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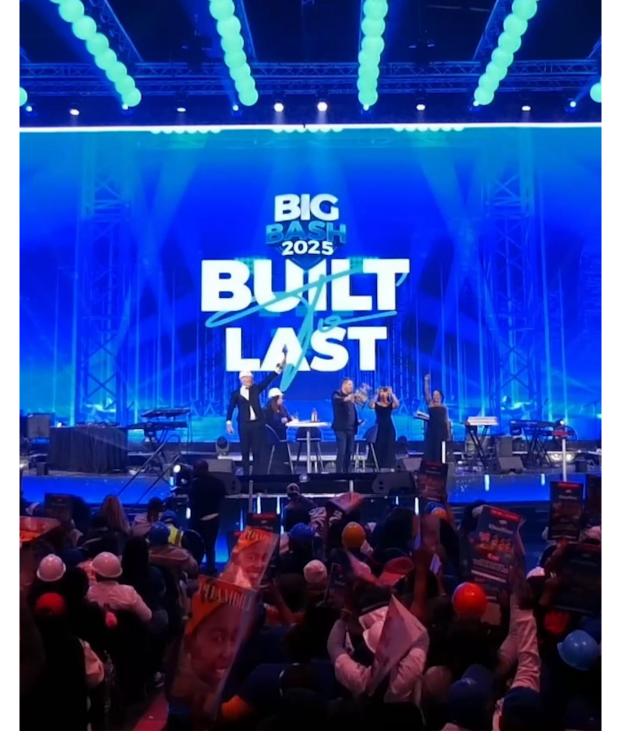


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Eds Word

A Season to Spring Forward Welcome to the Spring Renewal issue of Phambili Magazine!

This season is a powerful call to action—a chance to shake off the old and move forward with fresh energy. True to our name, this issue is dedicated to helping you do just that, with inspiration for every area of your life.

Inside, we explore how to re-energise your body with natural superfoods and nourish your family with hearty, budget-friendly meals. We offer a message of faith to renew your spirit for the crucial months ahead, alongside a practical guide to level up your hustle using the power of storytelling. To complete your renewal, we'll help you step out in style with the season's freshest looks and celebrate the incredible achievements of winners in our community.

This issue is your toolkit for a season of growth. We hope it inspires you to embrace every new opportunity and move forward with confidence.



A Tradition of Triumph: The Unforgettable Energy and Stars of BIG BASH 2025!

More than a company, for over five decades TC Direct has been a force of nature—a beacon of opportunity built on one powerful promise: we celebrate our people!

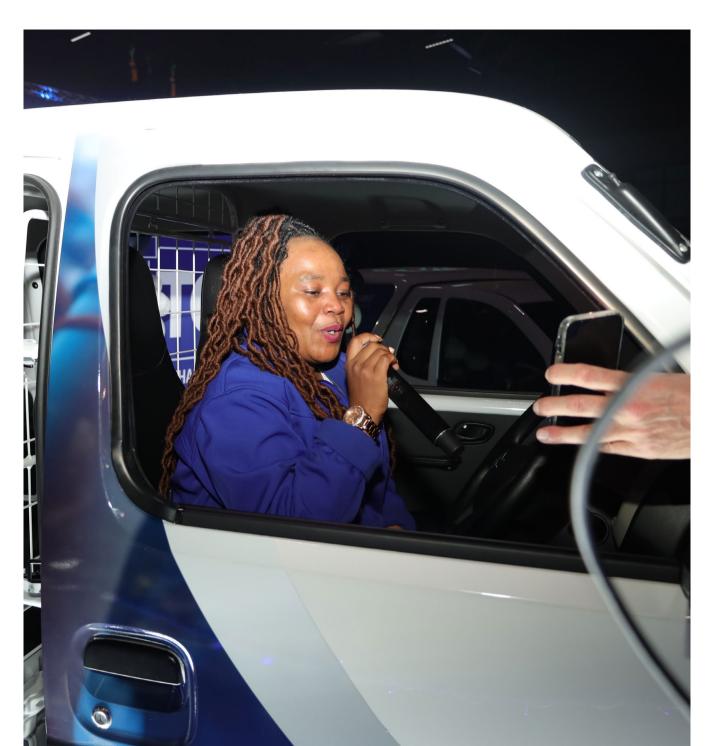
The annual BIG BASH is the ultimate, dazzling explosion of this legacy, where hustle is turned into honour and effort into reward! This year, BIG BASH 2025 was an unforgettable continuation of that tradition, proving that we will always be a company that puts its achievers on a pedestal!

The energy was electric! Long before gates opened at dawn, a proud and passionate crowd was already lining up, ready for a day of pure inspiration and connection. By mid-morning, the scene was breathtaking: a vibrant sea of over 6,000 people united under one sky, pulsing with the unmistakable spirit of the TC Family!

Then came the moment everyone was waiting for—a stunning display of empowerment as over R1 million in life-changing prizes were given away! Led by Managing Director Michael Whitehouse, whose unwavering belief in people transforms lives, the crowd absolutely erupted as the champions of the TC community were crowned!











THE ENGINE OF SUCCESS: OUR CAR WINNER!

Success is a journey, and we just gave one of our brightest stars a brand-new engine to power hers! The "Highest Energy Wins" promotion was all about rewarding undeniable passion, and our winner is the definition of that spirit!

- A massive, thunderous congratulations to Zamashenge Buthelezi!
- Zamashenge is driving away in a brand-new TC Branded Suzuki Eeco 1.2L Panel Van, valued at R240,000!
- This isn't just a vehicle; it's a mobile billboard for her empire and a roaring symbol of her unstoppable entrepreneurial spirit, fueled by her incredible success with Sea Miracle!







PHAMBILI MAGAZINE















EXPANDING HORIZONS: OUR TURKEY TRAVEL WINNERS!

We don't just reward success; we broaden horizons! We want our achievers to dream bigger than ever, and then we make those dreams a reality!

- Get ready to celebrate the phenomenal leaders who are jetting off to Turkey: Khanyisa Siyothula, Renky Lesufi, and Verah Vuyokazi Mbusi!
- Each has earned an exclusive, all-expenses-paid trip worth R65,000, trading their hard work for unforgettable memories in ancient cities!

THE POWER OF CHOICE: OUR "BABIZE BONKE" CASH WINNERS!

The "Babize Bonke" challenge was clear: "Call Them All!" And our winners didn't just answer the call—they owned it, building their networks with passion and the TC Health Herbal Blend!

• Give it up for the five incredible winners who



are now R25,000 richer: Thokozile Happiness Gasa, Leonita Geldenhuys, Slindile Bhengu, Khuthala Xabadiya, and Gugu Patricia Mgadi!

Hisense

That's the power of choice—the power to pay off debt, invest in a child's education, or reinvest to grow their business even further!

And just when you thought the energy couldn't get any higher, the legendary MiCasa hit the stage! Their signature sound had thousands singing and dancing—the perfect soundtrack to a day of pure triumph!

BIG BASH 2025 was more than an event—it was a declaration. It was a heartfelt tribute to the extraordinary people who make TC Direct what it is. As Michael Whitehouse said from the stage, "TC Direct is more than a business—it's a family".

We are still here. We are still standing. And we are Built to Last!

The question now is... Whose name will we be calling next year?

The journey to BIG BASH 2026 starts NOW!







Our Heritage of Hustle

It's more than just survival, sisi. It's about building a legacy that lasts.



