

Senior Portfolio Manager



Rubecca Khan



Marketing Manager



Nishtha Sanichur

TO OUR SHOPPERS

We've done it! Chatsworth Centre won a Gold award recently in the International Council of Shopping Centres (ICSC) Solal Marketing Awards held in Budapest. It's an incredible achievement as we were up against some major contenders from around the world. It proves once again that as a community centre we are a force to reckon with, so thank you for your continued support without which Chatsworth Centre would not be the success it is today.

The year so far has been very productive for the Centre, with changes to our tenant mix and opening of new concept stores to enhance our offering and better service the needs of the community. I am confident that these improvements will elevate the Centre to even greater heights so that you can benefit from a more pleasurable and enjoyable shopping experience with us. With the community of Chatsworth celebrating 50 years this year, I am proud that the Centre is part of such a resilient and resourceful community. The culture, the closeness and the uniqueness of this community still remains an important part of who we are - even after 50 years and I hope that this continues to live on in the community for generations to come.

We are bursting with pride and excitement as we launch Chatsworth Centre's first ever magazine – **The C Factor**, and we hope that you will join us in our journey and share in our excitement.

Why **The C Factor**? Well, the 'C' stands for: Culture, Customs, Community, Chatsworth, Centre, Convenient, Caring, and Colorful. All of the things that we believe make up and contribute to Chatsworth Centre's livelihood. **The C Factor** serves as the ideal platform for you to be kept abreast with the latest happenings at your Centre - the sales, bargains, gift ideas, recipes, community news, promotions and competitions, new store openings and lots, lots more. We hope that you will be inspired by our community stories and enjoy our editorial content. We look forward to receiving your feedback and comments at info@chatsworthshoppingcentre.co.za. Join us as we take Chatsworth and Chatsworth Centre to new heights.

Wishing all our Muslim shoppers & tenants a blessed Ramadaan and Eid-ul-fitr

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THANK YOU TO THE
FOLLOWING CONTRIBUTORS:

Rubecca Khan

Chatsworth Centre
Senior Portfolio Manager

Nishtha Sanichur

Marketing Manager

Zohra Mohamed Teke

Editor

Vivienne du Preez

Designer

Yashika Ramautar

Journalist

Niyanta Singh

Journalist

Lindy-Joy Dennis

Journalist

Cover:

Kajal Bhagwandeem

Photography:

Preyen Moodley

Make Up:

Neil Ramataur (Chanel)

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E editor@ezempilopublishing.co.za

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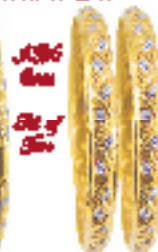
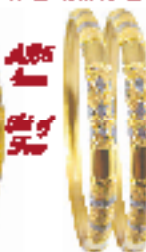
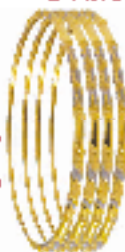
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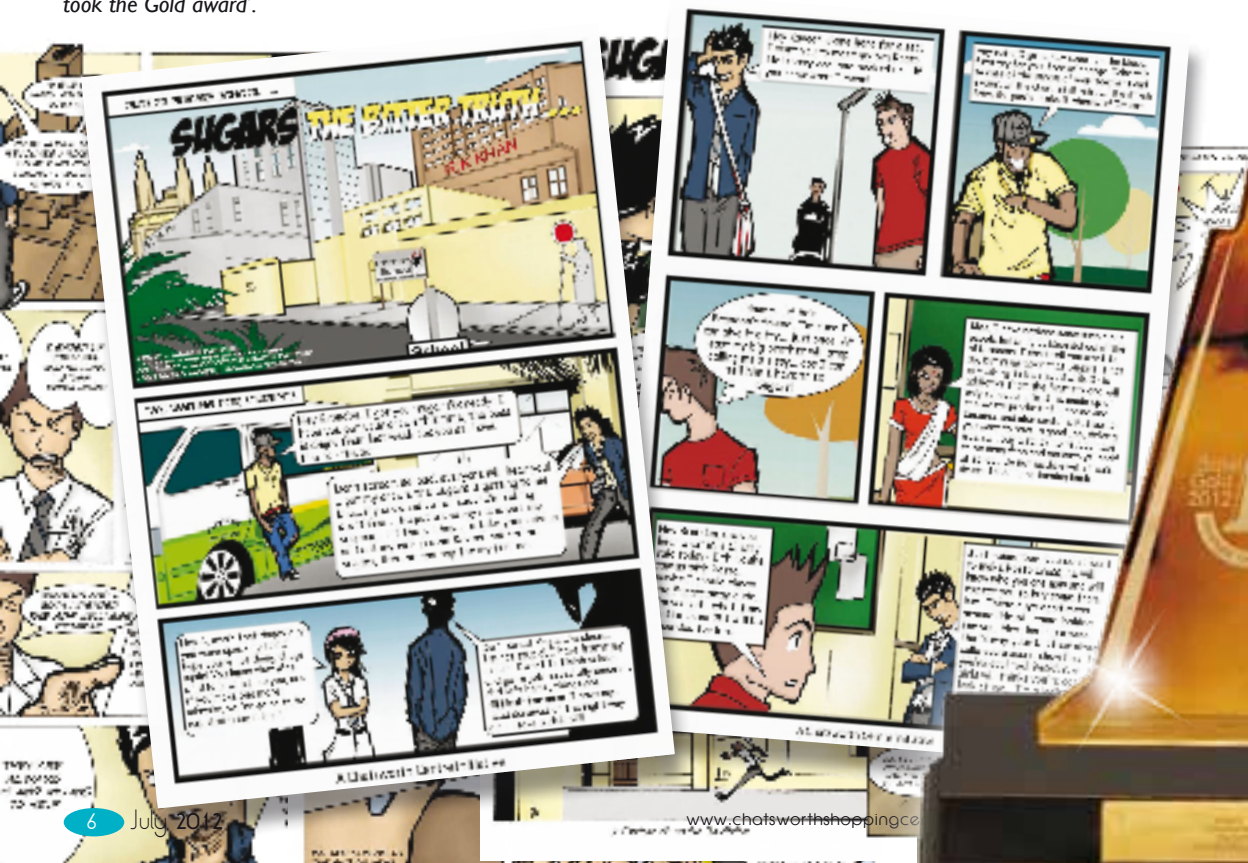
In a historic achievement for retail, Chatsworth Centre was awarded the Gold Solal Marketing Award from the International Council of Shopping Centres (ICSC) at a glittering ceremony in Budapest, Hungary recently – beating top local and international contenders for the number one spot! **The C Factor** asked Chatsworth Centre's **Nishtha Sanichur** all about it...

"We are all absolutely thrilled firstly at the international recognition Chatsworth Centre has received. We were recognised for our campaign on the drug 'sugars' and all that we did to raise awareness of the issue in the community. The award is an outstanding achievement for Sanlam Life Insurance (Owners of Chatsworth Centre) and is the first for Chatsworth Centre which makes it all the more exciting," says Sanichur.

"Chatsworth Centre's Sugars campaign which took the Gold award".

A COMMUNITY VICTORY

Chatsworth Centre has always prided itself in serving the community that has remained and grown loyal to the Centre. Its an accolade because without the community, Chatsworth Centre simply would not be the success story it is today. Forget the plush, posh neighbourhoods, Chatsworth is where our values, culture and tradition remains embedded in historical roots and the award brings home those moral issues which make up the richness of our fabric as a society.



