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Seen on the left: Ballito designer Verushka Pather with models Sethabile Nzuza and Jesse Albertyn

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Through my eyes

"What is Christmas? It is the tenderness of the past, courage for the present, and hope for the future." Agnes M. Pahro



by Kasia Yoko

Christmas is in full swing here in the Polish Tatra Mountains. Snow is falling and everyone is expecting a white Christmas and that is a real cherry on any cake.

Talking about cake; recently I connected with thousands of Poles around the world sharing recipes and their Polish culinary secrets with the expat community. The site is called Polish Recipes plus / "Kuchnia Polska" Group on Facebook. The thing that warms my heart is how connected we are with our ancestors and how food unites us all.

Most of the posts feature that special cuisine that our grandmothers used to make for us as children. Food was so important in those days. We all longed for our grannies cooking, those Christmas visits when the whole house would smell of the most fantastical delights. The celebration was all about honouring our bounty and sharing it, not just with loved ones but with anyone who came to our door. At our Christmas table, there is always an extra dinner setting for a hungry stranger and no one ever gets turned away from our feast. It's a tradition that my mother has continued from her mother from beginning of time.

People write describing a certain dumpling, or a missing ingredient in the chicken soup that was made every Sunday and consumed when the family gathered around the kitchen table after Sunday mass.

I often ball my eyes out, as I am one of those people who miss my granny and her love, which she displayed through food. One of her treats was Zupa Nic, which translates into Nothing Soup. It was so

simple but so glorious; egg whites beaten stiff and gently spooned into sweetened hot milk, cooked for a few minutes, consumed hot, eating it felt like we were eating clouds. As a child it was the most enticing spoil.

There are so many granny-food memories swimming in my brain, especially when I am back here in the country of my birth. Each memory has a feel, smell and deep warm feeling of being completely loved. Isn't it crazy how food today has turned into the "devil" for some people?

I imagine some of my granny friends on their constant starvation diets and food supplements and dietary restrictions, with food allergies and continuous denial of real nourishment; it brings me to a comment I heard recently, "Don't you know that eating is cheating?"

Oh how times have changed.

But on the bright side; and all jokes aside, my Mom has inherited my grannies culinary genius and she has been passing her love of cooking on to my children. My boys are incredible cooks in their own right and often cook for their friends and new families.

As we near Christmas, I would like to share one of my grannies recipes for an easy

poppy seed cake. Its truly delicious. You will find it on page 9.

We would like to take this time to wish all our readers and advertisers a Merry Christmas and a happy New Year!



My Granny (Babcia)
Antonia Gladysz
28/12/1904 -13/07/1983

Katharine Hepburn's childhood, in her own words

"Once when I was a teenager, my father and I were standing in line to buy tickets for the circus.

Finally, there was only one other family between us and the ticket counter. This family made a big impression on me.

There were eight children, all probably under the age of 12. The way they were dressed, you could tell they didn't have a lot of money, but their clothes were neat and clean.

The children were well-behaved, all of them standing in line, two-by-two behind their parents, holding hands. They were excitedly jabbering about the clowns, animals, and all the acts they would be seeing that night.

By their excitement you could sense they had never been to the circus before. It would be a highlight of their lives.

The father and mother were at the head of the pack standing proud as could be. The mother was holding her husband's hand, looking up at him as if to say, "You're my knight in shining armour." He was smiling and enjoying seeing his family happy.

The ticket lady asked the man how

many tickets he wanted? He proudly responded, "I'd like to buy eight children's tickets and two adult tickets, so I can take my family to the circus." The ticket lady stated the price.

The man's wife let go of his hand, her head dropped; the man's lip began to quiver. Then he leaned a little closer and asked, "How much did you say?" The ticket lady again stated the price. The man didn't have enough money. How was he supposed to turn and tell his eight kids that he didn't have enough money to take them to the circus?

Seeing what was going on, my dad reached into his pocket, pulled out a \$20 bill, and then dropped it on the ground. (We were not wealthy in any sense of the word!) My father bent down, picked up the \$20 bill, tapped the man on the shoulder and said, "Excuse me, sir, this fell out of your pocket."

The man understood what was going on. He wasn't begging for a hand out but certainly appreciated the help in a desperate, heart breaking and

embarrassing situation.

He looked straight into my dad's eyes, took my dad's hand in both of his, squeezed tightly onto the \$20 bill, and with his lip quivering and a tear streaming down his cheek, he replied; "Thank you, thank you, sir. This really means a lot to me and my family."

My father and I went back to our car and drove home. The \$20 that my dad gave away is what we were going to buy our own tickets with.

Although we didn't get to see the circus that night, we both felt a joy inside us that was far greater than seeing the circus could ever provide.

That day I learnt the value to Give. The Giver is bigger than the Receiver. If you want to be large, larger than life, learn to give. Love has nothing to do with what you are expecting to get - only with what you are expecting to give - which is everything.

The importance of giving, blessing others can never be over emphasised because there's always joy in giving. Learn to make someone happy by acts of giving."



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"When we recall Christmas past, we usually find that the simplest things give off the greatest glow of happiness." by Bob Hope

The Meal of Reconciliation



Among the volunteers at last year's event are long terms DHC supporters: Victoria Mekute, Nondumiso Shangase, Shirley Masojada and Ursula Collings



Lunch is served! Some of the guests at last year's event. Volunteers from the Blessed Liberator Catholic Church in Newlands West – one of the volunteer groups donating and serving breyani

The Meal of Reconciliation is now an annual ritual at the Denis Hurley Centre in Durban on 16 December, South Africa's National Day of Reconciliation, where hundreds of homeless people join members of the public for a shared meal.

