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# Life & Family

WELLNESS MAGAZINE

SUMMER EDITION 3

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**Jenna Worlock**  
*making life happen*



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# Dear *Life &* Family readers

# M

My wish for you is that 2007 brings you personal challenges that serve to grow your self-love and esteem; mental drive to appreciate and develop opportunities that come your way; and inner clarity and integrity to guide your everyday decisions.

Each day I celebrate the miracle that I am. My physical body is a gift of millions of interrelated cells that perform in perfect molecular harmony, beyond my own knowledge of just how it works. My mind (and its sometimes errant ego) acts as a supreme tool with which to navigate my path through life; and my soul is a magical, mysterious light of positive energy that serves to remind me of my purpose of my earthly walk.

With a new year, we are given an opportunity to reassess our life path and start manifesting once again that which we wish to enact in our lives. If I am completely honest, along with my anticipation of the new projects, stages of personal development and life experiences in store for 2007, my old foe called fear also likes to remind me that with any new experience there is also hard work required, low energy days and self-doubt waiting to shackle me in place.

Gratefully however, I have faced the gateway of fear many times, and as I get older, I have begun to realise that with a good shove, the lock on its trellised doors crumbles and swings open, and that I only need to be willing to endure those last painful moments of my own self-doubt before victory comes blazing through.

So this year I commit to accepting that I will be required to walk through the fire, that I will acknowledge the pain, and that I will appreciate every hard knock and lesson that life



blisses me with. For on the other side is the freedom to experience love, joy, and gratitude to its full extent. What is achievement without hard work? What is improvement without fault?

I hope that you too will use this new year to heal and grow all that is necessary in your life in the knowledge that everything that is happening to you is perfect just the way it is... all that is required is faith and your own self-motivation to make it work.

This is our fifth edition of Life & Family magazine, and we are delighted to be discovering and growing

along with you as we define our personality more vividly within our health and wellness pages. Every day we are thrilled to receive positive reflections on our articles and products, and we ask that you keep telling us what you do and don't like and more specifically what is important to you as a Link customer. Readers who respond to our themed letters page stand the chance to win David Beckham perfume, and on our Giveaways page is a choice of free products to try out for yourself before making the purchase. In our next edition we will be starting a new section dedicated to personal accounts of readers who have overcome potentially life-threatening experiences. If you have such a story to tell, send it to us so we may share your success in having faced your fears and won the battle!

May you continue to shine your light on the world...

**Mercédés Westbrook**

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# At the *top of* her game

By Mercedes Westbrook

**A** Many words describe Jenna Worlock – from World's Fittest Woman 2003, to cover girl, tom boy, surf lifesaving champ, surfski success and celebrity fiancé – but the most relevant description is driven determination. This is the rocket fuel that propels her career as a semi-professional athlete.

At just 21 years of age Jenna Worlock defeated ten other female world champion athletes from around the globe to claim the title of the World's Fittest Woman in Hong Kong, placing her as number one in endurance and fitness.

Today, at age 25, there is little to convince you of her spectacular achievement. Her muscles don't burst her seams, and she certainly doesn't look like a body builder. In fact, Jenna is most definitely femininely petite, with sun streaked blonde hair that frames an open face and a refreshingly wholesome personality. And, it is her model looks and sleek physique that have credited her with magazine covers the likes of Sports Illustrated, FHM and Saltwater Girl.

Four years later, Jenna is in peak fitness and is still escalating her sporting career. Her future as a semi-professional athlete is backed by a series of firm sponsorships, and a lifetime of competitive determination, which she is now channelling towards surfski paddling marathon canoeing and sprint canoeing. A member of the Pirates Surf and Lifesaving Club on Battery Beach since she was young, Jenna won another coveted world title, the World Paddle Board Champion for surf lifesaving in Daytona 2002. She has also competed successfully in triathlons provincially and is the Reigning Queen of the Surf/Iron Women title holder 2004 and 2005. More recently she made the SA team for the World marathon canoeing event. Explaining the absence of gold on the team's return, Jenna says: "Unfortunately for Alexa and I (her team partner) we paddled the entire 30 km race fighting each other to correct the lean in our canoe,

only managing to gain time over the portages between laps, to come in eighth out of 50 boats. European girls are tough and the canoeing talent is strong."

