

FAREWELL DEREK

Derek Watts has graced our TV screens for years. We bid him a fond farewell

ESTRANGEMENT!

How do you cope with being estranged from your family?

HOW TO AVOID A NEW SCAM!

Whatsapp voice notes are now a target of a new scam

IT'S BRAAI DAY

24 September is our Heritage day and we celebrate with a Venison Burger



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OCTOBER 2023

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Editor's Note

FLIPMAGZ DIGITAL BOOKSHELF LOCAL IS LEKKER

As always we start off by thanking our sponsors, Sapro and Champion Tours without whom our magazine wouldn't get published. Our Radio and TV is sponsored by SAPRO and if you enjoy music from the 50's to the 90's of all genre's that you can sing to, then tune in. Talking of DSTV, we also say goodbye to a wonderful presenter, a gentle giant and beautiful person, Derek Watts. We celebrate our new Miss South Africa and we look at the growing pandemic of estrangement. On a lighter note, we show you what is new to travel, murder books and a scam making the rounds. We also look at the cover story of the little 3 year old from Rural South Africa whose photo and story went viral. Our magazine is always filled with great stories and wonderful personalities.



Music is Shozoloza by the Drakensburg Boys Choir



A Bonamanzi Holiday for 4 for 4 days...Worth R5000



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Geniene Preston

Editor-in-Chief



by Lucky Mzimkhulu July 11, 2023 in Entertainment, News, South Africa

FROM RURAL SOUTH AFRICA TO INTERNET FAME: THE CHARMING TALE OF 3-YEAR-OLD ALBANY'S BREAD GIRL!

A MOMENT CAPTURED IN TIME

In the heart of South Africa's rural landscapes, an ordinary day was painted with a stroke of extraordinary. Young Lethukukhanya, beaming with her radiant smile, was caught on camera holding a loaf of Albany bread. Little did she know, this innocent moment would catapult her to become an online sensation.

The Photographer Behind the Magic

The viral photograph was a work of Lungisani Mjaji, a budding commercial photography student from Tshwane University of Technology. His niece, Lethukukhanya, was the captivating subject of this snapshot that represented everyday life in rural South Africa. Lungisani, through his project 'My Footprint,' aspires to encapsulate the beauty and spirit of South Africa's rural landscapes. And with this image, he has done just that and beyond.

On Twitter, Lungisani shared, "Am Lungisani Mjaji, sharing the untold story behind my viral photograph. The image is part of my project called 'My Footprint,' capturing the beauty of South Africa's rural landscapes. Featuring my niece."





The Power of Social Media

After the image was shared on Twitter, it didn't take long for the South African Twitter-sphere to react. The nation was charmed, the photo's heartfelt authenticity evoking an overwhelming response. Albany Bread, the unwitting co-star of this viral image, recognized the potential and connection the photo offered. They responded with an exciting surprise visit to the young star, bringing joy and a year's supply of Albany bread.

The grateful and enthused reactions of Twitter users began pouring in for both the photographer and Albany's team. "Thank you to Albany bread for recognizing her and mostly to the guy who took the video and pictures while she was running in the mud from the shops to home carrying the bread," a user wrote, suggesting Lethukukhanya's joyful face would be a perfect fit for Albany's billboards and trucks.

The Impact: #AlbanyBreadGirl

The story stands as a testament to the power of social media in amplifying life's simple joys, turning them into a phenomenon. The rural charm, resilient joy, and radiant spirit of Lethukukhanya, all immortalised in Lungisani's compelling image, continue to echo with thousands online. Albany's warm response to the viral image not only melts hearts but also shines a light on their deep connection with their consumers who enjoy their bread daily. The hashtag #AlbanyBreadGirl is trending with Twitter users sharing their love for the story, the bread, and hopes for Lethukukhanya to be Albany's new face.

A Story to Remember

This captivating tale is a sweet reminder that extraordinary moments often reside in the most ordinary circumstances, waiting to be captured and shared with the world. As South Africa continues to buzz with excitement, we can't help but wonder - could the next Albany billboard feature our beloved Lethukukhanya, the #AlbanyBreadGirl? Only time will tell.

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RUNNER-UP POOL A

15 October 2023

17H00 WINNER POOL D
RUNNER-UP POOL C
21H00 WINNER POOL A
RUNNER-UP POOL B

Friday 20 October 2023

21H00 WINNER QUARTER-FINAL 1
WINNER QUARTER-FINAL 2

Saturday 21 October 2023

21H00 WINNER QUARTER-FINAL 3
WINNER QUARTER-FINAL 4

Friday 27 October 2023

21H00 RUNNER-UP SEMI-FINAL 1
RUNNER-UP SEMI-FINAL 2

Saturday 28 October 2023 FINALS 21H00

NATIONAL BRAAI DAY

A group of people are silhouetted against a sunset over a body of water. In the foreground, a braai fire is burning brightly, with logs and coals visible. The overall scene is warm and atmospheric, capturing the essence of a traditional South African braai.

24 September 2023



Heritage Day is an annual public holiday held on 24 September to celebrate the diverse cultures and traditions that make up South Africa. The first Heritage Day was celebrated in 1995 and in the early 2000's National Braai Day started gaining momentum as a way to celebrate South Africa's culinary tradition of gathering round a fire to cook. Braaing is such a part of South African culture there are braai festivals, competitions and TV show The Ultimate Braai Master.

With such diverse cultures, and many different traditions, each one has their own ideas of what is required at a classic braai, however, most will agree that boerewors is a staple. This spicy sausage is served in a number of ways - most frequently in a bun with fried onions and tomato relish or with a side of pap and chakalaka. Another favourite is braai broodjies (BBQ sandwiches). These simple cheese, onion and tomato sandwiches are grilled over low coals till the cheese has melted and served straight off the grill.

Heritage Day braais have developed into a culture of its own with gourmet versions braai classics such as boerewors rolls exotics relishes and braai broodjies with artisan breads and a variety of cheeses. In recent years, the no meat movement has lead to amazing recipes such as chargrilled vegetables, hot salads and brown mushroom burgers to name a few. Most braais finish off with roasting marshmallows over the last of the coals.

More than just a way of cooking food, braais connect friends and family over tall stories around the fire and delicious food. Good Hope Volunteers holds braais for volunteers in the Cape Town area at the volunteers' accommodation or at the Good Hope Studies Newlands Campus. Not only is this a chance to meet other volunteers but a chance to enjoy the smoky flavours of delicious food.

**Yours,
The Good Hope Volunteer Team**

To be part of our amazing volunteer community, please contact us. Follow us on Instagram (@good_hope_volunteers), Facebook (@goodhopevolunteers) and Twitter (@GHVvolunteers)

Venison Burger

Recipe submitted by **Sindy Smith**, South African owner of **Vuvu Telo** - A deli in the Docklands of Melbourne



Butter and toast Brioche bun

Make homemade Monkey gland sauce

Ingredients

1 large onion, finely chopped

4 garlic cloves, chopped and crushed

1 tablespoon fresh ginger, grated

3 -4 tablespoons oil

½ cup chutney (fruity)

½ cup tomato puree

1 tablespoon soy sauce

2 tablespoons mild prepared mustard

2 tablespoons Worcestershire sauce

3 tablespoons ketchup

5 tablespoons port wine or 5

tablespoons muscadell wine

½ cup chicken broth (chicken stock or meat stock)

2 tablespoons red wine

Salt

Black pepper

Fry the onions, garlic and ginger in the oil until the onions are translucent.

Add the rest of the ingredients and let cook over fairly high heat for about 7 - 10 minutes, stirring often.

Taste for seasoning: you might want to add 1/2 teaspoon sugar, enough salt, and freshly ground black pepper to taste.)

Venison mince around 100/120g patties Shape with thicker edges for even cooking.

Spray lightly with olive oil and Season with biltong spice, allow to rest for 2 hours.

Grill for 2 min and the flip, add smoked cheddar.

Steam in pickle juice with lid on and heat turned off for 2 min

Cook streaky bacon

Stack burger.

Brioche bottom with monkey gland sauce

Patty

Bacon

Micro salad

Brioche Bun

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**Derek
Watts**



**Derek
Watts**

A consummate professional and national treasure, Carte Blanche's Derek Watts died at the age of 74 after a short battle with cancer.

