



feel the taste

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Twicy

news

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SAY HELLO TO LEMON JUICE "YELLO"



In October 2019 Dynamic Brands launched "Yello" which is an unsweetened lemon juice available in 500 ml and 750 ml. It has a 12 month shelf life and is packaged in a PET bottle with a sports drink cap.



SAY "HELLO" TO
yelloTM
LEMON IN A BOTTLE

ED'S LETTER

I read an article recently about gratefulness, kindness and mindfulness and felt that it would be great to share. There are many challenges that we face on a daily basis and hear and read of, so many depressing circumstances and events in the news. Negativity and despair can quickly become the rulers of our lives.

The idea is to write in a notebook/journal 3 things that happen in the day that we are grateful for; carry out an act of kindness and to be mindful each day. The old saying "stop and smell the roses" comes to mind – we rush from pillar to post and barely take note of much of the beauty that surrounds us.

I have on either side of my front door 2 pots with Jasmine bushes in them. This year they have bloomed magnificently and I can even smell the scent of the blossoms inside the house. Often walking past I stop and smell the blossoms and it really makes me feel uplifted.

When we stop and think what we are grateful for – could be being able to exercise, to see those we love each day or having a quiet cup of tea – we start to focus on the positive and create a happier environment for ourselves. Being kind to others – simply opening a door for someone or offering to help carry their groceries can make an impact on their lives.

Sara Carstens, director of Community Engagement and Wellness at Mayo Clinic Health System in Northwest Wisconsin says - "It's not really the material things we have that make us happy so much as our relationships and being grateful for the things we have. We spend more time thinking about what is going well and less worrying about the future or mulling over the past."

So go on, do it – you have nothing to lose and much happiness to gain!



Send your stories, pictures or comments to the editor:

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"stop and smell the roses"

GETTING TO KNOW YOU...

ZINHLE MATHABA - DEALS CLERK

Zinhle Mathaba was born in Melmoth and grew up in Estcourt, KZN. She attended Emahhashini Primary School and Drakensberg Comprehensive High School in Estcourt. While at school she played Netball and received a "Best Player Certificate". After matriculating in 2008 she enrolled at the Durban University of Technology where she obtained her National Diploma in Public Management in 2011 and a Bachelor of technology in 2015.

After her Tertiary education Zinhle worked at Ezemvelo KZN Wildlife for 9 year as a Fleet Admin Officer and Assets Administrator before she joined Dynamic Brands Pietermaritzburg as a Deals Clerk in December 2019.

She enjoys listening to music and watching soapies on the television. Zinhle is unmarried. She enjoys people and working as a team.



RASCALS ON E-TV AGAIN



SCAN THE QR CODE [LEFT] TO VIEW THE SEGMENT ONLINE.



The Rascals television competition was quite popular in December and was therefore repeated on the ETV morning show from the 20th to 24th January with a slightly different angle. This promotion focussed on making "Back to School" FUN by giving away one of **5 colourful**

Instax Camera Rascals Bundles to the value of R2,000 daily – perfect for capturing the magic moments in 2020. Total entries received were 14,885 and 5 winners were selected.

Visit: <https://youtu.be/XJxfqBMQAU> to watch it online.

WIN! An exciting
Instax Camera Rascals Bundle

WIN! some Goodies

'YELLO' DISPLAYS



VALENTINES DAY

Valentines day originates from a liturgical celebration of early Christian Saints named Valentinus. The day was further associated with romantic love in the High Middle Ages when the tradition of courtly love blossomed.

In the 18th Century it evolved into an occasion when lovers expressed their love for each other by giving gifts of flowers, confectionary and cards. Since the 19th Century personal written Valentine messages have given way to the Valentine cards we buy for our loved ones on Valentines Day on the 14th of February each year.

Whatever you gave or received on Valentine's day this year, we hope you had a happy day and got to spend it with those you love and are loved by.



STAFF NEWS

BIRTHDAYS:

Happy Birthday to those celebrating their Birthdays this month. Zukisa Majomfela on the 3rd, Brandon Jennings and Elviro Williams on the 4th, Nolusiba Monaheng on the 6th, Tenewin Hartsenberg on the 8th, Siyabonga Nothwala on the 9th, Xolani Bakubaku on the 11th, Sinethemba Ndeti and Narusha Sookraj on the 12th, Mandy Dysel on the 14th, Alice Kondile and Thembelani Mashiyi on the 16th, Sinethemba Nashwa on the 21st, and Ludwe Sidwell Mgijima on the 24th. We also wish Chris Pretorius from Grafixation a Happy Birthday for the 10th of February. Congratulations and wishing you all the best for the coming year.

"Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates a vision for tomorrow"

Melody Beattie

