

MAY 2021 • ISSUE 3

REVEAL WOMAN

MAGAZINE

SPIRITUAL
MOTHERHOOD –
THE CALLING TO
MOTHER THOSE
AROUND YOU

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IN THE
KITCHEN WITH

KAREN KLEINTJIES

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WINTER EDITION

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MAINTAINING YOUR
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Plus!

SPECIALLY MADE,
JUST FOR YOU! A
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REVEAL *Woman*

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LETTER FROM THE EDITOR

Sabrina Kamembo
EDITOR-IN-CHIEF



In this issue, we give ourselves a pat on the back as we celebrate women, motherhood and every single accomplishment that women have worked so hard to achieve. As I write this note, I'm reminded of the power of celebration - celebrating others, and celebrating yourself. It magnifies potential and ushers the meek into a revelation of the greatness that God has put inside all of us. As He loves us, He calls us to love others. As He celebrates us, He calls us to celebrate and encourage others.

And as the invitation to celebrate continues, we remind you that it is just as important to prioritize your well-being. To take care of you like you take care of others- making your mental health and physical well-being a priority.

Where would we be without our mothers? Where would we be without our daughters, sisters and girlfriends? You're significant. May this issue be a reminder of just how wonderful, cherished, loved and called you are!

Love,

MOTHERHOOD

MOTHERHOOD & SPIRITUAL MOTHERHOOD

By Tamlyn Trefz



'BEING A MAMA WHO BELIEVES THE BEST IS YET TO COME IN THEIR
'CHILDREN' WHILE GUIDING, LOVING AND GENTLY LEADING THEM
INTO ALL GOD CREATED THEM TO BE.'

MOTHERHOOD

By Tamlyn Trefz

As I sit here, ready to type, with a toddler sleeping, teen at a “hang out” (not a “play date”) and tween playing video games; the time is set, the atmosphere is ready- and then little footsteps are heard. Crawling up my legs and slipping into a fetal position with thumb in mouth, we snuggle our way back into a shallow sleep. I look down, trying to decide how I will manage not to get a sore neck and back, and still be able to type with one hand, or if I will have a moment of frustration, grumpily saying: ‘WHEN CAN I EVER DO ANYTHING FOR ME, just for 5 minutes?’

I stop and I look again; these were the moments I prayed for, these very interruptions, these moments of stopping and snuggling. These are the moments of complete motherhood, where our own moments (Yes, OUR moments) are constantly interrupted, but when you stop to look again, these are moments used to guide, love and lead.

(Yes, we need our own time, I am a firm believer of that. We need good mental health to be a better person for all of those who are in our world, as well as for our own well-being.)

Mothering, however, is something that might come easy for some and might be hard for others. The perfect Instagram ideas are broken by lack of sleep, a teenager who seems to have been dropped off from another planet, or a young adult that might still be living at home. Mothering also looks very different for people as their families grow in different ways; sometimes, without having children of their own.

Mothering exists in whatever way that may look like for you. Motherhood is what God has entrusted some to walk a journey in. I feel some of you wanting to stop reading, saying: “Tam, this is totally not a relevant article for me to read. I am too young / too old or have no intention to birth my own children, so let’s rather get to another page where I can relate to.” Stop! Did you know that there are many young ladies (be it whatever age) who are in your world waiting for a mother to mother them? It doesn’t mean you are going to be waiting up at night for a message to be told they have arrived home or having to make a bottle in the middle of the night. No, there are young ladies, young girls, older girls, older women who long for a spiritual mother to help remind them of the plan and purpose God has for their lives.



You might not have had the experience, but if you are open to listening to God and allowing Him to guide you to someone, He will lead you. He needs you; you are more equipped than some of the best mothers I know. I am known as ‘G-mama’ (God-mama) and I think it’s only fitting to now refer to these spiritual mothers as G-mamas. So, bear with me!

The young ladies that God brings across our paths: their worlds might look very different to yours, but it’s our choice to make, to rather be more concerned about their futures and what God is calling them to be, even if that means interrupting our own personal plans and futures. My heart is more concerned for what God can do through them in this next generation that is coming up. God can continue to use me in what He has called me to be and I can get guidance, love and advice from my own mother and G-mamas - but who is lovingly looking back to see the message of what God is wanting to do in this next generation come through? G-mamas want the best for their ‘children’ and their future, but I also realized that they need help and guidance in getting to the place He has created them to be in – FOR SUCH A TIME AS THIS!