BeyondWords

Two months after stepping away from the camera to focus on his health, South Africa's beloved TV broadcaster and veteran journalist, Derek Watts, succumbed to cancer on Tuesday in the company of his loved ones.

In a statement, Carte Blanche executive producer John Webb expressed deep sadness at the news.

"Having been with Carte Blanche from the beginning, Derek became synonymous with the show, and we acknowledge that it's largely because of him that we have become who we are.

"Derek was a consummate professional and a dyed-in-the-wool television journalist. But, more importantly, he was a profoundly decent and kind man. We will miss him."

In 2022, Watts was diagnosed with skin cancer that spread into his lungs. In April this year, he was admitted to the ICU following a suspected stroke while on holiday with his family. Lying in his hospital bed at the time, he remained in high spirits.

Derek Watts (74) speaks during an interview at his home in Bryanston on July 15, 2023 in Johannesburg, South Africa. According to media reports, the iconic TV anchor of Carte Blanche opened up about his cancer battle and the support that he has been getting from his family.

In a video posted on social media, he said: “Looks scary, but collapsed with a suspected stroke in Hoedspruit 14 days ago and dispatched to super-pro Milpark Hospital ICU.”

At 2 metres tall, Watts was a towering figure. He was born in Hillbrow, Johannesburg. At the age of five, his family relocated to Bulawayo in what was then Rhodesia. He cut his journalism teeth as a writer for The Herald in Zimbabwe.

Years later, after moving to South Africa, he joined the SABC.

“When M-Net was only two years old, they were starting a new show and they asked Ruda [Landman] and me to come and present it. I thought about it for 10 seconds and crossed the floor,” he said during an interview with the Sunday Times.

That was in 1988. Watts subsequently graced South Africa’s television screen for more than three decades. The “new show” was the renowned investigative programme, Carte Blanche.

Asked why he had stayed with Carte Blanche for so long, he responded, “In the media in this country, there’s no other job I’d swap it for. Because I don’t think anything could be as exciting or offer the variety that I enjoy.”

Other than being an extraordinary broadcaster, Watts described himself as a dog lover. He was the father of two boys and was known as “Papa D” by his Carte Blanche colleagues.



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Fellow presenter, colleague and friend Bongani Bingwa described Watts as “one of the kindest, most generous professionals ... The room disappeared when he spoke to you. Even as a colleague, he made me feel like I was Mother Teresa”.

Watts was not shy when it came to speaking truth to power. He covered a vast range of stories in his long career, from land grabs and clashes in Zimbabwe to finding gorillas in Rwanda to motoring journalism.

“Derek’s Carte Blanche journey is an illustrious one. His work enables him to connect with ordinary people whose life stories grip everyone while still infusing each story with sincerity, kindness and – at times – humour, which has made him such a fan favourite,” M-Net said in a statement.

The South African National Editors’ Forum (Sanef) said it was “deeply saddened” by the news of Watts’s death, describing him as “a true icon of investigative journalism and a beloved anchor” of Carte Blanche.

Sanef chairperson Sbu Ngalwa said: “As the face of Carte Blanche for many years, Watts was not only an exceptional journalist but also a guiding light in the pursuit of truth and transparency. His dedication to uncovering stories of immense importance and relevance to the South African public garnered him immense respect and admiration from colleagues and viewers alike. His distinctive voice and unwavering commitment to journalistic integrity has left an indelible mark on the industry.”

The forum said Watts “will forever be remembered not only as an exceptional journalist but also as a mentor and role model to many aspiring journalists. His contribution to investigative journalism has left an enduring legacy, inspiring others to continue his mission of uncovering the truth and holding those in power accountable.”

Nomsa Philiso, chief executive of general entertainment at parent company MultiChoice, said Watts would be remembered as a dedicated investigative journalist.

“His unwavering commitment to his work and his determination in the face of challenges were truly remarkable.”

Tributes from media colleagues have been flooding social media.

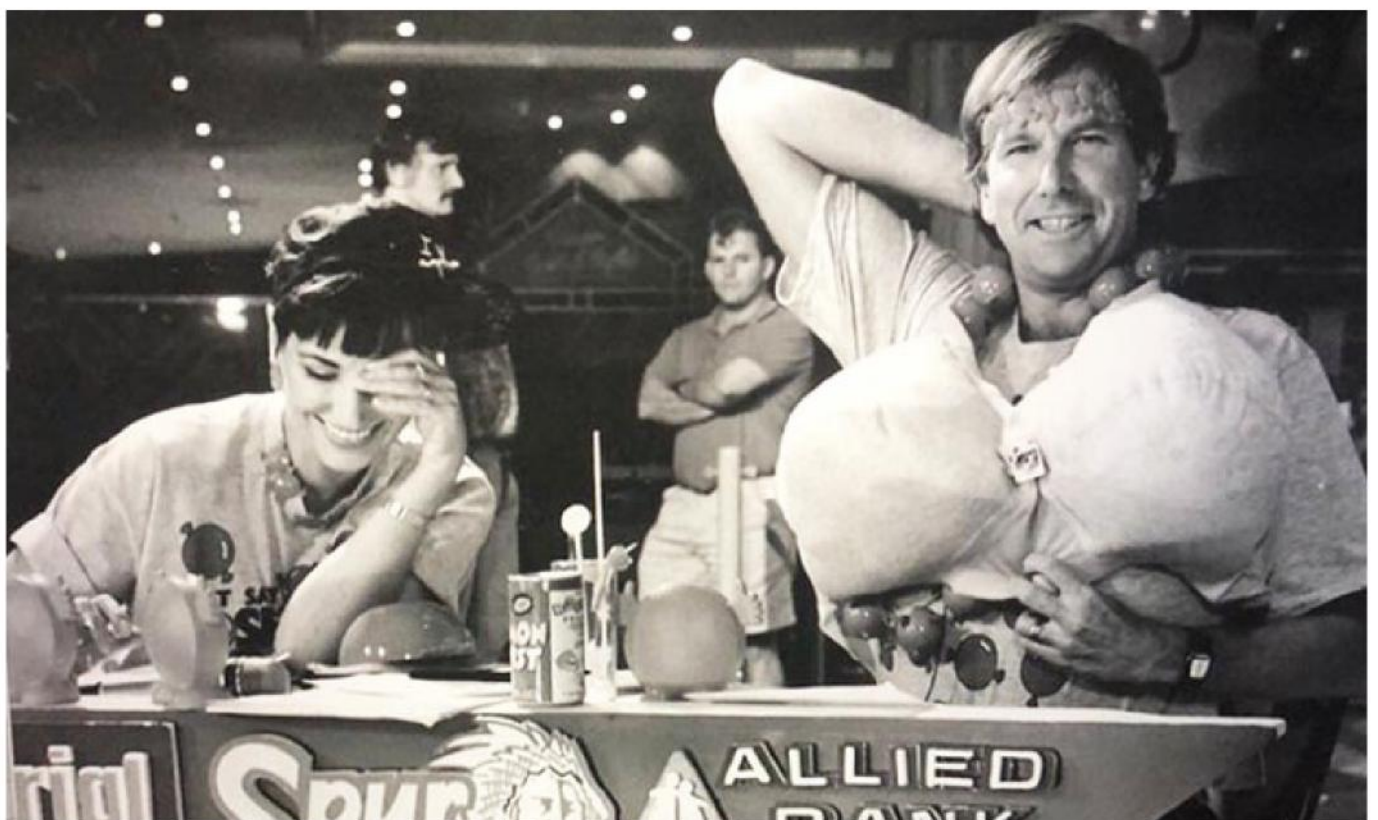
Carte Blanche presenter Govan Whittles said: “A giant of South African journalism. One of a kind. Thank you for setting the standard so incredibly high. For the masterful storytelling week after week on #CarteBlanche. Rest in Peace Mr Derek Watts. You paved the way. My condolences to the Watts family.”

EWN’s Katy Katopodis wrote: “How I loved hosting the Oscar Pistorius Trial Channel with Derek. He was warm, welcoming and charming ... always encouraging me and making me feel like I belonged ... even when the odd moment of ‘imposter syndrome’ crept in as I made my TV debut.

