

POWERED BY TABLE CHARM

PHAMBI

#ISSUE 04
NOVEMBER 2025

THE MZANSI VIBE REPORT

SUMMER EDITION

YOUR NO-DEBT FESTIVE PLAN

CELEBRATE BIG, SPEND SMART!

REFLECT & RECONNECT:
A COUPLE'S GUIDE TO
ENDING THE YEAR STRONG

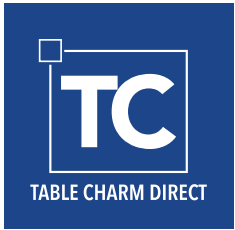
SUMMER BRAIDS

CROWN YOUR LOOK

LIV FOUNDATION

THE ARCHITECTS OF HOPE

CONTENTS



- 02 Looking Back with Love
A Guided Reflection for You and Your Partner
- 04 Your Family's Guide
Summer Ready Skin
- 06 Crown Your Look
The Hottest Styles & Care Tips for Your Ultimate Holiday Hair
- 08 Unleash the Summer
Your Quick Blitz for Maximum Joy
- 10 The 5-Minute Face for a 10-hour day
- 12 Focus & Finish Strong
Your Guide to Supporting Your Child Through Exam Season
- 14 The Gift of Safe Water
A Vital Community Feature
- 16 A Moment of Gratitude
A Guided Reflection
- 18 The Gut-Skin Connection
Why Glowing Skin and Lasting Energy Start From Within
- 20 The Village Effect
Why Your Network is Your Net Worth

- 22 The Sanity-Saving Holiday Kit
Keeping Kids Happy (and Parents Calm) On the G
- 24 Digital Detox, Mzansi Style
Unplugging & Finding Real-Life Joy
- 26 The Architects of Hope
Why LIV Village Represents the Best of Us
- 28 The Vibe Report: Your Mzansi Summer 2025
- 32 The Young African Entrepreneurship Institute
An Invitation to Build Your Empire?
- 34 Pour the Joy
Drinks for any Occasion



The Beautiful Chaos of November

Welcome to November.

If youPhambilihing like us, your diary is already breathing a sigh of exhaustion just looking at this month. There's a unique kind of energy in the air—a frantic buzz that's equal parts excitement and panic. We're sprinting towards the finish line of the year, trying to meet work deadlines and close our books. The festive season

is shimmering on the horizon, with all its plans and budget spreadsheets. And, right in the middle of it all, the exams are being written, the school doors are about to close, and our children will be home, ready for the long, hot, wonderful chaos of summer.

It's a lot.

We are the women who do it all. We are the entrepreneurs, the mothers, the managers, the partners, and the pillars of our community, often all before 9 AM. The pressure to "do it all" and create a "perfect" holiday can be overwhelming. But here at Phambili, we believe in reframing the narrative. What if this month isn't about perfection, but about planning? What if it isn't about the juggle, but about the joy we can find within it?

This is our Family Edition, and it's dedicated to you—the woman who is building her empire while packing a lunchbox.

We're not here to give you a to-do list that's a mile long. We're here to share real, honest strategies for managing the beautiful chaos. In our cover story, we explore how to balance the

"hustle and the holidays" and, more importantly, how to lean on the incredible power of your community—your "village"—to help you through it. We've also got practical, budget-friendly ideas for keeping the kids happy and active, so you can get your work done.

This NPhambili let's give ourselves permission to say "no" to some things so we can say "yes" to what matters. Let's plan a little, so we can live a lot. Let's trade the idea of a perfect holiday for a present and joyful one.

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." — Philippians 4:6-7

You've got this. We've got this. Here's to finishing strong, together.

Chantelle Balsdon, Editor
— The Phambili Team

Chantelle Balsdon – Editor
Chantelle@whitehouseinc.co.za

Jason Whitehouse – Strategy and Sales
jason@whitehouseinc.co.za

Stacey-Leigh Chalklen – Project Manager
stacey@tablecharm.co.za

Alexander Tschumi – Senior Sales Executive
alex@thechalkboard.co.za

Peter Batistich – Creative Head
Peter@whitehouseinc.co.za





Looking Back with Love

A Guided Reflection for You and Your Partner

As the year draws to a close, amidst the rush of festive plans and year-end deadlines, it's easy to just keep pushing forward. We survived another year, right? But pausing, intentionally, to look back together with your partner – whether you're married or committed companions on life's journey – is one of the most powerful things you can do for your relationship.

It hasn't all been easy. 2025 brought its share of challenges – financial pressures, family worries, personal struggles, maybe unexpected setbacks. But it also brought moments of grace, quiet triumphs, unexpected blessings, and profound growth. Acknowledging the whole picture, together, honours your shared journey and strengthens your foundation for whatever lies ahead.

This isn't about dwelling on the negative or assigning blame. It's about creating a sacred space to connect, appreciate, learn, and dream – fueled by honesty, gratitude, and faith.

WHY THIS MATTERS

Taking this time helps you both to:

- **Acknowledge Progress:** Recognise how far you've come, individually and as a team.
- **Strengthen Bonds:** Honest sharing deepens intimacy and understanding.
- **Cultivate Gratitude:** Focusing on blessings shifts perspective and fuels hope.
- **Learn & Grow:** Identify lessons learned to carry forward.
- **Build Shared Vision:** Align your hopes and prayers for the future.

SETTING THE SCENE

Choose a time when you can be relaxed and undisturbed – maybe after the kids are asleep, or during a quiet weekend hour. Make some tea or coffee. Put away your phones. Sit comfortably, facing each other or side-by-side. Light a candle if it helps create a calm atmosphere. Agree to listen without interrupting, seeking only to understand each other's perspective.



YOUR GUIDED REFLECTION

Take turns sharing your thoughts on these prompts. Remember, listen with love.

Our Mountains & Valleys

- What was the biggest challenge we faced together this year? How did we navigate it?
- What was a significant personal challenge I faced, and how did your support (or lack thereof) feel?
- What unexpected difficulty surprised us, and what did it teach us about our resilience?

Growth & Lessons

- In what ways have I seen you grow this year? (Affirm each other!)
- How have I grown personally? What new strength or understanding did I gain?
- What did we learn as a couple this year about how we handle stress, make decisions, or communicate?

Counting Our Blessings

- What small, everyday blessings am I most grateful for in our life together?
- What big answered prayer or unexpected joy are we celebrating from this year?
- Where did we witness God's provision or grace, perhaps through the kindness of others or a timely solution?

