



The Home of

Stoer
Talk

**EXERCISE TRAILS:
IN ESTATE
READY FOR GRADE 4?
READING GUIDE**

ISSUE 1 | 2026

TOP 10 books to read IN 2026



1. Think Again — Adam Grant

A masterclass in rethinking assumptions and embracing flexibility in how you think.

2. Dare to Lead — Brené Brown

Courage-building insights on leadership, vulnerability, and connection.

3. Made to Stick — Chip Heath & Dan Heath

A warm, practical guide to making ideas memorable and meaningful.

4. Bird by Bird — Anne Lamott

A beautifully human take on writing, life, and showing up imperfectly.

5. Atomic Habits — James Clear

Clear, actionable strategies for building habits that last.

6. The Midnight Library — Matt Haig

A novel that blends imagination with deep questions about choice, regret, and possibility.

7. The Power of Moments — Chip Heath & Dan Heath

A joyful exploration of how small experiences shape big meaning.

8. Atlas of the Heart — Brené Brown

A heartfelt map of emotions and experiences that deepen connection.

9. Originals — Adam Grant

Insightful, research-rich thinking on how to champion new ideas and champion change.

10. Big Magic — Elizabeth Gilbert

A generous invite into curiosity, courage, and creative living.

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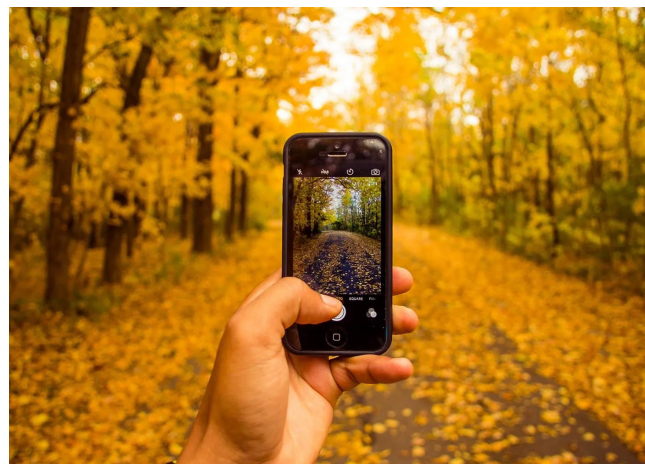
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FROM THE EDITOR

Dear Residents,

Welcome to this edition of *Stoep Talk*.

In these pages you’ll find a mix of estate news, lifestyle features, nature, and resident contributions. You’ll be excited to see the new marked out exercise routes, for young and old.

Also see the article featuring the birds of the estate.



Thank you to everyone who continues to share photos, stories, and ideas – your input keeps this magazine lively and meaningful. We’d love to see your photo feature on the cover of this magazine. Send photos you snap on the estate. We’ll contact the cover winner to find out more about the camera (or phone) used and maybe some details about what inspired it. Sometimes the best photos also happen by chance so if you think it’s cover worthy, send it in.

- Angela



Stoep Talk focuses on Boardwalk Meander Estate. The magazine is compiled and published by Estates in Africa (Pty) Ltd trading as EIA Publishing, on behalf of the Boardwalk Meander Home Owners Association (HOA) Board of Directors. The opinions of personnel of Estates in Africa (Pty) Ltd do not necessarily reflect those of the HOA and Management of Boardwalk Meander Estate. Articles written are edited for grammar; they reflect the authentic styles of the writers. We encourage residents to contribute to the estate magazine. Contributions may be forwarded to office@estatebwm.co.za

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MESSAGE FROM THE CHAIRMAN

Hello Residents

Wel, hierdie jaar het vinnig afgeskop met die skool wat so laat begin het en die eerste maand is reeds verby voor jy jou oë kon uitvee. Welcome back everybody – looking forward to a great year.

I walked around on our estate and the gardens and green areas look great after all the rain. Thank you to Don and his team that kept the upkeep and all areas looking so beautiful. It is still the most sought-after estate in the area.

We've got a couple of projects lined up for the year and we will continue to stay ahead of the herd to make Boardwalk Meander one of the most fantastic places to live in.

We will keep you all informed about the date for our AGM taking place later in the year. You can also look out for the dates for the estate functions to be held this year.

Thank you to all our office personnel and service providers for being back after the holidays and keeping everything going. Ons kyk uit na 'n goeie en voorspoedige jaar vir ons gemeenskap.

Aan al die skoliere en studente – maak hierdie die beste jaar ooit!

Geniet al ons fasiliteite, hou ons landgoed veilig en dankie dat meeste van die eienaars by die reëls hou.

- Deon Strydom



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FROM THE OFFICE PEN

Good day

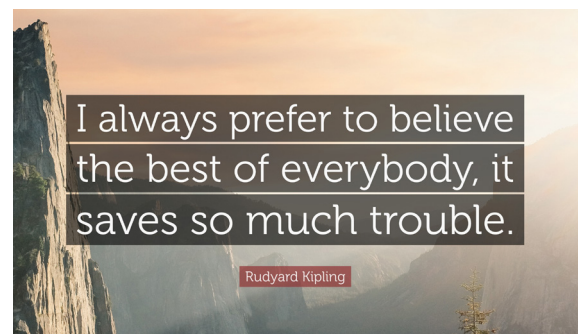
January 2026 has already come and gone - may the rest of the year be good and enjoyable for you all.

