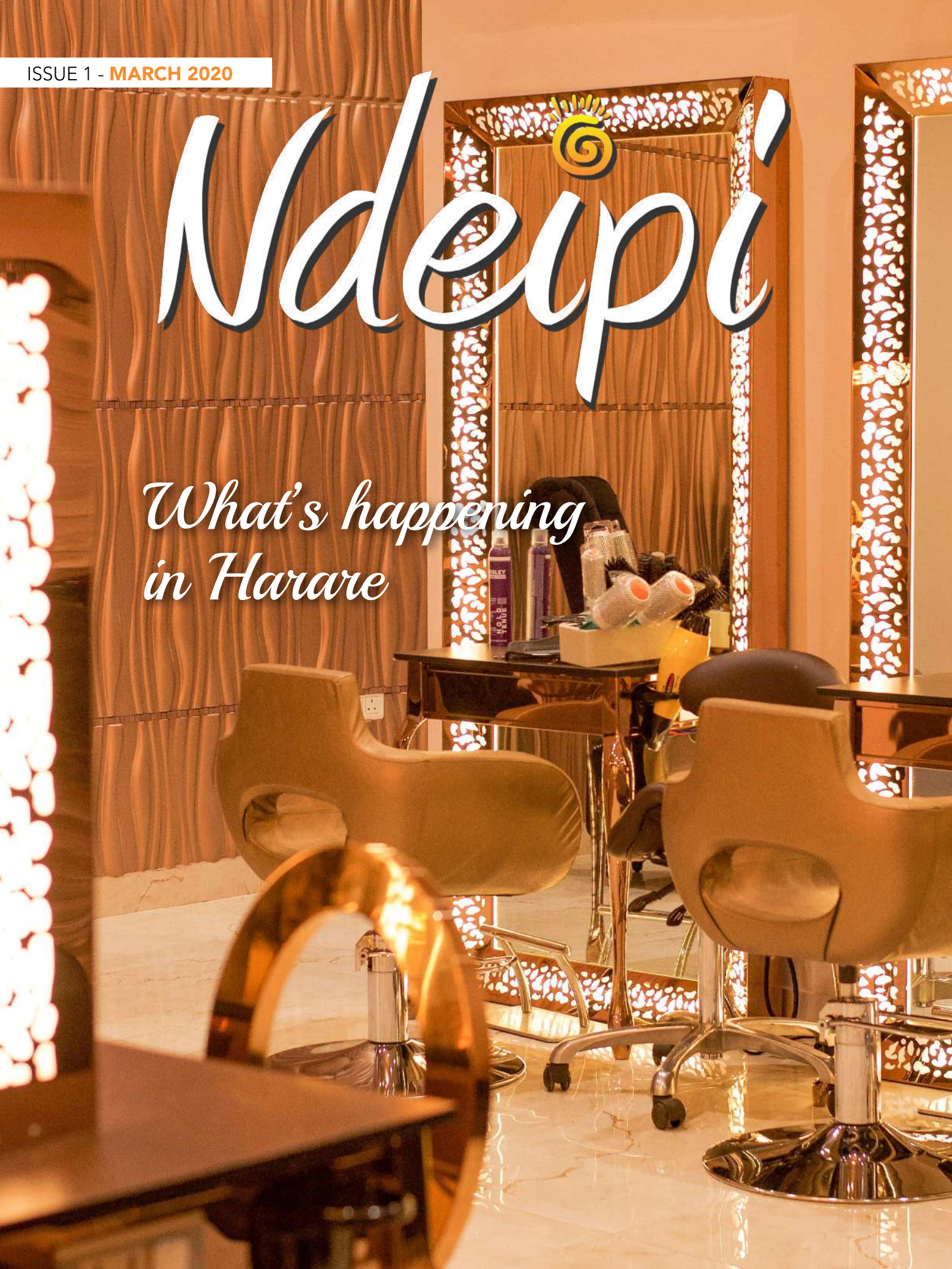


ISSUE 1 - MARCH 2020

Ndeipi

*What's happening
in Harare*



FROM THE EDITOR

We are pleased to announce the release of the first Ndeipi Newsletter! With the world taking on a more digital approach, we believe that this helps complement our print magazine offering you the same exciting content that you have come to love over the years.

Our issue takes a look at eco-friendly natural skin care products, we take you on an artistic journey through one of Harare's finest gallery and their creative hub. With Easter around the corner we share with you two culinary dishes for your Easter meal. Remember to keep safe on the roads with a helpful article on road safety.

Whatever you fancy, our newsletter has something for you.

As we grow, we can't wait to take you on more of our digital journey. Don't be left out, if you would like to advertise, subscribe or contribute please contact us on

admin@ndeipi.co.zw
or call us on (024) 2782720.

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A CITY WITHIN A CITY



CONTENTS

5 Natural beauty secrets for your skin
An eco-friendly approach

10 A modern take on African Print
The growth of a new fashion brand Samsara

17 Chef Dax and His Easter Recipe

7 Masawra Urban Retreat
Experience a Royal Oasis

13 Swift Transport
75 years in business and still going strong

18 Road Safety Precautions
Things to consider when travelling during Easter

9 First Floor Gallery
A Creativity Hub

15 The Journey of the nomad Chef Dzash

19 Tips on how to take care of your mental health



natural beauty secrets for your skin

AN ECO-FRIENDLY APPROACH

By **Chrystal Mushonga**

Besides the fact that I was a frustrated mother with a son who had atopic dermatitis (referred to mostly as eczema), I have always been interested in natural skin and health remedies (maybe it was because of my acne problems but oh well!). Crystal's Aura was born out of a need, little did I know it will become one of my favourite things to wake up to every day and the key to a world of possibilities! After months and months of small experiments, research and testing products on myself and my friends, we are here.