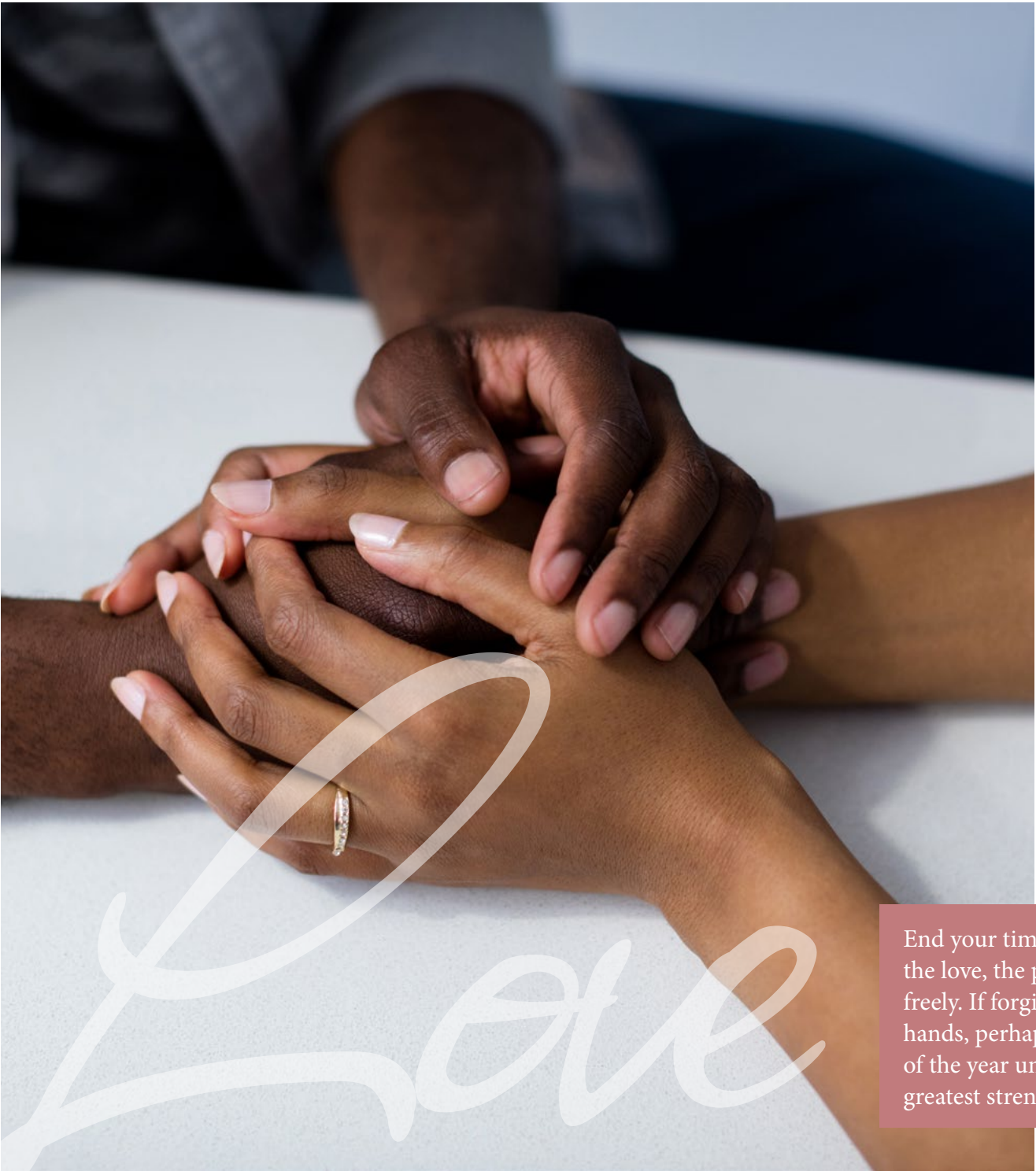


Faith & Foundation

- How did our shared faith (or individual spiritual practices) sustain us through the tough times?
- Was there a moment I felt particularly close to God this year?
- What is our shared prayer or hope for our family/relationship in 2026?

Connection & Looking Forward

- Can you recall a specific moment this year when you felt deeply connected to me?
- What is one practical way we can intentionally nurture our connection more next year? (e.g., regular date nights, checking in daily, praying together).
- What dream or goal are you most excited about pursuing together in the year ahead?



End your time by affirming each other. Acknowledge the effort, the love, the partnership. If apologies are needed, offer them freely. If forgiveness is required, extend it generously. Hold hands, perhaps say a prayer together, and step towards the end of the year united, grateful, and hopeful. Your connection is your greatest strength.

Your Family's Guide SUMMER READY SKIN

Protect, Nourish, and Soothe Through the Heat

Mzansi summer is here! Long days of sunshine mean more time outdoors, but our skin – and especially our children's delicate skin – needs protection from the heat and harsh rays. Getting "summer ready" is about keeping everyone's skin healthy, hydrated, and comfortable so you can enjoy the season without regrets.

Here's your simple guide to essential summer skin care for the whole family:

1. YOUR FIRST LINE OF DEFENCE: SUN PROTECTION SAVVY

This is non-negotiable. Sunburn isn't just painful; it causes long-term damage.

- **Sunscreen is Queen:** Choose a broad-spectrum sunscreen (protects against UVA and UVB rays) with an SPF of at least 30, preferably 50 for kids and fairer skin tones. Apply it generously 20 minutes before going outside, and reapply every two hours, or more often if swimming or sweating heavily. Don't forget often-missed spots like ears, back of the neck, and tops of feet!
- **Seek the Shade:** The sun is strongest between 10 AM and 4 PM. Plan outdoor activities for earlier mornings or later afternoons. When you are out during peak hours, make finding or creating shade (hello, umbrella!) a priority.
- **Cover Up Chic:** Lightweight, long-sleeved clothing, wide-brimmed hats, and UV-protective sunglasses are your most reliable shields. Make hats a non-negotiable for kids playing outside.



2. HYDRATE INSIDE & OUT

Summer heat and sun literally suck the moisture out of our skin. Replenish it constantly.

- **Drink Up!** Keep those water bottles filled and within reach all day long. Hydrated skin starts from within. Water-rich fruits like watermelon and cucumber also help!
- **Moisturise Daily:** Hot weather and sun exposure can leave skin feeling dry and tight. Apply a good moisturiser morning and night. Look for ingredients that hydrate and protect. For a bright, refreshed feeling, the TC Lemon Brite range, with its citrus infusion, is lovely for summer body care, helping to hydrate and even out skin tone.

3. SOOTHE & REPAIR AFTER SUNDOWN

Even with the best protection, skin can feel stressed after a day outdoors.

- **Cool Down:** A cool shower or bath helps lower skin temperature. Avoid harsh soaps that can strip natural oils.
- **After-Sun Saviours:** If skin feels warm or slightly pink, apply a soothing after-sun lotion or gel, often containing calming ingredients like aloe vera.
- **Nature's Healer:** For general dryness, minor irritations, or that tight feeling after too much sun, traditional remedies can be wonderfully effective. The TC African Potato Cream, known for its soothing properties, can be a great addition to your summer skin kit, helping to calm and moisturise stressed skin.

4. KIDS' CORNER: EXTRA CARE NEEDED

Children's skin is thinner and more sensitive than ours.

- **Under 6 Months? Shade ONLY:** Babies this young should be kept out of direct sunlight entirely. Use protective clothing, hats, and stroller shades.
- **Sensitive Formulas:** Choose sunscreens specifically designed for children, often mineral-based (zinc oxide, titanium dioxide) and fragrance-free. Patch test a small area first if your child has sensitive skin.
- **Reapply Religiously:** Kids are busy running, sweating, and swimming – their sunscreen wears off faster. Be vigilant with reapplication, especially after towelling off.

Healthy summer skin isn't about being tan; it's about being protected, hydrated, and comfortable. Look after your family's skin, and you can embrace all the sunshine and joy the season has to offer.



TC TABLE CHARM DIRECT
Scan to SHOP
these product on TC
DIRECT online shop



NATURAL CARE ESSENTIALS



NATURAL PROTECTION

Protect your family from insect bites with TC Citronella Cream. Specially made to repel mosquitoes and prevent insect bites.

PC155
Citronella Insect Repellent Cream - 500ml
R95



AFRICAN POTATO



ZH25
Cura Skin Gel - 125ml
R129

ZH55
African Potato Black Soap - 150g
R99

DAILY ESSENTIALS



MR250
Aqueous & Moringa Cream - 500ml
R89

ZH300
Luxury Herbal Camphor Cream - 500ml
R89

TRANSFORM YOUR SKIN

Regular use may help improve the appearance of imperfections, dark spots and blemishes, promoting a more even and radiant complexion.



SAVE UP TO **R80**
MR50
Moringa Tissue Oil - 100ml
WAS R179
R99
SAVE R80

MR55
Moringa Tissue Oil Soap - 150g
WAS R99
R69
SAVE R30

MR99
Moringa Day Cream - 200ml
WAS R129
R99
SAVE R30

MR10
Moringa Face Cream - 50ml
WAS R139
R99
SAVE R40

MR05
Moringa Face Wash - 150ml
WAS R150
R100
SAVE R50





Crown Your Look

The Hottest Styles & Care Tips for Your Ultimate Holiday Hair

Summer is here! It's the season of freedom, festivals, family gatherings, and shedding the layers – including hair stress. Braids are more than just a protective style; they are our crown, a statement of identity, and the ultimate accessory for a non-stop Mzansi summer. Forget heavy, tight styles that pull at your edges. The vibe for Summer 2025/26 is all about comfort, creativity, and celebrating natural texture. It's about braids that let you swim, dance, relax, and look fabulous with minimum fuss. Ready to choose your summer crown?