The Day of Reconciliation is a public holiday held annually on 16 December – the term originated by the late Paddy Kearney founder of the DHC. The holiday came into effect in 1995 with the intention of fostering reconciliation and national unity for the country.

"Like so many other annual events, it did not take place over Covid lockdown, so it is with great joy that this tradition is being instituted again," says Raymond Perrier, Director of the Denis Hurley Centre. Members of the general public join approximately 300 homeless people and refugees to sit down and share a meal, breaking down barriers of class, colour and nationality.

Attending a previous meal, David Young, a visiting US Methodist minister who had come down from

the US Embassy in Pretoria, described the event as "truly one of the most moving love feasts, or 'Eucharists' I have ever experienced".

Being Durban, as has become tradition, the food served will be breyani, and being the DHC there will be an interfaith dimension as donors will be from the Christian, Muslim, Hindu and Jewish communities.

Perrier said the late Archbishop Denis Hurley and Paddy Kearney both committed their lives to bring about reconciliation: between Christians of different traditions, between people of different faiths, between different races and cultures, and between the 'haves' and the 'have-nots'.

"Members of the public are warmly invited to attend," says Perrier.

Those who will be attending are asked to bring large bottles of cool drinks and/or desserts to share with the eight people at their table.

For more information contact Raymond Perrier, Director - Denis Hurley Centre. Landline: 031 301 2240 or email raymond@denishurleycentre.org



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this Saturday 16 Dec at 11am

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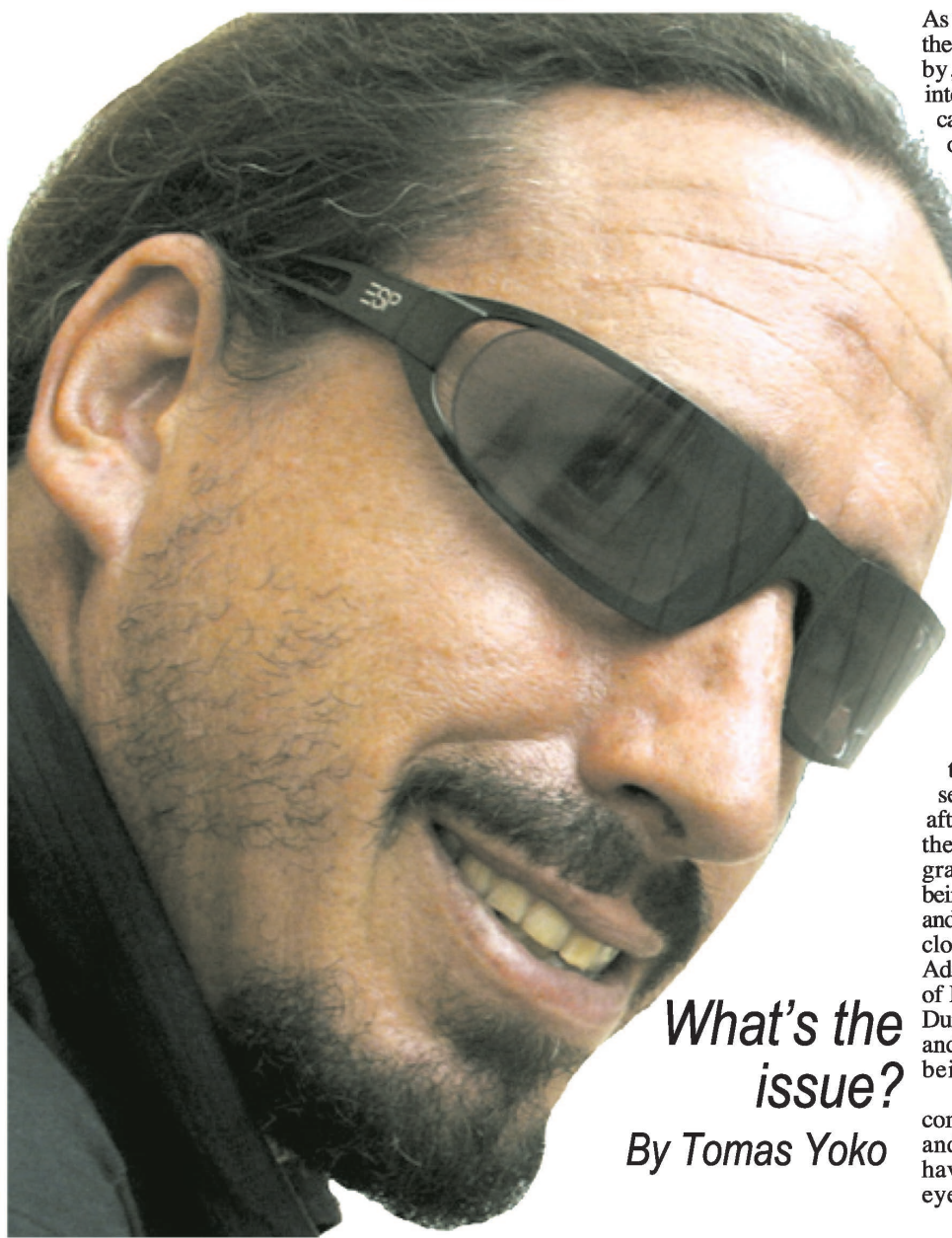


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"It's not how much we give but how much love we put into giving," by Mother Theresa



What's the issue?
By Tomas Yoko

As we slowly begin to realise that the truth is not so easy to come by, a myriad of politicians, intelligentsia and celebrities are calling out the USA as a terrorist organization. Maybe it is because they vetoed a call for cease-fire in Gaza the day before sending a whole bunch of missiles to Israel, or maybe it is their involvement in Vietnam, Libya, Iraq, Afghanistan, Syria, Cuba, Venezuela, Nicaragua, Guatemala, Honduras, Panama, Ukraine the list just goes on and on.