Crystal's Aura has taken a deep dive into Zimbabwe and Southern Africa's natural beauty secrets to formulating the most skin and hair loving personal care products. Besides being results-oriented, our products are also for personal pampering with that touch of luxury appeal. Zimbabwe is home to more than 3 million Marula trees, 5 million Baobab trees, large strands of Mongongo trees stretching for kilometres and vast woodlands of the Mafura tree. These trees supply us with some of our most common ingredients. The picking and preparing of the fruits, nuts and oils are done by local women in the surrounding villages, empowering them and leading to wealth creation. The plant extracts and oils have so many health benefits. They have been used for ages to treat skin conditions, to cook and for cosmetic purposes. We have such rich biodiversity locally and everything we need for that glow.

Our main product lines are bar soap, creams, scrub, oil blends, body washes, bath bombs and formulated to provide relief for common skin conditions like eczema, acne, psoriasis and suitable for hypoallergenic and sensitive skins. We put so much into the look and feel of our products every day that the goal is to regularly upgrade to provide the best sensory experience for our customers.

For me, soap making encompasses three things; art, beauty and chemistry.

Soap making and cosmetic formulation are creative media for me. A piece of me is in each bar of soap, each product I create, hence, Crystal's Aura. From the most simplified to the most exquisite, each bar of soap is beautiful.

As for the beauty of soap making and cosmetic formulation, you can choose different vegetable or animal fats, liquid extracts, powders, clays and herbs, based on what they will do for the skin and see them transform the skin. I love seeing the beauty and happiness I create by using nature. I put so much love and thought into the final product for someone I may not know, who purchases or receives a gift to use to clean their body. I want to see more of this around me and more value creation from our natural resources.

We are part of the clean and sustainable beauty movement and are currently upgrading our packaging to eco-friendly materials. We want to tackle everything from plastic waste to climate change with multi-pronged initiatives. This has been done through sustainably sourced ingredients, infinitely recyclable aluminium packaging and refill skin. We use as few and natural ingredients as possible and single dose sachets. Crystal's Aura is on track to achieving our zero waste aim by end of 2021. We have such big plans and stay ready for our new serums, cleansers, toners and creams under our spa collection and products for children and men!

Follow us on IG [@crystalsaura_zw](#) and Facebook Crystal's Aura. You can purchase our products on www.crystalsaura.shop or from one of our stockists: The Village Pharmacy, Sam Levy's Village or Racecourse pharmacy at Borrowdale Racecourse. We have distribution agents in some cities and towns, please contact customer care on **+263719339140** for any enquiries. We ship countrywide and internationally.

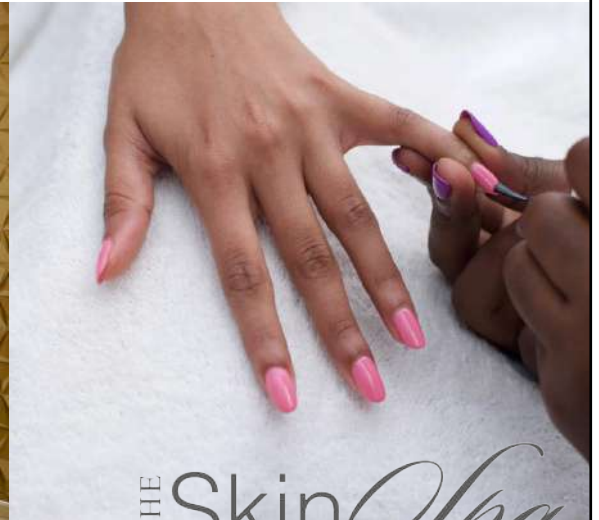


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MASAWARA URBAN retreat



Experience a Royal Oasis

By Takudzwa Mazhandu

A perfect blend of rich cultural Masawara history and contemporary

Five-Star service, providing a private and peaceful retreat like no other.

Masawara Urban Retreat offers you a tranquil experience, with an out of town feel right here in the leafy Northern Suburbs of Harare. With a luxurious spa, a restaurant offering a variety of delicious meals, and a top-of-the-line Boutique Hotel, Masawara Urban Retreat is your one-stop-shop for a wholesome and relaxed experience.

We pride ourselves on our years of experience with aesthetics, using the latest technology to deliver quick and effective results in a luxurious and pampering environment. Our Spa offers a tri-dimensional escape from day to day stress by introducing you to a healing sanctuary of calmness and rejuvenation, a wellness centre called XHALE, as well as a hair bar.

The spa's atmosphere is one of tranquillity, inviting you to relax as soon as you step foot inside. Your experience begins in our relaxation room, here you are served infused detoxing water whilst you relax on comfortable massage chairs, dissolve stress and soothe your muscles. After this, you go to your luxurious treatment room, where you receive a consultation with an experienced therapist whilst getting a relaxing foot ritual. Next, your personalized treatment will begin.

XHALE is an amalgamation of a fitness studio, sauna, as well as state of the art steam pods. Steam pods are new-age receptacles that detox the whole body by opening up one's pores, shedding off dead skin cells leaving one feeling lighter and refreshed. These machines are the first of their kind in Zimbabwe and a must-try.

Born from the merging of minds with years of experience in the hospitality industry, Masawara Urban Retreat offers service that challenges the best. The Organikk's Patio restaurant provides a refreshing breath of air to enjoy the sun or admire the gardens. The aesthetic of the restaurant has been curated to create a serene and soothing setting to enjoy the different delicacies offered by the restaurant.

The final piece of the Masawara Urban retreat experience is the six-suite Boutique Hotel. Each suite encapsulates its exceptional theme and aesthetic, fitted to ensure that our guests reside in luxury and comfort.

Our staff are expertly trained to provide five-star service and ensure that regardless of which part of the Retreat you are visiting, you are ensured a memorable experience.