SUMMER BRAID TRENDS: THE VIBE IS FREEDOM & FLAIR

- 1. Boho Knotless Braids (The Free Spirit):** This trend is still reigning supreme, and for good reason. Knotless braids start with your natural hair, reducing scalp tension – perfect for sensitive scalps and long holiday wear. The summer update? Boho/Goddess vibes! This means adding strands of wavy or curly hair throughout the braids, letting them flow loose for a soft, romantic, slightly undone look. Think effortless beach goddess.
- 2. Stitch Braids with Personality (The Sharp Statement):** For those who love clean lines, stitch braids remain a favourite. The precision of those parallel partings looks incredibly chic. The summer twist? Adding subtle details. Think a few braids woven with a pop of colour (like the trendy Papaya orange!), delicate gold or silver cuffs placed strategically, or even a single braid adorned with cowrie shells. It's sharpness meets personal flair.
- 3. Fulani-Inspired Flair (The Heritage Nod):** Drawing inspiration from traditional Fulani styles, this look often features a central parting braid (or braids) decorated with beads or rings, combined with braids falling down the sides and back. Summer 2025 sees lighter, more delicate versions – perhaps using fewer beads near the face for comfort in the heat, focusing adornment at the ends, or incorporating those Boho curly strands. It's a beautiful way to honour heritage with a modern feel.



ZURI NATURAL HAIR CARE

Stronger roots, fuller growth, naturally. A nutrient rich growth spray powered by natural extracts, amino acids, and nourishing oils to strengthen roots, boost growth, and revitalise your scalp for healthier, fuller hair.



TB02
Zuri Hair Growth
Spray - 100ml
WAS R145
R115
SAVE R30

**TABLE CHARM DIRECT**

Scan to SHOP
these product on TC
DIRECT online shop



YOUR SUMMER BRAID CARE SECRETS: KEEP YOUR CROWN THRIVING

Summer throws unique challenges at our braids – sun, sweat, maybe even a dip in the pool or sea! Keep your style looking fresh and your scalp happy with these essentials:



- **Soothe the Scalp:** Heat and sweat can lead to itchiness. Don't scratch – soothe! A targeted treatment like the Zuri African Potato Scalp Soother provides instant relief, calming irritation without messing up your parts . Its nozzle makes application easy.
- **Protect Your Edges:** Braids put tension on your delicate hairline. Nourish and protect those edges daily. A product like the Zuri African Potato Hair Fertiliser helps moisturise and strengthen this vulnerable area . Apply gently!
- **Hydration is Key (For Hair Too!):** Braids can get dry and dull in the sun. A light spritz can revive them. The Zuri Hair Growth Spray, infused with natural oils, can act as a great refresher . Lightly mist your braids (not just the scalp) to add moisture and a healthy sheen without heavy build-up.
- **Post-Swim Care:** If you swim (pool or sea), rinse your braids thoroughly with fresh water ASAP to remove chlorine or salt, which are drying. Follow up with extra scalp soothing and moisture.
- **Wrap it Up:** Protect your braids (and your pillowcase!) at night with a silk or satin scarf or bonnet. This reduces friction, minimises frizz, and helps the style last longer.

FOR BRAIDS & WEAVES

Our Hair Care range is infused with African Potato Extract and natural oils such as Argan, Almond, Jojoba, Vitamin E, Coconut & Keratin.



HC15
African Potato Scalp
Soother - 60ml
WAS R99
R59
SAVE R40

HC30
African Potato Hair
Fertiliser - 100ml
WAS R129
R99
SAVE R30

Your braids are your statement. Choose a style that makes you feel powerful, free, and ready for all the joy this summer holds. Rock your crown!

UNLEASH THE SUMMER



Your Quick Blitz for Maximum Joy

Less Prep Stress, More Holiday Bliss

Can you feel it? That electric buzz in the air? School's nearly out! Seven weeks of sunshine, freedom, and family adventures are calling. But let's be honest, that first chaotic week can sometimes feel more like a scramble than a celebration.

What if you could flip the script? Instead of getting bogged down in "getting ready," what if you did a quick, focused "Summer Fun Blitz" now? This isn't about deep cleaning (September was for that!). This is about paving the way for spontaneous joy – making it easy to say YES to playtime, YES to outings, and YES to making memories, without the usual stress.



FRESH KICKS, FOOTLOOSE FREEDOM!

Summer adventures start with happy feet! Before they kick off those tired school shoes for good, let's give their favourite play shoes a little TLC. After all, those beloved takkies hold the promise of races in the park, exploring new paths, and endless games of catch.

- **Erase the School Year:** Those scuffs and playground battle scars tell a story, but let's start summer fresh! A quick clean-up makes old favourites feel new again. For fabric and canvas, grab a specialist spray like the TC Takkie Cleaner – it lifts that end-of-term grime surprisingly easily.
- **Brighten the Bounce:** Nothing says "ready to play" like sparkling white soles! The TC White Trim Cleaner brings back that brightness in minutes, giving their shoes (and maybe yours!) an instant facelift. It's a small detail that makes a big difference to their "ready-for-anything" holiday vibe.

CREATE THE "INVITATION TO PLAY" ZONE

Instead of seeing clutter, see potential! A quick sort-out isn't a chore; it's about unearthing forgotten fun and making space for new memories.

- **Unearth Hidden Treasures:** Get the kids involved! Spend 30 minutes going through the toy box or shelves. What forgotten games can be rediscovered? What puzzles are ready for another round? Pack away anything broken or outgrown (donate!). You'll be amazed at the "new" fun you find.
- **Set the Stage for Connection:** Clear just one central surface – maybe the coffee table or a corner of the kitchen counter. Put out a deck of cards, a half-finished puzzle, or some colouring supplies. It's an open invitation for spontaneous, screen-free moments together.

This isn't about adding stress; it's about removing it. A little focused prep now unlocks weeks of easier, more joyful family time. Let the summer adventures begin!



ADVENTURE READY, ANYTIME!

The best summer days are often the unplanned ones. Be ready to seize the sunshine!

- **Grab-and-Go Gear:** Check your essentials now. Is the picnic blanket clean? Cooler box wiped out? Find the frisbee, pump up the soccer ball. Having everything ready means you can say "YES!" when the mood strikes for a park visit or a trip to the dam, instead of "Oh, maybe next time..."
- **Braai Master Ready:** Don't wait until you're starving! Give the braai grid a scrub before the holidays begin. Stock up on charcoal. When the craving hits, you're ready to light the fire and make those delicious summer memories.



TC TABLE CHARM DIRECT

Scan to SHOP
these product on TC
DIRECT online shop



CLEAN SNEAKERS FOR SUNNY DAY

HK405
White Trim
Cleaner - 200ml
R89

HK400
Takkie Cleaner -
200ml
R89



CLEANING SOLUTIONS FOR YOUR HOME

HK01
Dishwashing
Liquid - 750ml
R49

HK03

HK110

HK100

HK01



HK80
Essential Dish
Towels - 5 Pack
R159

HK110
Pine Gel - 5kg
R299

HK03
Pine Gel - 1kg
R85

HK100
Dishwashing
Liquid - 5L
R199

The 5-Minute Face for a 10-hour day

Your Speed-Glam Guide for the Non-Stop Hustle

No time? No problem. Look polished and powerful in just 5 minutes. This is your high-impact routine using hardworking heroes.

YOUR 5-MINUTE POWER PLAY

1 MINUTE 1: FLAWLESS BASE (FAST!)

Goal: Even skin tone, long-lasting wear.

Product: TC Forever Foundation (Oil-Free). Lightweight feel, reliable coverage.

Action: Dot onto the centre of the face, blend outwards quickly with fingers or a damp sponge.

Butterscotch

Honey

Amber



2

MINUTE 2: INSTANT WAKE-UP

Goal: Healthy colour, look alive.

Product: Cream Blush (Multi-sticks are fastest!).

Action: Smile, dab onto apples of cheeks, blend upwards with fingers.



3

MINUTE 3: BRIGHT EYES

Goal: Look awake, defined lashes.

Product: Eyelash curler & Mascara.

Action: Quick curl, one coat of mascara. Done.



4

MINUTE 4: POWER POUT

Goal: Bold colour, serious staying power.

Product: TC 8-Hour Matte Liquid Lipstick. Won't budge through coffee or calls.

Action: Apply one careful coat. Choose your power shade – Berry? Red? Plum? (Use catalogue shot showing the Matte Liquid Lipstick shades here).



5 MINUTE 5: SET & GO!

Goal: Lock it down, eliminate shine.

Product: TC Pressed Powder. Perfect matte coverage.

Action: Quick sweep over T-zone (forehead, nose, chin) with a brush or puff. Blend edges. Grab keys. Go! (Use catalogue shot of Pressed Powder compacts/shades here).



