

# SA

JULY / AUGUST 2025

# TU

A MAGAZINE FOR

WOMEN BY WOMEN

## ESSENTIALS

### RECIPES

Peachy Rooibos Iced Tea  
Boozy Strawberry French Toast  
Fridge Raid  
Everyday Bobotie  
Easy Cheesecake

**You're Not Broken —  
You're Becoming  
Whole Again**

### *Sawitu Spotlight*

Safari Outpost - A Taste of True  
South African Hospitality in Canada

Saffas in the Wild:  
A Sunday Getaway to Remember

Savoring Summer

**From Small Purses  
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# Editor's Note

**A**fter enjoying the company of dear friends on this year's Independence Day, I'm reminded once again how important community is and how we must make a conscious effort to always build it. This issue reminds us that our hearts are warmed not only by the summer sun but also by the incredible stories of South Africans coming together across North America.

In this issue, we celebrate the power of community: from sharing delicious recipes that remind us of home, to inspiring tales of support, collaboration, and gatherings that make the miles between us feel smaller.

Dale Gray graced our pages with a couple of mouth-watering recipes from her cookbook, *South of Somewhere*. Look out for her recipes and make sure to order your copy of her state-of-the-art recipe book!

For those new to the U.S., we've included a helpful article on how to build your credit score, written by our very own realtor, Michelle Naicker.

May these pages bring you joy, comfort, and uplift your spirits — whether you're trying a new dish, reading about fellow South Africans' journeys, or planning your own get-together.

Let's keep the spirit of Ubuntu alive this summer and beyond!

Thank you for being part of our SAWITU family.

With love,

**Antonet Lombard De Ridder**  
Editor | SAWITU Ladies Magazine



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# Talk to Tannie Tam

## Your SAWITU Support Column



By Tam Dillon

Welcome to Talk to Tannie Tam, a space for real conversations about the challenges and hurdles of adjusting to life in a new country. This month, I'm diving into what it means to "find your feet" after moving abroad — how to handle the emotional upheaval, redefine your sense of home, and build a life that feels authentic and fulfilling.

### Finding Meaning When the Future Feels Uncertain

Uncertainty doesn't have to look dramatic to feel deeply unsettling. Sometimes it's the quiet weight of things not being stable: rules that change with little warning, systems that feel like they're shifting under your feet, the constant undercurrent of not knowing what your life will look like six months from now. It shows up in stress you can't quite name, in sleepless nights, in moments where it feels like you're doing

**The world is moving fast, and not always in predictable directions. When you're living in a country that isn't your own, those shifts can feel even more intense.**

everything right — but the ground is still moving.

If you've felt unsettled lately, know this: it's not just in your head.

The world is moving fast, and not always in predictable directions. When you're living in a country that isn't your own, those shifts can feel even more intense. You're navigating a system

you didn't grow up in, trying to find stability in a place that doesn't always feel built with you in mind. And yet, in the middle of all this, there's a question that can help cut through the noise: "What is life asking of me right now?" Not what do I want from life, or what should be happening, or what might happen if everything goes wrong — but what is this moment asking

of me? That question, drawn from Viktor Frankl's logotherapy, is one of the most powerful tools we have when the future feels out of reach.

It brings us back into the present, into agency, into purpose. Frankl's work reminds us that meaning isn't found in perfect circumstances. It's something we shape by how we respond. You don't need everything to be okay to choose how you show up. That choice — the ability to act with intention, even when the external world

is uncertain — is one of the most valuable things you have.

You might be in a season where decisions are being made around you, not by you. You might be tired of adapting, tired of holding things together, tired of trying to feel “grateful” when really, you just want to feel safe and steady. There’s nothing wrong with that. Survival mode is still a valid mode. But even inside it, there’s room to ask yourself: “How can I move through this in a way that’s aligned with who I am? What values still matter to me here? What rituals, relationships, or routines help me feel like myself again?”

The answer won’t be the same for everyone. For some, it might mean pulling back to rest and simplify. For others, it could mean taking action — organizing, connecting, speaking up.

Sometimes, it means both. What matters is that you respond in a way that feels truthful, not performative.

Living in an uncertain world doesn’t mean living without direction. It just means the direction might come from inside instead of outside. You don’t need to predict the future to find your footing — you need something steady to return to when the world feels loud. So ask yourself: “What is life asking of me right now?” The

answer may be small. It may be quiet. It may not feel heroic. That’s fine. Meaning doesn’t always arrive as a grand purpose.

Sometimes it’s the quiet decision to keep going, to reach out, to rest, to try again tomorrow.

That’s still meaningful. And it counts. 🌱

If there’s something weighing on you, or a question you’d like me to unpack in the next issue’s column, send it my way at:

[hello@tamdillon.com](mailto:hello@tamdillon.com)

About Tannie Tam

Tam Dillon is a personal development coach and mentor with a passion for helping people navigate life’s biggest transitions and challenges. She is a Johannesburg (Randburg) native and has lived in the U.S. since 2020 with her American husband, whom she met while living in Hanoi, Vietnam.





**Karen-Lee Pollak**  
Managing Attorney

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The practice is led by Karen-Lee Pollak, who is recognized as one of the top immigration attorneys in the United States. She is ranked as one of the most outstanding Texas immigration attorneys in the prestigious Chambers USA legal directory by Chambers & Partners as "Leaders in their Field" for 2016-2018. She has been selected to "Best Lawyers in Dallas" D Magazine's list for nine consecutive years (2014-2022), selected as "Texas Super Lawyer" by Texas Monthly in 2018-2022, Top 50 Woman Attorneys in Texas 2018, named Avvo Clients' Choice Award winner for fourteen straight years (2009-2022), featured as one of Newsweek's Leaders in Immigration Law Showcase and listed as Texas Rising Star® by Texas Monthly.

"This has been a dream of mine since I immigrated to the United States. I practice immigration law to change people's lives for the better and help them realize the American dream. I enjoy reuniting families and bringing the best and brightest minds to the United States so that they can develop their ideas and profoundly change the world."



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# Peachy Rooibos Iced Tea

By Dale Gray

On the slopes of the Cederberg Mountain range in the Western Cape, the climate is temperate and the soil rich for generations, rooibos, a broom-like fynbos plant, has grown there and enabled small farming communities to flourish. The branches are harvested with sickles in the summer and bundled by hand before undergoing an oxidation process that results in the distinctive red color and natural vanilla flavor of rooibos tea. I feel proud to serve it the way people have iced tea in the American South: steeped, sweetened, and chilled in a pitcher to sip on at a moment's notice, usually on the front porch with friends. To highlight the natural sweetness and vanilla notes of rooibos, I add a few fresh peach slices to each glass of ice before pouring the tea.

Yield: 8 servings

## Ingredients:

8 cups of water

8 bags of red rooibos tea (see Note)

½ cup of honey

2 large ripe peaches, pitted and cut into wedges

Lemon wedges, for garnish

In a medium saucepan, bring 4 cups of the water to a rolling boil over medium-high heat. Turn off the heat, add the rooibos tea bags, and steep until the liquid is dark amber in color, for about 5 minutes. Remove and discard the tea bags and stir in the honey until well combined.

Pour the tea into a heat-resistant pitcher and add the remaining 4 cups of water. Refrigerate until it is very cold, for at least 2 hours and up to 1 week.

Serve the chilled tea over ice in highball glasses, with 3 to 4 peach slices per glass and a lemon wedge each, for garnish.

Note: When purchasing rooibos tea online, look for South African-owned companies to support the local communities growing this valuable export.

[Order Dale Gray's Cookbook Here](#)

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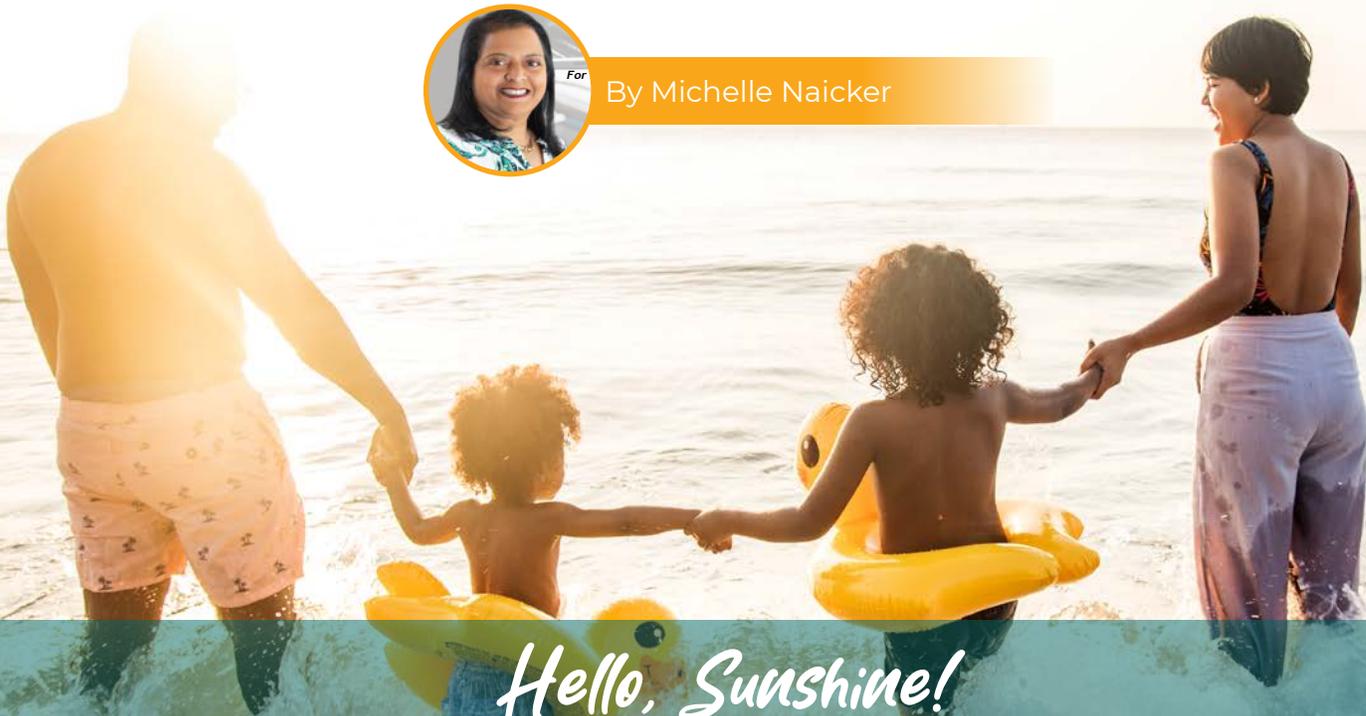
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# Savoring Summer:

## Fun, Fresh & Fabulous Ways to Make the Most of the Season



By Michelle Naicker



### *Hello, Sunshine!*

There's something about summer that stirs the soul. It's a season of vibrant color, longer days, laughter that lingers in the air, and a deep, almost nostalgic pull toward slower, more meaningful moments. As a woman who juggles work, home, family, and community (like many of you!), I've come to cherish the rhythms of each season, and summer, in particular, offers a beautiful opportunity to reconnect. With ourselves. With our homes. With each other. Whether you're a busy mom, an empty nester, a go-getter professional, or somewhere in between, this article is for you. Let's talk about how to embrace this summer fully: body, soul, home, and heart.

#### **Fun & Soulful Summer Activities**

Let's kick things off with experiences, because those are what stick with us far longer than perfectly folded laundry.

##### **1. Backyard Picnics and Outdoor Movie Nights**

You don't need a five-star getaway to feel relaxed and spoiled. Transform your backyard or balcony into a mini paradise. Grab a blanket, bring out your Bluetooth speaker, prep a little charcuterie board or ice cream bar, and let your family gather under the stars.

If you have a portable projector, then a white sheet and some popcorn turns the whole night into a summer blockbuster memory.

##### **2. DIY Garden Therapy**

Gardening is one of the best forms of "me time." Whether you're potting succulents, growing a basil plant in the kitchen window, or painting flower pots with your kids, it's both grounding and joyful.

Bonus: fresh herbs for your summer recipes!



### 3. Sunset Walks & Stargazing

When the air cools and the sky turns sherbet shades of orange and pink, take a stroll. It's free therapy. Bring your partner, your dog, or just your thoughts. At night, spread a blanket and look up, teach your kids constellations or make up stories about the stars. It's a gentle, soulful way to reconnect.

### 4. Plan a "Yes Day"

Yes, like in the movie! It doesn't have to be extravagant, just one day where you say "yes" to reasonable and safe ideas your kids (or your inner child) come up with, water balloon fights, pancakes for dinner, a spontaneous trip to the park. You'll laugh more than you think.



## Fresh & Fabulous: Summer Recipe to Sip and Share

When it's hot out and you want something refreshing, skip the soda. Try this instead:



## Watermelon Mint Fizz

### Ingredients:

- 2 cups chilled watermelon (cubed)
- 1 tbsp fresh lime juice
- A few mint leaves
- 1 cup sparkling water or lemon soda
- Ice cubes

### Instructions:

Blend the watermelon and lime juice until smooth. Pour over ice, add sparkling water, and garnish with mint. Optional: Freeze extra watermelon cubes to use instead of ice for an extra pop of flavor.

*Hosting tip: Serve it in mason jars with cute straws and a watermelon wedge on the rim. It's an Instagram-worthy drink your guests will love!*



### Skin-Loving Summer Tips

The sun feels wonderful, but it can be harsh on our skin if we're not careful. Here's how to glow safely this season:



#### 1. Hydrate Like It's Your Job

When you're running around in the heat (or even relaxing under it), your skin loses moisture. Keep a reusable water bottle nearby. Add lemon or cucumber for a spa-like twist.

#### 2. Never Skip the SPF

This is non-negotiable. Whether you're indoors near windows or out walking the dog, sunscreen is your skin's best shield. Choose at least SPF 30, and don't forget your neck, hands, and ears!