Images Provided by Masawara





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FIRST FLOOR GALLERY

A CREATIVITY HUB

by Marcus Gora

First Floor Gallery Harare (FFGH) had a humble birth as the idea was struck through a conversation between Marcus Gora and Valerie Kabov. On 4 December 2009, Marcus was cleaning up a small space in a tailor's workshop on the first floor Abbey House in George Silundika Avenue to display some artworks where part of the conversation began.

Valerie was an art critic and educator visiting Harare and Marcus a music manager and promoter, with an ambitious and optimistic vision to share Zimbabwe's emerging talents with the world. It was the tail end of hyperinflation and the idea of an art gallery working with very young artists becoming a successful international project was highly unlikely. Yet over the past 11 years what began as a tiny experimental initiative, has become one of Zimbabwe's leading art spaces, an educational initiative and a meeting place for creatives across all disciplines – hosting film screenings, poetry events, musical performances, artist residencies as well as a dynamic programme of local and international exhibitions. First Floor Gallery Harare artists have exhibited across the world – from Los Angeles to New York, London, Paris, Shanghai, Brussels, Berlin, Perth, Marrakech, Lagos, Johannesburg and Cape Town.

In 2018 FFGH took a new step up and opened its first purpose-built gallery space at the famed Karigamombe Centre, where it occupies a space on the second floor opening up on an expansive terrace with impressive views of Harare city centre, which instantly made gallery openings a hit with Harare fashionable crowd.

Undeterred by the challenges of 2020, FFGH used the time of lockdown to expand its online presence, hosting Instagram live openings as well as collaborating with international colleagues on online events. While travel was restricted, the lockdown became an opportunity to grow in other ways and to push forward on some goals that have been part of its mission since the start.

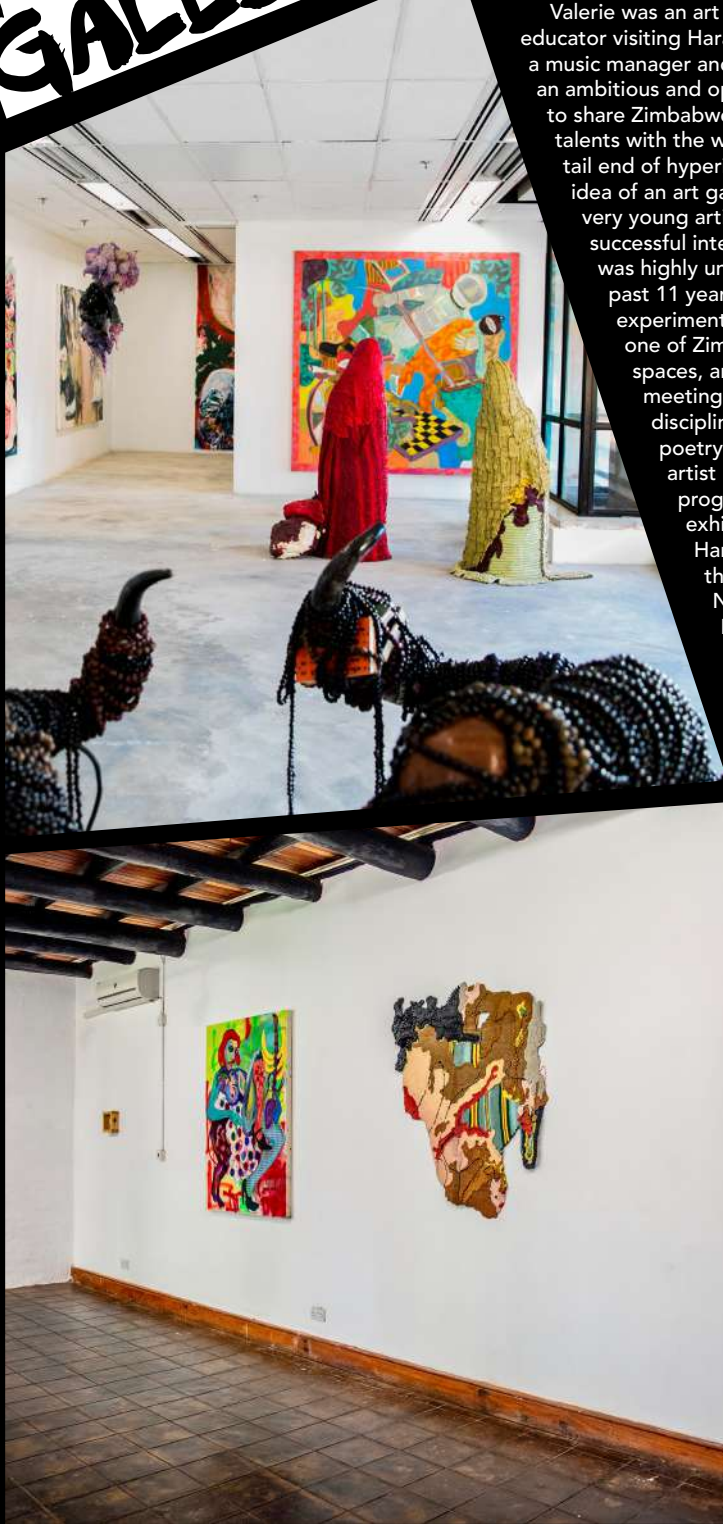
"We have always been about supporting emerging artists in Zimbabwe and not just Harare," said the gallery executive director and co-founder Marcus Gora, "over the past few years we have made efforts to bring artists from outside of Harare on residency with us to be mentored and supported. We now felt it was important to take the next step of creating exhibition and audience engagement opportunities as well."

"As one of Zimbabwe's fastest-growing, multicultural and internationally engaged city, Victoria Falls was a natural choice for a new space."

In December 2020, First Floor Victoria Falls launched a major new space in the famous Elephant Walk complex with an exhibition titled 'Level Mosi oa Tunya', with a plan to present a programme of solo and group exhibitions, community-based workshops as well as developing an artist residency project. "Our plan for First Floor Gallery Vic Falls is to help mentor art managers and artists in the region from Binga to Bulawayo and create local and international visibility to our best talents," said Gora.