Be it that you are a physical mother or a G-mama, you need to look at the world through your ‘children’s eyes’. The world around them will look very different to yours. We, therefore, need to constantly be aligned with God in seeking Him first for guidance, love and leadership when walking a journey with them. Their worlds work differently than the ones you grew up in. They will pray, praise and experience God differently, but one thing’s for sure, the God of the bible is still the God of today. Nothing has changed with that regard. So, the principles of what God is wanting to do through you rippling into their lives will have the same base building blocks, allowing their true calling and identity to be that of a thousand years ago, which is; that we get our identify from Him and who He says we are.



When we know who we are in Christ, the rest of learning, loving and building can be done. As a mother or G-mama we are called to help mother our 'children' to bring out the best in them and to see what God has sung over them. Seek these from God as you lovingly mother your 'children', as no two children are the same. God has sung a heart song over each one and we need to learn to work around, through and with these beautiful notes that don't always seem so easy. Children don't just need another Influencer to follow and get guidance from... they are desperate for someone to see them and see what they can't see about themselves.

We need to close the gaps for them, the gaps that can lead to destruction. We need to show them how to fight when it's hard and rejoice when there's victory to celebrate. Love unconditionally and learn to bring out the best of themselves.

Mothering is hard, but oh it's so worth it! It's about investing time because that person is of value, and worth investing your time into. Far more valuable than "having to cancel a pedi" because your child needs you. Yes, that was your time, but your time can also be rescheduled when a child doesn't need you. Once again, I am not saying you must not come first at times, not at all, but when we make that decision to mother, we have someone that relies on us to be there when no one else will. They rely on us to have those conversations that no one dares to have. They push and challenge, they love and encourage.

We are called to be a generation that encourages the next generation. God is going to be doing far more with this generation than ever before. If they aren't prepared to receive and be active in it, we are the ones who will be at loss.

SO, LET'S BE WOMEN WHO MOTHER; RELYING ON GOD WHO IS ABLE TO DO MORE THAN WE COULD EVER IMAGINE HIM DOING. CHANGING THE DESTINY OF ONE BEAUTIFUL DAUGHTER AND SON AT A TIME, THROUGH CHRIST WHO STRENGTHENS THEM.

MENTALHEALTH

By Jacqueline Loydall

MINDFUL OF WHAT MATTERS...

JACQUELINE LOYDALL IS A QUALIFIED LIFE COACH AND COUNSELLOR. WHAT MATTERS MOST TO HER IS HELPING WOMEN MOVE FROM BEING “STUCK” TO CHANGING MINDSETS THAT EMBRACE POSSIBILITY..

MINDFUL OF WHAT MATTERS

By Jacqueline Loydall



My mind slowly awakens. I know it's morning, because even though the sun has not risen yet, I can hear the chirping of a few birds who are awakening too.

"O Lord it's morning," I think to myself, as a black cloud engulfs me. I don't want to wake up. I want to stay asleep "forever". Not dead, just asleep so that I don't have to face life or anyone in it. I don't want to think about anything at all. I don't even want to pray. I don't want to be awake.

If I get out of bed, I will have to pretend that I am okay. I'll have to do chores, sort out the children, go to work, smile, talk, focus and think about so many things that seem too out of control to fix or change. I just simply can't! I feel sadness and darkness. Please, can I just be left alone? I feel helpless and hopeless.

I can't but I have to, so instead of lying motionless in my bed, pretending the world does not exist, I drag myself up and fall into the usual daily routine. I put on my "mask" of "all is well with me" and step into the day. You see, I don't really want anyone to think that I am not coping or that I am weak. I don't want their looks of pity or their advice that clutters my brain even more and doesn't help me at all. So, I put on my brave and try to conquer another day."

For some of us this sounds like a dramatic snippet from a novel. But for many of us, this snippet has been or is part of our daily reality.

