



THE PENGUIN POST

THE MAGAZINE ABOUT BOOKS FOR BOOK LOVERS

EXCLUSIVE

Marian Keyes

On *Again, Rachel*,
the sequel we've
been waiting for

PLUS
READ AN
EXTRACT

LATEST RELEASES

From Katie Fforde &
Jonathan Kellerman
to Fred Khumalo
& Jørn Lier Horst

YOUR
FREE
COPY!



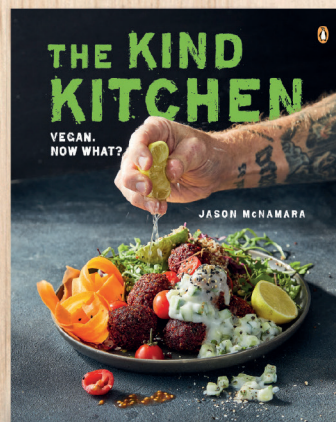
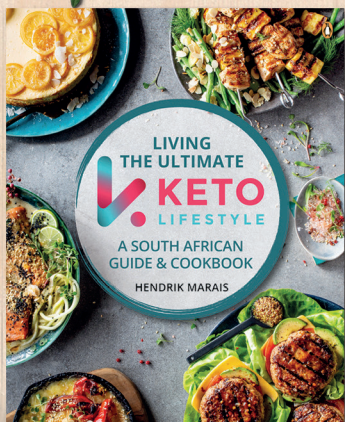
**DIGITAL
DETOX GUIDE**
From science journo
Catherine Price

**HISTORICAL
BOOK CLUB PICK**
Pandora by Susan
Stokes-Chapman

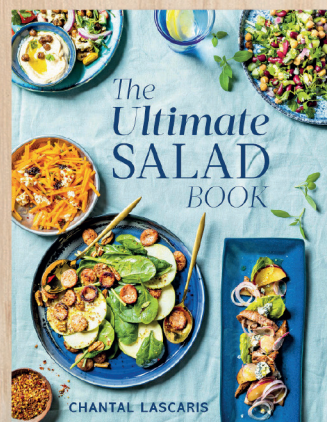
**SOUTH AFRICA'S
AQUATIC NATURE**
Peter Ryan writes on
our favourite waddler

**HEALTHY
COMFORT FOOD**
Yes, it's possible!
Recipes inside

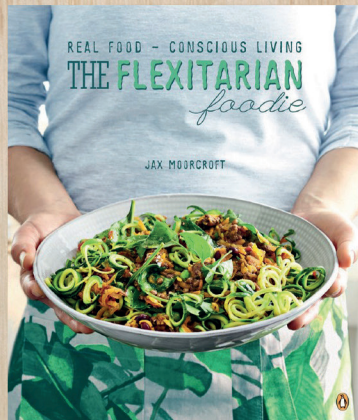
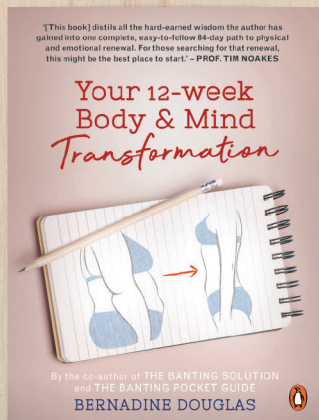
HEALTH IS WEALTH



Nine ways to jumpstart your journey to good health



Available now at leading bookstores and online



contents

04

COVER An exclusive interview with Marian Keyes on her new novel, the much-anticipated *Again, Rachel*



02

BOOKSCAPE The debut of the year, a Q&A with CA Davids, and #bookstagram must of the month

08

AT MY DESK Nikki May on her laugh-out-loud novel about friendship and top fiction out this month

10

ON WRITING Get started on your next writing project with tips from Andrew Salomon

12

BOOK CLUB A historical debut novel set around the myth of Pandora's Box

13

EXTRACT From the touching World War II biography, *Mala's Cat* by Mala Kacenberg

14

NATURE Peter Ryan on the waddler we all love, plus win a birding book hamper

16

ADVICE If you've been trying to spend less time on your phone, here's how, with advice from Catherine Price

17

FOOD Look no further for guilt-free comfort food from cookbook authors Elmarie Berry, Lucy Tweed and Jason McNamara



20

ON MY MIND Clinton van der Berg shares his thoughts on doping in the SA sports industry

Johannesburg | Growthpoint Business Park, Unit 12A, 162 Tonetti Street, Halfway House Ext 7, Midrand, 1685 | 011 327 3550

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

© Copyright Penguin Random House South Africa (Pty) Ltd. *The Penguin Post* is published by Penguin Random House South Africa. All rights reserved. Reproduction without the written permission of the editor is strictly forbidden.

Editor Lauren Mc Diarmid **Designer** Sean Robertson **Sub Editor** Frieda Le Roux
Contributors CA Davids, Andrew Salomon, Peter Ryan, Clinton van der Berg

Welcome!

And a happy 2022! A new year means new books, and we can't wait to bring you more of the very best reads out there.

One of the most exciting releases comes from our cover author, Marian Keyes. Almost 24 years ago, Keyes wrote *Rachel's Holiday*, an instant fan favourite, and now, the much-awaited follow-up, *Again, Rachel*, is here! We were lucky enough to get an exclusive interview with Marian, during which she spoke about her fear of failure with the follow-up, what she and Rachel Walsh have in common, and her latest obsession. Plus, you can click through to read an extract from *Again, Rachel* on our blog, The Waddle. More on page 4.

Our book club pick this month is the gripping *Pandora* by Susan Stokes-Chapman. It is an evocative read about young Dora Blake who aspires to be a jewellery designer, but who also has a responsibility to her family's antiquarian business. When she discovers an immaculate Greek pithos in the basement of the shop, she becomes enrapt, and uses it as inspiration for her designs. Little does she know the true value of this mysterious vase, and the secrets it hides. More from the author herself on page 12.

In Food this issue, we've set a three-course meal with recipes that are both delicious and good for you. No guilt here; only yumminess.

Also in this issue, Peter Ryan writes on our personal favourite bird, the penguin, we share tips from Catherine Price's book on stepping away from your phone, and Clinton van der Berg pens a column on sports doping in SA.

Happy reading!

Lauren

Lauren Mc Diarmid

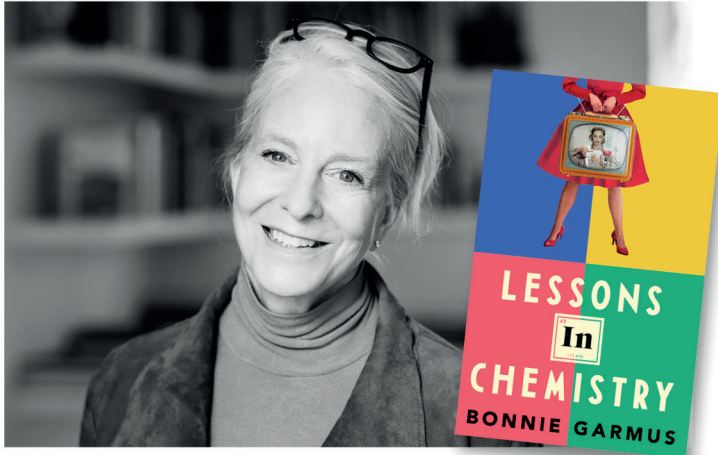
ThePost@penguinrandomhouse.co.za



bookscape

news | snippets | what's new

+++++



Everyone's talking about ... THE DEBUT OF THE YEAR

Lessons in Chemistry by Bonnie Garmus is the much-anticipated debut of 2022. Featuring iconic feminist, Elizabeth Zott, a chemist and mother living in the early 1960s, there is even rumour that the book has been optioned for an Apple TV+ series starring (and executive produced by) *Captain Marvel* star Brie Larson.