INTERNATIONAL GOLD AWARD AWARDED TO CHATSWORTH CENTRE

HOW WE TOOK GOLD

The award brings together the very best of retail marketing across Europe and South Africa and rewards those with the most effective marketing campaigns, through recognising best practice and outstanding marketing performance. The awards are seen as a benchmark of quality throughout the marketing industry and Chatsworth Centre was up against strong international competition and local contenders including Cavendish Square (Cape Town), Gateway (Umlanga) and Musgrave Centre (Durban).

"It's a community victory and one we should all celebrate.... It proves that we are a force to reckon with," added Sanichur.



Chatsworth Centre Senior Portfolio Manager, Rubecca Khan with the Centre's Marketing Manager, Nishtha Sanichur



WEDDING DAY TIPS

Turning bridal blues to blossoms...

You've waited your whole life for this day and now it's here. It's normal to feel stressed, excited, nervous – after all it's a life changing event! To help make it easy, our wedding day planners gave the following tips:

It is all in the planning, so plan, plan and plan! Planning ahead will ensure that things go as smoothly as possible. Make lists for what needs to be done and categorize them e.g., caterer, florist, beautician, venue etc.

DESIGNATE!

There's no need to be stressing if you have friends and family who are willing to assist you with some of the smaller tasks. If you have a Wedding Planner, then there shouldn't be much too do, but if not, then rope in willing people who must be given specific tasks that need to be done with meticulous detail, as if you did it yourself.

A BACHELORETTE PARTY IS TO BE LEFT TO THE MAID OF HONOUR

This is not a suggestion, but a rule! You need to just pitch up for a night of fun and laughter and that's it! You could suggest what you would or wouldn't like on the day, to eliminate any unwelcome surprises. Also try not to have the party the night before, leaving you hung-over on your wedding day.

DE-STRESS!

Nothing is worse than a Bridezilla on a rampage. If you followed the above hints, you should not have too much to stress about as your wedding day approaches. More so you will want to look relaxed and radiant so get enough sleep!

Finally...enjoy your day!

WIN

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ARE INDIANS MORE PRONE TO STOMACH CANCER?

It seems almost everyone has someone in the family who has been affected by cancer these days. What's more worrying is that while Indians have been the least affected by cancer in the past, medical experts are now saying that this is no longer the case. They claim that there is an increase in the number of stomach cancer cases among Indians, due to the rapid move away from the traditional Indian lifestyle and diet to a more Western one.

And this does not seem to be a unique trend in South Africa. Even in India, there is an increase in stomach cancers and there too it is attributed to a change in diet. 25 200 men and 27 500 women die of gastric cancer every year in India – and is the second largest cause of cancer-related deaths.

THE CAUSE

"In many places in India the diet is low in fibre content. Spicy food and lots of non-vegetarian food can cause the chronic inflammation of the stomach lining, which, if left untreated, can turn cancerous. This is only caused if there already is an underlying ulcer or a pre-existing problem with the stomach lining. Stress, smoking and alcoholism also contribute towards a high rate of the disease. Smoking especially increases the chances of stomach cancer," says Mahesh Goel, associate professor in gastro-intestinal oncology at Tata Memorial Clinic.

Dr Carl Albrecht, South African based cancer specialist agrees, adding that the lack

of fiber in the diet and a high in-take of meat are also main contributors to the rise in stomach cancer in the Indian community. "Eating the wrong type of food can increase one's chances of getting cancer by 40%. Eating the right kind of food containing cancer-fighting molecules, such as fruit and vegetables, can make a huge difference," said Dr Albrecht.

"Tomatoes in all its forms, cooked, raw, pureed in tins or tomato sauce is a powerful anti-oxidant and should be consumed by everyone in vast quantities. It is also cheap and freely available. Turmeric or huldee is one of the greatest defences against cancer. Eat fresh vegetables, limit your meat intake and make use of granny's recipes", is the call being made by Singh.



LINK WITH BLOOD TYPE?

Even among Indian communities abroad, there appears to be a rising number of stomach cancer cases. UK trained naturopath and nutritionist Ashiyanah Singh says she's also seen a sharp increase in stomach cancers among her local patients – mainly Indian, which she too attributes to a change in diet. "Most Indians in South Africa were blood type A and therefore predisposed to eating a vegetarian diet. With the inability to break down meat proteins, it remains in colon. The longer the faeces stay in colon, there's an increased risk of faecal toxins passing into the blood stream and adversely affecting the metabolism of the rest of the body.

This could eventually lead to stomach cancer. In addition, Indians are eating far too much of Omega 6 fatty acids found in margarine and cooking oil," says Singh.

BACK TO INDIAN SPICES

With growing concern at the rising numbers of Indians contracting stomach cancers, many experts are now arguing for a move back to traditional foods, using traditional spices.

"Look at our common ingredients in our curries – onions, ginger and garlic stimulate the production of enzymes that neutralise cancer-producing cells.

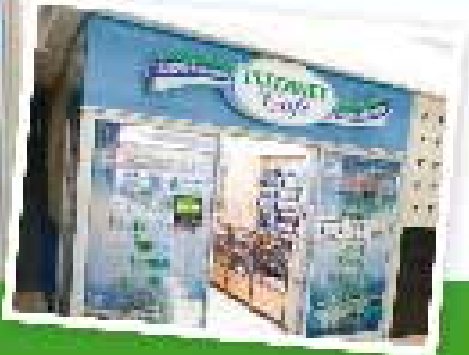
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WINTER PROOF YOUR HAIR AND BODY THE NATURAL WAY!



WINTER IS HERE, AND WE CAN ALREADY SEE HOW THE CHANGE OF SEASON IS WREAKING HAVOC WITH OUR BODY

Dry, itchy skin and dull, lifeless hair is no reason to hide indoors. While we often spending hundreds of rands on beauty products, it's often good old fashioned remedies that work best! So here's some to get you started when winter means more time indoors:

- Do body exercises, like yoga to bring a healthy glow to your skin
- Get at least 8 hours sleep at night
- Drink 10-12 glasses of water a day
- Cut down on fried foods and eat more fresh raw vegetables and fruit
- Detoxify your body at least once a month by eating only fresh fruit and vegetables the whole day



NATURAL HOME REMEDIES THAT GO BEYOND SKIN DEEP

Mix equal quantities of lime juice, glycerin and rose water. This lotion if applied to the face regularly at bed time is very useful in removing pimples, blackheads and other stains on the skin. It softens the skin and can also be applied to other parts of the body (hands, feet etc.)

Mix equal quantities of cucumber juice, rose water and lime juice. Wash the face and apply it overnight. Rinse off in the morning. This clears the complexion and keeps it healthy.

Make a paste of raw carrots and apply it to the face. Wash it after one hour. Your skin will have a radiant glow.



TOP TIPS FOR HEALTHY HAIR

Cold water is instrumental in closing the hair cuticle, making it reflect light rather than absorbing it. Pour a mug of cold water on your hair just before you step out of the shower to ensure smooth, shiny hair!

Coconut milk is known to maintain the sleekness of hair. Take a glass of coconut milk and add two table spoons of lemon juice. Cool in the fridge and apply this creamy paste on hair and cover it with a damp, warm towel. Rinse off after a while using shampoo.

Hot oil treatments are essential for promoting health growth. Massage hot oil like lavender, jojoba or aloe vera, into your hair and cover it with a towel for 15-30 mins.



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MOVERS & SHAKERS

Where are they now?

Home is where the heart is and there is no home like Chatsworth for many prominent people in the country. From humble beginnings these individuals have gone on to make their mark in the country and internationally.

KUMI NAIDOO:

GREENPEACE INTERNATIONAL
EXECUTIVE DIRECTOR

Probably one of the most well-known global figures. And he grew up in Chatsworth, becoming involved in the national student uprisings in 1980 and was expelled from school in Standard 9 (Grade 11). He went on to complete his matric via correspondence and studied law at the University of Durban-Westville before attaining a doctorate in political sociology, a Rhodes University scholarship and another degree in politics.