My experience with depression started in my teens. I had a mother who suffered from deep depression, but I never really understood the truth of it until I was in my adult years. My first personal experience of any form of depression was around the age of 16. when I found myself in a similar dark place,

I had no idea how to manage what I was feeling, so for a while I just disconnected from everything and everyone. My long journey took me from a place of being a sufferer to a place where I am able to reflect back and am now able to shed light on the arena to assist other people with similar struggles.

The reality is that mental health difficulties are more common than we care to acknowledge. Statistics tell us that one in five adults struggle with one or more of these challenges. Sadly, children and teens are not left untouched either.

Depression is just one of several chapters of mental illness. Most times, as in my teen years, we may not even be aware that we are experiencing any form of mental illness. All we know for sure is that we are not coping, wanting to participate in life or enjoying life.

Often, we are too embarrassed or ashamed to admit that something is going on inside. We don't like the stigma that goes along with dealing with or making our challenges known. We think we're going to look and feel foolish if we talk about it or ask for help. The truth is that you will probably know someone who will be relieved to hear that you share their journey. You will get relief from reaching out to get support and your life will start to look and feel sunnier when you do.

Mental illness can present as depression, anxiety, bipolar, personality disorders, eating disorders, post-traumatic stress disorder or substance abuse. The route of some of these can be genetic, whilst others may be related to various other circumstances.



MINDFUL OF WHAT MATTERS ...

Those that may be passed through genes include psychiatric disorders such as autism, ADHD, bipolar, schizophrenia and major depression.

Other life circumstances that can have an impact on our emotional well-being are many:

- Stressful life situations – financial pressure, lack, divorce, death, guilt, rejection, adoption, work pressure; low self-esteem, social media, loneliness, isolation and more;
- Abuse - physical, emotional, sexual, mental and financial;
- Childhood abuse and neglect;
- Trauma caused by violence, bullying, abuse or loss.
- Relationships - dysfunctional family, abusive relationships, infidelity, rejection, etc.

Mental illness affects our emotions (how we feel), our thinking (thought patterns) and our behaviour (how we act, react or respond).

The support and understanding of family and friends are key to helping someone who is struggling with a mental health issue. Telling someone to “just get over it” is not helpful or acceptable, because for the person dealing with the difficulty, just getting over it in that moment is not a possibility. Support and intervention are vital for change to start to take place.

The mind is powerful and when one’s mind is wired into a certain state it takes time to unlearn patterns and behaviours, and to learn new patterns and behaviours that help one get a different perspective or learn to cope with and manage the challenges. This is true even for people who don’t struggle with mental health issues.

Now the thing to focus on is the fact that, whether on a minor level or a severe level, we are not destined to live in this state of mind without hope or help. Once one acknowledges that you are being overwhelmed by emotions, circumstances and thoughts that you feel you cannot control, you will know that you need to get intervention.

The first step in the climb up the ladder to feeling better is reaching out. Trying to walk the challenge of depression, even mild depression, anxiety or any other challenge for that matter, alone, makes it almost impossible to overcome. And overcoming or managing your situation is entirely possible with support.

Start by talking to someone. Your GP, a counsellor or life coach, a trusted friend or pastor are all options to starting your journey to wellness. Opening up about what’s going on inside can help one discover the source of the matter over time. Sharing provides relief and insight, as well as offers one an opportunity to obtain support in a safe and confidential environment.

Although many people are opposed to medication, a doctor will be able to advise you if a treatment, short or long term, will be helpful.

The next step is to look out for triggers that push you into the space of whatever mental difficulty you experience. It could be a person, an activity, a pending activity, your workload, a particular piece of music, a place, etc. Whatever it is, when you start to feel the emotions or clouding that you know are going to send you spiralling downward or out of control, consciously think about what has set you off. Take control of the thoughts that result from the trigger, so that they don’t have power over you but instead you have power over them. If you struggle to do this, then work with someone who will be able to help you recognise triggers and put things in place to manage them.

There are several small activities that you can start to include that will help you shift your focus from the negativity that is engulfing you and move you to a place of positive thought patterns, feeling more energised, as well as help you to offload the burdens that are weighing you down.

Exercise is extremely beneficial. If you are not an exercise person, even starting with a short daily walk outdoors is a good way to pump oxygen through your body. Exercise pumps extra blood to the brain and releases endorphins, dopamine and serotonin. These hormones play an important part in lifting one’s mood. Exercise also sends glucose to the brain, which along with protein repairs brain tissue.