*Five minutes. Maximum impact.
Minimum fuss. Own your day.*



TRUST THE ORIGINAL

Recommended to
treat and prevent:

Rashes*

Skin
Spots*

Intense
Itching*

Skin
Sores*



* The first monosulfiram in soap bar formulation approved in SA
* Caused by the scabies skin infection

SO TETMOSOL® SOAP. Per soap tablet: **Monosulfiram 5 % w/w.**
Reg No: G1407 (Act 101/1965). Nativa (Pty) Ltd., www.nativa.co.za, 260 Cradock Avenue, Lyttelton, Centurion, 0157, Gauteng, South Africa. Customer Care Tel: +27 860 628 482, Customer Care e-mail: health@nativa.co.za. YTET999-070-06



Focus & FINISH

STRONG

Your Guide to Supporting Your Child Through Exam Season



BEAT EXAM STRESS TOGETHER

When study pressure builds, our products may help you stay focused, calm, and confident through every test.

BT11L
Body Tonic 11 Nerves & Brain - 150ml
WAS R189
R149
SAVE R40

May Assist with

- Insomnia
- Tension headaches
- Memory loss
- Nervousness
- Lack of concentration
- Trauma

FOCUS



ZH207
Learner's Support Spray - 30ml
WAS R149
R115
SAVE R34

May Assist with

- Increasing attention span
- Improving memory
- Helps to focusing during lessons
- Improving behaviour in hyperactive children and adults



There's a quiet tension that fills a home during exam time, isn't there? The TV volume is a little lower, the "shhh" is a little more frequent, and we, as parents, hold our breath, willing our children to succeed. We feel their stress as if it's our own – the late nights, the mounting pressure, the weight of expectation.

And let's be clear: these exams matter. Here in South Africa, qualifications like the National Senior Certificate (NSC) are more than just a piece of paper. As the Department of Basic Education consistently emphasises, they are crucial gateways – unlocking doors to tertiary education, learnerships, and fundamentally better job prospects in a competitive market. We know the statistics; we see the challenges our youth face. A solid education is one of the most powerful tools we can equip them with for a brighter future.

Knowing this adds another layer of pressure, for both our children and ourselves. But in these final, critical weeks, our most important role isn't just being the homework police or the enforcer of study schedules. It's shifting into the Chief Morale Officer. Our job now is to create an environment of calm, unwavering support, and optimal conditions for their hardworking brains to do their absolute best.

It's time to build your Exam-Time Toolkit.

FUEL THE BRAIN (IT'S NOT A LUXURY, IT'S ESSENTIAL)

A studying brain is a hungry, thirsty machine. Feed it right:

- **Hydration is King:** Dehydration = poor concentration. Fact. Keep a large reusable water bottle filled and visible on their desk at all times. Herbal teas (like calming chamomile) are also great. Limit sugary drinks that lead to energy crashes.
- **Power Breakfast:** They cannot perform on an empty stomach or a sugar rush. A breakfast of oats with nuts/seeds, or eggs on wholewheat toast, provides the slow-release energy vital for sustained focus during those long morning exams.
- **Smart Snacks, Not Stress Snacks:** When the urge to stress-eat hits, swap the chips and sweets for brain-boosters: a handful of almonds or walnuts, sliced apple with peanut butter, biltong, a banana, or even a small bowl of plain yoghurt with berries.



TC TABLE CHARM DIRECT

Scan to SHOP
these product on TC
DIRECT online shop

CREATE THE "CALM ZONE" (FOR THEM AND YOU)

You can't force them to study, but you can make it easier and less stressful:

- **Respect the Quiet:** If possible, designate a specific area and time as the "Quiet Zone." Explain to younger siblings why it's important. Reducing noise and distractions shows respect for the effort they're putting in.
- **Check Your Own Energy:** This is a tough one. Our kids absorb our anxiety like sponges. When you talk about the exams, use a calm, confident voice. Ask, "How are you feeling about things?" not just "How much have you studied?" Offer encouragement, not interrogation. Reassure them that their best effort is all you ask for.



Above all, remember the simplest, yet most powerful, tool in your kit: the 10-second hug. Before they walk out the door for that big exam, wrap them in a quick, strong hug. It needs no words. It's a silent, powerful message: "I love you. I believe in you. I'm proud of your effort, no matter what."

THE EXTRA SUPPORT SYSTEM (WHEN THEY NEED A BOOST)

Even with the best plans, concentration can waver, and stress can take its toll. This is where a little extra, targeted support can make a difference:

- **The Focus Finder:** When their attention drifts after hours of studying, or frustration sets in, a gentle nudge can help. The TC Learner's Support Spray is a carefully formulated herbal blend designed to assist with increasing attention span and improving focus during lessons or study sessions. Think of it as a little "reset" button for a tired, overloaded mind.
- **The Nutrition Gap-Filler:** Let's be honest, stressed teenagers aren't always reaching for the healthiest options. Exam pressure can impact appetite and food choices. TC Kids Chewable Multivitamins can act as your nutritional insurance policy during this demanding period, helping to fill potential gaps and ensure they're getting the essential vitamins and minerals their growing (and stressed) bodies need to function optimally.

Let's help them finish strong. Phambili!

The GIFT of SAFE WATER

A Vital Community Feature on Protecting Your Family This Summer

What is more precious than a glass of clean, cold water on a scorching summer day? It's life. It's health. It's something we often take for granted. But as the heat rises and our infrastructure is strained, we must ask a hard question: is the water our families drink always safe? This isn't a conversation to scare us; it's a conversation to empower us. Because knowledge is our first and most powerful line of defence.

THE HARD TRUTH ABOUT THE HOT SEASON

Summer brings intense heat, which can lead to lower water levels and place enormous pressure on municipal water systems. In many communities, this can increase the risk of contamination. When infrastructure fails or is

overwhelmed, water-borne diseases can spread quickly. We cannot ignore the reality. Outbreaks of devastating diseases like cholera are a real and present danger in areas facing water challenges. These illnesses are not just statistics; they affect our neighbours, our elders, and, most vulnerably, our children. Protecting our families starts with being proactive, not reactive.

KNOWLEDGE IS POWER: YOUR 3-STEP WATER SAFETY PLAN

We cannot control the infrastructure, but we can control what happens in our own homes. Step 1: Question Your Source Not all water is equal. If your municipal water looks cloudy,

smells unusual, or if you've heard of supply interruptions or local alerts, be extra cautious. If you rely on borehole, river, or untreated tank water, you must assume it is unsafe for drinking until you have purified it.

Step 2: Make it Safe (The "How-To") Never drink water you are unsure of. You have two main options:

- **Boiling:** This is the most effective traditional method. Bring the water to a rolling boil and keep it boiling for at least one full minute. Let it cool down completely before storing.
- **Purification:** For a reliable, simple, and effective method, especially when boiling isn't possible (e.g., load shedding), chemical purification is essential. The TC Water Purification Sachets are a powerful tool in



your home safety kit, designed to kill cholera and other harmful organisms . Follow the instructions on the packet precisely.

Step 3: Store it Safely (The Critical Final Step) This is the step many people forget! Purifying water means nothing if you contaminate it afterwards.

- **The Problem:** Storing clean water in an open bucket or drum means that every time someone dips in a hand or a shared cup, they risk re-contaminating the entire supply.
- **The Solution:** Always store your purified water in a clean, sealed container with a tap. A dedicated water dispenser is the gold standard for home safety. For larger volumes, the Portable Water Storage Container (28Lt) is an ideal solution. Because it has wheels, it's easier to transport from

KILLS CHOLERA

5 SACHETS

ZH80
Water Purification Sachets - (5x2.5g)
R22



TC TABLE CHARM DIRECT

Scan to SHOP these product on TC DIRECT online shop

AS15 Portable Water Storage Container - 28Lt - Cream WAS R1199 **R999** SAVE R200

SAVE R200

a community tap, and its secure lid and built-in tap prevent any contamination from dipping, ensuring your clean water stays clean.

BEYOND DRINKING: OTHER CRITICAL USES FOR SAFE WATER

Contamination doesn't just happen from drinking. Remember to use purified or boiled water for:

- **Washing Food:** Rinsing fruits, vegetables, and any food that will be eaten raw.
- **Making Ice:** Ice cubes made from unsafe water are just as dangerous.
- **Brushing Teeth:** A small, easy-to-forget step that can make you sick.