Jenna is now focusing her sights on surfski paddling. "Our coastline is perfect for it and we have great talents such as Oscar and Herman Chalupsky who are two of the world's top surfski paddlers. Surfski paddling gains great exposure in South Africa, from corporate sponsors, to media coverage of venues, and more spectators..."

It is common knowledge that obtaining sponsorship in South Africa is tough, and Jenna has beaten her own path to the door of her current sponsors, which have loyally supported her over the years. USN has backed Jenna since 2003 and despite being sponsored by them she personally supports their products. "USN products help me to maintain a constant supply of energy, I don't get those annual flu bugs as often and I can train more efficiently, harder and for longer feeling the full benefit of the products during recovery. All the best athletes in SA are using them, you feel the difference and with my need for aerobic/endurance events to shorter more anaerobic events, they have helped me win two world titles."

Jenna has also been sponsored by Roxy since 2001 and her two year contract with Canon only recently ended, which saw her as an integral part of their promotions, advertising shoots and corporate accounts. "It is tough finding sponsorship, rugby dominates most of them," she laughs. "I only manage to negotiate my support based on my consistent performance and by making sure I get the right amount of promotion and exposure >>>

>> for the sponsor. Luckily I have built long personal relationships with my sponsors and these are maintained by my lifestyle. When I am not training, I am on the beach surfing and socialising and that is the lifestyle image the sponsor is looking for. I have even managed to get AJ interested, he has four or five surfboards and on his days off is up at 5 am to catch a wave," she says of fiancé and Springbok and Sharks rugby star AJ Venter.

The two plan to marry in May this year, after meeting at the 2005 Comrades event. Describing their meeting, Jenna says: "AJ invited a few of us back to a party at his house that night. My friends and I went to investigate as we had never mingled with rugby players, having come from more of a beach crowd. After a few movie and dinner dates that followed, our relationship grew."

There is no doubt that AJ has captured Jenna's heart, as she gets a soft look when speaking about her future husband. "What I love about him is he is so passionate and driven about everything he does. When he puts his mind to something there is no doubt that he will succeed, and he is very affectionate. I never expected to be engaged at this stage of my life, but with life you can rarely predict the future." When asked if her family approves of the match, Jenna quips, "My dad had no choice, AJ is huge and my dad is not huge, but AJ was still nervous to ask him..."

Jenna is quick to attribute her success to a traditional family upbringing and says the two people who have most inspired

which helped me to make important decisions in my life."

It hasn't all been plain sailing for Jenna and her every success has seen many hours, days and months of hard work behind it. "As a child I was training at the pool at 5 am every morning. When friends were going to movies I couldn't go because 11 pm was too late to stay up. I am happy for it now, but at the time it was tough."

For Jenna, a typical day starts with a 5 am run followed by a day's work (sales) at Palm Lakes Estate, a new property development on the North Coast. "I am passionate about property development. In the future I see myself selling property and working for a developer, I believe in the industry and I have just invested in an apartment in La Mercy. AJ and I plan to settle in Ballito, AJ is currently building a new house and I am the project manager."

In the afternoon's Jenna settles in for a three to four hour paddle and a session at the gym. She also owns her own swimming school. Weekends are spent tanning, horse-riding and at the movies when she is not competing.

"I definitely have no time to shop," she laughs, "which is fine by me as I am always casual – preferring to live in slops and shorts. I often have to borrow a cocktail dress from my sister when there is an occasion. I do pamper myself with a weekly sports massage, since it helps to break down the toxins (lactic acid build up in the muscles) and helps my circulation. I also take time to attend church. God plays a role in my life, he helps




her are her mom and dad. "My dad is a sugar farmer on the North Coast of KwaZulu-Natal, as well as a Springbok canoeist and surf lifesaver. I went to a farming school and then onto Northlands Girls High – some of my favourite childhood memories are my days spent on the farm climbing trees and horse riding. I guess why my parents are so important to who I am is because they support me in everything that I do, tempered with the right advice, and like all families they are the people I can count on most in life. I can't say I was the easiest child (I was a bit of a tom boy so I always up to no good) and my dad was the disciplinarian, which he would follow up with a long speech afterwards, but he has been my coach through life and still is at the life saving club in Durban.

