

# ASSIGN

MAGAZINE

## Editor's NOTE



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I hope that this New Year brings happiness, peace and health to you and your loved ones.

During the past several years many advances and changes have taken place at L&A Import & Export, now L&A Logistics and now a member of the VECTOR Group Ltd.

We are at L&A Logistics believe these are exciting times that give us new opportunities for collaboration, networking and support with our consumers through supplying of our products as well as our several community support activities under our Corporate Social Responsibility.

Our commitment to support Zambian consumers in their everyday needs from breakfast to dinner and to our commitment to supply affordable products and services that maximize our ability to help and accomplish our mission of becoming the best FMCG supplier & distributor of choice is still high.

My team and myself are excited to announce the start of the production of our quarterly ASSIGN Magazine. This will be produced once a quarter. The newsletter will give not only our current consumers an opportunity to have experiences with our brands through sharing of life changing stories and experiences but also give potential consumers the same opportunity.

We have also recently launched our website. Thanks to the great work of our web designers for this opportunity which will give you, our readers all information needed patterning to what we do as L&A Logistics within the great nation of Zambia.

Please always find time to send us your comments on how we can improve our services through our different channels of communication.

Enjoy the stories we share in this first edition of our newsletter and encourage the young ones to take part in our cooking session with Chef Cephas. Chef Cephas has immense passion in passing on cooking traditions of creating delicious healthy meals.

Sincerely,

Maria Banda  
Head of Marketing



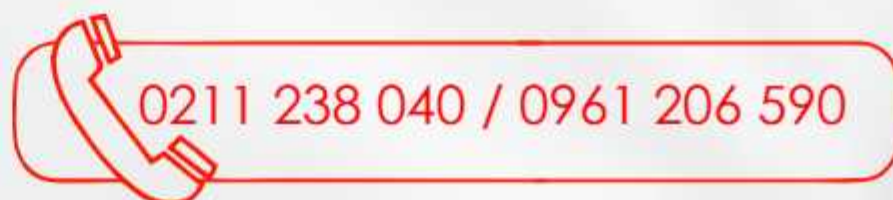
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L&A LOGISTICS, YOUR EVERYDAY NEEDS PARTNER

# MAGIC Recipes

## EASTER OREO BARK SUPER EASY

Make this easy and delicious no-bake Easter Oreo Bark Recipe in less than 5 minutes!

It is a simple and irresistible Easter dessert idea that's made with 3 main ingredients. It's perfect for an after-school sweet or for your Easter Brunch!



### How to Make Easter Oreo Bark

Gather your simple ingredients, and let's make this Easter Chocolate Bark!

**Step 1 - Prepare Your Pan**  
To prevent sticking, line your baking pan with parchment paper or aluminum foil & then set aside.

**Step 2 - Melt Chocolate**  
Melt your white chocolate in the microwave according to package instructions until smooth and pour into your prepared pan or onto the Silpat baking mat.



NOTE: you can also melt your chocolate with a double boiler.

**Step 3 - Add Cookies and Sprinkles**  
Next, sprinkle M&Ms and Oreo pieces on top of the melted chocolate, and press down slightly, so they stay put when the candy hardens. Finish with candy sprinkles.

**Step 4 - Let Harden**  
Place the pan into the freezer for about 10 minutes until the chocolate is completely hardened. You can also harden the chocolate bark in the refrigerator for 30-60 minutes.

**Step 5 - Break into Pieces**  
Break up the chocolate bark with your hands or cut it with a warm baking knife. PRO TIP: Heat the knife under hot water, then wipe it off and cut while it's still hot. Repeat after each cut.



### Why We Love this Recipe

This no-bake Easter Bark Recipe takes less than five minutes to make!

The kids love to get in on the action. Your kids can crush Oreos and toss sprinkles to make a custom creation!

### Ingredients for Easter Bark

- \*White Chocolate Chips
- \*Oreo Cookies
- \*Candies
- \*Candy Sprinkles (optional)

# COOKING MADE SIMPLE

## WITH CHEF CEPHAS



### SAUTE KAFUE CRAYFISH ON CRUNCHY SALAD

#### INGREDIENTS

- 1/4 tsp olive oil 125ml (1/2 cup) good-quality whole-egg homemade mayonnaise (recipe to be shared)
- 1 tbsp fresh lemon juice
- 1/2 tsp Robertson mustard powder
- 2 tbs brown sauce
- Robertson salt & freshly ground black pepper
- 4 baby cos lettuce, leaves separated, washed, dried
- 1 x 250g cherry tomatoes, halved
- 1 ripe avocado, halved, stone removed, peeled, coarsely chopped
- 1/2 red onion, thinly sliced lengthways
- 2 tbs fresh dill and parsley
- 4 crayfish tails cooked

#### METHOD

STEP 1. Clean the crayfish tails with running tap water dry and marinate with lemon, olive oil, fresh chopped parsley and Robertson seasoning then saute in butter, little oil once they change the colour to pink done set aside to cool.

