

BALLITO • UMHLANGA

GET IT

Time to go 'glamping'
at Hluhluwe Bush Camp

HEALED
MEET DINO THE
KETO SURFER

JACKI BRUNIQUEL
on phone
photography

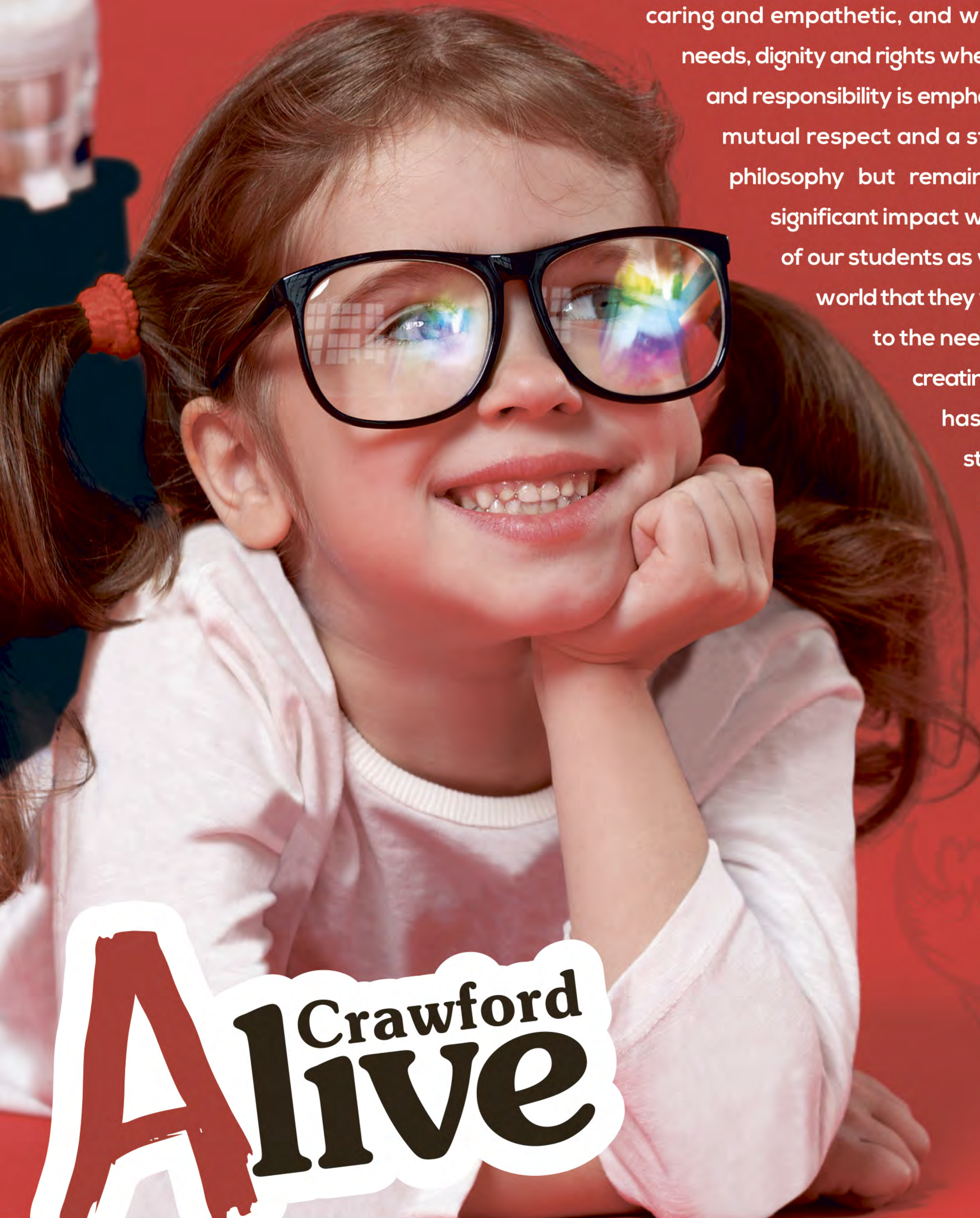
INSPIRING WOMEN

SHOPPING, PEOPLE AND LIFESTYLE IN YOUR NEIGHBOURHOOD

AUGUST 2020

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GET IT

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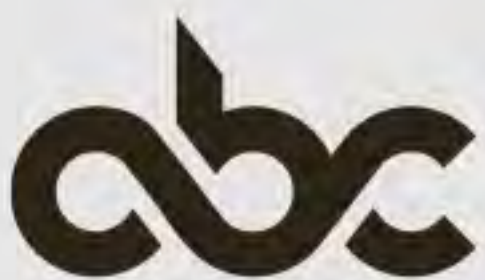
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The judges' decision is final. Prizes cannot be transferred or redeemed for cash. Competitions are not open to the sponsors or Caxton employees or their families. Get It Magazine reserves the right to publish the names of winners, who will be contacted telephonically and need to collect their prizes from Get it Ballito branch within 10 days or they will be forfeited. Prize winners' names are published on our Facebook page monthly.