VISHNU NAIDOO:

NATIONAL SOUTH AFRICAN
POLICE SPOKESPERSON

Although not resident in Chatsworth as he lived in nearby Nagina Township, Vishnu said he spent most of his time in Chatsworth. "All my friends lived there and we played most of our sport there. It was inevitable that I found my wife in Chatsworth. It's still close to my heart as we have many relatives living there and although I now live in Gauteng, no trip to KZN is complete without visiting Chatsworth. There are several places I love to visit in Chatsworth but one of my all-time best places is the Chatsworth Centre. I love it because of the vibe, bumping into people I have not seen for years and off course, the superb merchandise on offer. In fact, I can't walk 100 meters at the Centre without people stopping to talk to me. And then we get nostalgic talking about the good, old days which is always great for the soul," says Vishnu.

JAILOSHINI NAIDOO:

ACTRESS

"My love for drama and performance started right here in Chatsworth when an educator called Jenny Somasundram introduced me to it, sharing her skill and passion for the subject with me on an extra-curricular level. Even though my father was the sole breadwinner, ours, like many other homes in Chatsworth, was a home that lacked nothing, especially love and good times. Chatsworth was a wonderful place to grow up. You had a never ending circle of friends," says Jailoshini.

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Bling, bold and bright trends for ladies at the Centre are anything but boring

EDITORS PICKS

Classy, elegant and trendy are the latest
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Soul Stirring

Bombarding. There's simply no other word that captures the enigma that is India. With an ability to inspire, frustrate, thrill and confound all at once, India presents an extraordinary spectrum of encounters for the traveller. Some of them can be challenging, particularly for the first-time visitor: the poverty is confronting, Indian bureaucracy can be overpowering and the crush of humanity sometimes turns the simplest task into an energy-sapping battle. Even veteran travellers find their energy frayed at some point, yet this is all part of the India experience. Love it or loathe it – and most visitors see-saw between the two – India will forge your entire being. It's a place that it awes the imagination and stirs the soul like nowhere else on earth.

Spectacularly Diverse

With its in-your-face diversity – from snow-capped mountains to sea-washed beaches, tranquil temples to frenetic markets, bustling villages to culture-supreme cities – it's hardly surprising that this country has been dubbed the world's most multidimensional. For those seeking spiritual sustenance, India has nooks of sacredness and thought-provoking philosophies, while history buffs will stumble upon gems from the past almost everywhere – grand vestiges of former empires awfully perched over crumbling streets and crumbling fortresses loom high above plunging ravines. Meanwhile, aficionados of the great outdoors can paddle in the shimmering waters

of one of many beautiful beaches, scout for big jungle cats on blood-pumping wildlife safaris, or simply inhale pine-scented air on meditative forest walks. And then there are the festivals. With its vibrant mix of religious observances, India is home to a formidable array of celebrations – from larger-than-life extravaganzas with caparisoned elephants and body-twisting acrobats to first-fruit harvest fairs paying homage to a locally worshipped deity.

The Delicious

Treat yourself – you're about to jump on board one of the wildest culinary trips of your life! Frying, simmering, sizzling, broiling and flipping a deliciously diverse variety of regional dishes, feeding your way through the subcontinent is certainly one hell of a ride. The hungry traveller can look forward to a beautiful smorgasbord of tasty delights, ranging from the splotchy goodness of masterfully marinated chicken dumplings in North India to the simple splendour of spiky rice dumplings in the steamy south. So what are you waiting for? Roll up your sleeves, put on your champagne hat and rumble your way down India's gastronomic highway!



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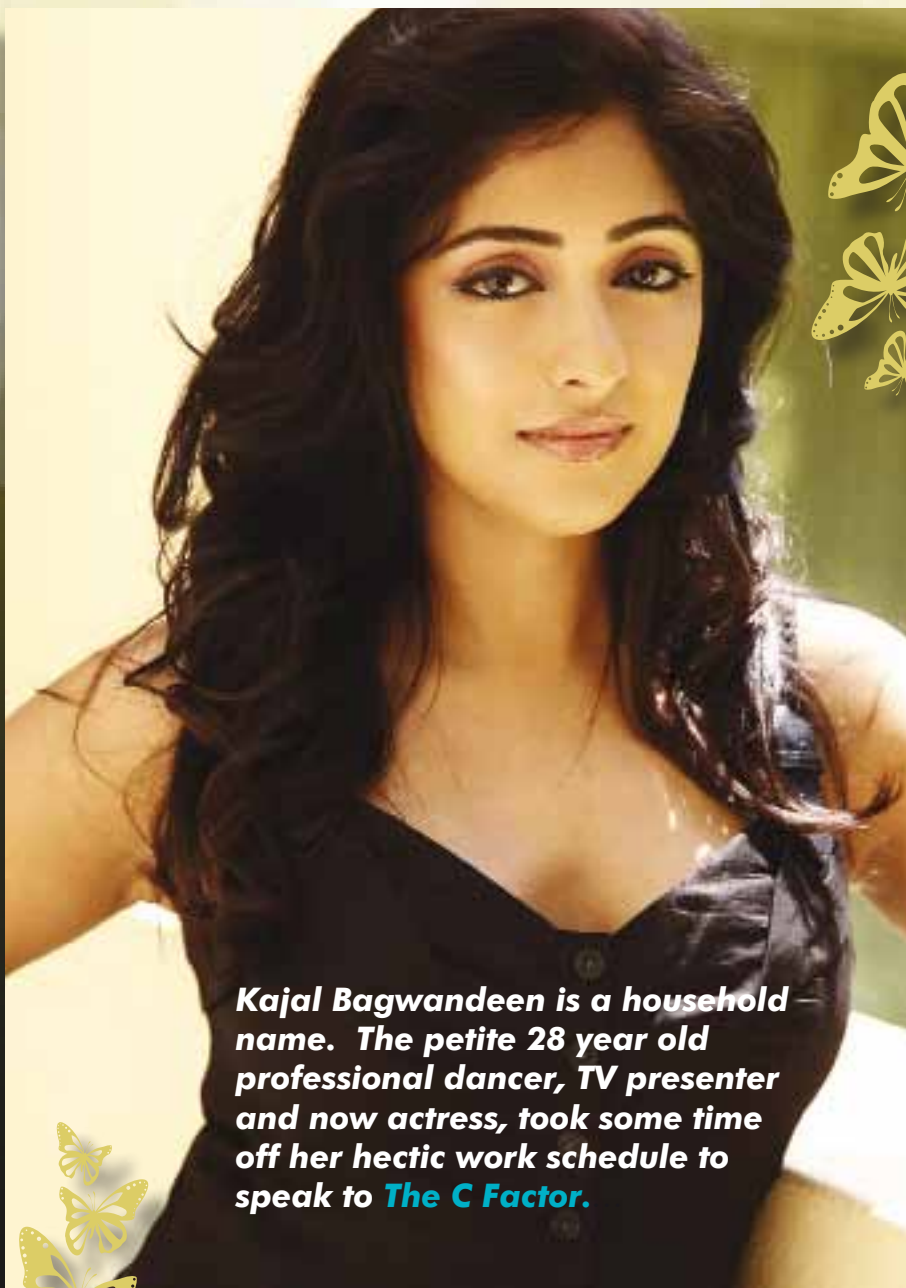


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Heart2Heart

With Kajal Bagwande



Photography by : Preyen Moodley (Loopphoto)

Kajal Bagwande is a household name. The petite 28 year old professional dancer, TV presenter and now actress, took some time off her hectic work schedule to speak to *The C Factor*.

