

**Sometimes
you win,
sometimes
you learn**

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NA NARCOTICS ANONYMOUS meeting every Friday at 19h30 at The Knysna Presbyterian Church, 14 Clyde Street. Contact Wayne 083 633 9777

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THE KNYNSNA HISTORICAL SOCIETY invites you to an illustrated talk by Mike Jacobs entitled "The Story of Sea Rescue, then and now, around Knysna and Beyond." The talk will take place in Cearn Hall, Leisure Isle on the 22nd August at 5:30. Sadly, due to space constraints only members and their guests at R30 a head may be admitted.

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ELECTRONIC CIGARETTES & liquid now @ Smokers Corner, Woodmill Lane, 044 382 1026

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LOTTO AVAILABLE @ Silver Sweetie, Knysna Mall, 044 382 6060

PRE-PAID ELECTRICITY for sale @ Silver Sweetie in Knysna Mall, 044 382 6060

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PRE-PAID ELECTRICITY for sale @ Silver Sweetie in Knysna Mall, 044 382 6060

KEN WRIGHT AIRPORT + TOWN transport. 082 459 0663 / 044 384 0955 (tours)

BACHELOR FLAT, UNFURN. No sm & p. Ph 082 459 0663

FAMILY HOME, 3 BEDROOMS, 3 bathrooms, study, large studio/playroom. Lounge which opens onto covered patio. Double garage For sale R1 850 000. Costa Sarda. Re/max Pieter 082 653 2714

ARCHITECT DESIGNED HOME, beautiful lagoon views. 5 Bed, 5 Bath. Quality finishes. Outdoor/indoor entertainment areas. For Sale R3 350 000. Knysna Heights. Re/max Pieter 082 653 2714

IDEAL PERMANENT OR HOLIDAY home. 3 Bedrooms plus 2 separate 2 bed, 2 bath flats with income generating potential. For sale R2 995 000. Robberg Plett Re/max Pieter 082 653 2714

UPPER OLD PLACE: 2 bed, 2 bath townhouse, garage, small garden. Open plan living, built in braai. Pets allowed-special permission! R1 195 000. Michonne from RE/MAX to view 084 548 8408

THINKING ABOUT BUYING or selling? Give Michonne from RE/MAX a call! More than 12 years real estate experience in Knysna. 084 548 8408

EXCLUSIVE MANDATE BRENTON On Lake, north facing stand 820 sq. Build your dream home with stunning Lagoon Views R995 000. Robert RE/MAX 082 894 0711 robert@remaxcoastal.co.za

JOINT MANDATE, BELVIDERE. 3 Bed, bonus large 2 bed self-contained flat, double garage, large stand for garden lover R4.5mil. Robert RE/MAX 082 894 0711 / robert@remaxcoastal.co.za

EXCLUSIVE MANDATE BRENTON On Sea. 3 Bed, 3 en-suite Log home lovely garden. Just move in, R2.6 mil. Robert RE/MAX 082 894 0711 / robert@remaxcoastal.co.za

EXCLUSIVE MANDATE BRENTON On Sea. 4 Bed, large open plan kitchen and living areas. Large garden + pool R3.5 Mill Robert RE/MAX 082 894 0711 / robert@remaxcoastal.co.za

BELVIDERE FAMILY HOMES for sale from R4.495 Mill Robert RE/MAX 082 894 0711 / robert@remaxcoastal.co.za

IS YOUR PROPERTY for sale in Brenton area, Belvidere, Welbedacht, Rheenendal do you want it sold? Contact Robert at

RE/MAX Coastal 082 894 0711
robert@remaxcoastal.co.za

RE/MAX - STARTER HOME. 3 Bedroom for sale in Upper Old Place – R1.295m – Chris – 082 418 8671

RE/MAX – LEISURE ISLE. 5 Bedroom home for sale – R3.95m – Chris – 082 418 8671

RE/MAX – IMMACULATE HOME in Upper Knysna Central with lagoon views – R2.195m – Chris. Ph 082 418 8671

RE/MAX – PEZULA GOLF Estate – cliff-top stand with white water views – R2.75m – Chris – 082 418 8671

RE/MAX – COLA BEACH – Brand new home with beach access – R4.8m – Chris – 082 418 8671

RE/MAX – SYSIE SQUARE – Brand new development. From R995 000. Occupation mid 2018 – Chris – 082 418 8671