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Audit Bureau of Circulations
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transparency you can see

AUGUST 2020

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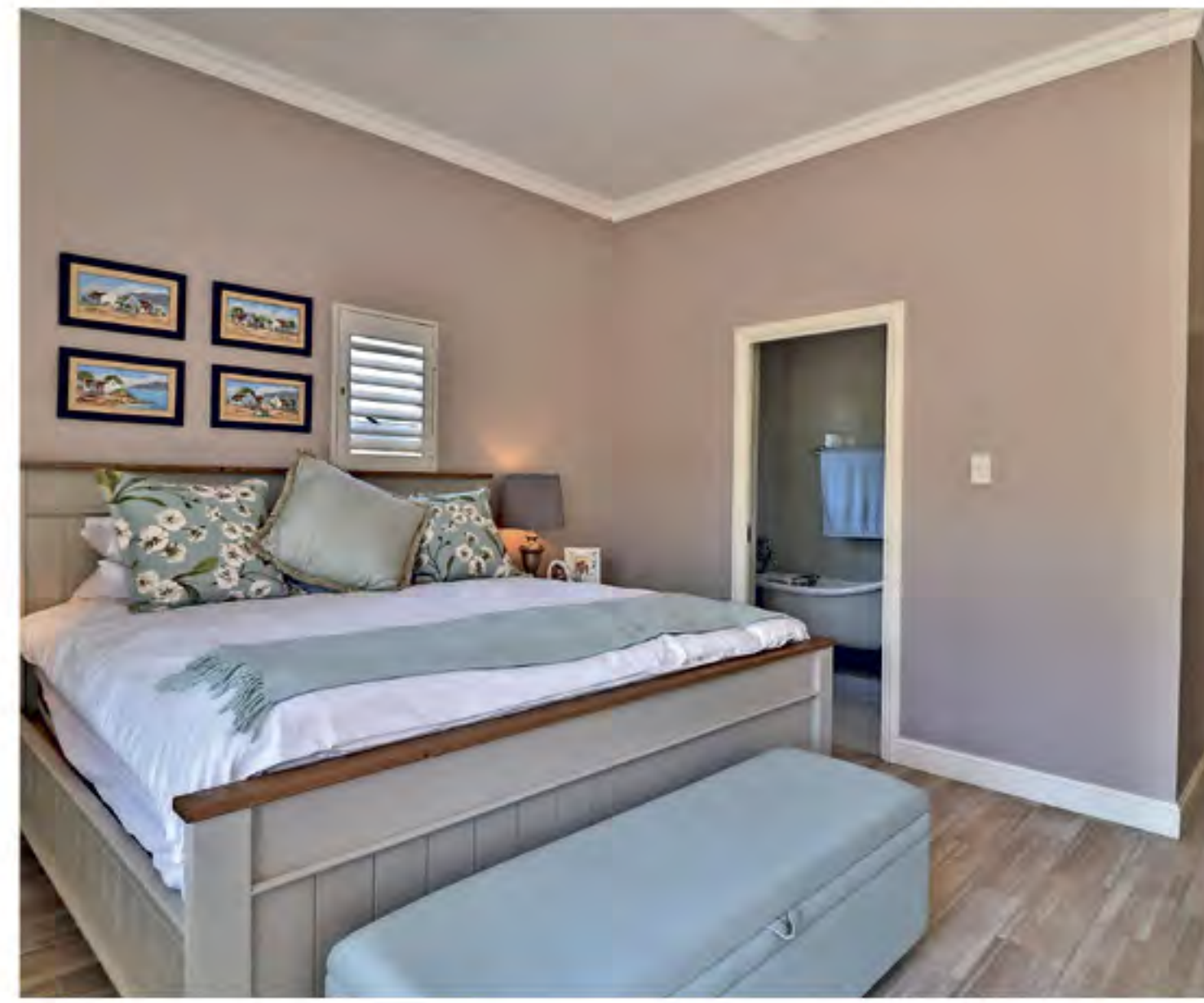
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A hot date!

Yoga. A wine course. Or some jolly good shows on the small screen. All your options for August

Curl up and tune in to Showmax

In the mood for crime? Comedy? Drama? Look no further than our picks of the best shows and movies this month.