One of the artists presented in 'Level Mosi oa Tunya' is Amanda Mushate. At only 25, Bulawayo born, Mushate is one of the most dynamic young painters in Zimbabwe, with a growing international reputation. At an early age, Mushate developed a very personal approach to both painting and iconography which is based on multiple ethereal layers floating seamlessly in and out of figuration. She draws her inspiration from people around her in conversation with her happiness and burdens and how relationships between people affect society. As a young person, she is keenly aware of her quest for self and asserting a personal vision and ideas, not manipulated by social and peer group pressure. Mushate's exceptional and sophisticated engagement with colour and its narrative properties has attracted critical and collector support in Zimbabwe, USA, UK, South Africa, France and Australia. Amanda was a finalist in the Emerging Painting Invitational 2019 the pan-African emerging painting prize and was selected to present a solo exhibition as part of Tomorrows/Today – a curated project of the Investec Cape Town Art Fair, 2020.

Harare audiences can enjoy a major new solo exhibition from Amanda by making an appointment to visit First Floor Gallery Harare, which will open at the end of March.



a Modern take on AFRICAN PRINT

The growth of a new fashion brand Samsara

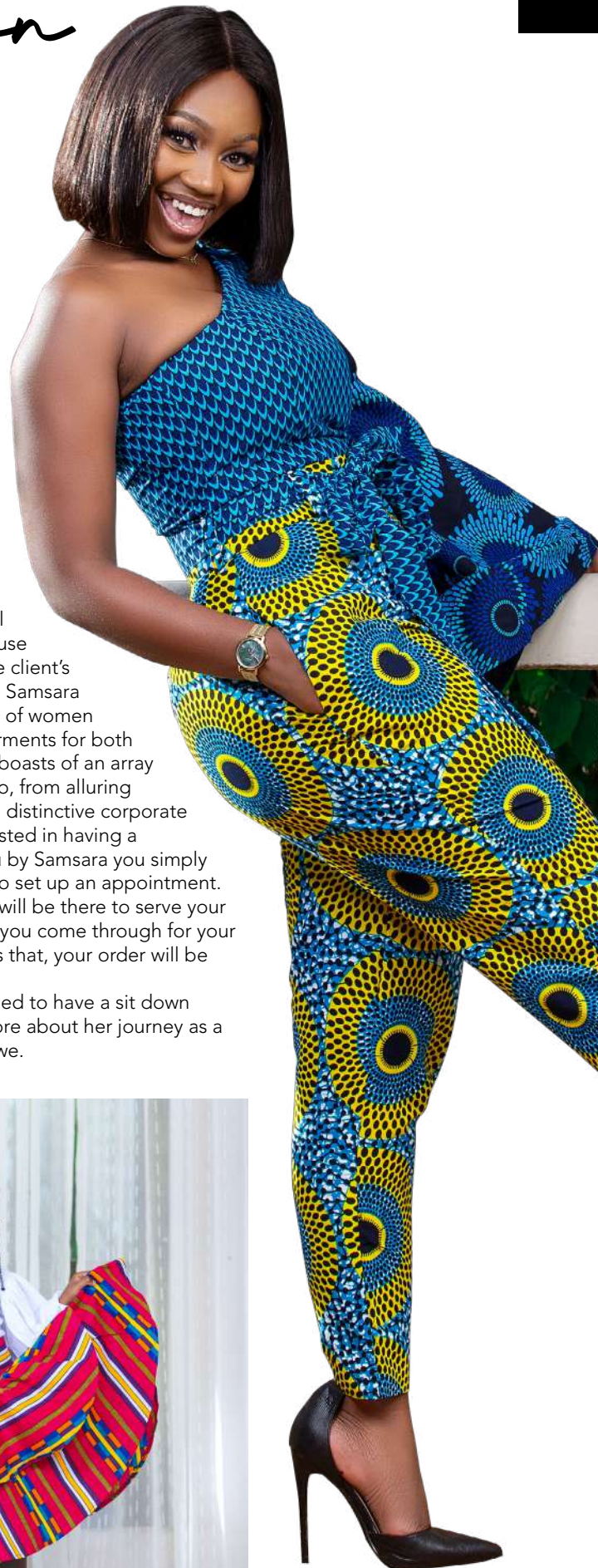
Images provided by Samsara

Samsara was created in 2015 by Victoria Manase and her aunt with the vision to create sophisticated and lively designs. It is a budding fashion and design brand that has taken the Zimbabwean fashion market by storm. Initially it was created as a partnership, however, Victoria later decided to take on the project on her own.

Drawing her inspiration from young, black women who aspire to be entrepreneurs and financially independent, Victoria has managed to create her own brand as a means to motivate the young women around her to become fierce and chase after their dreams.

Samsara is a manifestation of what great power and will can result in. The design house tailor makes garments at the client's requests with no limitations. Samsara not only caters to the needs of women but also makes stunning garments for both men and children. Samsara boasts of an array of designs under its portfolio, from alluring summer ankara garments to distinctive corporate wear, they do it all! If interested in having a garment tailor-made for you by Samsara you simply call, text or message them to set up an appointment. The readily available tailors will be there to serve your every need style-wise when you come through for your measurements. As simple as that, your order will be ready in 7 working days.

The Ndeipi team managed to have a sit down with Victoria who told us more about her journey as a fashion designer in Zimbabwe.





1.As a new fashion brand in Harare, what challenges have you faced?

Due to limited options in regards to fabric, we can not be as creative as we would want to be with what is locally available. Should we have to start importing fabrics from other countries, our pricing would have to be excessive and we definitely would not want that for our clients.

2.Where do you source your materials from?

Samsara sources most of its fabric and materials from both local and international suppliers within Africa, for example Ghana , Nigeria and Congo.

3.Can you briefly describe how the design process is from paper to garment?