Meet chemist Elizabeth Zott. She is not your average woman. In fact, Elizabeth Zott would be the first to point out that there is no such thing. But it's the early 1960s and her all-male team at Hastings Research Institute takes a very unscientific view of equality. Except for one: Calvin Evans; the brilliant, Nobel-prize nominated grudge-holder who falls in love with - of all things - her mind. But like science, life is unpredictable. Which is why a few years later, Elizabeth Zott finds herself not only a single mother, but the reluctant star of America's most beloved cooking show *Supper at Six*. Elizabeth's unusual approach to cooking ('combine one tablespoon acetic acid with a pinch of sodium chloride') proves revolutionary. But as her following grows, not everyone is happy. Because as it turns out, Elizabeth Zott isn't just teaching women to cook. She's daring them to change the status quo.

Author Bonnie Garmus is a copywriter/creative director, focusing primarily on technology, medicine, and education. She is an open-water swimmer, a rower, and mother to two wonderful daughters. Most recently from Seattle, she currently lives in London with her husband and her dog, 99.

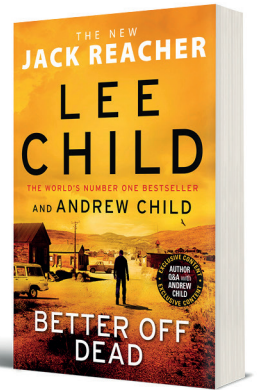
Lessons in Chemistry hits shelves April 2022.

DOMINATING THE BESTSELLER LISTS

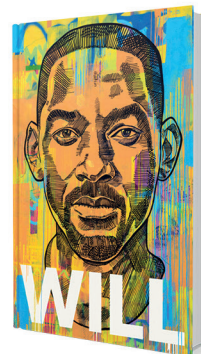
Better off Dead
by Lee Child and
Andrew Child

"It feels like this dynamic duo has hit its stride with *Better off Dead*; that Andrew Child was more comfortable in the co-authoring seat this time around. The result: an entertaining read that is true to the Jack Reacher we have come to know. Fans will devour every punch and kick delivered in this 26th instalment of the series."

- Lisa Trollip, *Forts & Fairies*



There have been gazillions of people that have lived before all of us. There's no new problem you could have - with your parents, with school,



with a bully. There's no new problem that someone hasn't already had and written about in a book. ☺

- Will Smith

#bookstagram MUST of the MONTH



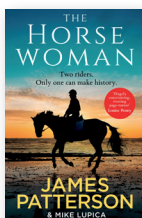
WIN! WIN! WIN!



A hamper of books from this issue valued at R2 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 28 February 2022.

RELEASE RADAR

Don't miss out this month...

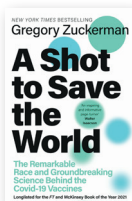
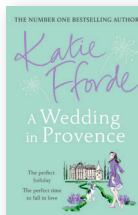


The Horsewoman by James Patterson

Mom and daughter, Maggie and Becky, are both champion riders who vowed to never compete against one another. But a turn of events ahead of the Paris Olympics changes everything. Co-authored with renowned sportswriter Mike Lupica.

A Wedding in Provence by Katie Fforde

When Alexandra takes charge of three rather hostile children, she feels sure she can deal with them. What she is a good deal less sure about is whether she'll be able to cope with their father without falling in love with him. A feel-good romance.



A Shot to Save the World by Gregory Zuckerman

When the coronavirus pandemic hit, many of the world's biggest drug and vaccine makers were slow to react or respond effectively. It was up to a small group of unlikely and untested scientists and executives to save civilization.

Q&A

One minute with... Carol-Ann Davids



Making up letters and living through revolutions - this debut novel will have you ready to discover new countries and cultures.

Your book makes use of letters ostensibly written by Langston Hughes. Why did you write these and how did you develop the tone in which you wrote the letters?

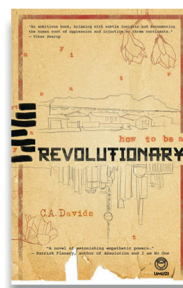
I created the letters because it helped me to solve two technical issues I was having. They were a handy device that allowed me to write from Langston Hughes' perspective in a way that didn't feel like a biographical telling of his time in China; and it allowed for the telling of certain crucial but delicate things. I actually 'went into character' with each section of the novel by only writing one character at a time, which helped me to focus on that 'voice', and I then wove the novel together at the end.

Have you spent a lot of time in China?

I lived in Shanghai, China for three years. My daughter was only a few months' old, so it was a challenging time, but also pretty wonderful. Shanghai is a busy metropolis and living in a massive, packed city has its own beauty and complications.

Your character Beth is having a difficult time. How do you keep a character's difficulties from becoming your own?

I think every writer in some way inhabits some aspects of their characters, often in small ways unless it's auto fiction. But I think I am quite judgmental of the choices Beth made.



How to be a Revolutionary is out now.

The welcome return of Rachel Walsh



The moment we've been waiting for! Almost 25 years after *Rachel's Holiday*, one of Marian Keyes's most loved books, comes the much-anticipated follow-up, *Again, Rachel*. Lauren Mc Diarmid found out why now was the right time for a sequel, Marian's latest obsession and the one thing that she has in common with Rachel.

“I was so looking forward to visiting South Africa in May 2020 to promote my book, *Grown Ups*, and was devastated when things fell apart. We were all set for those two lovely book festivals, the Kingsmead Book Fair and the Franschhoek Literary Festival, and we'd made all kinds of plans – including going to a braai. But I love South Africa, and I really hope that we get to visit soon. Actually, it wasn't too long before then that I'd decided to start on a Rachel Walsh follow-up.

I'd just finished writing *Grown Ups*, and was in that stage of wondering what I would write next. I had three ideas, and I pitched them to a writer friend I have called Louise O'Neill. She is a big fan of *Rachel's Holiday*, and when I told her the idea for a follow-up

“I knew that if I didn't try, I would never find out if it was possible.**”**

with Rachel, she said that all the hairs on the back of her neck stood up, and I thought, *Well okay. I'll try it.*

I'd tried writing a sequel before, which went badly wrong – *The Break* actually started out as a follow-up on Claire and Adam from *Watermelon*, but I had to junk it about six months in – so naturally I was initially hesitant. At the same time, out of all the books I've written, *Rachel's Holiday* would have been the one I wanted to revisit least. To write a sequel, you also have to go in and break up the happy ending. It's simply not possible to write a sequel where nothing bad happens, because there can be no story without some sort of disappointment or pain. And I just couldn't imagine doing that to Rachel. She meant so much to so many people.

But I knew that if I didn't try, I would never



find out if it was possible. So I reconciled with the idea that if I started on it, and thought I couldn't do a decent enough job, I would be prepared to walk away, and deal with the time I'd wasted on it. I also thought that enough time has passed since *Rachel's Holiday* that it might not be so bad, and I had the idea for a life event that I'd never written about before. But above all, I'm also much more in tune with Rachel than I'd ever been with Claire.

It's not that Rachel and I have a lot in common – she has a fondness for expensive trainers, where I am obsessed with Foundation... Like, it should be classified as a mental illness; I have enough to last me the rest of my life, and still, my head has been turned.

But there is one major thing we have in common, which is that we're both addicts. And that it's the most important fact of my life, and the most important fact of her life. And for me, well, you know, my addiction is different – I'm an alcoholic – but if I wasn't sober, I wouldn't have anything. You know, people don't understand that. If I don't put effort and



Again, Rachel is out now.

energy and care and respect into keeping my addiction at bay, I won't have the job I have, and I won't have my husband, or friends; I just won't... And that's the case with Rachel as well.