STEP 2. For dressing, combine Robertson black pepper, fish spice in a small bowl. Add the mayonnaise, lemon juice and mustard and stir to combine. Taste and season with Robertson sea salt.

### ROBERTSON SPICE SEASONED GRILLED PORKNECK, MIXED GRILLED VEGETABLES WITH SWEET SOUR PICKLED CUCUMBERS.

#### Ingredients

- 120g porkneck
- 2 tablespoons extra virgin olive oil
- 1 tablespoon fresh garlic, minced
- 1 tablespoon butter
- 1/2 Robertson pork seasoning
- 1/2 teaspoon ground Robertson black pepper
- 1/2 carrots, peeled and cut into thick slices
- 1 large tomato cut into thick slices
- 2 yellow and red bell peppers, cut into thick slices
- 2 fresh cucumbers pickles
- 4 tablespoons extra virgin olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground pepper



#### Method

Preheat grill to high. Brush all sliced vegetables with oil and all ROBERTSON seasoning. Brush pork neck with oil, salt and pepper.

Grill pork chops for about 2-3 minutes per side or until done but not dry.

Place all vegetables on the grill and grill until tender (timing varies between 8 and 15 minutes. while resting the porkneck. Remove vegetable from the grill as they become tender.

Set the veggies on a warm plate and cut the pork in thick slices then drizzle with the remaining juice from the vegetables and garnish with fresh thyme and fresh basil for colour.

# **BUSINESS** - FALLING IN LOVE WITH MONEY

Fall in love with learning, growing, having the right mind, energy, and money management skills. The question is, why is money such a big deal?

Take some time to consider this.

If negative emotions arise for you, such as "I get nervous or panicky when dealing with money," replace this thought with "I get butterflies," which is a more positive emotion.

Another example is, "the more I do this, the more comfortable I become," which is a shift in energy that allows you to adopt financial growth. We all have impulse purchases; when this happens, take 3 minutes to account for your emotions by asking a series of questions such as.

Why am I buying? Is this really necessary? How do I feel? It's a bad decision if you experience negative emotions. Identify what is causing your emotions, acknowledge it, and don't be afraid to discuss it with a professional. This has the potential to save your job, relationships, and yourself.

Every moment of growth should be celebrated by talking to yourself about emotions that make you feel empowered, something you discovered about yourself, and what action you can take to grow even more.

If your unique approach is working for you, fall in love with it. There is no standard on how to handle YOUR money.

Money, in my opinion, plays a role in all aspects of our lives, and each of us handles money in the best way we observed while growing up which shapes our money personality. I was never schooled on how to manage money, don't know about you? This current generation is getting the financial literacy at early age. Which is a good thing and we hope, they will be better at managing money.

Is money personality brand new to you? It shouldn't be, because it's how YOU handle money three-quarters of the time. You are either a saver, an investor, a spender, a debtor, or a high spender. We will go over this further in later episodes.

Our money, like us, is on this journey called LIFE. What emotions do you experience during your financial journey? On this journey, we are never just one emotion. We may exhibit emotions such as confidence, curiosity, brevity, insecurity, or stress. You will need to be intentional by deciding which of these emotions you will lead with



Money mindset, according to financial expert Rachel Cruze, is made up of your specific collection of thoughts and your attitude toward money. This is based on the money belief system you have built up over time.

There can be no such thing as a standard of money management, as most financial experts teach. There is no, "one size fits all" on your financial journey BUT there are good financial principles that can guide you.

Your money mindset determines your present and how you handle money now based on your past experiences. Your current behavior in terms of saving, spending, investing, and general money management will be influenced by your belief system. This has an impact on your ability to meet your financial goals. Your financial mindset shapes how you perceive all financial transactions and how you interact with people who earn more or less than you.

How did you develop your money mindset? Your own passions, anxieties, and goals are what distinguishes you as a money manager. Your upbringing has left an imprint on your subconscious, and this is how you deal with money. The money blueprint originates in childhood and runs on autopilot in the subconscious.

What does this mean? An example could be; do you remember learning to drive a car, tie your shoes, or brush your teeth? It appeared as if the entire world rested on your shoulders. What were your thoughts at the time? How are you currently feeling? If you are like most people, it now comes naturally. Back then, it was all about waiting for one task to be completed before moving on to the next. It was as if you couldn't walk while chewing gum.

To appreciate this, go back in time and complete this Assignment:

- \*When did you first encounter money?
- \*Can you tell me about your financial history?
- \*When and how did you first become acquainted with money?
- \*What were some of the money myths you came across as a child?

Money, for example, does not grow on trees or it's difficult to find. Make a list of the emotions you experienced at the time. Trust me, this process will help you understand your money personality. We all have a story about our first encounter with money, and we all believe we know how to make sound financial decisions. That is why money discussions are never easy.



Fall in love with your growth.  
Day by day, patiently train your mind. It's okay to be vulnerable by acknowledging how you are feeling.