We're kicking off with a local film directed by Oliver Hermanus. In **The Endless River**, a young waitress welcomes her husband home to the small South African town of Riviersonderend after his jail sentence. When the family of a foreigner living on a nearby farm is murdered, the waitress and the grieving widower begin gravitating towards each other. Trapped in a cycle of violence and bloodshed, the two form an unlikely bond seeking to transcend their mutual anger, pain and loneliness.

When Detective Felicity Dill is killed in a car bombing, her sister, Allegra Dill, an investigator working for a senator, returns home to San Bonifacio to find the killer. In the process of her investigation, she uncovers a web of corruption in the small Texas town.

Briarpatch (S1) is an artistic, interesting mystery crime series based on the Ross Thomas novel of the same name.

Vida (S3) returns with the two Mexican-American sisters, Emma and Lyn, who couldn't be more different or distanced from each other. Circumstances force them to return to their old neighbourhood, where they are confronted by the past and shocking truth about their mother's identity.

In the **Reckoning** (S1) the murder of a teenager and the hunt for a serial killer in a suburban town sets two fathers on a course of mutual destruction that will reverberate through their



quiet community. Explore the darkest corners of the male psyche through the eyes of two fathers, one of whom is a serial killer.

It's time, once again, to wreak some hilarious havoc on the spacetime continuum as **Future Man** (S3) debuts its final season to wrap things up. Josh Futturman, a janitor by day and a gamer by night, is recruited by mysterious visitors to travel through time to prevent the extinction of humanity.

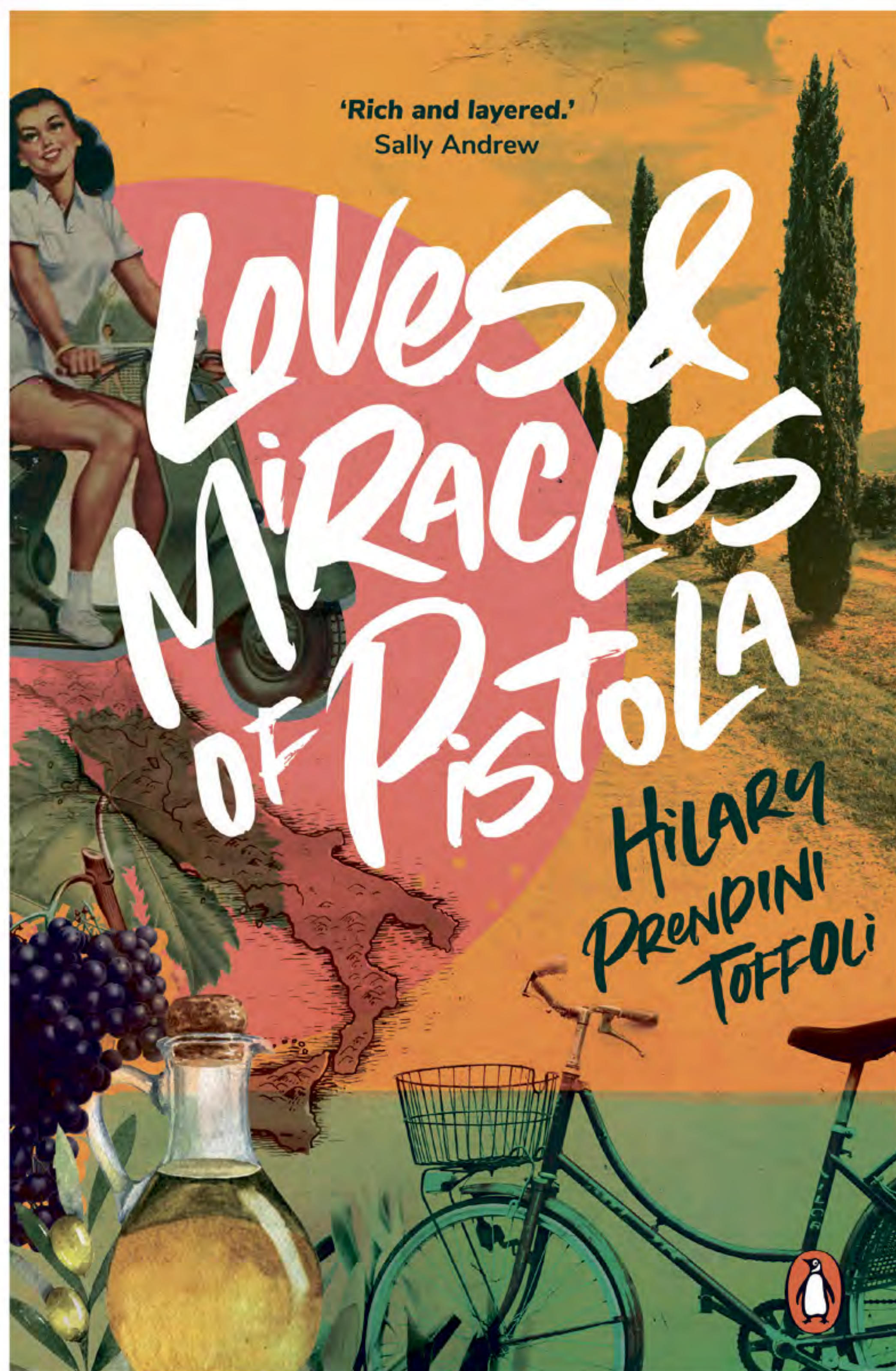
Hard-hitting cop show **Bosch** (S6) is back. The run of shows sees Harry playing a key role in trying to save his city after a medical physicist is executed and the deadly radioactive material he had with him goes missing. Finding himself at the centre of a complex murder case, a messy federal investigation, and an impending catastrophic threat to Los Angeles, Bosch must act as domestic terrorists threaten the fate of Los Angeles.