#### 3. Aloe and Rosewater Mist

Keep a small spray bottle in the fridge with a blend of aloe vera gel and rosewater. It feels like heaven on a hot day and can instantly soothe sun-stressed skin.



#### 4. Simplify Your Routine

In summer, less is more. Swap heavy foundations for tinted moisturizer, and let your natural beauty shine through. Your skin (and pillowcases) will thank you.



## Home Sweet (Summer) Home: Seasonal Maintenance Tips

As a realtor, I can't help but notice how homes react to the heat, and how a little TLC now can save you a lot later. Here are a few smart and simple tips to keep your home cool, functional, and beautiful this summer:

### 1. Check Your HVAC Filter

Changing your air filter every 1-2 months in summer helps your AC run efficiently. A clogged filter strains your system and hikes up energy bills, not fun during peak heat!

### 2. Power Wash & Refresh

Give your porch, driveway, or even outdoor furniture a good wash. It makes your home feel like new and instantly brightens curb appeal. Add a few fresh potted plants near the entrance to make guests feel welcome.



### 3. Rotate Ceiling Fans Correctly

Makesureyourceilingfansspincounterclockwise during the summer months to create a cool breeze that pushes air down. It's a simple trick that actually works!

### 4. Sprinkler & Faucet Check

Outdoor leaks can sneak up on you. Check your garden hose connections and sprinkler heads to avoid wasting water, and money.

Summer reminds us to slow down and savor. It's about making memories, not chasing perfection.

Whether you're building a sandcastle with your kids, sipping something refreshing on your porch, or giving your home the seasonal attention it deserves, you're doing enough. You're living the season.

So go ahead, wear the sundress, eat the popsicle, say yes to spontaneous fun. Your summer doesn't have to be Instagram-perfect, it just has to be yours.

## Preparing to Purchase Property for the First Time in the United States

Have you recently moved to the U.S. and feel overwhelmed about buying a home?

If you're reading this and you've relocated to the United States, whether for work, education, family, or a fresh start, you might be wondering: "How do I even begin to purchase a home here?" "Where do I go? Who do I talk to? Can I even qualify?"

First, take a deep breath, you're not alone. And yes, you can do this. Buying your first home in a new country is a big step, but with the right strategy and guidance, it's absolutely possible.

### Here's a Strategy to Help You Get Started

You don't need to have it all figured out, you just need a path. That's what I'm here to help with. Whether you're brand new to the U.S. or have been renting for a while, here's what we'll walk through together:

#### 1. Understanding Your Starting Point

Are you relocating from South Africa or another country and already have property or financial history there?

- Great news: Some U.S. lenders can use your international credit or asset base to help you qualify for a home loan.

Don't have credit yet in the U.S.? That's okay.

- We'll teach you how to build credit from the ground up, and how to do it smartly.

#### 2. Loan Options That Work for New Arrivals

One of the most helpful options for newcomers is the DSCR Loan (Debt Service Coverage Ratio loan). This loan is ideal if:

- You're self-employed or starting fresh here
- You're an investor or have rental income
- You have a 25% down payment ready

The DSCR loan doesn't require traditional income verification, it uses rental income potential instead.

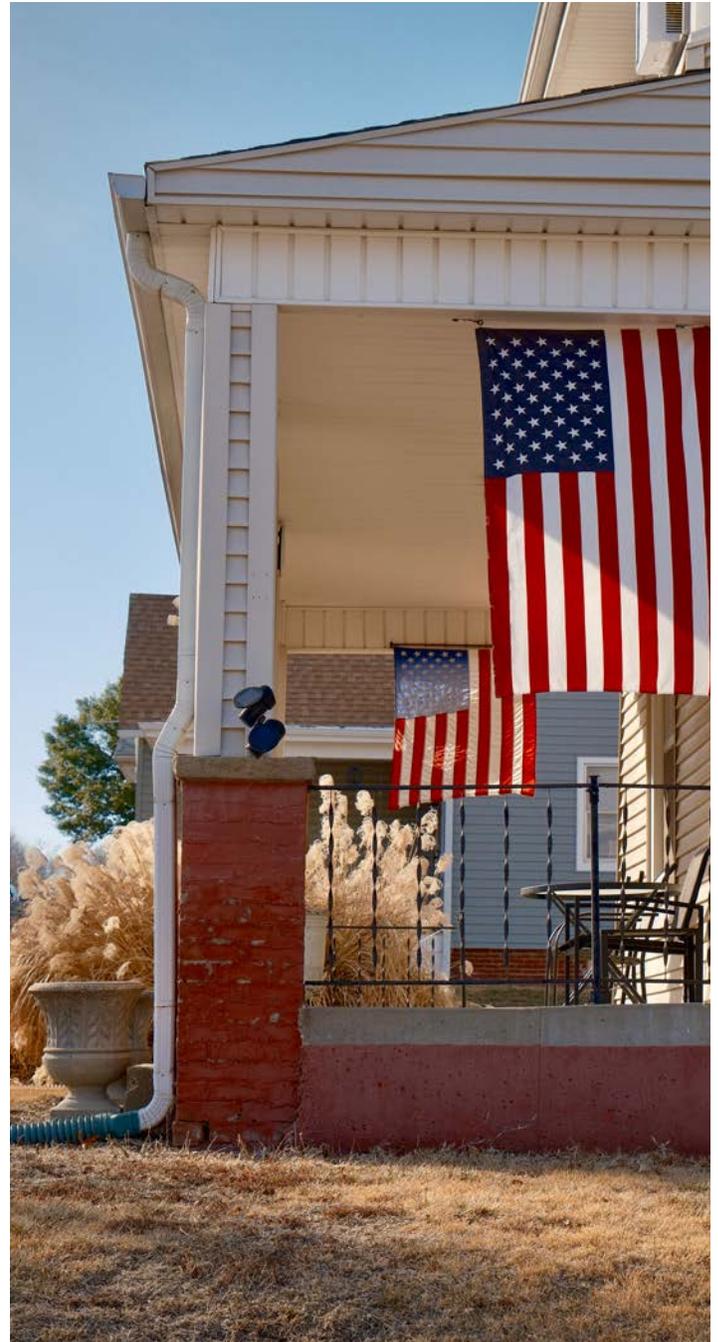
This is a powerful tool for people coming from other countries with funds but without a long credit history in the U.S. We also walk you through first-time buyer programs, FHA loans,

and other options based on your unique profile.

#### 3. Step-by-Step Guidance From Start to Finish

This process can feel overwhelming, but that's exactly why we've created a simple, strategic roadmap for you.

- How to open a U.S. bank account
- How to build or transfer your credit profile
- How to understand down payments, monthly costs, and taxes
- How to find the right home for your lifestyle and long-term goals



### Let's Talk — This Isn't Just About Real Estate

This isn't just about buying property, it's about stability, belonging, and building something for



your future. You've come this far already, this next step should feel exciting, not confusing.

As someone who's helped many international clients make this transition (especially families from South Africa and across the continent), I know the emotional weight behind the decision. I'm not just here to sell you a house. I'm here to help you build a life.

### **Let's Get You There**

Whether you're ready now or just starting to explore, I'd love to be your go-to resource. Let's talk about your unique story and what your version of "home" looks like.

Reach out to me personally, and I'll show you exactly how we can help you get there, step by step, one conversation at a time. 🌹





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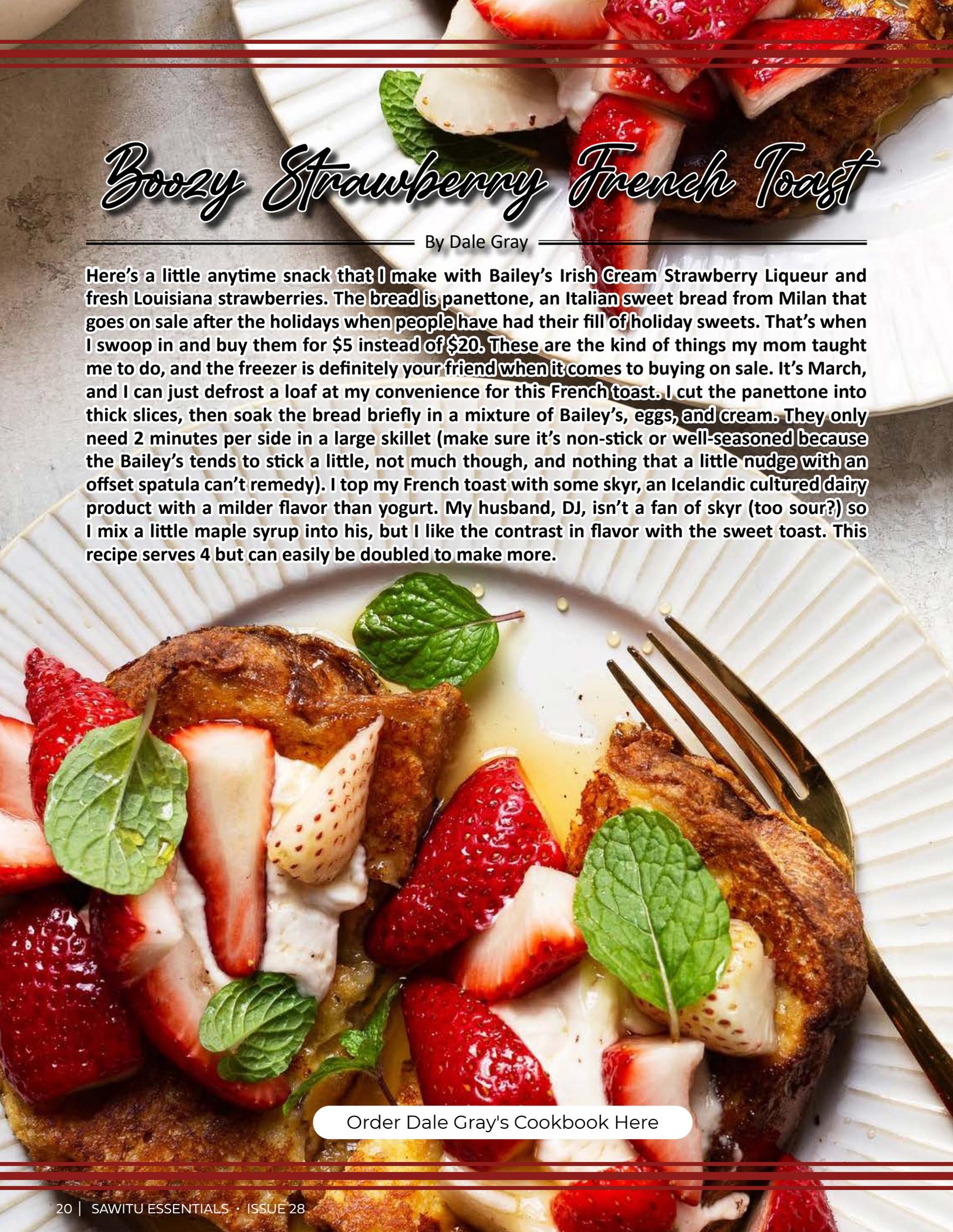
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DALE  
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addition to your kitchen.**

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# Boozy Strawberry French Toast

By Dale Gray

Here's a little anytime snack that I make with Bailey's Irish Cream Strawberry Liqueur and fresh Louisiana strawberries. The bread is panettone, an Italian sweet bread from Milan that goes on sale after the holidays when people have had their fill of holiday sweets. That's when I swoop in and buy them for \$5 instead of \$20. These are the kind of things my mom taught me to do, and the freezer is definitely your friend when it comes to buying on sale. It's March, and I can just defrost a loaf at my convenience for this French toast. I cut the panettone into thick slices, then soak the bread briefly in a mixture of Bailey's, eggs, and cream. They only need 2 minutes per side in a large skillet (make sure it's non-stick or well-seasoned because the Bailey's tends to stick a little, not much though, and nothing that a little nudge with an offset spatula can't remedy). I top my French toast with some skyr, an Icelandic cultured dairy product with a milder flavor than yogurt. My husband, DJ, isn't a fan of skyr (too sour?) so I mix a little maple syrup into his, but I like the contrast in flavor with the sweet toast. This recipe serves 4 but can easily be doubled to make more.

[Order Dale Gray's Cookbook Here](#)

## Boozy Strawberry French Toast

Yield: 4 servings • Prep Time: 10 minutes • Cook Time: 10 minutes

### Ingredients:

¾ cup heavy cream  
½ cup Bailey's Irish Cream Strawberry  
2 large eggs  
1 teaspoon pure vanilla extract  
2 cups fresh strawberries, quartered  
¼ cup pure maple syrup  
4 tablespoons of salted Kerrygold butter (I like the slight saltiness to balance the flavors, the choice is yours!)  
4 thick slices of panettone or brioche bread (1-inch thick)  
½ cup skyr or plain yogurt  
Fresh mint leaves, for garnish

### Instructions:

In a large shallow bowl, whisk together the cream, Bailey's, eggs, and vanilla until well combined and smooth.

In a separate bowl, stir together the strawberries and maple syrup.

Melt 2 tablespoons of the butter in a large non-stick skillet over medium heat. Soak each slice of bread in the cream mixture for 30 seconds per side, and working in batches of 2, add the soaked bread and cook until golden brown on both sides, about 2 minutes per side. Melt the remaining 2 tablespoons of butter in the skillet before cooking the other two slices.

Transfer the French toast to 4 serving plates and top each slice with a dollop of skyr.

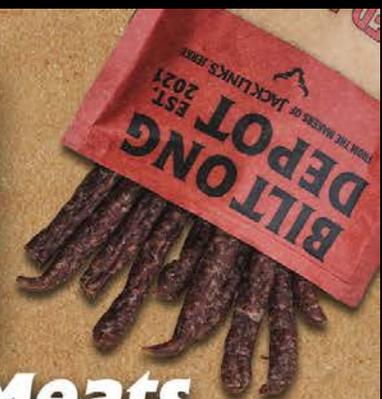
Spoon the strawberries on top and garnish with mint. So easy. Enjoy.