I know, some people may have a different perspective, but the argument is seemingly convincing and the voices of dissent are growing louder by the day.

Besides the international woes of such massive proportions, we have our own domestic atrocities to deal with. The total lack of accountability seems to be fuelling one crisis after another here in SA. Take the discovery of the military grade poison "agent orange" being found in the Ohlanga River and Ohlanga Lagoon. A little too close to my home for comfort. Add to that the massive volumes of E coli found in the waters of Durban's main bathing beaches, and it is no wonder the city is being dubbed "Ecoliweni".

However, the lies keep coming, unabated, like the rain, and from sources that would have previously raised a few eyebrows but these days we

don't even blink. Government officials that would make Pinocchio look like a saint, publishing houses that are cloaked in deceit, news media outlets brazenly propagating disinformation with no repercussions.

COP 28 just finished and the lies spewed forth like an avalanche in the Alps. The Carbon Emissions propaganda that completely ignores the science is like global brainwashing. It is so refreshing to see a few brave scientists trying to wake up the world to the reality that Carbon Dioxide is actually plant food, is only 0.04% of the atmosphere, of which humans are responsible for producing only 3% of that, alluding to the fact that the human impact on CO2 levels cannot have any meaningful effect on the atmosphere. Add to that, that the greening effect of the raised carbon dioxide levels being responsible for advanced greening of arid desert regions, just what we need, and so we

have to wonder why the aversion to this gas? Perhaps we can forgive Volkswagen for cheating on their CO2 emissions reports back in the day and maybe we can escape the clutches of this barbaric lie.

It takes real eyes to spot the real lies that we are being fed by captured media outlets. The rate of incidents of myocarditis in young people, the severe increase in heart failure, the damage done by the covid vaccine, it is all coming out and there is a wave of retaliation welling up in a flood of retribution as one after another the conspiracy theorists are being proven right and they are being squashed by the people they theorise are intent on population reduction, total enslavement of the worlds poor people, or what will be left of them if they get their way. I have to go, there is a white van outside and some people in white coats who want give me a really trendy jacket with buttons at the back and very very long sleeves.



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Last week's
solution

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

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

"Christmas may be a day of feasting, or of prayer, but always it will be a day of remembrance—a day in which we think of everything we have ever loved." Augusta E. Randal



Prof. Desai Seen with his guests; Sue and Sashan at the recent book launch at Ikes Books in Durban

Professor Ashwin Desai of the University of Johannesburg recently launched his book on the history of Test cricket at Kingsmead. An iconic stadium that has showcased the talents of some of the greatest cricketers in the world. The Bugle highlights a synopsis of the book written by the author.

This story begins in 1923 with a nondescript Test match in Durban, South Africa. It was a game played on a new ground, Kingsmead, that was soon spilling ink onto the sporting pages of newspapers

turf, and hosted the mind-stretching Timeless Test on the cusp of the Second World War. All the time, Black cricketers, too, donned their whites but were excluded from playing at the ground. And so, they played the game on the outfields, where incredible talents battled between despair and hope on the country's hardening racial boundaries. And then, as apartheid's pitches crumbled, India came to Kingsmead in 1992, beginning a new innings. Of Fathers, Sons and Timeless Tests: Wicket Tales from Kingsmead is

Of Fathers, Sons and Timeless Tests: Wicket Tales from Kingsmead

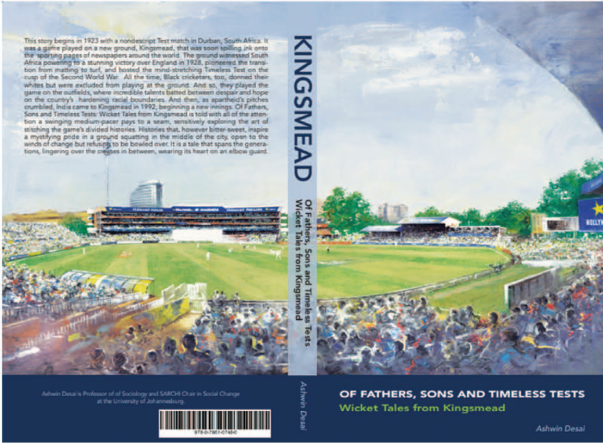
Latest book by Prof. Ashwin Desai launches in Durban

told with all of the attention a swinging medium-pacer pays to a seam, sensitively exploring the art of stitching the game's divided histories. Histories that, however bitter-sweet, inspire a mystifying pride in a ground squatting in the middle of the city, open to the winds of change but refusing to be bowled over. It is a tale that spans the generations, lingering over the creases in between, wearing its heart on an elbow guard.