After her stint at The Cloisters in *Rachel's Holiday*, Rachel turned her life around and became an addiction counsellor. In *Again, Rachel*, she returns to The Cloisters, and to a whole other collection of great people and lovely characters that I enjoyed writing so much. Of course, there are also some people from the first book, like the Real Men, and Bridget and obviously all of the Walshes, and a lot of echoes from *Rachel's Holiday* that the people who read it will be cheered by. But on another level, readers who are new to Rachel won't get left behind because I've written *Again, Rachel* in such a way for the new people reading the book to go, "Oh I see, alright; I know who they are."

I think now that I've written one sequel, it's fair game. I'd love to write another book about Helen, for example, from *The Mystery of Mercy Close*. It's one of my favourites from the novels I've written, and I just love Helen

Celebrating Marian Keyes



"Marian Keyes is one of the very few authors whose backlist of books I've read about three times or more. It's comfort reading for me because whenever I pick up a Keyes novel, I know I will be thoroughly entertained with loads of laugh-out-loud moments. But at the same time, it feels like I am immersing myself in the life of friends I know so well. She writes these characters and storylines where I become totally engaged and most of her novels have what I call a Keyesian twist – there's always a bit of emotional humdinger that makes one think. If I could only have one author over for a cup of tea and a good chat, it would be Marian."

– Jennifer Platt, *Sunday Times* books editor


"A new Marian Keyes novel is such a pleasure. I like to save it up for a long weekend or holiday, when I can leave the family to fend for themselves – ignore the invisible "Do Not Disturb" sign hanging on my toes at your own peril! – and read until it's dark outside. I hate that Marian's books get dismissed



as "chick-lit". They are full of real, flawed, funny people in whom we recognise our own mistakes and shortcomings, and who we love in spite of that. They're a reminder that families are messy, friendship can be complicated and romance never quite goes according to plan – but also that even the quirkiest of us can find a tribe and a place to call home."

– Pippa Hudson, lunchtime show host on Cape Talk

"*Rachel's Holiday* was the first of Marian Keyes' books I read (devoured) and over the last 20 years, I've snatched up each new one with glee. I still have all of them – slightly dusty and dog-eared, but much-loved – sitting on my bookshelf, and I'm beyond excited to see what *Again, Rachel* has to offer. Each time I start on a new one, it's like seeing an old friend, and picking up right where we left off. There are new stories, but old familiarities, snorts of laughter and inevitable tearing up, and I'm careful to bide my time, not wanting the catch-up to end. Years ago, Marian, who was in SA with 'Himself', was guest author at a book event we held

as a character. I think she's such fun. And I love Arty, and the Walshes, and a sequel would be a great way to visit them again. You know, it's sort of weird, even though I said I'd never write a sequel, now I've written one, I just want to write a sequel to the sequel; I just want to keep writing about them." 

Read an extract from *Again, Rachel!*

To find it, scan the code using your phone camera, or visit www.penguinrandomhouse.co.za/penguinbooksblog



WIN!



One lucky reader will win a hamper made up of a copy of *Again, Rachel*, a revised anniversary edition of *Rachel's Holiday*, a yoga mat and a water bottle, *plus* a R2 000 voucher from Antelo, all valued at R2 700.

Antelo is all about leather goods and premium leather bags for the urban minimalist. With inspiration stemmed from their love of nature, minimalism and classic simplicity, Antelo's highly skilled leather crafters work meticulously to create beautiful minimalistic leather products to last a lifetime. Visit www.antelo.co.za for more.

To enter, scan the code using your phone camera, or visit www.penguinrandomhouse.co.za/competitions. Ts & Cs apply. Entries close 28 February 2022.

ANTELO

PHOTOGRAPHS: Supplied



and she was as fabulous and likeable in real life as is she is behind the pages. Warm. Witty. Brutally honest."

- Kym Argo, National Group Editor, *Get It* Magazines Caxton and Local Newspapers

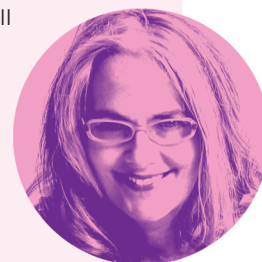
"Marian Keyes has been part of my adult reading life way longer than she'd like me to admit, I'm sure. Over and above her bestselling novels, her warm social media presence, her skill, her unique voice, her prolific talent, her massive global success, and the way she's defined and elevated an entire genre, is a core element that has always stood out for me; Marian Keyes is just so very human! She is flawed, she is incredibly funny, she is scared, she is scarred, she is sometimes broken, she is an addict and a wife and writer and a storyteller, and she is always real and honest and relatable about the lot of it."

- Paige Nick, author, freelance writer, host of Book Choice on Fine Music Radio and the founder of The Good Book Appreciation Society



"One of the greatest achievements of my life was when Marian Keyes followed me on Twitter #kiddingnotkidding. I thought Ireland was all *Angela's Ashes*, before Marian showed me another side to it; a funny side. One that I could relate to. She also taught me that we could write that way about our own lives in South Africa. An alcoholic, Marian makes sobriety look cool and is one of the people who inspired me to go on my own sober curious journey. The hilarious, raw and oh-so-real *Rachel's Holiday* is up there on my list of favourites - clearly, since I've read it about 10 times over the years - which is why I am SO DAMN EXCITED that she has written a sequel. Thank you, Marian for the hours of joy your books have brought me, for inspiring me as a writer and showing me that our work, which so often gets dismissed as "chick-lit", actually matters. I cannot WAIT to get my hands on *Again, Rachel!*"

- Pamela Power, author, TV scriptwriter, editor and blogger



at my desk

Nikki May's debut novel, *Wahala*, takes the honesty, laugh-out-loud humour and self-searching of the best group friendship novel and pushes its genre boundaries to embrace a shocking revenge story.



“**W**ahala is one of those wonderful pidgin English words that you hear at least ten times a day in West Africa. It's usually said with a sigh, a groan, or a shake of the head. *Wahala!* It's an exclamation of trouble, and there's quite a lot of it in my book.

Wahala shifts between the perspectives of Ronke, Simi, and Boo. Making their voices clear and distinct was relatively easy – by the end of the first draft I knew them inside and out. But moving from character to character was challenging – it took me a few hours to get out of Ronke's head and into Boo's. There was a lot of staring at the screen and backspacing. Hardest of all was keeping track of things. Harnessing the spirals of thoughts and plots was a nightmare. I had to keep back-peddalling to remember who knew what and how they'd found it out. But now that it's done, I can't imagine telling the story in any other way.

Wahala is not autobiographical, but you draw on what you know, so I have to admit that bits of me did creep into each of the characters. Ronke's grandparents who wanted nothing to do with her – well, mine were similar. Simi dropping out of medical school, freaking her parents out – I'll put my hands up to that (sorry Dad). Boo's desperation to fit in, to assimilate – I've been there, straightened my hair and tweaked my name. But rest assured, *Wahala* is fiction – I don't have anything in common with Isobel, at least I hope I don't!

Starting out with the book, I was naïve, which in hindsight was a good thing! I didn't know that blending genres was 'against the rules'; I just wrote what I wanted to read –

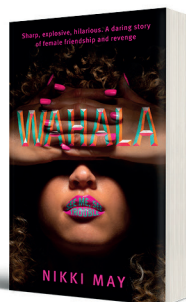
“*Wahala* explores privilege, identity and belonging.”

an entertaining story about three flawed women, vengeance, and family legacy with a killer ending. Unwittingly (and luckily), I hit the sweet spot.