*Notes: You can add chopped toasted nuts for crunch, and if you don't have the strawberry Bailey's then any kind will do. Swap out the fruit according to what's on your kitchen counter or in your fridge.*



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# Safari Outpost – A Taste of True South African Hospitality in Canada



By Leandri Muller

From the southern shores of Bloubergstrand to the snowy plains of Alberta, this family's journey has been one of resilience, hope, and unwavering love for their roots. Their business — Safari Outpost — is more than just a store; it's a lifeline to home for South Africans abroad, and a cultural bridge for anyone curious to experience the magic of Mzansi.

We caught up with the South African-born owners behind Safari Outpost to learn more about their journey from the Western Cape to Canada, their purpose-driven business, and how they're keeping the spirit of South Africa alive from thousands of miles away.





## From the Garden Route to Alberta: A Leap of Love

Before making the move to Canada, this family lived in George, Garden Route, and Bloubergstrand, areas known for their scenic beauty and slower-paced lifestyle. But in 2020, they made the decision to start over in Alberta, Canada, driven by something far greater than adventure or opportunity — a chance to give their son a better future.

“We arrived in August 2020, drawn by the incredible support system Canada offers for people with disabilities,” they shared. “Our goal was to give our son the best possible chance at living a safe and independent life.”

It wasn't an easy decision. Uprooting a life built in South Africa came with its fair share of heartache and adjustment. But they were clear on their motivation and unified in their mission as a family.

Today, they live as a close-knit trio — two parents and their 23-year-old son — along with their beloved pets: two dogs and two cats. Life in Alberta is calm and peaceful. Summers are spent exploring Canada's outdoors, camping and enjoying nature. Winters, on the other hand, bring freezing temperatures and long nights, so the family often looks for warm getaways to escape the cold. And while they've built a life in North America, their hearts remain deeply tied to South Africa, where they still own their home and run another business.

## The Soul of the Business: Safari Outpost

Nestled in Calgary, Alberta, Safari Outpost isn't just a retail store — it's a slice of South Africa in the northern hemisphere. With two convenient locations, the shop has become a favorite for South African expats and locals alike:

- 9671 Macleod Trail, South Calgary, Alberta, Canada
- 2120 Kensington Rd NW #106, Calgary, Alberta, Canada

### So what exactly does Safari Outpost offer?

The answer is: everything that feels like home. Safari Outpost is proud to offer a curated selection of imported South African products, bringing the rich flavours and vibrant culture of South Africa to Canada and the USA.

“From pantry staples and savoury snacks to clothing, toys, and household favourites — our store is a go-to destination for anyone craving authentic South African goods.”

Customers can expect to find favorites like biltong, boerewors, Simba chips, Ouma rusks, chutney, and even freshly baked milk tart. But it's more than the products — it's the experience.

“Whether it's the smell of freshly baked milk tart, the sight of your favourite Simba chips, or a friendly chat in Afrikaans — it should feel like a little piece of home, even if you're far away. Most importantly, a connection to home and community.”

Safari Outpost also ships across Canada and the United States via their online store at [www.safari-outpost.com](http://www.safari-outpost.com), allowing even more SAFFAs to enjoy a taste of home.

### A Business with a Legacy

Safari Outpost was originally founded in 2004 as SA Meat Shop by fellow South Africans looking to serve their community abroad. For years, the store focused on groceries and handmade meats like boerewors and biltong — items that were impossible to find elsewhere in Canada. Three years ago, the current owners purchased the business and immediately began to expand its offerings. “We didn’t start the business ourselves, but we saw its heart and potential,” they said. “We wanted to continue the legacy — and take it further.”

And that’s exactly what they’ve done. The business has grown from a humble grocery supplier into a community hub for South Africans abroad, with added product lines, online shopping, and plans to partner with events and promote South African brands. Their business motto, “A taste of true South African hospitality,” isn’t just a slogan — it’s a guiding principle.

### Challenges, Growth, and Community

Running an import-based business comes with unique challenges. When they took over Safari

Outpost, grocery prices were soaring globally due to inflation and shipping costs. “It didn’t feel right to charge our customers those rates,” they said. “So our goal became finding ways to offer more affordable prices without compromising on quality.”

Another ongoing challenge involves product expiration dates. “Since our containers spend about two months in transit by sea, some products arrive with only a few months remaining before their ‘Best Before’ dates,” they explained.

“However, these items are still perfectly safe to eat and retain their full flavor. Unfortunately, some South Africans are hesitant to buy those products, even though the quality remains unchanged.” Still, their proudest accomplishment is ensuring South Africa’s most loved products are affordable, available, and accessible.



## Inspiration and Faith

At the core of this family's mission is faith and love — for each other, for their heritage, and for the people they serve.

“Our inspiration comes from South Africa — its flavors, memories, and traditions. Living far from home, we missed the simple joys: a bottle of Mrs Ball's chutney, a bite of boerewors, or the crunch of Ghost Pops. That longing inspired us to create a space where others could reconnect, too.”

Their guiding life verse?

“I can do all things through Him who strengthens me.” It's that unwavering belief that has kept them grounded and given them the strength to persevere through challenges, both personal and professional.

### Looking Ahead: What's Next for Safari Outpost?

Safari Outpost isn't slowing down any time soon. The future includes:

- Growing their online presence
- Expanding product lines
- Partnering with local cultural events
- Introducing more South African brands to North America
- Strengthening their position as a cultural and community hub

“We don't want to be just another store. We want to be a place where people come to feel seen, remembered, and understood. A space that brings home a little closer.”

Safari Outpost is more than a business. It's a tribute to heritage. It's a safe haven for nostalgia. It's a bridge between continents and cultures. And most of all, it's a reminder that home isn't always a place — it's a feeling. For South Africans living in North America, Safari Outpost is that feeling bottled, baked, and beautifully preserved.

Visit them online: [www.safari-outpost.com](http://www.safari-outpost.com)

Or stop by one of their Calgary locations and experience true South African hospitality firsthand. 🌿





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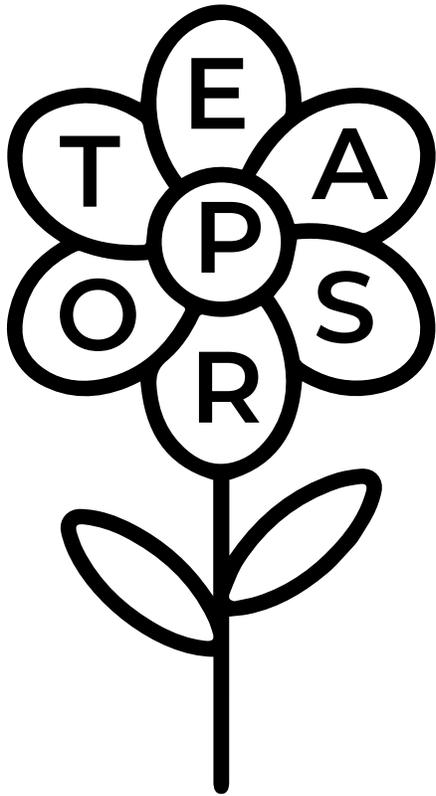


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# SAWITU BRAIN TEASERS

By Ilze Hattingh

## Word Flower



### How to play:

Find as many words as possible using only the letters in the flower (common words from other languages are allowed).

- Words must be at least four letters long.
- Every word must contain the letter in the center of the flower.
- You can repeat the same letter more than once in a word.
- Find the word that uses every letter (listed in bold on page 58).
- Many more letter combinations exist, we just printed 36 for lack of space.

## Crazy Questions

1. Turn me on my side, and I am everything. Cut me in half, and I am nothing. What am I?
2. A red house is made from red bricks. A blue house is made from blue bricks. A yellow house is made from yellow bricks. What is a greenhouse made from?
3. What is harder to catch the faster you run?
4. How can  $8 + 8 = 4$ ?
5. You're escaping a labyrinth, and there are three exits. Exit A leads to an inferno. Exit B leads to an assassin. Exit C leads to a lion that hasn't eaten in three years. Which exit do you pick?
6. What can be swallowed but can also swallow you?
7. They fill me up, and you empty me almost every day; if you raise my arm, I work the opposite way. What am I?
8. What kind of running means walking?
9. First, I am dried, then I am wet. The longer I swim, the more taste you get. What am I?
10. A sundial has the fewest moving parts of any timepiece. Which has the most?

Solutions can be found on page 58



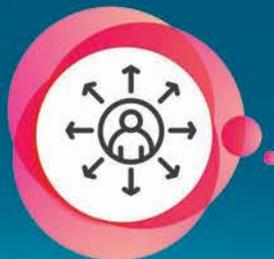
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Order Dale Gray's Cookbook Here

You might know the feeling: evening is approaching, and though you've thought about what to eat all day, nothing seemed to come together. Suddenly someone asks, "What's for dinner?" and now it's a race to try and take stock of the ingredients on hand and finish cooking before anyone gets too hungry. High stress! Just me?

Sometimes (most times, twice a week), these spiced and grilled chicken thighs are the final frontier before I resort to saying, "Let's just do takeout." Real talk. The chicken is coated with a few basic spices, with zero time marinating because sometimes even 10 minutes is too long. What sets them apart is a quick toss in lemon juice, maple syrup, and herbs right after they come out of the air fryer, grill pan, or skillet. The chicken is a perfect topper for almost anything, from crispy fries, salads, and ramen to grain or rice bowls. Usually, I raid the fridge and serve the chicken with whatever I can find. That might be some leftover dips, a few pickled things, and vegetable stragglers hanging out in the crisper. Alone in the refrigerator, these ingredients might not look like much, but when composed on a big board with the chicken, they complete a perfect dinner puzzle in no time at all. Look at the masterpiece you just created, the waste you just reduced, and the money you just saved by avoiding takeout.

## *Fridge Raid Grilled Chicken Board*

By Dale Gray • Yield: 4 servings



## *Ingredients:*

### **Chicken:**

2 tablespoons extra-virgin olive oil  
1 ½ teaspoons paprika  
1 ½ teaspoons kosher salt  
1 teaspoon freshly ground black pepper, plus more for serving (optional)  
1 teaspoon garlic powder  
1 teaspoon chipotle chili powder  
1 teaspoon ground cumin  
1 teaspoon dried thyme  
2 pounds boneless, skinless chicken thighs, trimmed  
Grated zest and juice of 1 lemon  
1 tablespoon pure maple syrup or honey

### **For Serving (Optional):**

½ cup your favorite hummus (see Note)  
½ cup Yogurt Feta Sauce  
Pita wedges  
Sliced cucumbers  
Cherry tomatoes  
Quartered radishes  
Small lettuce leaves  
Sliced red onion  
Olives  
Pickled peppers  
Lemon wedges  
Mint sprigs, for garnish

## *Instructions:*

### **Cook the chicken:**

In a large bowl, whisk together the olive oil, paprika, salt, pepper, garlic powder, chili powder, cumin, and thyme until well combined. Add the chicken and toss until well coated on both sides. I massage everything by hand, for good measure.

### **Stovetop method:**

Heat a large grill pan or cast-iron skillet over medium heat. Add the chicken thighs and cook, flipping once, until grill marks appear or they are deep golden brown and cooked through, 4 to 5 minutes per side.

### **Air fryer method:**

Preheat the air fryer to 375°F. Working in batches, if necessary, add the chicken in a single layer and cook, undisturbed, until golden brown on both sides and cooked through, about 8 minutes per batch.

In a large bowl, stir together the lemon zest, lemon juice, and maple syrup until well combined. Slice the chicken, add it to the bowl, and gently toss to coat. Transfer to a serving board and sprinkle with pepper, if desired.

### **For serving:**

Arrange any of the accompaniments around the chicken and garnish with mint sprigs.

*Note: I dress up store-bought hummus with my favorite olive oils and spices like sumac, Aleppo pepper, or smoked paprika.*

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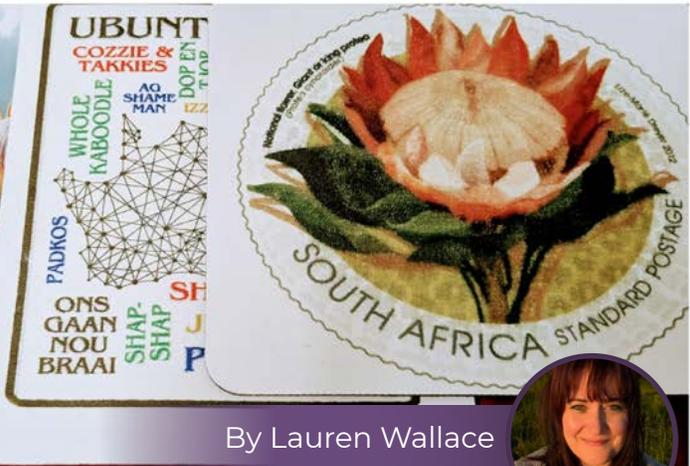
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By Lauren Wallace



## South African Sisterhood in the Prairies: Edmonton South African Ladies' Lunch

The air in Parkland County (about an hour outside Edmonton) on a recent crisp Spring day buzzed with a unique blend of laughter, lively chatter, and the sweet scent of nostalgia. South African ladies who have made Edmonton their home, gathered for a truly special event — an annual ladies' day that promised connection, culture, and a rekindling of shared heritage. And what a day it was!

From the moment the doors opened at the Hansen Corner Community Hall, it was clear this wasn't just another get-together. It was a reunion of roots, a tapestry woven with shared memories of sunshine, culture, memories, and a longing for home. Thirty-six women, a sold-out success, embraced each other with genuine warmth, many meeting for the very first time despite living in the same Canadian city.