“We made television history during those days as Carte Blanche and EWN were granted permission to broadcast court proceedings live. It was an honour and a privilege to be a part of a team that included Derek.”

Carte Blanche presenter Erin Bates said: “I am in absolute shock. My heart and thoughts go to our full Carte Blanche team and, above all, Derek’s family. A national treasure beyond compare: brilliant, relatable and a fine broadcaster throughout. May he rest well in peace.”

Derek Watts is survived by his wife, Belinda, and children Tyrone and Kirstin. Story from Daily Maverick





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Natasha Joubert: five facts about the new Miss SA **Here is everything you need to know about South Africa's new pageant queen**

BY THANGO NTWASA

1. SECOND TIME THE CHARM

This is not the first time the beauty has entered the pageant having lucked out of the crown in 2020 to Shudufadzo Musida. She landed in the top 3. With her other title holders representing the country in separate pageants, she was jetted off to represent the country the following year at Miss Universe 2021.

2. A GLOBAL QUEEN

This is not the first time she has represented the country internationally. In 2016, she won the Miss Globe South Africa 2016 and strutted her stuff in Albania for the Miss Globe 2016 pageant where she placed in the top 5.

3. FASHION DESIGNER

The BCom Marketing graduate founded her own fashion brand in 2016. Called Natalia Jefferys, it specialises in couture for special occasions like matric dances and weddings.

There's an empowering story behind the origins of this business, which Joubert runs with her mom, Ninette.

Inspired by



When Joubert was a young teen, her father lost his job and the family could no longer afford the pricey evening gowns she needed to compete in modelling competitions. Determined to find a way to allow her daughter to continue to do what she loved, Ninette decided to have a bash at making these glam outfits herself, with Joubert dreaming up the designs.

Previous reporting by
Toni Jaye Singer.

4. SHE INSPIRED A BOOK CHARACTER

Joubert told the Sunday Times that one of her “very creative” friends wrote a book when they were teenagers. She based the characters on real people, changing their names, but keeping their initials the same. In its pages Joubert was dubbed Natalia Jefferys.

The beauty queen loved the moniker so much that she adopted it as the name of her fashion label.

5. BEAUTY ON THE GO

The beauty queen says people are often surprised to find out she was a tomboy when she was younger. “I was the only girl in my karate class and would much rather play outside with boys.”

Today, she “thrives in a natural environment” and, according to the Miss SA website, enjoys hiking and camping, loves sport and plays action hockey.





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Warning over WhatsApp voice notes in South Africa

Technology experts urge caution over WhatsApp voice notes amid a rise in cybercriminals using generative artificial intelligence to clone the voices of individuals – especially high-level executives.

The uptake and uses for artificial intelligence (AI) have exploded over the past couple of years and have become a catalyst for change, introducing new ways of doing business, managing data, gathering insights, and collating content.

As an intelligent and highly capable technology, it has become a powerful tool in the business toolbox, providing fast analysis, support, and functionality.

However, it also presents a new and concerning threat as criminals find new ways to use these advancements to their advantage and have harnessed AI for malicious purposes, such as creating convincing deep fakes and perpetrating unnervingly realistic voice scams.

Using artificial intelligence tools to clone voices has introduced an entirely novel realm of risk for both companies and individuals, noted Stephen Osler, Co-Founder and Business Development Director at Nclose.

In 2019, the technology was used to impersonate the voice of the CEO of an energy company in the UK to extort \$243,000 (R4.3 million). In 2021, a company in Hong Kong was defrauded of \$35 million (R631 million).

These attacks are not just aimed at large corporates; individuals are also now being targeted, Osler said.

Voice clone scams, such as kidnapping hoaxes, requests for money from friends or family, and emergency calls, are all part of these scams that are proving difficult to detect.

Osler warned that WhatsApp voice notes could become a notable vulnerability for people, especially high-level executives.

“Using readily available tools online, scammers can create realistic conversations that mimic the voice of a specific individual using just a few seconds of recorded audio.

“While they have already targeted individuals making purchases on platforms like Gumtree or Bob Shop, as well as engaged in fake kidnapping scams, they are now expanding their operations to target high-level executives with C-Suite scams,” he said.

Co-Founder and Business Development Director at Nclose, Stephen Osler. It’s easy to see the potential for cybercriminals considering the number of people who use voice notes to quickly pass on instructions to a team member or organise payments, Osler added.

Busy executives often use platforms like WhatsApp to message people while they are driving or rushing between meetings, which makes it difficult, if not impossible, for employees to recognise that the message is fake.

“An IT administrator might receive a voice note from their manager requesting a password reset for their access to O365,” noted Osler.





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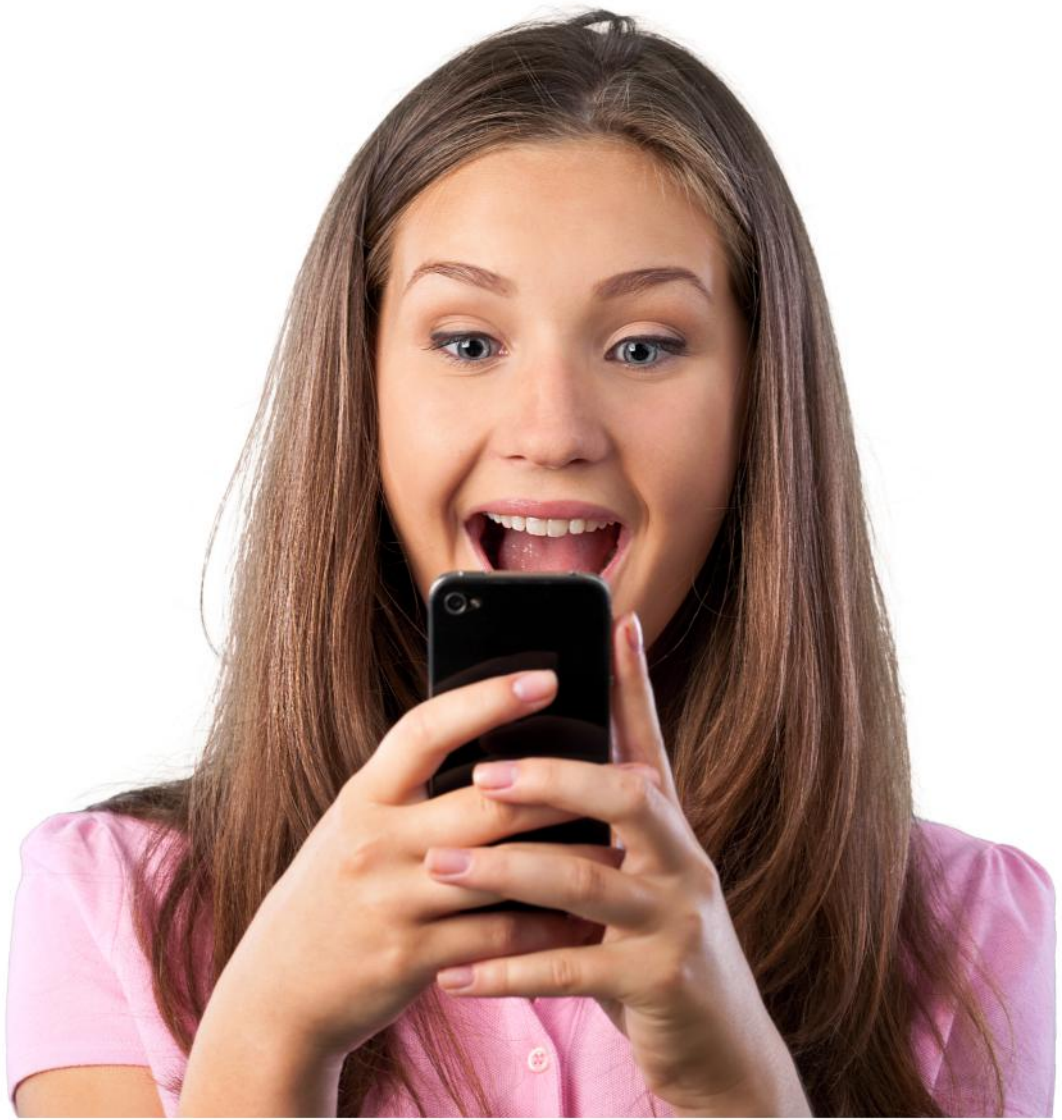


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COMIC CON AFRICA GEARS UP TO BRING JOBURG THE ULTIMATE POP CULTURE AND GAMING FESTIVAL!