On any street in our kasis, you feel it before you see it: the spirit of hustle. It's the gogo waking up before the sun, standing over her three-legged pot, selling hot amagwinya to fund a grandchild's school shoes. It's the young father pushing a trolley of ice lollies in that heavy summer heat, knowing every R5 coin means nappies and rent. It's the teenager braiding hair on the stoep after school, her quick fingers weaving the dreams of her own future.

This is our true heritage. Not monuments or money passed down, but the resilience to make a way where it feels like there is none. Today, that same hustle just has better tools. It's WhatsApp groups buzzing with orders for Tupperware or Table Charm. It's Facebook Lives where women unbox products with a pride that says, "I am building something beautiful." It's our stokvels, which started as a way to survive monthend, now being flipped into businesses, bursaries, and even building materials. Let me tell you, this direct selling thing isn't some new idea from overseas. It's the same community-based economy our grandparents built, now powered by data and a bigger vision.

FROM SURVIVAL TO LEGACY

For too long, we've measured the hustle by what it pays for today: airtime, taxi fare, a loaf of bread. But a heritage mindset challenges us to look further. What are we building that our children will inherit?

It starts with ownership. That feeling when your hustle upgrades a shack to a back room, and that room eventually expands into a proper house with a foundation. One sale, one brick, one step at a time. It's about education. That hustle money that quietly pays for school fees and new uniforms, so

the next generation starts where we left off—not two steps behind. And, of course, it's about generosity. The ability to bless your parents with groceries, to give a decent offering at church, or to help out the neighbour whose kids haven't eaten. That's when you know you're building something real.

If you needed proof, you just had to be at the last big Sales Rally. When Zama Shengi Buthelezi's name was called and she walked on stage to get the keys to that brand-new car, it wasn't just luck. Eish, it was months of walking door-to-door in the sun, of data running out mid-month, of following up with customers and refusing to quit when things were quiet. Her win is a signpost for all of us. That car isn't just a car; it's freedom from waiting for a taxi in the rain. It's proof that if she can do it, so can we.

HUSTLE WITH A STORY, HUSTLE WITH A PURPOSE

Products alone don't sell—stories do. A skaftin was never just a lunchbox; it was love packed for a long shift at the factory. A bowl of pap isn't just maize; it's a message that at our table, there's always room for one more.

When you connect your hustle to its deeper meaning, you're not just making money; you're making a memory. So this Heritage Month, ask yourself: what story are you really telling? When people buy from you, are they just buying soap, or are they buying back their dignity? Are they buying a plastic bowl, or are they buying the feeling of ubuntu when they serve a meal to their family on a beautiful platter?

THE WAY FORWARD

Our ancestors left us the gift of resilience. Our job is to leave our children more than just resilience—we must leave them a foundation. Houses, education, businesses, faith, and the courage to dream bigger than we ever did.

Your hustle is not small. It is heritage in motion. Stop treating it like pocket change and start treating it like the blueprint for your family's future.







CALL TO ACTION:

This spring, lift your hustle from just surviving to truly building a legacy. Write down the one big dream you want your children to inherit—then sell, save, and serve until it's standing strong. That's how we turn hustle into heritage, one sale at a time.

The Story is Your Superpower: A PRACTICAL GUIDE to SELLING with HERITAGE

Let us talk about the oldest and most powerful tool we possess.



Long before catalogues and sales kits, we had stories. It is our heritage, a gift passed down through generations, to weave words that teach, inspire, and bring people together.

This guide is designed to awaken this natural gift within you and turn it into your most effective sales tool.

We will show you exactly how it's done. We'll take two popular products—a modern lunchbox set and a large serving bowl—and provide a clear, step-by-step method to find the story within each. You will learn to transform a simple product presentation into a powerful, emotional connection that makes the product irresistible.

YOUR STEP-BY-STEP STORYTELLING PLAYBOOK

Here is the simple, three-step process you can use for any product.

EXAMPLE 1:THE MODERN LUNCHBOX SET

Step 1: Understand the Customer's Deeper Need.

First, look beyond the object. Your customer isn't just buying a lunchbox. She is looking for a way to provide healthy food for her family. She wants to save money. Most importantly, she wants to send a piece of her love and care with her children or partner each day.

Step 2: Connect to a Traditional Story. Think about our heritage. The skaftin was never just a tin box. It was a story packed for the day. A story of a wife's love for her husband working far from home. A story of a mother's hope for her child at school. It was a promise whispered into the food: "I am with you. Be strong. Be nourished."

Step 3: Craft Your New Sales Story. Now, connect the tradition to the product. You are not selling plastic; you are selling the continuation of a beautiful legacy.



Try saying this: "This is so much more than a lunchbox; it's our heritage, made beautiful for today. It continues the tradition of the **skaftin**, allowing us to pack our love and care for our family in a modern way."

Or this: "Every time you pack this, you are telling your child, 'I'm thinking of you.' You are giving them a piece of home to carry with them. It's a story of provision."

EXAMPLE 2: THE LARGE SERVING BOWL

Step 1: Understand the Customer's Deeper Need. This customer isn't just buying a big bowl. She is the heart of her home, the pillar of her community. She is the one who hosts the church gathering, the family braai, the stokvel meeting. She needs tools that are as big and generous as her spirit.

Step 2: Connect to a Traditional Story. In our culture, the greatest stories are told around a shared meal. A big, overflowing bowl of food has always been the centrepiece of community. It tells a story of **ubuntu**—"I am because you are." It's a story of welcome, of abundance, and the belief that there is always enough to share.

Step 3: Craft Your New Sales Story. Now, show her that you see and honour her role as a community builder.

