

# LIFESTYLE *magazine* SA

Suburbs

Issue 23 - January 2024



# 2024



# BACK TO SCHOOL





# LIFESTYLE *magazine* SA Suburbs

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### Letter From The Editor



As we joyfully mark the 2nd anniversary of SA Suburbs Lifestyle Magazine this March, I extend my heartfelt gratitude for your unwavering support.

In 2024, may your lives be adorned with prosperity, joy, & meaningful moments. Here's to a year of discovery, growth, & the pursuit of happiness. Our commitment to delivering inspiring content remains steadfast, & we look forward to sharing stories that resonate with the unique spirit of our communities.

Thank you for being an integral part of our vibrant community. Wishing you all a splendid year ahead filled with success, happiness, & cherished memories.

Warm regards,  
Craig Marc Esbend

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# GOING BACK SCHOOL<sup>2</sup>

NEMOURS  
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**LISTEN TO ARTICLE**

It's school time again! You're probably feeling excited and maybe a little sad that summer is over. Some kids feel nervous or a little scared on the first day of school because of all the new things: new teachers, new friends, and maybe even a new school.

Luckily, these "new" worries only stick around for a little while. Let's find out more about going back to school.





## The First Day

Most teachers kick off the school year by introducing themselves and talking about all the stuff you'll be doing that year. Some teachers give students a chance to tell something about themselves to the rest of the class.

When teachers do the talking on the first day, they often go over classroom rules so you'll know what's OK and what's not. Pay close attention so you'll know if you need to raise your hand to ask a question and what the rules are about going to the restroom.

You might already know a lot of kids in your classes on the first day. But it's a great day to make a new friend, so try to say hello to kids you know and new ones that you don't. Make the first move and you'll be glad you did and so will your new friend!



## Moving to Middle School?

Sixth grade often means a move to middle school or junior high, where you'll find lockers and maybe a home-room. This is just what it sounds like — a classroom you'll go to each morning, kind of like your home in the school. In middle school, you might move from classroom to classroom for each subject. Your teachers know that this is a big change from elementary school and will help you adjust.

Most teachers let you pick your own seat on the first day, but by the second or third morning, they'll have mapped out a seating plan. At first, it's a good idea to write down where your seat is in your notebook so you don't forget.



## Feeling Good on Day One

Seeing friends you haven't seen in a while can make the first day a good one. You also can make the day feel special by wearing an outfit you like. Maybe you got a great T-shirt on vacation, or your new sneakers put a spring in your step. If you wear a uniform, you might wear a favorite watch, a new hair band, or a piece of jewelry to show your personal style.



It can make you feel good to be prepared and have all the supplies you need. Some schools distribute supply lists before the year begins, so you can come stocked up on pencils, folders, and whatever else you'll be needing. Once you've covered the basics, you might tuck an extra few dollars in your backpack for an emergency (like forgetting your lunch money). Or maybe you'd like to bring along a book or magazine to read while you're on the bus.

Whatever you put in your backpack, make sure you pack it the night before. This prevents the morning panic when you can't find your homework or lunch box. Speaking of lunch, that's something else that can help you feel good at school — whether it's the first day or the 100th day. Help your parents pack it the night before if you don't like what's on the menu at the cafeteria. Try to include a variety of foods in your packed lunch, especially fruits and vegetables.



## Get Oriented

The first day of school is your first chance to find your way around a new school, or learn the pathways to new classes in your old school. It's a lot to learn in one day, so don't be surprised if you need a reminder or two.

It might help to write a few notes to yourself, so you'll remember the important stuff, like your locker combination and that lunch starts at 11:43, not 12:10. Before you know it, your fingers will fly as you open your locker and you won't have to check your notes to know what time lunch starts!

## A Bad Start?

What if you hate school by the end of day one? Teachers recommend giving things some time to sort themselves out — once you know your way around the building and get adjusted to the new routine, you'll probably feel better. If those feelings don't fade, talk to your mom, dad, teacher, or school counselor.

Here are a few final tips for a fantastic school year:

- *Get enough sleep.*
- *Eat a healthy breakfast.*
- *Try your best.*
- *Use good work habits, like writing down your assignments and turning in your homework on time.*
- *Take your time with school work. If you don't understand something, ask the teacher.*
- *Keep a sense of humor. One teacher we know shows his new students a picture of himself graduating high school — a grinning ape in a red graduation cap and gown. This usually makes the kids laugh, and it's a good way to remind them that school is fun!*



# Kid Ash

TDMH



*"If it wasn't meant to be, it would be something else"*

Born in Umlazi, a township situated in Durban Kwazulu Natal comes Sibonelo Arnold Ngidi otherwise known as Kid Ash TDMH. A hip hop artist like none other. Known mostly for his energetic and colourful rhymes especially in the Pietermaritzburg hip hop cypher scene and has worked with artists from Port Shepstone to Swaziland and Pretoria.

- **What was your key driving force to become an Artist / Entertainer?**

*I would like to believe that it had to be my parents.*

*I've always loved entertainment from an early age let it be acting, dancing or rapping and lucky enough my parents noticed that and then motivated me to pursue my dream in the entertainment industry.*

- **How did you raise funding for your venture?**

*"My parents helped me alot when it came to funding me but after they passed away. I worked any job i could find in order to gather funds. I worked at a cement company for a while and there after worked at a sugar factory just so i can be able to pay for my ventures.*

- **How do you market yourself, and which tactics have been most successful?**

*I market myself by rapping wherever i can find somebody with an ear to lend me. Word of mouth has always been my strongest trade. Social media has also come in very handy as it is also how i market myself*

- **Can you describe/outline your typical day?**

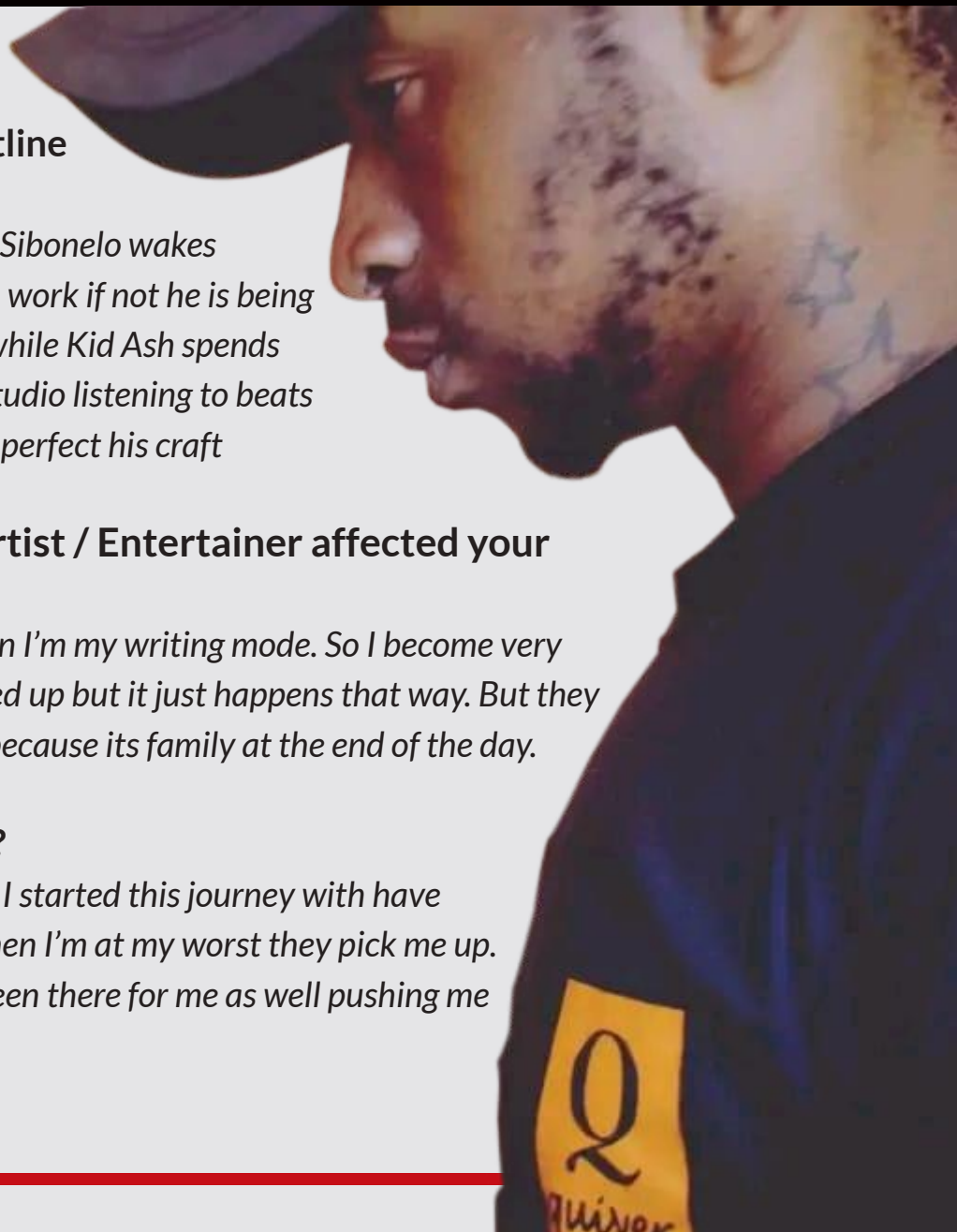
*I live two different lives. Sibonelo wakes up everyday and goes to work if not he is being the father he has to be while Kid Ash spends most of his time in the studio listening to beats thinking of new ways to perfect his craft*

