



JULY 2026

COOKING SHOW, WATCH PARTY & EVERYTHING TWICE AS NICE

www.withlovefromthetwins.com

- 2026 -

WE HAVE A COOKING SHOW!!!!

We are so excited and overwhelmed by this beautiful blessing. Finally, we have our very own cooking show airing on DStv's HOME Channel. TWICE AS NICE, With Love from The Twice S1 is our debut cooking show where we'll be showcasing our culinary journey through food and storytelling.

We are so excited to share new and easy recipes with South Africa and walk through this beautiful journey with everyone. We are sooo thrilled, and we can't wait to share this season of our lives with all our loyal supporters. What a journey this has been. The first episode premiered on the 20th of July, and for the next 8 weeks, we will grace your screens with fresh and exciting recipes from our kitchen.





UNIVERSITY OF
MPUMALANGA

Creating Opportunities

ERRATUM

EXTERNAL ADVERT

**DIRECTOR: NEW
INFRASTRUCTURE PROJECTS
(P5)**

MBOMBELA CAMPUS

This erratum serves to withdraw the above advertisement, which was placed in the Sunday Times on 05 July 2026, with a closing date of 19 July 2026.



VACANCIES

**ETHEKWINI MUNICIPALITY AUDIT
AND RISK ASSURANCE SERVICES
DIRECTORATE**

**DEPUTY HEAD (CAPITAL
PROGRAMS AND CONTINUOUS
AUDITING)**

REF NO: 12000348

Salary Negotiable

Grade 20

**ENERGY MANAGEMENT
DIRECTORATE**

**MANAGER (REVENUE
PROTECTION)**

REF NO: 33001410

Total Value of Remuneration

Package

R1 180 843.00 / R1 502 545.00 pa

Grade: 15

**FLEET MANAGEMENT AND
ADMINISTRATION DIRECTORATE**

**DEPUTY HEAD (BUS SERVICES
OPERATIONS & M)**

REF NO: 0001390

**WATER AND SANITATION
DIRECTORATE**

**PROFESSIONAL TECHNOLOGIST
(CIVIL)**

REF NO: 34002880

Total Value of Remuneration

Package

R1 037 698.00 / R1 316 710.00 pa

Grade: 14

PUBLIC WORKS AND PARKS



science, technology
& innovation
Department of Science, Technology and Innovation
REPUBLIC OF SOUTH AFRICA

**CALL FOR NOMINATION OF CANDIDATES
OF THE NATIONAL ADVISORY COUNCIL ON SCIENCE, TECHNOLOGY AND INNOVATION**

The Minister of Science, Technology and Innovation has invited all South African citizens to nominate candidates for the National Advisory Council on Science, Technology and Innovation (NACSTI) in terms of section 20(1) of the National Advisory Council on Science, Technology and Innovation Act, 2011 (Act No. 18 of 2011).

The objects of the Council are to advise the Minister on matters relating to science, mathematics, innovation and achieving national development goals of all South Africans, develop and strengthen the country's science, technology and innovation capacity.

The Council consists of 12 members appointed by the Minister of Science, Technology and Innovation, the Minister of Trade, Industry and Competition, the Minister of Education, the Minister of Health, the Minister of Agriculture, Forestry and Fisheries, the Minister of Environmental, Forestry and Fisheries, the Minister of Human Settlements, the Minister of Labour, the Minister of Transport, the Minister of Water and Sanitation, the Minister of Cooperative Governance and Traditional Affairs, and the Minister of the Presidency.

The members of the Council are to be appointed for a period of three years, and may be re-appointed for a further period of three years. The Council shall meet at least once a year.

The Council shall have the authority to call for and receive information from any person or institution, and to request any person or institution to provide such information. The Council shall also have the authority to request any person or institution to provide such information.

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BATTLE ROYALE

King Messi v Princeling Yamal
Back Page



DO YOUR JOB!

