

Spicing

it up!

Men

To wear bold colours takes confidence, which makes it the perfect thing to do for business. However, you want to look confident and stylish, and not like a clown, so don't overdo it. Keep your good-quality investment pieces to more traditional shades and spice it up with touches of coloured accessories like a tie, reading glasses, a bright leather portfolio or even just some fun cufflinks. They are subtle enough to keep it smart and professional but will still demand some attention.

Striped shirt: R950

Thomas & Benno Green tie: R399.99

Fabiani reversible leather belt: R140, Woolworths

Pants: R199, Woolworths

Reading glasses: R3 200, Theo

Eyewitness from Extreme Eyewear

Cufflinks: R699.99

Fabiani orange portfolio: R880, Campo Marzio

Women

Bright colours are in and there is no reason why you should not incorporate this trend into your work wardrobe. Traditionally, smart office wear brings dark colours to mind, but there are few things that say strong confident women like bold colours. The key is to choose the correct items to wear. Make sure you opt for strong silhouettes and harder lines and if dressing in bright is too bold for you, keep it simple with some beautiful, coloured accessories.

Colour me bold

Dress: R990, Jo Borkett

Red leather briefcase: R2 965, Campo Marzio

*Turquoise Ostrich leather handbag: R2 199 and
orange ostrich spec case: R399, both Frasers*

Stockings: R65, Falke

*Purple extensive document holder: R580,
Campo Marzio*

*Set of gold and white bangles: R260,
Tessa Design*



Italian passion graces our roads



PRICING:

Giulietta 1.4 TB Progression	R243 000
Giulietta 1.4 TB Multiair Distinctive	R279 900
Giulietta 1.8 TBi Quadrifoglio Verde	R330 275

Writer: Smoking Rubber

The Italians come across as the most passionate people in the world.

They seem to do everything with a touch more flair and glamour than others and this is evident in their cars as well. Not surprisingly, some of the most delightful car brands – Ferrari, Maserati and Lamborghini, to name only a few – hail from that part of the world.

Although these Italian “superbrands” have captivated the minds and hearts of car enthusiasts the world over, it is the Alfa Romeo that has remained accessible to the man on the street.

During the era of sanctions in the apartheid days, Alfa pulled out of the country and reappeared only in the late 1990s. One of the most memorable cars to grace our roads in that era was the Giulietta. Now it’s back – and boy, is it a stunner!

Launched with much pomp and fair, the Giulietta has become an instant hit among motoring journalists. The car, now in hatchback form, is a trump card for the brand to establish its name worldwide after suffering negative publicity with reliability issues. Management from the Italian manufacturer makes no bones about the fact that the car is aimed to compete for market share among drivers who would normally purchase brands such as

Golf, Ford Focus or Mazda 3. The pricing reflects this too and, with standard luxury fair thrown in, the Giulietta is certain to add to the variety of brand choice buyers already have.

The line-up starts up with the 1.4 TB Progression, which has a turbocharged engine. This engine pushes out an impressive 125 kw power and 230 nm of torque. Second in line is the 1.4 TB Multiair Distinctive, which is also turbocharged but has the Multiair system. Power is down at 88 kw and 206 nm but this is the most frugal one of them all. The Multiair system, which is unique to Alfa, allows for better air intake and falls in line with the current standard to produce more fuel-efficient and environmentally friendly engines. The range topper, which is your Golf GTI competitor, is the 1.8 TBi Quadrifoglio Verde. This engine offers a wheel spinning 173 kw power and a decent 300 nm of torque. This car should be the robot racer of the range and is going to keep the speed freaks happy.

The Alfa Giulietta stirs emotion by the mere mention of the name. The latest edition to the family could easily also give the brand the prestige of having produced one the best-looking cars on the road. Yes, it’s got the looks – both inside and outside – and the performance.