Indien enige inwoner wil betrokke raak by ons *Stoeptalk* tydskrif, kontak my gerus met jou idees en/of artikels. Ons nooi mense wat will bydra om hierdie tydskrif van ons meer "lyf" te gee en interessant te hou. Come on guys – some of you must have some great ideas that we can feature for other residents' enjoyment – send me an email with ideas that I can source. This is the first of five editions of the *Stoeptalk* magazine for the year.

Please ensure that your contact information, i.e. contact number and email address, is correct at the office. If you are not registered on the EstateMate application yet, feel free to visit us so that we can assist you, as this is the only communication platform for Boardwalk Meander.

We received the sad news that one of our long-time owners passed away during December 2025 – your place is empty, Jenni – rest in peace.

- René



HONESTY LIBRARY

If you love to read – this is the place to visit.

We have a wide selection of books for your enjoyment. Come and select a few for hours of escaping to another life.

As our books are getting a bit older and well read - we would love it if you could give us some of your older-no-longer-wanted-or-needed books. All our older books or books that have been on the shelves for a long period of time are donated to the Cullinan Library.

Feel free to contact us at the office should you need any assistance/help or want to donate some books.

Thanking you in advance for any new reads!



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More details will be provided shortly

Boardwalk Meander

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21 MARCH 2026

More details will be provided shortly



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COMMUNITY DEVELOPMENT



Step Into Wellness:

Two scenic walking & jogging tracks within our estate

An active lifestyle has never been more accessible. Residents can now enjoy two purpose-designed walking and jogging tracks that wind through the heart of the estate, offering a safe, scenic and convenient way to stay fit without leaving the Estate.

The routes have been thoughtfully planned to make full use of the estate's natural assets — from green belts between homes to the tranquil dam and landscaped park areas. Whether you're a casual walker, a daily jogger or training for a longer event, these tracks offer something for everyone.

The Routes at a Glance

5 km Track – For Endurance and Elevation

This longer route covers 5 kilometres with a total ascent of approximately 86 metres. It's ideal for residents looking to build stamina, improve cardiovascular fitness, or add a bit of challenge to their routine. The gentle elevation changes keep the route interesting without being overwhelming, while the varied scenery ensures the kilometres pass quickly.

2.6 km Track – Perfect for Daily Movement

The shorter 2.6-kilometre track includes a 34-metre ascent and is perfect for a brisk walk, an easy jog, or a quick workout before or after work. It's also an excellent option for families, beginners, or anyone returning to exercise at a comfortable pace.

Designed Around Nature

Both tracks are routed through the estate's green belts, around the dam and through park areas, creating a calm and refreshing environment. The natural surroundings not only enhance the experience but also encourage consistency — it's far easier to stick to an exercise routine when it feels like a pleasure rather than a chore.

The Advantage of a Secure Environment

One of the biggest benefits of these tracks is their location entirely within the estate. Exercising in a secure, access-controlled environment provides peace of mind and removes many of the concerns associated with public routes. Residents can walk or jog early in the morning or later in the evening, knowing they are within a monitored and familiar space.

Importantly, the layout minimizes the need to use public roads, reducing exposure to traffic and improving overall safety. This makes the tracks suitable for all ages, from children to seniors.

Health Benefits That Add Up

Regular walking or jogging offers a wide range of health benefits, including:

- Improved cardiovascular health
- Better weight management
- Stronger muscles and bones
- Reduced stress and improved mental well-being
- Better sleep and increased energy levels

Even moderate, consistent exercise can make a noticeable difference to long-term health — and having dedicated tracks right on your doorstep makes consistency easier than ever.

A Lifestyle Feature to Be Proud Of

These walking and jogging tracks are more than just exercise routes — they're a lifestyle feature that adds real value to the estate. They encourage outdoor activity, foster a sense of community, and support a healthier, more connected way of living.

So lace up your shoes, step outside, and make the most of what's right on your doorstep. Whether it's 2.6 km or the full 5 km, every step counts.

- Jan-Louis



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Please email your answer along with your full name, your cell number, your residential development name and your stand or apartment number, detailing 'Skin Renewal Competition' in the subject line, to: competitions@eiapublishing.co.za. All correct entries will be entered into a draw, and the winner will be notified by email. Closing date: 1 March 2026

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ESTATE IN PICTURES





Photo by Kruger Vorster

GRADE FOUR: THE YEAR THAT CATCHES FAMILIES OFF GUARD

By Nicola Killops



Grade Four rarely gets the attention it deserves. It sits between the excitement of the early years and the urgency of high school, but for many families, it is the year when school suddenly feels different.

On paper, it looks straightforward – new subjects, a fuller timetable, more homework, and the introduction of exams. In reality, it marks a shift from early primary learning into something more structured, more demanding, and far more visible to children themselves.