Dust off your superhero outfits, because Comic Con Africa, South Africa's ultimate pop culture and gaming festival, is set to return to the Johannesburg Expo Centre (Nasrec), 22 to 25 September 2023. The event is set to captivate fans once again, bringing together enthusiasts from across the country and beyond for a celebration of all things geeky, from comics and gaming to movies and television. This is the first time that South Africa will experience two Comic Cons in one year. Following the smashing success of Comic Con Cape Town, which exceeded every expectation held by the organisers, next up, fans are now gearing up and excited to see what Comic Con Africa will bring.



“Unaware of the malicious intent, the administrator complies, thinking it’s a legitimate instruction. However, in reality, they unintentionally provide privileged credentials to a threat actor. This information can then be exploited to gain unauthorised access to critical business infrastructure and potentially deploy ransomware.”

Voice notes sent via platforms like WhatsApp or Facebook Messenger, social media posts and phone calls are all fair game.

“Scammers can exploit various methods, such as recording calls with CEOs to create deep fakes or extracting voice samples from videos or posts of individuals’ online profiles,” said Osler.

Cybercriminals also have many techniques at their disposal to capture the distinctive voice identity of anyone who has shared their lives online. Subsequently, they employ AI technology to manipulate these recordings, making it appear as though the person is speaking live during the call or voice note.

“This is definitely the next level of cyber threats,” added Osler. “Deepfake technology will only become more proficient at bamboozling victims and breaching organisations”.

How to avoid becoming a victim

To defend against this, Osler suggests that organisations ensure that they have really strong processes and procedures in place that require multiple levels of authentication, specifically for financial or authentication-based transactions.

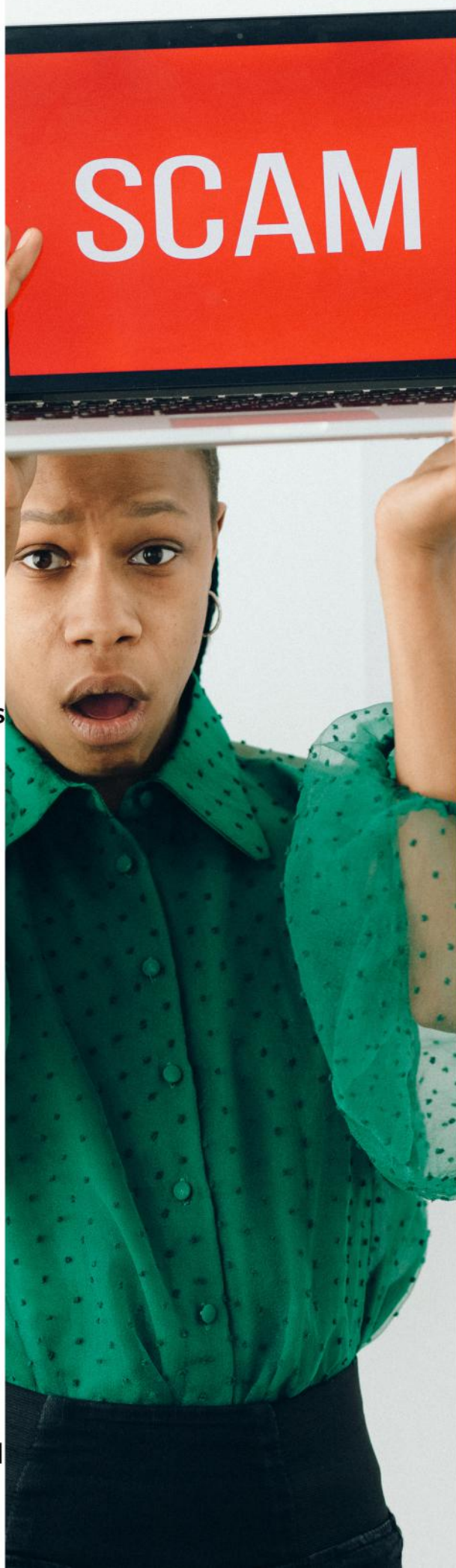
Companies should also establish a clearly defined formal process for all transactions.

“Relying solely on a voice note from the CIO or CISO should not be sufficient to change a password, authenticate a monetary transaction, or grant hackers access to the business,” he said.

“It is crucial to educate employees and end-users about the evolving risks associated with these threats. If they are aware of this type of scam, they are more likely to take a moment to verify the information before making a costly mistake”.

Moreover, Osler said people must always ensure that any voice note or instruction they receive is from a trusted source, adding that it’s important to double-check and confirm that the communication is indeed from the intended person.

“Cultivate an inquisitive mindset and question the source, whether it is a call, email, or message. By doing so, both organisations and individuals can be better prepared to identify and protect themselves against potential voice cloning scams,” he said.





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Image: NSFAS CEO Andile Nongogo. Picture: OUTA

OUTA calls for speedy investigation into NSFAS CEO Andile Nongogo

The investigation by the NSFAS board into Nongogo's involvement in the payment scheme tenders at NSFAS needs to be expedited and urgent action taken to address those contracts, as students and the fiscus cannot afford the current chaos

The Organisation Undoing Tax Abuse (OUTA) welcomes the announcement by the NSFAS board to place the organisation's CEO, Andile Nongogo, on leave of absence while allegations of unacceptable conduct in the awarding of bids at NSFAS are investigated. OUTA urges the board to take corrective action to address the contracts with service providers.

OUTA started exposing the irregularities as early as September 2022. In October 2022 our request for further information from NSFAS via an application in terms of the Promotion of Access to Information Act (PAIA) was turned down by NSFAS. Our investigation continued and we published our report in February 2023, which showed that the four companies who won the tenders to implement the new direct payment system were ill-equipped for the task and were not registered as financial service providers. Two of the service providers were not registered as VAT vendors. One service provider had links with dubious tenders awarded by the Services SETA during Nongogo's tenure as CEO there, which OUTA had previously exposed.

Despite our concerns, which were communicated to NSFAS, NSFAS implemented the new direct payment system on 30 June 2023. This decision negatively affected the payments of NSFAS allowances to thousands of students. Despite students' pleas, backed up by OUTA's investigations and new revelations linking Nongogo to irregular tenders at SSETA, NSFAS and the Minister of Higher Education Blade Nzimande chose to ignore the situation.

"The allegations are extremely serious. OUTA believes a thorough independent investigation needs to take place," says Rudie Heyneke, OUTA's head of investigations. "Furthermore, we believe that after a swift assessment of OUTA's reports and other available information, disciplinary hearings should be conducted."

NSFAS is currently being investigated by the Special Investigating Unit (SIU) and OUTA shared its investigation reports with the unit. The office of the Public Protector launched an investigation into the direct payment system, following a complaint laid by William Sezoe, vice-chairperson of the Stellenbosch University SRC.

OUTA also reported Nongogo's conduct to the South African Institute of Chartered Accountants (SAICA) and laid a criminal complaint with the SAPS against him relating to a tender at the Services SETA. See [here](#).

"It is a shame that scarce public resources continue to be wasted like this, while legitimate concerns by civil society and people who are directly affected by poor government decisions – in this case students who rely on financial aid – are ignored by those in power. The actions of executives at higher education institutions have a huge impact on the youth and the future of our country and should always be above suspicion," says Heyneke.



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OUTA wants the investigation into Nongogo to be expedited. “What we don’t want to see is a long drawn-out process and the retention of Nongogo’s services at full pay of R350 000 a month, as we believe our records and a disciplinary hearing could provide sufficient proof for action against Andile Nongogo, and possibly even to bring a delinquent director civil case against him,” says Heyneke.