Stiff competition in the **super-mini class**

The Audi brand has become a serious contender in the luxury car market over the past decade, keeping its Mercedes and BMW counterparts on their toes. The brand has responded to every offering in the market by its competitors from SUVs, mid-size saloons to serious super cars like the R8. The one segment Audi has never played in seriously was the small car segment. The recently launched A1 is not a car that is meant to compete with VW Polos and Toyota Corollas but instead in a segment of the market called the “super-mini class”.

Until now, this class has been dominated by the Mini Cooper, which is a BMW product, and more recently by cars such as the Citroen DS3. At first look, the A1 is a distinctive Audi with the oversize grill, LED daytime lights and the more tame-than-aggressive appearance that has become synonymous with the brand. However, the A1 is not just a city scooper but also a funky yet functional two-door tourer. It has the brand’s class-leading interior and one of the most fuel-efficient and eco-friendly engines on offer in 2011.

The A1 is aimed squarely at the Mini Cooper buyer and Audi plans to become a major player in this market. The brand has

introduced three engine derivatives, the 1.2 turbo petrol, the 1.4 turbo petrol and a 1.6 turbo diesel. On the South African market, there is also a five- or six-speed manual and seven-speed S Tronic (automatic).

The standard luxury fair expected from a German premium brand is what you will get in your A1, although Audi offers different interior lighting, personalised colour combinations and other nice-to-haves to keep with the funky theme, giving the car a yuppie appeal. The A1 goes about its business with little or no fuss and the easiness of drive will appeal to a broad spectrum of motorists. The brand dubs the baby A1, “the next big Audi,” showing just how serious the marque is about making it a success.

PRICING:	
1.2T FSI (Attraction) Manual	R243 000
1.4T FSI (Attraction) S Tronic	R252 500
1.4T FSI (Ambient) S Tronic	R270 500
1.6TDI (Ambition) Manual	R247 000

Chef Coo's passion takes off

A passion for cooking led young culinary artist Coovashan Pillay to swap his spreadsheets, calculator and a career in accounting, for his chef's whites and knives.

Coovashan, or Chef Coo as he's known countrywide, is the Executive Chef at the OR Tambo International Airport Life Hotel. His passion for Asian cuisine, blended with African influences, has created his signature mouth-watering contemporary fusion cuisine.

Chef Coo shares a few tricks of the trade with his contemporary inspired recipes, so you too can become a master chef in the comfort of your own kitchen.

Starter: Cajun-coated calamari served with savoury rice, served with lemon butter

Ingredients:

- 15 Cleaned calamari tubes and heads
- 100 g Cajun coating
- 100 ml Lemon butter

Cajun coating

- 50 g Cajun spice
- 25 g Turmeric powder
- 10 g Cayenne pepper
- 100 g Flour
- 100 g Bread crumbs

Lemon butter

- 50 g Butter
- 100 ml Fresh lemon juice
- 100 ml Cream
- 1 tsp Chopped parsley

Preparation:

To make the Cajun coating, mix the Cajun spice, turmeric powder, cayenne pepper, flour and bread crumbs together.

Coat the calamari tubes and heads in the Cajun coating.

Deep-fry the calamari and heads in clean cooking oil.

To make the lemon butter, heat the lemon juice. Whisk in butter. Add cream and stir. Add chopped parsley.

Boil a portion of savoury rice and mould onto plate. Arrange the fried calamari alongside the rice, drizzle with the lemon butter and garnish with lemon and fresh dill.

Serve with chilled Spier Chardonnay.

Main course: Chilli-crust periperi, deboned and skewered chicken thighs served with French fries

Ingredients:

- 2 Deboned chicken thighs
- 3 Cloves of garlic
- 3 Chopped chillies
- 2 Sprigs of thyme





- 100 ml Olive oil
- 100 g Butter
- 1 tsp Crushed red chilli
- 2 tsp Chopped coriander
- 100 g Breadcrumbs
- 200 ml Fresh cream

Preparation:

Marinate the chicken in garlic, chopped chilli, thyme and olive oil.
 To make the crust, mix together the butter, dried red chilli, chopped coriander and bread crumbs.
 Seal off chicken thighs in hot pan, place chilli crust on top of each chicken thigh and bake in oven at 180 degrees for 13 minutes.
 While chicken is in the oven, start to prepare the sauce.
 Place leftover marinade in a saucepan, heat and add the cream and chopped coriander.
 Once the sauce is ready, place in the centre of the plate, arrange the chicken on top, garnish and serve with French fries and a salad.
 Serve with a Pinot Noir.