- **How has been an Artist / Entertainer affected your family life?**

*I isolate myself alot when I'm my writing mode. So I become very distant. I know its messed up but it just happens that way. But they support me either way because its family at the end of the day.*

- **What motivates you?**

*My peers. The guys that I started this journey with have always had my back, when I'm at my worst they pick me up. My family has always been there for me as well pushing me to live the best life i can.*



- **What is your greatest fear, and how do you manage fear?**

*My biggest fear is passing away before i reach the goals i set for myself and the only way i manage that is remind myself that nothing happens in one day and as long as i take one step in the right direction a day I'm making progress.*

- **What is your favorite aspect of what you do?**

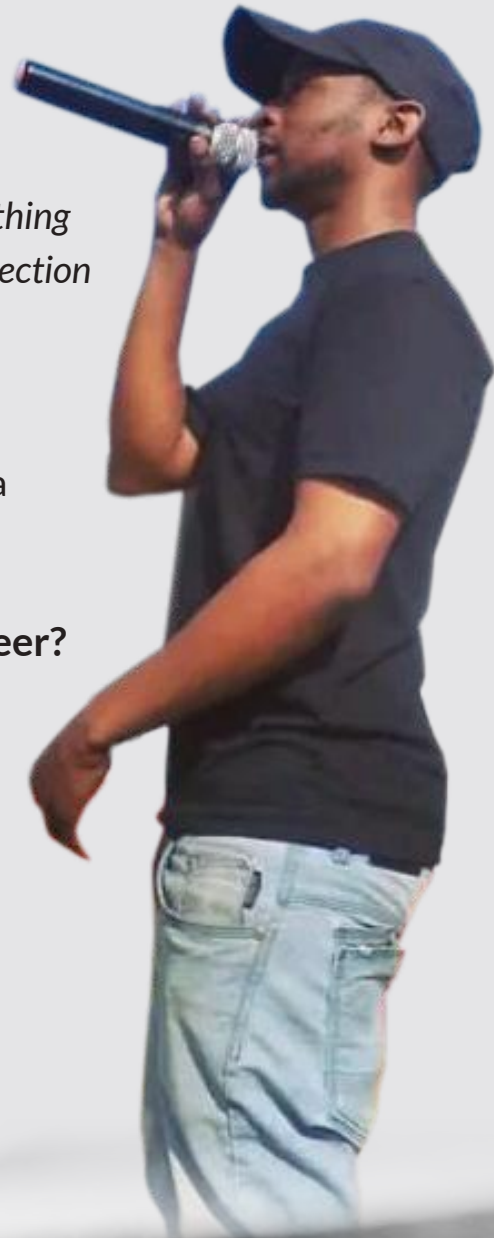
*The writing. I love creating music so the process of making a song to me is my favorite part of it all.*

- **What has been the most satisfying moment in your career?**

*There was this time I was on my way to work and I encountered a group of kids playing one of my songs. I dont think they knew who i was because I greeted them secretly hoping they would notice who i was and they just greeted back and I walked away.*

- **Who has been your greatest inspiration?**

*My greatest inspiration has to be my son. Hands down That little man has shifted the way i approach my music totally.*





# **CHANGE**

**Change is inevitable for the growth and success.**

**When you are conceived you start as a tiny cell, To foetus  
from foetus to a baby.**

**You see change is inevitable for us to grow and succeed in our  
tireless lives.**

**Learn to accept change no matter how much pain it takes you  
through.**

**We all want good life and success right? Are you willing to accept  
the change or surrender to fake life which is not your true identity?**

**The bible says when one comes and accept Jesus becomes a new  
creature.**

**See change goes hand in hand with acceptance but before you must  
do the following:**

**You analyse the situation whether there is a need for change or  
there is no need to change.**

**Lastly you take a decision to accept the situation and the moment.**

**Whether change comes drastically or instantly make preparations  
for any circumstances of change.**

**Remember change can make or break you.**

*Michael Malielee.*

# The Dangers of Teen Vaping



LISTEN TO ARTICLE

By Gillian Klawansky

**WHILE IT'S SEEN AS RELATIVELY HARMLESS, ESPECIALLY WHEN COMPARED TO SMOKING, VAPING CAN ENDANGER YOUR TEEN'S PHYSICAL AND MENTAL HEALTH. YET, HOW DO WE CONVINCE OUR KIDS TO BREAK OR AVOID THE HABIT? BY GILLIAN KLAWANSKY**



Largely seen as a much healthier alternative to smoking, and far easier to conceal, vaping has become increasingly popular among our teenagers. Delivering nicotine via heating a liquid as opposed to through burning tobacco, it's thought to pose a lower risk of smoking-related illnesses. Yet, vaping is far from harmless, warns Dr Anton Meyberg, a specialist physician and pulmonologist at the Linksfield Clinic in Johannesburg.

"The biggest thing we're seeing in schools is vapes being hidden in the bathrooms because they're odourless," he says. In some cases, they're even secretly inhaled in classrooms.