Hill-Lewis reads riot
act to Steenhuisen
Page 4

We also got to celebrate this huge milestone with the TAN WATCH PARTY of our dreams. Thank you so much to our sponsors: Buttanutt, the support was immense, we couldn't have put this event together without you. Laager Rooibos Tea, for the delicious tea supply, we really appreciate you. Nikki Balloon Art for our stunning backdrop and photobooth, as well as the African Penguin Guesthouse for hosting us. We were treated like royalty from beginning to end, and everything went so smoothly. We couldn't have asked for better hosts.

We had the grandest time being celebrated and celebrating ourselves with all our loved ones. It was an afternoon filled with joy, love and oohs and aahhs. Watching the first episode of our show with everyone we love is something we'll never ever forget. Thank you Jesus for this wonderful blessing, and we pray that the light in us is greater than the light that is on us.

A close-up photograph of Lamine Yamal, a young footballer, celebrating with the FIFA World Cup trophy. He is wearing a red and blue Spanish national team jersey and a medal around his neck. His arms are raised, holding the golden trophy high above his head. The background is blurred, showing other players and the stadium atmosphere.

Being our own PR agents wasn't easy, but we are so grateful for all the media contacts we've made along the way. Thank you to Creator Insider Africa for our very first feature. Thank you also to TTY Brand Africa Magazine for the great feature, and ofcourse, Power fm for always being generous with their air time. We appreciate every feature whether its digital or print. Thank you for coming along the journey with us. Ofcourse, we have to mention our first Sunday Times blurb. We are so grateful.

If you've missed any of the media features, just head onto our PR page on our website. The FIFA WORLD CUP 2026 came to a glorious end. Congratulations to SPAIN for being the champions of the world, and ofcousre, Lamine Yamal for being the youngest FIFA winner in history. This was definitely the year of the underdogs.

We thoroughly enjoyed this global tournament, and now we get to focus our attention on watching our cooking show in real time. Our recipe of the month is courtesy of our first episode.

Enjoy.

TWICE AS NICE

WITH LOVE FROM THE TWINS



PILCHARD LASAGNE

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YOU'LL NEED

FOR THE PILCHARD SAUCE:

- ♥ 2 Tins pilchards in tomato sauce
- ♥ 1 Small onion, finely chopped
- ♥ 1 Clove garlic, minced
- ♥ 1 Tbls cooking oil
- ♥ 1 Tbls smoked paprika
- ♥ 1 Tbls tomato paste
- ♥ 2 Tbls curry powder
- ♥ Salt & pepper to taste
- ♥ ½ cup water

FOR LAYERING:

- ♥ Lasagne sheets
- ♥ 1 cup grated cheddar cheese

WHITE SAUCE:

- ♥ 2 tbs butter
- ♥ 2 tbs flour
- ♥ 2 cups milk
- ♥ Salt & pepper



METHOD

- 1 Heat oil, sauté onion and garlic until soft.
- 2 Add paprika, curry paste and tomato paste, cook for 1 minute.
[instagram.com/withlovefromthetwins](https://www.instagram.com/withlovefromthetwins)
- 3 Add pilchards (lightly break them up) + sauce from the tin.
- 4 Add a bit of water, simmer for 5–10 minutes.
[facebook.com/withlovefromthetwins](https://www.facebook.com/withlovefromthetwins)
- 5 Season to taste.
- 6 To make white sauce: Melt butter, stir in flour and cook 1 minute.
- 7 Slowly add milk, whisking to avoid lumps.
twitter.com/Twinmade_Food
- 8 Simmer until thick and creamy.
- 9 Season with salt & pepper.
- 10 To assemble: In a greased dish: Place a thin layer of pilchard sauce, followed by lasagne sheets.
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- 11 Top with pilchard sauce, then white sauce.
- 12 Repeat layers
- 13 Finish with white sauce, top with cheese.
[@withlovefromthetwins](https://www.instagram.com/withlovefromthetwins)
- 14 Cover with foil and bake at 180°C for 25 minutes.
- 15 Bake another 10–15 minutes until golden.



MAKE IT YOURS!

Add extra chilli for heat or more cheese for extra gooeyness!



♥ Simple. Delicious.



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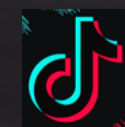
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July 2026