Property owners in the City of Johannesburg (CoJ) should be aware of the amended values attributed to their properties by the City’s General Valuation Roll 2023 (GVR 2023). From what we have gathered, the CoJ has indicated around 42 000 property owners objected to the value of their properties, following the City’s valuation objection process which ran between 15 February and 5 May 2023.

Wayne Duvenage, OUTA’s CEO, says there is an urgent need for more robust oversight regarding procurement processes. “Officials with Andile Nongogo’s qualifications and experience should be well acquainted with the Public Finance Management Act. Gross negligence of fiduciary duties and waste of public money should be dealt with harshly.”

Duvenage urges the Minister of Higher Education and the board of NSFAS to work with OUTA. “We have gathered a lot of information on Nongogo’s past actions at the Services SETA and would like to assist Minister Nzimande in tackling corruption in the higher education sector.”

More information

A soundclip with comment by Rudie Heyneke, OUTA Head of Investigations, is here.

More on OUTA’s investigation into NSFAS is here and into the Services SETA is here.

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OUTA

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OUTA CALLS FOR TRANSPARENCY ON CITY OF JOBURG PROPERTY VALUATIONS

Many property owners missed the original objection deadline of 31 March 2023, due to poor communication by the CoJ, resulting in an extension for objections being granted to 5 May 2023. While we imagine that many property owners took up the extended objection deadline (following extensive media coverage by OUTA and other civil society organisations), it appears to OUTA that despite the extension of the objection period, insufficient engagement and notices were served to enable more property owners to object to their property values reflected on GVR 2023. More evidence to this fact stems from the higher number of objections in the GVR 2018 process some five years ago, when over 50 000 objections were received by the CoJ from approximately 850 000 registered properties, which were subjected to a far lower valuation increase at that time. Today, there are almost 950 000 properties and less objections have been raised on a GVR which appears to have excessively high valuations.

“Something is amiss here and we need the City of Joburg’s management to be extremely transparent in this process,” says Wayne Duvenage, OUTA’s CEO.

OUTA’s advice to property owners

If a property owner has lodged an objection to the value of their property as applied by the CoJ, and this has not been adjusted to the reasonable value of your property within a few months of the new municipal financial year starting in July 2023, property owners have a limited period in which to file an appeal to the City’s Valuations Appeal Board. The appeal process is on the CoJ’s eServices web site. The form used to lodge an appeal after having no response to the formal objection process can be found here for residential properties.

OUTA has launched a petition to support its message to the CoJ that excessive property values being applied to increase taxes on residents is unacceptable.

The logo for OUTA (Organisation Undoing Tax Abuse) features the letters 'OUTA' in a bold, sans-serif font. The 'O', 'U', and 'A' are black, while the 'T' is red.

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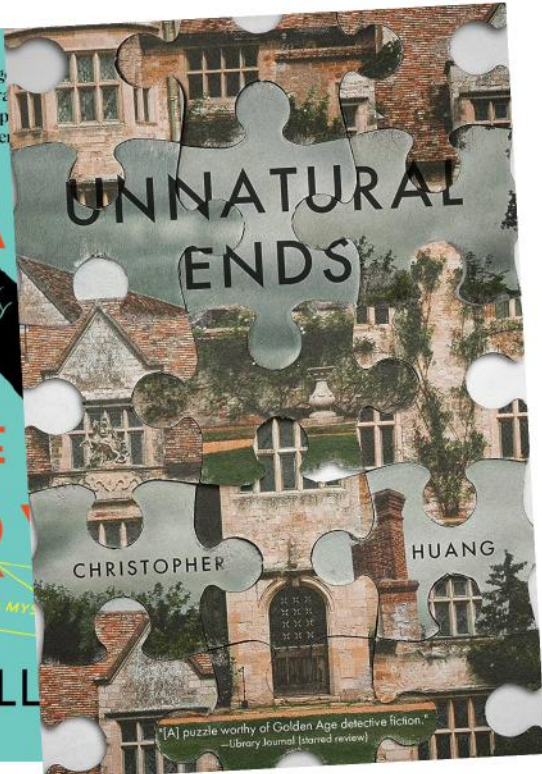
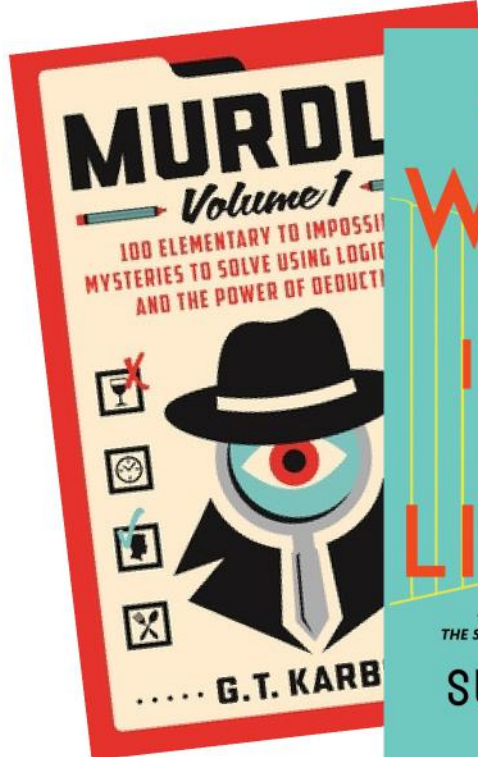
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A BOTANIST'S GUIDE TO FLOWERS & FATALITY (SAFFRON EVERLEIGH #2) BY KATE KHAVARI

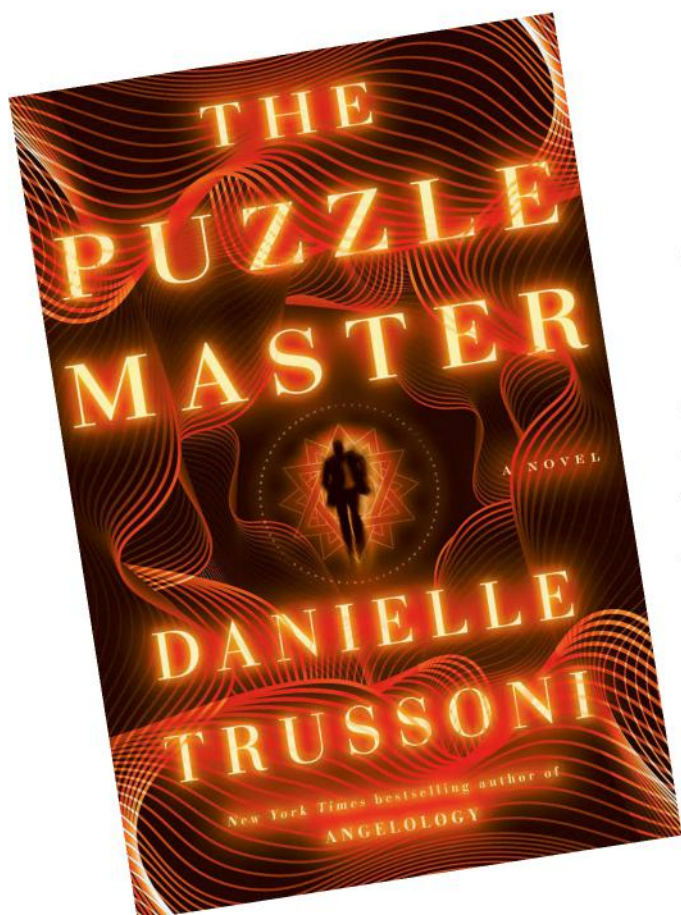
Botanist Saffron Everleigh is stumped by a series of murders in 1920s London...until she learns that each of the victims received flowers before their demise. Now, she must use her knowledge of Victorian flower symbolism to uncover the motives for each murder and catch the culprit before they strike again

UNNATURAL ENDS BY CHRISTOPHER HUANG

After the gruesome death of their adopted father Sir Linus Linwood, three siblings – Alan, Roger, and Caroline – are in for a shock seemingly beyond the grave at the reading of his will. The sole inheritor of Sir Linus Linwood's estate will be the person who solves his murder.