And above all: Wash your hands! The single most important way to prevent the spread of water-borne disease is to wash your hands often with soap and safe water, especially before eating or preparing food, and after using the toilet. Access to clean water is a right, but in a crisis, ensuring its safety is our shared responsibility. Let's give our families the true gift of summer: the gift of health.

A Moment of Gratitude: A GUIDED REFLECTION

As the year sprints towards its finish, it's easy to get lost in the noise and the rush.



Our minds are full of to-do lists: exams to manage, deadlines to meet, holidays to plan, family to prepare for. Our focus is often on what's next, what's missing, or what's broken. We are, so often, just plain tired.

In these moments of exhaustion, it can be difficult to see our blessings clearly. This is when we can turn to God, asking Him to quiet our busy hearts and open our eyes to His goodness. What if the true antidote to this end-of-year exhaustion isn't just rest, but a guided reflection in His presence? What if we pause, just for a moment, to look back not at the struggles, but at the grace and blessings that held us?

In the quiet of this moment, let's take a breath. Let's look at the evidence of the grace that carried us through.

- **For our Work:** For the hustle that puts food on the table. For the challenges that sharpened our skills. For the gift of purpose and the ability to build something, day by day. We give thanks.
- **For our Love:** For the partner who knows our true selves and stands with us. For the friend who listened. For the quiet moments of shared laughter or the hand that held ours in the dark. We give thanks.
- **For our Family:** For the chaotic joy of children's laughter. For the wisdom of our elders. For the bonds, new and old, that remind us we belong to something. We give thanks.
- **For our Health:** For the body that carries us, even when it's weary. For every breath. For the strength that got us out of bed on difficult days and the resilience that is woven into our very being. We give thanks.

• **For our Home:** For the roof over our heads. For the door we can close against the world. For the simple sanctuary, big or small, where we are safe and can be ourselves. We give thanks.

These blessings are not random. They are not accidents. They are threads of a divine promise, proof that even in the whirlwind, a plan is unfolding. When our path seems uncertain, we can hold fast to this truth:

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." (Jeremiah 29:11)

May we end this year not just with a sigh of relief, but with a heart full of gratitude for the journey.

ZAS TAP AND PAY
CONNECT WITHOUT LIMITS



- ✓ No setup fees
- ✓ No subscriptions
- ✓ No device costs

Accept Payments with your smartphone

Sign up for FREE today!

<https://zastapandpay.com>
help@zastapandpay.com
WhatsApp 060 668 4356

Ts&Cs apply

The GUT-SKIN CONNECTION

Why Glowing Skin and Lasting Energy Start From Within



“You think your work gives you drama? Eish, if your gut is unhappy, your skin and your energy will show you real drama!”

Feeling sluggish, even after a full night’s sleep? Noticing your skin looks dull, congested, or is breaking out, no matter what you put on it? We often blame external factors – stress, lack of sleep, or just the wrong face cream. But what if the real culprit is something deeper?

Welcome to the world of the gut. It might sound strange, but wellness experts and scientists are increasingly clear: our digestive system is the headquarters for our entire body’s well-being. How you feel, your energy levels, and yes, even the clarity of your skin, can all be traced back to the health of your gut.

YOUR GUT: THE “SECOND BRAIN”

Think of your gut (your digestive system) as a bustling, vibrant village inside you, home to trillions of tiny helpers (a “microbiome”). When this village is in balance, it does so much more than just digest food. It works hard to:

- **Absorb Nutrients:** Pull all the good vitamins and minerals from your food.
- **Regulate Immunity:** Act as your body’s first line of defence.
- **Manage Inflammation:** Keep your body’s “alarm system” calm and in check.

The Gut-Skin Link: How It Works When this gut village is out of balance (from too much sugar, stress, or not enough fibre), it gets unhappy.

1. **Inflammation:** An unhappy gut can send out inflammatory signals. Where does this ‘fire’ show up first? Often, on your skin, in the form of breakouts, redness, eczema, or dullness.
2. **Poor Nutrient Absorption:** You can eat all the healthy food in the world, but if your gut isn’t working properly, you can’t absorb the good stuff – the vitamins, minerals, and proteins your skin needs to build collagen and glow from within.

The Gut-Energy Link: The Slump Solution That 3 PM slump isn’t always about sleep. If your gut is struggling, it can’t effectively absorb the nutrients (like B-vitamins and iron) that are essential for creating energy. A balanced gut also helps regulate blood sugar, preventing those draining crashes that have us reaching for more coffee.

How to Nurture Your Gut: A 3-Step Plan

True wellness starts with simple, daily actions.

1. **Feed Your Village:** Your ‘good helpers’ love fibre! Think “eat the rainbow” – colourful fruits and vegetables, leafy greens (like imifino), beans, and whole grains like oats.
2. **Hydrate & Move:** Water is essential for digestion and keeping everything moving smoothly. Gentle movement, like a daily walk, also helps keep your gut happy.
3. **Find Your Calm:** High stress can directly harm your gut balance. Find moments to breathe, pray, walk, or simply sit in the quiet.

SUPPORT YOUR SYSTEM

Building a healthy gut is a daily practice. But in our busy lives, sometimes we need extra support to help keep that ‘village’ balanced and thriving. This is where targeted supplements can become powerful allies on your wellness journey.

- **Support Gut Balance:** A daily Probiotic & Prebiotic capsule is a two-in-one solution. The probiotic adds more ‘good helpers’ to your village, while the prebiotic is the ‘food’ they need to thrive and do their job effectively .
- **Support Skin from Within:** Collagen is the literal building block of our skin, the protein that promotes its firmness and health . Adding a Collagen Creamer (in delicious flavours like Cinnamon or Vanilla) to your morning coffee or smoothie is an easy, luxurious way to give your skin that extra support .



TC TABLE CHARM DIRECT

Scan to SHOP these product on TC DIRECT online shop

Regulates blood sugar levels

Balance your gut, boost your glow.

Discover these wellness products from TC direct.

COLLAGEN

Collagen is a protein that supports connective tissues like tendons, ligaments, bones, and joints, and is known for promoting skin health.

CL02 Collagen Creamer Vanilla - 300g

CL03 Collagen Creamer Cinnamon - 300g

R319

CL01 Collagen Capsules (60)

R249

PROBIOTIC & PREBIOTIC WITH TURMERIC 30's

Our comprehensive formula combines 2 BILLION CFU probiotics with prebiotics and the anti-inflammatory power of turmeric in one easy-to-take daily capsule.

Assists with the following conditions

- Gut issues
- Bloating
- Gas
- Constipation
- Immunity

Supports Gut Balance

Enhances Nutrient Absorption

Promotes Overall Wellness

ZH188

Pro & Prebiotic Capsules with Turmeric - 30's

WAS R179

R169

SAVE R10

18

19

The Village Effect: WHY YOUR NETWORK IS YOUR NET WORTH

Move from Solo Hustler to Empowered Entrepreneur

In the world of entrepreneurship, there's a persistent myth of the "solo hustler" – the individual who builds an empire alone through sheer force of will. But this is just that: a myth.

Real, sustainable success is never a solo journey. The most powerful entrepreneurs, from start-up founders to community leaders, understand a fundamental secret: your network is your net worth. It's not just what you know, but who you know, who you support, and who supports you.

For the modern woman building her business, this network is your "village." It's a strategic ecosystem that provides support, drives sales, and creates new opportunities. It's time to stop thinking like a lone seller and start thinking like a community builder.

THE 3 PILLARS OF YOUR BUSINESS VILLAGE

Your village isn't just one group; it's a thriving ecosystem. Nurturing all three is the key to lasting success.

1. Your Community (Your Customers)

- **The Shift:** Stop seeing customers as "sales." Start seeing them as a community you serve.
- **The Strategy:** What problems are you solving? Are you providing affordable luxury? Smart solutions for a busy mom? Time-saving hacks? When you listen and provide genuine solutions, you move from being a seller to being a resource. Your customers become your loyal advocates and your most powerful marketing tool.



2. Your Peers (Your Colleagues)

- **The Shift:** Stop seeing other entrepreneurs in your field as "competition." Start seeing them as "colleagues."
- **The Strategy:** A supportive peer network is a priceless asset. Share insights. Celebrate each other's wins. A collaborative mindset (what experts call "coopetition") creates a bigger, healthier market for everyone. When one of you rises, you all get a clearer view of the top.