The process from design to garment is pretty simple. Most of our clients come in with an image or vision of what they have seen and want recreated for them. They come through to our workshop and we take their measurements and we recreate the design or vision for them.

4.What are you most proud of as a designer in Zimbabwe?

I love that the Zimbabwean market is now open and keen on trying on new fashion trends and designs making it easy and enjoyable for us as designs to come up with extremely exciting and stylish designs.

5.Do you have any local fashion icons you look up to ?

I look up to Maxine Adams and Mitchell Pasi because I really appreciate their fashion sense.

6.Do you have other creatives you have collaborated with or look forward to collaborating with?

I look forward to working with Zarguesia in the future.

7.What advice would you give to someone who is passionate about design and fashion, but doesn't know where to start from?

Be Inquisitive. Feel free to ask people that are already in the industry what challenges, opportunities and experiences they have been through. Ask for advice and mentorship so as to have a sense of direction in the industry. Be open to turn downs as well, not everyone will be willing to share their information, however, there is always someone open to sharing tips and guidelines. Do a lot of research and read a lot about other fashion and design icons, do not feel limited to just the Zimbabwean designers, be versatile. Ask people you think are successful how they did it .

8.What is your vision for the brand in the next couple of years?

I want Samsara to be a popular brand, both nationally and internationally, as a bespoke house that has a wide range of looks from out-wear, luxe range and the normal day-to-day outfits.





FORM 1, JANUARY 2022

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Peterhouse Girls : registrar@phg.co.zw
+263 (0)65-2323599, (0)772-133480 : www.phg.co.zw



Swift Transport

75 years in business and still going strong

Swift Transport, the brand synonymous with the distribution of freight both big and small to depots around Zimbabwe, turns 75 years young this March.

Swift Transport Services was incorporated on 16 March 1946. It started with just two depots, one in Harare and one in Bulawayo. Over the last seven decades, other transport operations were acquired, subsequently growing the fleet and the depot footprint. Swift's roots from its inception 75 years ago has been in all aspects of transport. The ability to move diverse freight of any size from all industries to destinations across the nation have solidified its distinguished reputation not only with other operators but its valued customers alike.

Through its six service offerings, Swift Courier Express, Swift Express, Swift Freight, Swift Full Loads, Mutakuri Crop Transport and International Courier services through sister brand SkyNet, an average of 1500 consignments moves countrywide daily. This is a large operation and for the essential services to be streamlined and efficient, involves bringing together decades of experience in logistics, supply chain movement and freight storage and movement. Swift offers a convenient, cost-effective door to door service for all - from Business to Business nationwide distribution, to an individual needing to send ahead a couple of boxes of catering supplies from Harare to a houseboat on Kariba, where the boxes are conveniently loaded before they arrive.

The Swift history is long, it has weathered many transitions, from political and economic to environmental and even a global pandemic, making the Swift brand dynamic, resilient and well respected.

Listed under Unifreight Africa Limited on the Zimbabwe Stock exchange - Swift Transport has the largest Depot Network of any other transport operator in the country, a total of 35, strategically located depots situated in all major cities and towns throughout Zimbabwe.

By Kerne Mackie

“It is a privilege and an honour to be part of the team that is seeing the Swift brand reach its 75th-anniversary milestone, it is no mean feat in this day and age.”



This allows Swift to move its diverse cargo nationwide through this network and can guarantee delivery to all major destinations within 48 hours, with Express and Courier services delivered within 24 hours.

Rob Kuipers, CEO of Unifreight Africa Limited, “It is a privilege and an honour to be part of the team that is seeing the Swift brand reach its 75th-anniversary milestone, it is no mean feat in this day and age. It is remarkable to also note that the business continues to grow and diversify and even though I may not be around to witness it, I have every faith in the knowledge that it will be celebrating 100 years in 2046.

Swift is bigger than some of its parts, it has a depth of history and a pulse from the men and women who have built it and will continue to grow it and ensure its future.

I would also like to take this opportunity to thank the many valued customers who have been part of this journey and who continue to support us.”

Swift Transport would not operate without its dedicated team or its impressive fleet. The Swift fleet is vast and varied, with 232 vehicles and 226 trailers available to the operations department for freight movement. The fleet is divided between the long-haul inter-city routes and collection and delivery services for intra-city freight movement.

There are over 800 members of staff, both men and women, who work together across the different departments. These teams are experts in their respective fields and bring their hands-on experience to the business ensuring freight operations continue across the board, 24 hours a day, seven days a week. Every department can dovetail its specific function for the business to ensure streamlined transport for all six of its service offerings.

Swift Transport is a proudly Zimbabwean operator. It looks forward to maintaining its position as a transport leader and the local Hero delivering nationwide.

*Delivering
Nationwide for*

75

YEARS



YOUR LOCAL HERO DELIVERING SINCE 1946

On 16 March 2021, Swift proudly commemorates 75 years of meeting Zimbabwe's Transport, Logistics and Courier needs, and we invite you to join the celebrations with exclusive offers, discounts and prize giveaways throughout 2021.

SWIFT

A LOCAL HERO DELIVERING NATIONWIDE



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ANY SIZE. ANY DISTANCE. ANYWHERE.

#WeDeliver



THE JOURNEY OF THE NOMAD



Chef Dzash



My journey started a bit different from others. I tried to pick a mainstream career as most do, genuinely believed that law was my career path. When it came time to work, I found it so monotonous, so mundane I quit.

Thus, the journey began. From my childhood, I loved to cook with my mom, bake with her even! It was all fascinating to me, but somehow as a career choice, it was never really an option until I found myself introspecting on what I would rather be doing. The hunt for a culinary school began. I found DMC Hotel Training Centre and later the Culinary Arts Academy. Education was a necessary part of my craft, the inner workings.