The excitement was palpable, a testament to the deep-seated human need for community and belonging, especially when far from one's roots. The day was thoughtfully curated to celebrate and empower. Hands got busy with delightful candle-making crafts, a gentle activity that allowed for conversation to flow freely, stories to be shared, and new friendships to blossom. **Country Love Blooms** provided all the goodies to make unique candles.

Jenni, the business owner, has transformed her acreage into a "field-to-vase" business, meaning they grow their own flowers, which were sprinkled along the tables, and included in the candles. I chose Jenni's business to join our special day because of her focus on community.

Her philosophy of spreading beauty and happiness through her candle-making class aligned perfectly with our event, which emphasized coming together and supporting local talent. The hope was that with each flickering flame, once lit, would become a symbol of the light and warmth that we all bring to each other's lives.

And oh, the food! How could we forget that?! A spread of traditional South African eats transported everyone back to sun-drenched stoeps and *ouma se kombuis*. The aroma alone was enough to stir forgotten memories, and the

The day was thoughtfully curated to celebrate and empower



taste of familiar flavors brought smiles of pure contentment. It was a delicious reminder of the vibrant culinary heritage that binds us.

The ultimate trip down memory lane came courtesy of **Uncle Brian's**, a local South African store owner who thoughtfully brought a curated selection of his shop directly to the event. The joy on the ladies' faces, as they tucked their bottle of Oros under their arm and beamed at the Rooibos skincare products, was wonderful to see. These gatherings often underscore the understanding of what it means to be an immigrant, the small comforts that can make a world of difference.



A truly heartwarming aspect of the day was the strong emphasis on supporting local talent. Several South African ladies who have bravely ventured into entrepreneurship here in Edmonton proudly showcased their wares and talents. It was a powerful demonstration of the ingenuity and resilience of us South African women, and a wonderful opportunity for all the ladies in attendance to support their sisters in business. We're so excited to see these businesses flourish and contribute to our vibrant community!



### Here is a bit about our talented ladies:

**Protea on the Lake** is an Airbnb run by Ciske and her husband. "My husband is Canadian, and I'm South African. We have always dreamed of having a cabin, a little retreat that reflects both of our roots. I envisioned a space that felt peaceful yet personal, with the touch of South Africa woven throughout. Proteas, being so iconic and inspiring, became the perfect symbol for the field we wanted to create. We knew it had to be a lakefront property, and finding a spot where we could watch the sunset each night made it everything we'd hoped for. More than just a place to get away, Protea on the Lake is a space that tells our story. It's a blend of cultures, memories and the calm we both long for. Being able to share it with others, whether they're looking to unwind, reconnect or simply breathe, is something we feel incredibly grateful for." Bookings can be done on Airbnb at:

[airbnb.com/1/5gDw9JHy](https://www.airbnb.com/1/5gDw9JHy)



**Little Details Co.** makes the most adorable party favors, invites, banners and everything else you would need to give your special day that unique South African touch. "Every detail tells a story; that's what we are all about at Little Details Co. We believe it's the smallest touches, from handcrafted invitations to custom banners, that leave the biggest impressions. Our journey began at a kitchen table with just a Cricut, a dream, and a lot of heart. We saw a need for event decor that truly reflects personal style, so we created it. We're here to transform your special moments into unforgettable memories, one beautiful detail at a time." Find Little Details Co. on Instagram at [little\\_detailsco](https://www.instagram.com/little_detailsco) or on Facebook.

Little Details Co. generously provided each person a water bottle with a sweet thank you message on it, and the beautiful, hand-made paper Protea centerpieces for each table.



Mom in all Colours of Gratitude is a celebration of motherhood through words. Luzvie took her passion for books to a new level, creating a range of books for families across Canada (and the world). "This book is a celebration of motherhood through words, love and vibrant illustrations."

An adult coloring book with inspirational quotes, the stunning collection is a true labor of love designed to bring joy, relaxation and a touch of mindfulness to your life. A perfect keepsake to show appreciation to the mom in your life, formats are available in paperback and hardcover available on Amazon. There was also the ABC of Nature and Seasonal Nature books on display. Luzvie kindly gifted three of these books as door prizes to our attendees. Luzvie has a website where all her books and curriculum can be found: <https://naturejournalingthrutheseasons.com>





Copper and Grace was founded in 2022, when Jorika felt the longing of homesickness more than ever. These handwoven Turkish towels are statement pieces. "Homesick for the beauty and warmth of South Africa, I found comfort in sketching the protea, a flower of resilience and hope. This simple act sparked a desire to share that feeling with fellow South African expats, a reminder of the softness and strength of our roots. After months of heartfelt research and design, Copper and Grace was born. Each towel is a labor of love, hand-woven with care and finished with unique, hand-knotted tassels. When your towel is ready, I personally package it with love. This isn't just a product, but a piece of my heart sent across the miles — a soft reminder of home.

Lyla is the name of the first towel born from my original sketch of the protea flower, woven into a perfect statement piece for your home or a special wrap. Our beach range features lightweight, single-woven towels, each with a delicate protea stitched in the corner. These are named after iconic South African beach towns that hold our sun-soaked memories: Amanzimtoti, Plettenberg Bay, Melkbosstrand, Bloubergstrand, and Umhlanga Rocks. All our towels are a generous 180 cm and dry incredibly fast, making them as practical as they are beautiful." Find Copper and Grace on Facebook and Instagram, or through Shopify [6dd9bc-4.myshopify.com](https://www.shopify.com/6dd9bc-4.myshopify.com)



**Cuddle Bunnies** is a business name that speaks for itself. Everything made here is cuddly, and is also the nickname Lynette has given to her two children. "While still in South Africa, I started making teething and pacifier clips for fun. I soon realized I could sell them to support my little hobby. They are crafted from food-grade, BPA-free, non-toxic silicone that has no taste or odor. Easy to clean and maintain, they can be personalized with any color, theme, name, or initials. My mother-in-law, who is incredibly creative, has been perfecting the craft of crocheting soft toys for as long as I can remember. She can make almost any character you can imagine, crocheting day and night, while watching TV in her lounge, in South Africa. Each toy is handmade by her with the utmost love and care and is sent all the way from South Africa."



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As the day unfolded, the beautiful hum of shared experiences rang through the community hall. There was laughter, there were moments of quiet reflection, and there was an undeniable sense of unity. The importance of culture, reminiscing about home, and coming together to empower each other was evident in every interaction. It was a powerful reminder that while we may be thousands of miles from our birthplace, our heritage remains a vibrant and cherished part of who we are. As the saying on our sign for our photo says, "Empowerment is not a one-woman show; it's a group effort."

This event was a dream realized, a testament to the dedication and hard work of the organizers and every single woman who attended. It was a sold-out success, and the overwhelming feedback has solidified our hope to make this an annual event. We envision a future where this gathering continues to grow, strengthening the bonds of sisterhood and providing a much-needed touchstone for South African ladies across Edmonton and the surrounding area.

This is just the beginning of a beautiful tradition. We look forward to many more years of laughter, reminiscing, and strengthening the incredible South African sisterhood right here in the heart of Canada, the city of Edmonton. 🌸

Anna Marie brought along brochures for **A Helpful Hand**. "My passion is providing the kind of one-on-one care you'd expect from a friend or family member. I spend my days with seniors here in Canada, offering support that's tailored to their unique needs. Whether I'm accompanying them to a medical appointment, acting as their shopping buddy, providing respite for their caregiver, or simply monitoring their wellness, my focus is always on them. My team and I are





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At Home with

# SOUTHERN PROTEA



By Nanette O'Grady

## Rooted and Raised: Keeping Culture Alive in a Cross-Cultural Home



People sometimes ask how I keep my culture alive while raising a family in the U.S. — especially in a home where I'm the only South African and my husband was born and raised American. And I'll be honest: for a while, I wasn't sure how to answer that.

I moved to the States when I was seventeen, right at the height of my teenage need to belong. It wasn't easy. I missed home fiercely, but I also just wanted to *fit in*. I softened my accent, adopted American slang, and leaned hard into the culture around me. On the outside, I adjusted quickly. But the core of who I was — my values, my humor, my deep sense of place — never left me.

When I met my husband, he embraced my South African-ness without hesitation. But when we began building a life together — far from my extended family, with limited chances to visit home — I slowly noticed how easily my own culture was being eclipsed by the dominant one around us.

Not deliberately, and certainly not with any lack of love, but slowly and steadily... with American holidays, American traditions, and American accents filling our home.

And then, after an early language diagnosis for our eldest, we were advised to stop teaching him Afrikaans altogether. That was a hard call



reading picture books, and using simple phrases — often with some hilarious results (try telling a 5-year-old boy how to say “bath” in Afrikaans). Though they’re not fluent, the boys became curious and started asking for audiobooks and lessons on their own. Around the same time, I found myself craving it too.

I began listening to Afrikaans audiobooks, playing music I grew up with, even watching old movies. It wasn’t about becoming fluent again — it was about letting the language live in our house. Hearing it. Laughing with it. Letting it feel like home again.

### **We blended our holidays.**

We go all-in for holidays around here, so it made sense to fold in my own traditions. For big, shared celebrations like Christmas and Easter, we bring in little South African touches — special foods, decorations, and music.

For American holidays like Thanksgiving, I’ve added a bit of home by making *pampoentert* (pumpkin pie’s superior cousin, if you ask me). And yes, we even embrace my husband’s Irish heritage — we’re the O’Gradys, after all — by turning St. Patrick’s Day into a green, goofy, full-family celebration. South African holidays like Heritage Day and Braai Day also get their moment, with meaningful conversations or a simple, joyful *braai* in the backyard.

to make — but one we made out of care and caution. Still, as the years passed, I began to feel a gnawing ache I couldn’t quite name. It all came to a head while I was pregnant with our third child. I was in full nesting mode, but what I craved most wasn’t a bassinet or a swaddle — it was *belonging*. I missed home. I missed myself.

That was the turning point. I sat down with my husband and we made an intentional plan to bring my culture back — not just in name, but in the everyday.

### **Here’s what that looked like for us:**

#### **We changed the visual story of our home.**

I began decorating with pieces from my childhood and visits back home — textiles, books, art, items with proteas or African motifs. I mixed them into our modern-traditional aesthetic, and suddenly our house felt more like *my* house. Not just mine to clean, but mine to *belong in*.

#### **We made space for Afrikaans again.**

After years of mostly-English everything, I decided to gently reintroduce Afrikaans into our home. It started with labeling items,





### **We added small rituals.**

Teatime, for example. Something I remember so clearly from my own childhood became a gentle daily rhythm in our house. It's not fancy. Just a pause. A cup of something warm. Sometimes with a rusk. And even the kids' friends now join for teatime when they visit — yes, even the teenage boys!

### **We found our people.**

Plugging into the local South African community here in Tennessee — shoutout to Friends of South Africa, Nashville, and their Tannies Teas — was one of the best decisions we made. It gave our kids the gift of friendships with other kids who share their hybrid experience, and it gave *me* the feeling of not being alone in this cultural middle space as we raise our blended family.

### **And of course, we cook.**

If there's one place where culture lives and breathes, it's the kitchen. From *bobotie* to Romany Creams, I bring South Africa to the table every chance I get. It's become a creative outlet, a teaching tool, and ultimately, the heartbeat of my blog, *Southern Protea*, where I share cakes and recipes inspired by this very blend of cultures — using U.S. measurements, American-available ingredients, and the stories that brought them to life.

What I've learned is this: culture doesn't survive in grand gestures. It lives in the daily rhythm

of our lives. In the words we use, the stories we tell, the meals we share, and the care we take to honor where we came from — even if no one else in the room came from there too.

So, if you're reading this and feeling like the balance is off in your own home, take heart. You don't have to do it all at once. Start with one story. One rusk. One label in Afrikaans. It adds up. It always does.

With love from the Southern Protea kitchen,  
Nanette 🌸

Nanette O'Grady shares more recipes, stories, and reflections on blending South African heritage with American family life at her blog, *Southern Protea* — a warm, practical space rooted in culture, cake, and the everyday table.



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By Anel Smit



## My Journey with **Kidney Failure** and the Search for a Donor

**H**ello! My name is Anel Smit, and I am 44 years old. I am a mom to two beautiful kids, Olivia (9) and Logan (8), and wife to my loving husband, Lenny. We are currently staying in Dripping Springs, just outside Austin, Texas.

I work part-time at the YMCA in the Kids Play area and live an active lifestyle. But I have Chronic Kidney Disease Stage 5 and need a living kidney donor. Wait, how exactly did I get here? Let's rewind. This is my story...

I was born and raised in Johannesburg, South Africa. In 2017, I gave birth to my son, Logan, at 35 weeks due to pre-eclampsia (high blood pressure). It wasn't until later that I discovered the extent of the damage this had caused to my kidneys.

After the Covid pandemic, my husband received an offer to transfer to the United States within his company, which was a wonderful opportunity for us.

Before our move, I experienced persistent stomach aches and ongoing fatigue, prompting me to visit a gastroenterologist. As we were finalizing our medical records, I decided to address these issues. The gastroenterologist recommended a colonoscopy and a complete blood count. Just before the procedure, a lab nurse entered with my blood work, looking concerned. The gastroenterologist asked if I knew my kidneys were in distress. She proceeded with the scope but informed me that I needed to see a nephrologist immediately afterwards. I remember falling asleep in tears, completely

unaware of the severity of my condition. While my colonoscopy results were clear, I was diagnosed with stage 5 kidney failure.