I didn't start out with an agenda to address racism or class, I just wanted to write an entertaining book that had people like me in it. So much black literature is focused on struggle but black people are not a monolith. I wanted to reflect my experience – I'm mixed-race and middle class. But, it's impossible to have four mixed-race characters without race and class creeping in, so *Wahala* explores privilege, identity and belonging. I think it adds something new and under-explored to the conversation – racism, colourism and classism are universal. Black people can have 'isms too.’

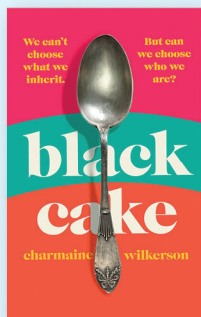
ABOUT THE BOOK

Ronke, Simi and Boo are inseparable mixed-race friends living in London. Everyday racism has never held them back, but now in their thirties, they question their future. When Isobel, a lethally glamorous friend from their past arrives in town, she is determined to fix their futures for them. Cracks in their friendship begin to appear, and it is soon obvious Isobel is not sorting but wrecking. When she is driven to a terrible act, the women are forced to reckon with a crime in their past that may just have repeated itself. A darkly comic and biting subversive take on love, race and family. **P**



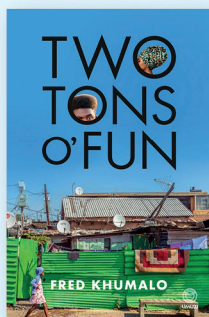
Wahala is out now.

THIS MONTH'S TOP FICTION



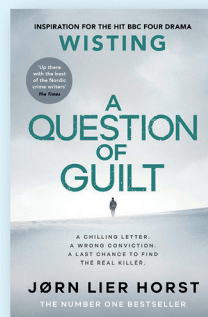
Black Cake by Charmaine Wilkerson

An estranged brother and sister must set aside their differences to deal with their mother's death and their puzzling inheritance: an audio recording, in which she tells the story of her hidden past, and her famous black cake to be shared 'when the time is right'. Their journey of discovery takes them from the Caribbean to London to California, and changes everything they thought they knew about their family. An immersive and deeply satisfying family drama.



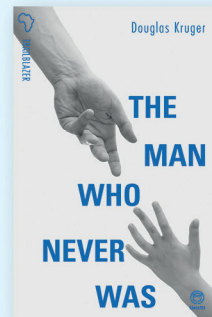
Two Tons o' Fun by Fred Khumalo

A chance meeting introduces Lerato Morolong, age fourteen, to Professor Ngobese, matriarch of the family at Number 80, the only house in the neighbourhood with a street address, aka Those White People. Here begins Lerato's relationship with the Ngobeses - Auntie Gugu and her daughter Janine, who becomes Lerato's bf and one half of the dancing duo, Two Tons o' Fun (because life's too short to spend in a tent dress). A rich, humorous and vibrant coming-of-age story.



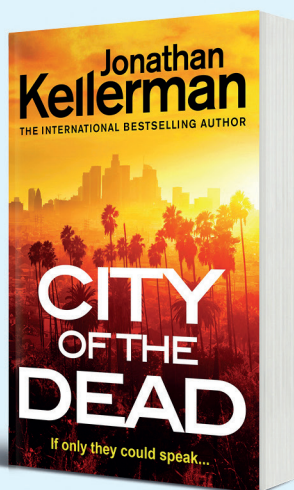
A Question of Guilt by Jørn Lier Horst

In 1999, 17-year-old Tone Vaterland was killed. Desperate for a conviction, the police deemed the investigation an open-and-shut case and sent her spurned boyfriend, Danny Momrak, down for murder. But 20 years later, William Wisting receives a puzzling letter. It suggests the wrong man was convicted for Tone's death and the real murderer is still out there. It's a race to the end to find the real murderer in the heart-pounding final book in the Cold Case series.




The Man who Never Was by Douglas Kruger

In the afterlife, David is given an opportunity. He is told that he may be granted three viewings by which to look in on his son. The terms are strict: he cannot help his boy. He cannot reach him, or teach him, or in any way change the course of his life. David agrees, and during his final viewing, he sees the last days of Chris's life. What David sees will not leave him. He has a simple but impassioned request: 'Let me take his place'. A moving novel that strikes to the heart of parents.



City of the Dead by Jonathan Kellerman

At 5am in the upscale neighbourhood of Westwood Village, two removal men are on a routine pick-up when they make a fatal hit. It's a man, naked and with no means of identification. Not long after, a woman is found dead in a house nearby, which neighbours suspect to be a brothel. Could the man have come from there? When LAPD homicide lieutenant Milo Sturgis calls psychologist Alex Delaware to the scene, the case gets even more complicated. Delaware has met the woman before. She's a psychologist, too. The gripping new thriller featuring psychologist Alex Delaware. 

SIX TOP TIPS

FOR GETTING STARTED



The blank page can be intimidating for an aspiring fiction writer, but anyone can write creatively, says Andrew Salomon, award-winning author and creative writing tutor at SA Writers College.

1 Write about what you care about

The well-worn adage of 'Write what you know' is limiting and not very useful. It's more helpful to write about something you care about.

This can be anything that resonates with you, such as a sport, a cause, a particular job, place or experience. This way, you free yourself to write about something that you may not necessarily be an expert on, but by caring about what you write, you ensure that you will make an effort to get the content of your story right.

2 Read with a 'writer's eye'

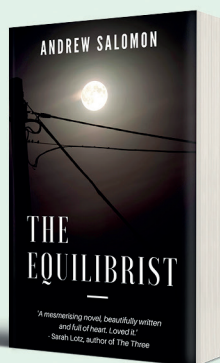
If you feel the desire to write a story, the chances are good that you also love reading them. This means you have a free pass to reread stories you have loved, while paying close attention to the author's techniques to make a story memorable. You'll be surprised how quickly your 'writer's eye' starts picking up on style elements such as how dialogue and action have been woven together, or how a particular narrative point of view benefits the story.

3 Make your opening sentence and first paragraph earn their keep

Your opening sentence and first paragraph are what will hook your reader into your story. So go ahead and have them work extra hard through mystery and intrigue to spark curiosity in your reader, along with a sense that the time they invest in reading your story will be rewarded.

4 Get the reader to care about your characters through their words and actions

In storytelling, descriptions of what drives a character and how they feel about things get boring very quickly. Instead of long-winded descriptions, use a character's actions and dialogue to show what they care about and how events and other characters affect them. Getting to know your characters in this way allows the reader to empathise with and root for them.



The Equilibrist is out now.

5 Distinctive dialogue

Look at your favourite books and movies and notice how each character talks in a distinctive way. Since no two characters are the same, a believable story will feature characters that express themselves uniquely. This is an essential writing skill that gets sharpened over time.

“A believable story will feature characters that express themselves uniquely.”

6 Finish the first draft first

Revising and polishing your work is an essential part of the fiction writing process, but editing an unfinished story can feed procrastination. Avoid this subtle trap by finishing the initial draft of your story first, and only then start with revision. And if that initial draft is so rough that you would feel embarrassed to show it to anyone, welcome to the club; nobody's first draft is a great work of literature. The biggest priority for an aspiring fiction writer is first to wrestle that story from your mind to the page. Everything else follows from there. andrewsalomon.com

FULFIL YOUR

creative
writing

DREAMS

With 13 creative
writing courses
tutored one-on-one
by award-winning
writers.

WIN A PLACE ON THE 14-DAY CREATIVE WRITING
INTENSIVE FROM SA WRITERS COLLEGE,
VALUED AT R2 470!

Running from 21 March to 3 April 2022, the 14-Day Creative Writing Intensive is a rigorous creative writing course packed with creative writing knowledge and fun writing exercises. Find out more at www.sawriterscollege.co.za/14-day-creative-writing-intensive.

To enter, scan the code using your phone camera,
or visit www.penguinrandomhouse.co.za/competitions.
Ts & Cs apply. Entries close 28 February 2022.