Dessert: Pecan shortbread with crème brûlée

Ingredients:

- 100 g Flour
- 50 g Corn flour
- 50 g Castor sugar
- 100 g Butter
- 100 g Crushed pecan nuts
- Zest of an orange

Preparation:

To make the pecan shortbread, mix the flours, sugar and butter together in a food processor.
 Hand-mix in the remaining ingredients and press into a greased baking tray.
 Create your own pattern by pricking the shortbread with a fork prior to placing it in the oven.



Bake in a preheated oven at 180 degrees for 12 to 15 minutes, or until pale brown in colour.
 When removing from the oven, sprinkle extra castor sugar immediately over the shortbread.

Ingredients for the crème brûlée:

- 1 litre Cream
- 150 g Sugar
- 10 Egg yolks
- 1 Vanilla pod
- 1 tot Amarula Crème liquor

Preparation:

To make the crème brûlée, bring the cream to just under the boil, while infusing the Amarula liquor in the cream.
 Whisk together the egg yolks and sugar.
 Whisk the hot cream into the egg yolk mixture and strain into ramekins.
 Bake in a bain-marie, covered with baking paper, in a preheated oven at 150 degrees for 25 minutes until set.
 Remove and cool, sprinkle with sugar and blowtorch until golden brown.

Balance in your life



1

Spend time with family

Eat meals together: Make mealtimes family time.

Play games: Play board games or even enjoy an outdoor sport. Play any game that will reflect the interests of the family.

Watch TV as a family: Families who watch TV together will laugh, cry and talk together, thus bringing them closer.

2

Balance your work-life

Technology has made it easy for work to invade your personal life. Boundaries are no longer clearly defined. This makes it hard to maintain work-life balance. Still, work-life balance isn't out of reach and here are a few tips on how best to find it:

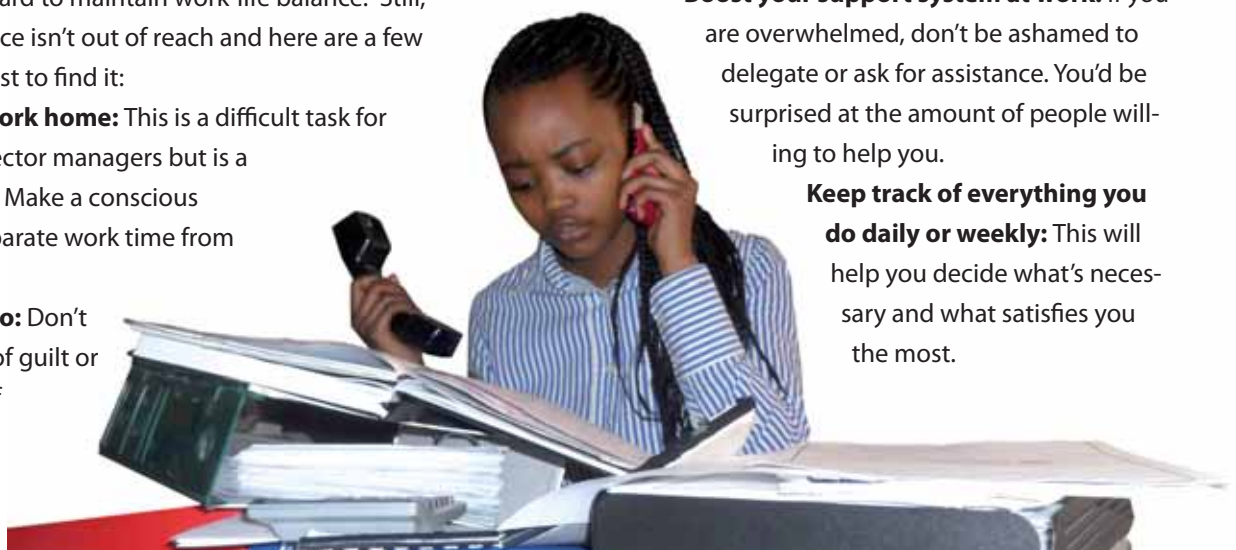
Do not take work home: This is a difficult task for many public sector managers but is a necessary one. Make a conscious decision to separate work time from personal time.