THE PUZZLE MASTER BY DANIELLE TRUSSONI

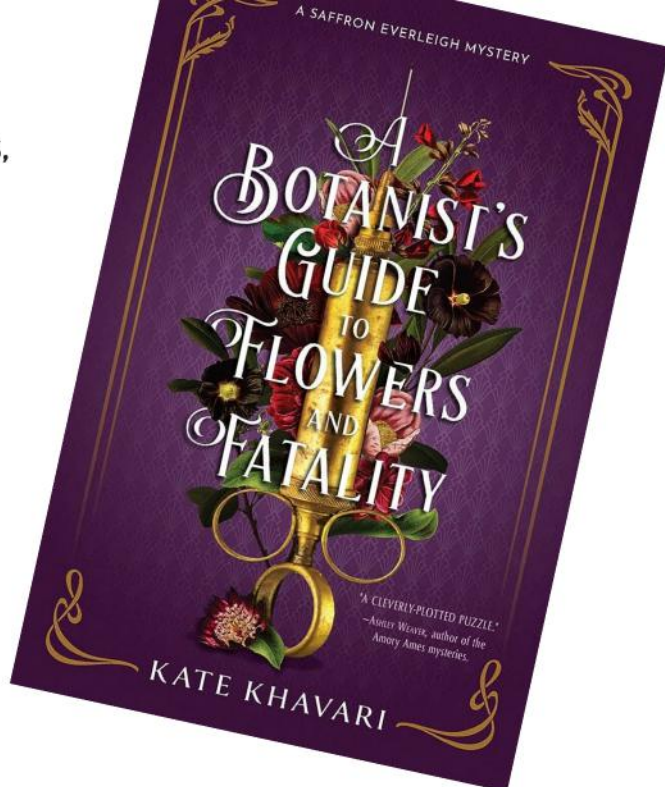
If you're in the mood for more of a mystery-thriller, you'll want to check out this intense and intricately plotted novel starring puzzle master Mike Brink. An encounter with a truly compelling cipher – and the woman who wrote it – leads Mike to investigate a much greater puzzle with roots in 13th century mysticism.



In the mood for a real head-scratcher of a mystery? There is, of course, always Cain's Jawbone – the infamously complex novel that, almost a century after its publication, only a handful of people have solved. Of all the things that can be said about Cain's Jawbone, you can't call its intricate plot or the painstaking process of investigating it for yourself boring.

But if you're a newcomer to puzzle mysteries, starting with Cain's Jawbone can be asking for disappointment. It's not for lack of trying, after all, that so few have cracked it. You'll want to work yourself up to it by reading plenty of satisfying, yet puzzling mysteries and building your deductive reasoning skills.

These 10 mysteries are centered around particularly clever and puzzling plots. Some are self-aware of their difficulty and the genre itself, offering a metafictional narrative or themed premise that can be entertaining for more seasoned mystery fans. New mystery genre readers, too, will enjoy honing their armchair sleuthing skills with each book.



MURDLE, VOLUME 1 BY G.T. KARBER

Wish Wordle was a little more... violent? You'll want to check out Murdle. In these mystery-themed word puzzles organized by difficulty, readers join Deductive Logico to determine who committed a crime, what weapon they used, and where they did it using only the clues provided.

THE WOMAN IN THE LIBRARY BY SULARI GENTILL

This puzzle-within-a-puzzle begins at the Boston Public Library. Four patrons become suspects as the witnesses to a murder, each with their own secrets to hide. But their story quickly bleeds into a larger one exploring the sinister side of the publishing industry and the line between admiration and obsession.

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HOW TO DEAL WITH HAVING AN ESTRANGED ADULT CHILD BY CHRISTINE FIELD

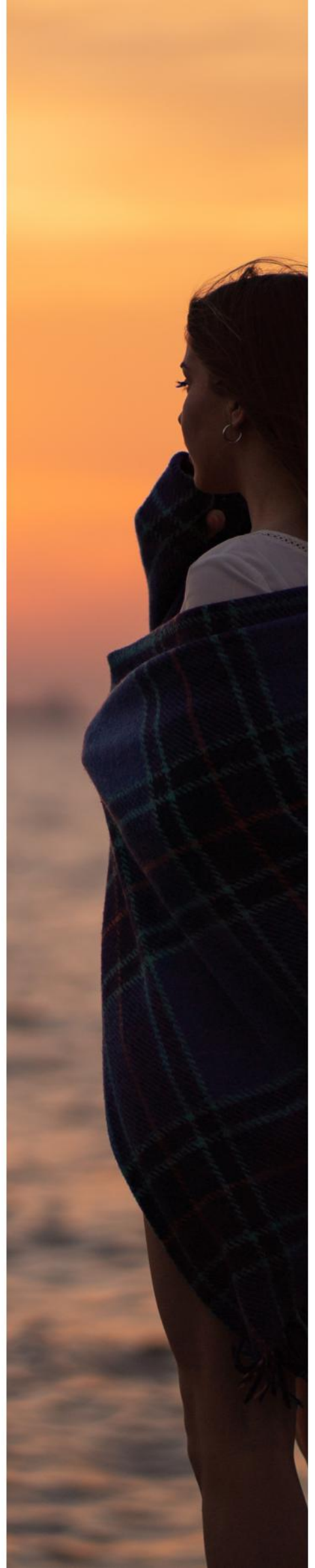
Mothering is filled with both blessings and pain. Not too long ago, one of my children was estranged from me. It was not how I envisioned a relationship with an adult child. At the time, I wasn't completely sure where she was living and had no reliable way to contact her.

Even the word "estranged" was foreign to me. I had invested my life into mothering. And this child turned away from me. It was not easy to admit. I'm the one who has written books about parenting. In the depth of this situation, those books mocked me. I was humbled and laid low in the dust.

Some things have healed. The lost sheep has returned home, and even more issues have surfaced. Most days, I am again both saddened and gladdened. As I am now in the process of writing a book about my experience, I am learning that there are many of us wounded mamas. Our numbers are legion. You are not alone!

You Did Not Cause Your Adult Child to Turn Away

One parenting expert, Debbie Pincus, offers these soothing words: "Cutting off is a way people manage anxiety when they don't know a better way. The love and caring is there; the ability to solve differences is not. You did not cause your child to turn away. That was her decision."



Yet we admit we all made so many mistakes, took so many missteps. She has come home and gone again more times than I can count. Will we be estranged again in the future? The horror and the certainty of it hang over my heart. In her mind, the distance lessened the conflict. She didn't have to deal with me or the rest of the family. In reality, it has caused far more damage for everyone.

The best thing I can do as a parent is to own what I own – recognize the mistakes I have made – and try to seek my own healing from the wound. I remind myself – it was her choice to leave.

When a Relationship Becomes Unmanageable

I tried to move on with my life. I moved with a limp that constantly reminded me of how much I missed her and what a hole she left. There are many more of us mamas who live with this pain. You may not know them because they are silent. The shame and embarrassment of the situation are too much to bear.

It would be one thing if you had abused your child. Then the adult disengagement would be a healthy move. But with no such backdrop, I don't think fleeing adult children understand or appreciate the heartbreak caused by their actions. Or if they do understand, there is a lack of feeling or empathy for the other.

Through thick and thin in life, your mother is your mother. You can merely tolerate her, or you can treasure her. The worst thing you can do is discard her.

When Dealing with Estranged Adult Children

If you are one of us hurting mamas, the wisest thing you can do comes from author Sheri McGregor. She says to tend to your heartache, noting that “In acknowledging and tending to our hurt, we honor ourselves. That might then free us up to enjoy the way our loved ones want to honor us. Or to simply enjoy the day.”





You Aren't Alone

Everyone goes through challenging times – they just don't tend to advertise it. If you are a member of the Parents of Estranged Adult Children Facebook group, you may be surprised at our numbers. We are a fellowship of pain. There are people on the same journey who understand and can sympathize. You can connect and feel less alone.

Cut Yourself Some Slack

There's no doubt that you will need time to experience all the feelings that come about with a major life change like estrangement.

Give yourself a break from all the unimportant or non-urgent things that tend to fill up life. Just take it easy and heal your heart. Can you get away for a time to rest and reflect?

Recognize What No Longer Serves You

Usually, when there is something like this in our lives, we know deep down we must accept it. But we often don't want to face it. It's a great time to go inward and see what we can release.