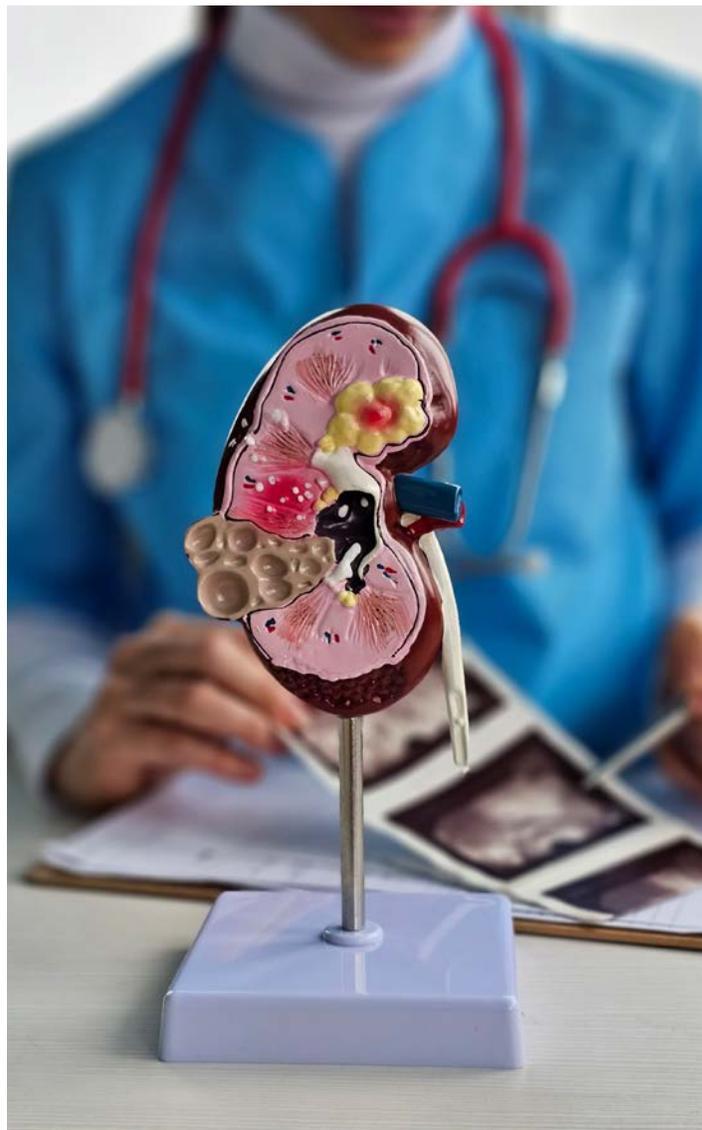
Receiving this terrible news while packing boxes and moving to the States was incredibly challenging. In Austin, I saw a nephrologist who took excellent care of me and initiated the process to get me on the transplant list.

Although kidney disease isn't a death sentence, it has brought significant changes to my life. I now have to be very strict with my diet, as there are many restrictions. Over the next eight months, I underwent monthly blood tests and received injections to manage my anemia, which is common among kidney patients. In October, I received the wonderful news that I was on the transplant list, but I am still searching for a living donor.

### Why I Need a Kidney

People often ask me what I will do differently with a new kidney. While I know there will still be challenges ahead, I am incredibly grateful for the chance to watch my children grow up and live a peaceful life. This journey has taught me to cherish every sunrise and to be thankful for each day. I now live at a slower pace and embrace the present moment with my family, and I want to be able to continue to do so.

Thank you for reading my story. 🌸



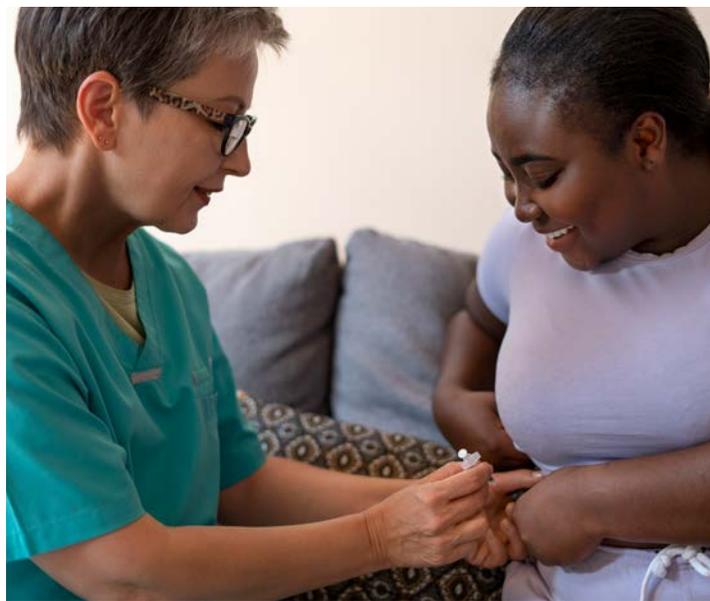
If you're interested in getting tested to be my donor, please visit my site

<https://www.nkr.org/GYL223>

and follow the steps. You can also help me by sharing my story and this site with others.

### How You Can Help

By sharing my story with your group of family and friends, you help to increase the number of people who may consider kidney donation. You can also support me and other patients in need of a transplant by being screened to become a kidney donor with the National Kidney Registry (NKR). The process is easy to complete and potential donors have access to the NKR's nationwide donor support network.





# TALLOW HERBALS

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Our Beef Tallow Balms are available on our Etsy Shop  
👉 Scan me to visit the store or join us on our Facebook page for the latest news.

For any enquiries please email me at: [info@tallowherbals.com](mailto:info@tallowherbals.com)

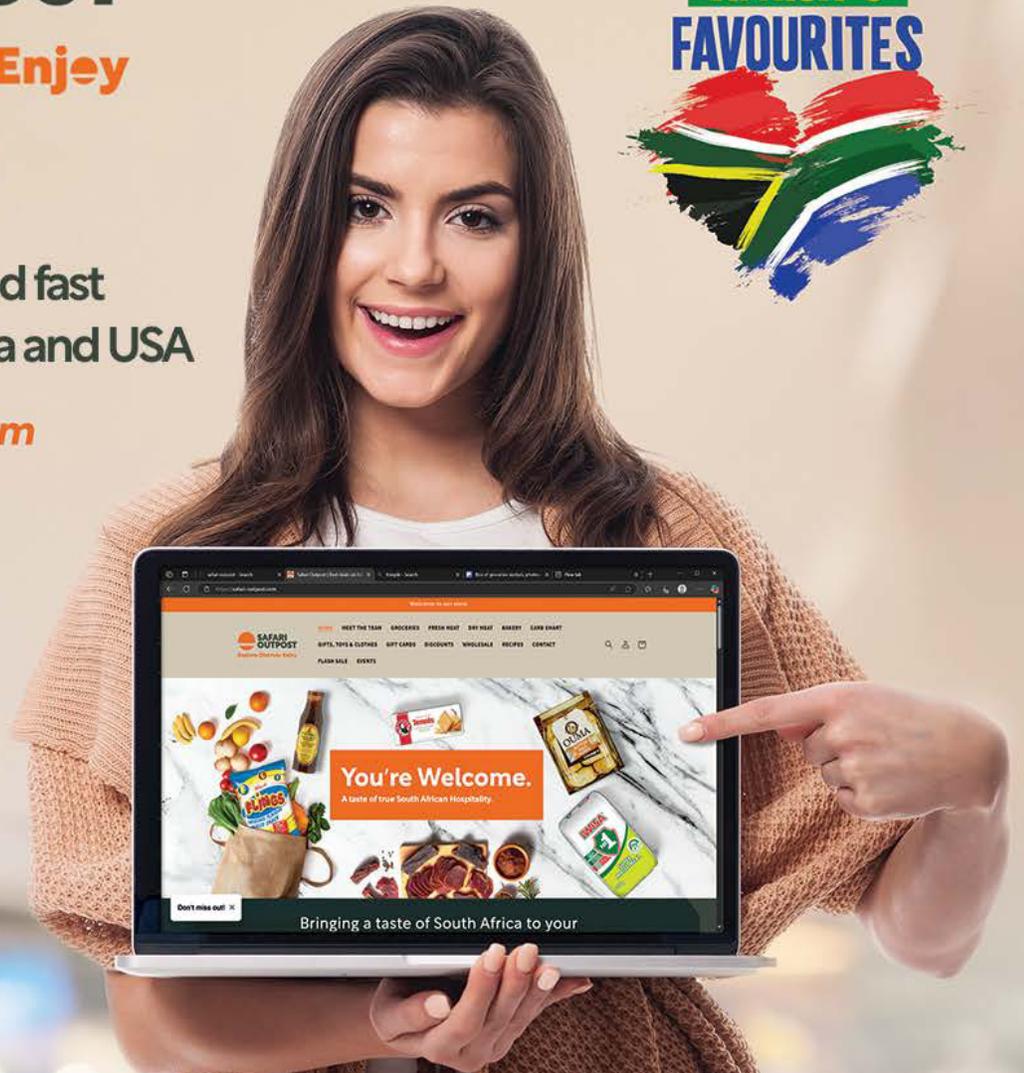
# SAFARI OUTPOST

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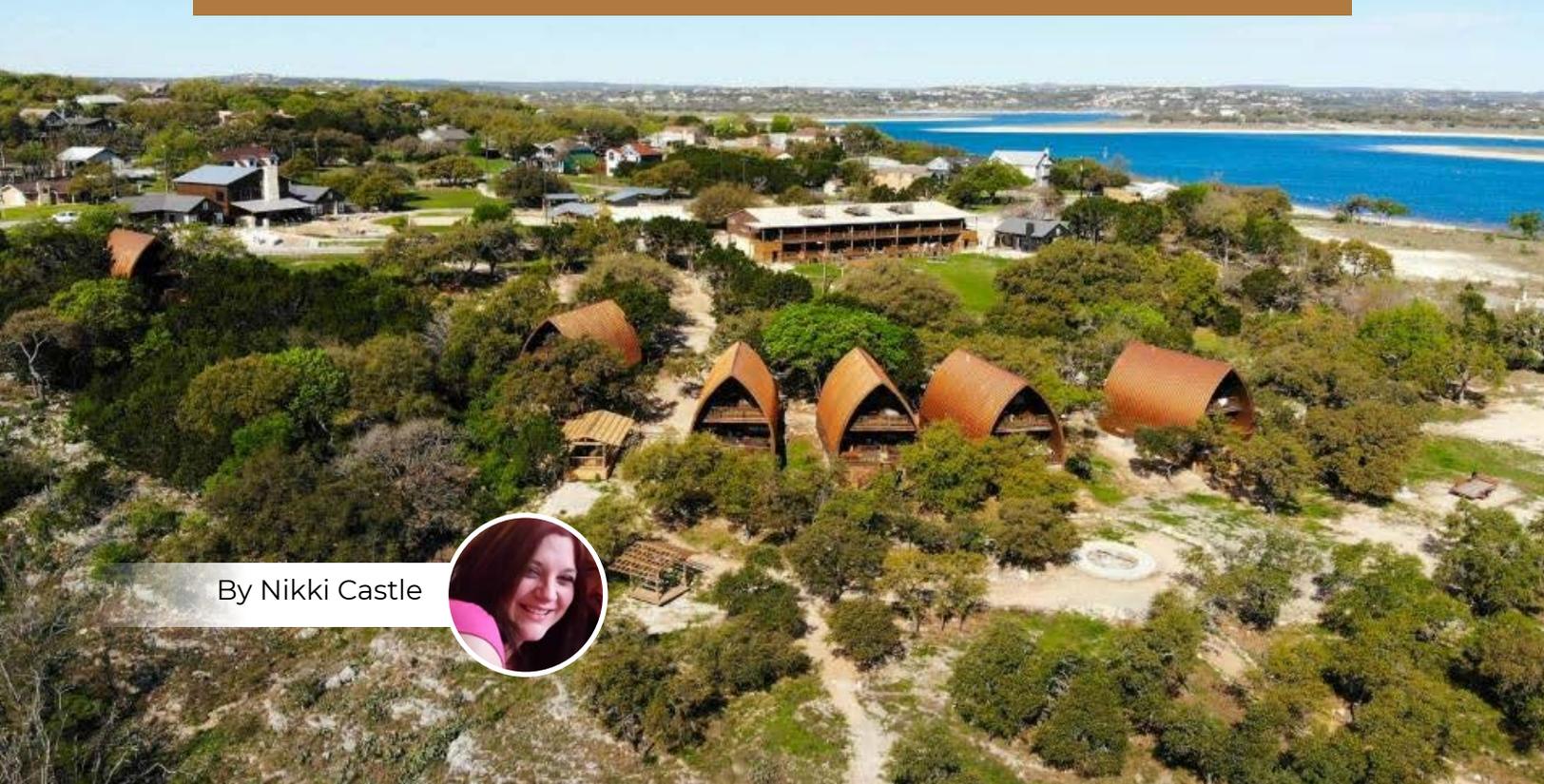
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**SOUTH  
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FAVOURITES**



# *Saffas in the Wild:* A Sunday Getaway to Remember



By Nikki Castle



A group of South Africans living in the U.S., part of the group affectionately known as SAWITU in South Dakota, gathered at the picturesque Canyon Lake Resort on June 8, 2025, for a weekend of fun, food, and camaraderie. Hailing from Gillette, WY, and Rapid City, SD, these expats came together to reconnect with their roots and each other.

The day kicked off with a potluck feast fit for a king (or a bunch of hungry Saffas). Thanks to Lize-Mari's expert planning, we enjoyed a taste of the best: Oxtail Potjie, Biltong Potjie, Bobotie, and more — the spread was a culinary journey through South Africa's rich flavors. Who needs a restaurant when you've got a group of talented Saffas in the kitchen?

As the day went on, the group engaged in some friendly competition, tossing bags in a game of cornhole and soaking each other with water



balloons. Laughter echoed through the resort as acquaintances quickly became close friends over shared laughter and good food.

The afternoon was filled with chats about who's who, how everyone ended up where they are, and future plans, including learning the art of biltong-making and hosting a braai (BBQ) under the stars! The enthusiasm was palpable as everyone shared ideas and excitement for future gatherings.

Of course, no SAWITU gathering would be complete without an array of sweet treats. Monkey Bread, Milk tart, Koeksisters, Malva Pudding, and Lamingtons — the dessert table was a colorful explosion of South African delights.