On graduation day, I could barely contain my excitement with an internship at Meikles looming and the prospect of many more exciting adventures to come. The golden dream Gordon Ramsay had painted was not all that rosy. Thrust into the deep end, where I slaved my way through many sections of the hotel. It was there where I had my most challenging experiences. Whilst I was at Meikles, I had the pleasure of being part of the team that cooked for the different Heads of States that attended our President's inauguration. I also had the pleasure of cooking for Cassper Nyovest.

Gordon Ramsay was my source of inspiration but, his mentor Marco Pierre White has been a strong stable voice in my career, while having a keen admiration for pastry Chefs like Dominique Ansel and Anna Olson my heart belongs in the hot section where I thrive the most!

In 2017 I created my first signature dish, a humble homemade pasta dish, an ode to my favourite Italian cuisine with a local twist, a simple tagliatelle with rabbit loin in a white wine cream sauce. With the rabbit locally sourced, I took it upon myself to begin to explore the hidden gems our country has to offer.

Towards the end of 2018, I got the call, I got a job at Le Royale Meridian Abu Dhabi! This was the big break, the vindication of my

passion! I was so ready... at least I thought I was! The hours were long and hard but I kept going. Eventually, the accolades came, from numerous Humble Employee of month awards to Bigger Fact and Time Magazine awards, all true indicators of my immense potential to dig deep and my gift for culinary arts. Abu Dhabi was nothing short of star-studded cuisine. We hosted the Mercedes and Renault Formula 1 teams at our hotel, which was an awesome annual experience. I rubbed shoulders with the best and even got to make breakfast for the Michelin star chef Daniel Rose who I then, had the pleasure of working alongside. The experience was the most rewarding and riveting I have ever had!

Sadly, Covid-19 cut my adventure short and I returned to Zimbabwe with all my new gained experience, the private chef industry had just started to boom, since restaurants were closed many began to venture into the prospect of bringing good food to their homes. It's been an honour to be blessed with clients, to be able to share my gift with others.

I curated for a lovely animal sanctuary over the Christmas period Wild Is Life. Shortly after the new year I began to do frozen meals, I had numerous requests for packaged food and decided frozen was the way to go. I am sure soon mass production will push a little piece of my food philosophy into the homes of many Zimbabweans, which is the endgame to give back to my country that has taught me so many lessons good and bad and has brought about such a rich appreciation for its natural produce and flavours.

'If you enjoy what you do you will never work a day in your life' Marc Anthony



RECIPE Seafood medley

- 1 lobster
- 3-4 prawns deveined and deshelled
- Half a head of cauliflower
- 2 Baby beetroots
- 2 Baby carrots
- 2 cups of milk
- 1 red bell pepper
- 1 deseeded tomato
- 250g of butter
- Salt and pepper

DIRECTIONS

1. Lobster needs to be poached in butter.
2. With a pinch of paprika, salt and black pepper.
3. Boil the beetroot for 45 mins till soft
4. Boil cauliflower in milk and season to taste with salt and black pepper, add a pinch of nutmeg (optional)
5. Blanche carrots in seasoned water
6. Replace boil with blanch
7. Roast bell pepper on an open flame or roast in an oven for 5 mins.
8. Blanche tomato and remove skin and de-seed, remove charred skin and blend
9. Blend with Tomato
10. Add a splash of Worcester-shire sauce
11. Season to taste with salt and pepper.
12. Blend the cauliflower to a puree and strain through a fine mesh sieve.
13. Season prawns with salt pepper and thyme and fry for 1 and a half mins each side.

Plate up and serve

Restaurant Guide

ALECHI • 🍴 • 🍷
 Chicken Grill, 21 Quorn Ave,
 Mount Pleasant,
 Call - 077 936 4640

ALO ALO • 🍴 • 🍷
 10 Forest Row, Arundel
 Village, Mount Pleasant
 Call - 077 326 5932/3 ,(024)
 2369198

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 0773 222 276, (0242) 783054

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 0778 925 033

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 × Wine/cocktail lounge, Shop 7
 Riverside Walk, Avondale
 Call 0772 279051 & Wine Bar,
 × Grill & Coffee Shop,
 1 Pomona Shopping Centre, Pomona,
 Call 08677 103 644, 0772 279 051

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 × Portuguese,
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 Sam Levy's Village, Borrowdale,
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KEY

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* Please note that restaurants are now allowed sit-ins up to 50% capacity. If interested in eating out, please call in advance to reserve your booking.

Chef Dax and his Easter Recipe

By Chef Dax Jackson



My name is Chef Dax or Dax Jackson. I am a full time chef at African Encounter and also a consulting executive chef for Lush restaurant. I have been in the food industry for 13 years and this is a very condensed version of my journey thus far.

Growing up in a family of five boys and as the firstborn I was left with no choice but to do the chores as the oldest. My mum taught me how to cook eggs at the age of 9 and there the passion began to grow. As life would have it, I found myself working for Innscor with my first job as a potato peeler. I have never been one to complain and so I took the bull by the horns and worked with this God-given ability that I had; everything I know is self-taught. I worked my way up through Nandos and Pizza inn, and there I learnt a lot.

In about 2008, I got the opportunity to work for a company called African Encounter. African Encounter work with overland tourists from all over the world that travel from Cape Town to Ghana. I joined the team on the journey casually (because the MD of the company was my mentor at that point) and not as a chef, but as God would have it I found myself cooking for everyone on a day when the designated cook was busy. They did not know I could cook and I think that day I shocked myself and everyone when I baked bread rolls on the ground. After this trip, I found myself hired as a guide and a cook and got the opportunity to work with various people from all over the world and develop my passion. I took this as a challenge and soon enough I was aiming to bring 5-star meals into a safari setting. I have had the opportunity through this to work with South African celebrity chef Sarah Graham. My expertise is therefore, not limited to one style of cooking. I aim to be creative in every dish I put out.

Years later I became the food and beverage manager at Antelope Park in Gweru Zimbabwe, where I eventually became the lodge manager. This was also a great learning experience within itself and again fuelling my passion for cooking.

