentarily surprised to find a solitary, seated businessman calmly drinking coffee and reading through some papers.

It takes me a moment to realise that they're here for me. I lower my cup and start to get up. They immediately raise their weapons and surround me. I can't believe this is happening, but I quickly raise my arms in surrender as I hear the synchronised clicking of safety catches being pulled back on a dozen weapons pointed in my direction.

Angabi strides out onto the balcony and, ignoring me, has a heated exchange in Fang with the lead officer. They seem to reach an agreement and the officer turns to two of his men, ordering them in Spanish to restrain me. They step forward, grabbing me firmly by each arm, and bundle me back inside the house and down the stairs. Angabi does not follow. Aurora, Coco and the lawyer are nowhere to be seen.

Outside, a few curious bystanders are peering into the yard to see what's going on. I'm hustled towards the RIF vehicles, but once there, the men appear to be in disagreement

“I told you, if you want to leave this country and see your family again, you need to repay my money. That's the end of it.”

as to what is to be done with me. It's probably the first and only time they've been deployed to arrest a mild-mannered entrepreneur attending a breakfast meeting at a beachfront mansion, and it almost seems as if they're disappointed that they're not going to be able to fire their weapons.

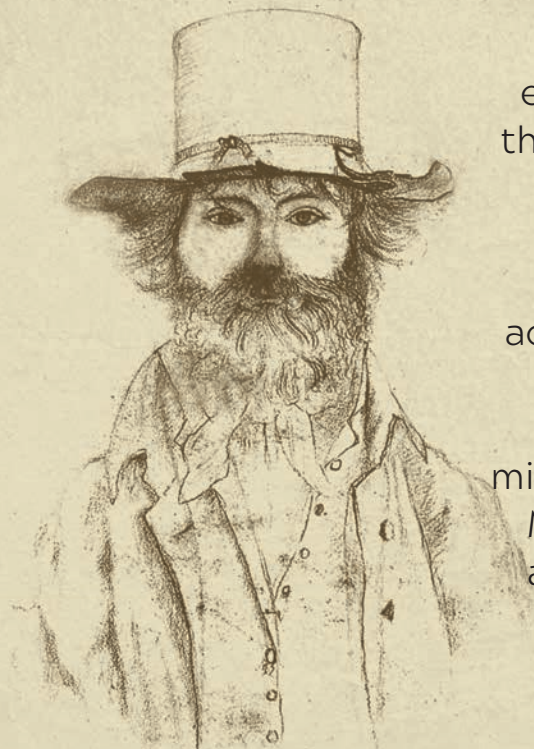
The officer in charge has realised that I'm not a threat, so he instructs the two men to release their hold on me. They hand me my phone and shove me into the back seat of one of the vehicles, standing on either side to be sure that I don't try to escape. Equatorial Guinea is always conscious of its appearance to the outside world, wanting to reflect a positive environment to encourage foreign investment. The very public arrest of a South African businessman by their elite RIF unit in an upscale neighbourhood of Malabo is bound to draw the wrong kind of attention.

While sitting in the back of the vehicle, I quickly realise that an invisible hand is at work behind the scenes, probably the person Angabi called before the RIF arrived. In Equatorial Guinea, everything works in a pyramid system, and if you do anything that might reflect badly on the country or a superior, you risk drawing the ire of those who are merciless when it comes to saving face. So, to my knowledge, even if you just need a signature, it has to go all the way to the top. My instinct tells me that the president's son, Teodorin – Angabi's nephew – may have authorised this little show, which does little to silence the voice in my head whispering that there's a good chance that things are about to go horribly wrong for me ...”





# FILLING IN THE MISSING YEARS

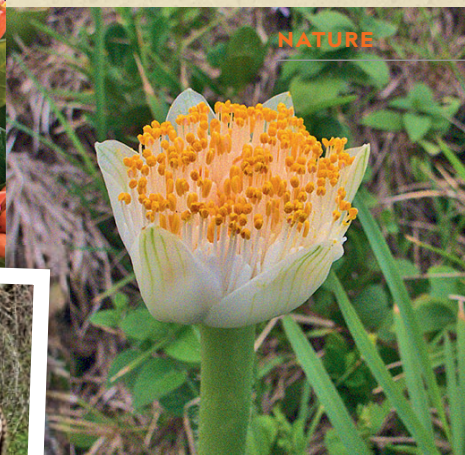


Uncovering the events and finds of the missing years of famous naturalist William Burchell's return journey across the southern African veld 200 years ago was the mission that authors Marion Whitehead and Roger Stewart set themselves.