RE/MAX – SANDPIPER NATURE reserve and beach estate – direct beach access – starting from R1.2m – Chris – 082 418 8671

RE/MAX – CROSSWAYS FARM Village – vacant stand in secure development – R200 000. Chris – 082 418 8671

I AM LOOKING FOR DRIVING work, with Code 14 + PDP. Call Khaya on 071 976 0442

CX TIPPERS & DIGGERS – Quality products & service at your doorstep. Tel 044 382 1645

PLANT HIRE SERVICES – Bulk quoting, site clearing, excavations, compactors, dam building and construction of roads. CX Tippers & Diggers. Tel 044 382 1645

ETHEL IS LOOKING FOR domestic work. Ph 073 667 7615

AFRICAN ALZHEIMER FIDGET products – activity boxes & H.W. boards, aprons, blankets & more. Ph 084 872 7233

WILLIAM, MALAWIAN, seeks garden job, f/t, have ref. Ph 083 306 6744, his: 071 031 4107

REX IS LOOKING FOR GARDEN work. F/t. Ph 078 368 4311

PETER SEEKS GARDENING WORK. Ph 060 318 4708

ROLAND SEEKS GARDENING work. Ph 060 318 4708

WE DO RUBBLE AND GARDEN waste removals, both big and small volumes. Call Godfrey on 078 337 7886

PRESTIGE PAINT. We do skimming, water proofing and painting. Call Godfrey on 078 377 7886. Our

prices are reasonable and competitive.

PRECIOUS IS LOOKING FOR farm work. Ph 063 144 2892

FOR SALE. A cute one bedroomed apartment at Malachite Mews in Centre of town, top floor for R625 000, excellent investment. Contact Val Walkey Props 082 451 0525

FOR SALE. Custom SX Vintage guitar, R1 900, excellent condition. Ph 079 625 0225

VOTISWA SEEKS DOMESTIC work. Ph 073 850 9127

PILATES INSTRUCTOR required for gym in Knysna. Please email secretary@rch.co.za

THE GYM – Contracts 1 day to 1 year include – Discovery Vitality points for every workout - Indoor heated pool – Aqua aerobics – Spinning – Taebo - Body conditioning – Extreme fit – Free Fitness assessment and gym programme. Ph 072 535 7988 – www.thegymknysna.co.za

150M² OFFICES GROUND floor available for rent. Please contact 072 535 7988

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150M² OFFICES GROUND floor available for rent. Please contact 072 535 7988

POSH PAWS, HARKERVILLE Country Retreat for dogs. Quality care in a home environment. 24 Hour experienced, safe & secure supervision. Vet recommended. Contact 076 407 6638

LEAK PROOF SHOWER CUBICLES perfect for timber homes. Contact Balaneion Mineral Cast Products Knysna. Tel 044 384 0522 or Cell 076 556 3108. www.balaneion.co.za

SHOWER BASES BY BALANEION. Slim-line & seamless, the unique Aqua Slab is cast to your specification - size, shape & colour. Tel 044 384 0522 or Cell 076 556 3108. www.balaneion.co.za

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SPACE NEEDED TO ERECT Wendy house for my gardener. Ian Fleming. Ph 083 485 2332

HAVE YOU PLANNED FOR YOUR retirement? Earn extra income part time. Internet access reqd. Full training. Call 081 330 5379 for appt.

YOUNG, AMBITIOUS, entrepreneurs wanted for online business! 2-5 hrs per week. Call 081 330 5379 for appt.

BONIFACE IS LOOKING FOR gardening work. Ph 078 926 6318

PCL AUTO SERVICES – Pete and Tim are home alone! Barbie is away in Cape Town on a Love Gifts shopping trip until Sunday. While the cat is away the mice will surely play! Good luck boys!

PCL AUTO SERVICES – Ford, Mazda, Mitsubishi, Renault, Land Rover and Subaru servicing. We have the special tools and the expertise. Other makes also handled. All credit cards accepted. Contact Peter or Bonnie 044 382 6409

PCL AUTO SERVICES – As a retail motor industry dealer, our mechanics are fully trained, our workshop is fully equipped, our prices are competitive and all work is personally supervised by the owner. Good reasons to deal with us.