3. Your Team (Your New Shoots)

- **The Shift:** Stop seeing recruitment as "work." Start seeing it as "empowerment."
- **The Strategy:** Building a team is the most effective way to scale your impact and your income. But it's also an act of empowerment – offering someone else the same opportunity you were given. This month, TC Direct is actively encouraging this with the November "Recruit or Re-Recruit & Win" promotion .
- **The Action:** This promotion rewards you for inviting new (or returning) members into the fold . Use this as a strategic tool. See it not just as a bonus, but as a mandate to build your village. Who in your circle needs this opportunity? Who can you mentor? Your success multiplies when you invest in the success of others.

Your business will only grow as strong as the community you build around it. Shift your mindset. Focus on solving problems, collaborating with peers, and empowering a team. That is how you move from a solo hustle to a sustainable empire.

The Sanity-Saving Holiday Kit

Keeping Kids Happy (and Parents Calm) On the Go



Okay, deep breaths. The school holidays are upon us. Seven weeks stretch ahead, filled with potential joy... and potential chaos. Whether you're planning day trips, long drives "home" to the village, or just trying to survive trips to the shops with bored kids in tow, being prepared is your superpower.

We're not talking about packing the perfect picnic this time (we covered that!). We're talking about the Sanity-Saving Holiday Kit – the essential arsenal you need to keep little minds occupied, tantrums minimized, food accessible, and your own nerves intact while you're on the move. Because let's be real, a peaceful journey is half the holiday won!

1. Fuel the Fun (Without the Fury!)

Hungry kids = cranky kids. Keep energy levels stable with smart, travel-friendly fuel:

- **Hydration Heroes:** Freeze half-filled reusable water bottles overnight. Top up with cold water before you leave – instant ice packs that become drinks later! Genius, right? Don't forget your own flask of strong coffee!
- **Snack Attack Stations:** Avoid that one giant, crumb-filled bag. Use multiple smaller, leak-proof containers with compartments if possible. Think dry and low-mess: pretzels, rice cakes, dried fruit (raisins, mango strips), biltong sticks, small blocks of cheese, baby carrots. Easy for little hands, contained mess.
- **The 'Main Event' (If Needed):** If your trip spans a mealtime, pack things that don't need cutlery. Cold chicken drumsticks, sturdy wholewheat rolls filled with savoury mince, or individual mini quiches work well.

2. The Comfort & Containment Crew

A comfortable, well-fed child is a calmer child. Pack these sanity-savers:

- **Audio Adventures:** Kid-sized headphones paired with downloaded podcasts or audiobooks are golden for quiet time during travel.
- **Naptime Necessities:** Even on short trips, a familiar lightweight blanket and a kid-sized travel pillow can make impromptu naps possible (and save you from holding a sleeping head!).
- **Chill Factor:** Keep those snacks and drinks appealing! A good quality insulated cooler bag or hard-sided cooler box is essential. Use frozen juice boxes or your half-frozen water bottles as ice packs to keep things cool without adding extra weight. Pack perishables like cheese or yoghurt close to the frozen items.



3. Beat the Boredom Busters

Deploy these before the dreaded "Are we there yet?" chorus begins:

- **Car Game Classics (Analogue Edition!):**
 - » "I Spy" with colours/letters.
 - » Licence Plate Game (find A-Z, spot provinces).
 - » Sing-along sessions (create a family playlist!).
- **The Activity Pack:** A dedicated zip-lock bag or small backpack per child. Inside: A reading book, notepad & crayons, stickers, maybe a simple travel game (Uno, mini-draughts). Key: Easily accessible!
- **The Secret Weapon:** "Busy Bags" : Small drawstring bags with surprise low-mess items (play-dough, finger puppets, mini-puzzle). Keep hidden until desperately needed for guaranteed quiet time!

4. Parent Survival Gear (Don't Forget YOU!)

- **Caffeine Fix:** Your travel mug/flask. Non-negotiable.
- **Headache Stash:** Easily accessible pain relief.
- **Power Up:** Fully charged power bank for your phone.
- **Wet Wipes:** The MVP. Pack more than you think.
- **Rubbish Bags:** Essential for keeping the car tidy.

Planning isn't about control; it's about creating space for calm. A little preparation turns potentially stressful journeys into smoother, happier adventures. Pack smart, breathe deep, and enjoy.

DIGITAL DETOX,

Mzansi Style

Unplugging & Finding Real-Life Joy

Let's face it, our phones own us. From the moment we wake up (the alarm!) to the last scroll before sleep, we're plugged in. WhatsApp. Instagram. TikTok. The endless stream of notifications, the pressure to post the perfect picture, the FOMO – eish, it's exhausting!

We built empires, hustled online, and connected across continents. But somewhere along the way, many of us started feeling... disconnected. From ourselves. From each other. From the real, vibrant life happening right outside our screens.



But something is shifting. A quiet revolution is brewing, especially among the youth in our cities and townships. They're not ditching their phones entirely (let's be real!), but they are rediscovering the profound joy of unplugging. They're choosing real-life connection over curated feeds. This isn't your fancy R10,000 wellness retreat "digital detox." This is Digital Detox, Mzansi Style – accessible, authentic, and full of soul.

FINDING JOY BEYOND THE FEED:

- **The Rise of the "Real" Hangout:** Forget tagging each other in memes. Young people are actively creating spaces for face-to-face connection. Think board game cafes popping up in Braamfontein, outdoor umlabalaba tournaments drawing crowds in Khayelitsha, or simply gathering for a potluck braai where the only rule is "phones stay in pockets." It's about laughter that you hear, not just type.
- **Hiking Clubs with Heart:** Nature is the ultimate detox. We're seeing a massive surge in informal hiking groups exploring trails close to the city, like Melville Koppies in Joburg or Lion's Head after work in Cape Town. It's free, it's healthy, and it forces you to look up from your screen and appreciate the view. The shared challenge and the mnandi feeling afterwards build real bonds.
- **Skills Over Scrolls:** Instead of scrolling, they're doing. Workshops teaching everything from beading and pottery to coding and urban gardening are booming. It's about using your hands, learning something tangible, and creating something real in a world that often feels virtual.
- **The Power of Boredom:** Remember being bored



as a kid? It's when creativity strikes! The new detox mindset embraces moments of "doing nothing." Sitting on the stoep watching the world go by, listening to the radio instead of a podcast, just letting your mind wander without reaching for your phone. It's in these quiet spaces that new ideas – and genuine rest – can emerge.

YOUR MZANSI DETOX CHALLENGE:

You don't need a fancy retreat. Try one small thing this week:

1. **Phone-Free Meal:** Choose one meal a day (start

with breakfast) where phones are banned from the table. Talk. Connect.

2. **Notification Fast:** Turn off all non-essential notifications for just one afternoon. Feel the peace.
3. **Nature Fix:** Spend 30 minutes outside without your phone. Walk around the block. Sit in the park. Just be present.

It's not about rejecting technology. It's about reclaiming our time, our attention, and our connections. It's about remembering that the richest moments in life are the ones happening right here, right now, offline.

The Architects of Hope

WHY LIV VILLAGE REPRESENTS THE BEST OF US

In a nation searching for heroes, Phambili Magazine celebrates a community that isn't waiting for a solution—they are building one. This is the story of LIV Village, and how they are creating a blueprint for the future.

BY PHAMBILI MAGAZINE



In a nation of profound contrasts, where immense potential coexists with deep-seated challenges, true heroism is often found in the quiet, consistent work of building. It's found in the people who don't just point out a problem but dedicate their lives to being the solution.

This is the story of LIV Village—not as a charity, but as a community of heroes shaping the future of South Africa.

For Phambili Magazine, “Phambili Love” means looking forward, championing progress, and celebrating those who move our communities forward. There is perhaps no clearer example of this spirit than the work being done at LIV.

The challenge they face is staggering: millions of vulnerable children at risk. The response from LIV Village is not a temporary fix; it's a revolutionary blueprint for societal change.

“They are not just raising children; they are consciously raising leaders.”



THE HEROISM OF “HOME”

At the heart of the LIV model are the true front-line heroes: the foster mothers. These are women who have opened their hearts and their homes, stepping in to rebuild the very foundation of a child's life: the family. This isn't just about providing shelter; it's the difficult, daily, and deeply rewarding work of restoring a sense of belonging, safety, and love.