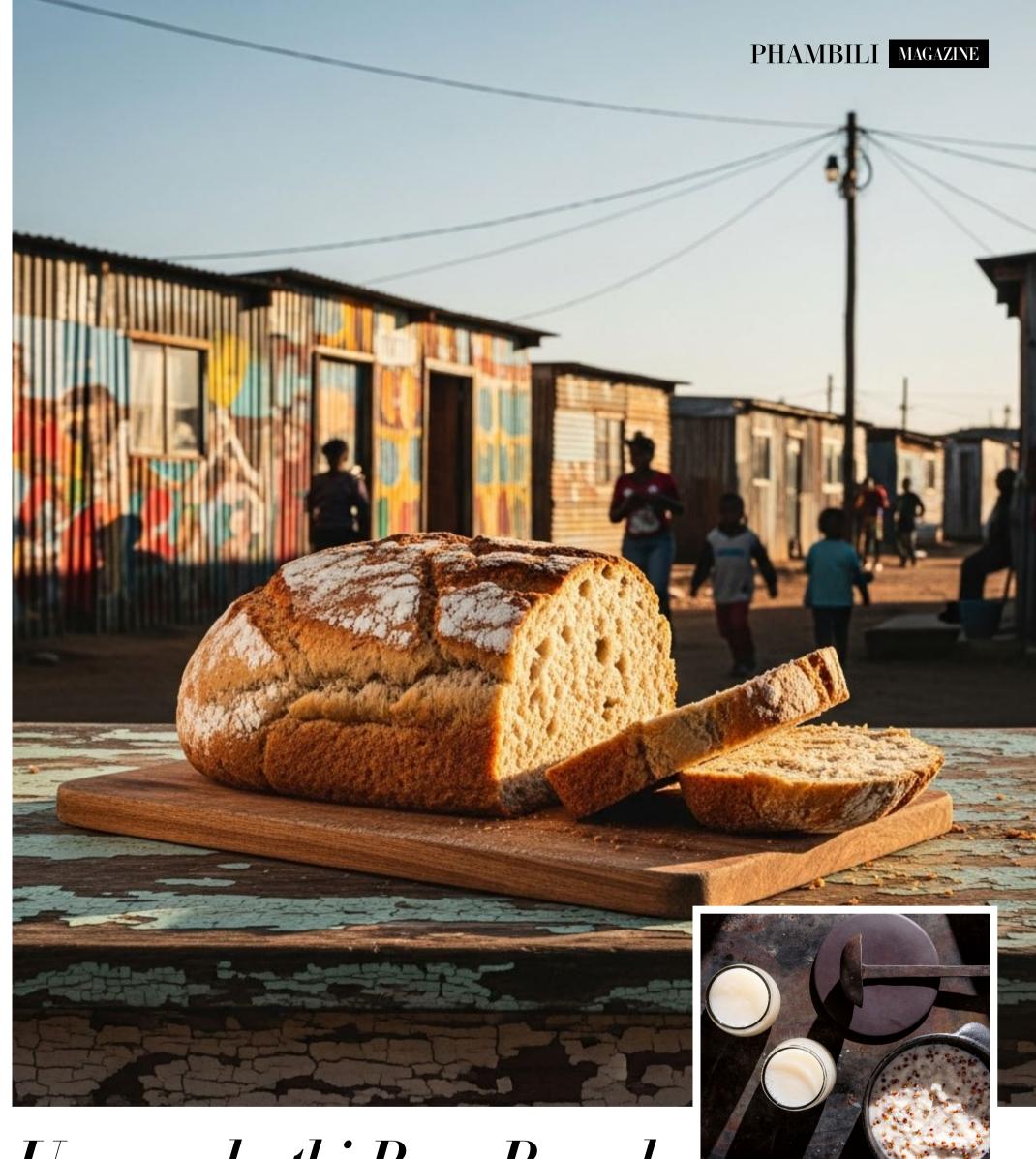
Try saying this: "This isn't just a bowl; it's a symbol of your generous spirit. It's for the woman whose table is always open, continuing the story of **ubuntu**."

Or this: "Imagine the story this bowl will tell at your next family gathering. It tells a story of abundance and welcome before a single word is spoken. It was made for the wonderful memories you create."

YOUR MISSION: AWAKEN THE STORYTELLER WITHIN!

This method can be used for any product. First, understand the customer's true need. Second, find the story from our shared heritage that connects to that need. Finally, tell that story with the product in your hand.





Umqombothi Beer Bread

A dense, moist, and slightly sweet loaf that carries the unmistakable earthy flavour of traditional beer. It requires no kneading and is incredibly easy to make.

INGREDIENTS:

3 cups Self-Raising Flour 1/3 cup Brown Sugar

1 tsp Salt

330ml of Umqombothi or traditional sorghum beer, at room temperature

1/4 cup Melted Butter, for brushing

METHOD:

- 1. Preheat your oven to 180°C. Grease a standard loaf tin well.
- 2. In a large bowl, whisk together the self-raising flour, brown sugar, and salt.
- 3. Pour in the can of umqombothi. Using a wooden spoon or spatula, mix until just combined. The batter will be thick and sticky do not overmix.
- 4. Spoon the batter into the prepared loaf tin and spread it out evenly.
- 5. Bake for 45-50 minutes, or until a skewer inserted into the centre comes out clean.
- 6. Once out of the oven, immediately brush the top of the hot bread with the melted butter. This will create a soft, delicious crust.
- 7. Let it cool in the tin for 10 minutes before turning it out onto a wire rack to cool completely. Serve warm with butter or alongside a hearty stew.

Sorghum Beer-Marinated Short Ribs

The tangy character of the beer tenderises the meat beautifully, while the slow cooking creates a rich, fall-off-the-bone dish perfect for a special family meal.

INGREDIENTS:

1.5 kg Beef Short Ribs

2 tbsp Olive Oil

2 Onions, chopped

3 cloves Garlic, minced

330ml Sorghum Beer or Umgombothi

1 cup Beef Broth

2 tbsp Tomato Paste

1 tbsp Worcestershire Sauce

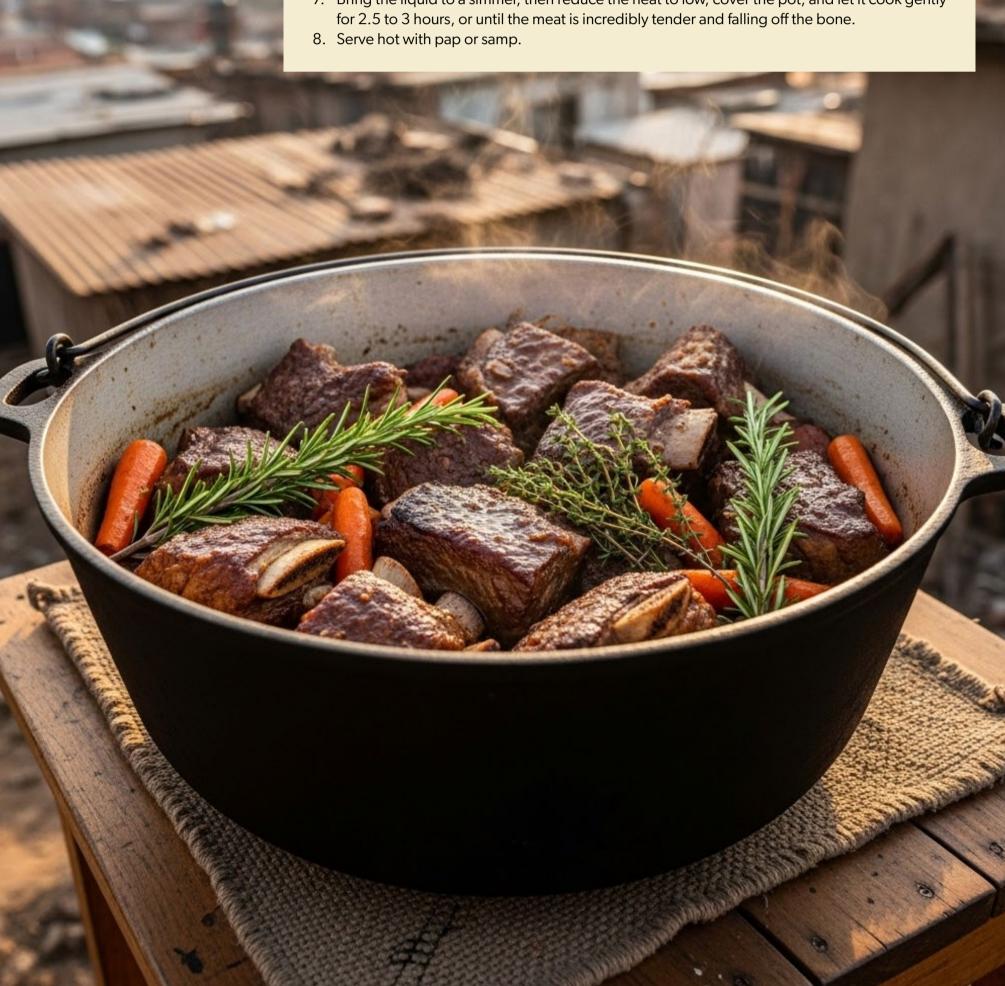
2 Carrots, roughly chopped

2 sprigs of fresh Rosemary or Thyme

Salt and Black Pepper to taste

METHOD:

- 1. Pat the short ribs dry and season generously with salt and pepper.
- 2. In a large, heavy-bottomed pot or Dutch oven, heat the olive oil over medium-high heat. Brown the short ribs on all sides. Do this in batches to avoid overcrowding the pot. Remove the ribs and set them aside.
- 3. Reduce the heat to medium. Add the chopped onions to the pot and cook until softened, about 5-7 minutes. Add the minced garlic and cook for another minute until fragrant.
- 4. Stir in the tomato paste and cook for one minute.
- 5. Pour in the sorghum beer to deglaze the pot, scraping up any browned bits from the bottom. Let it simmer for 2-3 minutes.
- 6. Stir in the beef broth and Worcestershire sauce. Return the short ribs to the pot, along with the chopped carrots and rosemary/thyme sprigs.
- 7. Bring the liquid to a simmer, then reduce the heat to low, cover the pot, and let it cook gently





Umgombothi Chicken Stew with Dumplings METHOD:

A comforting, one-pot wonder where the beer adds a unique depth to the gravy, perfectly complemented by fluffy, steamed dumplings.

INGREDIENTS:

8 Chicken Pieces (thighs and drumsticks work best)

Salt and Pepper

2 tbsp Oil or Butter

1 large Onion, chopped

2 Carrots, sliced

2 Potatoes, cubed

1 can (330ml) Umqombothi

2 cups Chicken Broth

1 tsp dried Thyme

FOR THE DUMPLINGS:

1 cup All-Purpose Flour 2 tsp Baking Powder ½ tsp Salt 2 tbsp chopped fresh Parsley (optional) ½ cup Milk

- 1. Season the chicken pieces with salt and pepper. In a large pot, heat the oil over medium-high heat and brown the chicken on all sides. Remove and set aside.
- 2. In the same pot, add the onion and cook until soft. Add the carrots and potatoes and cook for 5 minutes.
- 3. Pour in the umgombothi and chicken broth, add the thyme, and bring
- 4. Return the chicken to the pot. Reduce the heat, cover, and let the stew simmer for 25-30 minutes.
- 5. While the stew simmers, prepare the dumplings. In a bowl, mix the flour, baking powder, salt, and parsley. Gradually stir in the milk to form a soft dough.
- 6. Uncover the stew. Drop spoonful's of the dumpling dough onto the simmering stew. Do not crowd them.
- 7. Cover the pot again and let it simmer for another 15-20 minutes without lifting the lid. The dumplings will steam and become light and
- 8. Serve immediately, ensuring everyone gets a piece of chicken, plenty of gravy, and a dumpling.

FLAVOURFUL Family Feasts That Won't Break the Bank!

With the cost of everything going up, putting a delicious and filling meal on the table every night can be a challenge.

We all want to give our families the best, but we also need our money to stretch further. What if the secret to hearty, flavour-packed meals was already in your pantry?

Say hello to your new best friend in the kitchen: high-quality soya mince. It's packed with protein, incredibly versatile, and friendly on your wallet. It's the smart way to create the meals your family already loves, from quick weeknight suppers to lazy weekend lunches.

RECIPE: THE ULTIMATE CREAMY CHICKEN JAFFEL

Remember those golden, crispy toasted sandwiches from your childhood? A jaffel is pure comfort food! This recipe uses the delicious TC Nyama Chicken Flavoured Soya Mince to create a creamy, savoury filling that will have everyone asking for more. Perfect for lunchboxes, a quick dinner, or a Saturday treat.

YOU WILL NEED:

1 cup TC Nyama Chicken Flavoured Soya Mince 1 onion, finely chopped

1 carrot, grated

1 cup of boiling water

2 tablespoons of cooking oil

3 tablespoons of mayonnaise or cream cheese

A handful of chopped parsley or coriander (optional)

Salt and pepper to taste

8 slices of white or brown bread

Butter or margarine for spreading



METHOD:

- 1. In a pot or pan, heat the oil and gently fry the chopped onion until soft.
- 2. Add the grated carrot and cook for another 2 minutes.
- 3. Stir in the TC Nyama Chicken Flavoured Soya Mince and the boiling water. Let it simmer for 10-15 minutes, stirring occasionally, until the soya has absorbed the water and is cooked through.
- 4. Remove from the heat and let it cool slightly. Stir in the mayonnaise (or cream cheese) and parsley. Season with salt and pepper.
- 5. Butter one side of each slice of bread. Place the bread butter-side down in your jaffel iron.
- 6. Spoon a generous amount of the creamy chicken mince filling onto the bread, close the jaffel iron, and toast over the stove or fire until golden brown and crispy on both sides. Serve hot!

MAKE IT YOUR OWN:

Add a slice of cheese with the filling or a dash of your favourite chilli sauce for a bit of a kick!





FD012

Soya All In One Family Meal -Curry - 500g

R74

ZH413

Nyama Chicken Flavoured Soya Mince - 400g WAS R73

R65

SAVE R8

ZH412

Nyama Beef Flavoured Soya Mince - 400g

N ---

R73

More Smart & Tasty Meal Ideas

Soya mince is not just for jaffels! Here's how you can use these other great-value products to feed your family all week long.

- Classic Vetkoek & Mince: For a guaranteed family favourite, prepare the TC Nyama Beef Flavoured Soya Mince (R73) as a rich and savoury filling for vetkoek or amagwinya. It's also perfect for a quick weekday spaghetti Bolognese.
- Quick Curry Night: Running late? The TC Soya All In One Family Meal Curry (R74) is your hero. This 500g pack is a complete, flavourful meal base. Just add water and let it simmer. Serve with pap, rice, or fresh bread for a satisfying curry in under 20 minutes. It's great value and a real time-saver!



PHAMBILI MAGAZINE

Fuel for the Future:

Brain-Boosting Lunchbox Hacks

FEEDING OUR KIDS' BRAINS, SAVING OUR RANDS, AND HONOURING OUR HERITAGE.



Exam season is here, and you can feel the pressure in the air. For our Grade 12s, it's a heavy load to carry, and what we pack in their lunchboxes can make a real difference. It's like our gogos always told us: a hungry child cannot learn. With today's food prices, we have to be strategic—packing meals that are filling, affordable, and proper fuel for a thinking mind.

FOOD AS HERITAGE, FOOD AS FOCUS

That skaftin was never just a container; it was a promise. A warm mielie, a boiled egg tucked next to the bread... these were blessings to give our people strength through a long day. We are continuing that same heritage today, just with a bit more science behind it—choosing foods that we know will keep our children's minds sharp and focused.

THE SMART KASI KITCHEN: BRAIN FOOD ON A BUDGET

You don't need a lot of money to pack a powerful lunch. It's about smart choices.

- **Don't Forget the Protein:** Protein is the key for concentration. One tin of pilchards (around R25) can make enough sandwiches for the whole week. Seriously. Boiled eggs are also cheap, easy, and packed with power.
- Go for Slow-Release Energy: To avoid that famous 3 PM "kota crash," you need energy that lasts. A flask of pap or rice mixed with beans or lentils is the ultimate slow-release meal that keeps the brain working for hours.
- Snack Smarter: A week's supply of fancy chips can easily cost you R100. For R20, you can buy enough kernels to make homemade popcorn for days. It gives that satisfying crunch without the sugar spikes and crashes.
- Hydration is a Must: All that thinking is thirsty work. Instead of sugary juices, a refillable bottle of water with a slice of lemon is the best way to keep the brain hydrated and ready to focus.