As the day drew to a close, everyone agreed that it was a resounding success. New friendships were forged, old ones were strengthened, and the vibes will last a lifetime. And who knows?



Maybe next time, we'll even convince the Northern Lights to make a special appearance.

\*A Big Thank You\*

To everyone who made this weekend possible — baie dankie (thank you very much)! Your enthusiasm, cooking skills, and good company made this gathering truly unforgettable.

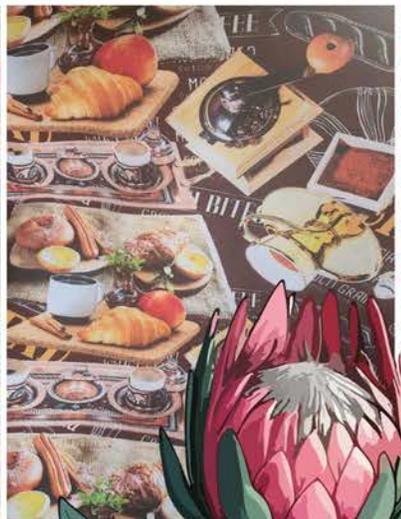
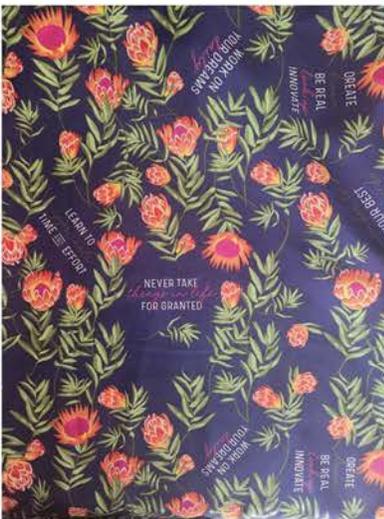
\*Until Next Time...\*

The SAWITUs of South Dakota (and Wyoming) will undoubtedly plan their next adventure soon. If you're a fellow South African in the area, keep an ear out for the next gathering — you won't want to miss it! 🌲



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# *Chicken Livers Piri Piri*

By Dale Gray

[Order Dale Gray's Cookbook Here](#)



Ever get tired of eating the same thing over and over? Try this classic recipe with Portuguese roots, loved by South Africans everywhere. It can be found in almost any restaurant in South Africa, and is usually enjoyed with crusty bread and delicious grass-fed butter. You can reduce the amount of heavy cream for less gravy if you choose, and regular bread can be substituted with this keto-friendly bread if you're following a low-carb diet.

## Ingredients:

- 1 tablespoon butter (the best butter you can find)
- 1 tablespoon olive oil
- 1 large onion, finely chopped
- 1 tablespoon finely minced garlic (2 large cloves)
- ½ cup red bell pepper, diced
- 450g chicken livers, cleaned and trimmed of excess fat
- 1 teaspoon salt
- 1 teaspoon cracked black pepper
- ½ tablespoon Worcestershire sauce
- 2 tablespoons tomato paste
- 1 ½ teaspoons cumin
- 1 ½ teaspoons smoked paprika
- 1 teaspoon peri peri chili powder OR fresh chopped red chili (depends on how spicy you want it!)
- 1 tablespoon fresh oregano leaves
- 2-3 bay leaves depending on size
- ¼ cup fresh lemon juice
- ½ cup (min) to ¾ cup (max) heavy cream - it depends on how saucy you want it!
- 1-2 tablespoons brandy

To serve: Fresh parsley and crusty bread with butter

## Method:

Heat butter and olive oil in a large skillet over medium heat. Sauté onions for 3 minutes or until translucent. Add garlic and chicken livers, and sauté until chicken livers are browned. Then add red peppers and sprinkle with salt and pepper.

Stir in tomato paste, Worcestershire sauce, seasonings, oregano, bay leaves, and lemon juice. Cook for 2-3 minutes, stirring until all the flavors melds. It is important that the lemon juice melds with the other ingredients first, otherwise you may experience curdling.

Lower the heat, add heavy cream, and simmer for 5-10 minutes, being careful not to overcook the chicken livers. I usually test one by cutting it open; it should still be just slightly pink in the middle.

Pour brandy into the pan, sprinkle with parsley, and serve with crusty bread.



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SAWITU BRAIN TEASERS

**Word Flower Answers (p. 28):**

<b>PROTEAS</b>	<b>SEAPORT</b>	OPERAS	PASTER	PASTOR	PATERS
POSTER	PRESTO	PROTEA	REPATS	REPOST	REPOTS
STOPPER	APRES	OPERA	PARTS	PASTE	PEARS
POETS	PORTS	PROSE	PROST	REAPS	SPARE
SPEAR	SPORE	SPORT	TRAPS	PART	PAST
PEAR	PEAS	PEAT	PEST	PETS	SOAP

**Illusion Questions Answers:**

1. The number 8.
2. Glass.
3. Your breath.
4. When you think in terms of time: 8 a.m. + 8 hours = 4 o'clock.
5. Exit C. If a lion hasn't eaten in three years, it has definitely starved to death.
6. Pride.
7. A mailbox.
8. Running out of gas.
9. Tea.
10. An hourglass with thousands of grains of sand.



# SKADI SAFARI

## About

Named after Skadi, the Norse goddess of hunting and winter, Skadi Safaris delivers thrilling adventures in South Africa's breathtaking Waterberg region. Led by Monique Lombard, a passionate Professional Hunter (PH) since February 2020, we specialize in unforgettable hunting experiences tailored for families, women, and children. As one of the few female PHs, Monique combines expertise, safety, and a deep love for wildlife to create memories that last a lifetime. Embark on exhilarating hunts, explore unique activities, and relax in comfortable accommodations that showcase South Africa's stunning landscapes and vibrant culture. At Skadi Safaris, we blend African hospitality with the spirit of adventure.



## Hunting

Discover unparalleled hunting in South Africa's breathtaking Waterberg region with Skadi Safaris. Our commitment to ethical hunting ensures thrilling, responsible adventures for all skill levels.

Explore Diverse Game on Our Premier Hunting Grounds:

- **Big Game:** Challenge yourself with majestic species like giraffe, buffalo, and hippo.
- **Antelope:** Pursue a variety from the grand eland to the agile duiker, including rare black springbuck and golden wildebeest.
- **Unique Species:** Hunt ostrich or alligator for an extraordinary experience.

Our expert guides prioritize safety, respect for wildlife, and your enjoyment, ensuring every hunt is unforgettable. Whether you're a seasoned hunter or new to the sport, Skadi Safaris offers a thrilling adventure set against stunning landscapes.

## Accommodation

At Skadi Safaris, your adventure in South Africa's stunning Waterberg region is elevated by accommodations that blend modern comfort with the untamed beauty of the African wilderness.

Our premier self-catering unit, designed for relaxation and immersion in nature:

- **Spacious Layout:** Four large bedrooms, two en-suite bathrooms, an additional full bathroom, and a separate toilet.
- **Modern Amenities:** Fully equipped kitchen for easy meal prep and a cozy stoep (veranda) for soaking in the serene surroundings.
- **Outdoor Bliss:** Savor meals at the private braai area and unwind in the jacuzzi, with buffalo and hippo sightings nearby.

Skadi Safaris delivers an unforgettable blend of luxury and wild charm, ensuring your stay is as extraordinary as your safari.



## Accreditation



## Other experiences

Beyond our exceptional hunting opportunities, we provide a range of thrilling and unique activities that will make your time with us truly unforgettable.

**Game Drives:** Explore the stunning Waterberg region on guided game drives.

**Cheetah Viewing:** Get close to Africa's iconic predator. Observe cheetahs and learn about their behavior and conservation from our expert guides.

**Crocodile Viewing and Feeding:** Experience Africa's formidable crocodiles up close. Watch them in their natural habitat and gain insights into their behavior and conservation.

**Bow Hunting:** Enjoy a more intimate hunting experience with bow hunting. This traditional method requires skill and offers a deeper connection to nature.

**Elephant Interaction Experience:** Engage with majestic elephants in a hands-on experience, learning about their behavior and conservation.

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By Faye Tones, Founder of Ithemba Creations



## From Small Purses to Big Impact: How Ithemba Creations Gives Back

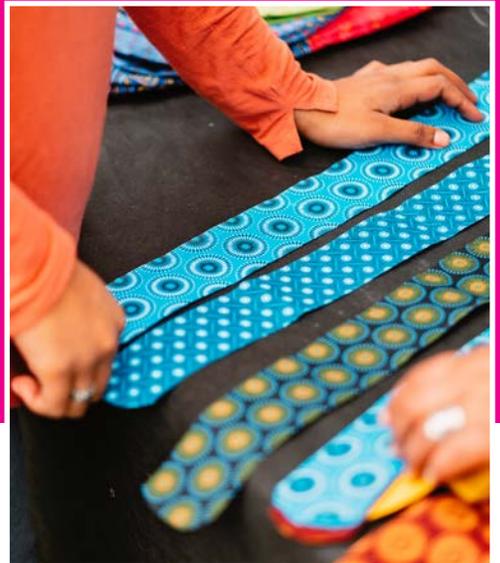
I was raised by a woman who could turn thread and fabric into magic. My grandmother was a dressmaker, and she taught me not only how to sew, but how to stitch love, dignity, and possibility into every piece. It was a legacy which stayed with me. Years later, after I founded Ithemba Creations, I carried her spirit with me — and her belief that beautiful things should do more than just sit pretty. It is our belief they should change lives.

Ithemba means “hope” in Zulu. And that’s exactly what I envisioned for this brand to be: a source of hope. A way to connect people to the heart of South Africa — not just through handmade goods, but through real impact.

Earlier this year, we launched something small: the Encinci coin purse. Encinci means “little one” in Xhosa, and these colorful zip purses were made

by the incredible women of Hands 4 Hope, our artisan training initiative in Cape Town. Hands 4 Hope exists to empower women in underserved communities by offering seamstress training, mentorship, and paid work.

Many of these women had never had the chance to earn an income or express their creativity. Now, they sew with pride — and with purpose.



But the Encinci purse was never just about holding coins. It was about what those coins could do. We chose this initiative as one of our Missions of the Month — a program we run at Ithemba where, every month, we spotlight a worthy cause and give back in a meaningful way. With every Encinci purchased, we set aside the funds to pay our Hands 4 Hope seamstresses to make something even more impactful: durable tote bags, lovingly filled with essential supplies for new mothers. These “mom packs” were donated to The Zoe Project, an organization in Cape Town that supports expectant and new moms facing unthinkable challenges — poverty, violence, addiction, and isolation.

The Zoe Project’s work is profound. They provide medical care, counseling, parenting education, and emotional support during pregnancy and beyond. They make sure every mother feels seen, supported, and surrounded by love — no matter her circumstance. We knew immediately we wanted to be part of their mission.

Thanks to our customers, we were able to fund dozens of mom-packs — each one filled with items such as baby blankets, wipes, clothing, and hygiene products. But more than that, each mom-pack carried a message: You are not alone. You are worthy. You are loved. There was something deeply moving about the full-





circle nature of this initiative. The same women who handcrafted the Encinci purses were now being paid to create these tote bags for mothers they may never meet, but whose journeys they deeply understand. Many of our seamstresses are mothers themselves. They know the weight and the wonder of bringing life into the world. And through this project, they got to pass along strength and sisterhood in the most tangible way.

To me, that's the soul of Ithemba Creations. This isn't just a business. It's a bridge. Every product we sell uplifts an artisan, supports a cause, and invites our customers to be part of something bigger. Whether it's funding school shoes, creating jobs, or donating essentials to new moms — our mission is stitched into every thread.



If you'd like to get involved, there are so many ways. You can shop with purpose on our website, where every item tells a story of hope. You can follow along on social media and help us share these stories. And you can support our partners like The Zoe Project directly, whether through donations, supplies, or advocacy.

What started as a simple purse became a movement of care — from one woman's hands to another's heart. And I know my grandmother would be proud. Because in the end, it's not about the fabric or the stitches. It's about the hope we carry — and the way we pass it on.✿



# Shop Ithemba Online

<p>Ithemba Exclusives</p> <p>SHOP NOW</p>	 <p>BEADED PINCUSHION PROTEA €33,71</p>	 <p>POTTERS TALL TWISTY VASE €75,85</p>	 <p>GEMMA ORKIN CERAMIC LARGE PLATE - PINCUSHION PROTEA €99,03</p>
 <p>BEADED APPLE €19,96</p>	 <p>POTTERS CERAMIC SALT SPOON €12,64</p>	 <p>SPIRIT OF AFRICA GIRAFFE ENAMEL DISH FROM €18,96</p>	 <p>AFRICAN WORRY DOLL €15,75</p>

I'm Faye Tones, founder of Ithemba Creations. Born and raised in South Africa, I was inspired by my grandmother, who was a dressmaker in Cape Town and taught me the value of craft, heritage, and hard work. After moving to the USA, I wanted to share the beauty, spirit, and incredible artistry of Southern Africa with the world. Through Ithemba Creations, I curate handmade homewares, accessories, and art sourced directly from talented artisans who are paid fairly for their skills. Each piece tells a story — of tradition, creativity, and culture — and I'm passionate about honoring those stories while bringing a touch of Africa's warmth into people's homes.

Ithemba means "hope" in isiXhosa, and that's exactly what I want this business to stand for. Beyond selling beautiful products, I'm committed to making a real difference through our Mission of the Month initiative, supporting causes like maternal health, education, and job creation in under-resourced communities. Every purchase helps fund these projects and uplift lives. If you'd like to join us on this journey, please follow us on social media, visit our website to explore our collection, and share Ithemba Creations with a friend who values beautiful, meaningful, ethically made goods.