“Suffering a mechanical breakdown in a remote part of the Karoo while travelling off-road is a disaster any adventurer would dread. But if you're in an oxwagon pioneering a new route through unknown territory and your disselboom, the main haulage shaft of the wagon, breaks while crossing a dry donga, you plainly have a crisis on your hands.

This was one of the many challenging situations faced by the famous explorer and naturalist, William John Burchell, on the return leg of his four-year, 7 000-kilometre journey across the southern African veld more than two centuries ago. Along the way, the idealistic young Englishman collected more than 63 000 specimens of plants, mammals, birds, insects and snakes, describing many of them for the first time for science. By the end of his great trek, he had matured into an early





systems thinker and ecologist – long before the term was invented.

The two volumes of the fascinating book he wrote about his adventure, *Travels in the Interior of Southern Africa*, cover only the first third of his remarkable journey, from Cape Town to Litakun, the capital of the Bachapin tribe living on the southern edge of the Kalahari. His return trip, via the Karoo, the turbulent eastern frontier and along the Eden-like southern Cape coastal plateau, from 1812 to 1815, remained a mystery. However, this was when he collected the vast majority of his specimens and made many important discoveries. For instance, he realised the black and white rhino were two different species, and that the mountain zebra was different from the plains zebra – now known as Burchell's zebra.

Recognition of his contribution to science has been immortalised in the names of many species: *Burchellia bubalina* (the wild pomegranate), *Protea burchellii* (Burchell's sugarbush) and *Podalyria burchellii* (hairy Cape sweetpea) are among the more than 250 000 hits a Google search brings up.

We set out to probe the tantalising enigma of the return journey of this very talented, multi-skilled explorer. We studied the map he drew, combed letters in archives and contacted descendants of Burchell's brother, who emigrated to South Africa. Unfortunately, there is only one surviving journal covering just one month of his return journey. But his notebooks and specimens have been preserved in the herbarium at the Royal Botanic Gardens, Kew and at the Oxford University Museum of Natural History, and many of his drawings are at Museum Africa in Johannesburg. They

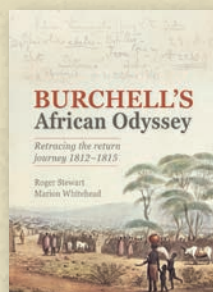
**ABOVE LEFT** Wild pomegranate (*Burchellia bubalina*)

**ABOVE** Burchell's zebra

**ABOVE RIGHT** White paintbrush lily (*Haemanthus albiflos*)

**RIGHT** Orange River lily (*Crinum bulbispermum*)

**OPPOSITE** Kowie River; William Burchell self-portrait



*Burchell's African Odyssey: Revealing the Return Journey 1812 - 1815* is out now.

provided clues to his adventures and mishaps on the return journey.

The resourceful Burchell repaired his broken disselboom with the help of his Khoekhoe crew, and possibly some local San tribesmen that he befriended. Before moving on towards Graaff-Reinet, he collected a fine specimen of a poison onion (*Dipcadi glaucum*), that was later featured in a British horticultural magazine.

In the Karoo and the Eastern Cape, he found more beautiful bulbs that he took back to England where he successfully cultivated them and introduced them to the horticultural trade. Keen gardeners still treasure the Orange River lily (*Crinum bulbispermum*), crown lily (*Ammocharis coranica*), candelabra flower (*Brunsvigia radulosa*), and white paintbrush lily (*Haemanthus albiflos*).

Travelling along the eastern border of the Cape Colony just a year after the fourth frontier war, he trekked from one military post to the next to reach the mouth of the Fish River, a point vital in helping him compile a map of southern Africa that remained the best available for much of the nineteenth century.

Soon after collecting the first clivia near what became the 1820 settler village of Bathurst, he narrowly avoided another disaster.





While attempting to cross the estuary of the Kowie River at today's Port Alfred, his overladen wagon got stuck in the soft sand on a rising tide.

Burchell backtracked to the Blaauwkrantz military post and took a back route that crossed the Kowie River some 20 kilometres upstream. However, benighted on a difficult section with his overloaded wagons, he experienced a fresh disaster. Two teams of his oxen were stolen by a Xhosa raiding party and he was left stranded at the campsite he wryly named Robbers Station.