Acknowledge the Sadness

It's difficult to cut loose things that we once treasured or felt identified us, such as the dream of a lifetime of family closeness. Allow yourself to feel the sadness of letting them go.

Put another way, don't let one empty chair make you neglect your full table. It's okay to switch up your Mother's Day traditions. Spend the time you need to work with your emotions, but then get on with the day.

McGregor says we have to do what's right for us. "If that means you didn't celebrate Mother's Day this year, that's okay. Recognize what you need and honor yourself in that way."

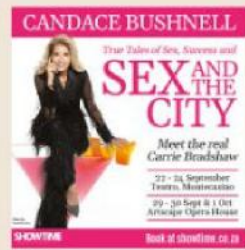
Then treat yourself to a manicure, haircut, massage, or new outfit. Soon the day will be over, and you can go another year before having to see those upsetting greeting card commercials on television.

Start with the Things You Can Do

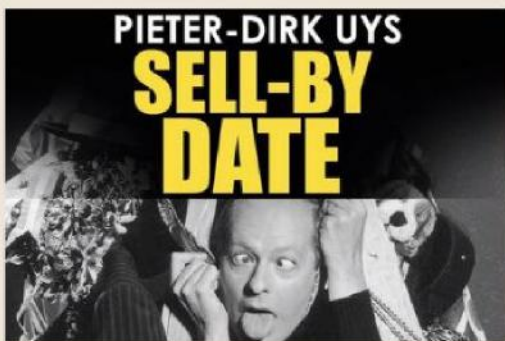
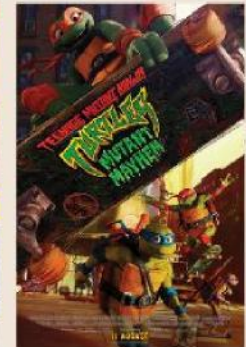
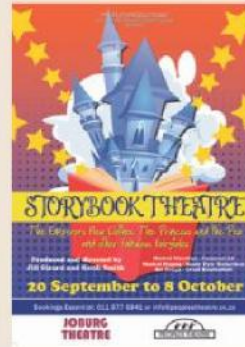
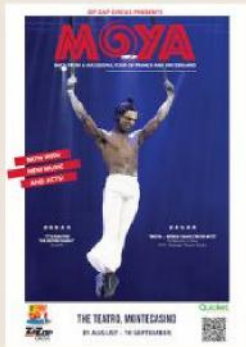
At some point, it's time to start putting the pieces of your life back together. Even if you're not feeling it, there are some things to remember to help you to get life going again.



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It's okay to feel sad. In fact, it's very normal and appropriate.

Experiencing all your feelings about the thing is a way to ensure that you can fully release it.

Do all the crying you need to do, but then get up and do something new.

Let Them Go

Our children will always live and love in our hearts. But we must let go of our negative emotions and our expectations we may have had for them or our relationship with them.

Some parents find it helpful to have a ritual or ceremony where they release these thoughts and feelings into the universe. Maybe you can release some balloons – or burn your journal where you have written down all your pain.

You can do this for YOU – for your own healing. Give yourself permission to move beyond the pain.

You can also write them a letter (that you will never send) where you express all your sadness and grief and tell them that you are letting them go. You can then go ahead and burn this letter as you process your letting go.

Say No to Negativity

While you surely have friends and family who are loving and supportive, it's also possible that there are a few negative people in your environment also.



Especially now, it's a good idea to say no to their invitations to hang out or chat. When you feel stronger, you can decide if they are someone you want to continue to have a relationship with. But for now, just say no – as nicely as you can.

Remember that your focus now can no longer be on fixing your child, fixing the relationship or bailing your child out of some trouble. You have had enough of that. It is time to work on your own healing and moving on with your life. It's not selfishness. It's grabbing and savoring all that is still good in life. A wonderful, full life still awaits you.





We Need Boundaries with Other People

Dr. Henry Cloud and John Townsend are authors who have done a series of books on boundaries. In sum, a boundary helps me to define what is me, and what is not me. They say, “A boundary shows me where I end and someone else begins, leading me to a sense of ownership.”

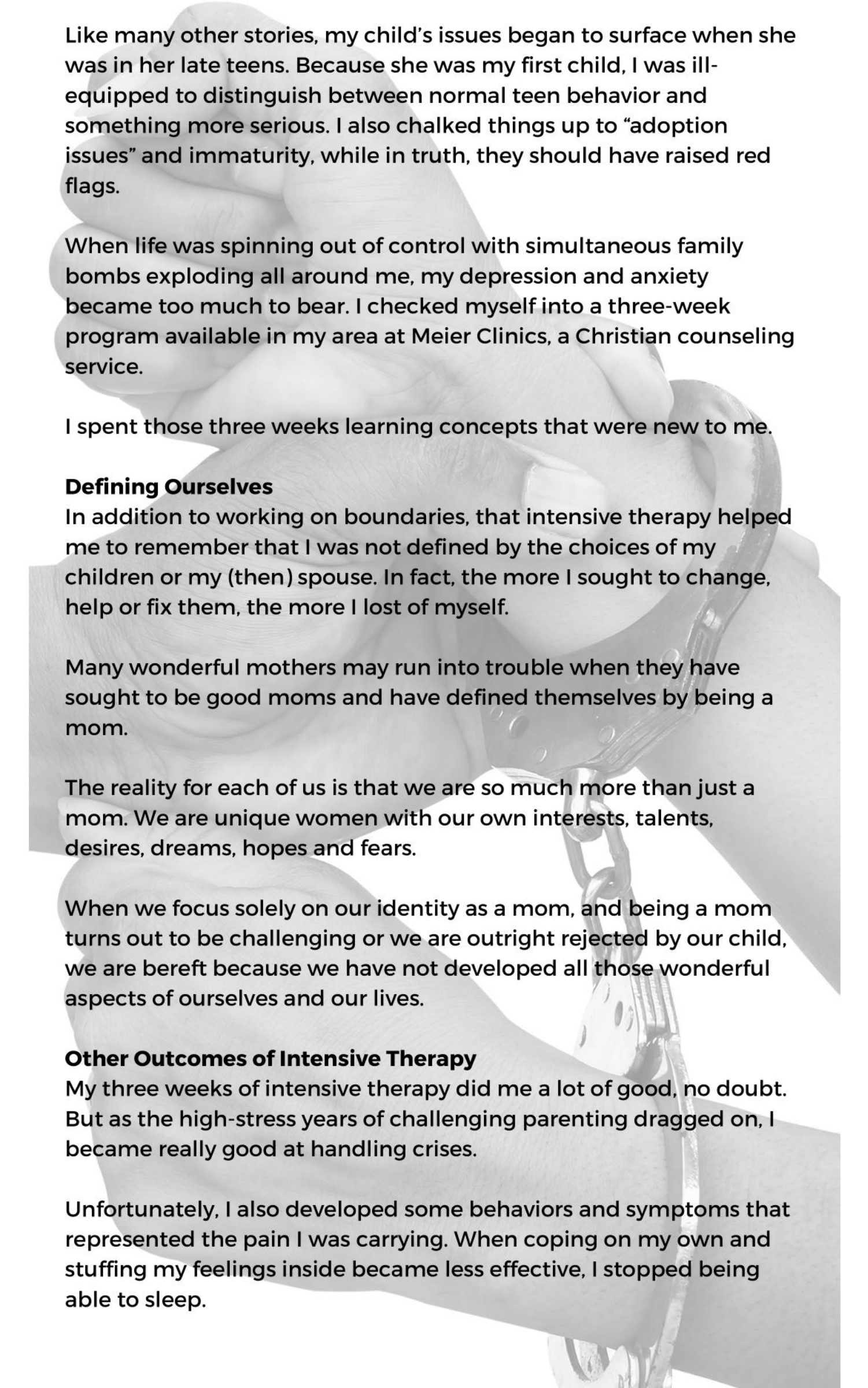
A good boundary established in a relationship makes clear what I am responsible for, and what the other person is responsible for. Our children want to constantly push those boundaries.