It is often the first time learners realise that school is no longer only about participation. It is about output, organisation, and performance.

WHY THIS YEAR FEELS LIKE A TURNING POINT

Grade Four brings a noticeable rise in expectations. Children move from one main class teacher to several educators. Assessment becomes more frequent. Marks start to matter in ways they did not before.

For some learners, this feels motivating. They enjoy challenges and routine and thrive on structure. For others, particularly those who have been quietly managing in the background, this is the year when pressure becomes harder to hide.

Parents often describe similar changes. Homework that suddenly takes much longer. Increased anxiety before school.

Emotional reactions that seem out of proportion to the task at hand. A child who once felt confident now doubts themselves.

This is not a sign that something has gone wrong. It is a sign that the demands have shifted.

IT IS ABOUT MORE THAN MARKS

Grade Four places a new strain on skills that are still developing. Planning, working memory, emotional regulation, and mental stamina are all tested more intensely.

Children are expected to juggle multiple subjects, remember different rules, cope with formal assessments, and still manage increasingly complex social dynamics. That is a lot to hold at nine or ten years old.

For some children, this is also the year when learning differences become more visible. Not because they were missed earlier, but because the structure has changed. A system that once supported them no longer fits as easily.

These children are not behind. They are responding to an environment that now asks more of how they learn, not just what they know.

WHAT HELPS AND WHAT OFTEN DOES NOT

When pressure rises, the instinct is often to add more. More revision. More structure. More supervision. Sometimes this is helpful. Often, it adds to the strain.

What tends to make the biggest difference in Grade Four is attention, not intensity.

Parents who notice how their child is coping emotionally, not only academically, are better able to respond early. Changes in mood, sleep, confidence, or behaviour are signals worth listening to.

Balanced routines matter. Children need time to rest after cognitively demanding school days. A calendar packed with commitments can quickly tip manageable pressure into overload.

Expectations also matter. Progress, effort, and consistency count more than perfection. Children build resilience when they feel supported rather than compared.

Open communication with teachers helps enormously. When parents and educators work together early, small adjustments can prevent bigger problems later.

Most importantly, children need to hear that marks do not define them. In a year where evaluation becomes more prominent, this reassurance needs to be explicit and repeated.

A FOUNDATION YEAR, NOT A VERDICT

Grade Four is not a prediction of future success or failure. It is a foundation year that reveals how a child learns, copes, and adapts as demands increase.

Handled thoughtfully, it can be a year of growth and confidence-building. Handled solely under pressure, it can become unnecessarily difficult for families and learners alike.



Grade Four is not a prediction of future success or failure. It is a foundation year that reveals how a child learns, copes, and adapts as demands increase.

Children do not need parents who have all the answers. They need parents who are paying attention, asking questions, and willing to adjust when something is not working.

Grade Four is part of the long arc of learning. It is not a final measure. It is one important chapter in a much bigger story.



**"LEARNING HERE ISN'T
JUST ABOUT WHAT
YOU KNOW. IT'S ABOUT
WHO YOU BECOME."**

LEARNING WITHOUT LIMITS

At the American International School of Johannesburg (AISJ), academic excellence is just the beginning. For over 40 years, we have empowered students to explore, create, and grow in a learning environment tailored to their needs.

With campuses in both Johannesburg and Pretoria, the school serves expatriate and local families alike, combining world-class academic standards with a commitment to the holistic development of the child. Students are not just taught; they are known. Our students are given the freedom to pursue their passions, explore new interests, and shape their own educational journey.

LEARNING ISN'T LINEAR

AISJ's instruction is designed to adapt - helping students understand ideas, not just facts. Students ask questions, make connections across subjects, and apply their knowledge in meaningful ways, preparing them for life beyond the classroom. We emphasize a deeper understanding, critical thinking, and real-world problem-solving.

Academic rigor is built on decades of experience, having offered the International Baccalaureate Diploma Programme (IBDP) for over 30 years and now expanding excellence to the Elementary School with candidacy for the IB Primary Years Programme (PYP). These globally recognized programs provide students with the critical thinking, inquiry skills, and conceptual understanding necessary to succeed in top universities and beyond.

Early Learning starts at 3! AISJ now offers a Pre-K 3 program, providing three-year-olds with a nurturing, inquiry-based introduction to school that fosters curiosity, confidence, and a love of learning from the very beginning.

DESIGNED FOR DIFFERENCE

One of AISJ's most distinctive features is its focus on ensuring that every student receives the education they need in the way that best suits them. By embracing neurodiversity, we create learning experiences that adapt to a wide range of strengths, needs, and ways of thinking.

Every child learns differently, and those differences are understood, valued, and supported. Learning environments and pathways are thoughtfully designed to meet students where they are, honoring diverse learning styles and interests.

By adjusting instruction, support, and opportunities as students grow, we ensure that each learner is appropriately challenged, intentionally supported, and empowered to build confidence, independence, and success.



DISCOVER HOW A STRONG START LEADS TO A BRIGHT FUTURE!