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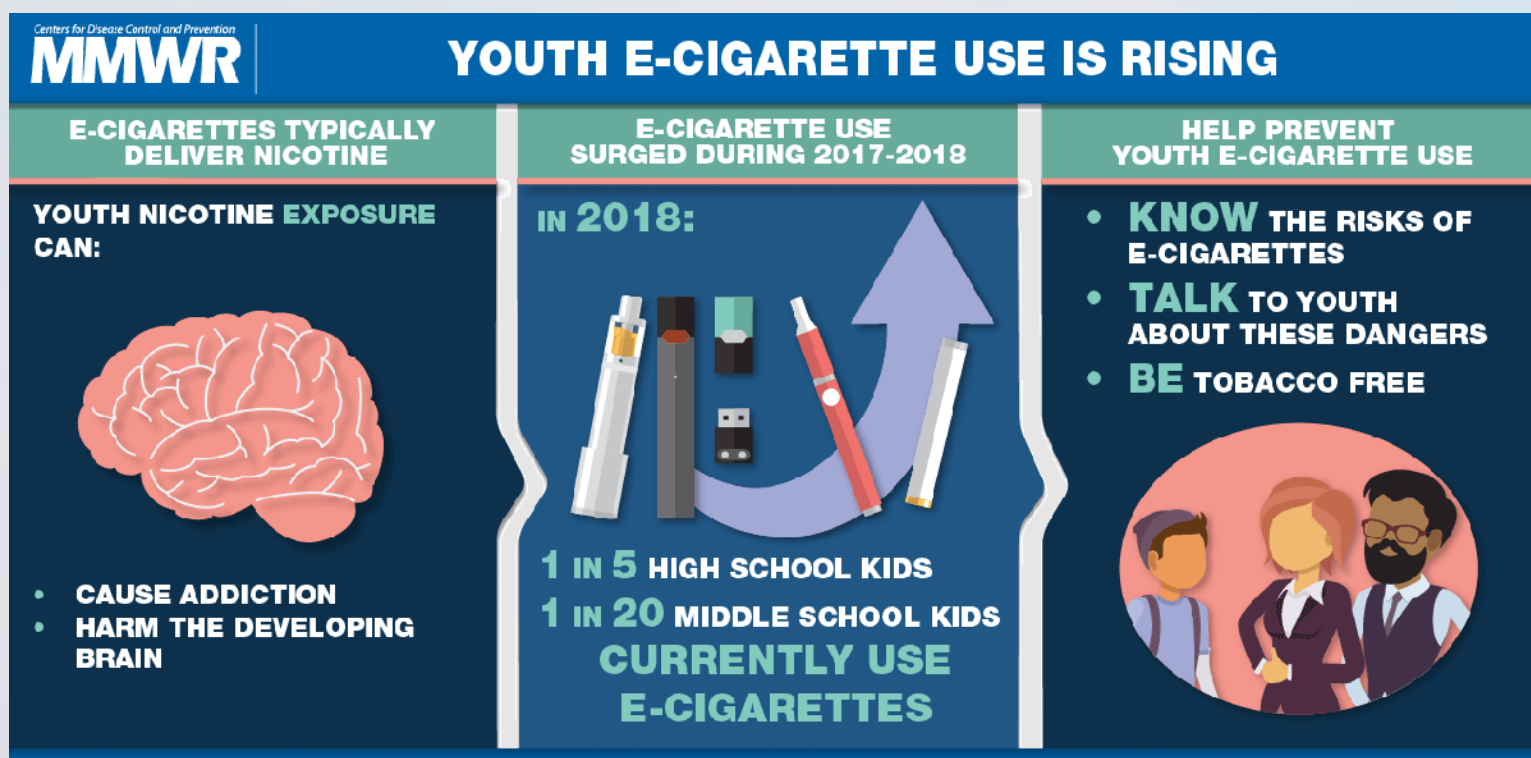
## The risks

In light of the considerable risks it poses, Meyberg argues that vaping should be banned especially amongst teens. A JUUL, a commonly used e-cigarette brand, in fact, contains the equivalent of 20 cigarettes worth of nicotine per cartridge, increasing the risk of addiction particularly for teens whose brains are still developing. This may also give rise to learning impairments and mood disorders.

The physical risks are also considerable. “You’re taking aerosol, you’re getting a chemical that enters your lungs, unfiltered, therefore leaving chemical toxins behind,” he adds. “As you inhale it, it damages your lungs, attacks your blood vessels, and can cause heart damage.”

An added danger is that many young kids add THC (Tetrahydrocannabinol), which is the principal psychoactive ingredient of cannabis, to their vapes. “This is along with other ingredients including nicotine, nickel, lead, chromium, glycerol that are commonly added to these substances and flavours,” Meyberg says. “They are damaging the body, by harming the cells at a cellular level.”

An e-cigarette associated disease, e-cigarette or vaping use-associated lung injury (EVALI), has even arisen from vaping. “This can cause lung damage, pneumonia, chronic coughs and shortness of breath,” Meyberg explains. “We’ve had patients go on to ventilators because of it and also die because of it.”



## Is your child vaping?

Many teens keep their vaping habit under wraps and it's sometimes difficult to know if they are vaping. That's why it's important to know which signs to look out for. These include:

- *Ongoing coughing, wheezing or shortness of breath*
- *Sweet or fruity scents from flavoured vapes*
- *Mood changes or increased irritability*
- *Unusual objects like cartridges around the house*
- *Sleep changes*
- *Memory or learning problems*
- *Increased heart rate*
- *Starting the conversation*



If you suspect your teen may be vaping, understanding such behaviour is the first step to starting an effective conversation around the dangers it poses. “The reality with vaping, as with other misbehaviours, is that such habits are a normal part of development for teenagers,” says Johannesburg-based educational psychologist, Zaheera Seedat.



This has a lot to do with the heightened importance they place on the influence of their friends, she explains. “When children enter their teenage years, they start prioritising peer relationships and as a result we may see increased peer pressure amongst them which can lead to engaging in risky behaviours whether that be smoking, vaping, experimenting with drugs and sex, and so on.”



While your teen may not often open up to you around such activities, establishing healthy communication habitsearlyoncanhelp. Thisstartswith engaging with your teens rather than lecturing them, Seedat says. Let them know that your door is always open. “Develop a relationship by engaging in their interests, understanding their thoughts and perspectives and going into their world. In this way you can calmly let them know your thoughts and hopefully provoke new and different thoughts in them.”



While these teen years can be frightening for parents, all you can do is teach and talk to your children about consequences of vaping through having open and honest conversations, she continues. “Normalising their interest in wanting to try vaping can help with preventing a taboo around it and help their feelings and curiosity to be acknowledged.”

How you handle an actual incident of vaping is also key. “If a child does engage in vaping, you can still impose consequences based on established rules but showing understanding and not becoming reactive and explosive is important.”





# MYPROFILE

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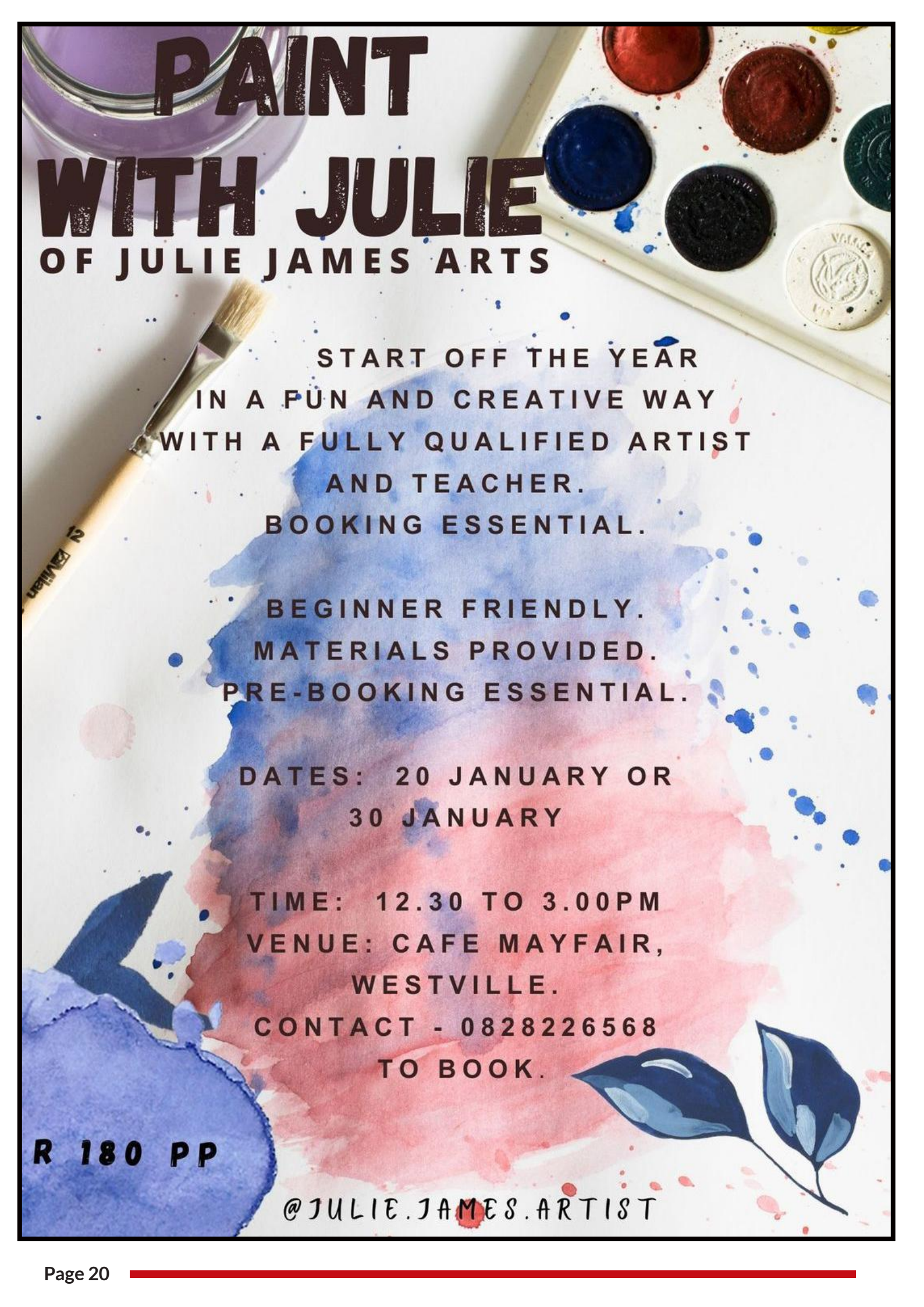
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# *January* RECIPES 2024