In the southern Cape, he was in botanical heaven, exploring the forest and fynbos-clad mountains of the Outeniqua and Langeberg Mountains, along what is today known as the Garden Route. The spot where he camped at George is now part of the Garden Route Botanical Garden, and the only known bust of him has been erected there to commemorate his remarkable contributions to natural history in southern Africa. His work was so thorough that it is still consulted by scientists today.

Sadly, Burchell did not receive the recognition that he should have in his lifetime. We hope that revealing the missing story of his four-year return journey helps throw new light on the contributions of a remarkable man and stimulates more interest in this neglected hero of British exploration and science."



Burchell's work was so thorough that it is still consulted by scientists today.

**ABOVE LEFT** William Burchell bust in George, Western Cape  
**ABOVE** Crown lily (*Ammocharis coranica*)

**BELOW** Poison onion (*Dipcadi glaucum*)



## NATURE IN YOUR POCKET

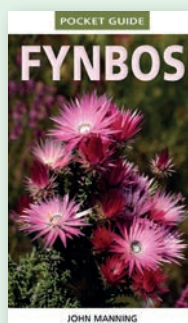


### WILD FLOWERS OF SOUTH AFRICA

by Braam van Wyk

This pocket guide covers some 260 flowers representing all of the region's major vegetation types, including common and conspicuous

plants as well as some alien species that are naturalised in the region.



### FYNBOS

by John Manning

This compact guide is an invaluable aid for anyone interested in South Africa's astonishing floral treasures, featuring over 300 of the most spectacular and

commonly seen species from South Africa's renowned floral kingdom.



### BIRDS OF SOUTHERN AFRICA

by Ian Sinclair

This book covers an astonishing 500 southern African birds, yet is small enough to fit in your pocket. It is loaded with information, such

as colour photographs showing each bird, and giving both male and female images where there's a difference.

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# Nóg feetjies uit eie bodem

Met *Fynbosfeetjies* het digter Antjie Krog en kunstenaar Fiona Moodie klein én groot oorrompel met verse en prente wat 'n deel van ons eie planterfenis vier. Saam met Ingrid de Kok doen hulle dit weer - hierdie keer het hulle die *Vetplantfeetjies* afgeloer.

## Kleinaalwyn-rakkers (*Aloe brevifolia*)

en wat op aarde maak so 'n lawaai?  
dis Kleinaalwyntjies wat wawiele draai  
hulle bons, hulle gryns: oe alla joegaai  
ons is vetplant-emoji's oor die veld gesaai!

maar 'n skurwejantjie stertswaai en sis:  
"julle met julle dorinkies is baie aspris!  
julle dink ek's 'n dom skubbige akkedis  
maar my naam is *Cordylus cordylus*  
wat julle gaan jaag tot julle poegaai is!"



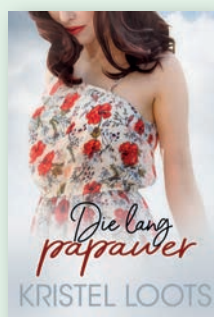
*Vetplantfeetjies* is nou beskikbaar.  
Also available in English.

# BOEKE OM JOU TÁNDE IN TE SLAAN



## Uit die donker deur Sannie van der Merwe

Ian Strydom het twee gesinne: Madelein en driejarige Liam vir wie hy soveel tyd moontlik steel, en Henriette en sy ouer kinders wat hom al minder nodig het. Henriette vermoed haar man het 'n verhouding, maar wil dit nie erken nie. Madelein, weer, is bewus van Ian se vrou en kinders. Wat as 'n platoniese verhouding begin het, het egter gegroei tot meer. Wanneer een van sy ouer kinders hom saam met sy tweede gesin sien, kan Ian nie langer die onafwendbare uitstel nie.



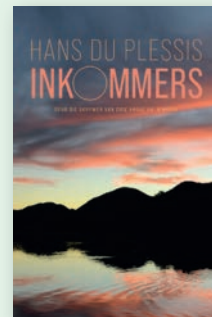
## Die lang papawer deur Kristel Loots

Libbi de Lange is die langste meisie in die kontrei, dogter van die pastoor van 'n volksvreemde kerk. Libbi meen trou sal haar van die gespot kan red. Maar dis Flooze, haar kameraat op universiteit, wat Libbi leer om haar eie identiteit te omarm en uitdagend anders te wees, om uit die soetkoekblik te klim. Haar verhaal word met humor vertel, van studentedae tot in haar middeljare. Libbi moet, soos vele vroue, op die harde manier leer dat geluk haar ook toekom, en dat haar lewe nie ander mense - meestal mans - hoef te dien nie.