"I admire my mother specifically because she was very athletic when she was younger but has suffered for many years with rheumatoid arthritis – and yet despite the pain she never complains.

"But I also believe that your life is destined by the choices you make. If you have an unhappy upbringing it doesn't necessarily mean you have to make poor choices in life. I was fortunate to be taught family values that enabled me to shape my life and

me to make the right choices. I don't believe one should be complacent about your life or hand over responsibility for it. God wants you to be proactive. I know that while having the blessed life, family and sporting career that I do, that it is not all up to me, there is a greater plan in action."

What would she say is the secret of her success? "I am a fiery person and very determined. I can be stubborn once I get an idea in my head, and all the years of competing has made me even more determined – I like to work at 110% all the time, I am proactive all the time. I believe you have to make your own opportunities and then your choices and outcomes set your life – but it all comes down to how hard you are prepared to work for it. In terms of my sport, there will always be someone better than me – at least I know I gave my best and tried my hardest.

"My advice to parents is to see sport as a wonderful grounding tool for your children's health and development. Give them the time and opportunity to help them develop their interests. It is a very healthy way of learning about competition and other life lessons, such as how to be a good loser, time management, self belief and how to balance work and play." 

There are educational facilities available that teach us anything from heart surgery to nail technology, but none that provide us with the guidelines to handle the everyday challenges of being a parent. Often when faced with a parenting dilemma, the best solution is to act from an open heart and call on your instinct, intuition and common sense.

# Are you a *good* parent?



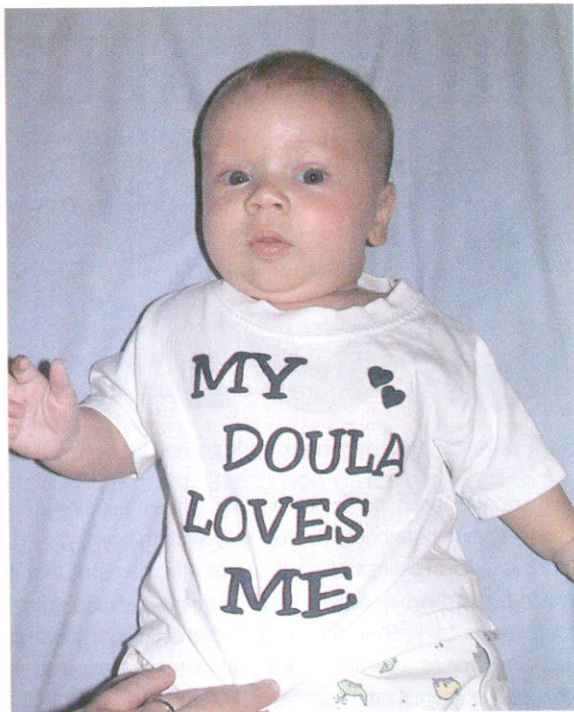
1. Remember the most important thing your child needs from you is your time. Too easily work pressures and chores steal precious moments that are vital to your child's development. Establish a regular 'together time' with your child, whether it is a half hour chat about the day before bedtime or a special weekly outing, even if it is just going for ice cream.
2. Listen when your children talk and keep communicating with them, even if at first it sounds like you are the only one sharing. With a little bit of trust, they will open up. Don't be afraid to ask where (older) children are going and who they'll be with. Get to know your children's friends and their parents, so you're familiar with their activities and interests. Always, always believe them when they tell you about abuse, bullying or inappropriate behaviour... children don't usually lie.
3. Establish a family mealtime where the whole family sits down to dinner and talks about the day, where each family member is accorded the same respect and attention. Ask and encourage questions and input on family decisions. If your child says things that challenge or shock you, don't react in a way that will cut off further discussion, rather turn them into a calm debate.
4. Be aware of your own behaviour – a parent is a child's greatest role model, and your behaviour teaches them how to perceive and respond in the world. Look inwards and ask yourself if you are generally a negative, reactive person or more positive and open to people and things. It might be a good time to

change any bad habits you picked up from your parents and establish a better way of doing things for your own family.