This is where the magic first happens. The model is built on a profound four-part strategy:

1. **Rescue:** The heroic act of intervention. Stepping into a child's life at their most vulnerable point and placing them in a new, safe reality.
2. **Restore:** This is the deep, patient work of healing. Through dedicated mothers, qualified staff, and a supportive community, children's lives are meticulously pieced back together.
3. **Raise:** This is the investment in potential. LIV provides high-quality education and holistic care, focusing on nurturing every child's unique talents.
4. **Release:** This is the ultimate goal. A child, once defined by vulnerability, is released into the world as a star—an equipped, confident, and whole young adult, ready to contribute to society and break the cycle for good.



BEYOND A VILLAGE: A BLUEPRINT FOR A NATION

What makes LIV Village a community of heroes is the scale and sustainability of their vision. This isn't just one village; it's a national footprint. From the flagship village in Durban to vital projects in Cape Town, Lanseria, and beyond, LIV is creating a network of change.

They have built a self-sustaining ecosystem that includes LIV Business, which creates jobs for the community, and LIV Training, which equips people with tangible skills. This isn't just a “feel-good story”; it's a powerful socio-economic engine.

The heroes at LIV—from the founders with the initial vision to the mothers, teachers, and staff who live it out every day—are doing more than just changing individual lives. They are providing a powerful, proven answer to one of our nation's most pressing questions. They are the architects of hope.

You can be part of this “Phambili Love” in action. LIV invites you to join their discipleship programs to learn how to teach, to give your time as a volunteer, or to fuel their mission with a donation. Every act helps move their heroic work forward.

HOW CAN YOU GET INVOLVED?

Visit
<https://www.liv-village.com/>
or email Lee on
lee@liv-central.com for
more information.

RESCUE A CHILD. RESTORE A LIFE. RAISE A LEADER. RELEASE A STAR.



The Vibe Report

Your Mzansi Summer 2025

The heat is on. The beat is dropping. Summer in Mzansi isn't just a season; it's a feeling. It's the unmistakable scent of braai smoke mingling with afternoon thunderstorms, the sound of a baseline thumping from a passing car, and that electric energy on the streets as the year winds down.

But what's the real vibe for Summer 2025? We've got the report. This season is all about bold confidence, authentic connections, and celebrating our local flavour—louder than ever before.

THE LOOK: CONSCIOUS CONFIDENCE

Forget fast fashion. This summer, the look is about "Conscious Confidence." It's a powerful shift. The Phambili woman isn't just asking "What am I wearing?" but "Who am I supporting?" The ultimate flex this season is style with substance.

- **The Colour:** Papaya & Desert Sun Move over, hot pink. The new power colour is a deep, sun-baked Papaya orange. It's earthy, it's vibrant, and it radiates a warm, grounded energy. We're seeing it paired with Desert Sun, a soft, sandy beige—think of the dunes of the Kalahari. It's a palette that feels both sophisticated and deeply African.
- **The Print:** Artisanal Power This isn't just a print; it's a story. We're seeing a massive trend towards hand-crafted, unique textiles. Designers like Sindiso Khumalo, who won the LVMH Prize for her work with isiZulu artisans, are global heroes of this movement. Look for bold, hand-painted fabrics, intricate new-wave shweshwe, and rich, textured weaves. It's a statement: our heritage is luxury.
- **The Vibe:** The ultimate status symbol this summer isn't a foreign label; it's that incredible, one-of-a-kind piece from a local designer. It's about building our own empires.



THE TASTE: ELEVATED KASI CUISINE

Forget fancy imports. This summer, the most exciting food trend is happening right here, in our own kitchens and backyards. It's about taking the flavours we grew up with and giving them a fresh, modern twist. We're calling it "Elevated Kasi Cuisine."

- **The Technique:** Open-Flame Everything – The braai is eternal, sharp sharp. But this season, it's not just about wors and chops. Chefs and home cooks are getting creative with open-flame cooking. Think fire-roasted mielies brushed with spicy chakalaka butter, whole butternut squash slow-cooked in the coals until sweet and smoky, and even grilled pineapple skewers dusted with cinnamon for dessert. It's about harnessing that incredible smoky flavour in new ways.
- **The Dish:** Modern Chakalaka Chakalaka is the soul of any Mzansi feast, but the new vibe is about texture and freshness. Forget the overcooked, mushy stuff. The 2025 chakalaka is vibrant and crisp.
- **The Idea:** Finely dice your onions, peppers (go for red and green for colour!), and grate your carrots. Sauté them quickly in good oil with garlic, your favourite medium curry powder, and maybe a touch of smoked paprika for depth. Add canned chopped tomatoes and baked beans, but only simmer briefly – you want the veggies to keep their bite. Finish with lots of fresh, chopped coriander. Serve it warm or cool, it's the versatile hero side dish.
- **The Drink:** Ginger Beer Got Soul Move over, sugary cooldrinks. The unmistakable kick of a good Ginger Beer is the flavour of Summer '25. And let's be honest, nothing beats that Stoney Ginger Beer for the real deal – that delicious "extra kwetsa" (kick) hits differently! While homemade versions with added flavours like hibiscus or lemongrass are popping up, Stoney remains the undisputed Kasi king.



THE SOUND: GROWN-UP GROOVE

Yes, Amapiano is still king, but the sound is maturing. If last summer was all about the wild party, this summer is about the "Grown-Up Groove."

It's the sound of the Sunday afternoon braai, the long drive with the windows down, the 4 AM conversation. We're hearing a shift away from the high-pitched synths and a return to soulful, jazz-infused production. It's 'piano for a more sophisticated palate.

- **The Names to Know:** This sound is being championed by producers like Kelvin Momo, who has become the master of "Private School Piano" with his complex, layered tracks that feel both nostalgic and futuristic. On the vocal front, listen for the deep, soulful tones of artists like MaWhoo and Nkosazana Daughter, who are bringing a new, raw emotion to the beat.
- **The Ultimate Vibe:** We've curated it for you. Scan this code for the official Phambili Summer '25 Vibe playlist on Spotify. The perfect soundtrack for your hustle, your rest, and your next getaway.

**GET CREATIVE WITH YOUR STONEY...
(BUDGET-FRIENDLY SIPS)**

- **The Virgin Stoney Sparkler:** Keep it simple and refreshing. Pour ice-cold Stoney over lots of ice. Get fancy by adding fresh mint leaves and a squeeze of lime. For a Phambili twist, muddle a few seasonal berries (like raspberries or strawberries) in the bottom of the glass before adding the ice and Stoney – it adds beautiful colour and a fruity note.
- **The Sherry Ginger Snap:** (A Kasi Classic Reimagined) This one's for the grown-ups – comforting, spicy, and surprisingly sophisticated. Fill a tumbler glass with ice. Add one part Old Brown Sherry (the classic choice for a reason!) and top generously with three parts Stoney Ginger Beer. Drop in a star anise or a small cinnamon stick for aroma. Stir gently and garnish with a twist of orange or lemon peel. It's the perfect sunset sip – familiar, budget-friendly, but with a touch of class.



**THE GETAWAY: HYPERLOCAL
GAUTENG GEMS (UNDER 60KM!)**

Petrol prices are high, eish. And honestly? We're all a bit tired of the same old crowded holiday spots. The biggest travel trend this summer is exploring the beauty right on our doorstep, especially those quick escapes less than an hour's drive from Joburg's Northern Suburbs. It's about "Hyperlocal Hidden Gems."

- **The Vibe:** Slow Travel & Real Connection Forget rushing. This summer is about slowing down. It's about finding that picnic spot with a view, that hiking trail you never knew existed, or that quirky farm stall selling the best koeksisters.
- **Your Quick Escape List (Under 60km):** Instead of hitting the N3 for hours, try these Gauteng gems:
 - » **Hennops River Valley:** Just a short drive west, Hennops offers beautiful hiking trails for all fitness levels, MTB routes, and riverside picnic spots. Pack a basket and make a day of it. Perfect for letting the kids burn off energy.
 - » **The Cradle Outskirts:** While the main tourist sites can be busy, the broader Cradle of Humankind area has fantastic spots within easy reach. Think Rhino & Lion Nature Reserve for a quick wildlife fix, or explore the cafes and art galleries around the Muldersdrift area.
 - » **Walter Sisulu National Botanical Garden:** An oasis in Roodepoort. Pack a picnic, wander through the stunning indigenous gardens, and marvel at the Witpoortjie waterfall. It feels a world away from the city buzz.
 - » **Harties (The Close Side):** The southern edge of Hartbeespoort Dam can be reached within the 60km radius. Explore the Chameleon Village market, grab lunch with a view, or simply enjoy the drive. Go early to beat the crowds!
- **The Mindset:** It's about finding the magic in the nearby. It's about supporting local businesses and discovering the incredible pockets of nature and culture right here in Gauteng. Why spend hours in traffic when a beautiful escape.