THE FOUR PILLARS OF LEARNING

AISJ's balanced education is built on four pillars:

- Academics - Concept-driven, inquiry-based learning prepares students for top universities worldwide
- Arts - Opportunities in visual arts, music, and performance starting from 3 years old
- Athletics - Participating in local and international sports tournaments, arts festivals, and conferences
- Service - Students engage meaningfully with local and global communities, developing empathy, leadership, and a sense of responsibility

Together, these pillars ensure students develop academically, creatively, physically, socially, and as globally minded individuals ready to contribute positively to the world around them.

"Our learners are prepared not just for school, but for the world beyond it."



A BOARDING EXPERIENCE THAT FEELS LIKE HOME

For students in Grades 8-12, AISJ's luxury boarding program offers a supportive, independent environment where learners grow academically, socially, and personally. Boarding combines rigorous academics, personalized pathways, and a nurturing community, providing continuity and stability for families, especially those who are internationally mobile.

Students live and learn alongside peers from diverse backgrounds, forming friendships and skills that last a lifetime. Here, they develop independence, resilience, and a sense of belonging - preparing them for university, careers, and life beyond school.

"At AISJ, learning has no limits, and neither do our students."



WHY AISJ STANDS OUT

AISJ provides academic excellence, a global perspective, and a deep commitment to the whole child. Every student is recognized as an individual, with learning designed to meet their strengths, interests, and ways of thinking.

From the first steps in early childhood through graduation, we offer continuity, care, and community at every stage of the journey. Students explore their passions, build confidence and resilience, and grow as curious, capable, and independent learners.

Our goal is to shape learners who are not only academically prepared but also confident, adaptable, and ready to engage with the world. Students leave AISJ equipped - not just for the next grade, but for life beyond school, wherever their journey takes them.

Our students graduate ready for universities and opportunities around the globe. Our alumni have gone on to attend top institutions in the US, UK, South Africa and beyond, combining academic excellence with the skills and confidence to thrive anywhere in the world.







PIED KINGFISHER

AFR: BONTVISVANGER

Photographed by Ivan Muller

IG: ivans.bird.pics

The Pied kingfisher's large, powerful beak and striking monochromatic plumage usually steals the show but a closer look reveals its surprisingly dainty feet. These small, syndactyl feet (where two toes are partially fused) are not built for walking or swimming but are designed perfectly for perching on thin reeds or branches between hunts.

As a specialist fish-hunter, the Pied Kingfisher is the only member of its family capable of hovering for long periods over deep water before diving vertically to strike. Once it secures its prey – usually a small fish like the one seen here – it returns to a favourite perch. To ensure the meal is safe to swallow, it will beat the fish against a hard surface to kill it and relax the spines before swallowing it whole, head-first.

BOARDWALK MEANDER BIRDS/VOËLS

We are very privileged here in Boardwalk Meander Estate and Schemes as we have and can enjoy the abundant bird life in the Estate.

Ons hier in Boardwalk Meander Landgoed is baie bevoorreg om die ryk en groot verskeidenheid voëllewe hier te kan aanskou en geniet.

Since late 2024 I have noticed and identified many birds in and around my garden and while hiking in the Estate. I decided to mark them with coloured "stickies" in my Bird Books, initially out of curiosity, but later more as a hobby when seeing more birds I haven't seen and listed before.

Vanaf laat 2024 het ek heelwat voëls opgemerk en geïdentifiseer in en om my tuin en terwyl ons in die Landgoed gestap het en het dit vervolgens in my Voëlboeke met gekleurde "plakstrookies" gemerk,

oorspronklik uit nuuskierigheid maar later meer as stokperdjie toe ek al meer voëls opgemerk het wat ek nog nie gelys het nie.

It therefore gives me great pleasure to share this impressive list and pictures of these birds with you to also enjoy and see which of these birds you notice in your own gardens or elsewhere in the Estate.

Dit verskaf my dus groot plesier om hierdie lys en foto's van die voëls wat ek sodoende identifiseer het met almal te deel om ook te geniet en te kyk watter van die voëls julle in julle tuine en in die Landgoed sien.

This is a dynamic document, so please share the names and pictures/photos of any birds that are not yet listed that you may see in your gardens and in the Estate with me and/or René at the Boardwalk Meander Office so the bird list can be updated accordingly and kept current.

Hierdie is 'n dinamiese dokument, so deel asseblief die name en foto's van voëls wat julle in julle tuine en in die Landgoed waarneem wat nog nie op die lys verskyn nie, met my en/of René in die Boardwalk Meander Kantoor sodat die oorspronklike lys opgedateer en intyds bygehou kan word.

References and sources of bird names and pictures reflected in the table below / Verwysings en bronne van voëlname en foto's van voëls wat gelys is in die tabel hieronder: Die Voëlgids van Suider-Afrika en Sakgids van Suider Afrikaanse Voëls (Ulrich Oberprieler & Burger Cillié), SASOL Voëls van Suider-Afrika (Ian Sinclair, Phil Hockey en Warwick Tarboton).

