

# WHEN YOUR TEAM BELIEVES IN YOU... YOU CAN DO ANYTHING!

By Denise Cowburn-Levy

I am just going to say that the pace of my life lately has been intense, perhaps more intense than usual. I choose this. I do. I know that friends and family do sometimes look on bewildered as I race around at a million miles an hour, asking themselves, and me....WHY? It's simple. I love the variety of my days which include some of the following: a quiet meditation, developing recipes, managing and doing accommodation bookings for the Beach House Collection, a quick exercise session with the fabulous Jalene (who manages somehow in a very limited time to keep me in some kind of shape) doing the set up and arrangement for the functions at Ginger & Lime, dashing to the chiropractor to get my back fixed from lifting too many tables for said functions, strategy meetings with Gavin for Cape Town Productions, for the upcoming season, and viewing new premises for this venture, to shooting my new cook book and so much more.

Oh and then there is the ever patient and loving husband, did I mention him? My rock, my anchor, for without him my feet would certainly not be on the ground. I get so involved in each and every project that I take on. I do the same with our precious times away, I become immersed in the experience. This time, I have a few loose ends to tie up, this article being one of them, and then I can hit the slopes.

As I write this I am in the lounge of the W hotel in Verbier, which is slightly surreal, let's be honest. We are part of a tribe of a hundred gathering here to celebrate a special someone's 50th. The

snow-capped mountains are blinding in the sunlight as I look out, and the skies are the bluest of blues. I do a lot of things, and I am incredibly busy, but I do have the most amazing time out in incredible places like this in between. I live to travel.

I am looking back on the week that was, and this is what I actually wanted to share. We shot almost 60 pics for the recipe book, as part one of the project. The preparation for this, from the final recipe selection, to the food orders, the styling for each and every shot and the logistics of schlepping this all up to the beach houses in Yzerfontein, was intense.

I have such an amazing team. The air crackled and buzzed with energy as we shot the first shot. The flow and synergy between us was amazing. Not for one second was there any one ego that raised its head. Everyone worked as a unit. I have never experienced anything like this, it was so special. As I said to them after the 3 day shoot: *"Woke early this morning with a smile on my face and memories of the past few days floating around in my head. What an amazing time it was. I am blown away, by all that we achieved in such a short space of time. Some of you didn't even know if I could cook, or indeed if anyone would want to learn what I have to share. Others have no idea at all whether I can write, so you were working on your faith in me as a person, and I am humbled by this. For having that belief in me, I feel that I can do anything, achieve anything, and I will not let you down."*



083 251 6282

(Denise)

info@gingerandlime.co.za

www.gingerandlime.co.za