The C Factor: Did your childhood mold you into the successful person that you are today?

Kajal: I'm blessed with wonderful parents who have been there to pat me on the back when I was on the right path and to discipline and guide me when I made mistakes which is part of growing up. I grew up in a very close family network which helped me become a people's person today.

The C Factor: How did you become a professional dancer?

Kajal: I was a very shy child and didn't enjoy dancing. This prompted my parents to send me to dance classes. This not only increased my confidence but also helped me discover and nurture my love for dance and instilled cultural values in my life.

The C Factor: What are some of the vital lessons you learnt from your family?

Kajal: That people may come and go but they, as family, will always remain.

The C Factor: How do you juggle work and family time?

Kajal: My hours are erratic and don't always coincide with the free time of my loved ones. It's something I have to consciously work on to find a good balance.

The C Factor: How did you break into acting?

Kajal: I've always wanted to act and although I didn't study drama I would always try to be part of any extracurricular



drama activities at school. In 2005 I auditioned for a lead role in a musical called Bombay Crush and got the part. I took voice lessons and soaked up any acting experience I could and got an agent. The rest is history.

The C Factor: What are some of the difficulties that you faced being a female Indian actress?

Kajal: Roles are limited, and because of this they are sometimes stereotyped, but I do believe that South African theatre and film is progressive so not all of it is.

The C Factor: What are some of your beauty secrets?

Kajal: I work out 3-4 times a week, maintain a healthy diet, drink lots of water and have a daily routine for my skin. For my hair, I use coconut oil every two weeks to keep it shiny and healthy looking.

The C Factor: What advice would you give to a young aspiring actress or dancer?

Kajal: Keep at it! It is a difficult industry but hard work always pays off.



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ACTING TO STOP DRUG ADDICTION IN OUR COMMUNITY

Yashika Ramautar investigates

The scourge of drugs in Chatsworth has filled residents with hopelessness and rage. It's left a society broken, families and marriages destroyed and leaving in its wake a trail of devastation and scars of abuse – emotionally, physically and mentally. Picking up the pieces is never easy, and while the physical destruction may sometimes be easier to rebuild, the emotional side takes a lifetime. Those affected don't know where to turn and the stigma it brings has left us as a community suffering in silence.

NO MORE: IT'S TIME TO TURN FOR HELP

Despite our strong sense of traditional values and not wanting everyone to know we have a family member with a drug problem, the time has come to reach out for the help needed. Sometimes, it's the ONLY way. The Anti-Drug Forum (ADF) in Croftdene Drive, Chatsworth is an organisation that is there to help family and victims affected by the addiction, and director Sam Pillay says, it begins at home. "Learners experimentation is still very high, while peer pressure and influence weighs heavily on our youth," explains Pillay, adding that socio economic conditions, dysfunctional families, broken homes and unemployment fuels the need to try out something that may numb the pain.

However, despite the social conditions at home, Pillay feels it's vital that parents monitor their children and look out for signs of addiction. The earlier it is identified, the better the chances of rehabilitation.

SIGNS OF DRUG ADDICTION

- Lookout for items like pipes, foil with black dots, straws or lighters lying around in toilets
- Be wary of someone who spends an unusually long time in the toilet
- An addict will usually disappear from home for hours at a time, so beware especially if this is not their usual pattern
- A child stops performing well at school or bunks

- A change of friends, associating with those who have a history of substance abuse
- Person becomes aggressive, moody, showing disrespect to family etc.
- An addict will want more money to fund his addiction, so look out if money or jewelry goes missing

Physical Changes:

After a few months, an addict's complexion changes: skin gets darker with pimples on face, loss of weight, an itchy nose and is constantly sniffing.

In the morning, they may experience back pain, because of withdrawal and the need to smoke.

WHAT TO DO

Enforcing stricter control measures at home and monitoring the child may help, but in most cases, this often drives the child away

– leading to them either running away or becoming more rebellious. This is where the ADF comes in. "If parents or principals of schools suspect that children are indulging in illegal substances, they can bring them to us for a urine test which will confirm it," advises Pillay, adding that counseling sessions are also offered if needed as well as a comprehensive program through its network of rehabilitation centers.

FOR MORE INFORMATION

Contact them at 120 Croftdene Drive (although they will be moving soon opposite the Chatsworth Youth Centre). They can be contacted on 031 401 1429/ 403 1150 and Pillay on 082 954 4835.



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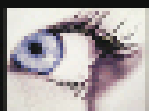


Valued added services include free screenings for pensioners and scholars on a daily basis as well as driver's license eye-test screenings.

Vanessa Madarjith's vision is clear - Chatsworth Optometrists is dedicated to catering for your every need from quality eye care, designer eyewear, latest technology providing you with cosmetically appealing and visually excellent lenses, designer sunglasses, contact lenses and accessories.



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How Did They Do It?

VICTORY LOUNGE

Victory Lounge, Chatsworth Centre's oldest tenant, has stood the test of time and is still sought after for their traditional meals, first introduced more than half a century ago. Run by the close-knit Moodley family, this popular fast-food outlet, a branch of their original Victory Lounge in Durban's City Centre, still prepares their dishes according to traditional recipes handed down through generations.



The original store at the corner of Grey and Victoria Street was established in 1946 by Ramsamy Kisten Moodley – the same year that saw the end of World War Two. With people celebrating Victory Day, Moodley decided to call his new venture, Victory Lounge. Specialising in sweetmeats, savories, chilli bites, eastern foods and home-made cakes, the second and third generation Moodleys at the Chatsworth Centre store have maintained the original flavours that have made turned the store into a household name.

Sheila and Vic Moodley, the current owners of the Centre's popular outlet, run the shop with their 30-strong staff compliment and their two children daughter Kavitha and son Strini. *"We still follow the same old traditional recipes that my father-in-law used in the shop. And we believe in making things from scratch so you will find us cleaning ginger and garlic, making our own samosa pastry, cleaning whole spices to make our masalas. It's the best way to do things and our customers appreciate it,"* said Sheila.

Living and working in the UK since her marriage to Vic in the early 70's, Sheila said when the city centre store began doing extremely well, her father-in-law enlisted their help to run the family business.

"My husband and I were running our own restaurant and I was working part-time in another while we were in the UK. We spent a good few years also working in the USA. My husband's brother Billy and his wife Karnegie, who currently run the city centre store were also asked to step in to help with the business. And it's a strange turn of life, because recently we had to call our children back from abroad to help us cope with this store and take it to the next level," added Sheila.

Plans are already afoot to revamp the current store with a new dining area, lighting, and lounge area.

That's family run success at its best!

Ramadan....

A Month Of Cleansing The Soul

Thousands of Muslims around the world will once again be commemorating the holy month of Ramadan this month. For those unfamiliar with all this entails, **THE C FACTOR** provides a glimpse into this holy month in the spirit of tolerance and understanding of our fellow beings...

WHAT'S THE SIGNIFICANCE?

Ramadan is considered one of the five 'pillars' of Islam and the most religious month of the Islamic calendar. It's a time every Muslim needs to follow each year and is aimed at 'purifying one's behavior and spending time in intensive worship, reading of the Quran (Muslims attempt to complete the reading of the entire Quran during this month), giving charity and doing good deeds. It's a month where Muslims take a break from their normal routine to reflect on their actions, moral and religious state.

WHY DO MUSLIMS FAST?