- *Dries Nieuwoudt*

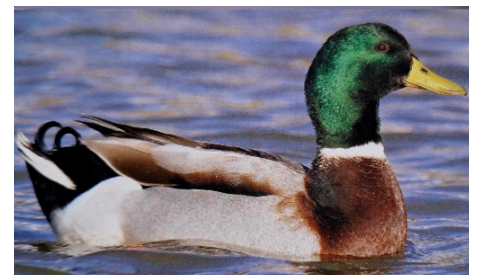
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Kleinwitreier
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Crab Plover



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Mallard



Geelbekeend
Yellow-billed Duck



Grootwaterhoender
Common Moorhen



Hadede
Hadede Ibis



Bloureier
Blue Heron



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Egyptian Goose



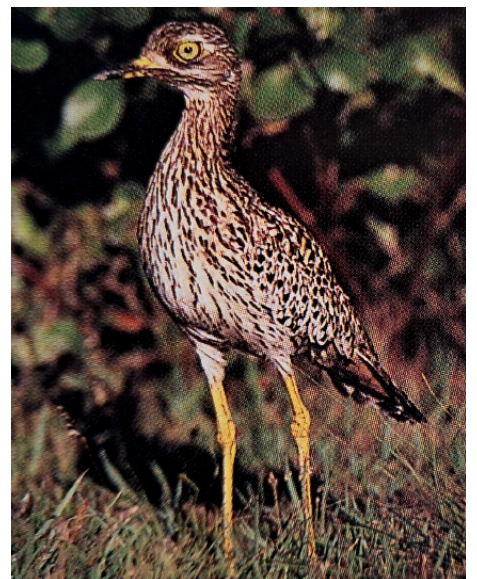
Bleshoender
Red-knobbed Coot



Bontkiewiet
Blacksmith Lapwing



Kroonkiewiet
Crowned Lapwing



Dikkop
Thick Knee

NAMIBIA - WHERE TIME HOLDS ITS BREATH

By Nicola Killops

There are few places left in the world where silence feels sacred. Namibia is one of them. It begins with the light, its honeyed glow turning rock into gold and shadow into story. Out there, distances deceive you. Dunes appear close enough to touch, then shift with every breath of wind. The horizon moves, the earth breathes, and for a while you forget you're standing on the same planet that plays host to rush hour.

THE DESERT THAT DREAMS

The Namib desert is often mistaken for the Sahara in photographs. It's a confusion that flatters both. The Namib is older, perhaps the oldest desert on earth, its rust-coloured dunes shaped by wind and time into something almost sculptural. The locals call it "the vast place", and it is. But vast doesn't mean empty. If you stand quietly, you'll hear the sand move – it emits a low, humming sigh as the wind reshapes the landscape grain by grain.

At dawn, the light catches the dunes like molten copper; at dusk, the dunes cool into a velvet shadow. I stood once at the edge of Sossusvlei as the sun dipped below the horizon and the silence pressed in – a deep and physical silence, the kind that fills you rather than frightens you.

Drive through Namib-Naukluft National Park and you begin to understand why this country's citizens can't be rushed. The road stretches forward like a suggestion, bordered by nothing and everything – thornbush, salt pans, mirages. The air smells of dust and distance. Ostriches cross as if late for something, springboks appear and vanish... the whole landscape feels half-dreamed, half-remembered.

WHERE WATER CUTS THROUGH STONE

Far south, the Fish River Canyon opens suddenly, a quiet thunder in the land. It's one of the largest canyons in the world, but there's nothing grandiose about it. The silence is steady, the scale not flashy. Standing on the rim, you sense how ancient this earth is and how little it asks of you beyond respect.



The air is dry enough to taste. The wind has its own rhythm. Somewhere below, a single river thread twists between shadows. Photographs don't capture it; they only flatten what is, in truth, a living thing.

LAND OF TRIBES AND MEMORY

Head north, and Namibia changes tone. The ochre plains give way to scrub and smoke, and the light sharpens again. This is Kaokoland, home to the proud Himba people, who still live much as their ancestors did – herding cattle, tending fires and covering their skin with a deep red mixture of ochre and butter fat.

Visiting a Himba village feels less like looking back in time and more like standing still in it. There's rhythm in their way of life, a kind of quiet choreography: women grinding ochre, children laughing somewhere unseen, the faint smell of woodsmoke and wild herbs curling through the air.



Further east, in Damaraland, the ground itself tells stories. The rock engravings at Twyfelfontein – of giraffes, hunters and spirals – have watched over this valley for thousands of years. They speak of survival, celebration and faith carved into stone by the San long before the idea of Namibia existed.

Nearby, at the Damara Living Museum, that heritage is actively practised as women describe the bush plants from which food, medicine and perfume are derived. Men demonstrate fire-lighting, carving and the art of patient creation. It's not performance, it's preservation; a small yet steady act of keeping identity alive.

RIVERS, WATERFALLS AND HIDDEN VILLAGES

Follow the sound of water and you'll find Epupa Falls, where the Kunene River tumbles over a series of rocky ledges near the Angolan border. "Epupa" means foam, and it's apt – the spray rises like breath against the sky. Children play along the banks, the Himba women weave beads in the shade, and the whole place hums with a kind of gentle continuity.