A change of scenery helps one to focus on something different and it can lift your spirits just to be outdoors. Once you go beyond the walls of your living room, you see colour, hear sounds and breath in fresh air, which is revitalising.



MINDFUL OF WHAT MATTERS ...

It is as essential to ensure that you eat foods that are highly nutritious and that you eat regularly, and at regular times, every day. Avoid refined carbs and foods or treats that are high in sugar. Unused carbs turn to sugar, and then to fat. Sugars are addictive and even though they give you a temporary spike, they are soon burned up and your body craves the next dose. They supply energy and calories but don't feed your body and brain with what they need.

Getting sufficient restful sleep gives your brain time rest and regroup. Avoid screen time for at least an hour before bedtime. Take time to read, listen to calming music or mood sounds such as rain falling or find ways to unwind and offload before you put your head on your pillow. Caffeine is a definite "no no" before bedtime. It causes our brain to become too active. Hence even when we go to sleep the brain remains too busy to rest. Instead of sitting mindlessly watching television or series for hours on end, take some time to rid your mind of those thoughts that are weighing you down by writing them down. When we offload our thoughts, it helps to relieve stress and process the things that are stewing in your mind.

A way to change your thought patterns from negative to positive ones is by doing the "negpo" exercise. Every time you have a negative thought write it down on one side of the page, then on the other side of the page write down as many positive thoughts as you can think of to cancel out that negative thought. We work in a cycle. Negative thoughts = negative beliefs = negative behaviours. Thus, if we consciously start to change our thoughts the results will be positive thoughts = positive beliefs = positive behaviours.

Build yourself up. No matter what you have been thinking about yourself or what someone else might have said, you are a valuable person, who has been put on this earth to flourish. On small pieces of paper or a post-it pad, write down good things about yourself and stick them all over, from the bathroom mirror to your laptop. Every time you pass one, say it out loud to yourself e.g. "I am friendly". The point is to start seeing all your positive attributes and begin building your self-esteem.

Change is extremely difficult. Especially when you are struggling with a mental or emotional illness. It is helpful to have an "accountability buddy", whether that be a person you are close to or the person that you have decided to talk to about your struggles. It is easier to stick to the process of making small changes if you have someone who is walking with you.

Laughter is great medicine. As cliché as that might sound it is very true. According to science, laughter strengthens your immune system, boosts your mood, reduces pain and protects you from the damaging effects of stress. Remember the laughing box. Playing one of those over the school intercom was just the best. At first a few people would start to chuckle, but eventually everyone was laughing uncontrollably. And afterwards you just felt a whole lot happier and lighter. It's true that often, when you are feeling low, you just don't want to laugh. If you aren't in the mood to watch a "funny" movie, put something on that has a bit of laughter recorded and let it play in the background. Before you know it, you'll start feeling a whole lot lighter.

Just one more thing. And, for me, this has been the most important part of my journey. My relationship with God is my safety net. He is bigger than any situation I have ever faced. And there have been some seriously overwhelming ones. He made us in his image and when life becomes too much, sometimes more often than not, we have to remember that He does know and He wants to help. I remind myself daily to let go and give him my challenges. He has already written the story of each of our lives. So, when we are faced with depression, anxiety or any other form of mental health challenge, remember God promised not to leave us. He hasn't yet and never will.

He also calls us to support each other. So, while that does not mean you might not have times when those challenges rear their head again, what it does mean is that He has provided people to support and encourage you through the dark times. Be willing to let go and let God. Reach out and reach up.

Psalm 139:14 "I praise you, for I am fearfully and wonderfully made."

It takes strength and courage for you to be vulnerable and ask for help. Be brave and reach out. The future can be bright, if you want it to be.





Q & A

Q & A

WITH DR. CARLOTA SEKHOKOANE

BEING A DOCTOR DURING A PANDEMIC



Q&A

WITH DR. CARLOTA SEKHOKOANE

My name is Carlota Sekhokoane, born in Cuba raised in Witbank, Mpumalanga and now staying in Jozi.