Muslims fast so that they can understand the feelings of those who go through the pangs of hunger every day. More importantly, the fast is abstinence not only from food and drink from dawn to dusk, but also a time to resist all forms of temptations and to refrain from sexual intercourse as well. As Ramadan is a time of spiritual reflection, one is expected to avoid obscene and irreligious sights and redirect the heart away from worldly activities, the tongue from hurtful utterances and a Muslim is expected to practice patience and restrain from a short temper.

A MONTH TO INCREASE ACTS OF CHARITY

In Islam, charity (called Zakat) is very important as it is also one of the pillars of Islam which Muslims are required to practice and even more so during Ramadan. Traditionally, Ramadan is considered a very blessed time to give to charity, as the reward is said to be seventy times greater than any other time of the year.

THE END OF RAMADAN

Eid-ul-Fitr marks the end of the fasting period and is celebrated with family and friends with special foods and sweetmeats in the spirit of giving and sharing.





WHAT'S COOKING

WITH CELEBRITY CHEF,
ASHA MAHARAJ

ALOO VADA

Spiced and seasoned mashed potatoes moulded and fried with a gram flour coating.

WHAT YOU NEED:

- 6-7 medium sized potatoes
- 4-6 green chillies, finely chopped
- 1/2 cup finely chopped fresh Dania
- 1TBS finely chopped mint
- 1tsp crushed ginger
- 2tsp sugar
- 2tsp lemon juice
- Salt and pepper to taste
- 3 TBS desiccated coconut
- Gram Flour batter
- Oil for Frying



METHOD:

Boil, peel and mash potatoes until smooth
Add the rest of the ingredients and mould in small balls
Dip into batter and deep fry in hot oil until golden brown.
Drain on paper towel, enjoy!

BATTER:

1 and half cups gram flour
1/2 tsp. Turmeric
1/2 tsp. coarsely ground cumin (jeera)
Salt and pepper to taste
Water to make a thin coating batter

Method:

Combine all the batter ingredients together in a mixing bowl and beat well.
Please add the following on the top right hand corner or bottom, but it should stand out:



WIN

Submit your own recipe and win a voucher worth R500 from Spice World if your recipe is selected! Email your recipe and your contact number to iteke@teke.co.za with the subject 'Recipe Factor'.

AUGUST is Women's Month

Marlene Abrahams,
founder of the
Chatsworth Crisis
Care Centre



August is celebrated as Women's month in South Africa, so **Niyanta Singh** asked some of Chatsworth's leading and ordinary women what it means to be a woman in today's times and all raised the same concern: Despite all our achievements women continue to be victims of domestic abuse – both physical and emotional, no matter what their social standing.

Marlene Abrahams, founder of the Chatsworth Crisis Care Centre believes that politically, South Africa has developed in leaps and bounds with women empowerment. But she is not sure what to make of the situation in Chatsworth.

"We are seeing far more cases now of reported domestic violence than 14 years ago. I'm not sure if the abuse is increasing or if women are becoming more aware of their rights and taking action," says Abrahams. She feels that while South African Indian women have become more empowered, this has also led to negative situations. "While many young ladies today know they have equal rights, they do not know, or are not educated to use that empowerment for self-betterment and enrichment. With the advent of liberation, we have seen an increase in sexual promiscuity and all the unwanted situations that come with it, like HIV/AIDS, teenage or unwanted pregnancies, adds Abrahams.

Salochana Moodley, Director of the Chatsworth Child Welfare, believes the issue was a financial one. "The majority of victims of abuse were women who lacked financial independence. On the opposite spectrum, women in Chatsworth were no longer prepared to be complacent and there's also an increasing number of men who are reporting abuse. In May this year we had a total of 118 protection orders grant-

ed of which 85 were for women and 33 for men," she explained.

The irony, points out Moodley is that there is still a perception that abusing a woman is a way of life. "We are still battling this mindset where women believe they have no choice but to accept the abuse. To ensure that women enjoy equal rights and human dignity requires all of us to unite in solidarity and end traditions, practices and laws that harm women," says Moodley, giving this advice: "the more independent you are, the better your chance at breaking the cycle of abuse and moving on with your life. You cannot change the "batterer", but you can change yourself. "

Soshma Singh, a 36 year old financial advisor of Chatsworth, feels women in the Indian community had definitely become more empowered.

"One generation ago, women were not allowed to work, had to be subservient wives and daughters-in-law, whose sole purpose was to see to the needs of her husband. Even getting an education was reserved for the male members of the family. All of that is different now and there is only better to come, said Singh."

Prenola Padayachee, a 68 year old housewife, said while she did not have many opportunities in life because she was a female, she could see changes in society today for women.

"But it all comes at a price. Women have equal opportunities now to study and work but they still have to take care of the children and are expected to cook. Luckily some of them have us, their mothers, to rely on, but others do not. So have we really come that far? "she asks.

"To call woman the weaker sex is a libel; it is man's injustice to woman.

If by strength is meant brute strength, then, indeed, is woman less brute than man.

If by strength is meant moral power, then woman is immeasurably man's superior. Has she not greater intuition, is she not more self-sacrificing, has she not greater powers of endurance, has she not greater courage?

Without her, man could not be. If nonviolence is the law of our being, the future is with woman.

Who can make a more effective appeal to the heart than woman?"

Mahatma Gandhi

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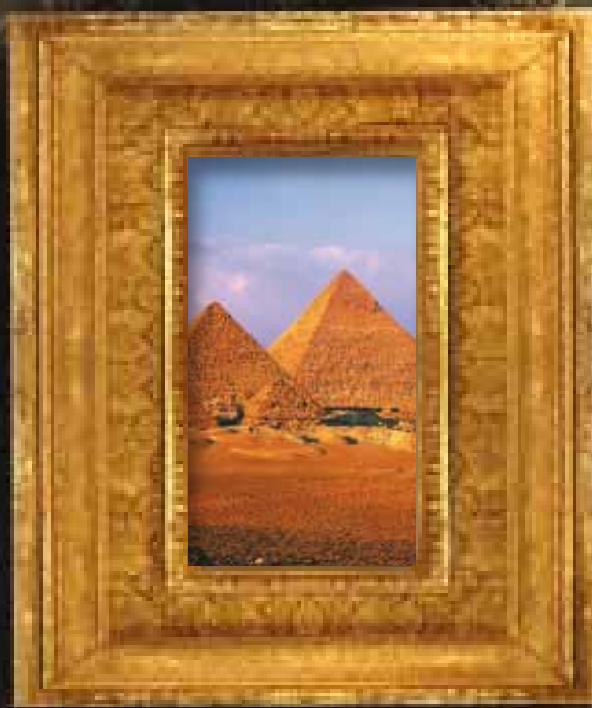
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TRUE LOVE

KEEPING THE FLAMES BURNING...EVEN AFTER 60 YEARS





South Africa has among the highest divorce rates in the world, which is why a feel good story of a marriage that survives 60 years brings out the warm glow of envy in all of us, and ofcourse the question: "what's their secret?" **Yashika Ramautar** asked one of Chatsworth's veteran couples, Lilly John (73) and Daniel John (76) who recently celebrated their 60th Diamond wedding anniversary...

"It was love at first sight for me, but when Lilly first saw me she called me "uncle" much to my disappointment, because I thought she looked like a beautiful, famous actress and I was smitten from the start," laughs Daniel as he recalls their first meeting.