Further east, the Mbunza Living Museum near Rundu sits beside a quiet lake. Here, the Kavango people share their traditional crafts and stories. There's laughter, leather and the smell of Mangetti nut oil on the breeze. It's a small place, but deeply moving – proof that culture, like the river itself, keeps finding a way to flow.

THE KINGDOM OF DUST AND LIGHT

We reach vast, white and shimmering Etosha. The great pan stretches endlessly, alive with mirages and movement. When rain comes, it becomes a mirror. Elephants move like slow grey tides, zebras stripe the horizon and flamingos rise in pale clouds.

There's something transcendent about watching wildlife in such a stark place; it's as if the animals themselves have learned to become part of the light. You realise, after a while, that Namibia's beauty isn't only visual, it's structural. It sits in the bones of the land, and if you're still and quiet enough, you can feel it hum beneath your feet.

A JOURNEY MEASURED IN STILLNESS

Namibia isn't a country you visit; it's a country you listen to.

It teaches patience as you wait for colour to shift, for the wind to change, for silence to speak. You arrive thinking you're chasing beauty, but you leave knowing you've been taught reverence.

As my plane lifted off from Windhoek, the landscape unrolled below me – red dunes, pale salt, green veins of river – and I realised I wasn't leaving anything behind. I was simply taking a quieter version of myself home.



MILK: THE ULTIMATE POST-WORKOUT RECOVERY DRINK?

When it comes to post-workout recovery, sports drinks and protein powders often take centre stage. Yet one of the most effective recovery beverages may already be sitting in your fridge: milk.

Milk provides a naturally balanced mix of nutrients that closely matches what the body needs after exercise. It contains high-quality protein in the form of whey and casein. Whey is rapidly absorbed, helping to kick-start muscle repair, while casein digests more slowly, supplying a sustained release of amino acids that supports recovery over several hours.

Carbohydrates are equally important after training, particularly following endurance or high-intensity exercise. The natural lactose in milk helps replenish depleted glycogen stores, with a carbohydrate-to-protein ratio similar to that of many commercial recovery drinks – but without artificial ingredients.

SPORT DRINKS know your options

Flavoured milk

ENERGY	1320-1830 KJ
CARBOHYDRATES	40-60 g
PROTEIN	16.5 g
FAT	9-11.5 g
SODIUM	305 g
POTASSIUM	839 g



Low-fat milk (1.5%)

ENERGY	965KJ
CARBOHYDRATES	24 g
PROTEIN	16.5 g
FAT	7.5 g
SODIUM	233 g
POTASSIUM	760 g



Sports drink

ENERGY	510-670 KJ
CARBOHYDRATES	30-40 g
PROTEIN	0 g
FAT	0 g
SODIUM	140-185 g
POTASSIUM	22-80 g



Water

ENERGY	0 KJ
CARBOHYDRATES	0 g
PROTEIN	0 g
FAT	0 g
SODIUM	0 g
POTASSIUM	0 g



Hydration is another key benefit. Milk contains electrolytes such as sodium, potassium and calcium, which assist with fluid retention and rehydration. Research has shown that milk can be just as effective, if not more so, than water or traditional sports drinks for restoring fluid balance after exercise.

Beyond immediate recovery, milk also delivers important micronutrients, including calcium and vitamin D for bone health and B-vitamins that support energy metabolism. For athletes and active individuals, this makes milk a cost-effective, accessible and evidence-based recovery option.

What about dairy alternatives?

Plant-based milks can support recovery, but most do not naturally match milk's nutritional profile. They are often lower in protein and electrolytes and may require fortification or pairing with other foods. Soy milk is the closest alternative, offering a comparable protein content and a more complete amino acid profile.

TIMING IS IMPORTANT for effective recovery

Optimal recovery occurs within 30 minutes to two hours after exercise. It is very important to replenish your fluid levels, glycogen stores and muscle proteins during this period.

Milk is an excellent recovery drink as it contains carbohydrates (lactose), protein (whey and casein in a 1:3 ratio) and electrolytes (potassium and sodium).



www.dairygivesyougo.co.za

Other options can still work if combined with an additional protein source and a meal or snack that provides sodium.

sugars, so portion size and overall daily intake should be considered.

And flavoured milk?

Flavoured milk remains dairy-based and retains the core recovery benefits of regular milk: protein, carbohydrates, fluid and electrolytes. The added carbohydrates can be particularly useful for replenishing glycogen after intense exercise. However, flavoured options often contain added

The bottom line

Whether plain or flavoured, milk offers a simple, effective and science-backed solution for post-workout recovery. While dairy alternatives can be adapted to meet recovery needs, cow's milk remains one of the most efficient all-in-one options – proving that sometimes, the simplest choices are also the most powerful.



Cottage Cheese Chocolate Mousse

INGREDIENTS

- 1 and a 1/2 cups smooth medium-fat cottage cheese – room temperature
- 3/4 cup melted milk chocolate
- 2 tablespoons cocoa powder – sifted
- 1/2 cup icing sugar – sifted

METHOD

- In a medium-sized bowl add the cottage cheese, cocoa, icing sugar and melted chocolate. Using a whisk or a spatula gently mix these ingredients until you get a nice smooth pudding-like consistency.
- Spoon the mixture into two small cups or bowls and pop them in the fridge for about half an hour to 40 minutes to chill. You can serve them with a small dollop of whipped cream and a dusting of cocoa if you like. Enjoy!