I'm really passionate about building the relationships I have in my life, making them as healthy as they can be and prioritizing real connection over quantity. I'm also passionate about self-improvement, I value learning new things, new skills, growing and learning from my mistakes, leaning on God and broadening my outlook on life. I love to sketch; I grew up practically attached to that drawing book and I'm also passionate about the gym. I truly enjoy growing stronger and pushing my body to what I believe it's capable of doing. I'm VERY affectionate, a big softie quite honestly.

When did you realize you wanted to be a doctor and what has it taken you to get to where you are now?

I realized in 3rd year med school that I wanted to be a doctor, prior to that I wanted to become an animator and the medical path didn't really excite or move me in the slightest. Now, I love my career and truly can't imagine doing anything else. I think a blessing for me was that I had to learn to love it through its amazing times and really tough times... It took me finding moments in every single day that made me feel fulfilled- my patients, the nurses, my colleagues, my family. If I can make a difference in one life then I'm thankful.



Q&A

WITH DR. CARLOTA SEKHOKOANE

Tell us why you do what you do— what keeps you going on those, sometimes, 24-hour back to back calls?

I keep going for my patients because I care a lot for each and every one of them... I mean, it's hard and there have been times that I wanted to give up quite honestly but I always try to remember that the person in front of me is coming in their most vulnerable state, a lot of the time from really far away seeking help through an incredibly tough time in their life. I try to remember that I have a human life in front of me.

Being a medical doctor, especially in 2021, can be really challenging. What are some things they don't warn you about in Med School?

No one really warns you about the reality of the day-to-day, like the calls where you would have not sat down for over 12 hours, not slept for over 30 hours, not eaten or had a drink of water in hours but being expected to make decisions with a fresh mind. Nothing really prepares you for that. In med school, no one prepares you for the loss of a patient or how to heal and bounce back from making mistakes, I think it would be of value to be taught about how to deal with that.

What do you want people to know about being a Doctor today that people might have misunderstood or not know?

Being a doctor is nothing like Greys Anatomy, New Amsterdam or House! We don't do CPR with bent elbows. We don't get into really intense, close relationships with patients on a regular basis- that could lead to jail time and career fatigue. Not every doctor is an expert in every field, we have specialists for various fields so one person doesn't carry the weight of every diagnosis on their shoulders and even then, it can take a long while to get to a diagnosis.

What are you most expectant and excited about in your journey as a doctor?

I'm really excited for God to reveal what path I'm meant to take going from internship to community service and possibly specializing in my medical career. I believe that he is slowly revealing it to me but I'm waiting on Him.

Has your faith played a role in the kind of doctor you are and the situations that you've had to overcome and endure?

Most definitely, throughout medical school I leaned on God and He gave me strength to get through every single year. Now if I'm struggling with a diagnosis or in a resuscitation, I say a quick prayer to God. I often feel a sense of peace after chatting to God about a situation because I believe that it will work out somehow, no matter what. Even in moments when I'm overwhelmed with emotion and have no words to speak, He hears me.

Q&A

WITH
DR. CARLOTA SEKHOKOANE



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How can people, whether patients or the general public, help you do your job better?

I'd ask people to know that we would much rather see you the moment you think things might be wrong than days, months or years later when your clinical condition complicates. Don't be afraid to come early please. And please, come as you are. We want to hear your truth, if you smoke 50 cigarettes a day tell us, if you didn't take your meds in a year tell us. It helps us help you, there is no shame here. A last thing would be to remember that we are humans, we can't see 8 patients at once so patience would be so very appreciated.

You have invested almost 8 years into becoming the doctor you are today; do you have any advice for anyone looking to do what you have managed to accomplish so far?

I would say, don't lose sight of why you started this. Whatever the reason was, whether it was to help people or to change the medical practice or make a difference, don't forget that. Also, don't forget who you are... I've seen how some of the pressures that doctors have faced have made people develop apathy and disinterest or even resentment toward the field and sometimes towards patients, don't let the pressures strip you of you. And another thing, you don't have to be the smartest in your class to be a great doctor, I used to think that and it's so far from the truth.

Knowing what you know now; what would you say to 15-year-old Carlota, 18-year-old Carlota, and 24-year-old Carlota about to make history as an essential, front-line worker in a pandemic?