Learn to say no: Don't do things out of guilt or a false sense of obligation.

By learning to say no, you will make time for the things that are meaningful to you.

Boost your support system at work: If you are overwhelmed, don't be ashamed to delegate or ask for assistance. You'd be surprised at the amount of people willing to help you.

Keep track of everything you do daily or weekly: This will help you decide what's necessary and what satisfies you the most.

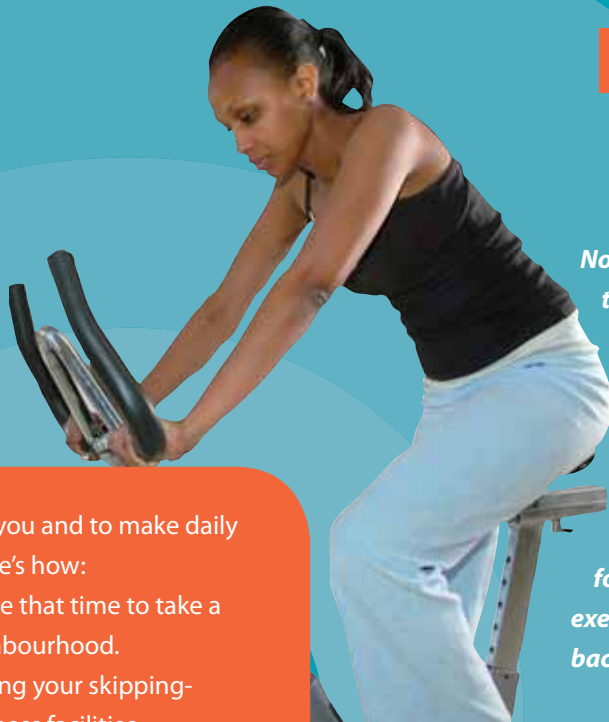


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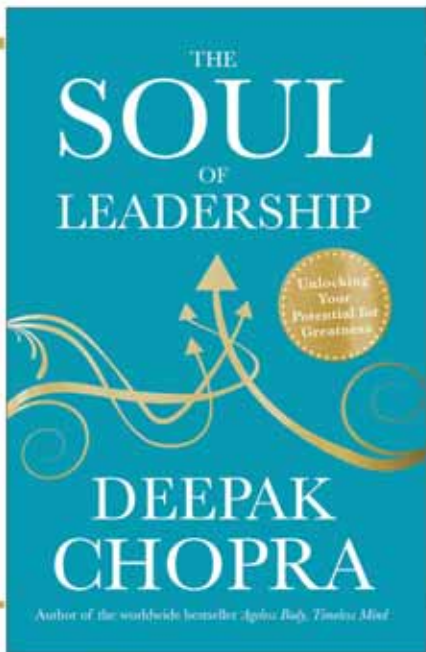
Take care of yourself

It is always best to do what works for you and to make daily physical activity a habit you keep. Here's how:

- n Wake up 30 minutes earlier and use that time to take a brisk walk or run around the neighbourhood.
- n When you travel for work, take along your skipping-rope or choose a hotel that has fitness facilities.
- n Take the stairs – either skip the elevator completely or get off the elevator a few floors early.
- n When at a mall, park far from the entrance and walk.
- n Make physical exercise part of your TV-watching. Ride a bike, use hand weights or get off the couch to change the channel or adjust the volume.