* They can also be left in the fridge overnight.

The nutrients in cheese support muscle strength!

View the video: https://youtu.be/_Rvrzov5aol

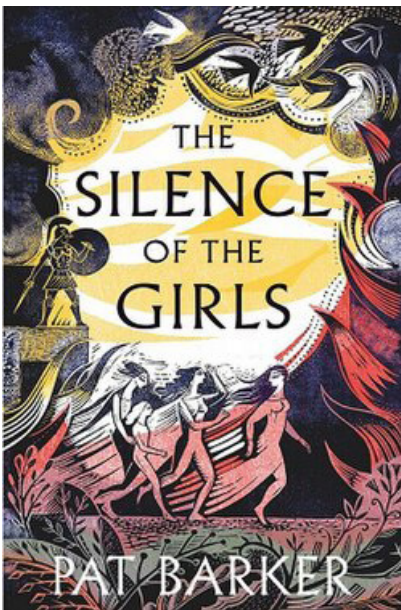
READING GUIDE

Books worth sinking into this summer – for adults, teens and tweens

The holiday season is over, January is a blur, and we ease into the new year still hoping to carve out some time to read. The rush lingers, but the days begin to stretch, afternoons slow, and books

– real books – start calling again. Whether you're reading on a lounge, between braais, or stealing an hour of quiet from a busy household, here are nine excellent picks for the season.

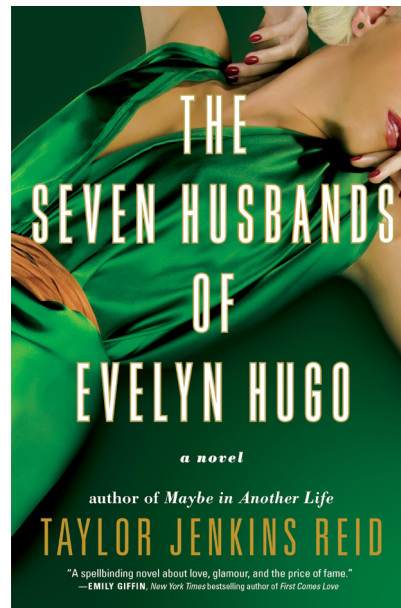
FOR ADULTS



The Silence of the Girls

By Pat Barker

A beautifully written retelling of the Trojan War through the eyes of the women caught in it. Emotionally layered without being heavy, and powerful without losing its humanity. Perfect for readers who want something intelligent and absorbing – the kind of novel you carry with you long after you finish it.

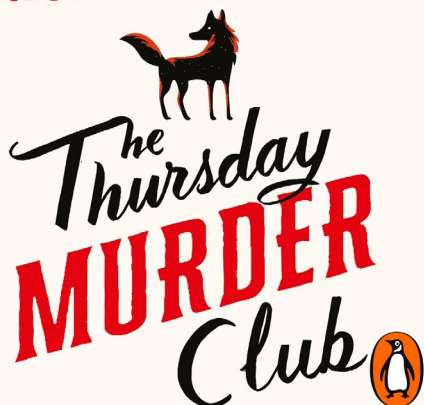


The Seven Husbands of Evelyn Hugo

By Taylor Jenkins Reid

Old Hollywood glamour, secrets, ambition, heartbreak – and a perfectly structured story that pulls you in from page one. It's fast, addictive and emotional in all the right ways. Ideal for readers who want a book with substance that still goes down easily.

RICHARD OSMAN

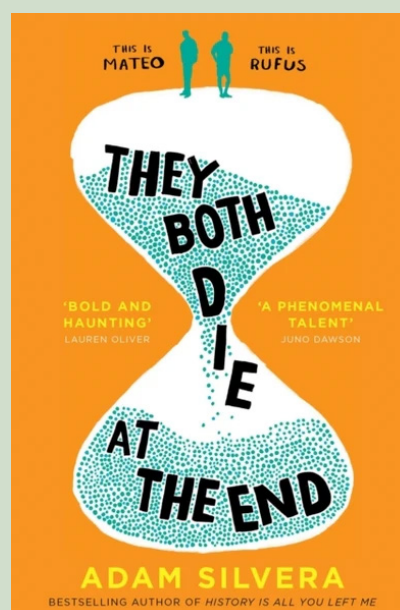


The Thursday Murder Club

By Richard Osman

Four retirement-village residents solving crimes between tea breaks and gossip. Sharp, warm, funny and cleverly plotted. This is the book you give to anyone who wants joy, intelligence and a little mystery – without the darkness that usually comes with crime fiction.