SA WRITERS COLLEGE
WWW.SAWRITERSCOLLEGE.CO.ZA





EVERYONE LOVES PENGUINS...

With Penguin Awareness Day on 20 January, birding expert and author of *Guide to Seabirds of South Africa*, Peter Ryan writes on the ones who waddle.

“Immortalised in numerous cartoons, penguins waddle around like caricatures of stuffy gents in tuxedos. Of course the reality is not so cute. Penguin colonies are noisy, smelly and often quite violent places, with frequent altercations between neighbouring birds. Penguins are a bit grumpy when they're on land, because they are most at home in water.

Much of their popular appeal stems from their upright stance. Penguins' legs are placed right at the back of their bodies, where they create the least amount of drag, and can assist with steering while swimming. Their ancestors gave up the ability to fly in air in order to become supreme swimmers. Their wings have been reduced to rigid flippers that are used to 'fly' underwater.



Peter Ryan

And this is just one adaptation to a life at sea. Their eyes are able to focus underwater, because they hunt by sight, and even their ears are modified to hear underwater. Many species only come ashore to breed and moult, spending the rest of the year at sea. Some penguins even return to land with goose barnacles attached to their tails or feet!

Penguins vary in size from the diminutive Little Penguin of Australasia (30 cm) to Antarctica's Emperor Penguin (1.2 m); some extinct species stood up to 2 m tall. The larger the penguin, the longer and deeper it can dive. Emperor Penguins have been recorded diving for up to 22 minutes, and attaining depths in excess of 500 metres.

Although all penguins follow the classic back and white tuxedo pattern, there are variations on

this basic theme. Most of the species-specific patterns are on the head and neck, which is visible when the birds rest at the sea surface. Males and females look alike, although males average slightly larger than females. However, juveniles often look different from their parents, possibly to reduce aggression.

Of the 18 species of penguins alive today, only one breeds in Africa. It used to be known as the Jackass Penguin, after its raucous, braying call. However, its name was changed to African Penguin to distinguish it from three similar species in South America that make the same donkey-like call.

African Penguins breed at islands off the coast of southern Namibia and South Africa east to Algoa Bay. At the start of the 20th Century there were several million African Penguins, but their numbers have fallen due to a plethora of human impacts: egg and guano collecting, oil pollution, introduced diseases and climate change. The biggest impact in the last 50 years has been the collapse of sardine and anchovy stocks due to over-fishing. Currently there are barely 40,000 African Penguins, and the species is listed as Endangered.

The shortage of fish off the west coast of southern

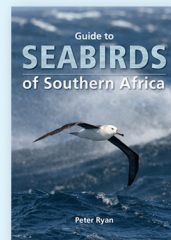


ADOPT A PENGUIN!

Visit sanccob.co.za for more.



BY THIS AUTHOR




GUIDE TO SEABIRDS OF SOUTH AFRICA by Peter Ryan

Seabirds hold a special place in the hearts of birders, not least because of the challenge of getting

to grips with a group of birds that is largely inaccessible, and living in an often hostile habitat. Focusing exclusively on the nearly 1,000 birds that occur around the southern African coastline and adjacent Southern Ocean, this is an authoritative, first-of-its-kind, essential, volume for birders' libraries.

Africa has seen numerous colonies go extinct. As colonies dwindle, it becomes increasingly difficult for penguins to catch enough fish, because they are most efficient when they work together to corral fish schools. Unfortunately there are few islands along the south coast where penguins can breed. BirdLife South Africa is trying to establish a new mainland colony on a headland in De Hoop Nature Reserve that has been fenced off to exclude terrestrial predators.

In the 1980s, mainland colonies formed in residential areas at Simonstown and Betty's Bay, where the presence of people provided some protection from predators. However, occasional penguins still fall victim to dogs, caracals and even leopards! Despite this, the colony in Betty's Bay is the only one that is increasing in size, thanks to an abundance of fish nearby. Conservationists are now asking the South African government to stop fishing close to penguin colonies to try to help African Penguins to survive." 



WIN! With Struik Nature and African Birdlife

One lucky new subscriber to African Birdlife magazine will win a hamper of Struik Nature books to the value of R1 000! Subscribing for only R340

gets you a 12-month local subscription to *African Birdlife* magazine, which includes six bi-monthly issues filled with expert info on our continent's magnificent birds. You also get to show your support for the invaluable work in bird research and conservation being done by BirdLife South Africa.

To subscribe and automatically get entered into the draw for this hamper, visit www.birdlife.org.za. Ts & Cs apply. Entries close 28 February 2022.

BirdLife
SOUTH AFRICA
Giving Conservation Wings

AFRICAN
birdlife



“Some Doors are Kept Locked for a Reason...”

Immersive and gripping, *Pandora* charts the course for conspiracies, revelations and romance after the discovery of an ancient Greek vase. Author Susan Stokes-Chapman writes on inspiration, historical settings and strong female leads.




“**P**andora’s Box is, of course, a legend (or at least as far as we know), but it was interesting for me to consider what it might have been had it been real. I began at first researching the myth itself – the story behind Pandora’s creation, how Epimetheus stole Zeus’s fire and how, in his anger, he devised a way to punish man for having such a gift; how he had the blacksmith Hephaestus create the first woman from clay, and how goddesses, such as Athena, then bestowed upon her their own gifts. The name Pandora itself means ‘all-gifted.’ It was a fascinating read across all sources, and I wanted to get that in my own story.

So when you meet the vase in the novel, that’s why it looks the way it does. In terms of it being a vase, I had no idea when I started researching that Pandora’s box was not a box at all – it turns out that it was always a vase, but became a box in the 16th century when the Renaissance humanist Erasmus mistranslated the Greek, or confused it with the box in the story of Cupid and Psyche. That was too juicy not to do something with! And of course, that was then how I started looking at Grecian vases in the first place ...

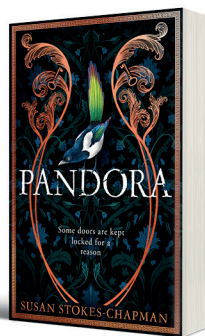
I wanted a heroine who could be likeable, who could evoke sympathy but who also was a strong character in her own right. I tried to consider how a young woman in Dora’s situation might act in that era, without her conforming to what society would have expected of her. I didn’t want her to rely solely on a man to give her agency. While of course she relies on Hezekiah’s hospitality and Edward’s intellect, she actually uses both of them to further her own cause, without sacrificing the innocence one would expect

of an eighteenth-century woman. I basically wanted to get that balance right, and I’m lucky that the story allowed this to happen as it evolved over time. Ultimately Dora needed to be a character that a modern reader could associate with; a girl who has a voice, is clever, creative, knows her own mind and becomes a hero in her own right, in charge of her own destiny.

The idea of her being a jewellery designer was an instant decision, an idea that simply popped into my head. I can’t say for sure where the impetus came from, but I have always admired Georgian fashions and antique jewellery. I think it’s beautiful. The skill that went into creating the designs is just wonderful and I often stand in front of jewellers’ windows admiring the wares! So I could easily imagine Dora doing the same, and going home to sketch her own versions.

Aside from being swept along on the adventure and the romance between Dora and Edward, I would like readers to find themselves absorbed in eighteenth-century London. I grew up watching period dramas on a Sunday night and, even at the young age of 10, the way a very dark and dreary London was captured, that seedy underbelly of Georgian society, stuck with me. This period of history always seems to be overlooked by the Tudors of Medieval England, and I think that is such a shame. The Georgian period is a long and immersive period of British history – it started in 1714 and ended in the 1830s. It saw the rise and fall of four Hanoverian monarchs, the formative Napoleonic Wars, the rise of the industrial era; so many historic events that define the UK today. I wanted to mix the beauty of the Georgian era with some of its darker realities, and I hope that people reading *Pandora* will go on to read more works set in that period of time.” 