Oh wow... 15-year-old Carlota: You want to be the best daughter and the best sister and the best friend and the best everything, and I just want you to know that you are loved and you're enough, just being you, one day you'll see that.

18-year-old me: You're about to go into medicine and you'll feel so forced into - it's not even funny... but in your 3rd year something is going to change, you won't know what that spark is until you graduate but it's you falling in love with it. Trust me, you'll make a great doctor because you care so much even though you don't think it now.

24-year-old me: This coming year is going to test you in more ways than you can imagine. You'll experience heartache, pain, fear and responsibility in unimaginable ways; but you know what... for the first time you're going to count on your family, your friends and God like never before and they're going to help you through that low. A pandemic is coming to shake you but you're going to hold strong, you've got this.

How do you take care of your mental and physical health?

I take care of my mental health by choosing to make my relaxation time- relaxation time! I'll chat to my sister Nancy or my mama and that always brings me joy. I'll watch series, or gym and spend time with friends. Sometimes, I like my alone time where I can just listen to music or spend time with God, that gives me peace. My physical health I take care of by going to the gym regularly, sleeping for more than 6 hours a night (I try) and making sure I don't skip breakfast, ever.

Q&A

WITH DR. CARLOTA SEKHOKOANE



To every frontline worker, THANK YOU for all that you do! We see you, we honour you, we love you!

THIS WINTER

style

WITH TIFF



COLDER MONTHS
= COZY MONTHS

STYLE

WITH TIFF

Colder months = Cozy months

Being a fashion student means that I've learnt a lot about trend and how fast the 'style of the season' changes. BUT as a fashion studies student, it means that I pay more attention to how much more sustainable the world of fashion needs to become. I mean, I know that jackets are in season right now, but are you going to give it away next season, or will you sustain it forever? Big questions before you make your next purchase, I know.

Although, just because you want to be sustainable, it does not mean that you cannot be trendy and stylish at the same time. So, let's focus on what we find trendy at the moment but we can keep around for many more years to style. The biggest lesson when it comes to style is that when you find your own, no one can take it away from you because you own it.

Cobalt Blue & Sweater Weather

A rich bright blue to add a pop of colour without taking away from your neutral style. Despite my love for neutrals, this colour of the season is not one I would shy away from. It's a deep yet vivid shade of blue with hints of green and even a little bit of violet, that can make your neutrals stand out even more. It's called an accent colour, so, similar to a statement piece. Blue on blue is a close link to denim on denim, but a deep blue with a light blue, or paired with a vintage denim = how glorious. Mixing different shades of one colour is quite a colour palette on its own. One thing to note with accent colours is that it can either intensify the neutral colour or wash it out, so pair wisely.

Now, if you're looking for a perfect sweatshirt, vintage stores are always your best bet, they always are for me. The thing about vintage pieces is that they generally came from brands that focus on quality more than getting some flyby trend out. And when it comes to sweaters, the more oversized, the better. Since sustainable came up, vintage means not new but it also means quality that can last for a long time, so stop sleeping on the vintage finds. And if you love being the last person with a certain item, or the first, then remember vintage finds are one of a kind. Big tip, if you love a good oversized fit, look in the guy's section, it's the cut - game changer.



PANTONE
UNIVERSITY
Blue 072

COLDER MONTHS = COZY MONTHS

STYLE

WITH TIFF

Monochromatic vision

Monochrome generally means of the same tone. If you break it down, “mono” means single and “chromatic” means colour. So, it would mean that your entire look consists of one colour. So, your all blacks or all beige, or blues as we just spoke about. Funny enough, besides black, it’s easier to pair colours that differ instead of colours that are the same. It might be the thought of not knowing what goes with what but like nature, some things that you wouldn’t know how to pair just flow if you let it. Too much of one thing can be overkill but if you simplify it, then you’ll find that spark. Monochrome outfits and basics go hand in hand, because remember, you want things that make your outfits a million times easier to layer. Add a belt, get a reversible scarf, get that beige shoe that you’re not really sure what to pair it with, but you want it anyway. They’ve always been out there, but try it with some colour and see the magic happen. The real joy of monochromatic fits is wearing different shades of one colour (like our colbat blue), a magic monochromatic palette.