 <p>DUIHRA BASKET FROM €68,42</p>	 <p>CERAMIC 1 LADY BRIGHT ON WHITE CANDY DISH €44,25</p>	 <p>MBADA - LEOPARD HAND KNITTED SOFT TOY €35,02</p>	 <p>SHWESHWE APRON €39,98</p>
 <p>AQUA PAPER LAPTOP SLEEVE €59,00</p>	 <p>DESIGNER ZULU BRIGHT BEADED HALF ROUND EARRINGS WITH GOLD FITTINGS €26,28</p>	 <p>PINK ZEBRA LAPTOP BAG €48,46</p>	 <p>"A FRIEND IS SOMEONE YOU SHARE THE PATH WITH" AFRICAN PROVERB COSMETIC BAG €23,18</p>

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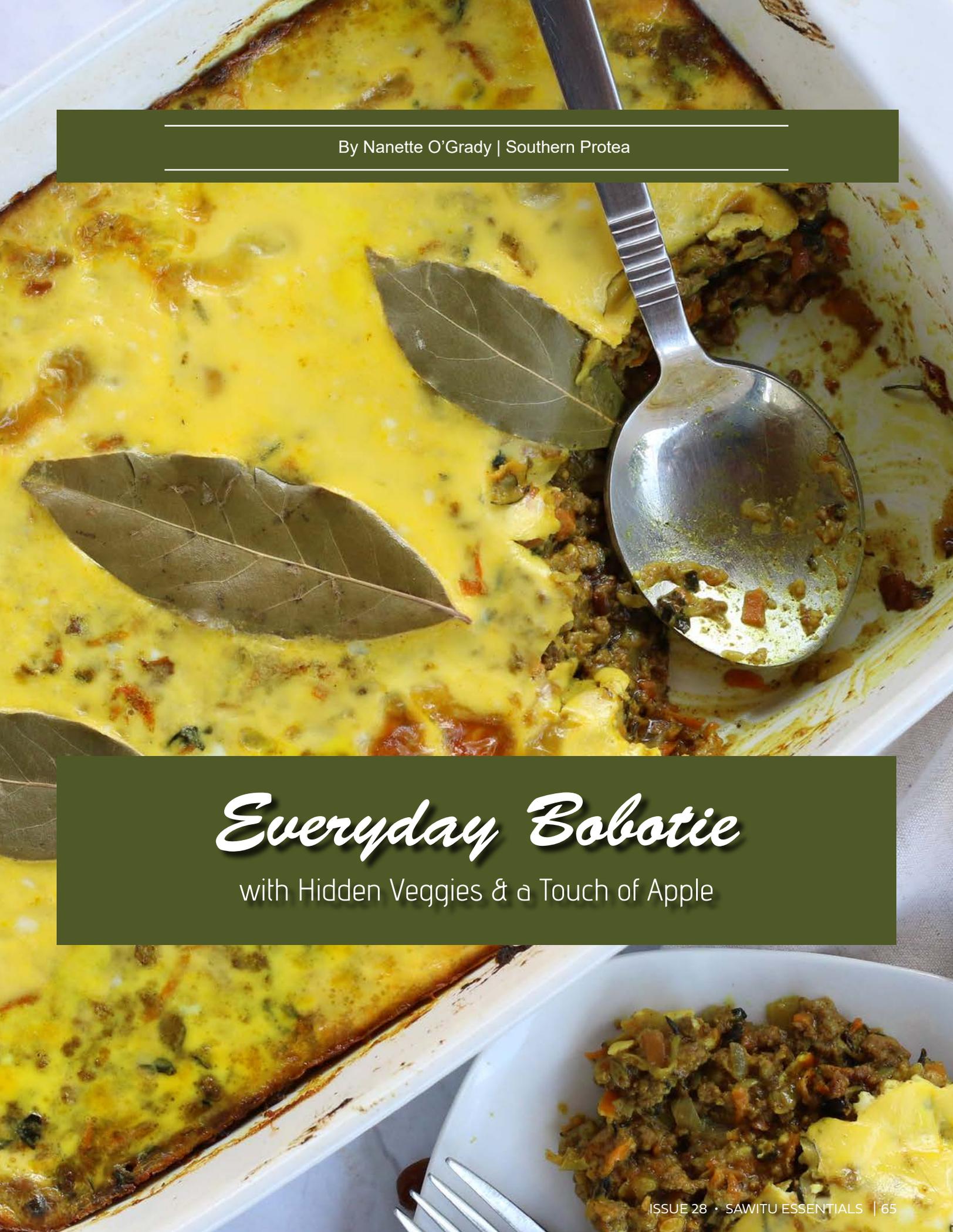
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By Nanette O'Grady | Southern Protea

# *Everyday Bobotie*

with Hidden Veggies & a Touch of Apple

## Ingredients

### For the filling:

2 tbsp olive oil  
1 medium onion, finely chopped  
3 garlic cloves, minced  
1½ lbs ground beef  
1 large carrot, grated  
1 medium zucchini, grated  
1 medium green apple, grated (peeled or unpeeled)  
¾ cup finely chopped baby spinach (optional)  
3 slices of white sandwich bread, torn into pieces  
¾ cup milk

1¼ tbsp mild curry powder  
1¼ tsp turmeric  
¼ tsp ground allspice  
1½ tbsp apricot jam  
1 tbsp white vinegar or lemon juice  
4 tbsp chutney (Mrs. Ball's, if you have it; or substitute with mango chutney like Patak's or Major Grey's)  
1½ tsp salt  
¾ tsp black pepper  
⅓ cup raisins (optional)

### For the custard topping:

3 eggs  
¾ cup milk  
Pinch of salt  
3 bay leaves  
Optional toppings (for serving):  
Sliced bananas  
Desiccated coconut  
Slivered almonds (toasted, if desired)

## Instructions

Preheat oven to 350°F. Lightly grease a 9x13-inch baking dish.

### Soak the Bread:

Combine the torn bread and ¾ cup milk in a small bowl. Let it sit to soften.

### Make the Filling:

In a large skillet, heat olive oil over medium heat. Sauté onion for 5 minutes until soft, then add garlic and cook for 30 seconds more. Add ground beef, breaking it up as it browns. Stir in grated carrot, zucchini, apple, and spinach (if using). Cook for 5–7 minutes until softened and moisture has mostly evaporated. Squeeze the excess milk from the soaked bread (save the milk!) and crumble the bread into the pan. Add curry powder, turmeric, allspice, apricot jam, vinegar/lemon juice, chutney, salt, pepper, and raisins (if using). Stir well. Remove from heat transfer mixture to your prepared baking dish, smoothing the top.

### Make the custard:

Whisk together the reserved milk, ¾ cup fresh milk, and 3 eggs. Add a pinch of salt. Pour gently over the meat filling. Tuck bay leaves into the custard and bake for 35–40 minutes, until golden and set. Let rest for 5–10 minutes before serving.

### To Serve:

Top each portion with sliced banana, desiccated coconut, and slivered almonds for the perfect savory-sweet balance.

### Notes:

You can easily halve this recipe for an 8x8-inch square dish. Baking time may be slightly shorter — check at 30–35 minutes. Make ahead: Assemble the bobotie earlier in the day (up to step 6), refrigerate, and bake just before dinner.

Gluten-Free, Vegan & Keto options available\*

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# You're Not Broken – You're Becoming Whole Again

For many women who've experienced emotional, verbal, or physical abuse, there often comes a moment when the dust starts to settle, and the silence that follows is almost louder than the pain. In that silence, a question arises:

**“Who am I now?”**

It's a haunting question — especially when your self-worth has been tangled in years of mistreatment, manipulation, or emotional trauma. You may find yourself trying to rebuild from what feels like ashes, believing the lie that you must become someone new to be worthy, whole, or loved again.

But here's a gentle, soul-deep truth I want you to hold onto today:

**Healing isn't about becoming someone new. It's about coming home to who you've always been.**

## **The Lie of “Brokenness”**

Abuse distorts the lens through which you view

yourself. Over time, your sense of value, voice, and identity can feel buried beneath the weight of someone else's control. You may have heard — or believed — things like:

*“You're too much.”*

*“You'll never be good enough.”*

*“No one else would ever love you.”*

And maybe, after hearing those words often enough, you started to believe them too. But those were lies — rooted in someone else's insecurity and control, not your truth.

You are not too far gone. Your self-worth was never truly lost — it was only hidden.

## **Why Reclaiming Self-Worth Matters**

Self-worth is the foundation of every healthy relationship — especially the one you have with yourself. It affects your choices, your boundaries, your ability to say “no,” and your ability to receive love without fear.



By Thalia Jansen van Vuuren

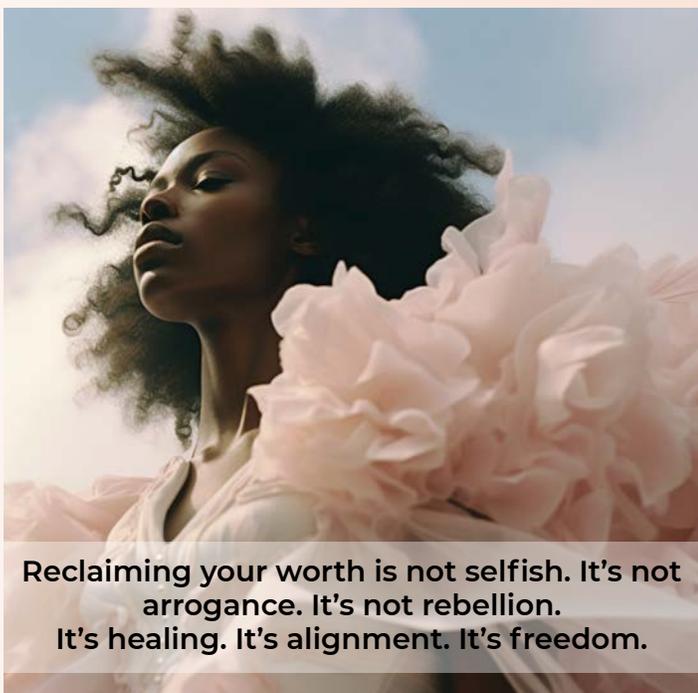


## When we don't believe we're worthy, we:

- Settle for less than we deserve
- Struggle with boundaries
- Tolerate harmful behaviour
- Silence our voices
- Sabotage opportunities and relationships

## But when we reclaim our self-worth, we begin to:

- Choose peace over chaos
- Walk away from manipulation
- Speak our truth with confidence
- Love ourselves with grace and compassion
- Step boldly into the purpose God designed for us



## You Were Worthy All Along

So many women believe they must earn back their worth after abuse. But here's the most powerful truth I can give you:

You were never unworthy.

You were wounded, not worthless.

You were silenced, *but not forgotten*.

You were broken-hearted, not broken beyond repair.

Even in your lowest moment, your worth remained untouched — **because it was never up for debate.** It was sealed by God, imprinted on your soul when He created you. *"You are altogether beautiful, my darling; there is no flaw in you."* – Song of Solomon 4:7

## What It Looks Like to Come Home to Yourself

This is not about fixing yourself — it's about **finding yourself again.** Here are some practical steps to begin this sacred journey:

### 1. Pause and Reflect

Create a quiet space for your heart to speak. Reflect on questions like:

Who was I before the abuse?

What did I love about myself that I may have lost sight of?

What lies am I still believing about who I am?



Journaling can be a powerful tool here. Not to fix you — but to find you again.

### 2. Replace Lies with Truth

Find the negative beliefs that have taken root, then speak life over them.

**Lie:** "I'm not enough."

**Truth:** "I am fearfully and wonderfully made."  
(Psalm 139:14)

**Lie:** "I deserved what happened."

**Truth:** "The Lord is close to the broken-hearted."  
(Psalm 34:18)

**Lie:** "I'll never heal."

**Truth:** "He makes all things new."  
(Revelation 21:5)

Speak these truths out loud. Write them down. Post them on your mirror. Let them become the new soundtrack in your mind.



### 3. Surround Yourself with Safe People

Healing was never meant to happen in isolation. Find a **support group, counsellor, coach, or community of women** who understand what you've been through. You deserve a space where you can be fully seen and gently held — without judgment or shame.

### Final Encouragement: You Are Not Starting from Scratch

You are not starting over — you are **returning**.

Returning to your truth.

Returning to your beauty.

Returning to your identity.

Returning to your God-given worth.

Reclaiming your self-worth doesn't mean pretending it never happened. It means rising anyway. It means rebuilding from the inside out. It means choosing to believe — maybe for the first time — that you are already enough. So, take a deep breath — you are on your way home. ✨

### Biography:

Hi, I'm Thalia Jansen van Vuuren, and I am passionate about helping women break free from toxic and abusive relationships, rebuild their confidence, and step into a life of strength and purpose. With over 20 years of experience in personal growth and relationship guidance. I have dedicated my life to supporting others on their journey to healing and renewal.

I know this journey intimately because I've walked it myself. Having faced and worked through my own toxic relationship struggles, I learned firsthand that healing isn't meant to be done alone—we need a safe space and a supportive community to walk with us through the process. That's why I am committed to creating a space where women can find faith-based encouragement, guidance, and the unwavering belief that they are worthy of a flourishing life.

Coming from a strong faith-based background, I believe that true healing is found in God's love and grace. No matter where you are on your path, you are not alone. Healing is possible, and I'm here to help you take the next step forward with faith, hope, and courage.

You will also find us on our website ([www.globalgraceproject.org](http://www.globalgraceproject.org)), we are an NPO, The Global Grace Project, which is a transformative initiative designed to empower women who have experienced abuse to find healing, strength, and purpose. Through community, education, and advocacy, we provide tools and support to help survivors rebuild their lives.