The hit mockumentary **What We Do In The Shadows** (S2) is a look into the daily (or rather, nightly) lives of three vampires who've lived together in New York for more than 100 years – plenty of time to get on each other's nerves.

With the Whisperer War upon them, the collective communities must come together and possibly sacrifice all they have to find a way to silence the Whisperers once and for all. Otherwise Alpha will ensure they face a certain doom ... **The Walking Dead** (S10) is the definitive zombie show, having won 77 awards globally.

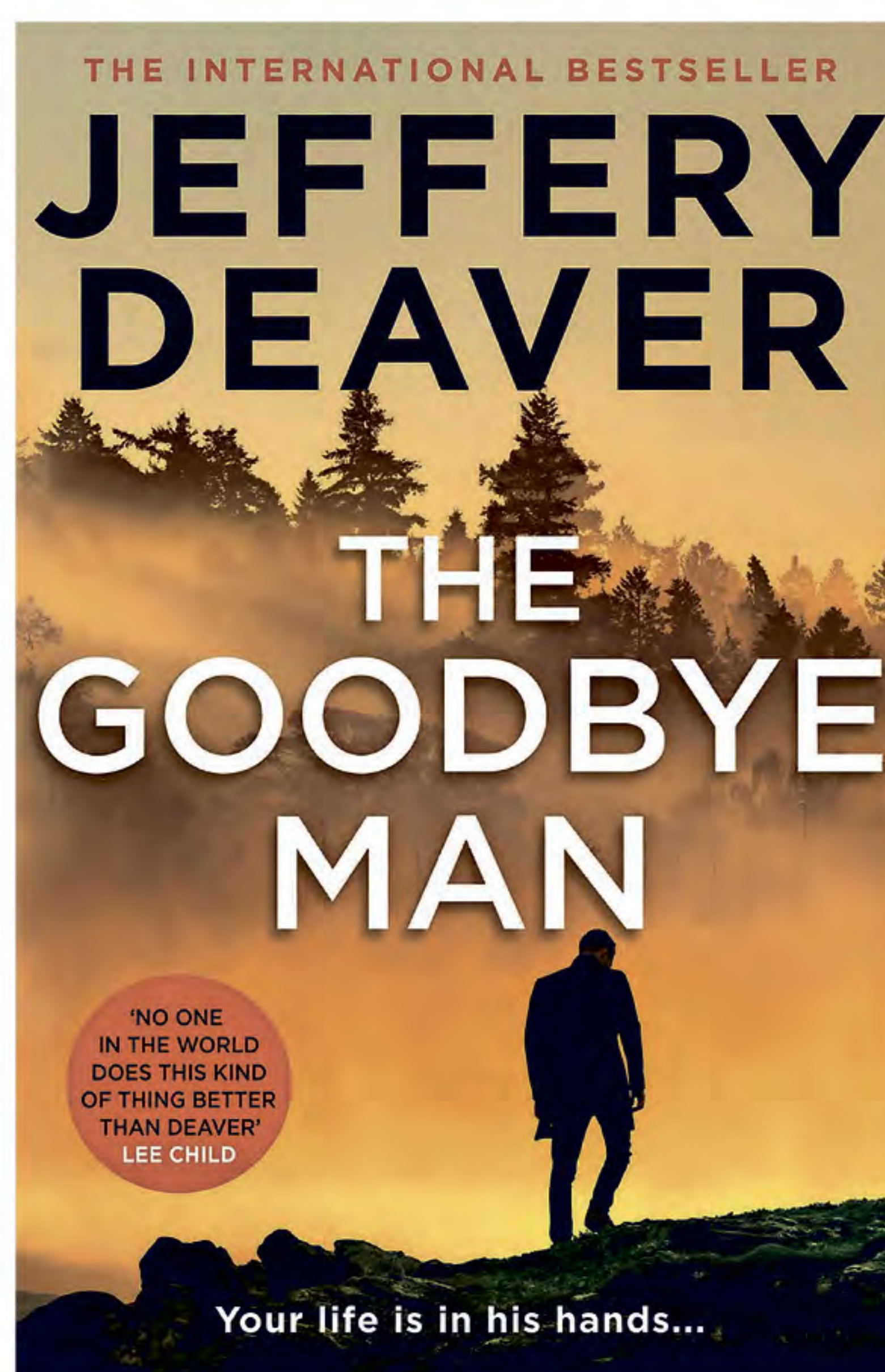
I May Destroy You is a British comedy-drama television series set in London where gratification is only an app away. Arabella is a carefree, self-assured Londoner with a group of great friends, a boyfriend in Italy and a burgeoning writing career. But when her drink is spiked with a date-rape drug, she must question and rebuild every element of her life.