From Summer to Winter

Recapping on not throwing away good fits just because it’s not in season – take your summer pieces, make them into winter pieces. The sporty dad sandals were quite the rage over the past few months. While in South Africa it was summer, the Northern hemisphere was living in winter so we needed to make a way if we really wanted to wear it. And by George, socks and sandals have never been trendier. These are sandals that are very suitable for summer or winter and if you’re wanting that cozy chic look, then these are definitely for you. My other staple (which I need in all neutral colours) is a good peak cap. It not only completes an outfit, but it can help substitute for a bad hair day. A simple cap, paired with your dad sandals = your perfect sports chic look.

My love for fashion will always be endless, and as much as I do want new things at times, I still think having a few forever pieces will make your wardrobe endlessly stylish. Fashion is more than clothing, it’s an identity in itself. It’s yours to choose, so make it bold, make it minimalist, make it all you. And don’t forget to thrift, vintage finds are one of a kind. The best advice someone gave me was – either you own it, or it owns you. I’m sure we’re all for owning this runway.

*Until our next strut.
A bientôt mes amis,
Tiff*

IN

THE

KITCHEN!

HOMEMADE CREAMY CHICKEN PIE

Winter is here! And cold months call for warm and hearty meals. Start your winter right by following these easy steps to making your family and friends a meal they will always remember. Make memories and add something to your "I Can Make" list! Here is a special recipe for you! Happy cooking!

HOMEMADE CREAMY CHICKEN PIE

Yield: 8 - 10 portions

By Karen Kleintjies

CHICKEN MIXTURE

Ingredients

- 1 Onion finely chopped.
- ¼ Red pepper finely chopped.
- ¼ Green pepper finely chopped.
- 3 Cloves of Garlic finely chopped.
- ½ Teaspoon of fresh chilli.
- 10g Butter for frying
- 2 Pinches of salt
- Ground black pepper to taste
- 6 Chicken breasts cut into cubes.

Method

- 1. Sauté onions, red pepper, green pepper, garlic and chilli in butter till soft and golden brown
- 2. Add salt and black pepper.
- 3. Add cubes of chicken and cook until done.
- 4. Set aside to cool down.

PIE FILLING

Method

Add the chicken mixture to the white sauce and stir gently to combine.

The mixture must be properly cooled down before placing it onto the pastry base.

Lining the dish with Pastry

Ingredients

- 2 × 400g Puff pastry roll readymade (Rolled puff pastry that is light and flaky)
- 1 Egg, beaten

Method

- 1. Roll out 1 puff pastry sheet slightly on each side. (400g of puff pastry covers a rectangular pie dish of 34cmX20cm and the other 400g covers the top.)
- 2. Line the base of the pie dish and prick with a fork before baking. This allows the steam to escape so that the pastry does not puff up in the oven.
- 3. Cover with cling wrap and place in the refrigerator to stay cold.
- 4. When the filling is *properly cooled*, place on the base of the pastry.
- 5. Place the 2nd rolled pastry sheet on top of the pie filling. Slightly join the sides. Cut off any extra pastry to make pastry leaves for the decoration of the pie.
- 6. Pierce the tip of a knife into the centre of the pie to make a small hole. The hole is to allow steam to escape when baking.
- 7. Brush the pastry with the beaten egg to give the pie a golden-brown colour.
- 8. Bake in a preheated oven of 220°C. (A hot oven ensures the moisture in the dough turns into steam, which is what makes puff pastry rise. Puff pastry should only be baked for a short time. 15 to 20 minutes usually suffices. The pie must be a golden-brown colour.

THICK WHITE SAUCE

Ingredients

- 100 g Butter or margarine (butter adds more flavour)
- ½ Cup of cake flour
- 500ml Milk
- 1 Pinch of salt

Method

- 1. Melt butter in a saucepan over low heat.
- 2. Add the flour, stirring until smooth.
- 3. Cook for 1 minute, stirring constantly.
- 4. Gradually add the milk; cook over medium heat, stirring constantly until sauce is thickened and bubbly.
- 5. Stir in salt.
- 6. Set aside to cool.
- 7. Hint: Place a piece of cling wrap directly onto the sauce to avoid a skin or film from forming on the sauce.

WHO ARE YOU?