# COMING TO AMERICA

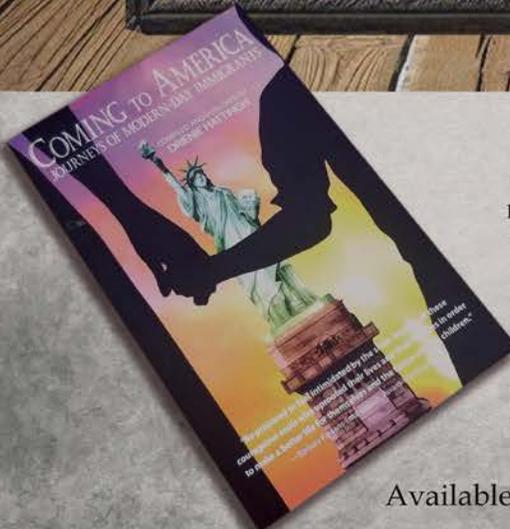
## JOURNEYS OF MODERN DAY IMMIGRANTS

BY DRIENIE HATTINGH



LEAGUE  
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COMING TO AMERICA is a compelling and poignant anthology of 29 stories which bring to life the immigrant experience. It is a book of bravery, jubilation, heartache, sacrifice and hope.

Countless souls have made the journey, and for all of them, it is not a decision made lightly.

It is the dream of a better life, and a more promising future.



Drienie Hattingh was born and raised in South Africa. She is an award-winning author, columnist, journalist, and is the author of two books; *Forever Friends*, and *A Glass Slipper for Christmas*. She has compiled and published nine anthologies including the acclaimed *Tales From Beyond* series.

Available on Amazon and Barnes and Noble, and select bookstores

# EASY CHEESECAKE

## Ingredients:

- 1 packet of coconut cookies
- $\frac{3}{4}$  stick butter
- 1 tin of condensed milk
- 80 ml lemon juice
- 250 ml heavy whipping cream
- 1 packet of Philadelphia cream cheese

## Topping (optional):

- 4-5 fresh strawberries, sliced (if you want to use it for the topping)
- 1 tablespoon icing sugar

## Method:

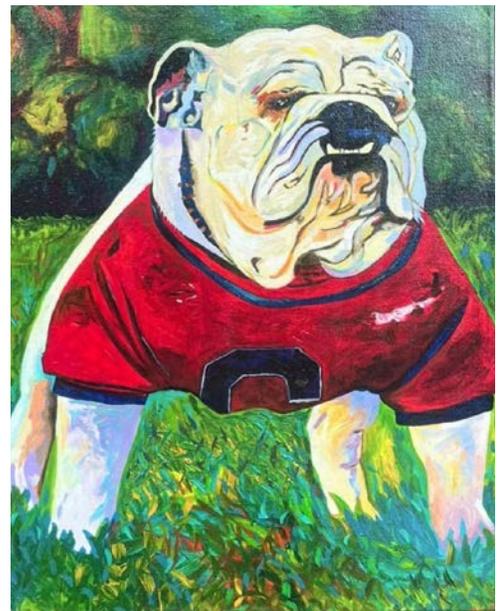
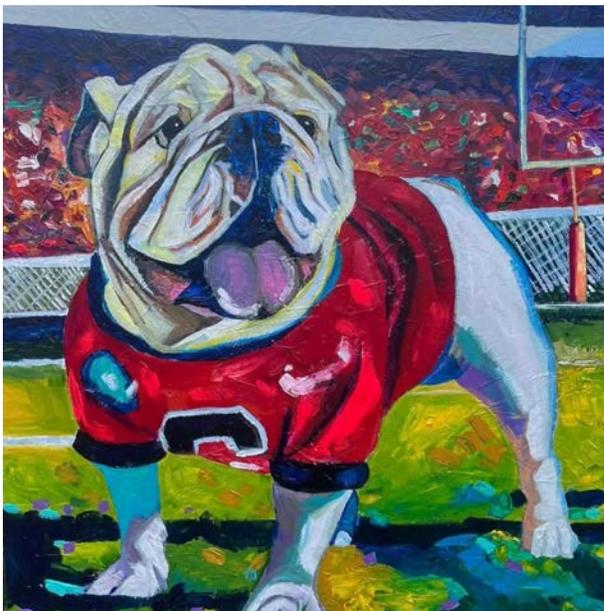
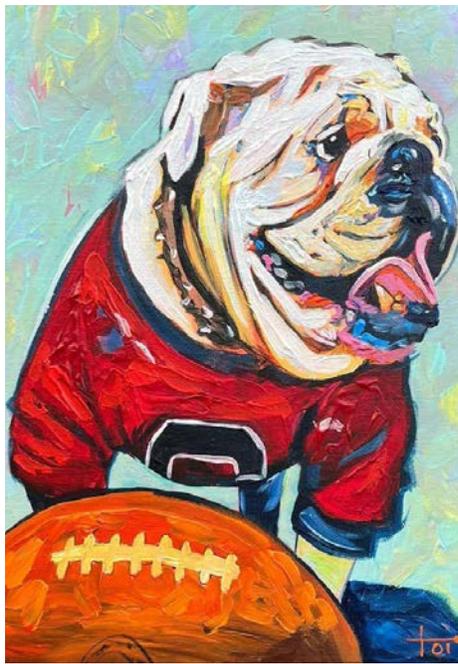
- Crumb the cookies.
- Melt the butter and add it to the crumbs.
- Press the mixture into the base of your oven-safe dish.
- In a separate bowl, mix the lemon juice with condensed milk.
- Add the cream cheese and heavy whipping cream.
- Pour the filling into the prepared shell.
- Bake at 350°F for 10 minutes.
- Garnish with fresh strawberries and dust with icing sugar before serving.



# Art by Toi

Art by Toi on facebook.com  
artbytoi5@gmail.com

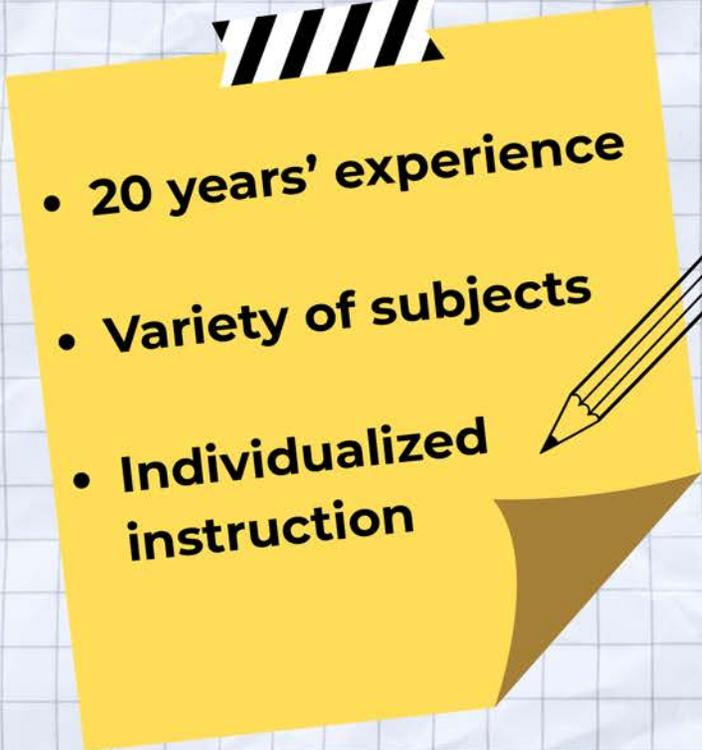
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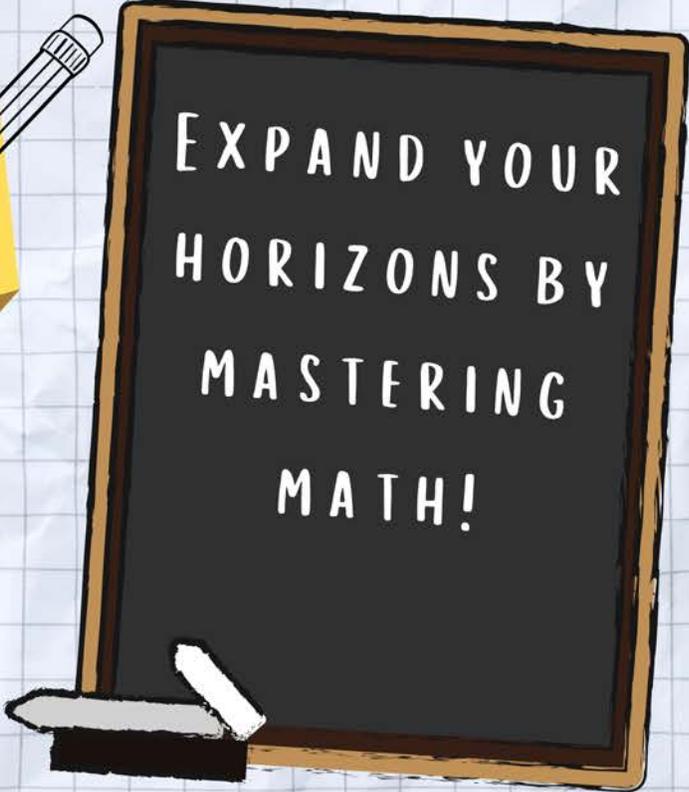


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By Michelle Naicker

## Your Credit & Your Keys: Building a Strong Foundation for Homeownership

Whether you're dreaming of buying your first home or preparing your children for a financially stable future, your credit profile is the gateway to achieving these goals. A solid credit score isn't just a number, it's your ticket to lower interest rates, better mortgage terms, and more buying power.

Let's set you (and your family) up for long-term success in homeownership.

### 1 | How to Build Credit from Scratch (Yes, It's Possible!)

If you've never borrowed before, you're not alone, but the key to building credit is using credit responsibly. Here's how to get started:

- 🏠 **Apply for a secured credit card:** These require a deposit and are often available even with no credit history. Use it for small purchases and pay it off in full every month.
- 🏠 **Become an authorized user:** A parent, partner, or trusted friend can add you to their existing credit card. You benefit from their payment history (without being responsible for the payments).
- 🏠 **Open a credit-builder loan:** Offered by some banks and credit unions, these small loans help you establish a repayment history, one of the biggest factors in your credit score.
- 🏠 **Use rent and utility reporting tools:** Some services report your rent and utility payments to credit bureaus, which can help build your file over time.
- 🏠 **Avoid frequent applications for credit** — too many inquiries can hurt your score.

## 2 | How to Improve Your Credit for a Home Loan

Already have credit but aiming for better mortgage terms? Your lender will look closely at your score, credit history, and debt-to-income ratio.

Here are a few key strategies to boost your credit before applying for a mortgage:

- 🏠 **Pay down credit card balances**  
Aim for a credit utilization ratio under 30%. That means if your limit is \$1,000, keep your balance under \$300. Lower is better.
- 🏠 **Always pay on time**  
Payment history makes up 35% of your FICO score, more than any other factor.
- 🏠 **Avoid opening new lines of credit**  
Hard inquiries and new accounts can temporarily lower your score and raise red flags for underwriters.
- 🏠 **Dispute any errors on your credit report**  
One incorrect late payment or account can cause a big drop. Review reports from Experian, Equifax, and TransUnion annually at [AnnualCreditReport.com](https://www.annualcreditreport.com).
- 🏠 **Work with a lender or financial advisor**  
Sometimes professional guidance makes all the difference. If you're six months or more out from buying, that's a great time to start.



## 3 | Helping Your Children Build Credit the Smart Way

Want to set your child up for financial independence and homeownership someday? Start early and teach smart habits.

- 🏠 **Add them as an authorized user**  
Many credit card issuers allow parents to add teens as authorized users starting at 13–15 years old. They don't even have to use the card to benefit.
- 🏠 **Teach budgeting and repayment**  
Before giving your child a credit card or loan, help them understand interest, due dates, and the value of paying on time.
- 🏠 **Help them open a student or starter credit card**  
Co-sign if needed and set limits. This can help them begin to build a responsible history.
- 🏠 **Explain credit scores early**  
If they understand the long-term impact of a credit score, from renting an apartment to buying a car or a home, they'll be more motivated to make smart choices.

## 4 | Red Flags to Avoid Before Buying a Home

Even with a solid credit score, there are behaviors that can sabotage your homebuying potential. If you're preparing to buy, avoid these common mistakes:

- 🏠 **Opening new credit cards or auto loans** right before applying, these impact your debt-to-income ratio and lower your score.
- 🏠 **Maxing out existing credit lines**, even if you make your payments, high utilization hurts your score.
- 🏠 **Paying off large debts all at once before approval**: it seems helpful, but can reduce your savings reserves, which lenders check.
- 🏠 **Changing jobs suddenly**, lenders like to see stable employment history (ideally 2 years in the same field).
- 🏠 **Co-signing someone else's loan**, it can increase your liability, even if you're not the one making the payments. 🌱

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In Loving Memory of Ouma Susara

# Ouma Susara's All Bran Buttermilk Rusks

By Leandri Muller

## Ingredients:

- 10 cups Walmart all-purpose flour
- 12 tsp baking powder
- 1 pack All Bran Flakes cereal, crushed
- 3 eggs
- 4 sticks butter
- 2 cups sugar
- 500 ml buttermilk
- 1 ½ tsp salt

## Method:

1. Preheat the oven to 375°F and lightly grease baking pans.
2. In a large bowl, sift flour and baking powder. Stir in crushed All-Bran and salt until evenly distributed.
3. Melt butter and sugar together in a saucepan over low heat, stirring until sugar dissolves. Let it cool slightly.
4. In another bowl, whisk eggs and then stir in buttermilk until smooth.
5. Pour wet ingredients into the dry mixture, then add melted butter-sugar mix.
6. Mix until you have a soft, slightly sticky dough. Add a little milk if too stiff.
7. Divide the dough into small to medium balls and place in greased pans. Let them rest in a warm spot for about 20 minutes to rise a bit.
8. Bake at 375°F for approximately 1 hour, or until golden brown.
9. Reduce the oven to 158°F and dry for 4-6 hours, until fully crisp.

Store your rusks in an airtight container once completely cooled. They'll stay crunchy and delicious for weeks—perfect for dunking in tea, coffee, or hot chocolate. Keep them somewhere dry to preserve crispness.



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# THE ART OF REDEFINED CREATIVITY

*Art by Toi*