Not everybody has the time to go to gym so why not try skipping. Skipping for weight loss is becoming increasingly popular. The benefits include improved cardiorespiratory (heart and lungs) fitness, flexibility and coordination. Skipping is great for building bones and a good exercise to trim hips, thighs and backsides!



[The Soul of Leadership]

by Deepak Chopra


The Soul of Leadership decodes the mysterious qualities that have propelled history's greatest leaders to the top of the ranks and shrouded them in legend - Gandhi, Martin Luther King, Winston Churchill, Buddha - and provides a hands-on approach to understanding and mastering these qualities.

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Residents of Cape Town's Western Seaboard are eagerly awaiting the opening of the next BRT (Bus Rapid Transit) route, which will link the central city with the Table View area. The highly anticipated transport link is now just months away, with its new red bus lanes and numerous embarkation stations already in place. Pam Golding Properties (PGP) predicts that the opening of the BRT route will have a positive impact on the local property market, as it will open up new options for those who need to commute into town for work.

"The satellite areas around Bloubergstrand, including suburbs like West Beach, Blouberg Rise and Blouberg Sands, offer some of the best value for money in all of Cape Town," says PGP's area manager Ivan Swart. "They also offer a spectacular open-air lifestyle, coupled with

easy access to amenities such as schools, shops, medical care and restaurants. As such, this should be the ideal place for young professionals, couples and young families – yet in the past, the heavy traffic congestion into town has kept many of these buyers away. With the BRT opening, that should all change, as there will now be a viable and reliable means of commuting into the central city, without the stress and cost of sitting in gridlocked traffic for hours every day. We anticipate that many locals will leave their cars at home and make use of the BRT via the network of conveniently located stations, resulting in fewer cars on the road and a quicker, smoother ride into work each day."

PGP's MD for the Western Cape metro region, Laurie Wener, says the Bloubergstrand area is located some 20km from the central city, and offers an expansive beachfront,

Western Seaboard
public transport: new
departure for home prices



world famous for its views of Table Mountain and its water-sports appeal. “Bloubergstrand is a magnet for the international kite-surfing and windsurfing community,” she says, “with many of these athletes purchasing holiday homes in the area or even relocating here permanently. There are also ample green spaces for families to enjoy, including an inland water and nature reserve area, ideal for more sedate sailing and windsurfing.” The area now has a good selection of private and government schools, as well access to its own private Netcare hospital in nearby Table View. Other facilities within easy reach include a motor racetrack, 4x4 routes, amateur theatre and a number of sports clubs.

Property pricing in the coastal areas

Pricing in Bloubergstrand is extremely competitive, particularly in the satellite suburbs. One can obtain a two-bedroomed apartment in Blouberg Sands from as little as R650 000, while sizeable family homes are available from around R1,4 million up to R2,5 million. The areas closer to the beachfront command higher prices, but still offer superb value for money when compared to the province’s other coastal areas. There is also still ample land available for development, meaning that buyers who wish to build their own dream homes do not have to go to the effort

and cost of first demolishing an existing structure – as many are forced to do in other, more developed, coastal areas.

Among the properties currently available for purchase through PGP is a four-bedroomed home in West Beach, with ample space to raise an extended family. The property includes a spacious undercover entertainment area with a built-in braai, overlooking a large, private garden. Conveniently situated for access to schools, it is on the market at R1,795 million.

Also for sale exclusively through PGP is a two-bedroomed apartment on the border of Blouberg Sands and West Beach, which is priced at just R650 000. The 66-m² unit is located on the first floor of a small secure complex offering a communal pool and laundry, and lies within walking distance of the beach and shops.

Those wanting to enjoy the famous postcard view of Table Mountain will be interested in a sixth-floor apartment in a modern building close to the beachfront. The complex offers 24-hour security and has a communal pool, gym, squash court and laundry. PGP has the exclusive mandate to market the 63-m² apartment at R1,5 million.

To view these homes, or for more information, contact PGP agent Gloria Stemmett on 021 557 2415 or 073 557 6205. PGP’s area manager, Ivan Swart, can be reached at ivan.swart@pamgolding.co.za.