PCL AUTO SERVICES – Pete has provided affordable and reliable service and repairs to the Knysna community for the past 31 years. There must be a good reason why we are still going strong. Contact Peter or Bonnie on 044 382 6409

PCL AUTO SERVICES. Engines, gearboxes, steering, brakes, clutches, suspension, services. You name it, we can do it! No job to big or too small. All parts and labour guaranteed. Contact Peter or Bonnie on 044 382 6409 for a booking.

PCL AUTO SERVICES. RCS Auto card accepted for services or repairs. You can now pay off any service or repairs over a 12 or 24 months period. Other Credit Cards also accepted. Contact Peter or Bonnie on 044 382 6409

PCL AUTO SERVICES. We have state-of-the-art tune up and diagnostic equipment which is

compatible with all vehicles on-board computer systems. We can now service your 2015 model as well. Tel Peter or Bonnie on 044 382 6409

PCL AUTO SERVICES. We are accredited service and repair agents for most used cars warranties eg Motorite. Service with us and keep your warranty up to date. We can also handle your claims. Contact Pete or Bonnie on 044 382 6409

GREEN PASTURES HOME Owners Association – AGM. Notice is hereby given for the 2017 annual general meeting (AGM) of GPHOA to be held at 18:00, Tuesday, 15 August 2017 at the Charisma Church Hall, Queen Street, Knysna.

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WE'RE HIRING! Post: e-marketing & admin assistant. Visit www.seaqual.co.za, click Jobs to apply. Traits: highly organized & self-motivated. Passion for people, projects & paper-trails required.

MICROWAVE TECHNOLOGY. Repairs & sales. Free quotations. Tel 061 685 3123

ELLEN IS LOOKING FOR domestic work. Ph 078 673 0089

THE DECKLE EDGE: Art materials, graphic suppliers, papers and more! 33 Clyde Str, 044 382 5538, www.deckleedge.co.za

REMOTES FOR GATES & garages. Repairs & replacement remotes. 072 245 5432

INTERCOMS, REPAIRS & installation of new intercoms. 072 245 5432

MOTORS FOR GATES + garages. Repairs & installation of new motors. 072 245 5432

LOVE GIFTS. Max Moose says: "Love, be gentle"x

LOVE GIFTS. Closed 9 August, back 14 August.

LOVE GIFTS. Good to be busy and brisk! X

LOVE GIFTS. We do happy, we do love! x

LOVE GIFTS. We do happy, home grown gifts! Xx

LOVE GIFTS. Easy to find, behind PostNet.

LOVE GIFTS. Max Moose says: "Happy love to Bugsy and Lara!" xx

LOVE GIFTS. We're all going on a shopping holiday ... heading to Cape Town.

LOVE GIFTS. Happy birthday, Tim! Max Moose says: "Hang loose brother booze!"

LOVE GIFTS. Max Moose says: "Our coin is the same both sides ... it reads ... we love to care and share!" xx

TRADING – We buy + sell quality used furniture. Call 078 449 7936 or 084 616 5648

TRADING – We buy + sell quality used furniture. Call 078 449 7936 or 084 616 5648

WE BUY + SELL NEW + USED furniture goods @ Bargain World – 8 Market Str, Knysna. Ph 079 369 5550

COMPUTER SETS FOR SALE @ Bargain World – Market Str, Knysna. Ph 079 369 5550

COME TO THE LIQUID LOUNGE for great drink specials and an awesome time!

COME TO THE LIQUID LOUNGE for great drink specials and an awesome time!

MISCELLANY FOR BEADS, clothes, linen & lots more! Market Str, 074 128 7493

HYUNDAI BAKKIE WITH DRIVER for hire. Call Hennie 084 075 1014 / 078 449 7936

HYUNDAI BAKKIE WITH DRIVER for hire. Call Hennie 084 075 1014 / 078 449 7936

SERVICING OF ALUMINIUM sliding doors + windows, replacing wheels + locks. Ph Eugene 079 369 5550

SPROCKET & BEAN JUST SERVED me a fabulous coffee while I waited for my bike @ Knysna Cycleworks – thanks Jacques – I think I'll have my bike serviced often, very delish!

HOUSE FOR SALE, Knysna Heights. R1 850 000. North-facing, 3 beds / loft, double garage, modern. Ph 082 382 1973

PRINCE R CHIUMIA IS LOOKING for job as a chef, waiter, housekeeper or painter. Ph 063 548 9796

FOR KITCHEN CUPBOARD. Call Thoko 065 176 5296

FOR A PROFESSIONAL CARPENTER, call Thoko 065 176 5296, work for the best.