Book club

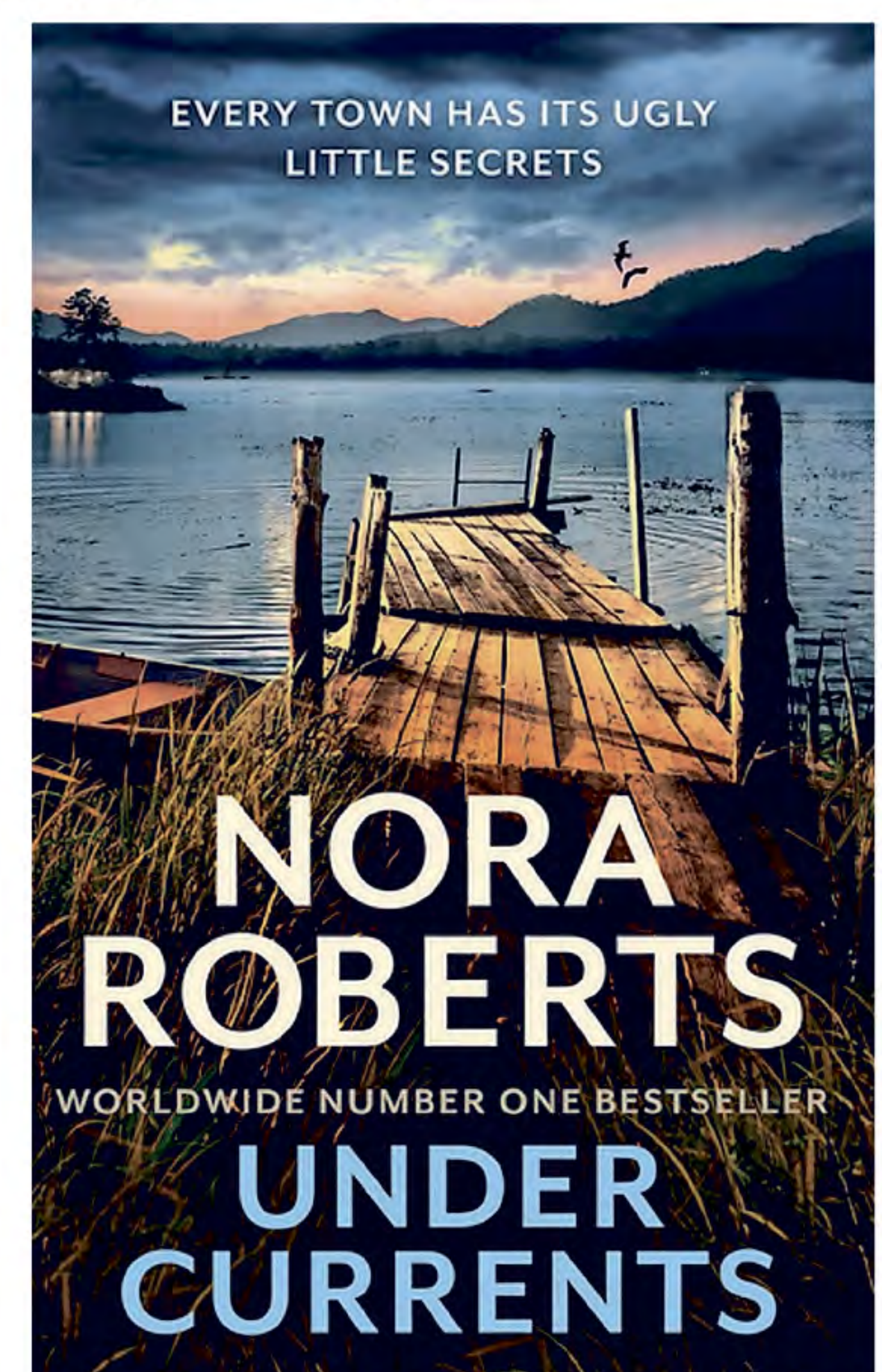


In a tiny Italian village, life in the 1950s is a daily pageant of small human dramas. There are lippy signoras and earthy farmworkers. There's a coffin-maker, a silkworm farmer and those who catch frogs for the town's local delicacy – frog risotto. Then there's Pistola, a teenage boy in love with his second cousin, Teresa, a girl who's sadly, destined to marry the village thug. Don't you already know **Loves and Miracles of Pistola** is going to be a magnificent read? Even more so, when you discover that to escape his heartache, young Pistola accepts the offer of a lifetime ... to travel to South Africa to work on the trains. In lively Johannesburg, he and a group of compatriots are trained as stewards and taught to speak English – and Afrikaans. It's not all work, mind you. The Italians set up home in Hillbrow and go partying in Sophiatown with the likes of Miriam Makeba. When Pistola falls for the spunky Malikah, a political activist, the apartheid police watch every breath of their passionate, illicit relationship. It's written by the wonderful Hilary Prendini Toffoli, who lives in Cape Town and is known for her social satire and investigative features. Just brilliant! Penguin, R280.

A book a day keeps boredom at bay. Add a glass of wine and you're in for a happy August.



So many of our favourite authors this month. Book Club's going to be great. Jeffery Deaver (love!) has just released his latest thriller, **The Goodbye Man**. After witnessing a shocking suicide while pursuing two armed fugitives in the wilderness, Colter Shaw's investigations lead him to go undercover in the Foundation – a cult that promises to transform people's lives. It's a cult led by a charismatic leader who commands terrifying loyalty from his followers, a cult that may have only one way to escape – with your life. Harper Collins, R408.