“I had no idea when I started researching that Pandora’s Box was not a box at all.”



Pandora is out now.



EXTRACT

Mala's Cat

The incredible true story of a young girl who navigated dangerous forests, outwitted Nazi soldiers, and survived against all odds with the companionship of a stray cat.



“Now we had another problem with which to contend. The town's younger water carrier was a simpleton who could not even remember how old he was. No one had taken any notice of him until the Germans appointed him to be their informer. For his services, they gave him a nice house to live in and a German uniform to wear. He had never felt so important. The cunning Nazis used his services to betray his own people and now instructed him to question anyone whose children were seen leaving the ghetto that day.

When I learned about the water carrier's new role, I knew what I had to do. I would have to become a soldier. I did not have a gun, but I was armed with a strong will to survive. I would not surrender so easily, and this foolish man was not going to have a chance to betray me.

I managed to slip out of the back of our house, together with my cat. This cat and I had a long-standing relationship. Since I had been a small child, she had followed me all over and sat silently near me when I played with other children. My playmates had always teased me that the cat was winning all the games for me.

The cat and I were soon on the other side of the Nitka River, and we hurriedly left the big garden for the fields. I was free once more even if it was for a short time only. I felt hungry and began to eat the little bit of food I had dared to take from my family; I knew that without food my needed energy would soon disappear.

As we expected, the water carrier soon informed the Germans that Yechiel and I were the Szorers' children, and they forced my father to go and bury us. No one had gone to check the scene of the 'crime', and the Germans never found out that I had escaped.

“I was so lonely that I began to think that the cat, with its soft eyes, looked at me as if she understood my suffering.”

From then on, it was not safe for me to live at home. The only time I would go there would be to bring food for my now desperate, starving family. I decided that I would be safer without the Star of David and began removing it before going home; I kept it in my pocket, ready to put it on if I saw any Germans. This would not have helped me, since I was not allowed to leave the ghetto. Had I been spotted, they certainly would have shot me.

I also had to come home and report to work in place of Balla, who had returned from Warsaw. My name was called out as 'Balla' instead of 'Mala', and the others did not betray me. Balla stayed at home, for I was considered to be much stronger and more able to bear the pain, hunger and loneliness in the outside world. I knew that I was safer in the fields than with my family. Whenever I prayed, I became hopeful. I trusted in Hashem to make my prayers come true, like a baby trusts its mother.

I was so lonely that I began to think that the cat, with its soft eyes, looked at me as if she understood my suffering. I nicknamed her Malach, which means angel in Hebrew, and I imagined that she was a real angel watching over me. I was not worthy of a real one, that much I knew. I was, nevertheless, glad she followed me around. How sorry I was that I had no food for her. I was afraid she would not survive, but she seemed to thrive without my help.

Although I secretly entered my parents' house on many occasions, I was not allowed to bring the cat in with me. However, the cat was always there when I left the ghetto, unnoticed even by the neighbours. Little did I know at the time how that cat was to play such an important part in my life.”



Mala's Cat is out now.



HOW TO CURB YOUR PHONE ADDICTION

Fun is the key to living a more meaningful, fulfilling and happier life, says science journalist, Catherine Price. In an extract from her book, *The Power of Fun*, Price shows how being more mindful of the way in which we use our phones could help free ourselves up for more fun activities.



“You can’t change a habit – or solve a problem – if you haven’t acknowledged its existence.

It would be like trying to quit smoking if you didn’t know that you were a smoker to begin with; you need self-awareness in order to stop. The first step in creating distance from your phone is therefore to identify and acknowledge your habits and reflect on how they’re negatively impacting your life.

This is easier said than done, though, because when it comes to our devices, many of our habits are so automatic that we don’t notice when we’re engaging in them; our phones often end up in our hands without us even knowing how they got there. To make it easier to catch yourself, I recommend a two-step process. Start by putting a rubber band or hair tie around your phone. This way, when you reach for your phone on autopilot, you’ll be interrupted by a physical impediment. Part of your brain will wonder, even if only for a split second, “Why is there a rubber band around my phone?” When that happens, the next step is to ask yourself a series of questions that will help you better understand *why* you reached for your phone, which in turn will enable you to proactively decide whether you *want* to be on your phone in that moment.

I call this exercise WWW, which is short for:

What for?

Why now?


What else?

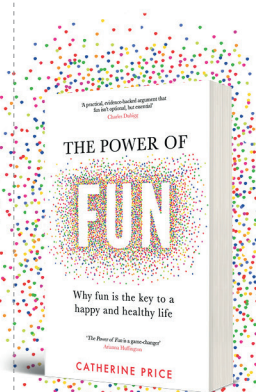
What for? is an opportunity to ask yourself

what you picked up your phone to do. In other words, what was your purpose? (Sending an email? Reading a particular news story?) Did you *have* a specific purpose, or were you just picking it up to see what you might find?

Why now? is a reminder to ask yourself what, in this moment, caused you to reach for your phone. This is a particularly interesting question because, while it’s possible that you may have had a specific reason, in many cases, the trigger is likely to be emotional. You were momentarily bored or feeling anxious. Your focus was waning and you wanted a distraction. You were feeling lonely, and you wanted a connection.

Once you understand your “why,” you can move on to the final part of the exercise: *what else?* This is where you use your answers to the first two questions to brainstorm possible alternatives and decide what to do next. If you are seeking connection, maybe you could skip social media and use your phone to actually call a friend. If you are feeling anxious, perhaps you could put down your phone and take a walk around the block or do a short meditation.

Your answer to “what else” might be to do *nothing*—to give your brain a chance to rest. (That’s a wonderful way to create space.) And it’s also possible that you’ll finish the exercise and conclude that you truly *do* want to be using your phone right now. That’s totally fine. The point of the exercise isn’t necessarily to get you to put down your phone. It’s simply to make sure that when you engage with your devices, it’s the result of a conscious choice.” 



The Power of Fun is out now.

Healthy Home Cooking

Tuck into these delectable guilt-free dishes taken from three of this season's hottest new cookbooks.

Geroosterde Pampoenskywe met Basiliekruid, Tamatie en Feta

"Hierdie slaai is so mooi soos 'n bos blomme en jy kan dit met gemak die fokuspunt van jou tafel maak."

- Elmarie Berry, skrywer van *Kosbaar*

olyfolie, om panne mee te smeer en oor te sprinkel
1 grys, ronde pampoen (soos Sakata), met skil in skywe gesny
1 teelepel droë rissievlokkies vars origanum
sout en varsgemaalde swartpeper
4 rooi-ue, geskil en in dun skywe gesny
½ koppie strooisuiker
¾ koppie balsamiese asyn
500 g kersietamaties
¼ koppie olyfolie
175 g fetakaas, gekrummel

BASILIEKRUIDOLIE

3 bosse vars basiliekruid (hou 'n paar blare vir voorsit)
1 knoffelhuisie, gekap
sout en varsgemaalde swartpeper
¾ koppie olyfolie

Verhit die oond tot 200°C.

Smeer olyfolie oor 'n bakplaat en pak die pampoen in 'n enkellaag op die bakplaat. Strooi die rissievlokkies, origanum, sout en peper oor. Sprinkel nog olyfolie oor. Rooster vir 35 minute.

Smeer 'n ander bakplaat met olyfolie en sit die uie in die pan. Strooi die

suiker en balsamiese asyn oor en geur met sout en peper. Meng dit goed en rooster vir 30 minute.

Ná sowat 15 minute, smeer nog 'n bakplaat en sit die tamaties daarop. Sprinkel olyfolie oor en geur met sout en peper. Rooster vir 15 minute.