## FRENCH TOAST CASSEROLE

This best-loved French toast casserole is perfect for making ahead of time! It's perfect for holidays and gatherings and is delicious.

Serves: 8      Cooking Time: 5Hrs

### Ingredients

#### French Toast:

- 1 loaf sourdough bread or brioche, challah or French bread
- 8 large eggs
- 2 cups milk
- ½ cup heavy cream
- 1 tablespoon vanilla extract
- ¾ cup sugar

#### Topping

- ½ cup all-purpose flour
- ½ cup packed light brown sugar
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt
- ½ cup cold unsalted butter cut into pieces

### Preparation Method

1. Cut bread into 1-inch cubes and scatter evenly in a greased 9-x-13-inch baking dish.
2. In a medium bowl, mix eggs, milk, heavy cream, vanilla, and sugar together, then pour evenly over the bread.
3. Cover the dish with plastic wrap and refrigerate for at least 4 hours, or overnight.
4. To make the topping, mix flour, brown sugar, cinnamon, and salt in a medium bowl. Cut butter into this mixture until crumbly. Place the topping in a small resealable plastic bag and refrigerate overnight as well.
5. When ready to bake, preheat the oven to 350°F.
6. Unwrap the baking dish and sprinkle the topping evenly over the bread.
7. Bake, uncovered, for 45–60 minutes, depending on how soft you like it.

### Notes

Make ahead of time. This bake can be prepared through step 4 and frozen; store the topping separately and add it once the bake is thawed. It can also be frozen after baking. Wrap the dish with plastic wrap, then aluminum foil, and store for up to 2 months in the freezer. When you are ready to eat it, thaw it overnight in the fridge. Remove all the wrapping and bake at 350°F. If it had been prebaked, bake for 20 minutes; if not, bake according to the recipe directions above.

### Variations.

- For a more savory casserole, add ham and cheese, chorizo, green chilies, sausage, or crumbled bacon.
- For a sweet casserole, add thinly sliced apple, orange zest, sliced apricots, sliced pineapple, blueberries, or chopped pecans.



## SPAGHETTI CASSEROLE

Spaghetti casserole is the definition of comfort food! Hearty, delicious, and an easy way to make and eat spaghetti.

Serves:

12

Cooking Time:

1hr 5mins

### Ingredients

- 1 16 ounce package spaghetti
- 2 pounds ground beef
- 1 1/2 cups sour cream
- 1 teaspoon garlic salt (with parsley flakes)
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 2 cups shredded mozzarella cheese divided
- 1/2 cup parmesan cheese
- 2 26.5 oz spaghetti sauce jars (or marinara jars)

### Preparation Method

1. Preheat the oven to 350. Cook the spaghetti according to the package directions, then drain.
2. While the spaghetti is cooking, add the ground beef to a large skillet. Cook, breaking into small pieces, until browned and cooked through. Drain the grease, then return the ground beef to the skillet.
3. Add the spaghetti sauce, sour cream, garlic salt, oregano, and basil to the skillet, and stir to combine. Add the noodles and 1 cup of the mozzarella cheese to the skillet, and stir to combine.
4. Pour the casserole into a 9 x 13 baking dish. Sprinkle the remaining mozzarella and the parmesan cheese over the top.
5. Cover the casserole with foil and bake 30 minutes, then remove the foil and bake for an additional 10-15 minutes, until the cheese is bubbling and browned.



### Notes

**FREEZE** for up to 3 months. When you're ready to use it thaw in the fridge and bake according to directions. (be sure to remove the plastic wrap)

**MAKE AHEAD.** If you don't want to freeze this dish you can still make it up to 24 hours in advance. Cover and refrigerate until baking.



## SNICKERDOODLE COOKIES

Super soft and full of cinnamon, these are our FAVORITE Snickerdoodle Cookies. They always get rave reviews!

Serves: 36      Cooking Time: 20mins

### Ingredients

#### Snickerdoodle Dough

- 2 ¾ cups all-purpose flour
- 2 teaspoon cream of tartar
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup unsalted butter, just softened
- 1 ½ cups sugar
- 2 eggs
- 1 teaspoon vanilla extract

#### Cinnamon Sugar Coating

- ⅓ cup sugar
- 2 tablespoons cinnamon

### Preparation Method

1. Preheat oven to 350°F.
2. In a large bowl, mix together flour, cream of tartar, baking soda, and salt together. Set aside.
3. In a stand mixer, cream together butter (barely softened) and sugar. Add eggs and vanilla and blend well.
4. Add dry ingredients to wet ingredients and mix well.
5. In a small bowl, combine remaining ⅓ cup sugar and 2 tablespoons cinnamon.
6. Use a small cookie scoop to scoop out dough, roll into a ball and then roll into the cinnamon sugar mixture- twice.
7. Place 2 inches apart on an ungreased cookie sheet.
8. Bake for 8 – 10 minutes. Let sit on the cookie sheet for a few additional minutes before removing to a wire rack to cool.

### Notes

Many Snickerdoodle recipes call for **CHILLING** the dough. Ours **DOES NOT**, but you can if you'd like. (Refer to the picture above for more notes).

**CHILLED.** The result is usually a thicker cookie, without as many cracks as are usually found on the tops of Snickerdoodles.

**CHILLED + FLATTENED.** This cookie was chilled, rolled into a ball, rolled into the cinnamon sugar mixture, then flattened a little bit with the bottom of a cup. If you like a more flat, chewy cookie, try this method.

**NOT CHILLED + NOT FLATTENED.** This is our classic recipe. No chilling, no flattening, and baked to perfection. This is how we prefer our cookies, but use the above methods if you like your cookies more thick (puffy) or flat.





## HOW TO CREAM BUTTER AND SUGAR

If you are baking up sweets and need to know how to cream butter and sugar, we've got the steps broken down for you!

### HOW TO CREAM BUTTER AND SUGAR

Creaming butter and sugar is a simple step and we've broken it down for you!

**PREP.** Add softened butter and sugar to a large mixing bowl.

**CREAM.** Using an electric hand mixer or stand mixer beat the butter and sugar together on medium speed until well incorporated, about 2 minutes. Use a rubber spatula to scrape the sugar mixture off the sides of the mixing bowl a couple of times during the mixing time.

The mixture will become a pale yellow, light, fluffy, and still have a bit of a grainy texture.

**RECIPE TIP.** Be sure to scrape the sides of the bowl a couple of times during the creaming process. This will ensure all of the sugar is evenly distributed.

### CREAMING TIPS

You may be wondering what creamed butter and sugar look like. These tips will help you troubleshoot and achieve the perfect texture.

**Mixer.** You will need a handheld electric mixer with beaters attached or a stand mixer with the paddle attachment. Mixing the butter and sugar by hand isn't powerful enough to produce the needed bubbles.

**SPEED.** The speed of the mixture is another factor in creating perfectly creamed butter and sugar. Missing at low speed for a long time or at a high speed for a short time will not produce the desired texture. Stick to a medium speed and beat for about 2 minutes.