IPHONE 6, R4 500 NEG. Ph David 083 227 9093

THE RED SHED NURSERY @ Old Nick Village, N2 just outside Plett. Open 7 days a week, 9am-5pm. beautiful fynbos & other indigenous plants. Protea/ Fynbos

seed now also available. Follow us on instagram. 084 727 1777

THE RED SHED NURSERY @ Old Nick Village, N2 just outside Plett. Open 7 days a week, 9am-5pm. - stunning selection of indoor plants whilst stock lasts. Follow us on Instagram. 084 727 1777

THE RED SHED NURSERY @ Old Nick Village, N2 just outside Plett. Open 7 days a week, 9am-5pm, pensioners get less 10% (excluding specials) every Wednesday & Saturday. follow us on instagram 084 727 1777

SARAH'S SEEDLINGS @ Harkerville Saturday Market. All Livingseed Packets at half price. 084 727 1777

MARTHA SEEKS DOMESTIC work. Ph 061 091 6070

HOUSE TO LET. 2 / 3 beds, modern, furnished, sunny, R18 000pm. Ph 082 382 1973

WHY SHOUD WE STUDY THE Bible? Read Romans 10:13-15. Hebrews 5:13,14. James 4:7,8. 1st John 5:19. For further clarity. Check www.jw.org.

WOULD THE PERSON who broke into my bakkie outside Lamco – please return the camera and GPS that you stole. It contains all my work. I can't get paid without it. No questions asked. Reward offered. Charles T

THANK YOU BRUCE THORNE from Thornecon Services 073 977 2540 for quick removal of my asbestos remains.

FLAT FOR SALE. 2 Bdr, 2 bth, carport, safe, CBD, private sale. Ph 082 537 3446

DSTV INSTALLATIONS & problem solving. Call TV Guy Anson 083 739 8250

TONY COOK ADVENTURES – guided walking, hiking, biking, canoeing, and kayaking. Since 2001. Contact Tony 082 783 8392.

TONY COOK ADVENTURES – Kite and SUP test centre – sales, lessons, and demo's. Contact Tony 082 783 8392.

TONY COOK ADVENTURES – Demo kites and sups for sale from R4 500. Contact Tony 082 783 8392.

TIVOLI LANDSCAPING – Gardens of the Future – re-create your garden to suit our changing weather patterns. Cost effective and low maintenance. Contact Claudia 082 253 0299. Est 2001

NB! LAST WEEK OF TRE TENSION and trauma Release Exercise – For Free. Thursday: Belvidere @ Field House opp. Belvidere Church 5.30 Friday: Knysna Yacht Club @ The Loft 12 noon 2 and 4pm. Heartfelt

thanks to Knysna Yacht Club for the use of the Loft and to Ady and Alfred for the use of Field House. Contact Miemie 082 577 6537 or Dian 072 791 7008. Donations welcome.

STRUGGLING TO SELL YOUR CAR? We will sell your car for you on consignment. Call Paul for more information 074 793 2751

KNYSNA QUALITY CARS – We sell cars on consignment. Contact Paul for more info 074 793 2751

KNYSNA QUALITY CARS – Specialising in affordable wheels. Paul 074 793 2751

LOWER CENTRAL – NEW LISTING. R1 320 000 exc VAT. This property is zoned local business. Ideal for offices. Gael de Kock Estates 082 663 1504

LOWER CENTRAL – NEW LISTING. R1 320 000 exc VAT. This property is zoned local business. Ideal for offices. Gael de Kock Estates 082 663 1504

BACHELOR, R3 500 INCL WATER / elect. Ph 073 592 4645

GRACE, MALAWIAN, seeks domestic job. Ph 083 742 3851

PAINTER AVAILABLE: experienced & trustworthy with good refs. Ph 078 205 1868

IYANA LADIES BOUTIQUE – Avon orders, designer bags, boots, dresses. Opp. "Kays 2"

SALE!!! 50% OFF AT IYANA Ladies boutique.

IYANA LADIES BOUTIQUE, opp. "Kays 2", sale 50% off.