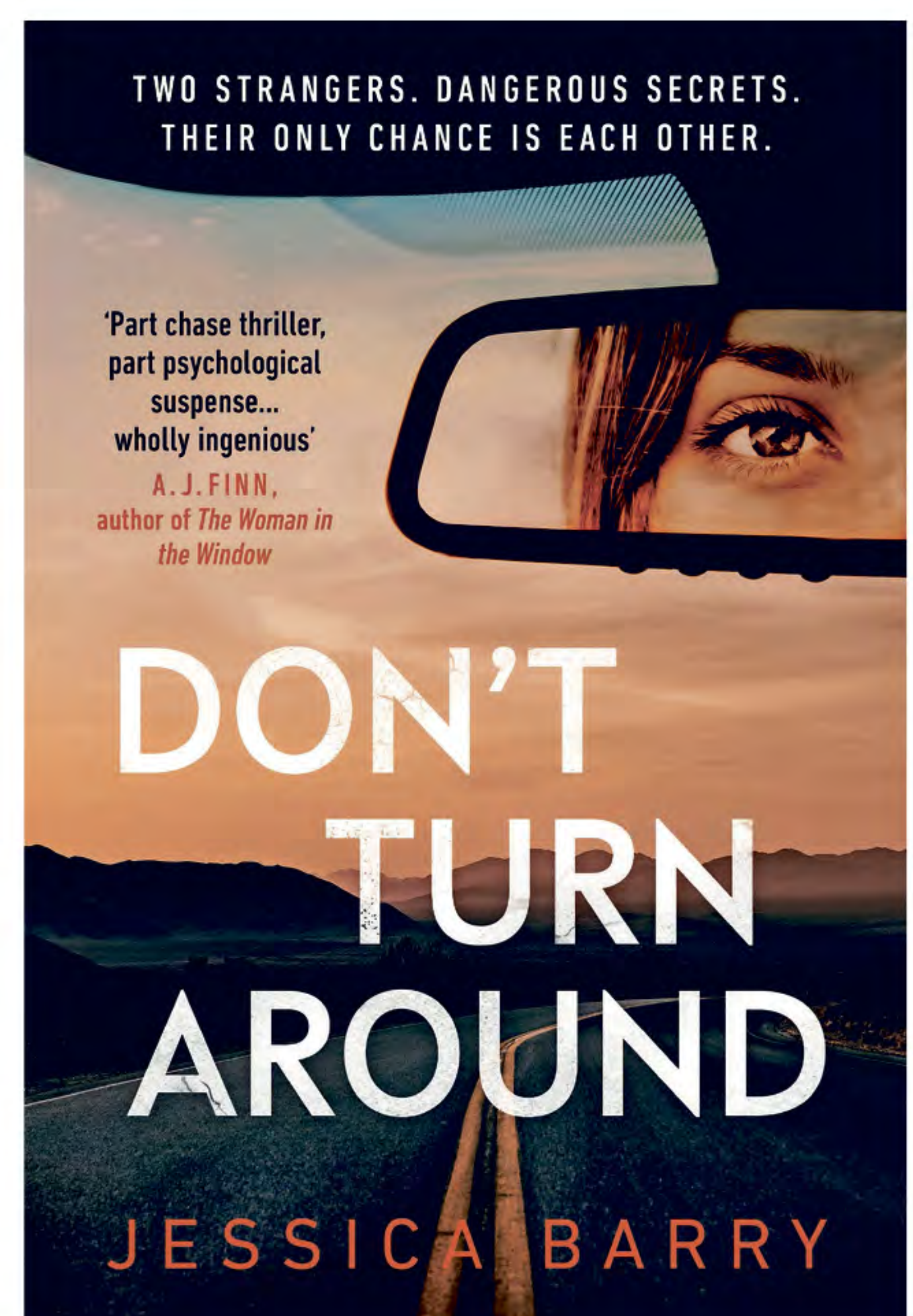
From the outside, the house in Lakeview Terrace looks perfect. And the Bigelows seem like the perfect family. The respected surgeon father. The glamorous, devoted mother. Two beautiful children. A perfect family in a perfect house, living their perfect lives. But perfect surfaces can hide dark undercurrents and behind closed doors lies a very different story. Teenager Zane and his younger sister, Britt, are terrorised by their violent father and dysfunctional mother. Too afraid to speak out, Zane does his best to protect his sister and counts the days until they can finally be free. Until the night when their father's temper takes a horrifying turn for the worse, the perfect façade is exposed for the lie it is, and Zane and Britt manage to escape. With the help of their aunt, they rebuild their lives, creating new families and putting their past behind them. But can a past like that really be put aside? **Under Currents**, by Nora Roberts, is a great winter read, perfect for a Sunday on the sofa in front of a fire. Little Brown Book Group, R239.



Isn't it irritating when you watch a series and someone says 'the book was sooo much better'. Well, trust us when we tell you that when it comes to **Little Fires Everywhere**, the book is, indeed, so, so, so much better. This magnificently written story revolves around two families – a free-spirited, enigmatic artist and single mum, and a journalist who, with her husband and four children, lives the perfect life, where everything is strictly under control. How these women influence their own and each other's children, and how Celeste Ng captures the angst of being an adolescent, makes for a powerful, thoughtful read and a book that's completely unputdownable. *Little Brown Book Group, R288.*

