



Creative calling

Poet, dancer, doctor: Dawn Garisch slips through the cracks between labels and finds that at 50 she has more energy and time to be all things she can be.

As Dawn Garisch's fifth manuscript was accepted for publication, she heard that her successful fourth novel, *Once, Two Islands* would be published in the United Kingdom by Myrmidon Books, who were submitting it to the Man Booker Prize panel for consideration for the prestigious literary award.

And so, this Kalk Bay GP further consolidates her successful parallel career as a writer. She's already a widely published poet and has also written several short films and documentaries for television.

All of which seems enough work for someone with just one career, but Garisch enjoys doctoring too much to give up her practice. Besides which, it pays the bills.

She became a doctor because that was what was expected of her.

She's never regretted it but has never been happier than since she was able to incorporate writing into her daily doings. In fact, she feels strongly that all women should have some creative outlet, regardless of their career.

'I suspect we are all born creative beings; that creativity, libido, life force, desire, sexuality, *joie de vivre* and *raison d'être* are all linked on some continuum. Following these passions requires a certain curiosity and ego that is discouraged among women in our culture. Women are encouraged to be of service to others but not to their own creative urges. This is bad for mental and physical health. We become afraid to make a mark on a piece of paper, make a movement on a dance floor, sing a note or write a sentence in case it is not good enough or somehow "wrong". We censor our creative lives and go shopping or

to the movies instead. Courageous creativity is the start of a journey of liberation to a place where you might even find out who you are and what you like.' – *Karin Schimke*

MORE ABOUT DAWN...

I keep fit and healthy by finding the things my body loves to do: creative movement, mountain walks and swimming in tidal pools. I no longer work too hard, so I'm rarely rushed or stressed. I prefer to spend less than earn more.

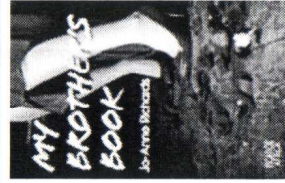
The best thing about being over 40 is being able to see my patterns over the years. I like myself more. I can differentiate better between what I can change and what I must accept. I know each day is precious and must be fully lived. I realise that I am a small part in a big story, but that I must play my part well. I am more grateful, less critical.

READS

A MUST FOR ALL BOOK LOVERS

The Cape Town Book Fair returns to the Cape Town International Convention Centre from 14 to 17 June. It showcases a wide variety of the latest fiction and non-fiction, as well as an extensive programme of events and talks by local and international authors, including Alexander McCall Smith and Marina Lewycka. Visit capetownbookfair.com for full details.

❖ **WIN *Femina*** is giving away 20 pairs of tickets to the Cape Town Book Fair. To enter, SMS 'book', followed by your name and city, to 34424 by 7 June. Each SMS costs R2.



MY BROTHER'S BOOK by

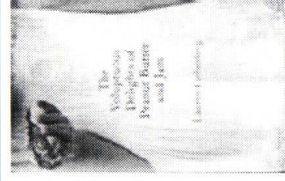
Jo-Anne Richards Lily is not happy about her brother Tom's newly published memoir. His depiction of their nomadic childhood does not do justice to her memories. Nor does his description of the betrayal that tore their relationship apart. Much of the first part of this novel consists of Lily's riposte to her writer-brother. It combines the unputdownable element of the best thrillers with themes such as contested memory, betrayal and identity. A brilliant read. (Picador Africa, R158)

– *Mervyn Sloman* ★★★★★



A PARTISAN'S DAUGHTER

by Louis de Bernières The new novel from the author of *Captain Corelli's Mandolin* is the 1970s love story of Chris and Roza, who he picks up on a London sreet corner. What follows is an unlikely friendship between the lonely middle-class salesman and the vulnerable but provocative Yugoslav immigrant. It ends in a cruel twist of fate that exposes the weaknesses of both characters, which left me a little disappointed. But perhaps I'm just a sucker for happy endings. (Random House, R212) – *Anne Duncan* ★★★★★



THE VOLUPTUOUS DELIGHTS OF PEANUT BUTTER AND JAM by

Lauren Liebenberg Nyree and Cla are growing up on a farm during the Rhodesian War. Their father is away fighting the 'Ters', while they spend their days hunting fairies and organising millpede races. Then their lives are disturbed by the arrival of Ronin, a mysterious cousin. His politeness masks a cruel, vindictive streak and his dark presence brings a tragic end to their innocence. An impressive debut. (Virago, R170)

– *Lynda Ingham-Brown* ★★★★★