GOEIE 2DE HANDSE FIKSIE BOEKE, half prys. Ph 044 382 3523

MIKE IS LOOKING FOR GARDEN work, 5 years exp & hard worker. Ph 074 056 1463

RUBEN FROM MALAWI is looking for garden work for Mon, Fri. Ph 078 212 6629

MATTHEW IS LOOKING FOR painting, garden & welding work. Ph 083 938 7885. Ref: 083 230 8193 – 6 years exp.

RETAIL SHOP ASSISTANT required for African arts & crafters shop at Waterfront. Min 3 yrs retail exp & able to work weekends essential. An interest in african art is necessary. Only short-list candidates will be contacted for an interview. Email cv to info@afriattitude.com

AUTHORISED ASBESTOS removals, demolishing, rubble removal and re-building. Call us to come and give you a quote – 073 597 0681 or 083 302 8173 – based in Knysna.

AUTHORISED ASBESTOS removals, demolishing, rubble removal and re-building. Call us to come and give you a quote – 073 597 0681 or 083 302 8173 – based in Knysna.

ALEX FROM MALAWI SEKS garden job. Ph 082 550 0728

MOVING house, office, goods? Try Ezi-Move, new in Knysna, best service, including maids service! Contact: Ladonne 081 008 0956 or email: ladonnekoopman@gmail.com

BETTER, BEST, EZI-MOVE! For all your moving requirements, constantly supervised. Contact: Ladonne 081 008 0956 or email: ladonnekoopman@gmail.com

JOHN SEKS GARDENING WORK, Wed & Sat. Ph 061 176 3226

SYBARIS INTERIORS. Beautiful new stock – pop in and do come and have a look!

SYBARIS INTERIORS. Beautiful new stock – pop in and do come and have a look!

RIEMPIE FURNITURE REPAIRS done quickly and efficiently. Ph 084 065 7480

TENNIS AND SQUASH racket restringing done at R100 per Racket. Ph 084 065 7480

BS CRICKET BAG WITH BAT, pads and gloves for a junior player - R500. Ph 083 556 0848

BS WOODEN WICKETS AND BAG - R300. Ph 083 556 0848

CRICKET HELMET - medium size - R300. Ph 083 556 0848

NISSAN QASHQAI 1.6 VISIA - 2011 – Great condition, only 99,000k's. R149 900. Finance available. Call Alan at 044 382 7494 or check it out at www.knysnacars.co.za

OPEL CORSA LITE – 2000 – Fantastic condition. R37 900. Finance available. Call Alan at 044 382 7494 or check it out at www.knysnacars.co.za

TOYOTA CAMRY 220SEI AUTO–1997 - Great condition. Fantastic value. R43 900. Finance available. Call Alan at 044 382 7494 or check it out at www.knysnacars.co.za

HYUNDAI TUCSUN 2.0 CRDi 4x4 - 2005 – Great condition, full service history. R84 900. Finance available. Call Alan at 044 382 7494 or check it out at www.knysnacars.co.za

HUNTERS HOME MASSAGE now available. Therapeutic, sports, Tai and Swedish. Phone Leslie 082 374 3974

BUDDIST MEDITATION GROUP. Upper Old Place, Wednesdays, 5pm, all welcome. For more info ph 082 374 3974

TO LET. Garden flat, 1 bedroom, lounge, kitchen, R3 600pm. Ph 082 841 5643

FULLY FURNISHED & EQUIPPED 2 bed, 2 bath. DSTV. Pre paid electr. R9 980 all inclusive. Avail 6 months or 1 yr. Beverley@Realnet 082 971 6464

3 BED, 2 BATH, TOWN HOUSE with lock up garage. Pet friendly. Lagoon Views. R1.1m. Contact Neels@Realnet 084 584 2784

2 HOMES ON 4800M² of land. R2.2m. Contact Neels@Realnet 084 584 2784

EXCLUSIVE MANDATE, vacant stand, Knysna Heights, 875m², R350k. Sibongile@realnet 073 590 8014

LAGOON/HEADS VIEWS, 861m² R450k, vacant stand. Sibongile@realnet 073 590 8014

DEVELOPMENT OPPORTUNITY, 8 200m² land, plans for 10 units lapse, R1,960m. Sibongile@realnet 073 590 8014