Now, 60 years on and happily married, they are proud parents of five children, thirteen grandchildren and four great grandchildren

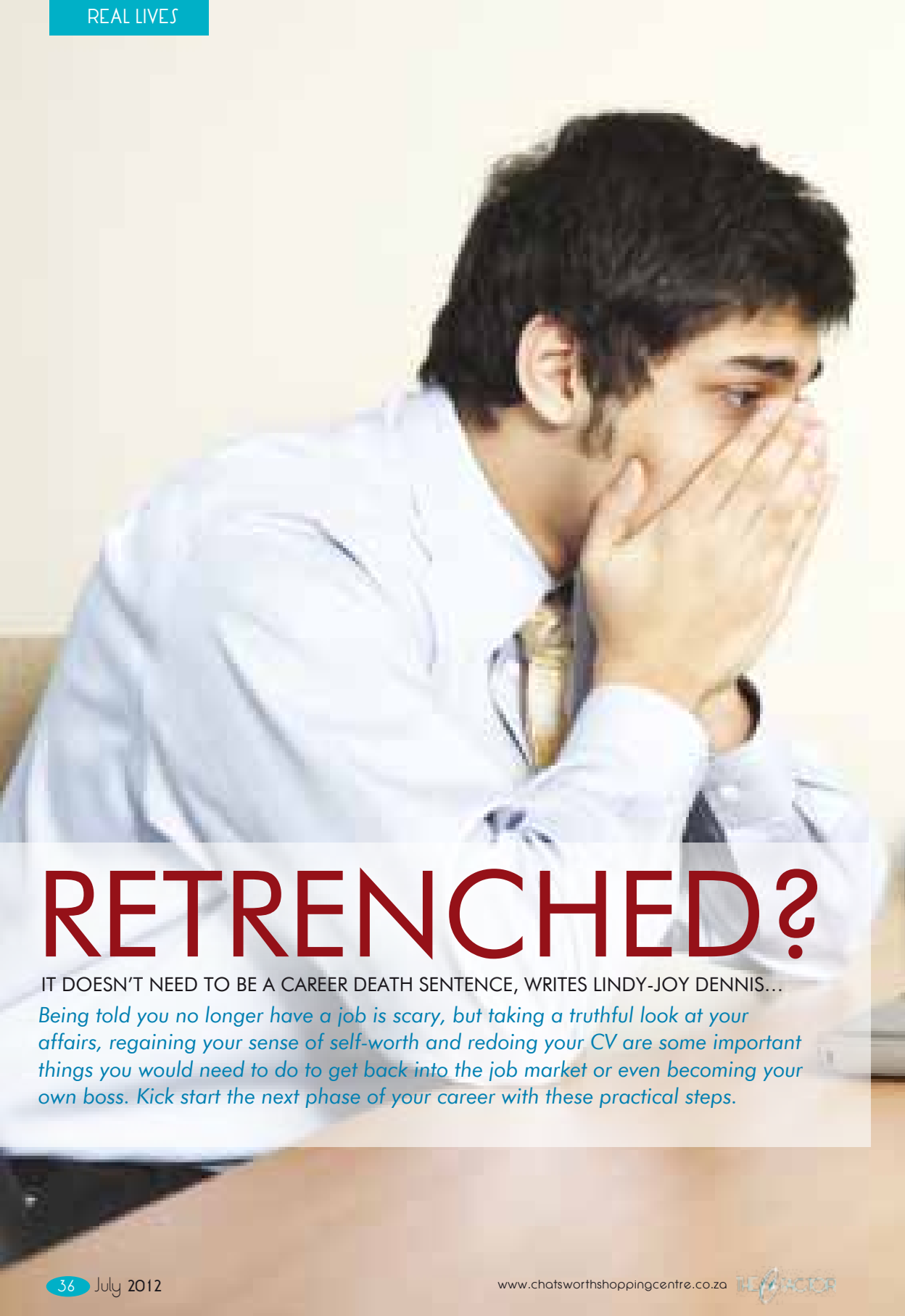
– while Daniel still finds the time to volunteer as a chef at RK Khan Hospital's Happy Heart Club!

When asked how they keep their love alive, Lilly says, "everything counts, no matter how small the gesture. Daniel reads to me, and this makes me smile every time. We share a passion for travel and a change of scenery is always a good idea to make any day interesting."

For Lilly a special holiday to Egypt with Daniel brings back wonderful memories of their time together, while Daniel reminisces about a surprise birthday party during their courting years.

But, like any marriage, they both admit it's not all a bed of roses. "I hate it when Daniel smokes. His health is important to me and I can't stand it," complains Lilly while Daniel quips back "Lilly is like a school teacher, she's always keeping me in check! But what can I say, she's the love of my life and I understand why she does this. She only wants what's best for me and that's all the reason I love her more."

As the couple share their journey, they agree that their years together come down to compromise, forgiveness, understanding and faith. "Compromise: you don't always have to be right. Forgive: we all make mistakes. Understand: before making a judgement understand where your partner is coming from and through it all have faith in your partner and in God. Lilly and I would never would have made it this far had it not been for these things," adds Daniel.



RETRENCHED?

IT DOESN'T NEED TO BE A CAREER DEATH SENTENCE, WRITES LINDY-JOY DENNIS...

Being told you no longer have a job is scary, but taking a truthful look at your affairs, regaining your sense of self-worth and redoing your CV are some important things you would need to do to get back into the job market or even becoming your own boss. Kick start the next phase of your career with these practical steps.

FIRM FINANCIAL FOCUS

Chances are there'll be no cushy landing when you're retrenched. Here are some dos and don'ts to guide you:

- Pay off debt first, especially those with the highest interest. The interest you're paying back on your debt is far higher than the interest you'll earn on savings.
- Know what you're entitled to. The minimum severance package as specified in the Labour Relations Act would only be one week's salary for every complete year of service. This may only cover your living costs for a few weeks so consult a financial advisor.
- Claim UIF if you're entitled to it. Visit <http://www.labour.gov.za>. In the 'Find info by type' box, click on 'How to'.
- Become an independent contractor offering the same service or skill to clients as your former employer, but create a competitive advantage. It could be giving a client one-on-one attention or delivering on a job faster.
- Start your own business. If your friends are always begging you to cook them dinner, why not start a catering company? Organisations such as Seda help start-ups prepare business plans and with financing. Go to www.seda.org.za.

JUMP BACK INTO THE JOB HUNT

- 'Start each day as if you're going to work, except you'll be "working" at finding another job,' advises financial advisor Phillip Kassel who has seen many clients claw their way back to employment.
- Work your network. Contact everybody you know to alert you to potential jobs. Send out your CV and go for interviews,

but also follow-up with everyone so they know you're serious.

- You have an average of 10 seconds to get your CV noticed. Make sure yours is professional.
- In interviews, be able to answer the question, 'Why were you retrenched?' factually. Answering with insight shows your ability to rationalise.

PULL YOURSELF TOGETHER

With so much going on it's sometimes difficult to cope. Counseling psychologist, Anitha Pather who practices at Netcare's St Augustine's Hospital says that **while retrenchment brings feelings of shock and despair, it's important to remember it's not your fault**. This is what she advises:

- Talk about the retrenchment to your family. Draw on each other for support.
- Don't isolate yourself: get together with others and work on community projects. This gives you a sense of purpose.
- Children are also affected by retrenchment; make them feel safe: be honest without giving too much detail. Don't neglect the job of being a parent.
- Depressed? You may need medication. See your doctor.

Above all...don't give up. Regard this as a hurdle to the next step: you can make it.



With Yashika Ramautar

Bollywood



Saif Ali Khan and Kareena Kapoor are set to tie the knot this October

Wedding Bells are ringing in Bollywood, following news that this glamorous couple is all set to marry this year! The October 16th wedding date was confirmed by none other than Saif's mother, veteran actress Shamilla Tagore. It's reported that the wedding will be a low key affair followed by a grand reception, considering the number of high profile friends and family that the couple have. And so begins the big debate of which designer's outfit the gorgeous bride to be will wear, the menu, guest list, honeymoon plans and so much more to keep tongues wagging!