## Die kapokdokter deur François Loots


Die jong dokter James Barry arriveer in 1816 in die Kaap, sy amp dié van militêre chirurg se assistent. Skaars 'n jaar later word hy die goewerneur, Lord Charles Somerset, se huisdokter en in 1821 word hy aangestel as Kaapse mediese inspekteur. Barry, 'n ware historiese figuur, is bekend om baie redes: die tweegeveg met Somerset se aide-du-camp, dat hy die eerste keisersnee in Afrika uitgevoer het. Ook dat hy, met sy dood, geblyk het eintlik 'n vrou te wees.



## Inkommers deur Hans du Plessis

Hierdie eietydse verhaal is 'n kroniek van die Afrikaners - die familie, nie die volk nie - wat al donkiejare in die Vredefortkoepel boer. Hoort net gebore Kommers in die Kom? En vir hoe lank bly die inkommers dan ook vreemdelinge? Nie net is die Afrikaner-familie aan die min word nie, ook die liefde is aan die uitsterf. Fyn uitgemete humor kom aan bod, 'n beskouing deur Du Plessis se deernisvolle oog. Dit loop saam met ontreding en die vertellende stem staan nooit onsimpatiek daarteenoor nie.

## Murasie deur Chanette Paul

Ras Erasmus het groot geword op die stories wat sy ouma Kate hom vertel het van die Brewisse van Verlatenfontein. Bart met sy plofbare humeur, Engelse vrou en twee dogters. Dan laat Kate vir Ras die belofte by haar doodsbed aflê. Belfotes wat hy dalk kan nakom wanneer hy 'n kwotasie moet uitwerk vir die restourasie van Verlatenfontein se opstal nadat dit vir die vierde keer in honderd en twintig jaar net halfpad afbrand. Maar nie hý of die jong Georgie Rabie, wat Verlatenfontein toe oet vlug ná 'n twiet wat haar baie suur bekom het, hou rekening met die huurpag wat op 'n gedeelte van die plaas bestaan nie. 'n Huurpag wat duur gekoop is - nie soseer met geld nie, maar met 'n veel duurder kommoditeit. 





# CAN I TOP YOU UP?

Michael Olivier gets excited about De Wetshof's Limestone Hill Chardonnay 2020, and pairs it with the ultimate cheese dish.

**“**I remember some three years ago, doing an interview with Danie de Wet, of De Wetshof

Wine Estate, about unwooded Chardonnay. He spoke about how older vines produced grapes that didn't need oak to support the fruit as it was good enough in itself. His words, of course, were true and now they really show the way with the fabulous De Wetshof Limestone Hill Chardonnay 2020.

When it comes to vineyards, soils are important and, in the Robertson Wine Valley, the appellation that De Wetshof Estate calls home, the soil is heavy in lime and clay. This means excellent water retention and a high pH reading, which contributes to both the concentration and the structure of the wine. The outcome is a welcome expression of Chardonnay with hints of soft citrus and roasted hazelnuts.

De Wetshof's Limestone Hill Chardonnay 2020, like its predecessors, is a serious sipping wine, and does wonders as an aperitif. Perfect with a snack of my Dalewood Wineland Wild Mushroom Brie dish. The Jersey herd at Dalewood Fromage feeds on grass pastures and it's that, paired with the expertise of cheese makers Petrina and Rob Visser, which makes for sublime cheeses, well worthy of their many accolades.

Robert Parker, the American Wine Critic, says De Wetshof Limestone Hill Chardonnay 2020 'possesses far better balance and sheer drinkability – not to mention more finesse – than 99 per cent of the world's Chardonnay I have experienced'. High praise indeed, and the wine is so worthy of it.”