**TEXTURE.** When properly mixed, the butter and sugar should be a light yellow color with a fluffy texture. No visual sugar granules appear but you can still feel the granules when you rub a bit of the cream between your fingers.

If you mix it for too long it will become almost white, fluffy, and smooth. Overmixing the cream will yield a gummy baked good. Don't toss it though, it can be flavored with honey, cinnamon, or other spices and used as a delicious buttery spread that can top a slice of bread, biscuits, waffles, and more.

**Undermixed:** The butter and sugar will be a darker yellow and look gritty.



# BOUNDARIES IN BLENDED FAMILIES



Consistent blended family rules within families and during transitions set a precedence of what is normal, and expected. This is considering all parties (parents, children, spouses, and step-families) will aid in the rulemaking to set clear boundaries.

**We will look at 4 areas of consideration when setting boundaries in blended families:**

- *Considering the children throughout the process and post-divorce*
- *Unfinished business*
- *Setting boundaries before re-marrying*
- *Remarriage and step-children*





## How Do You Define Blended Families?

A blended family or blended families are usually composed of two parents and children from both their present and previous marriages, all living together under the same roof.

Now, problems will arise if people coming from different backgrounds are clubbed together as a single unit. There should be proper rules and blended family boundaries to ensure peace and harmony at home. In fact, there should be well-defined boundaries in families, blended or not. Else, issues will reign supreme.

## What Are The Common Blended Family Issues?

2013 report, put up by the Pew Research Center, stated that 40% of new marriages include one partner who has been previously married and nearly 20% of weddings take place where both the partners had already walked down the aisle before.

So, blended families are not unheard of these days. The members of such families face almost similar issues like –

- *Rivalry between siblings*
- *Almost every member demands equal attention at the same time*
- *Step-parent discipline can be a real challenge, especially for the amateur partner*







Lack of boundaries in families has always been a source of conflict between members. And, when it comes down to blended families, the issues just get bigger and bigger. The partners should come together to frame a specific set of rules, create boundaries for step-parents, and focus on building a bond instead of disciplining the children first.

Members of blended families should work together as a team and with time, things will settle down by themselves. Now, let's explore the mentioned areas for consideration while setting step-parent boundaries in blended families.

## Considering The Children Throughout The Process And Post-Divorce

Rules should be set and put in place long before the divorcee remarries. Normalizing children's lives throughout the divorce, and post-divorce will aid in reduced stress. Pre-remarriage, the child's thoughts, feelings, and needs must be considered and discussed. Divorce may create anxiety for children as they wonder what changes will occur in their lives.

### Children may question:

- *Where will I live?*
- *Where will I go to school?*
- *How will my time be split between parents?*
- *Will we struggle financially?*
- *What will be the new rules in my custodial home?*
- *What will I have to give up?*
- *Is my parent going to date or marry into a family I don't like, or that mistreats me?*

Children may think the divorce is their fault. There may be feelings of shame and guilt (I should have, I wish I did, if only I was). These distorted thoughts can play out with negative actions. There may be a feeling of embarrassment that they are now part of an awful thing that took place between their parents, within their home. Parents can make the transition between marriage and divorce easier (not seamless) by considering the children's thoughts, feelings, and by having open empathetic conversations. Parents can have the conversation with their children in a calm tone, in a warm and safe environment. Setting clear, concise rules, and boundaries within the realms of blended families will aid in the children's adjustment process.

Bear in mind that children are resilient. Divorced parents are their new reality. It is important that parents express to their children that they are not divorcing them. They will always be the child of their parent. The more parents normalize, "The new normal", the sooner the new normal will become a reality for the children.

## Unfinished business

An understanding of boundaries should be practiced before parents consider remarrying. Emotional ties should be broken before beginning a relationship with a new partner. Divorcees may no longer attend all events, may have altered relationships with in-laws, or friends, and must live individually. You will know when you have thought things through, and discussed roles and rules with your ex. You will not be consumed with your feelings for your ex, or longing for what was in your marriage. There will always be fond memories, and moments you shared. However, it is no longer about your exes' feelings.

## A dual point of view "Setting boundaries before re-marrying"

Divorcees must define co-parenting well before. They need to base their decisions, keeping in mind the child's needs, while also considering the child's wants. As you work to co-parent, always remember it is for the child.





## You may question:

- *Am I doing this for my child's healthy growth?*
- *Am I making this decision to honor consistency?*
- *Am I inserting my own individualized wants and needs in the process?*
- *Am I giving up and letting my ex make all of the decisions?*

You may be divorced, however, taking two viewpoints and marrying them is essential to set boundaries, schedule parenting time, children's drop-offs and pick-ups, making decisions on when exes are welcome (birthdays, holidays), and feelings about the children's where about, surroundings, friends, medical, and school decisions. Actions must be in the best interest of the children. All these things need to be discussed between you and your ex; prior to beginning a new relationship. Your newly wedded partner will come in the relationship with a clear understanding of boundaries that are practiced.







## Remarriage and step-children

Your spouse, children, and stepchildren should be your priority.

### Are you saying things like:

- *I don't want to make my ex upset*
- *I don't want to hurt their feelings*
- *We've always done things this way*
- *He/or she is still my family*
- *I want to make things easier on him/or her*
- *I am afraid to say anything to my ex.*

If so, you are considering your ex and neglecting your spouse. It is important to respect your ex, of course, but your new partner may not understand where they fit in. Or, if they are prioritized. No boundaries in blended families, or the lack of it, may create confusion for the stepchildren too. This makes it confusing for children to know what is practiced between parents, and step-parents. Without boundaries, there is a message that anything goes.