TRY ME – I'M NEW!



KhusKhusTM

Simply Tasty



**ONLY
R8.99**



**AVAILABLE AT SHOPRITE,
CHECKERS, PICK 'N PAY, SPAR, MAKRO,
DEVLAND AND OTHER C&C STORES**

Look for me in the rice | noodles | pasta section

WANT TO KNOW HOW TO MAKE IT? CHECK US OUT ON SOCIALS



THE YOUNG AFRICAN ENTREPRENEURSHIP INSTITUTE

Are You Ready to Build Your Empire?

Your Invitation to the Platform Designed to Get You There

Building an empire is tough. We know the hustle: the late nights, financial stress, and the constant question, “How do I take this to the next level?” We try to do it all alone, and it’s exhausting. But what if you didn’t have to?

What if there was a “village” designed to connect you with the three things every entrepreneur needs: capital, knowledge, and a powerful network? This is where the Young African Entrepreneurs Institute (YAEI) steps in.

Their mission is to plug entrepreneurs like you into a powerful ecosystem, partnering with the private sector, government, and education to tackle your biggest barriers.

This November, YAEI and its anchor partner, Absa, host the 4th Annual Youth Entrepreneurship Week (YEW). From 20–22 November 2025 at the Gallagher Convention Centre in Johannesburg, this isn’t a “talk shop.” This is about real tools and real access.

YAEI, Absa, and partners (including W&RSETA, Visa, CEF, NDA, SEDFA, AEDC, Mail & Guardian, and Bowmans) are coming together to give you the knowledge needed to build a sustainable business.

This action-packed event is designed for engagement. Dive into practical Masterclasses on finance, get inspired by Keynote Addresses, witness the Youth Innovation Challenge Final, and celebrate at the Entrepreneurship Awards Gala Dinner.

The week closes with the Proudly African Youth Market Fest. This is real access to real consumers: a vibrant market showcasing 50 youth-owned businesses across fashion, beauty, food, and tech, offering a real chance to gain visibility.

If you are serious about turning your hustle into an empire, you need to be in this room. Stop building alone. Find your network, get the skills, and unlock your potential.



YAEI x Absa YOUTH ENTREPRENEURSHIP WEEK

Absa Youth Enterprise Development Symposium

21 NOVEMBER 2025 | 9AM - 4:30PM
Gallagher Convention Centre

- Keynotes by Industry Leaders
- Panel Discussions
- Absa Presentations & Masterclass
- Information Hub



YAEI x Absa PROUDLY AFRICAN YOUTH MARKET FESTIVAL



22
NOVEMBER

THE CANVAS RIVERSANDS | 10AM
LANGA MAVUSO // WE WILL WORSHIP // DJ TDK MACASSETTE
NANETTE · IPHUPHO L'KA BIKO · POLYMATH · ZAMA KHUMALO VOICES OF SONGOMA · DROPLET · SOUTH HIPPIE

ENTRY
R100



Pour the Joy

Simple, Budget-Friendly Drinks for Any Occasion

Summer hosting is all about connection, warmth, and sharing. But creating an impressive drinks menu on a budget can be stressful. This year, forget complicated cocktails! The secret to effortless elegance lies in two things: smart, flavourful bases and beautiful glassware. A stunning glass instantly makes any drink feel special. We're using the versatile TC Fruit Fusion Concentrates as our budget-friendly flavour heroes, paired with the sophisticated New Twilight Glassware Range, to create three simple sips that look—and taste—like a million bucks.

- RECIPE: THE 10-SECOND BELLINI SPRITZER**
- Perfect for a celebration, this is a light, bubbly, and sophisticated twist on a classic.
- **Ingredients:**
 - » 1 part (approx. 25ml) TC Fruit Fusion Peach Apricot Concentrate
 - » 2 parts cheap, chilled white wine (like a crisp Chenin Blanc)
 - » 2 parts chilled Soda Water
 - **Garnish:** A peach slice or raspberry (optional)
 - **Method:** Pour the Peach Apricot Concentrate into the wine glass. Gently add the chilled white wine, followed by the soda water. Give it one brief, gentle stir. Garnish if you're feeling fancy.
 - **To Serve In:** The Twilight Wine Glass.



- RECIPE: THE PASSIONATE SPARKLER (MOCKTAIL)**
- A vibrant, refreshing, and family-friendly sip that everyone will love.
- **Ingredients:**
 - » 2 parts (approx. 50ml) TC Fruit Fusion Passion Fruit Concentrate
 - » 3 parts chilled Sprite, Sprite Zero, or Soda Water
 - » Lots of ice
 - **Garnish:** A sprig of fresh mint and a squeeze of lime
 - **Method:** Fill the tumbler with ice. Add the Passion Fruit Concentrate, squeeze in the lime, and then top up with your chosen fizzy mixer. Stir well and add the sprig of mint.
 - **To Serve In:** The Twilight Tumbler.



- RECIPE: THE MANGO CREAM SODA FLOAT**
- A decadent, fun, and festive treat that works beautifully as a simple dessert or a special drink for the kids.
- **Ingredients:**
 - » 2 parts (approx. 50ml) TC Fruit Fusion Mango Orange Concentrate
 - » 3 parts chilled Soda Water (or Lemonade for extra sweetness)
 - » 1 generous scoop of Vanilla Ice Cream
 - » **Garnish:** An orange slice or a maraschino cherry
 - **Method:** Pour the Mango Orange Concentrate into the mug. Gently add the soda water. Place the scoop of ice cream on top so it fizzes and floats. Garnish.
 - **To Serve In:** The Twilight Coffee Mug.

NEW TWILIGHT EXTENDED GLASSWARE RANGE

Elevate your Twilight Glassware collection with these exquisitely stylish and sophisticated new Wine Glasses and Coffee Mugs, which are sure to make your table the centrepiece of every gathering.

TT152
(6) Twilight Tumblers - 290ml
WAS R189
R149
SAVE R40

TW22
(6) Twilight Wine Glasses - 260ml
R329

TW24
(6) Twilight Coffee Mugs - 360ml
R249

NEW

BEST OF THE BEST
FOR FESTIVE ENTERTAINING

TC TABLE CHARM DIRECT

Scan to SHOP
these product on TC DIRECT online shop

FRUIT FUSION CONCENTRATE

Enriched with dairy-based nutrients to support sustained energy and wellness.

Long-lasting hydration with the goodness of calcium and protein. Easy-to-carry handle for on-the-go convenience.

FD100
TC Fruit Fusion Concentrate - Mango Orange - 1Lt

FD102
TC Fruit Fusion Concentrate - Passion Fruit - 1Lt

FD104
TC Fruit Fusion Concentrate - Peach Apricot - 1Lt

R30 each

Panado®

A dose of care.

**MINUTES
AGO
HE WAS
MAN
DOWN***

THE POWER TO FIGHT PAIN.



CONTAINS PARACETAMOL

*Onset of action from 15 minutes

Panado® is indicated for the symptomatic treatment of mild-to-moderate pain and fever. Refer to Professional Information / Patient Information Leaflet for full dosage and directions for use. Do not exceed the recommended dose. Do not use for more than 10 days without consulting your doctor. KEEP ALL MEDICINES OUT OF THE REACH OF CHILDREN. References: 1. Wilcock A, Twycross R. Therapeutic reviews: Acetaminophen (Paracetamol). Journal of Pain and Symptom Management, 2013;46(5):747-755. [S0] (Pack sizes of <25 tablets) [S1] (Pack sizes of ≥ 25 tablets) Panado® Tablets. Each tablet contains Paracetamol 500 mg. Reg. No.: B/2.8/858. (PI 07/2016). For full prescribing information refer to the Professional Information approved by SAHPRA. Adcock Ingram Limited. Co. Reg. No. 1949/034385/06. Private Bag X69, Bryanston, 2021, South Africa. Customer care: 0860 ADCOCK/232625. www.adcock.com. 09.08.20251000003509 August 2025.

A PROUDLY SOUTH AFRICAN BRAND

adcock ingram 