Do you remember how your heart just swelled when you read *The Unlikely Pilgrimage of Harold Fry*? Well, it's time for an encore. Joyce Rachel's **Miss Benson's Beetle** is a story about a tiny insect, an exciting adventure and a deep, unexpected friendship. It's the story of Margery Benson, whose life ended the day her father walked out of his study and never came back. Forty years later, abandoning a dull job, she advertises for an assistant, someone who will join her on an expedition to the other side of the world to search for a beetle that may, or may not, exist. Enid Pretty is not who she had in mind. But together they will find themselves drawn into an adventure that exceeds all Margery's expectations, eventually finding new life at the top of a red mountain. *Penguin, R310.*

Twelve years ago, a child went missing. She was six years-old when she disappeared. Now she's home. Knocking on the door. But why won't she answer any questions? Where has she been? How did she find her way home? And who is she? SK Barnett's **Safe** is a thrilling read, with twist after twist until the very last page. *Penguin, R260.*



Two strangers are driving across America. Cait – whose job is to transport women to safety. Rebecca – who's trying to escape something. Out of respect, Cait never asks questions. But what if Rebecca's secrets put them both in danger? There's a reason Cait chooses to keep on the road, helping strangers. She has a past of her own, and knows what it's like to be followed. And there's someone right behind them, watching their every move. Read Jessica Barry's **Don't Turn Around** with the lights on bright! *Penguin, R310.*

This is, quite simply, the most exceptional wine we could wish to enjoy this August. Elegant and complex, **Glenelly Lady May** is all blackberry and cassis, dark cherry and spicy plum, with dense, age-worthy tannins. R520 from glenelly.co.za