Laat alles afkoel tot kamertemperatuur.

BASILIEKRUIDOLIE

Sit die basiliekruid, knoffel en sout en peper in 'n voedselverwerker. Zirts tot alles gemeng is. Terwyl dit meng,

gooi die olyfolie stadig by en zirts tot 'n gladde pasta vorm. Jy kan die olie vir tot 'n jaar in jou yskas hou. Jy kan ook gekoopte pesto gebruik en dit dan net met olie verdun en meng.

Stapel die botterskorsie opmekaar in 'n groot, plat bord en strooi die uie, tamaties, feta en basiliekruid oor. Sprinkel nog 'n bietjie basiliekruidolie oor en sit warm of by kamertemperatuur voor.

MAAK
4 – 6
PORSIES



Resep uit *Kosbaar* deur Elmarie Berry, nou beskikbaar.

WEN!



Vyf gelukkige lesers kan elk 'n eksemplaar van *Kosbaar* en 'n bottel Three Gen Cabernet Sauvignon 2018 van Berry Wines (www.berrywines.co.za) wen, alles ter waarde van R618! Om in te skryf, skandeer die kode met jou slimfoon se kamera, óf besoek www.penguinrandomhouse.co.za/competitions. Bs en vs geld. Inskrywings sluit 28 Februarie 2022.

Roast Chicken on Corn Trivet

"This might be one of my favourite dishes of all time." - Lucy Tweed, author of *Every Night of the Week*

SERVES
4-6

3 corn cobs (mealies), husks and silks removed, cut evenly into 4 cm (1½ inch) pieces
1 bunch thyme
1 x 1.5 kg chicken
3 tablespoons olive oil, plus extra for pan-frying
1 teaspoon sea salt
½ teaspoon sweet paprika
1 tablespoon white miso paste
50 g butter
1 bunch cavolo nero (Tuscan kale, often available from organic markets), tough ribs discarded, leaves and tender ribs kept whole

OPTIONAL INGREDIENTS

a bit of lemon zest, but really, just do this one as is

I OWE MY INTRODUCTION to corn and miso to my friend and incredible chef, Danielle Alvarez, the kindest of people, who boldly dared to co-host an Instagram Live cooking session with me during Covid. I managed to turn the whole thing into mild chaos because I cooked over an open wood-fuelled flame (why?!) and my logs got cold. The result was still an immaculate marriage.



Extracted from *Every Night of the Week* by Lucy Tweed, out now.



But that is what I love about food in the first place: there are so many mistakes on the way to so many wonderful discoveries.

Preheat the oven to 200°C.

Oil a large roasting tin.

Stand the corn cobs up in the tin to create a trivet for the chicken.

Scatter the thyme sprigs over the base.

Massage the chicken with the oil, salt and paprika, and place on the corn cobs.

Pour 1½ cups (375 ml) of water into the base of the tin.

Roast the chicken for 1 hour. Check it's cooked by piercing the thigh meat and making sure the juices run clear.

Drain the juices from the chicken and set aside to rest.

Remove all the thyme sprigs you can from the tin.

Cut the kernels from the corn and return to the tin with the miso, butter and ½ cup (125 ml) of water.

Place over low heat and allow this to bubble and braise for about 15 minutes.

Pan-sear the cavolo nero in a splash of oil in a separate pan. Or simply blanch in boiling water – there's enough flavour to bring this baby to the party if you want to avoid washing up another pan.

Serve succulent slices of chicken, with the greens and the sweet sauciness of the miso, butter and corn braise.

Gluten-Free Baked Cheesecake

"What would the world be without cheesecake?! Although it takes a bit of time to prepare, this baked cheesecake is sure to be a hit with friends and family."

- Jason McNamara, author of *The Kind Kitchen*

GLUTEN-FREE PASTRY BASE

1½ cups (375 ml) spelt flour
or rolled oats
2 Tbsp brown sugar
¼ tsp salt
¼ tsp baking powder
2 Tbsp Tofu Cream Cheese
5-6 Tbsp (140 g) vegan coconut
oil or melted butter, plus extra
for greasing
¼ cup iced water

TOFU CREAM CHEESE FILLING

850 g Tofu Cream Cheese
1 can (400 ml) coconut cream
4 Tbsp Maizena
2 Tbsp lemon juice
1 cup (250 ml) brown sugar
or coconut sugar
2 tsp vanilla extract
Pinch salt

BASE Place the flour or oats, sugar, salt and baking powder in a food processor and pulse until combined. Add the Tofu Cream Cheese and pulse a few times. Add the coconut oil or butter and pulse a few more times. With the motor running, slowly pour in the iced water, pulsing until the mixture comes together into a dough.

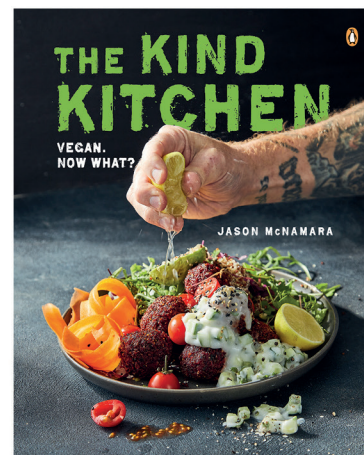
Press the dough into the base of a greased springform pan. Bake in a preheated oven at 180°C for 10 minutes, then remove and set aside to cool before adding the filling.

FILLING Place the Tofu Cream Cheese in a food processor and beat until smooth. Add the remaining

ingredients and beat for 3-5 minutes, until the sugar is dissolved.

Pour the mixture onto the cooled crust. Place in a preheated oven at 180°C for 45 minutes, then turn off the heat and leave in the oven for a further 30 minutes, then remove and leave for a few hours to set. (If making ahead, cover the set cheesecake with foil or cling wrap and place in the fridge until required.)

To serve, place the cheesecake on a board or plate and release the springform pan. Serve as is, or garnish with fresh blueberries or seasonal berries.



Extracted from *The Kind Kitchen* by Jason McNamara, out now.

WIN! Three lucky readers will each win a copy of *The Kind Kitchen* and a shopping voucher from www.thekindkitchen.co.za, all valued at R630! To enter, scan the code using your phone camera, or visit www.penguinrandomhouse.co.za/competitions. Ts & Cs apply. Entries close 28 February 2022.



**MAKES 1
CHEESECAKE**



On my mind **MUSCLES IN A BOTTLE: FOR WHEN HARD WORK ISN'T ENOUGH**

South African sport enjoys an image of excellence and achievement, but beneath the surface lies an uneasy truth that tears at the heart of this notion, writes Clinton van der Berg, head of communication at SuperSport and author of *Guns and Needles*.

“Several weeks before I began writing *Guns and Needles*, I ran into Bruce Fordyce at the launch of his book. “The only good thing about this lockdown,” he grumbled, “is that everyone has a book inside us.”

It was the spur to get cracking, not least because one of South Africa’s greatest ultra-marathoners – and a superb raconteur – had laid down the challenge.

My obsession with sport meant that the drip-drip news of steroids and drugs in sport had been near constant for 30 years. The stories floated in and out of the news cycle on an almost monthly basis. As a newspaperman, I often wrote them. What was remarkable was that the cases took in all sport and cut across all demographics. No sport was a no-go, even with the warnings, the dangers of being tested and the inevitable social shame.

I was drawn to these episodes for several reasons, chiefly because of the characters involved. Many were world-class athletes – but they had feet of clay. Each story was different, remarkable in its own way and utterly beguiling. The more I dug around, the more I realised that there was a compelling narrative that took in varying elements: shame, competition, ego, naiveté, arrogance.

I threw myself into the project because there was so much information to sift through, so many stories to consider. Such a book demanded to be written.