# CORPORATE SOCIAL RESPONSIBILITY



L&A is extremely grateful to have partnered with Butterfly Entertainment and Special Hope Network, to give back to the community

In our new three year corporate social responsibility plan, we have targeted to reach out to not only women that we have supported in the last 6 years but we have started collaborating with Cancer societies in Zambia .

The collaboration will create awareness of the different cancers common in Zambia and give the much needed information on screening & early detection of the disease.

Zambia is one of the sub-Saharan African countries that has not been spared by the increasing burden of cancers. Many lives can be saved if appropriate investment is made in raising public awareness on the early signs and symptoms of common cancers as well as implementation of early detection strategies.

Globally, the cancer burden has been on the increase over the past few decades despite some remarkable advances in treatment and prevention.

Cancer continues to be one of the leading causes of death worldwide. It is reported that Low-income countries reported approximately 51% of all cancers globally in the year 1975 but this proportion steadily increased to 55% in 2007. It is estimated that by 2050, low-income countries will account for 61% of all cancers globally.





## Healthy & Beauty

The happiness of the skin will always show in one's skin. A hydrated skin will always look and feel good. When it comes to a healthy, glowing complexion, the importance of skin hydration is almost unmatched in skincare. But while it might seem like keeping your skin hydrated should be easy enough, it can be harder than it sounds for most people. A dehydrated skin might not only need water, or a layer or layers of your favorite moisturizer to bring it back to life but good habits, products and a little love and care with consistency.

So why is Hydration important? Everyone's skin thrives when it's properly hydrated. Hydration affects the texture and appearance of the skin as well as helping it become softer and smoother. In other words, hydrated skin looks younger. Unlike moisturizing, which helps to retain skin's moisture, hydration adds water to the skin. Dehydrated skin can be dry, but it can also be oily. Dry skin is characterized by lower serum

production, but dehydrated skin simply lacks water. When your skin is dehydrated, it might look duller, feel tighter or be more prone to inflammation, congestion and breakouts.

How to Hydrate the skin Understanding the importance of a hydrated skin is very critical in the process to start your skin care. If your skin is begging for a drink, focus on creating a consistent routine packed with hydrating skin care products, treatments and water. Avoid skin drying ingredients like alcohol or peppermint in favor hydrating alternatives.

For skin that's hydrated and set to stay that way, try to do the three easy step of:

- Use water-based products: The key to hydration is water, so opt for water-based products wherever you can.
- Add serums to your routine: Give your skin a daily chance to soak up a power-packed serum. Try using a hydrating

serum right before moisturizing your skin in the morning, and add a night serum to your evening routine.

- Apply a night cream: Skin naturally rejuvenates while you sleep, making it a great time to focus on restoring and treating your skin.



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# EDUCATION & YOU

## 7 WAYS TO INCREASE MEMORY POWER IN STUDENTS

When you are a student, day in and day out, you are faced with a lot of new information to absorb and to understand. As there is so much to learn and remember, when it comes to revision time for exams and coursework, recalling it all can take some time. But is it actually possible to improve your memory power? Have you ever wondered how to increase memory? It will take some effort on your part and could involve tweaking your normal study routine, but there are a range of different strategies that will help you to make the most out of your memory.

### AVOID CRAMMING SESSIONS

When you study something over a range of different study sessions it will give you the time that is needed to properly research, process, and understand the information. There is research that shows students who do this, rather than just do one late night cramming session before an exam, perform much better.

### ORGANISE YOUR LEARNING INTO GROUPS

There has been research that has found that when information is organised into related groups, it best reflects how our brains process it. So when studying, you should organise the materials into groups. Think about putting similar ideas together or group related concepts together when studying.



### USE MNEMONIC DEVICES

Are you someone who can remember song lyrics from years ago but find it hard to recall something you just read? Then making the most of mnemonic devices can be a good technique. As an example, you could associate a term that you need to learn with something everyday and common to make it more memorable to you. It could involve rhyming, music, a song or a joke to help bring it back to memory.

### READ OUT LOUD

There is research that has found that when something is read out loud, it helps to memorise the materials better. This is often why in school you are encouraged to read out loud as a group, as it has been proven to teach you new ideas and concepts and improves understanding and recall.

### MAKE SURE THAT YOU GET PLENTY OF SLEEP

You might feel like you're throwing away valuable learning time by having an early night before an exam, but it can actually improve your memory because sleep is so important for learning and memory. If you were to take a nap after a lecture, then it can help you to remember it better.



As humans we are very much creatures of habit. However, when you mix things up with your studying, it can help your memory. If you only study in your bedroom, how about going to the library next time or just to the kitchen table? If you would normally study late at night, try getting up early and studying in the morning instead. When an element of novelty is added to your studying, then you can make your studying more effective, and improve your recall.

### RELATE NEW INFORMATION TO THINGS YOU'RE ALREADY AWARE OF

When something you are reading isn't very familiar, it can take you longer to process it. However, if you establish a connection between the new information and something you already know and remember, then it can improve the likelihood of remembering the new information. A few changes to how you study and how your mind works as you study, can make a big difference to your memory power as a student.

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