LARGE 1080M² STAND with valley views, R270k. Sibongile@realnet 073 590 8014

RIVERFRONT PLOT over 1 hectare. R1.6m. Edward@Realnet 082 979 5309

120 HECTARE FARMLAND, R650k. Remote area for off grid living. Edward@Realnet 082 979 5309

CRAGS: Immaculate single storey home plus cottage and outside braai area with pool. R4.9m. Edward@Realnet 082 979 5309

HARDWORKING & RELIABLE Knysna local man is looking for painting work. Has many years experience and referencnes. Ph 084 945 5138

LOOKING FOR BIZ PREMISES, ±30m². Ph 082 712 2572

YIPPEE: Hospice Maison Market will be back: 29 + 30 Sep. Call 083 448 1934

HOSPICE MAISON MARKET: needs your unwanted home treasures. Drop off @ Pam Golding, Leisure Isle

MAISON MARKET: a market that recycles your gently used household treasures to raise funds for Hospice. Drop off @ Pam Golding, Leisure Isle

HOSPICE MAISON MARKET: donate your gently used household items. Call 083 448 1934

HOSPICE MAISON MARKET: 20 + 30 Sept – donate your unwanted household treasures now – call 083 448 1934

J&B FROM MALAWI is looking for plaster & painting, building & maintenance work. Call Beez 063 164 4774

LIFT THAT LID AGAIN FOR AT LEAST HALF AN HOUR.

TORTURE ME BY GIVING ME EPSOM SALTS! THIS IS A CHILDHOOD THING I JUST CANNOT ALTER. ON THE DAY WE LEFT TO GO ON HOLIDAY 3 LITTLE CUPS WOULD BE LINED UPON THE COUNTER FOR US TO DRINK AND THEN WAIT FOR THE UNBEARABLE CONSEQUENCES! BY EXPLANATION MY MOTHER WOULD SAY THAT WE WERE GOING TO EAT "DEURMEKAAR" BUT EPSOM WILL TAKE CARE OF WHATEVER MIGHT HAPPEN!

WHENEVER I OPEN MY EMAIL AT LEAST TWO THIRDS WILL BE JUNK I NEVER SUSCRIBED TO OR GAVE PERMISSION TO USE MY EMAIL ADDRESS IN ANY WAY. WHY IS THERE NOT A SITE (LIKE A BLACK HOLE) WHERE I CAN DUMP THESE BORING BASTARDS INTO FOREVER AND EVER? OR CAN YOU TELL ME HOW TO GET RID OF THEM... PLEASE!

FOR WINTER WE'VE NOT HAD A BAD TIME HEY? SITTING IN THE SUN WITH CLOSEDEYES I RECYCLE AND RE-THINK AND RE-SHUFFLE BIG BLOCKS OF MY LIFE WHICH, OF COURSE, I CANNOT ALTER BUT CAN LEARN PLENTY OF LESSONS FROM... IT'S DIFFICULT NOT TO SLIDE INTO A LIGHT SLEEP I MUST SAY, BUT WHY NOT HEY? WHY NOT?

MORE TO COME". ".....

IT'S A RARE THING A GOOD LISTENER, BUT IF YOU HAVE EVER HAD THE SUBLIME OPPORTUNITY TO SHARE YOUR AURA WITH SUCH A PERSON, YOU WILL NEVER FORGET IT, AND ALL OTHER SERIOUS CONVERSATIONS AFTER THAT WILL PALE LIKE THE FOAM ON A GUINNESS ALE! FOR THAT PERSON (OUR LISTENER) WE ARE THE ONLY PEOPLE ON THE PLANET, THEY LOOK INTO OUR EYES ONLY AND LEAN SLIGHTLY FORWARD TO LAP UP OUR EVERY WORD... TO BE CONTINUED.

THERE IS A WAY OF COOKING THAT WILL CHANGE YOUR EVENINGS, BUT THE ONE INGREDIENT THAT YOU ABSOLUTELY HAVE TO HAVE IS PATIENCE! PUT A FLAT BOTTOMMED POT ON A LOW HEAT WITH THE LID ON AND LEAVE UNTIL HOT. PUT IN SLICED ONION AND SPRINKLE OF OLIVE OIL, PEPPER, HERBS, GARLIC. NO SALT. STIR AND LEAVE ON LOW HEAT WITH LID ON UNTIL ONIONS ARE BROWN. PUT IN MEAT - ANY RED MEAT, CHICKEN, FISH. PUT LID BACK, LOW HEAT AND DO NOT