FOR TEENS AND YOUNG ADULTS

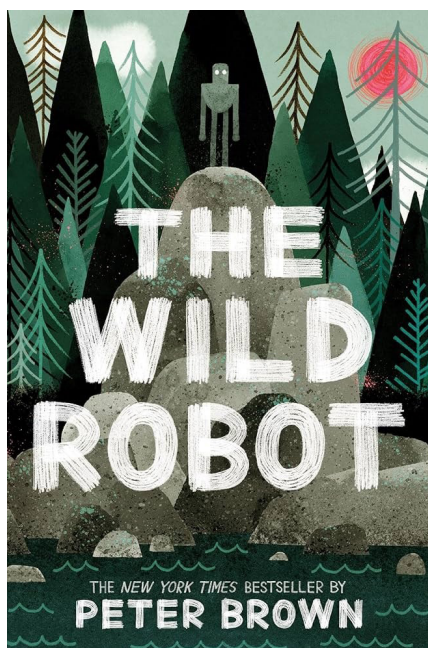


They Both Die at the End

By Adam Silvera

A modern YA classic. Two boys meet on the day they're told will be their last – and decide to live fully for just one more day. Heart-squeezing, beautifully written, and oddly uplifting. Teenagers devour this and immediately hand it to a friend.

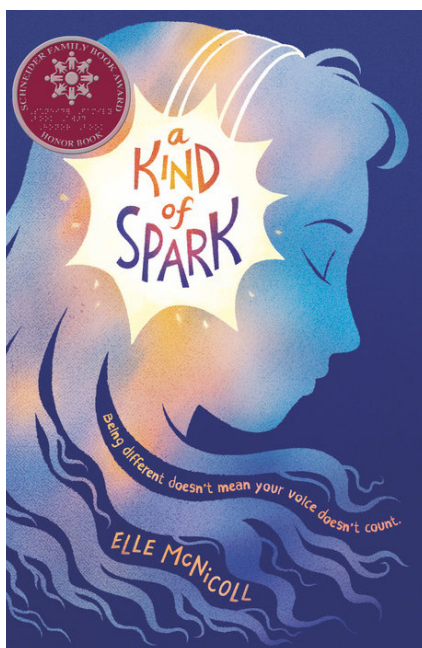
FOR TWEENS (ages ± 9-12)



The Wild Robot

By Peter Brown

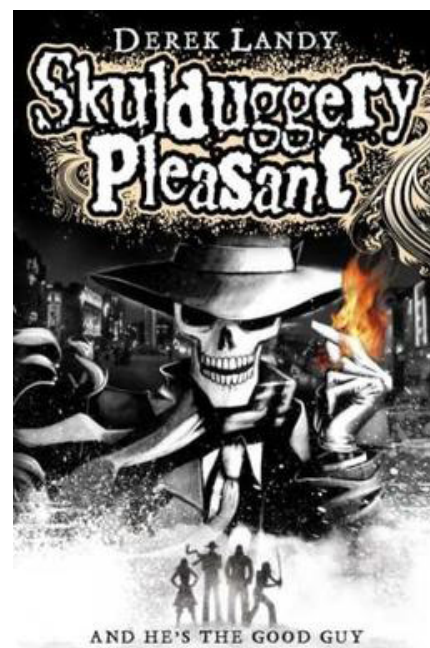
A gentle, imaginative story about a robot who washes up on a remote island and learns to survive by befriending the animals. Warm, thoughtful and utterly charming – brilliant for children who love adventure with heart.



A Kind of Spark

By Elle McNicoll

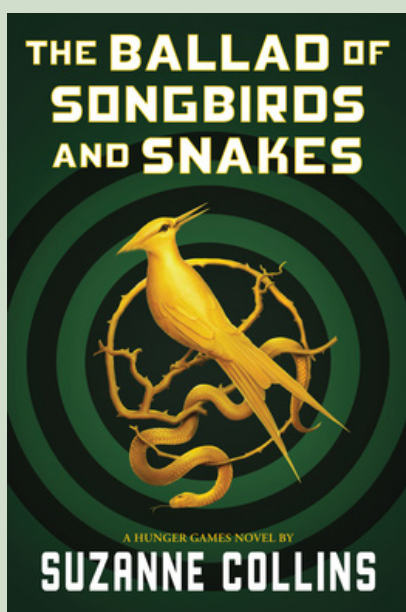
Written by a neurodivergent author and loved by neurodivergent kids. It's honest, brave and beautifully told – a story about finding courage, speaking up, and feeling different in a world that doesn't always understand. A meaningful, confidence-building read.



Skulduggery Pleasant

By Derek Landy

A talking skeleton detective, a brave girl sidekick, magic, danger and sharp humour – tweens adore this series. Smart, funny, and just spooky enough to be exciting without keeping anyone up at night.



The Ballad of Songbirds & Snakes

By Suzanne Collins

A return to the world of *The Hunger Games*, but deeper, more political, and surprisingly subtle. It follows the early life of President Snow – long before he becomes the villain we know. Ideal for teens who enjoy dystopian worlds and want something immersive for long summer afternoons.



One of Us Is Lying

By Karen M. McManus

A clever, compulsively readable school-set mystery with secrets, twists and plenty of tension. Great for reluctant readers because the pace is fast, the chapters short, and the drama constant. Perfect reading for teens.

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