DO THIS WORD SEARCH TO FIND OUT



Sometimes you need to be reminded of what your identity is in Christ.
Search and find some of the things God says you are in the Bible:

(P.S. You can take a screenshot on your phone
and circle the words you find with your edit function ;)

N	P	E	V	A	E	L	C	G	N	A	O	I	F	T	B	N
M	E	W	H	J	P	K	Z	P	B	K	R	M	A	N	S	O
X	L	R	F	V	B	J	K	N	Q	V	C	O	U	N	F	M
B	W	K	D	B	Q	E	J	O	I	N	T	H	E	I	R	S
M	D	R	O	L	U	C	H	O	S	E	N	K	V	S	E	A
W	U	F	O	O	I	L	O	I	R	W	I	Q	B	L	E	V
O	W	V	H	K	R	H	K	P	S	C	O	G	A	K	P	E
N	E	G	T	C	K	Q	C	I	N	R	W	N	J	L	E	D
D	D	O	S	A	A	V	S	R	E	E	R	F	W	B	V	T
E	E	F	E	D	E	T	P	O	D	A	M	R	Q	P	A	C
R	L	S	I	M	T	D	A	P	R	T	X	I	X	C	O	V
F	A	O	R	O	E	F	O	R	G	I	V	E	N	U	T	Q
U	E	U	P	L	R	J	U	U	S	O	Y	N	I	Y	B	M
L	H	O	L	Y	N	A	T	I	O	N	O	D	Z	E	Y	R
L	U	A	A	I	O	A	H	V	M	U	M	S	Z	W	A	T
Y	C	J	Y	S	B	Q	B	F	Z	A	N	T	O	B	Z	N
R	A	Q	O	J	Q	O	G	U	H	O	G	W	Y	Z	R	O
X	N	J	R	W	A	G	P	E	L	P	M	E	T	X	C	K

We'll help you with the first one!

For God so LOVED the world that he gave his one and only Son,
that whoever believes in him shall not perish but have eternal life.

~ **John 3:16 NIV**

18 more reminders to go!

For all who are allowing themselves to be led by the Spirit of God are sons of God.
For you have not received a spirit of slavery leading again to fear [of God's judgment],
but you have received the Spirit of _____ as sons [the Spirit producing sonship]
by which we [joyfully] cry, "Abba! Father!"

The Spirit Himself testifies and confirms together with our spirit [assuring us]
that we [believers] are children of God.

(And if [we are His] _____, [then we are His] heirs also: heirs of God and _____ with Christ
[sharing His spiritual blessing and inheritance],
if indeed we share in His suffering so that we may also share in His glory.

~ **Roman 8:14-17 AMP**

I will praise You, for I am fearfully and _____ made; Marvelous are Your works,
And that my soul knows very well.

~ **Psalms 139:14 NKJV**

Do not judge, and you will not be judged. Do not condemn, and you will not be condemned.
Forgive, and you will be _____.

~ **Luke 6:37 NIV**

So if the Son sets you _____, you will be _____ indeed.

~ **John 8:36 NIV**

For many are called, but few are _____.

~ **Matthew 22:14 NKJV**

But you are a chosen generation, a _____, a _____, His own special people,
that you may proclaim the praises of Him who called you out of darkness into His marvelous light

~ **1 Peter 2:9 NKJV**

I no longer call you servants, because a servant does not know his master's business.
Instead, I have called you _____,
for everything that I learned from my Father I have made known to you.

~ **John 15:15 NIV**

He has _____ us and _____ us to a holy life--not because of anything we have done
but because of his own purpose and grace.

This grace was given us in Christ Jesus before the beginning of time,

~ **2 Timothy 1:9 NIV**

Therefore, if anyone is in Christ, the _____ has come: The old has gone, the new is here!

~ **2 Corinthians 5:17 NIV**

So God created man in _____ own _____, in the image of God He created him;
male and female He created them.

~ **Genesis 1:27 NKJV**

Do you not know that you are the _____ of God and that the Spirit of God dwells in you?

~ **1 Corinthians 3:16 NKJV**

But He was wounded for our transgressions, He was crushed for our wickedness
[our sin, our injustice, our wrongdoing];

The punishment [required] for our well-being fell on Him, And by His stripes (wounds) we are _____.

~ **Isaiah 53:5 AMP**

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