When an adult child nags or guilt us into assuming responsibility for their problems or issues, then we may have a boundary issue.

In my efforts to “fix” my adult child, I was making myself sick. While I was doing what I thought “good moms” do, I was violating both my boundaries and my child’s boundaries. The result? We each got unhealthier.

Can Therapy Help Estranged Parents?

I truly believed I could handle my adult child’s estrangement on my own. After all, I had dealt with countless personal and family issues: my ex-spouse’s cancer, infertility, kids with learning issues, my own struggle with depression, and more. While I coped, these all took their toll.



Like many other stories, my child's issues began to surface when she was in her late teens. Because she was my first child, I was ill-equipped to distinguish between normal teen behavior and something more serious. I also chalked things up to "adoption issues" and immaturity, while in truth, they should have raised red flags.

When life was spinning out of control with simultaneous family bombs exploding all around me, my depression and anxiety became too much to bear. I checked myself into a three-week program available in my area at Meier Clinics, a Christian counseling service.

I spent those three weeks learning concepts that were new to me.

Defining Ourselves

In addition to working on boundaries, that intensive therapy helped me to remember that I was not defined by the choices of my children or my (then) spouse. In fact, the more I sought to change, help or fix them, the more I lost of myself.

Many wonderful mothers may run into trouble when they have sought to be good moms and have defined themselves by being a mom.

The reality for each of us is that we are so much more than just a mom. We are unique women with our own interests, talents, desires, dreams, hopes and fears.

When we focus solely on our identity as a mom, and being a mom turns out to be challenging or we are outright rejected by our child, we are bereft because we have not developed all those wonderful aspects of ourselves and our lives.

Other Outcomes of Intensive Therapy

My three weeks of intensive therapy did me a lot of good, no doubt. But as the high-stress years of challenging parenting dragged on, I became really good at handling crises.

Unfortunately, I also developed some behaviors and symptoms that represented the pain I was carrying. When coping on my own and stuffing my feelings inside became less effective, I stopped being able to sleep.



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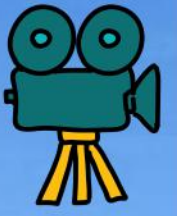
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Remember the infant years when you felt at loose ends because your baby kept you up all night? When your child is troubled or estranged, they can still keep you up at night! At the height of my struggle with insomnia, I was taking three sleeping meds every night and still only got a few hours of restless sleep.

Finding Solutions

At this point, I had learned about boundaries and understood more about my own depression. But the insomnia was rearing its head to tell me there was more to be dealt with. If we listen to our bodies and our minds, they will tell us when something is wrong.

If we get professional help to delve deeper into what our bodies and minds are telling us, and explore that territory freely and fearlessly, we will encounter deeper issues. Dealt with, the work can lead to deep healing and health.

When the Conventional Doesn't Work

My psychiatrist's solution to insomnia was to give me three sleeping meds. When I found myself living in a daze in my waking hours and still not sleeping, I realized the conventional method was no longer acceptable to me. So, I decided to try something different.

I chose hypnosis. Hypnosis has a proven record of helping people quit smoking, lose weight, become better speakers – and learn to sleep without medication.

I didn't like it at first. It felt so foreign to my in-control coping mechanisms. But I made a decision to enter into the process wholeheartedly, and I found great healing therein.

I chose to consult with Ryan Elliott, MSW, a parent of an estranged child himself, who is also active in our Facebook group, Parents of Estranged Adult Children. Through my work with him, I have completely changed my life, and I am eternally grateful.

Take a Leap

If you are drowning in pain over your child's estrangement, it is time to try something new. If you are led to therapy, find someone you connect with and enter fully into the process. Don't hide, minimize, rationalize or deny.

This pain sucks. If you don't take it out and look at it, it will destroy you.



I want to assure you – there is life beyond the pain. You will always love your child, but letting their estrangement ruin your life serves no one and does not solve the problem.

The solution for you might be found in therapy. It could be the most important step you take for yourself.

Online therapy has become quite common and may be a good resource for you if you don't have easy access to qualified therapists in your area. Websites like Better Help match you with a therapist according to your needs. They offer phone, video, or chat options to communicate and sessions are scheduled according to your needs and budget.

One of our Sixty & Me readers commented that she is writing in a journal on a regular basis to her granddaughter that she doesn't know because of her estranged daughter. She is writing about her everyday life in hopes that her granddaughter may read it when she is old enough. She mentioned that she has no intention of talking lowly of her daughter but instead writes fun stories and anecdotes of her from when she was growing up.

Grandmother's Journal: Memories and Keepsakes for My Grandchild
Another reader said that she began working helping people and that it made her feel better. Taking care of others made the thoughts of her estranged child more bearable and filled the missing gap.

Look into volunteer work in your community. Food kitchens, animal shelters, and senior care homes are always welcoming volunteers to help out with daily activities. While helping others you will help yourself.





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RIGHT-left, UP-down, LEFT-right, NORTH-south, WET-dry, THIN-fat.

Aah, this shit is real(hey, for our sensitive readers, replace shit with kak), “how healthy is YOUR dash?”

Some people may think I am speaking Greek(& no I am an African, born & breed) but not YOU, as YOU are SUPER sharp. The dash is the one between when YOU are born & when YOU die. That is why this picture above & the subject of “how healthy is YOUR dash” is very close to my heart & it should be very close to YOUR heart, because when our heart stops, that is classed as a VERY KAK day.

As an African the lion in this picture talks to the marrow in my bones & the subject is very relevant to all of us. Since we all survived the Covid challenges & the lingering effects, physically, mentally & financially, things(kak) have changed significantly. Change the last word “frequency” to whatever word talks to YOU, down to the marrow in YOUR bones.

I am in a beautiful & blessed position to have a seriously positive influence on people’s lives & to receive wonderful feedback. I put a HUGE smile on their face & a spring in their step.



So, David (that is me) what are we talking about here. Okay, short, sweet & SUPER simple. Our two products awaken the Doctor is all of us & allow our bodies to health themselves, naturally, without using drugs, chemicals, invasive methods, powders & pills, by increasing energy, losing weight, pain relief, stress relief & more, a lot more.(Please reread this sentence again)

HOLY SHIT, YOU mean my body will heal itself. HELL YEAH !

Okay David, so why has it not done this already & why am I not as healthy as the day I was born? Now that is an excellent question & the answer is simple.

LIFE & we get in the way. Age, lifestyle, poor eating, poor nutrition, drugs(legal & illegal), lack of time, knowledge & choices. So, why don't YOU know about this already? Another excellent question & one I have no answer to, could be, YOU are only meeting me NOW.

To keep this short, sweet & SUPER Simple for those of YOU that want to know more(when I explain the products here, this ends up longer), we have a website that will introduce YOU to our two products that are designed to move YOUR health results forward.

Here is the interesting thing about life & just about anything we decide to DO or decide not to do. When YOU decide not to do anything, YOU guarantee & lock in a zero result. When YOU decide to DO something YOUR odds of success are generally around 50/50. Here we give YOU total control & this increases YOUR odds of success significantly; YOU are in control.

Step up, Say YES, come play, come join us, as this is all about YOU & moving YOUR health results forward.

YOU can contact me via the following ways.

Website: when.davidyes.com

Email: david@davidyes.com

Whatsapp text: +27822677679

YouTube video: <https://youtu.be/qkppS9tVkBm>





40% off a Romantic Spa package experience

Antbear Eco Lodge is offering a romantic 2 night getaway package in a mountain view suite or luxury cave that includes breakfast lunch and dinner, a free bottle of bubbly and a couples spa massage package. Included is a private dining experience on the deck of your cave/suite by candlelight under the stars

Couples Massage

The couples spa massage package is a 3 rejuvenating experience with 2 x 15 minute relaxation periods between treatments

- Swedish massage [1 hour]
- Balinese scalp massage [30 mins]
- Choice of foot reflexology, manicure or pedicure [1 hour]



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www.antbear.co.za/spa

SPECIAL OFFER

This incredible 40% off offer is only available to the first 20 bookings secured with a paid deposit, so don't delay and act now to ensure you don't miss out!



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Affordable accommodation in the Drakensberg Mountains



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you!*

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