Ashwin Desai is Professor of Sociology and SARCHI Chair in Social Change at the University of Johannesburg. His latest book (with Goolam Vahed) is Durban's Casbah: Bunny Chows, Bolsheviks and

Bisoscopes. His book Wentworth: The Beautiful Game and the Making of Place was awarded the 2021 Best Non-Fiction monograph by the National Institute for Humanities and Social Sciences (NIHSS) in South Africa.

A perfect Christmas gift, now available at Ikes Books for R280.



Prof. Ashwin Desai with his father Gulab, photo taken in 1967

JOINT SAMPLED BEACH AND RIVER WATER QUALITY RESULTS

11 DECEMBER 2023

BEACH WATER STANDARD LIMITS:	
Beach water quality is indicated by different colour icons as follows:	
EXCELLENT < 130	
ACCEPTABLE 130 - 500	
POOR > 500	

eThekweni Municipality		Talbot	
SAMPLING POINT FOR BEACHES	SAMPLING DATE	E.coli cfu/100ml	Interpretation
Point Beach	07/12/2023	1 043	POOR
Ushaka Beach	07/12/2023	2 595	POOR
South Beach	07/12/2023	8 444	POOR
North Beach	07/12/2023	15 531	POOR
Battery Beach	07/12/2023	>24 196	POOR
Country Club Beach	07/12/2023	24 196	POOR

SAMPLING POINT FOR RIVERS		E.coli cfu/100ml		Interpretation	
SAMPLING DATE					
River at Kingfisher Canoe Club	07/12/2023	198 630	1 267 000	POOR	
River at Riverside Rd	07/12/2023	241 960	241 960	POOR	
River below Northern WWTW	07/12/2023	48 670	450 000	POOR	

Urgent message to KZN beachgoers

Abnormal E.coli levels in our Oceans

SIX beaches across Durban's coastline have been deemed unsafe to bathe in following the joint sampling of beach water quality by the eThekweni Municipality with non-profit organisation Adopt-A-River and its independent partner, Talbot.

The water quality at uShaka Beach, Point Beach, South Beach, North Beach, Battery Beach and Country Club Beach was tested, and the E. coli levels at each of these beaches exceeded the levels that are safe for swimming. These include UShaka, Point Beach, South Beach, North Beach, Battery Beach, and Country Club Beach.

According to the municipality, the joint sampling was done on December

7. "These results show levels of E. coli that are higher than normal. This is after several days of heavy rainfall in Durban, which washes pollution from rivers, streams and stormwater systems into the ocean. This has been linked to the latest 'poor' beach water-quality results."

According to Talbot's rating scheme, an E. coli (sewage bacteria) rating between 0 and 250 units is considered "ideal". Readings between 250 and 500 are "acceptable", while readings above 500 are "critical" and therefore unsafe for bathing.

According to eThekweni's own test results, the lowest E. coli reading was 1,968 units (North Beach) and the highest was 15,290 (Country Club beach).



Durban beachgoers are cautioned to stay away from the beaches

OPUS 1

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A Window Onto
Nature's World
**ODE to the
Christmas Festival**



By Environmentalist and Green
Campaigner Jill Theunissen

Let us rejoice in unity and thankful prayer

The Heavens announce with amazing, shining, starry glory The Festive Season and the Everlasting Christmas Story. Then recollect the Shepherds with their flocks by night, Awakened by the Host of angels, a magnificent glowing Light. Sing 'Once again in Royal David's City stood a lonely cattle shed! Recall the three Wise Men, their arduous journey with deft tread Following the Star of Bethlehem, a glorious steady guiding Light; Bearing the symbolic gifts of

Gold, Frankincense and Myrrh, behold Laid before the Baby Jesus, as the ancient prophets had foretold. In Northern climes soft snowfall decks the land and Festive scene, Clothing white the Yew and Pine Trees, red Holly berries midst the green. Exciting times for young folk with bearded Santa Claus to greet. On Christmas Eve hang stockings, await the reindeer's treat. A special time for friends and families to join in Christmas fare

The table set, the gifts displayed, rejoice in **UNITY** and **THANKFUL** prayer. Throughout our lands Nature has served to set the joyous scene. Rich growth and canopy has flourished, bringing shade forever green. The climbing Jasmin's copious white stars echo the Christmas theme. While Num-num's white stars transform to berries, a juicy dream! The Veld rejoices with new life arising from the Mountains

to the Coast. For all to see the migrant stork and swallows, our Game Parks are Key Host. Now the Holy Birth of Jesus Christ with powerful acclaim and celebration Is here to embrace all peoples and families within our growing nation. Respond with Respect and Honesty, bring Faith and Hope into place. A Blessed Christmas, with candles bright, bestow new Peace, Love and Grace. Ref: For the Nativity and the birth of Jesus Christ refer to the Gospel of St. Luke.