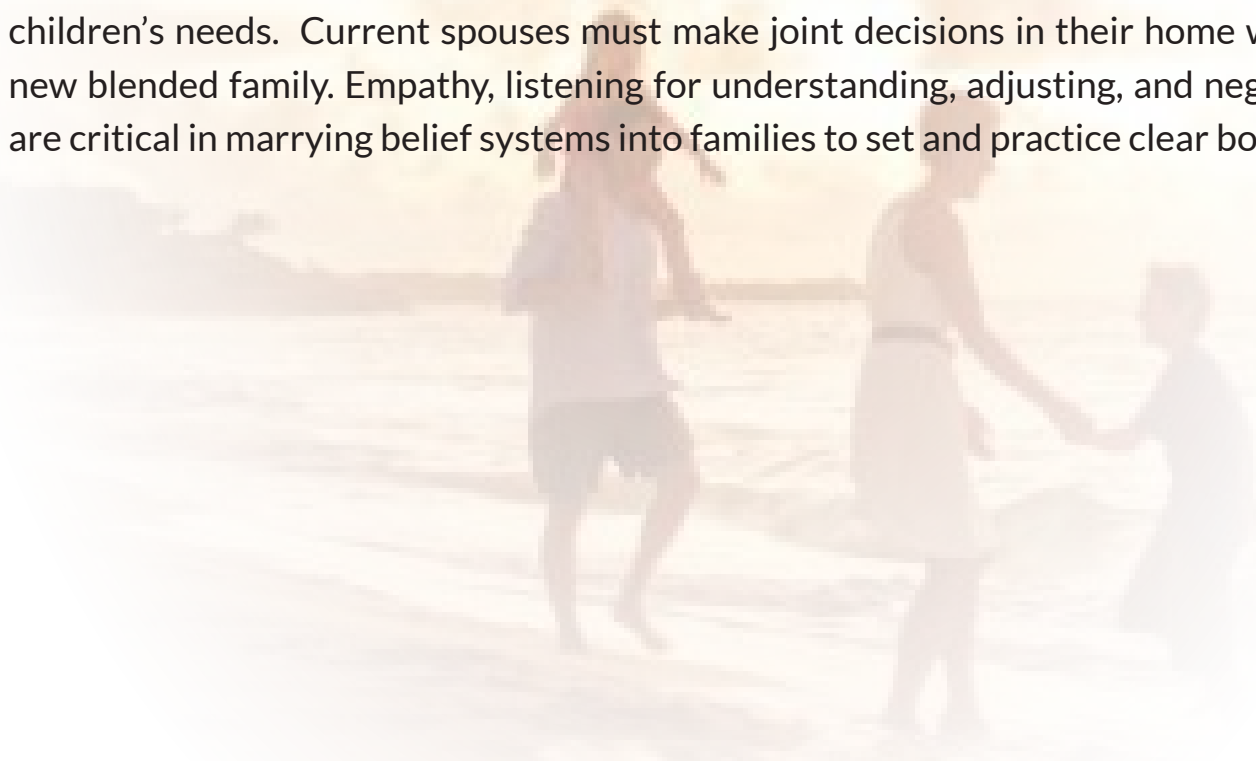




## So, as yourself:

- *What are the family rules you share with your new wife?*
- *What rules need to be negotiated?*
- *How will you address your step-children?*
- *What needs do your step-children have?*
- *What are you afraid of?*
- *What is your spouse afraid of?*
- *Is your new spouse shut out?*
- *Are you keeping secrets from your spouse?*
- *Is your spouse confused about parenting time?*
- *Is your spouse confused about their role in the family as step-parent, and wife?*
- *Are the boundaries solid between exes, and step-parents?*
- *How often is the line crossed?*
- *Do you remember you are re-married and there must be order in your home?*

Parents and step-parents in blended families must consider the children and stepchildren by being consistent, checking in with the children daily on how they are thinking and feeling, discussing expectations, and rules. Exes must keep in contact for the sake of their children's needs. Current spouses must make joint decisions in their home with their new blended family. Empathy, listening for understanding, adjusting, and negotiations are critical in marrying belief systems into families to set and practice clear boundaries.





# ACCEPTANCE

**Different situations forces us to retaliate or surrender.**

**Asses the environment and situations you find yourself in,then make sure you have a clear understanding on what you are facing.**

**Before taking any actions and be ready for consequences of your actions.**

**So what is acceptance?**

**Acceptance is to LET IT BE/GO meaning when you let yourself to be who you are and letting the situation be what it is.**

**For example you find yourself in a situation where you have tried everything in your power to rise or change the situation.**

**Then you decide to let it be and let it go that is when you realize, that since from the beginning you had to LET THINGS BE.**

**From that point you will decide to stay in that point forever or make a move forward.**

**Then that is what we call acceptance it has been this way since from ages to ages till to the very day**

*Michael Malielee.*



# Miss

## Wentworth Durban

in association with



*It is with great pleasure and excitement that we announce the arrival of Miss Wentworth Durban, in association with MTY Productions, a brand new beauty pageant designed to embrace the unique beauty, talent, and spirit that resides within our communities.*

## Our Difference

MTY Productions stands out as a prime example of what three people, born and raised in Wentworth, Durban can achieve when they put their hearts and minds together to accomplish a common goal.



### Mario Visagie

Mario Vee, as he is known, is a celebrity makeup artist whose passion and skill has taken him across Africa working with local celebrities and household names such as Black Coffee.

The Beauty Mogul and LGBTQI+ Activist is from Durban KZN and grew up in a small town, Wentworth (Woodstock). Mario Vee completed his matric at Fairvale Secondary School and went on to study Somatology with the Face-to-Face beauty academy in 1999 and started working in the beauty industry 2004.

After perfecting the skill of makeup and aesthetics for over 20 years, Mario Vee says he is ready to give back to other young and upcoming makeup artists who want to learn and grow the 7 Trillion Rand Beauty industry.

Just 3 years ago, Mario Vee opened up his own Academy called 'Unblemished Beauty Make Up and Nail Academy' where he trains over 20 students per week in Beauty, Nail Technology, Aesthetics and Permanent Make Up, Laser, Skin Care and Eye Lash techniques with the hope that they will one day open their own businesses.

"There is a dream that you must fulfil, and you will reach your destiny, all you need is to trust and believe" says the Beauty Specialist who has overcome immense personal challenges including drug addiction and been bullied through life for being 'different'.

Mario is ready to take the world by storm as an Entrepreneur and LGBTQI+ Activist, by bringing opportunities and much needed skills development to young people from struggling or disadvantaged backgrounds.

The question is not whether there are enough jobs for young people but are young people willing to invest in a skill set that might potentially bring them income and create further sustainable jobs in Africa.







## *Tasnim Young Norris*

Tasnim is obsessed with levelling the playing field for Women Empowerment! In 2016 Tasnim was diagnosed with Stage 3 Her2+ Breast Cancer and this changed her life... for the better. "I discovered self-love!!" As a survivor of both Breast Cancer and Gender Based Violence, she decided to use her personal experiences and passion for the beauty industry to inspire other girls and women.

Tasnim was born in Wentworth, Durban and started her modelling career as a teenager. She moved to Johannesburg at the tender age of 16 to complete her studies and did not pursue her passion in modelling but instead focused on her career and soon after her family responsibilities. That is until she entered the Mrs South Africa Pageant in 2022 and was chosen as a Top 30 Finalist and won the prestigious Woman Empowerment Award.

Pageantry opened her world to explore her passion in beauty and the opportunity to collaborate with NPO's, speak to and motivate individuals and corporates.

She has since been recognised and worked with both local and international brands. In addition, she is a commercial model, works in corporate, an entrepreneur and influencer.

Tasnim was nominated for Inspirational Leader for the Emerge Africa Awards 2023, Women's Lifestyle Network (Beauty) Awards 2023, South Africa Pageants Awards 2023. She is also currently an Ambassador for Jason's Angels (GBV NPO) and Warriors with a Purpose (Cancer NPO). She is a regular pageantry judge for local pageants including Super Model SA.

Tasnim continues to create awareness on breast cancer prevention and GBV, and on how girls and women should use their past challenges to develop themselves into being stronger, powerful and more resilient. "If I save just one life by spreading awareness, then I am making a difference. Scars are beautiful!"





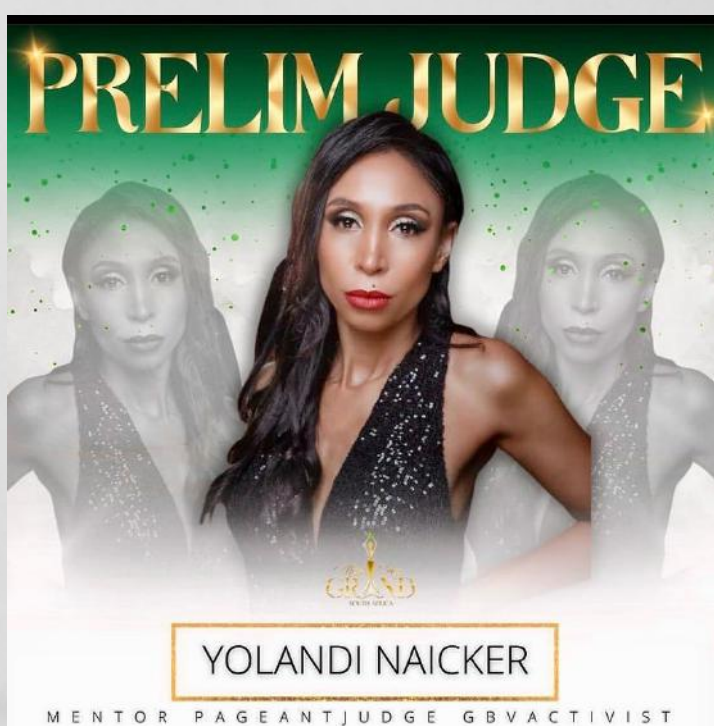
## *Yolandi Naicker*

Born and raised in Wentworth Durban, Yolandi grew up in a community faced with most challenges which still trigger our society today. She encountered many throat surgeries through her diagnosed illness of Laryngeal Papilloma which caused major scarring on her vocal cords. She had to overcome her insecurities build her confidence. Her goal was to get a good

education and never to lose focus in achieving her purpose no matter what, and she did just that”.

Yolandi’s hope and dream is to now use her voice to amplify, inspire, empower, and impact woman and children around South Africa to meet their own power.