5. Show your love and reward good behaviour consistently and immediately – your child will go out into the world more confident and more capable of finding success.
6. Criticise the behaviour and not the child. No child will respect a parent who demands obedience "because I say so" – a child requires logical reasons for why he is being denied something. By offering logic over force, you allow the child to choose the right behaviour for himself. Create a clear set of rules and discuss in advance the consequences of breaking them. Be consistent in your follow up of these.
7. Physical violence has no place in good parenting and is often a sign of your own lack of self control. Many parents lose their temper with their children. It's OK to feel angry, but it's not OK to take it out on your children. If you are feeling frustrated and reactive, have enough self-discipline to walk away until you have calmed down. Establish more practical ways of discipline such as redirecting a toddler away from something with a different activity. Older children are better able to understand the 'consequence' of unacceptable behaviour through time-out in the bedroom (one minute for every age year) or having a luxury taken away for a period of time, such as television time or their cell phone.
8. Most importantly to be a good parent, you have to take care of yourself. That means getting help for your problems. [Link](#)

In ancient times women gave birth in the company of other women – friends, sisters and those trained in midwifery. Today trained doulas offer a similar birthing experience – one that is positive and memorable.

# What a doula *can do for you*



birth and help her gain access to the information she needs in order to make informed decisions and plans regarding her labour.

## WHAT A DOULA DOES

A doula stays with the mother throughout her labour, providing comfort, praise and reassurance. Since prior meetings have established a sense of trust and connection between the two women, communication is made easier and the mother feels that she has a link to the 'outside world' – anyone not in labour at that very time – that will listen to her, respond to her needs and look after her. This reassurance is vital, as it comforts the mom-to-be in her most stressful time.

The doula uses gentle touch, encouraging words, massage, visualisation and positioning to help the mother through her contractions, and guides the labour process according to feedback from the mother and medical staff.

Since the environment created is one of trust and support, the doula also facilitates clear communication between the mother and her partner. Often the partner is burdened with the responsibility of being the sole point of reference – for both doctors and the mother – and this can be rather stressful and uncomfortable. When the doula is present the partner can participate at a level where he feels comfortable, and his valuable role as protector and provider is not challenged or undermined.

The doula also facilitates communication between the mother, partner and medical staff, making the birthing experience a memorable and positive one. [Link](#)

For more information about doula services, contact Lana Petersen at Lalilu Doula Care on 073 514 9754.

**E**ver heard of a doula? Meaning 'women in the service of women' in Greek, the term refers to a childbirth companion for the pregnant mum. Since today's birthing experience has become somewhat impersonal and jaded – not only for the mother but also for the baby – the popular recurrence of doulas is not surprising.

With the help of a trained companion, pregnant moms are given the necessary continual emotional and physical support to enable them to give birth with less anxiety and more confidence and control. Instead of having two white-masked men shouting at you to "push, push, push," the support and love offered by the doula empowers women to embrace their personal experience of labour, instilling a deep sense of satisfaction in the birthing process.

The doula is not solely focused on the aspects of medical science that govern labour, but recognises birth as being a key life experience, one which will affect the mother physically and mentally throughout her life. A doula understands that a mother-to-be requires a safe and nurturing environment in which to give birth – not only for her comfort, but also for that of the child. A doula will also help the mother to prepare for her

## Worldwide research has found that doula support during labor results in:

- better attachment and bonding between mother and child
- increased success with breastfeeding
- improved mother and baby well being
- more positive feelings about the labour and birth
- reduced incidence of post partum depression
- reduced need for medical intervention.

Credited with having revolutionised the way America thinks about money, Suze Orman's brand of magnetism and mysticism has made her one of the most talked about personal finance gurus in the world. As we head into 2007, follow her tips for financial freedom and reclaim your wealth and happiness.

# Money *matters*

**"O** By Sadie Walpole

ut with the old and in with the new should be your motto for 2007 in terms of letting go of emotional, physical and financial baggage that weighs you down," advises Suze Orman. "No one wants to keep carrying old credit, rising bond rates and mounting loans around with them, and it is time to shake off that financial burden." But just how do I do that you ask? According to Suze's guidance, by **changing your attitude towards money.**

While there are many finance gurus willing to offer us practical ways to better manage our money, Suze Orman has dominated global headlines by managing to deliver both understanding and healing of people's primal fears about money, along with their effects on our happiness, relationships and self-esteem.