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Lymphatic Drainage *By* Elizabeth Hitch

Elizabeth Hitch is an accredited Lymphatic Drainage practioner and has been practicing for almost 20 years. Elizabeth started out in beauty therapy and through a tragic car accident progressed to the art of lymphatic drainage massage. Lymphatic drainage massage is a form of gentle massage that encourages the drainage of lymph nodes and the movement of lymph fluids around the body. It can help relieve symptoms of lymphedema. The fluid in the lymphatic system helps remove waste and toxins from body tissues. There are a number of benefits, including boosting the immune system, filtering out waste products, increasing the production of lymphocytes, aiding in

relaxation and helping the body fight disease. One of Elizabeth passions is massaging people in pain. "There are a number of benefits, including boosting the immune system, filtering out waste products, increasing the production of lymphocytes, aiding in relaxation and helping the body fight disease." Elizabeth explained, "Most of my clients tell me they feel lighter and have more energy after a session," she added. Contact Elizabeth Hitch on 082 383 2121 for a range of massage therapies include deep tissue and sports injury massaging.





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The Pink Room Foundation pioneers project to feed children in KZN



Cristine Panday, founder of the Pink Room Foundation, and Akash Panday, MD of Skyworth Digital MEA and Group CEO of QVWI

A first-of-its-kind school nutrition initiative in KwaZulu-Natal began with a former teacher preparing sandwiches in her kitchen for hungry pupils. Almost two years later, Cristine Panday's Pink Room Foundation - which has delivered 107 000 sandwiches to seven schools and five communities in Durban - will be operating from a multi-million Rand kitchen where a proven innovative meal and production model will provide a variety of nutritious meals to schoolchildren. Vegetables and meat meals will be prepared, blast chilled, packed and frozen, ready for distribution to schools where it will be heated for lunch. The R2.5-million Pink Kitchen, which can produce 5000 meals a day, has launched in Mount Edgecombe, north of Durban. "I started with just 10 loaves of bread a day. When I saw the need growing, I approached my husband, Akash Panday, who is the MD of Skyworth Digital MEA and Group CEO of QVWI. He immediately got behind the initiative with Skyworth funding the foundation and the entire Pink Kitchen." "I wanted to provide a hot nutritious meal to the children. They couldn't have sandwiches every day. I wanted them to have a variety of balanced meals. I realised I needed a kitchen and concept to enable me to do this." A timely introduction to the renowned Cipla Foundation then helped make Panday's dream of building the Pink Kitchen a reality. The Cipla Foundation introduced Panday to Pebbles Project Kitchen's concept, which has been successful in the Western Cape. Skyworth has also pledged R5-million over five years to the foundation. The pledge has been endorsed by Skyworth's global head office. The first meals produced from the foundation's new kitchen will be delivered in the first week of the new school year on 22 January 2024. "The Cipla Foundation has a vision for containers to be stationed at these schools with solar powered systems to heat these meals. Cipla will help us execute it. We have also acquired two more partners recently, which are IzingaAssist and Skyworth's recently launched brand of consumer products, QVWI." "The Pink Kitchen is a place that provides hope and a brighter future for so many hungry children," added Panday.

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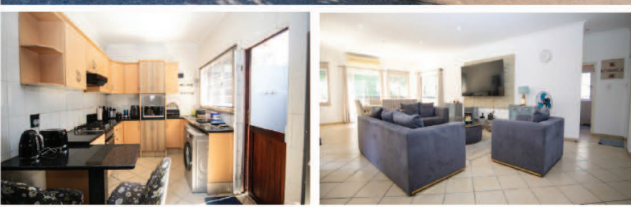
By: Andreas Wassenaar



The Festive Buzz is on
Welcome to the North Coast



PROPERTY OF THE WEEK



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Nestled within the pet-friendly Seaward Estates, this charming home represents exceptional value in coastal living. The heart of this home is the expansive open-plan living area that effortlessly accommodates comfortable furnishings and embraces a lifestyle of ease. The walk-in entrance level presents a welcoming guest suite and a spacious reception area. A dedicated private TV room offers the perfect space for relaxation and entertainment.

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The season is here and we are loving it. Ballito buzzes at this time of year, the retailers will be busy, contractors will be closing off their last projects and planning their well-earned breaks and the estate agents will be ready and eager to service those wanting to explore the hidden gems of our North Coast. We are waiting in anticipation for the opening of the Tongati bridge, planned for this week, which was damaged in the April 2022 floods. This key coastal road bridge linking Zimbali to Westbrook and Umhlanga is well-used and being closed for 21 months has had a severe impact.

The Zimbali Lakes Resort has been most impacted by this bridge closure and the renewed flow of traffic along the M4 will ensure a surge of interest. I had the pleasure of visiting the Zimbali Lakes estate this week and viewing the progress of the golf course and the first grown-in green using the new salt-resistant Bent grass seeds imported from Florida in the US.

This lush carpet-like surface is possibly the best green I have seen in the area and makes it possible for coastal golf courses to enjoy the same quality of greens previously enjoyed by the interior golf courses, which are not subjected to salt content in the air. The fairways of the Zimbali Lakes course are growing quickly and by mid-2024 will be complete. The course is anticipated to be opened to the public in December 2024.

Currently, Zimbali Lakes is promoting a series of prime sites within the exclusive Tatali Views precinct consisting of 106 sites, with five of South Africa's best architects having each designed a flagship home to showcase what is possible in this area.

The sites provide for ultra-modern architecture and interior design, with every platform cut and prepared to ensure views are never compromised by the surrounding buildings. The first R100m in sales are currently provided a significant discount making these sites some of the most attractive along the Dolphin Coast.

Other news from Zimbali Lakes is that the amazing Sports Centre is planned to commence construction in 2024, the Evergreen retirement village is on track to commence during the same period and with the number of plans now approved the area will be a hive of building activity.