As a network marketer, business entrepreneur, and a powerhouse in the Construction Industry, Yolandi is a force to be reckoned with. She is a wife, a mom, a former Mrs South Africa Finalist 2022, and forms part of the Mrs South Africa Alumni group.





She forms part of various committees as a Pageantry Judge for South Africa Pageants. She is also known for collaborating as a Brand Ambassador for major brands in South Africa. She is currently in partnership with Dental Beautique SA, endorsing their Zoom Teeth Whitening. Yolandi also has a passion for article writing for the online KSM magazine and is also a KSM Brand Ambassador.

Emersed in the industry, she is also a Pageant Ambassador for Supreme Queen Global Earth Africa in association with Mrs Globe South Africa. Yolandi thrives in giving back to the community by advocating for Gender based violence in with various NPO's in SA. Having a passion for Fashion and Beauty, and in collaboration with the Walk in Elegance Fashion Show, which is a platform created for up-and-coming designers with their collective brands in SA to showcase their new designs and their talents at mastery of garments.

Part of her recognition was being Nominated for Emerge Awards Africa Category - Inspirational Woman of the Year 2023. She was also a Nominated for Women's Lifestyle Network, Category - Women in Beauty 2023. Yolandi is no stranger to the camera or the model industry, she did commercial modelling in her twenties as a side job to earn extra income. Yolandi is a Mentor and Personal Empowerment Coach, she thrives to impact, inspire, empower, and uplift other women who need mastery in and out the industry. "My hope is to inspire all women to Meet their Power: "she quotes" Yolandi is not done yet. She enjoys learning daily and embraces change and challenges boldly. She is still becoming and dreams to keep adding more hats to her list to further empower her stature and leave a legacy of power.





# *Miss Wentworth Durban Pageant*

## **Celebrating Our Communities Essence:**

MTY Productions is on a quest to find the brightest and best females from Wentworth, Bluff and Merebank to crown as Miss Wentworth Durban 2024.

## **Key Features of Miss Wentworth Durban:**

Miss Wentworth Durban is more than just a competition; it is a celebration of the diverse tapestry that makes our community vibrant and extraordinary. This pageant aims to spotlight the rich tapestry of talents, strengths, and aspirations that collectively contribute to the beauty of our communities.

## **Inclusivity and Diversity:**

Miss Wentworth Durban stands for inclusivity and celebrates the diverse backgrounds, cultures, and stories that make our communities unique.

## **Empowering Individuals:**

Beyond the traditional standards of beauty, Miss Wentworth Durban is a platform for personal growth and empowerment. We encourage participants to showcase their unique qualities, talents, and contributions to our communities.

## **Community Engagement Initiatives:**

Miss Wentworth Durban is committed to giving back. Throughout the pageant, foster connections and contribute positively to communities.

## **Grand Finale Celebration:**

The pageant will culminate in a spectacular grand finale celebration where participants will have the chance to shine on stage and share their stories with the communities.

We believe that Miss Wentworth Durban is a wonderful opportunity for our communities to come together, celebrate our uniqueness, and build lasting connections. We invite all interested individuals to participate and be part of this exciting journey.



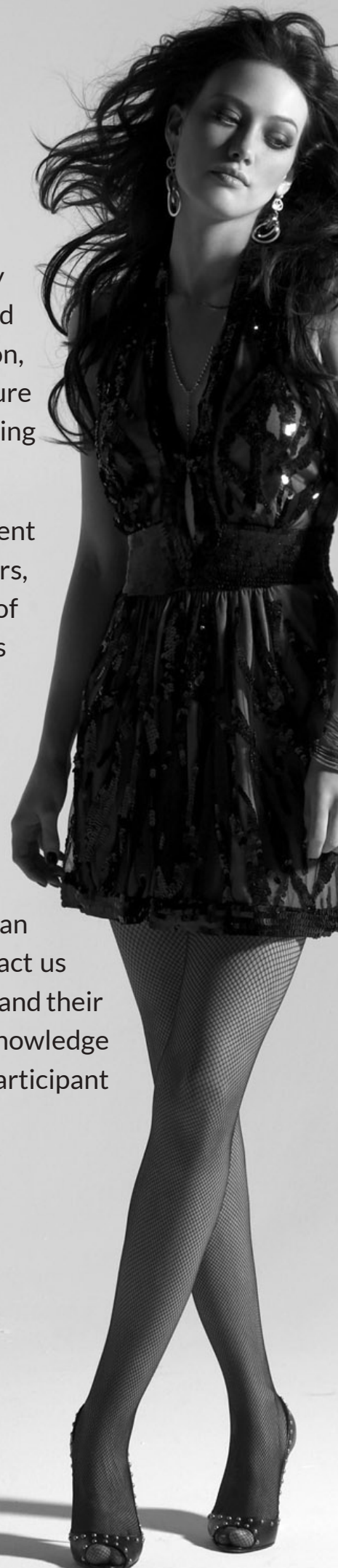
The pageant experience is something you will grow from and cherish for years to come. You will receive training and a workshop designed to bring out your best, boost your confidence and enhance important skills such as public speaking, community outreach and image development. Our contestants will be judged based on more than just external beauty: conduct, poise, ambition, drive and leadership are equally important attributes that the future Miss Wentworth Durban must have. We take great pride in creating and fostering an environment of absolute equality.

We understand that this is a new experience and a big commitment for many of the contestants and their parents, family members, friends and people in their support network. With over 20 years of beauty experience, MTY Productions team are experts in all facets of the industry.

We are perfect for first timers as well as the seasoned pageant pros. Our system is designed to bring out the best in everyone. To build confidence and self-esteem.

Our team believes that it is only through honesty, hard work and passion that we can continue to grow both personally and as an organisation. If you have any questions or concerns, please contact us directly. We encourage you to do your research on local pageants and their organisers as there is a lot of information out there and the more knowledge you have, the more empowered you will be on your journey as a participant in the Miss Wentworth Durban.

*Mario • Tasnim • Yolandi*





## CALL FOR ENTRIES!

Entries are welcome from Wentworth,  
Bluff, Merebank areas

Entries Open - 1st January 2024

Entries Close - 18th March 2024



PRIZES TO BE  
WON!!!  
**ENTER**  
**now!!**

### Requirements

- Must be between the ages of 16 and 25
- Must reside in Wentworth, Bluff or Merewent areas
- No weight, height or tattoo restrictions required
- Must be a South African citizen
- Not married

### How to enter

- Visit our Instagram or Facebook page
- Complete the entry form on the Link
- A Non-Refundable Fee of R200.00