Her sound financial advice features liberal sprinklings of optimism, therapy and spiritualism, but all pitch the message that it is our inhibitions about money that stand in the way of making productive choices about spending, investing and saving.

With six bestseller book titles, and host to multiple television shows and seminars around the globe, Suze is recognised for her strength of delivery. Her powerful messages have potent results, and getting top businessmen to stand on their chairs on stage screaming repeatedly "I have an unlimited source of income that will more than meet my needs" is just one seminar highlight. While her methods may appear somewhat extreme, she assures the audience that by repeating a positive mantra such as this, one's 'financial molecular structure' will truly change.

Another favorite is to ask a member of the audience to rip a large denomination note in half. Most find it difficult to do. One audience member, Mark, commented: "There's something evil about it." Explains Suze: "That's because money has an energy field, it is alive. The energy field is transformed when you use money to buy something, but in this form it has energy, and that's what makes you feel sick."

Now in her 50s, Suze Orman began her career as a waitress.

Today, despite being a millionaire, she still lives in the same small, modest house she owned in the early days. "Everything around me is very tasteful and beautiful, but nothing is grand," she says. "**I can become more without needing more.**"

But this wasn't how Suze felt growing up. The chronicles of Orman's own childhood hang-ups about money are exposed in her books, which tell the familiar tale of a girl's feeling of inferiority due to a lack of money in the family. Her life has been a path of discovery towards a new truth and one that she willingly shares with the world: "True financial freedom lies in defining ourselves by who and what we are, not by what we do or do not have."

Says Suze, "I have come to think that money is very much like a person, and it will respond when you treat it as you would a cherished friend – never fearing it, pushing it away, pretending it doesn't exist, or turning away from its needs; never clutching it so hard that it hurts.

"In my own way, I think money is one of the most spiritual things. Money will not set you free. It's your control over your thoughts and fears about money that will set you free."

Suze's phenomenal success can also be attributed to the fact that she has managed to move the subject of money from 'dry, staid and very male' into the realm of 'emotion, psychology and family history'. What was once viewed as impersonal numerics has, with the help of Orman, become an energy force that changes, has growth potential, and could spur an entire financial movement.

And if the recent charitable actions of Oprah, Richard Branson, Bono and Angelina Jolie are to be taken as examples – Suze claims that charitable giving creates a 'righteous action', which opens up the gates for more money to come the giver's way – money is no longer a stagnant asset, but a fluid dynamic.

Her message is also directed at the youth – a life stage where most of our issues about money are birthed, and when many get into early debt by spending money on friends in the hopes



of buying affection. "The time has come for each and every one of us when our self-worth has to mean more than our net worth," says Suze.

Throughout her message however, she sticks to her favorite theme, encouraging her audiences to feel powerful about money management: "If you don't have money in your life, I really have to ask you from my heart, what are you doing that's repelling it?"

Suze advises that one way to start to having a positive relationship with your money is to start touching it again, to handle cash, to feel and respect it, to delight in spending it the way you did as a child, to enjoy choosing not to spend it, to take pleasure in putting it away now for later. "If you're respectful of your money and do what needs to be done with it, you will become like a magnet, attracting more and more money to yourself. By keeping your bills neat in your wallet and caring for them the way you care for other important things in your life, this will serve as a constant reminder of the respect that you and your money deserve."

Another piece of Orman advice is: "Greatness will come to one's life regardless of where one gets an education, because true greatness starts from within, not from without. Powerfulness attracts money. Powerlessness repels money. Money is attracted to people who are strong and powerful, respectful of it, and open to receiving it."

But ultimately, says Suze: "Your priorities are people, then money and then stuff." [Link](#)

Suze Orman is the author of four consecutive New York Times bestsellers - *The Laws of Money*, *The Lessons of Life: Keep What You Have and Create What You Deserve*; *The Road to Wealth*; *The Courage to Be Rich* and *The 9 Steps to Financial Freedom*. She is also author of the national best-seller *You've Earned It, Don't Lose It*.