## Dalewood Wineland Wild Mushroom Brie

topped with Panko, Enoki Mushrooms, Thyme and Lemon Pagrattato

Extra virgin olive oil  
60 ml panko (Japanese rusk crumbs) or plain breadcrumbs  
Sea salt and freshly milled black pepper  
1 small handful enoki or shimeji mushrooms  
250 g triangle Dalewood Fromage Wineland Wild Mushroom Brie (a plain Brie is also fine to use), at room temperature  
Grated rind of 1 lemon  
A few sprigs fresh thyme, picked

Preheat the oven to 180°C. Make sure the shelf is in the middle of the oven. Pour a little slick of olive oil into a cheese baker or suitable small baking dish and use a pastry brush to coat the inside.



*Friends. Food. Flavour.* is out now.

SERVES 2 as  
a main course or  
4 as a post-dinner  
cheese



Brown the crumbs in a small non-stick frying pan, season with salt and pepper and spread out to cool.

Fry the mushrooms in a little olive oil in a separate non-stick frying pan, then season with salt and pepper.

Place the cheese into the prepared dish and brush with a little olive oil. Place on a baking tray and bake in the oven for 12 minutes. The cheese should be bubbling when it comes out of the oven.

Mix together the crumbs, mushrooms, lemon rind and thyme leaves. Sprinkle generously over the baked cheese and serve with chunks of baguette.

# Delicious one-pan recipes

Jamie Oliver's latest cookbook serves up no-fuss convenience with delicious one-pan recipes, cementing *ONE* as yet another kitchen must-have from this legendary cookbook author.

## Roasted mushroom salad

Sweet pears, rice, salad leaves, blue cheese, lemon & walnuts

8 small portobello mushrooms  
2 pears  
olive oil  
red wine vinegar  
80g blue cheese  
2 tablespoons shelled unsalted walnut halves  
1 lemon  
80g radishes  
2 x 250g packets of cooked basmati & wild rice  
1 x 80g bag of watercress, spinach & rocket  
optional: extra virgin olive oil

Preheat the oven to 180°C. Peel the mushrooms, saving the peel, and place them in a large roasting tray. Quarter and core the pears, add to the tray and dress with 1 tablespoon each of olive oil and red wine vinegar, then season with

SERVES  
4

TOTAL TIME:  
48 MINUTES



sea salt and black pepper. Turn the mushrooms stalk side up, then roast for 30 minutes. Crumble over the blue cheese and walnuts, and roast for another 10 minutes.

Meanwhile, finely grate the lemon zest into a bowl, squeeze in the juice, then finely slice and add the radishes. Add a pinch of salt and scrunch to quickly pickle. Heat the

rice in the microwave according to the packet instructions, then tip on to a serving platter. Finely chop the mushroom peel and salad leaves, stir through the rice with the dressed radishes, then season to perfection. Sit the roasted mushrooms and pears on top, spoon over any juices from the tray, and serve with a little drizzle of extra virgin olive oil, if you like.

| ENERGY  | FAT   | SAT FAT | PROTEIN | CARBS | SUGARS | SALT | FIBRE |
|---------|-------|---------|---------|-------|--------|------|-------|
| 399kcal | 16.4g | 5.7g    | 13.2g   | 53g   | 8.9g   | 1.5g | 5.3g  |



## Baked lemon cheesecake

Buttery Biscoff base,  
cream cheese &  
raspberries

100g unsalted butter  
250g Lotus Biscoff or ginger  
nut biscuits  
4 large free-range eggs  
1 teaspoon vanilla bean paste  
100g icing sugar, plus extra  
for dusting  
680g cream cheese  
1 lemon  
300g raspberries

Preheat the oven to 160°C. Melt the butter in a 28 cm ovenproof frying pan over a low heat, while you blitz the biscuits until fine in a food processor. Turn the heat off, tip the biscuit crumbs into the pan and mix well, then spread and pat out in an even layer, going slightly up the sides. Bake for 5 minutes, then remove. Crack the eggs into the processor (there's no need to clean it), with the vanilla and most of the icing sugar and blitz for 2 minutes,

until pale. Blitz in the cream cheese and lemon juice, then pour evenly over the biscuit base. Mash half the raspberries and the remaining icing sugar with a fork, swirl through the top, then bake for 15 minutes.

Pull out the pan and scatter over the rest of the raspberries, dust with a little extra icing sugar, then pop back in for another 10 minutes. At this point, switch from the oven to the grill on full whack, until the top is beautifully golden and just starting to catch. Remove and leave to cool, then chill in the fridge for 2 hours before serving. The texture won't be completely smooth, but boy will it be delicious.