IG - miss.wentworth\_durban

FB - MissWentworth Durban

EMAIL - misswentworthdurban@gmail.com



# CRICKET SOUTH AFRICA

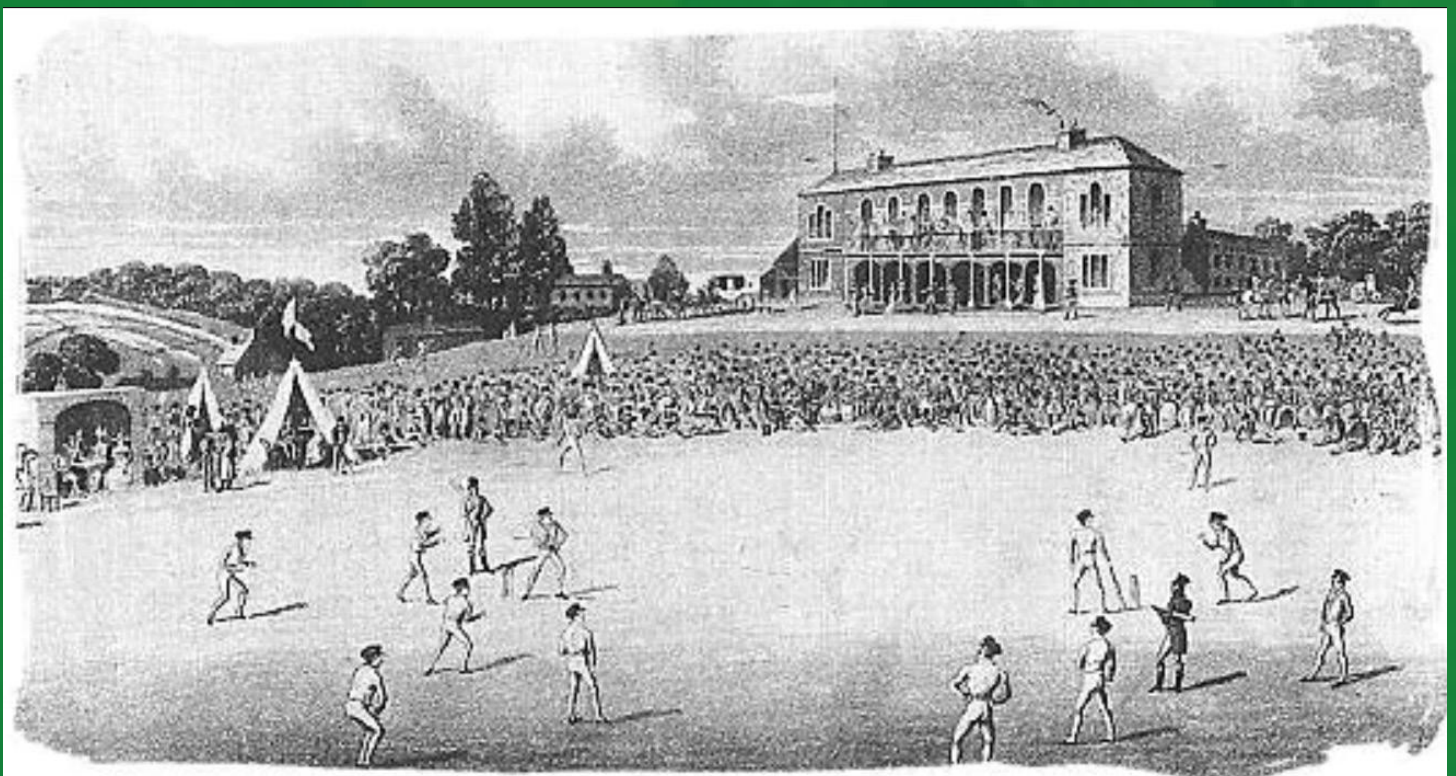


## A BRIEF HISTORY OVERVIEW

<https://www.south-africa-tours-and-travel.com/>



**LIKE MANY OTHER SPORTS, THE GAME OF CRICKET HAS A LONG HISTORY DATING BACK AS FAR AS THE 17TH CENTURY, WITH ITS ORIGINS IN ENGLAND. CRICKET WAS INTRODUCED TO SOUTH AFRICA BY THE BRITISH DURING THE CAPE COLONIAL PERIOD WHICH WAS FROM 1814 TO 1910.**







Domestic first class cricket matches started off at the end of 1889, when the first Currie Cup competition took place, which was won by Transvaal who defeated Kimberley.

Earlier in that same year the first international test match had been played between South Africa and England at St George's Park Cricket Ground in Port Elizabeth.

It was a two match test series with the second match taking place in Cape Town. Both tests were won by England with a comfortable margin. The 1889-1990 season is regarded as the start of cricket in South Africa at both test and first class domestic level.

The Currie Cup became the established national championship. It was named after Sir Donald Currie who donated the Trophy like he did with Rugby. In South Africa we used to have two domestic Currie Cup competitions, the Cricket Currie cup and the Rugby Union Currie Cup, each one with its own Currie Cup trophy.

From 1990 to 1991 the Currie Cup became known as the Castle Cup and since 1996-97 we have known it as the SuperSport series, South Africa's primary domestic inter-provincial four-day cricket competition.

For many years Cricket was regarded as the game of the privileged white man. However, history tells us a different story as was shown by Professor Andre Odendaal in his book "The Story of an African Game" that was published in 2003.

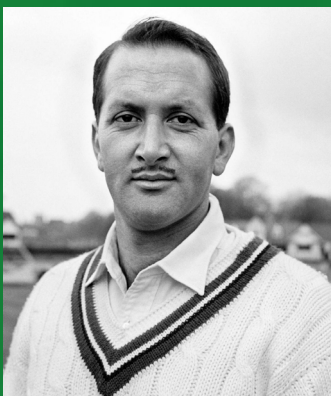




Drawing on rare 19th century African-language newspaper sources, family photo albums and extensive interviews, author Professor Andre Odendaal provides an intimate account of a rich cricketing culture that began with the establishment of the first black mission school cricket sides and clubs in the 1850s.

Odendaal demonstrates, through colourful stories and vivid photographs that the game has been played with passion and commitment by black South Africans in inter-town tournaments, village games and national bodies for well over 100 years in a parallel, but largely hidden, tradition to that of their white counterparts.

This provided the foundation on which the United Cricket Board of South Africa's could build its multiracial development program long before the country held its first democratic elections in 1994. Although the change is most obvious at the lower levels, it is great to see how an ever-increasing number of players of colour have made it to the top and into the National team, the Proteas.







Until the mid-1960s South African Cricket developed strongly with Australia, England and New Zealand as their main international opponents, playing them on a regular basis.

At the same time as this post-war era developed, the international feeling against South Africa's "Apartheid" policy became stronger and more vociferous.

Things came to a head and South Africa was banned from international cricket. This came at a time when South Africa was unquestionably the strongest in world cricket. In spite of the fact that it was deprived of international competition, South Africa's cricket went from strength to strength.

Although they were not able to play international test matches during the period of isolation (1970 to 1991), the provincial teams were improving with time and when the international ban was lifted in 1991, South Africa was recognized as a force to be reckoned with in international cricket.

When the country was readmitted to world cricket in 1991, they made their re-entry into international cricket at the World Cup tournament in 1992.

They debut with a big splash, making it all the way to the semi finals when they became a victim of the controversial rain rule

Playing against England, rain interrupted play before the last ball of the 43rd over. South Africa then required 22 runs off 13 balls for victory.

With 2 overs lost to rain, the target was reduced to 21 runs from only 1 ball.

England won by 19 runs.





**DURBAN'S  
SUPER GIANTS**

**VS**



**JOBURG  
SUPER KINGS**

**15 JAN 2024 | 17:30**

**KINGSMOOR**

MATCH 7

**betway**



**SA20**

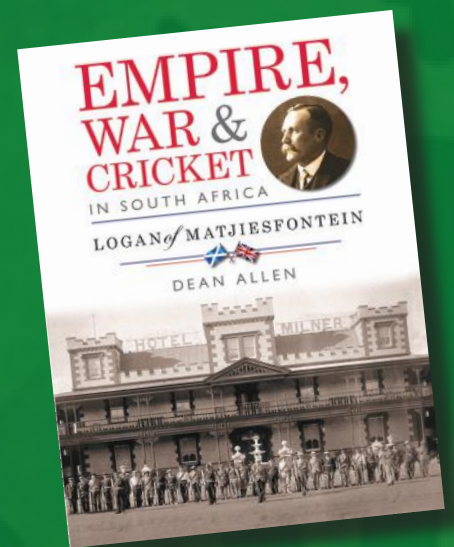


The years that followed South Africa went from strength to strength. They made the semi finals in the 1999 World Cup, losing against the West Indies by 19 wickets. At the 2003 World Cup which was hosted by South Africa, they did not do well losing against the West Indies in the first round by three runs.

The 2007 World Cup saw the South Africans making it to the semi finals again, but then they lost against Australia by a massive 7 wickets, after scoring only 149 runs all out. Despite their roller coaster performances in the World Cup tournaments, South Africa fared very well in international test cricket.

Currently the International Cricket Council is ranking them as number 1 in One Day cricket and as number 2 in Test cricket, putting them on a par with Australia, who is ranked number 1 in Test cricket and number 2 in One Day cricket.

South Africa's three major domestic competitions are the SuperSport Series (Inter-provincial four day first class cricket competition), the MTN Domestic Championship (Inter-provincial limited-overs competition, played mostly under lights) and the Standard Bank Pro 20 Series (Domestic Twenty20 competition).







# BUSINESSTALK

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**LIFESTYLE**  
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