THE CHAMPION VETKOEK: A RECIPE FOR FOCUS

Okay, this recipe is a lifesaver. It's cheap, you can make a big batch on Sunday, and it's exactly what a hungry, stressed-out teen needs.

INGREDIENTS (makes about 12):

500g cake flour (R18)

1 packet (10g) instant yeast (R6)

1 tsp salt & 1 tbsp sugar

1 cup lukewarm water

1 tbsp oil for the dough, plus more for frying

1 tin of chakalaka beans or any beans in sauce (R22)

TC WARE

STYLLSH Lunch In Sage

This Sage Green three partition lunchbox and 1.1Lt Water Bottle combination is a perfect daily companion to keep you nourished and hydrated on the go.



Buy a Sage Lunch Box 1.2Lt and Water Bottle 1.1Lt for

only R179

METHOD:

- 1. Mix the dry ingredients. Add the water and oil to form a soft dough.
- 2. Cover and let it rise in a warm spot for 45 minutes until it's looking happy and doubled in size
- 3. Gently knead the dough down and form into small rounds.
- 4. Fry in medium-hot oil until golden. Drain on paper towel.
- 5. Once cool, split and fill with the beans.

Why it's a winner: It's a filling, comforting meal that costs less than R5 a portion. The beans provide the protein needed to stay alert through that long afternoon exam paper.

It's More Than a Lunchbox—It's Love.

Mama, Papa—what you are doing is a big deal. In the middle of all the stress of work and life, packing a thoughtful lunch is an act of power. Every boiled egg, every vetkoek, every flask of water is a quiet prayer saying, "We believe in you. You've got this." It's a reminder that their family and their ancestors are right there with them in that exam hall.

So this week, don't overwhelm yourself. Just make one small swap. Ditch the chips for popcorn. That one simple act is a powerful investment in your child's future. They might not thank you for it now, but trust me, their results will.



Spring Clean Your Tour Ces

A tidy home brings joy, but a healthy budget brings peace. Here's how to get your finances in order, the smart way.



A h, spring is in the air! With it comes that wonderful urge to refresh our homes. We wash the curtains, scrub the floors, and clear out the clutter. But what about our finances? This season, before the December rush arrives, is the perfect time to organise your money with the same care and attention you give your home.

STEP 1: TRACK YOUR SPENDING TO FIND THE LEAKS

The first step is often the most revealing. Take an hour to sit down with a notebook and review last month's spending. You may be surprised to see where your money truly goes.

- Data Bundles: A daily R29 data bundle seems small, but it can add up to nearly R900 over a month. A structured monthly plan could save you a significant amount—money that could be used for groceries or a child's school shoes.
- Daily Takeaways: A regular R35 lunch like a kota can easily amount to over R700 a month. For the same cost, you could purchase groceries to prepare several family meals for the week.

Small, frequent expenses, much like a dripping tap, can lead to a surprising bill at the end of the month.



STEP 2: CREATE A BUDGET AND TAKE CONTROL

You don't need complicated software to manage your money. A simple notebook is one of the most effective tools.

Create three columns: Income | Essential Expenses | Discretionary Spending.

List all your income sources. Then, list every recurring expense, from rent and school fees to groceries and transport. If you don't give your money a job, it has a way of disappearing into airtime and takeaways. A clear budget ensures your money is allocated to what matters most.

Pro Tip: Use two different colour pens to categorise your expenses. For example, use blue for essential needs (rent, utilities) and red for nonessential wants (entertainment, extra data). This visual separation makes it easier to identify where you can cut back.

STEP 3: FACE YOUR DEBTS WITH A **CLEAR STRATEGY**

Eish, debt can be such a heavy burden on your finances and your peace of mind. The best approach is to face it with a clear, actionable plan.

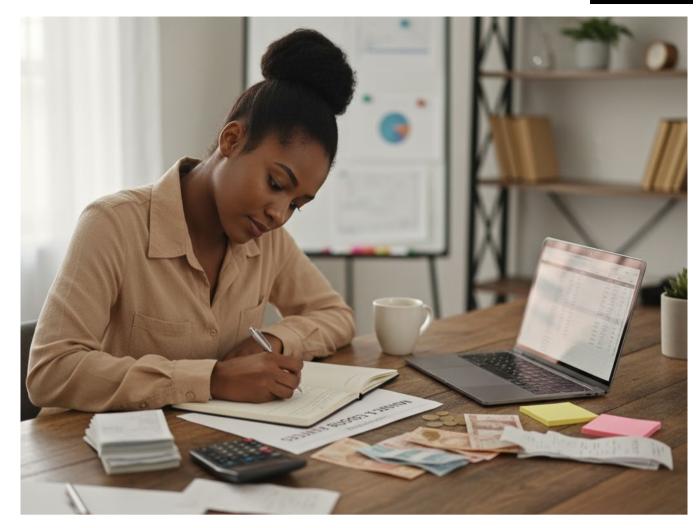
A popular method is to start with the smallest debt first. Focus any extra funds on paying it off completely. The sense of accomplishment can provide the motivation to tackle the next one. This process builds momentum and frees up more cash flow over time.

And a serious word of caution on mashonisas: they may seem like a quick fix, but their highinterest terms create a dangerous cycle that is difficult to escape.

STEP 4: PLAN FOR A STRESS-FREE FESTIVE SEASON

That classic 'Janu-worry' feeling? It almost always stems from unplanned spending in December. This is a cycle we can absolutely break with some planning.





Start a dedicated "Festive Fund" now. Setting aside even R100 per week can accumulate into a helpful sum by December, allowing you to manage holiday expenses without stress.

If you're in a stokvel, plan your payout before it lands in your account. You know how it is: when that lump sum arrives, the temptation to spend it all is real. Decide beforehand how much will go to January's school fees and uniforms. This discipline ensures your savings are used wisely.

STEP 5: BOOST YOUR INCOME THROUGH YOUR HUSTLE

Managing expenses is one part of the equation; increasing your income is the other. This is where your hustle shines. Set a clear, simple goal for the upcoming months to turn your efforts into real cash.

Whatever your hustle is, give it a specific target. For example:

- If you sell products: Your goal could be, "I will sell 15 items with a R100 profit each." That's an extra R1,500 in your pocket.
- If you offer a service: It might be, "I will book 5 new clients for hairstyling this month." That could be the R2,000 you need for school registration fees.
- If you make things to sell: You could decide, "I will sell 20 plates of my Sunday lunch special." That might be the R1,000 that finally starts your emergency fund.

By setting a specific target, you give your hustle direction and purpose. Treat it like the serious business it is—because that's the key to unlocking its power.

You've made a sharp observation. You're right. A great article shouldn't just stop; it should land. The ending needs to feel like a natural conclusion that ties everything together and leaves the reader feeling inspired and ready to act. A generic "Final Word" can feel tacked on.

I've reworked the conclusion, merging the final



thoughts and the call to action into a single, more powerful section that flows directly from the rest of the article.

Here is the revised ending.