Sonam Kapoor and Freido Pinto

Sonam Kapoor, daughter of Bollywood superstar, Anil Kapoor added some youth to the festival where she adorned an array of exquisite gowns, while Slumdog Millionaire actress, Freido Pinto exuded beauty and grace on the red carpet.



A ravishing Rekha who is defying any signs of aging, was bestowed a Lifetime Achievement Award

IIFA AWARDS 2012

The star-studded 2012 IIFA Awards took place in Singapore recently with much glitz and glamour showcasing the best talent Bollywood has to offer, while stars came dressed in both designer gowns and traditional saris. As expected Vidhya Balan and Ranbir Kapoor walked away with the coveted trophies for Best Actor and Actress respectively, while iconic actress, Rekha received a Lifetime Achievement Award.

Ranbir Kapoor won the coveted Best Actor award for his performance in Rockstar



A stunning Vidya Balan was ecstatic on winning the Best Actress trophy for her controversial performance in Dirty Picture



A stunning Aishwariya Rai Bachchan shunned her critics and walked the red carpet at the Cannes Film Festival

Bollywood's elite converged at the Cannes Film Festival recently showcasing high fashion and proving that Indian actresses were a force to reckon with internationally. However the much anticipated attendance by Aishwariya Rai Bachchan eclipsed the festival. The actress was heavily criticised for gaining weight during her pregnancy and failing to lose the weight since the birth of her daughter 6 months ago. Dressed in a traditional off-white sari with chikankari embroidery work designed by Abu Jani-Sandeep Khosla, the stunning mother shunned her critics and walked the red carpet with her head held up high, living up to the title of the "World's most Beautiful Woman".

PLAY DATES AT CHATSWORTH CENTRE FOR YOU AND THE KIDS

JULY: HOLIDAY FUN

- Tons of fun for the kids around the Centre!
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- Crazy Bikes
- Jumping Castle
- Paddle Boats in the parking area near Chue Chicken.
- Distorting mirrors
- Kiddie's fitness classes; play gym, slot car racing and gravity defying wall climbing cars throughout the Centre on various days.

AUG: WOMAN'S MONTH CAMPAIGN

Nominate **YOUR** community female role model!

Chatsworth Centre will run a competition where women in the community will be awarded for their service excellence and dedication to the upliftment and empowerment of others. Locals will be asked to nominate women who live or work in the community in various categories for nomination including Educational, health care, municipal services, government, business etc...





AUG – SEP: GOING GREEN CAMPAIGN

GREEN the New Black

It's time to do your own bit to save the environment and go green! Chatsworth Centre will be going all out with this campaign to:

- Raise community awareness on climate change and what it means
- Promote sustainable living and community development
- Partner with the Municipality, DSW and Eskom to provide information and education on the issue.

**THREE
LUCKY ENTRANTS**
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PANELS!

- Spend and win in our competition where shoppers will be given seedlings to encourage sustainable living.
- Schools! Get ready to take part in our challenge to you to make an item from recycled material or create a poster with recycling and Climate Change messages – then pop over to Chatsworth Centre where they will be put on display boards throughout the Centre.
- Community votes via sms with the winning school receiving cash prizes!



CHATS WORTH CENTRE..
The Heart of the Community





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A good mom is a tired mom...right? Wrong!

Being a good mom is a 24-hour job – it means caring for baby during the day and especially throughout the night, as most babies wake up several times a night for a feed and nappy change. Many moms think that not getting a decent night's sleep and then waking up tired and low on energy each morning is just something that moms have to do...

Wrong!

Doing the best for your little one means doing the best for you too! Waking up throughout the night is not good for you or baby. It means being a tired, frustrated mom during the day – and no fun for baby! What's more as a Working mother it can affect your performance at work too.

That's why clever moms use Huggies® Dry comfort Nappies. The unique Lock Dry system is specially designed to keep baby dryer for longer. Its proven leak-proof technology ensures that baby won't have to wake during the night because of a wet, uncomfortable nappy. This means baby will sleep longer and wake up less often, and when baby sleeps longer, Mom does too!



ANCIENT PAIN FREE HAIR REMOVAL NOW AVAILABLE!

It's known as 'sugaring' and is an ancient middle eastern practise of hair removal using all natural paste made from food-derived ingredients like sugar, water, and lemon juice to remove the hair follicle from the root.

How does it work?

The warmed thick mixture is applied in the opposite direction of hair growth using the hands and then flicked off in the in the direction of hair growth.

PROS:

- Someone experienced can do sugaring quickly with the paste. Large amounts of hair can be taken out at once, and finished faster than waxing.
- Sugar paste can be applied over missed hairs. The paste is very gentle and can be put right over an area that was just sugared but missed some hairs, without fear of much irritation.

CONS

- It's hard to find a pro that can do this technique using the paste.
- Some hair growth is needed. 1/16 of an inch is needed when using the traditional technique with the paste, which is about 2-5 days of hair growth after shaving.



Avashni Vayapuri, owner of Beauty Kingdom

OUCH FACTOR

Okay, it's still pulling out hair from the root, but most people find it less painful than waxing. Sugaring doesn't stick to the skin as much as waxing, which means less irritation.

The good news is that our therapists are skilled at this method, so come in and give it a go!

Owner Avashni Vayapuri and her team of qualified therapists welcome you to their field of beauty therapy where you are assured of the best possible service in the hands of a professional team that is kept up to date with the latest international trends and technology in beauty.

WE OFFER A RANGE OF SKIN CARE AND BODY TREATMENTS, INCLUDING:

- Specialised Facials
- Massage Therapy
- Manicures and Pedicures
- Waxing, Threading, Sugaring
- Make up
- Eyelash Extensions
- Luxury Packages

Our experienced **NAIL TECHNICIANS** assure you the best care when it comes to your nails, specialising in gel and acrylic.



COMPANY REGISTRATION

**NO
AUDIT
REQUIRED!**

OWNER MANAGED COMPANIES

FINANCIAL REPORTING STANDARDS LOWER THAN FOR CC'S.

CONTACT US /

Suite 814 Musgrave Office Towers,
Musgrave Centre, 115-125
Musgrave Road, Durban.

Tel: 031 202 5030
031 202 4380

Email: durban@pty-online.co.za

www.pty-online.co.za

- ▶ SHELF COMPANIES
- ▶ NEW COMPANY REGISTRATION (PRIVATE, PUBLIC, NPC & INC.)
- ▶ AMENDMENTS TO COMPANIES AND CC'S
- ▶ ADOPTION OF MOI (REQUIRED OF ALL COMPANIES BY 30 APRIL 2013)
- ▶ ANNUAL RETURNS
- ▶ BEE CERTIFICATES



WE ALSO OFFER KICKSTART COMPANIES SERVICES INCLUDE:

- ▶ Shelf Company
- ▶ Change of Directors
- ▶ Change of Registered Address
- ▶ Issuing of Share Certificates
- ▶ Income Tax Registration
- ▶ Dept. of Labour Registration
- ▶ Tax Clearance Certificate



The Shelf Company
Warehouse Team

WHERE IS... IN CHATSWORTH CENTRE



EASTERNWEAR

AVTAR-HUB	031 401 0675
DESIGNER EAST	031 403 9406
DESIGNS OF INDIA	031 401 1086
SK NAIDOO SARRIE BOUTIQUE	031 401 8153
AVTAR PH 2	031 401 2409
SABBA COLLECTION	031 401 8637