Currently, off-plan sales of new sectional schemes such as Aurum and others are being made available by Zimbali Lakes developers determined to set the benchmark in new innovative and environmentally smart opportunities.

The first developments within the Zimbali Lakes Boulevard area have shown us what rates per/sqm can be achieved on typical studio and one-bedroom apartments. The Ocean Club development is steaming ahead and now with its first phases complete easy for investors to understand the product and position.

Together with the Zululami and Seaton opportunities and the vibrancy of the Zimbali Estate and Simbithi property markets, the North Coast has never before been so poised for growth as we head into a new year. Semi-gratation from Gauteng is expected to continue and the significant price advantage we enjoy over the Western Cape will make it hard to ignore what we have on offer by those astute investors looking for quality of life.



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by Fawzia Khan
Legal Talk



Fawzia Khan

Don't Be Caught Off Guard:

The Importance Of Having Company Policies On Alcohol, Drugs And Harassment In The Workplace

If you are an employer, even if you operate a small business, you should have company policies in place which deals with two specific issues that could arise in the workplace. The first one is employees coming to work intoxicated or who are found to have alcohol or other narcotic substance in their blood stream. Your business should have a zero tolerance to this behaviour as it constitutes misconduct.

Your employees must be made aware of what the consequences would be if they came to work in that state. If there is no company policy in existence, no disciplinary action can be taken against that employee, as no rule broken as none was in place. If an employee has a drug or alcohol addition, measures can be put in place to allow for rehabilitation and monitoring of the employee. An employee who despite support from the Company is unable to remain clean and sober, then termination would be the natural

acceptable result.

The other policy an employer company must have in place, deals with all forms of harassment in the workplace, including gender-based harassment, sexual harassment, racial/ ethnic harassment, workplace bullying and so on. An employer is expected to provide a safe working environment for their employees. In South Africa all forms of harassment is seen as a form of unfair discrimination as it constitutes a barrier to equity and equality in the workplace.

An employer can be held liable for damages suffered should an employee bring a harassment claim against a perpetrator, even if the employer was not aware of any misconduct by the perpetrator. Apart from co-workers, the company policy should extend relationships which the business has with all stakeholders, including the business suppliers, independent contractors, customers, clients, job

seekers, volunteers.

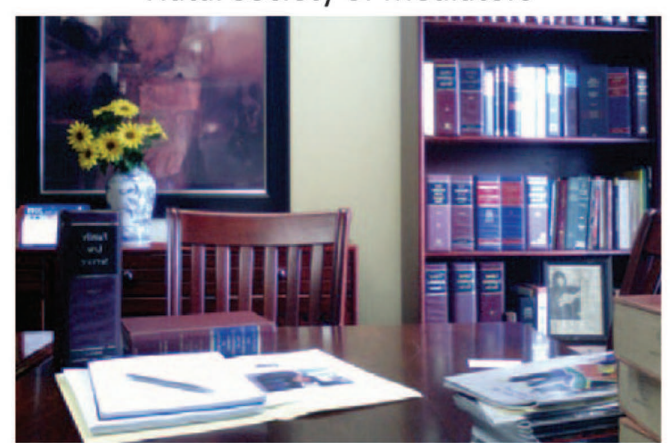
An employer was found liable to compensate his domestic worker for damages arising from sexual harassment, when he engaged the services of a plumber who came into the home and made sexual advances towards the domestic worker, whilst the employer was away.

Don't be caught off-guard. Contact us to and we will assist you in drafting policies which works for your specific industry. The policies can be adapted for your particular business needs. It is both prudent and cost effective to have company policies in place. Contact Fawzia Khan & Associates and we will assist you so that your business, no matter how small it is, remains compliant and protected.

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Fawzia is an admitted Attorney, Conveyancer and Notary Public and is a Commissioner of the Small Claims Court. She is also a trained Mediator and is a member of the KwaZulu Natal Society of Mediators



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Mount Edgecombe, (Opp. Golf Course)



Makowiec

Polish Poppy Seed Roll

Makowiec is a traditional Polish dessert, in my family we always have it for both Christmas and Easter. My Mum makes it without any recipe and makes 2 rolls each time, one for us and one for sharing.

Makowiec is steeped in history, culture and Polish traditions. Derived from poppy seeds, this delectable sweet treat is associated with good luck and happiness and dates back to ancient times.

Originally a simple yeast dough filled with ground poppy seeds, honey and dried fruits, Makowiec has evolved into a

centerpiece of Polish holiday celebrations.

Makowiec for me smells like Christmas. Every time I go home for Christmas I always make Poppy seed rolls. In South Africa, it's my Mom's job and she makes the most awe inspiring loaves. Here is my mom's recipe.



Merry Christmas from our winter wonderland

Poppy seed filling, prepare it a day before:

Ingredients:

- 500 g poppy seed
- 200 g sugar
- 1 teaspoon almond essence
- handful raisins,
- Handful chopped walnuts,
- Handful candied orange
- 1 tablespoon butter
- 5 egg whites

Directions:

Place poppy seed in a sauce pan and cover with milk, simmer for 10-15 minutes. Set aside and set aside for a night.

The next day squeeze out excess milk, add sugar and mix together. Then grind poppy seed two times. I use my blender and make paste out of the seeds.