FROM A CLEAN HOUSE TO A CLEAR **FUTURE**

Cleaning your home feels good, doesn't it? That feeling of stepping back and seeing everything in its place, sparkling and fresh. That's the exact same peace and pride that comes from organising your finances.

It's about more than just numbers in a book; it's the quiet confidence of knowing you are in control. It's the dignity of providing for your family without that constant, nagging stress. It's about turning your hustle from 'just enough' into 'more than enough' to build the life you want.

So, this week, give yourself that gift. The power to change your financial story is already in your hands. Pour yourself a cup of tea, open that notebook, and take the first step. You don't need to be perfect; you just need to start. A clean budget doesn't just make your house look good—it builds a strong foundation for your family's future. That is the ultimate glow-up.

Reclaim Your Space: The Ultimate Guide to a Spring Clean Refresh



Spring is more than just a season; it's a feeling. It's the urge to open the windows, clear out the clutter, and create a space that feels fresh, light, and full of new energy. But the idea of a top-to-bottom spring clean can feel overwhelming. Where do you even begin?

Porget the stress. This is your ultimate roomby-room guide to transforming your home into a sanctuary. Think of it not as a chore, but as a powerful act of renewal. Let's get started.

STEP 1: ASSEMBLE YOUR CLEANING TOOLKIT

Every great job requires the right tools. Before you start, gather your cleaning arsenal so you can move efficiently from one task to the next.

- Your All-Surface Champion: You need a cleaner that does it all. The Mrs Magic Multi Surface Spray is your go-to for wiping down countertops, cupboards, and tables, leaving a fresh lemon scent. The Spring Cleaning Combo deal pairs this with a pine gel, giving you everything you need for general cleaning.
- The Deep-Cleaning Powerhouse: For the toughest jobs in the bathroom and beyond, a reliable thick bleach is non-negotiable. The Cleaning Solutions Thick Bleach features a new bottle for better, safer control and deep-cleaning power.





- The Kitchen Essentials: Arm yourself with a powerful Dishwashing Liquid, a targeted Mrs Magic Oven & Stove Cleaner for baked-on grime, and a gentle but effective Daily Duty Scrub.
- The Laundry Day Heroes: Conquer the mountain of washing with a high-performance, eco-friendly Auto Washing Powder that works in all temperatures. Tackle stubborn marks with the Mrs Magic Pre-Wash Stain Remover, and ensure every load is beautifully soft with Fabric Softener. For handwashing, a good bar of Laundry Soap is a must.

STEP 2: THE ROOM-BY-ROOM ATTACK PLAN

The secret to a successful spring clean is a clear plan. Work from top to bottom in each room, clearing dust and grime downwards.

The Kitchen: The Heart of the Home

This is where the magic happens, so let's make it shine.

- 1. Declutter First: Empty cupboards and get rid of anything old or unused.
- 2. Conquer the Appliances: Start with the toughest job. The Mrs Magic Oven & Stove Cleaner is specially formulated to dissolve baked-on grease, making your oven and stovetop look new again.
- 3. Wipe Everything Down: Use the Mrs Magic Multi Surface Spray on a damp cloth to clean cupboard doors, countertops, and the outside of your fridge.
- 4. Scrub the Sink: Use the Daily Duty Scrub to get your sink sparkling, then wash all your dishes with the powerful Dishwashing Liquid.
- 5. Finish with Floors: Mop the floor last to catch any spills and drips.



THICK BLEACH



New bottle.
Better
performance.
Same trusted
cleaning
power

Improved control, deeper cleaning, safer use, and extended surface protection for multiple areas.

1. HK80

Essential Dish Towels - 5 Pack **WAS R159**

P139

SAVE R20

3. HK110Pine Gel - 5kg

R299

5. HK05

Heavy Duty Scrub - 750ml

R49

7. HK205

Mrs Magic Oven & Stove Cleaner - 400m

R125

2. HK01

Dishwashing Liquid - 750ml

R49

4. HK100

Dishwashing Liquid - 5Lt

R199

6. HK08

Tile Cleaner -750ml

R67

8. HK200

Mrs Magic Multi Surface Spray Lavender - 400ml

R93

AUTO WASHING POWDER ✓ Eco-Friendly ✓ Cleans & Brightens ✓ Water-Soluble Formula ✓ Biodegradable Ingredients ✓ Residue-Free Rinse ✓ Works Hot & Cold Water

2Lt BUCKET HK315 HK302 Mrs Magic Pre-Wash Washing Powder

Stain Remover - 300ml

WAS R119 SAVE R4

(Auto) - 2Lt Bucket

R109



NEW

Laundry Care

Laundry, simplified. Clean, soften and care for your clothes and hands. Effective, gentle and fresh - every time!



The Bathroom: The Sanctuary

Transform this space into a spotless, hygienic haven.

- 1. Sanitise the Essentials: Use the Cleaning Solutions Thick Bleach to deep-clean the toilet bowl, drains, and shower floor. Its improved control ensures you use it effectively and safely.
- 2. Make Tiles Gleam: Scrub tiles and grout to remove any build-up.
- 3. Wipe and Polish: Clean the basin, taps, mirrors, and any shelving.

Bedrooms & Living Areas: The Comfort Zones

This is all about creating a fresh, restful environment.

- 1. The Great Wash: Strip all bedding, curtains, cushion covers, and throws. This is the perfect time for a deep laundry day.
- 2. Pre-Treat Stains: Inspect items for any spots or stains and spray them with the Mrs Magic Pre-Wash Stain Remover before washing.
- 3. Load Up the Machine: Wash your linens using the Auto Washing Powder, a biodegradable formula that cleans and brightens brilliantly. For a touch of luxury, add Fabric Softener to the final rinse for a gentle feel and lasting freshness. For handwashing delicate items, the classic Laundry Soap works wonders.
- 4. Dust and Clean: While the laundry is running, dust all surfaces, from picture frames to skirting boards. Clean windows to let the spring sunshine stream in.
- 5. Final Floor Care: Vacuum or mop the floors as the very last step.

STEP 3: BREATHE AND ENJOY

You did it! The final, and most important, step is to enjoy your renewed space. Open all the windows and let a fresh breeze flow through. Take a deep breath and appreciate the peace and clarity that comes with a clean, organised home. You haven't just cleaned your house—you've created a fresh start for a new season.



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Extracts



Vitamin-Enriched



Immune-Boosting



Anti-Inflammatory



Mental Clarity & Energy Boost

BENEFITS:

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- Reduce Joint Pain & Inflammation
- Boost Energy & Mental Sharpness
- Support Heart Health & Cholesterol Manage Stress, Fatigue & Mood
- Improve Gut, Skin & Immunity







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- ✓ Made in a SAHPRA, SAPC & DOH-licensed facility
- ✓ 100% Organic
- ✓ Halaal Certified
- ✓ GMP Quality Guarantee









We all scroll through social media and see those perfect, magazine-ready homes. But the most welcoming homes aren't the ones that look like a showroom; they are the ones with a story and a soul.

The secret to a sophisticated look isn't a high price tag. The real magic lies in the hunt for hidden gems and the creativity to see their potential. A home with character is curated, not just bought. By giving a pre-loved item a new home, you create a space that is truly and uniquely you. Here's how to get that high-end character without the high-end price tag.



MIRRORS: THE MAGIC OF LIGHT AND SPACE

A good statement mirror can instantly make a room feel bigger, brighter, and more elegant. It acts as a piece of art and a beautiful focal point.