Where am I now?

I am currently employed full time as a program facilitator and chef at African Encounter and also a consulting executive chef for Lush restaurant at the country club. I have also finally taken the plunge and decided to start my own company called simply Piefect. I started with just pies but it has expanded to homemade meals, inspired by the nation-wide lockdown and people hiring me as a personal chef. I am also excited to announce that I will be hosting my first pop-up restaurant soon, called Black Swan. The first theme of the pop-up will be Rhythm and Ribs and will run over a weekend. Follow me on Instagram for details about this under the name Chef Dax, @daxljackson. My journey has been a long one and still going but through travelling all over and seeing the fruits of my work, I can safely say long journeys are worth it.



Creamy Chicken and Bacon with Dill Easter meal

What you need.

- 2 Tbsp olive oil
- 6 Chicken thighs
- 200g bacon bits
- 3 Tbls butter
- 3 baby leeks, chopped
- 1 large onion, chopped
- 2 cloves garlic, chopped
- 2 tsp dried Dill (can substitute with tarragon)
- 500g mushrooms
- 1/4 cup white wine
- 6 Tbsp cream/ plain Yoghurt
- Pinch of salt
- Pinch of black pepper

Cooking:

1. Heat olive oil in a large frying pan and brown the chicken thighs and bacon bits for 5mins on each side. Remove chicken and bacon
2. Add butter, onion and leeks to the pan and fry for 3mins. Add in mushrooms and garlic with a dash of extra olive oil. Continue to fry until mushrooms are soft.
3. Add in the Dill, wine or yoghurt. Season with salt and pepper and bring to simmer. Add the chicken and bacon back in and allow to simmer for a further 5mins.

Notes: This meal can be served with mashed potato (you can also serve with mashed sweet potato). For colour add in peas before serving.



Serves 6



Preparation Time
15 min



Cooking Time
20-25mins

Road Safety Precautions

Things to consider when travelling during Easter

By Drive Zimbabwe Roadside Assistance



The Easter weekend carnage on Zimbabwean roads has for many years been on the rise, except for last year when there was a reduction in the number of road fatalities over the same period in 2020, due to Covid-19 travel restrictions. Drive Zimbabwe Roadside Assistance (DZRA) expressed hope that this was the start of a trend, rather than a blip in the statistics. They stressed that continued reductions in road fatalities are only possible if all road users change their attitudes behind the wheel.

“Easter weekend officially starts on Friday, the 2nd of April, and ends on Monday, the 5th of April. Public schools across the country open on the 15th of March for exam classes, the rest open on the 22nd of March.”

Traffic on major routes will most certainly increase, especially on highways. Motorists are advised to prepare themselves for more cars on the road, and possible delays at filling stations with cheaper fuel and toll gates. We encourage all drivers to ensure they are suitably refreshed for their journeys and have the right, calm attitude while driving. DZRA noted that many crashes on the road are a result of poor driver behaviour. Drivers need to obey all the rules of the road. They need to stick to the speed limit, not drink and drive and refrain from using electronic devices while driving.

Too often, drivers think bad situations will not happen to them, which is false. It only takes one reckless driver to cause mayhem on the roads. We want to urge all drivers to be respectful of others, not take chances on the road, and to think of the consequences of their actions. We want everyone who is on the road during this Easter period to arrive at their destinations safely and to return safely afterwards.

Drive Zimbabwe Roadside Assistance offered the following safety tips to drivers for the Easter period:

- Always buckle up, including passengers
- Rest every two hours or 200km. Do not drive tired.
- Drive to the conditions of the road, and not necessarily the marked speed limit for a particular road
- Ensure all tyres, including the spare, are in good condition
- Focus on the road, and not on your cellphone, while driving
- Do not overtake on a solid white line or a blind rise. Consider oncoming traffic
- Drive sober and make sure you have Drive Zimbabwe Roadside Assistance number 0718 084 297/ 0773232270 in case of emergency
- Be courteous and considerate to other road users
- Give extra space to pedestrians, cyclists, and other road users

ON CALL 24/7

When you have the Drive Zimbabwe Roadside Assistance number, be confident in the knowledge that we are just a call away when unforeseen mishaps arise with 24/7 round the clock assistance on hand. Drive Zimbabwe Roadside Assistance offers a simple but effective breakdown cover that represents overall good value for money. With coverage that suits your specific needs, whether you need a vehicle or personal, national or home cover, it's easy to find the package that's right for you. Plus, with its friendly and helpful customer service, you can be assured that you are in good hands whenever you are travelling .

Call us or Whatsapp at 0718 084 297 Email: drivezim2020@gmail.com for more information follow. Facebook [HTTP: DRIVE Zimbabwe Roadside Assistance/https://drive-zimbabwe-roadside-assistance.business.site](http://drive-zimbabwe-roadside-assistance.business.site)



Tips on how to take care of your Mental Health

By Dr. Olga Filippa-Nel - Clinical & School Psychologist

Prioritising your health, including your mental health, is crucial because neglecting this aspect of your life can negatively affect overall well-being. Taking steps to ensure that your health is well taken care of can have far-reaching effects. You feel better about yourself, it improves your relationships with others, helps in gaining greater control over your emotions and helps you cope with everyday demands.

It does not have to be an overwhelming, all-or-nothing process! Baby steps are the way forward. What is vital, however, is that you take that first step. Here are just two simple ways to give yourself some psychological self-care that can boost your mood and add to your enjoyment of life:

1. See the good in others

Due to the brain's negativity bias (yes, it is an exceptional thing), we are more likely to notice bad qualities in others, the things that annoy us or make us critical. In this way, we end up feeling surrounded by lots of negativity, less supported, even unsafe and, in return, others will pick up on the feeling that you do not see much good in them and reciprocate. Seeing the good in others is a powerful way to feel happier, more confident and more productive. Make it a point to slow down when interacting with people and take the time to look inside the person, then shift your focus to their positive intentions, abilities and character traits.