Dough:

Ingredients:

- 500g flour
- 200ml milk
- 150g butter
- 5 egg yolks
- 1 packet yeast
- 100g sugar
- half teaspoon salt
- few drops vanilla essence

Directions:

Dissolve the yeast in the lukewarm milk, add 1 teaspoon of sugar and 3 tablespoons of flour. Cover with a cloth and set aside in a warm place for 10 minutes for rising.

in a big bowl. sugar, egg yolks, salt and vanilla essence.

Knead everything, then gradually add melted cooled butter. Add some flour if the dough is too sticky.

with a cloth) for rising in a warm place. It should take about an hour to for the dough to double.

In a meantime add almond essence and butter to ground poppy seed. Add walnuts, raisins and candied orange peel.

Beat the egg whites. Combine delicately egg whites into poppy seed filling. Lightly fork beat one egg white in a small bowl. In other bowl mix one egg yolk. Knead the dough again.

Divide the dough into 2 parts.

Roll out first part on the floured table top into rectangle about 30 cm x 40 cm (12 x 16 in).

Brush the dough surface with beaten egg white, place half of poppy seed filling on it and spread it evenly over the dough, leaving 2 cm from edges clear.

Then roll the dough along the long edge, stick the ends and place rolls in a buttered baking dish (40 cm x 15 cm ?> 16 x 5 in).

Brush the surface with egg yolk.

Do same with second part of the dough. Set aside to rise.

After half an hour place in a oven, bake for 40 minutes in 190 C

Merry Christmas everyone and enjoy the festive baking

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"The main reason Santa is so jolly is because he knows where all the bad girls live," By George Carlin



IN THE STARS



Aries March 21 - April 19

Mars spending December in the easy, breezy fellow fire sign known for its unvarnished honesty has a habit of unleashing your no-frills full-forwardness. So, best remember that the truth is relative and people won't want to handle what isn't true for them



Taurus April 20 - May 20

Venus, your prima planet, in the opposite and complementary sign to Taurus on the astro-wheel this December is magnetic, persuasive and determined, helping you stay focused without getting scattered.



Gemini May 21 - June 20

Master strategist Mercury, your ruling planet, in the sign of executive organisation for the first half of December has you zipping along blissfully in top gear while you plan the final act of the year.



Cancer June 21 - July 22

For Cancerians, familiarity breeds contentment, but when the enthusiastic boost of this month's new moon on December 13 tempts you out of the comfort zone into the frenzied frivolity of parties and celebrations.



Leo July 23 - August 22

The dominant celestial energies at this month's negotiating table could seem unreasonably urgent, so if someone is behaving like a ticking time bomb (hopefully not you), don't force issues – give them space.



Virgo Aug 23 - Sept 22

Acts of service is Virgo's love language, and your practical magic makes a crucial contribution to December's merry mayhem. Complicated or unclear arrangements can cause serious fault lines this month.



Libra Sept 23 - October 22

Seeing both sides of any equation can complicate the decision-making for Librans. As your prima planet Venus tugs you this month between your head and heart – guessing what's best or following your feelings.



Scorpio October 23 - Nov 21

Scorpios score this month's best Christmas present. Magnetic Venus in your all-or-nothing sign prints you a season pass to gracefully bow out of ho-hum obligations that aren't lighting your fire, in favour of something much more.



Sagittarius Nov 22 - Dec 21

This month's combustible combination of Sun and Mars in your vibrant sign fires up tremendous birthday momentum and a dynamic energy boost for organising festive game plans. New adventures promising exciting possibilities.



Capricorn Dec 22 - Jan 19

Savvy Capricorns will take full advantage of Mercury's excellent executive assist in the first fortnight of December. Lock in holiday plans and activities before mid-month reversal intensifies seasonal pressures.



Aquarius Jan 20 - Feb 18

Aquarians are the zodiac's premier exponents of community spirit or group flow, and December is unquestionably in need of this expertise for mediating Mercury retrograde's mixed messages and misunderstandings.



Pisces Feb 19 - March 20

When Neptune ends its long retrograde in Pisces during the first week of December, plans come more clearly into focus. Refreshed from the oceanic planet's cycle of soul-searching, with new clarity and realisations.



Ms Vani Moodley is internationally renowned; speaker and motivator

Power To The People
With Ms. Vani Moodley

By Kasia Yoko

Ms. Vani Moodley's career path is more impressive than any Nobel Peace Prize laureate. Her achievements and accolades are as extensive as they are inspiring. Ms Moodley is truly, proudly and honourably one of South Africa's genuine social stalwarts, who has been fighting for the rights of the most vulnerable members of our communities.

As a trainer, coach, mentor and, human rights activist, Ms Moodley is a champion of entrepreneurship, leadership and human development; and she lives right here on our doorstep, in Durban. With views stretching across the familiar cosmopolitan skyline, Ms Moodley invited me to tea and a most scrumptious carrot cake; we took the time to appreciate the view, the cake and the importance of volunteerism.

"I have always wanted to shelter people from injustice." Ms Moodley tells The Bugle, "I wanted to help people understand their rights and their potential to be whomever they want to be in life and not be weighed down by social and racial structures."

Ms Moodley is internationally renowned; she has presented various papers, locally, nationally, and internationally; covering issues of enterprise, development, gender enterprise development, non-violence,

transformational leadership, management; government and corporate leadership development, service delivery with excellence, mental wellness and managing change.

With over thirty years, specifically in executive management and leadership skills training; Ms Moodley is a pioneer in transformational leadership; effective global leadership models and strategies.