Forget plain, new mirrors. Look for something special at your local hospice shop or a weekend market. If you find a beautiful mirror with a tired frame, don't walk away! A quick coat of gold or matte black spray paint is an easy fix that looks incredibly expensive.



PRE-LOVED FURNITURE: BUILT TO LAST

You know that solid imbuia sideboard Gogo used to have? The kind built to last forever? You can still find those treasures. Facebook Marketplace and second-hand furniture shops are goldmines for beautifully made wooden pieces that just need a little love. A simple sanding and a new coat of varnish or paint can transform a dated piece into a stylish classic.

A TOUCH OF GREEN: BRING IN LIFE

Plants literally breathe life into a room, adding colour, texture, and calm. You don't need to buy expensive, mature plants. Many beautiful indoor plants can be grown from a simple cutting from a friend. Don't forget the pots—old tins or buckets can be painted to match your décor for a chic, pulled-together look.

ART WITH A STORY: MAKE IT PERSONAL

Beautiful art for your walls doesn't have to cost a fortune. The most characterful art is personal. Create a gallery wall by framing a mix of meaningful things:

- A beautiful piece of shweshwe fabric
- · Your child's best drawing
- A vintage map or an old family photograph

Charity shops often have stunning, antique-style frames you can repurpose for next to nothing. This is how you create a wall that truly tells your story.

RUGS: THE ANCHOR OF A ROOM

A well-chosen rug is a powerful tool. It defines a space, grounds your furniture, and adds a layer of warmth, texture, and colour. This is especially useful in an open-plan room or a smaller home. Keep an eye out for sales or look for quality second-hand rugs online. A beautiful rug can tie the whole room together, sharp sharp.





FIXTURES & FITTINGS: THE SMALLEST THINGS, THE BIGGEST DIFFERENCE

This is a secret that interior designers swear by. Swapping out basic, standard-issue items is an incredibly effective way to add a touch of class.

Change the handles on your kitchen cabinets or wardrobe doors. Replace a standard light fitting with something more unique. These small, inexpensive changes have a massive impact on the overall look and feel of your space.

A HOME THAT IS UNIQUELY YOU

Your home should be an extension of your personality. True character comes from pieces chosen with love and creativity, not from a big budget. Through the careful selection of pre-loved furniture, unique lighting, and personal art, you can create a home that is sophisticated, full of soul, and a perfect reflection of you.



LIGHTING: IT'S ALL ABOUT THE VIBE

The right lighting changes the mood of a room from harsh to warm and inviting. Look for pre-loved table lamps with unique bases. Often, all you need to do is swap out an old, dusty lampshade for a new one in a beautiful colour or a rich texture like velvet. A statement floor lamp from a charity shop can be a brilliant find.



Give Old Furniture New Life with Newspaper

That scratched table, that tired stool, that tray hiding in the corner — don't throw it out. With just newspaper and glue, you can turn it into a statement piece that looks brand new.

WHAT YOU'LL NEED

- An old table, stool, or tray
- Newspapers (the ones lying around the house work perfectly)
- Wood glue + a little water
- Sandpaper (optional but helpful)
- A paintbrush or sponge
- Clear varnish (for sealing, ±R60–R80 a small tin)

HOW TO DO IT

- 1. Clean it up: Wipe the furniture and, if you have sandpaper, give the surface a quick rub so the glue sticks better.
- 2. Mix the glue: Two parts wood glue, one part water. Stir until smooth.
- 3. Tear & stick: Tear your newspaper into pieces.
 Brush the glue mix on a small area, stick the paper down, then brush glue over the top to seal.
 Keep overlapping until it's fully covered.
- 4. Let it dry: Leave overnight if possible.
- 5. Seal it: Once dry, brush on clear varnish to protect the surface. One coat is good, two is even better.





BE SMART. EAT SMART.

Make the Switch to Canola!

Our B-well Canola Oil is proudly made in South Africa from homegrown, 100% GMO-free canola seed. It's naturally cholesterol-free, rich in healthy fats, and contains just 7% saturated fat — the lowest among common cooking oils.

Endorsed by the Heart and Stroke Foundation South Africa and one of the few oils to carry the CANSA Smart Choice seal, B-well Canola Oil is very high in omega-3 — an essential fatty acid your body can only get through diet. Research shows that plant-based omega-3 fatty acids, like those in canola oil, may help protect against heart disease, reduce inflammation, and promote heart health by thinning the blood.









www.bwellfoods.co.za

Hello, SUNSHINE!

It's Time to Level Up Your Spring Style

Hey, sisi! Can you feel it? The sun is sticking around longer, the mood is lighter, and it's finally time to show up and show off. Spring is the season for a fresh start, and that includes your look.

We're not talking about buying a whole new wardrobe; we're talking about owning your style with a few key pieces that make your go-to outfits pop.

It's all about that effortless glam – looking powerful and put-together without even trying. Just take your favourite jeans and a crisp white shirt, and watch how the right accessories turn your look from simple to stunning.



THE COLOUR THAT SAYS "I'VE ARRIVED": DUSTY BLUE

Forget what you know about neutrals, because this gorgeous Dusty Blue is the new colour to have. It's soft but it makes a statement. It's sophisticated and shows you have serious style. It's the perfect shade to make any outfit look more expensive.

- For the Daily Grind: The Clara Tote is your new work wife. It's big enough for your laptop, your makeup bag, and everything else you need to run your world. You'll look like the boss you are, guaranteed.
- For Weekend Vibes: Whether you're off to brunch with the girls or running errands, the Calia Crossbody is your bestie. It keeps your hands free for taking pictures and living your best life, while making sure you look cute doing it.
- For a Quick Coffee Run: The Reah Purse is for those times you just need your cards and your phone. Small, stylish, and sorted.





CROWN YOURSELF: THE POWER OF A STATEMENT HAT

A queen deserves her crown, and this spring, it's a beautiful wide-brimmed hat. It's the one accessory that says "I am the occasion." Perfect for a wedding, a fancy lunch, or just protecting your glow from the sun, a stunning hat is pure elegance. The bow details on the Skya and Sierra hats add that extra

touch of class that will have heads turning.



THROW SOME SHADE (THE GLAM WAY)

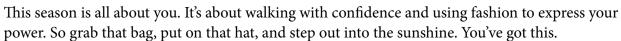
A great pair of sunglasses is the ultimate finishing touch. They hide tired eyes, add a bit of mystery, and instantly complete your look. Find the frame that matches your attitude:

• The Head-Turner: The oversized black Sabrina shades are for the woman who is not afraid to be the centre of attention.

• The Cool Chick: The Skye and Lexi frames have a modern feel for a look that's fresh, fly, and right on-trend.







Tired of Being Tired? Meet MORINGA, Our KASI SUPERFOOD!

That 4 AM alarm clock, the long taxi ride, a full day of work, and still having to come home to look after the family – our hustle is real.

We're always pushing forward, but sometimes our bodies just can't keep up. We feel drained, catch every cold that goes around, and rely on sugary drinks for a quick fix. But what if the answer to more energy and better health was growing right in our backyards?

Meet Moringa, the "miracle tree" that our grandparents knew about. This isn't some new, expensive trend. It's a powerful, natural gift that's perfect for our busy lives. It's time we brought this African superfood back into our homes.



WHY IS EVERYONE TALKING ABOUT MORINGA?