ONE is out now.

SERVES  
12

TOTAL TIME:  
1 HOUR, PLUS  
CHILLING



| ENERGY  | FAT   | SAT FAT | PROTEIN | CARBS | SUGARS | SALT | FIBRE |
|---------|-------|---------|---------|-------|--------|------|-------|
| 362kcal | 25.2g | 14.9g   | 6.9g    | 27.3g | 20g    | 0.7g | 1.1g  |

# RISE TO THE OCCASION

Don your apron and preheat the oven, it's time to get baking.

## Baked Spinach and Feta Filo Spiral

SERVES  
6

"A dear Greek friend of mine is in her eighties and although blind, still loves to cook. She taught me how to make this authentic Greek pie. Watching her in her kitchen as she prepares treats for teas and meals for loved ones, navigating her way by instinct, I am inspired and humbled. She feels for the correct texture using a wooden spoon, and her sense of taste is so refined she seasons everything with precision. Also, it is fun; she is an animated storyteller, and when I prepare her recipes, I am reminded that food is more than just food. It brings us together in unexpected ways. So often this happens not at the table, but in the kitchen as we are prepping. I love this about food; the experience is not limited to the plate, and the story begins long before we sit together, sometimes it starts far back, when a little girl in Greece helps her mother to make pie.

For this recipe I use filo. It is light and I love its crispiness, the way the thin sheets bake with the butter to form an almost ethereal cloak atop the spinach and feta filling. We often eat this as a meal, but it also works well as part of a savoury or tea buffet." - Estelle Sacharowitz, *It's All About the Food*

**2 spring onions, finely chopped**  
**1 Tbsp butter, plus a little extra for greasing**  
**400g baby spinach, washed and chopped**  
**250g feta, crumbled**  
**150g parmesan, grated**  
**¼ cup chopped fresh mint**  
**2 Tbsp chopped fresh dill**  
**3 eggs, beaten**  
**Salt and pepper to taste**  
**12 sheets filo pastry**  
**melted butter**  
**2 eggs, beaten, for brushing**  
**extra grated parmesan for sprinkling**  
**Sesame seeds for sprinkling**

Fry the spring onions lightly in butter, then set aside.

Mix the spinach with both cheeses, as well as the mint, dill, 3 beaten eggs and fried spring onions. Season with salt and pepper.

Preheat the oven to 180°C and grease a pizza baking tin or an ovenproof pan with butter.

Layer 2 sheets of the filo together, brushing each with melted butter. Spread some of the spinach mixture along one long edge of the pastry, leaving a 3 cm border at each end. Roll the pastry lightly around the mixture, tucking in the ends. Repeat with the remaining filo and pastry mixture. This will create 6 rolls.

Coil the rolls on the pizza tin or pan, starting from the centre and working out towards the edge, to form a spiral. Brush the sides of the rolls with beaten egg as you work, then brush the top of the spiral as well. Sprinkle over some parmesan and sesame seeds, then bake for 45 minutes, or until golden brown.



*It's All About the Food* is out now.



## Happy Heart'beet' Cupcakes

"Your heart will thank you for supporting it with these cupcakes, which are full of the goodness of beetroot." - Iné Reynierse, *Low Carb is Lekker 3*

### DRY INGREDIENTS

½ cup coconut flour  
1½ tsp cream of tartar  
½ tsp bicarbonate of soda  
¼ tsp psyllium husk powder  
Pinch of salt

### WET INGREDIENTS

200 g beetroots, steamed, peeled and roughly chopped  
250 ml milk or milk alternative  
4 large eggs  
4 Tbsp cocoa powder  
3-4 Tbsp natural sweetener  
1 Tbsp olive oil  
1 Tbsp apple cider vinegar  
½ cup nut butter or peanut butter

### RED BERRY SWIRL ICING

1½ cups Sweet Amasi Cream Cheese, page 37  
3 Tbsp powdered natural sweetener  
2 Tbsp melted butter  
1 tsp vanilla extract  
2-3 Tbsp Berry Jam with Fresh Rosemary, page 49



*Low Carb is Lekker 3* is out now.  
Ook beskikbaar in Afrikaans.

MAKES 12 CUPCAKES



Fresh berries, dark chocolate shavings, edible flowers and/or leaves, for garnish

Sieve the dry ingredients into a mixing bowl.