MENSWEAR

AMERICAN MENSWEAR (Hub)	031 401 0224
MARKHAM	031 403 7815
TRUWORTHS MAN	031 401 6678

WOMANSWEAR

DOLCE COUTURE	084 439 2262
FOSCHINI	031 401 5723
LESLEY ANN CREATIONS	031 403 0495
MILADY'S	031 403 7713
NU IMAGE	031 403 5681
GASP	031 401 9632
MAMTA	073 111 4757
EXECUTIVE LADY	072 345 9359 / 031 401 7437
NEW FEELING	071 716 5500
OOH LA LA	0861 788 911

UNISEX WEAR

BRANDS UNLIMITED	031 401 4737
IDEALS	031 401 9668
CONVERSE	031 403 8323
MR PRICE	031 403 7492
NU SHOP	031 403 5011
PRIME STORES	031 401 0180
SELFAS	031 402 1380
IDENTITY	031 401 5531
TRUWORTHS	031 403 8879

ACCESSORIES

KAMDARI	031 403 1645
GIFTS AND BAGS	031 822 7990

DEPARTMENT STORES

CLICKS	031 401 0209
EDGARS	031 402 0404
HUB	031 401 0450
JET	031 403 2206
PEP	031 403 0517
WOOLWORTHS	031 402 9320

REPAIRS/CLEANING/PRINTING

INTERNET CAFÉ	031 401 7581
MULTI SERVE	0785880195 / 072 711 9416
MULTICHOICE	031 401 6066

ELECTRONICS

TELKOM	031 403 0222
CELL C	031 403 3011
NASHUA MOBILE	031 402 1191
GIGA ZONE	031 401 3090
VODASHOP	031 402 1599
MTN	083 214 6741
SOUNDTech	031 401 0365
PEP CELL	031 403 0982
VIRGIN MOBILE	031 4015739

PHOTOGRAPHY

PANDAY'S STUDIO	031 401 9130
KONICA PHOTO EXPRESS	031 403 9408
PAL'S STUDIO	031 403 8065

OPTOMETRIST

ZA KHAN OPTOMETRIST	031 401 0900
CHATSWORTH CENTRE OPTOMETRIST	031 401 8589
SPEC SAVERS	031 403 7000

GROCERY/SUPERMARKET

SHOPRITE	031 402 9860
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FOOD SPECIALITY

SEAFOOD HALL	031 401 5465
NAGIAH'S BUTCHERY	031 401 7656
NAGIAH'S EXPRESS	031 401 7451
SPICE WORLD	031 403 2201
TOP SPICE	031 403 4832

SWEETS

SWEETS FROM HEAVEN	031 401 4244
SWEETHEARTS-PH 1	031 403 7797
SWEETHEARTS-PH4	031 402 0469

BOTTLE STORES

MIDMAR LIQUORS	031 403 5824
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FOOD SERVICES

PIE XPRESS	031 403 4329
CHICKEN LICKEN	031 402 1557
BREAD AHEAD	031 403 0890
COPPER CHIMNEY	031 4013812 / 14

TIAGOS	031 401 4392
DEBONAIRS PIZZA	031 403 2533
KFC	031 403 1598
CHUE CHICKEN	031 401 7887
MIA'S TAKE-AWAY	031 403 5621
MILKY LANE	031 403 4329
NANDO'S	031 401 3855
JAIPUR EXPRESS	031 401 1590
AYSHA'S FOODS	031 401 3785
VICTORY LOUNGE	031 403 8071
THALI	031 401 8587
KFC Ph 1	031 403 1604
OVEN DELIGHTS	031 401 0123
WIMPY	031 403 7287

HEALTH & BEAUTY

ESTHER @ HAIR.COM	031 403 4305
BEAUTY KINGDOM	031 401 8659
PRAVINA'S HAIR AND BEAUTY	031 403 4527
HIMALAYA HERBAL	031 402 1466

HOME FURNITURE/ANTIQUES/ DECOR

BEARES	031 401 0385
CASH CRUSADERS	031 402 1923 / 4
DIAL A BED	031 401 6215
ELECTRIC EXPRESS	031 402 1201
JOSHUA DOORE	031 402 1240
RUSSELLS	031 403 7180

FINE JEWELLERY

AMERICAN SWISS	031 403 0010
DAMJEE JEWELLERS	031 403 8404
GOLDEN JEWELLERS	031 403 0774
NWJ	031 403 0043
MAYURIS JEWELLERS	031 403 4225
STERNS	031 401 6260

SHOES

BOBAT & SHOES	031 401 4672
BATA	031 403 2517
SHOE STIR	031 403 3254

SPECIALITY GIFTS

GIFT CENTRE	031 403 7274
NAZIRS GIFT SHOP	031 403 5553
SMOKERS TAVERN	031 811 5599
ALL OCCASIONS	084 603 3626 / 073 877 9388
TIMEKEEPERS	031 403 5143

BOOKS & CARDS

C.N.A	031 403 7003
UNICOPY	031 401 9367

FLORIST

NAIDOO'S FLORIST	031 403 5501
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TOYS

THE TOY FACTORY SHOP	031 401 3398
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CATELOUGE STORES

VERIMARK	031 401 3114
HOMEMARK	031 403 0910

FABRICS/SEWING

FABRIC AND HABBY	031 403 8218
BUTTONS AND BOWS	031 403 5924

PET STORES

PETS & LEISURE	031 403 4692
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LINGERE STORES

JUST UNDIES	031 403 7699
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SPORTING & OUTDOOR

SPORTSCENE	031 401 0885
TEKKIE TOWN	031 401 0065
TOTALSPORTS	031 401 9030

FINANCIAL SERVICES

BIG SKY LOANS	031 401 9200
CAPITEC	031 402 1018
STANDARD BANK	086 010 1341
AFRICAN BANK	031 401 5461
ABSA	031 402 8200
FNB	031 402 9400
NEDBANK	031 402 9200

MEDICAL

DR LAZARUS	031 403 8383
SANBS	031 401 3654
DR S NAIDOO & PARTNERS (DENTIST)	031 403 6512

TRAVEL

ONE STOP TRAVEL & TOURS	031 401 4800
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BARROWS

SUBROYAL (Milkylane)	076 084 6766
DWARKADAS (Ph 1)	084 655 9170
NOVAMA NAICKER (Ph 1)	078 267 4615
MIRIAM BIBI SHAIK (Ph 2)	073 848 2786
PILLAY (Ph 1)	076 738 1841
RUSSEL	082 851 1258

OFFICE BLOCK

CAREERS 2000	031 401 2000
ARTHUR PALLIAM	031 403 8065
PRAVINA'S HAIR & BEAUTY	031 403 4527
COAST TO COAST BROKERS	031 4032255

TATTERSALLS

SHIRLEY KRUGER RACING	031 401 3263
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So you think you can't afford the luxury of 2-ply bath tissue?

... think again!

Thanks to amendments in bath tissue regulation laws in South Africa, Baby Soft® can now offer you the superior quality of 2-ply bath tissue at a price you'll love to say yes to!

2-ply bath tissue has never been so affordable!

We know that doing the very best for your family sometimes means having to settle for 1-ply bath tissue simply because anything else is too expensive. However, the re-regulation of the bath tissue industry has made it possible for Baby Soft® to bring the luxury of 2-ply into everybody's home.

We've gone to great lengths to ensure that Baby Soft® Mini 2-ply is the finest 2-ply bath tissue to suit just about any budget.

With 200 sheets of quality 2-ply in every roll, it's as gentle on your budget as it is everywhere else!

Why settle for less when you can treat your family to the superior quality, strength and absorbency of Baby Soft's Mini 2-ply at a new affordable price? So give your loved ones the very best in affordable 2-ply bath tissue and enjoy a little bit of luxury... every day!

Because they deserve it... and so do you!