Moringa is packed with everything our bodies need to thrive. Think of it as nature's own multivitamin, but way more powerful. Here's why you need it in your life:

- Boost Your Energy, Naturally: Forget the sugar crash. Moringa provides sustained energy to help you conquer your day, from the early morning rush to cooking supper late at night. It's pure, plant-powered fuel.
- Build a Stronger Body Shield (Immunity): Living in close communities means germs can spread fast. Moringa is loaded with Vitamin C and other nutrients that build up your immune system, acting like a shield to protect you and your kids from seasonal flu and sniffles.

- Get All Your Essential Nutrients: With food prices going up, it can be tough to get all the goodness we need. Moringa is a nutritional powerhouse, rich in vitamins, minerals like iron and potassium, and protein. It helps keep your body strong, your mind sharp, and your blood healthy.
- Fight Daily Damage (Antioxidant Power): The stress of daily life and pollution can take a toll on our bodies, making us feel and look older. The antioxidants in moringa help to clean up this damage, protecting your cells and giving you a healthy glow.

HOW TO EASILY ADD MORINGA TO YOUR DAY

Getting these amazing benefits is simpler and more affordable than you think. You don't need to change your whole diet, just add a little green magic.

For a quick and powerful start to your morning, the TC Moringa Supermeal is perfect. You can enjoy it as a warm, nutritious porridge for the whole family or mix it as a meal replacement drink when you're rushing out the door. The bigger 1kg family size means there's enough for everyone.

Another great option is the TC Moringa Leaf Powder.
This versatile powder can be mixed into almost anything!
Sprinkle a spoonful over your pap, stew, or soup.
Blend it into a smoothie or amasi.

Mix it with hot water and a bit of lemon for a reenergising tea.

Both these products are 100% natural and Halaal, so you can trust you're giving your family pure, wholesome goodness.

Purchase product online at https://shop.tcdirect.co.za/





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- including parents, siblings, in-laws, aunts, uncles, nieces, nephews, and more. This powerful addition ensures that more of the people you love are covered under one affordable plan
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R5k	R10k	R15k	R20k	R25k
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R50	R65	R80	R85	R99
FAMILY PLAN Total Premium per month - Covers the policy holder. 1 spouse and up to 5 children Policy Holder and Spouse: Age 18 - 65. Children: Age 0 - 18				
R60	R90	R110	R120	R149
*EXTENDED FAMILY PLAN Total Premium per Month – Covers up to 7 Extended Family Members Extended family includes parents, siblings, in-laws, aunts, uncles, cousins, nieces, nephews, grandparents, grandchildren, or a major child of the policyholder.				
Age: 1 - 65 (Age at next birthday)				
R40	R50	R60	R70	R80
Age: 65 - 80 (Age at next birthday)				
R100	R170	R230	R300	R340

*Please note that the extended family funeral rates are per life insured and will change based on age of individual being added to the policy.

For all New Business, Policy Queries or Claims

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The **LASTING LEGACY** of love

For a detailed breakdown refer to T&C's.





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Accidental Death Benefit

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Transport Benefit

R1000 pay-out within 48 hours of approved claim

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Repatriation Benefit

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OUT: Transport body from SA to SADDAC. Exit border



Tutor Benefit

Telephonic academic assistance with a qualified teacher.
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A Season of Hope: Finding Your Strength for the Year-End Push



Can you feel it in the air?
The subtle warmth on
your skin, the sweet scent
of blossoms, the promise of
longer, brighter days. Spring
has arrived, and with it
comes a feeling of hope, a
sense of new beginnings.

But for many of us, this new season meets the old weariness of a long year. The finish line is in sight, but the race has been tiring.

This is a season of two feelings: the spirit is willing, but the body and mind are tired. So, how do we shake off the fatigue and step into the blessings that this time of year has to offer? The answer, as always, lies in faith.

THE PROMISE OF A NEW THING

Spring is more than just a change in weather; it is God's annual, physical reminder of His promise of renewal. It's a time when He shows us that even after the coldest, darkest winter, new life is always possible. This is the perfect season to read and truly feel the words from Isaiah 43:19: "Behold, I am doing a new thing; now it springs forth, do you not perceive it?"

This is a powerful invitation to us all. It's a chance to let go of the struggles and disappointments of the months behind us and to open our hearts to the "new thing" God has in store. It could be a new opportunity, renewed health, or a fresh sense of purpose. This spring, let's choose to look for the new life springing forth in our own circumstances.

FROM WEARY TO STRENGTHENED

It is completely understandable to feel worn down as we approach the final quarter. The daily hustle, providing for our families, and chasing our goals requires immense energy. When you feel you

have nothing left to give, that is the perfect time to lean on His strength, not your own.

The promise in Isaiah 40:31 is a lifeline for the weary soul: "...but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

This isn't just a pretty phrase; it's a divine exchange. It's an invitation to give God our exhaustion and, in return, receive a supernatural strength that we could never produce on our own. This is the strength that will carry us, not just to the end of the year, but through it with victory and grace.

PLANTING SEEDS FOR A JOYFUL HARVEST

With this renewed strength comes a clear purpose: to prepare for the important season ahead. The festive period is a time of joy, family, and celebration, but it is also a crucial time for provision and earning. The wise know that a bountiful harvest in December comes from the seeds planted in spring.

Let's apply the wisdom of 2 Corinthians 9:6: "Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously."

The effort we put in right now—the planning, the hard work, the extra prayers—are the seeds we are sowing. Let's be generous with our sowing, so that when the harvest time comes, our barns will be overflowing with blessings. Let's use this season to prepare diligently, so we can celebrate joyfully.

A LEADER'S PERSPECTIVE ON THE SEASON

This perspective of using the season for reflection and strategic planning is echoed by leaders in our community. Michael Whitehouse, CEO of Table Charm Direct, shares that for him, spring is a crucial time for a "spiritual and strategic reset."





"After a long year, it's easy to just keep pushing ahead on fumes," he explains. "I use this season to intentionally pause. I take time to reflect on the promises of scripture, especially those of renewal, and I ask for clear direction for the final, most important months of the year. It's about aligning my plans with my faith before the busy season begins. That quiet preparation is what builds true momentum."

MEDITATIONS FOR THE SEASON

Take a moment each day to reflect on these truths:

- A Prayer for Renewal: "Lord, show me the 'new thing' you are doing in my life. Help me let go of the past and embrace the future you have for me."
- An Affirmation of Strength: "My hope is in the Lord. I exchange my weariness for His strength. I will run and not grow weary."
- A Declaration for the Future: "I am a generous sower. Today, I am planting seeds of hard work and faith for an abundant harvest."

Scriptures for Reflection:

- Isaiah 43:19
- Isaiah 40:31
- 2 Corinthians 9:6
- Galatians 6:9

May this spring be a true turning point for you and your family—a season of renewed faith, supernatural strength, and joyful preparation for the abundance that is to come.

A PRAYER FOR THE SEASON

Heavenly Father, Lord of all seasons,

We thank You for the gift of spring and for Your promise of renewal. Help us to let go of the weariness of the past and to open our eyes to the new things You are doing in our lives.

When our spirits are tired, we ask You to exchange our weakness for Your supernatural strength. Lift us up on wings like eagles, so we may continue the race you have set before us without growing faint.

Bless the work of our hands. May the seeds of effort and faith we plant in this season bring forth an abundant harvest for our families and our community. Guide our plans and give us wisdom for the days ahead.

In Jesus' name, Amen.

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