Place the wet ingredients in a jug blender or bullet blender and blend to a smooth batter, making sure the beetroot is well incorporated. Add to the dry ingredients and whisk with a hand mixer until well combined. Leave to rest for 30 seconds.

Line a standard muffin pan with paper cups and divide the batter equally among them. Bake in a preheated oven at 190°C for 16-18 minutes, until a skewer inserted into the centre comes out clean. Remove from the oven and leave to cool in the pan for a few minutes before tipping out onto a rack. When cool, spread with Red Berry Swirl Icing.

**RED BERRY SWIRL ICING** Place all the ingredients, except the jam, in a bowl and beat with a hand mixer until fluffy. Gently swirl in the jam, using a spoon (don't over mix it). Spread the icing on the cupcakes and decorate with your choice of berries, chocolate and/or flowers and leaves. 

**WIN!  
WIN!**



Two lucky winners will each receive a hamper of five cookbooks, made up of *It's all about the Food* by Estelle Sacharowitz and *Low Carb is Lekker 3* by Iné Reynierse, as well as signed copies of Jamie Oliver's *ONE* and Zola Nene's *Simply Zola* and *Simply Seven Colours*, plus a jar of Zola's Feasts Flavourbomb Spice, all valued at R2 610. To enter, scan the code using your phone camera, or visit [www.penguinrandomhouse.co.za/competitions](http://www.penguinrandomhouse.co.za/competitions). T's and C's apply. Entries close 31 October 2022.



## On my mind

# It doesn't get bigger than Naspers and the billions Bekker made from it

There is plenty to learn from South Africa's most interesting entrepreneur, says T.J. Strydom, financial journalist, game-show enthusiast and author of *Koos Bekker's Billions*.

**"N**aspers is this century's biggest business story, certainly for South Africans. One astute investment in a Chinese technology business turned a newspaper publisher into the JSE's biggest company and created trillions of Rands of wealth in the process. Yes, that's trillions with a capital T.

It also earned Koos Bekker, who was CEO from 1997 until 2014 and board chair since 2015, multiple billions. But would you be able to recognise him a crowd? Probably not. Despite being a high-flyer in the business world, Bekker prefers to stay under the radar. He declined to be interviewed for *Koos Bekker's Billions*, saying that he could still go to a shop to buy a loaf of bread without anyone knowing who he is – and he wanted to keep it that way.

To tell you the truth, I was quite chuffed when he said that. It gave me the freedom that only an unauthorised project can. In this case, to dig into the most interesting parts of a fabulous tale of wealth creation.


Naspers was not even the beginning of it all. As a thirty-something-year-old, Bekker started M-Net. And his first business was not only movies and sport and Carte Blanche's haunting tune every Sunday signalling the end of a weekend. M-Net also spawned cellular giant MTN. Pretty impressive stuff for the first half of a career.

But how does a literature graduate who grew up on a mealie farm, build a business such as M-Net? How does a 45-year-old waltz into Nasionale Pers, a behemoth still dragging along more than a carry-on of apartheid baggage,

to rejig it into a tech investor? And how did Bekker earn enough to buy Babylonstoren, his luxurious estate in the Cape Winelands, several times over?

The answer lies in a mesh of methods – 15 in all – employed over the years to make it really big. I thought of calling the book *The Richest Man in Babylonstoren*, a nod to George S. Clason's brilliant parable about paying yourself first. Then again, why would I give a media mogul's farmlux business that much free publicity if he hasn't even bothered to invite me over for coffee and a chat?

Seriously though, Bekker's story is fascinating and somewhat under-reported. Naspers has for most of the last half a decade been worth more than all the JSE's mining companies combined, yet it doesn't get *that* much mileage in the financial press. Sure, understanding its control structure is tougher than untangling a koeksister. And its international investments have sprawled into all corners of the world like custard over a malva pudding. Still, if you consider the sheer size of the business and its impact on the fortunes of ordinary South Africans, Naspers doesn't get nearly enough airtime.

Braai-side conversations also reveal that most South Africans don't know to what extent their retirement savings are exposed to the online gaming habits of teenagers in the Far East. That is why I wrote this book about Koos Bekker and the approach that led him to piling money into China's Tencent more than two decades ago." 



*Koos Bekker's Billions* is out now.



# Compact, pocket-size travelling companions





# Great Minds

## Books to blow your mind