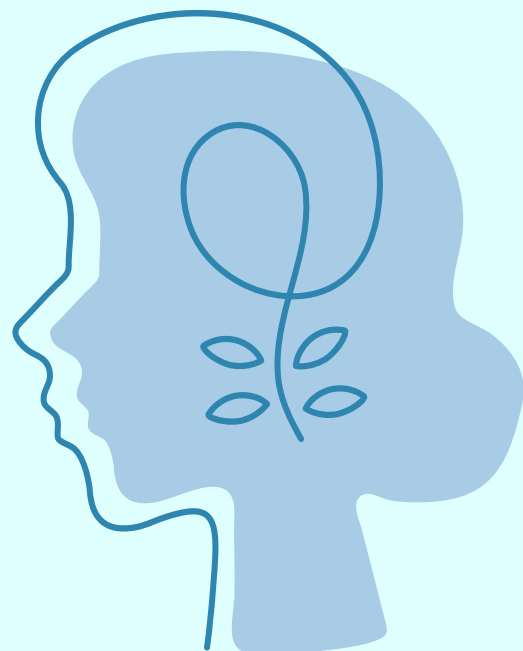


2. Open up to someone

There are times when taking care of your mental health necessitates seeking professional support and treatment however, this does not preclude you from taking steps to improve your emotional health on your own. Seeking and cultivating strong friendship bonds based on mutual trust and respect will make you feel valued by others, see yourself in a more positive light and allow you to share your ups and downs in a safe space. In such an environment, working through overwhelming feelings and problem-solving becomes easier.

There are so many ways in which you can optimise your mental wellness. Choose those that appeal to you and give them a try by making small daily changes. They will pay off in all aspects of your life.

Live mindfully and blossom!



Find Your Role in Life - The hen and the eggs

A Short Story Dr. Olga Filippa-Nel (PhD)

Once upon a time, on an African farm, there was a chicken, a rather old chicken, well past her prime. You could not call her attractive, even by chicken standards. She looked a little moth-eaten, scrawny and her neck bare, with just the odd straggly feather still covering it. Her egg laying days were over. She felt purposeless and shunned by the rest of the coop. Dejected, she headed off into the bushes at the edge of the farm to see if she could scratch out a worm or two for her lunch. And there it was, a sight to behold, a nest with four eggs in it. "How can any mother be so careless," she thought. Admittedly, the eggs did look a little strange, but she could not just walk by and leave them to die. After all, an egg is an egg, and it needs a mom to care for it. Without a second thought, she leapt onto the nest, spread her wings protectively and settled down, filled with renewed purpose.

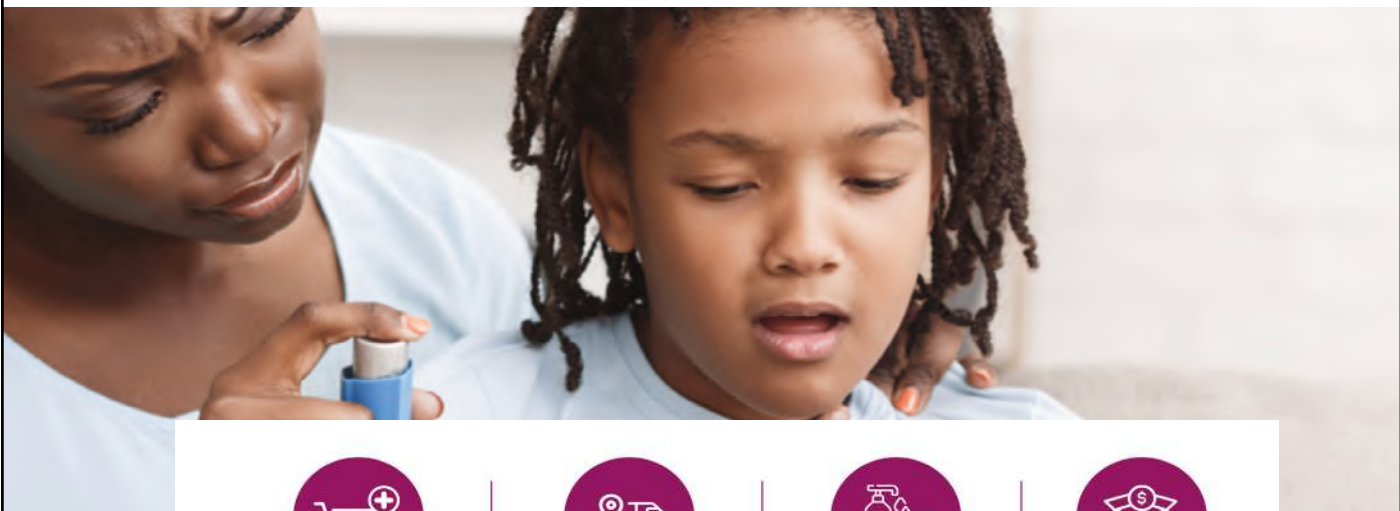
She patiently sat and waited until the eggs hatched. Four beautiful, speckled guinea fowl chicks emerged, looked lovingly at their chicken mother and followed her everywhere from then on. She protected them fearlessly until they were fully grown, a rare feat indeed. With her head held high, she returned to the farmyard, where she had become a bit of a celebrity and lived happily ever after.

We all need a purpose in life, our Ikigai, our reason for being. If we invest our time and energy into doing things that give us pleasure and make use of our skills in a way that makes a positive impact on the world, a deep sense of purpose will set in and make us excited to wake up every morning and live each day to the full. Do not doubt yourself. Live your life knowing that you are, indeed. Just like the old chicken, find your role in life, reach out and give as extensively as you can to others because the best way to heal on the inside is to go outside. At a time when there is so much need all around us, touch a life and make a difference.



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