Ms Moodley is an internationally recognised trainer in the fields of entrepreneurship and leadership with experience in 29 countries and 4 Islands. She shares her experience with an international and local audience. Ms Moodley expresses the importance of young women having mentors for guidance and support, saying that without the assistance of her mentor, she would not have achieved all that she has.

"I teach people basic essential skills in leading and managing a dynamic team, personal effectiveness, facilitation of individuals to operate at their optimal performance – self healing approaches and the psychology of leading your team to success."

"In this uncertain world everyone must understand how the economy works." Said Ms Moodley, "I am truly passionate about coaching of leaders and managers and incorporating the

fourth industrial revolution principles into leadership and management principles."

Ms Moodley is a true activist and her ability to work with a diverse group of participants, whether racial, cultural, gender or physically challenged, is impressive. She stresses that mental wellness is a critical cross cutting element that is incorporated into all her interventions.

With so many accolades and recognitions locally as well as internationally, Ms Moodley has the much needed knowledge and experience to change and transform lives. She has recently authored a book on women in leadership called 'The Triumphs and Kafkaesque of Women Leaders', which was published and launched at the University of Cambridge in May 2023.

While Ms Moodley plays an important role in developing global entrepreneurship, management and leadership, she is also all about wellness, highlighting how overall mental health plays an important role in any business or organisation. She encourages everyone to take an active role this festive season to check up on employees, neighbours and acquaintances – near and far – 'showing up' for people is a gift most people need at this time of the year.

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"The moment you doubt whether you can fly, you cease for ever to be able to do it," By JM Barrie, Peter Pan

GWM ORA 03 – South Africa’s Bargain of the Year!



South Africa’s youngest car brand and most affordable EV, the GWN ORA, was just awarded SA’s Bargain Of The Year at the Top Gear SA awards

South Africa’s youngest vehicle brand is also South Africa’s best buy. Top Gear South Africa picked the GWM ORA 03 as its Bargain of the Year at its inaugural TopGear South Africa Awards. “It was a welcome surprise to receive the award for the Bargain of the Year,” says Bianca van Staden, Head of Marketing for GWM South Africa and its all-electric sub-brand ORA. “It is fantastic recognition for the team at GWM ORA, who has worked non-stop for the past year to introduce this all-electric brand at the best possible price.” The GWM ORA 03 was introduced in South Africa in November this year. It immediately took up the position as South Africa’s most affordable electric vehicle, offering not only the best possible entry price, but a range that is nearly double that of its nearest competitor. “With ORA the engineers at GWM had a completely blank slate. They redesigned the vehicle to offer not only the best possible purchase price, but deliver a great driving experience, have the best range in its class and come jam-packed with features,” says

van Staden. This combination of great range, performance and a low entry price caught the attention of the TopGear judges who chose the ORA against thousands of other models and model ranges on the South African market. The GWM ORA 03 was one of only four vehicles to receive a five-star rating, thereby certifying its low environmental impact and the responsible engineering by GWM that considers the ORA’s carbon footprint and environmental impact at every step of its life cycle. Four models are available, starting with the ORA 03 Super Luxury. All models are sold with a GMW connectiveCARE charging system for easy at-home charging, a 7-year / 200 000 km vehicle warranty and an even more impressive 8-year / 150 000 km warranty on high voltage parts. All models, regardless of price also have a full 7-year / 105 000 km service plan and an unlimited kilometre / 7-year roadside assistance plan. For more information contact Mbulelo at GWM Umhlango on 072 306 9168.

Mitsubishi Motors Rewards Bongi and Ox

By: Tomas Yoko

Nathi Mhlongo was beaming from ear to ear as he welcomed two of his sporting heroes into his Mitsubishi Ballito Dealership with the view to rewarding them for their amazing performance in winning the Rugby World Cup Title for 2023. “They are larger than life” Nathi said beaming with pride, “Ox and Bongi reflect the power and performance you can expect from a Mitsubishi like the Pajero Sport and the Triton bakkie,” he added.

Jeffrey Allison, General Manager: Marketing at Mitsubishi Motors South Africa said, “Like the rest of South Africa, Mitsubishi Motors South Africa are over the moon with what the Springboks achieved and are proud to partner with double Rugby World Cup winner Mbonambi by sponsoring Bongi Mbonambi with a brand-new Mitsubishi Pajero Sport,” “Following an impressive Rugby World Cup Win Ox’ Nché deserves to have his cake and eat

it and Mitsubishi Motors are proud to support this impressive Springboks player with a Triton Xtreme,” added Jeffrey. “Matching these powerful vehicles to these powerful players is so rewarding for us as a dealership and carries the spirit of our great nation,” added Nathi. If you want or need power in your drive, then contact Nathi on 078 772 7968 or visit the Ballito showroom at 35 Moffat Drive, Ballito.



Beaming with joy for their fantastic new vehicles, Springbok stars Bongi Mbonambi and Ox’ Nché in Nathi’s Mitsubishi Ballito showroom

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Normal fee: R350 per person (children under the ages of 6 are not permitted) – Boat tour fee includes complementary ticket to see the educational Audio Visual & Shark Dissection Show (Show days are Tuesday, Wednesday & Thursdays,

subject to a minimum number of people attending the show).

In addition to the above experience for this Festive Season we have included a new package which includes an amazing experience where you



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