Guns and Needles does more than merely document South Africa’s extraordinary

“There is no doubt that doping has a sexy appeal.”

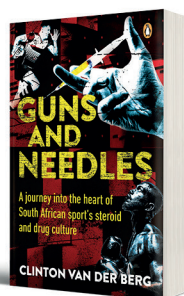
trajectory of cheating and doping; it sounds a warning to young participants, and indeed their parents, of the dangers of opting for the needle or tablet for an extra boost. It’s never worth it, even for the momentary high or the gold medal.

There is no doubt that doping has a sexy appeal. You can get big and buff and push yourself to extraordinary levels, but few who do so ever get away with it. There is an endless game of cat and mouse that is played between the doping chiefs and the cheats. No doubt some dopers get away from time to time, but the hammer often comes down hard on those whose bad habits are uncovered. Their bodies litter the sporting landscape.

I discovered an interesting parallel between athletes’ behaviour and indeed the zeitgeist of the country. The growing indifference to laws and regulations, which spiked during the pandemic, gave rise to similar sentiments within sport. An anything-goes culture has developed, which may explain the ubiquitous status of steroids in gyms and elsewhere. When someone pops for steroids, few are really surprised. The embarrassment passes quickly.

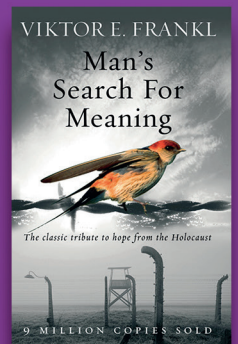
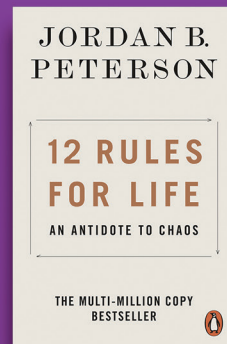
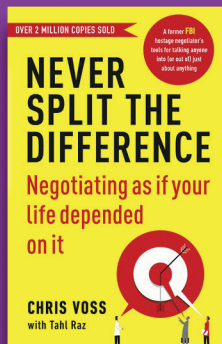
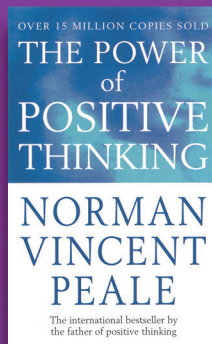
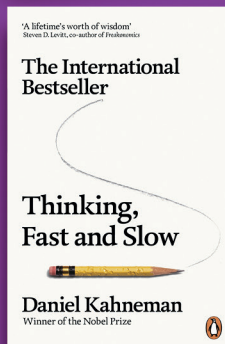
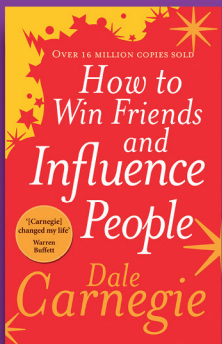
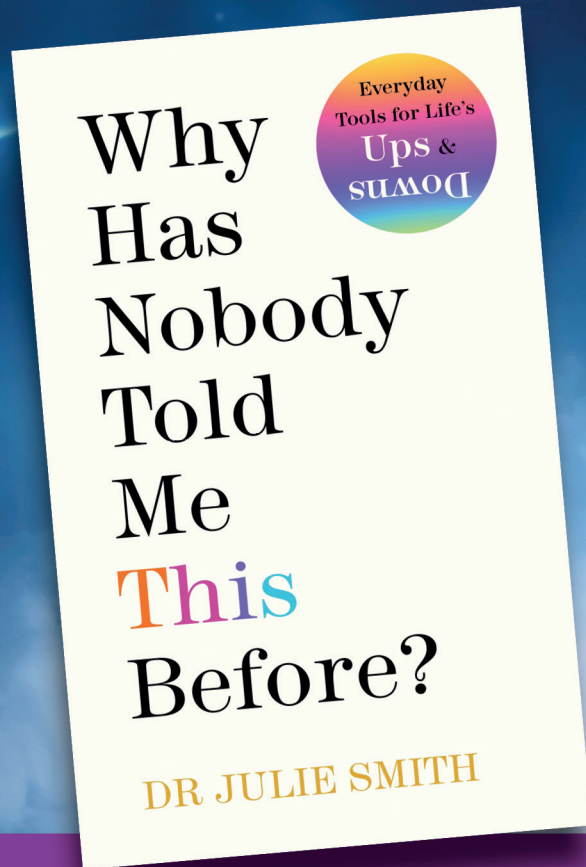
We live in a country where sport is held up as a symbol of hope and unity. It truly does bring South Africans together, but the warmth and bonhomie of sport in popular culture is also a mirage.

Guns and Needles is essentially a mirror of South African society, poking beneath its ugly underbelly and revealing the parts we don’t particularly enjoy seeing, or pretend don’t exist.” **12**

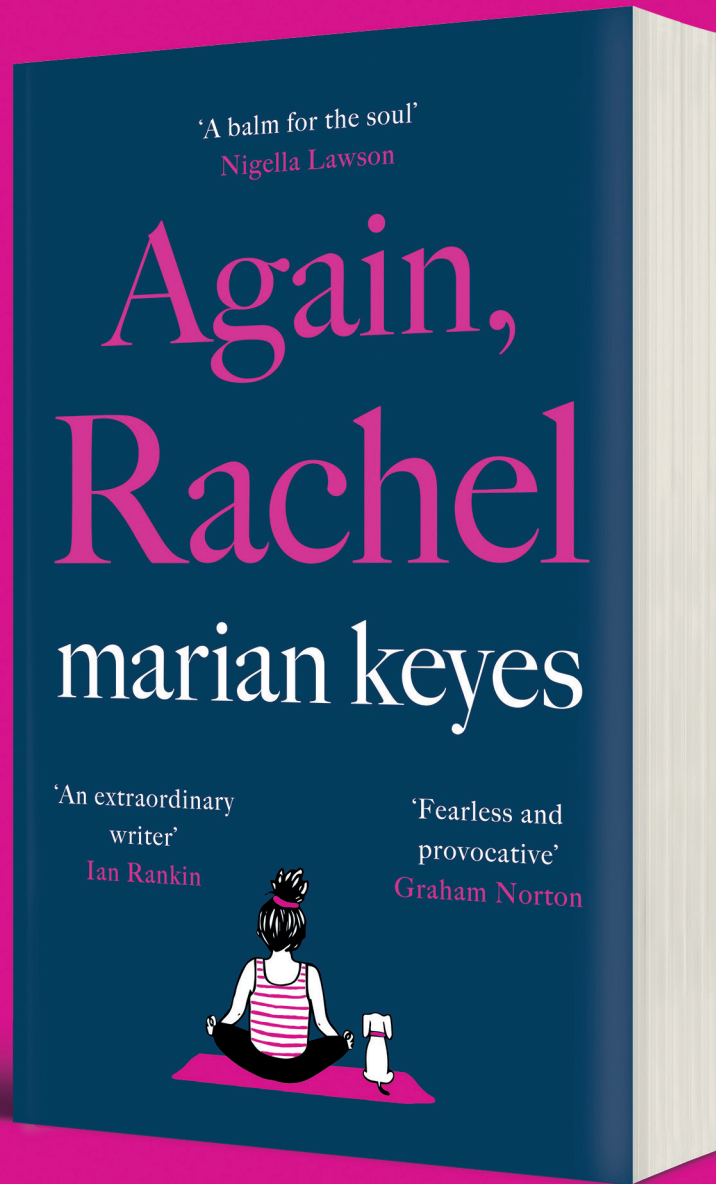


Guns and Needles is out now.

unwind your mind



#RACHELSBACK



Out now



Penguin
Random House
South Africa