Wish list

Travel and food and a touch of glam this August



Dreamy cake spoils

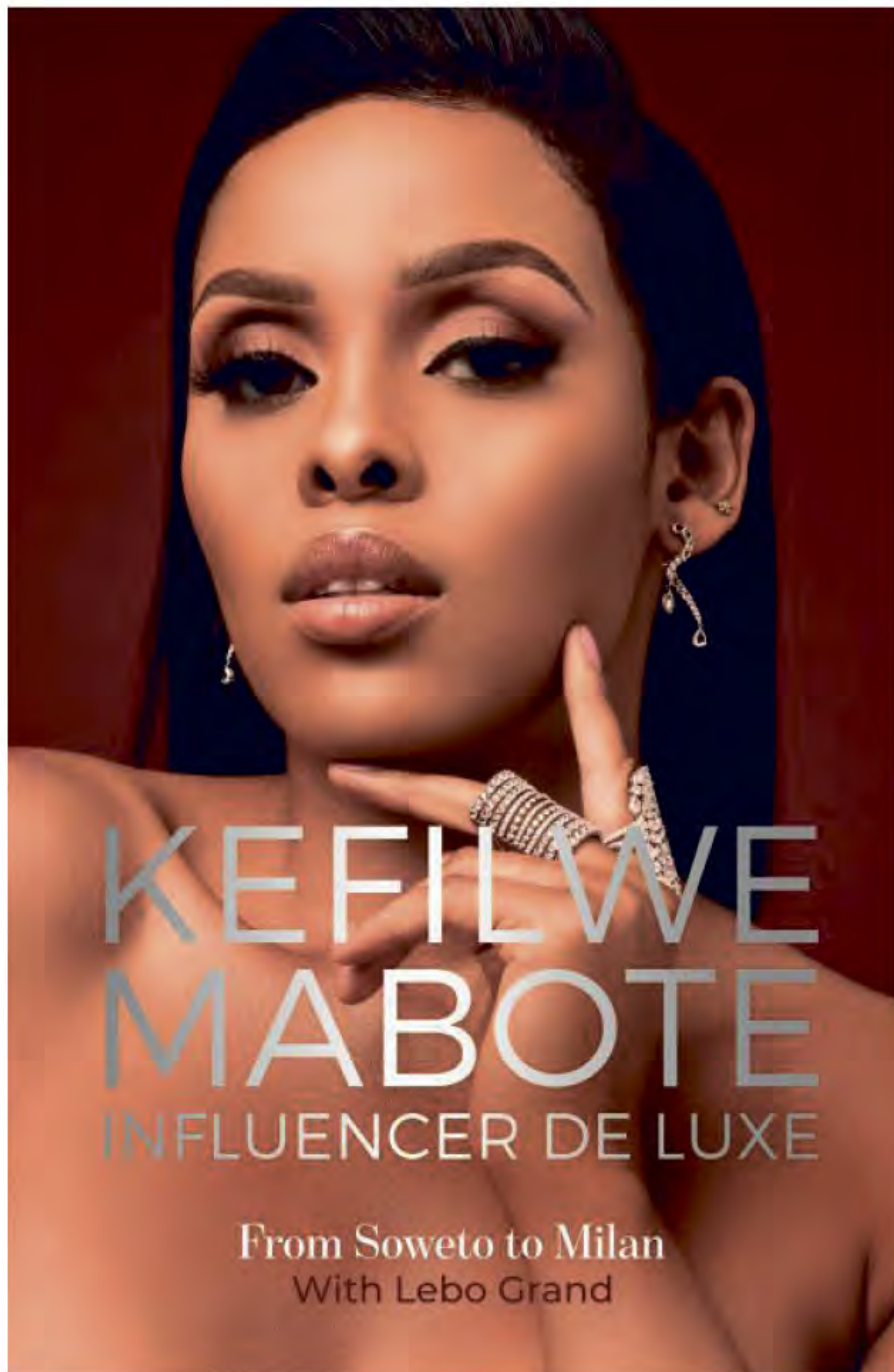
Our new absolute favourite Château Gâteaux flavour, **Vanilla Dream**, is now also available in the 18cm size. This means you can pile two (or more) cakes on top of each other to achieve a wonderful (and very on-trend) 'tall' cake. The Vanilla Dream a moist vanilla torte layered with a Chantilly cream, infused with vanilla seeds and topped with fine white chocolate shavings. The perfect companion to a hot cup of tea, a decadent post-dinner dessert and the perfect blank canvas for creating a beautiful celebratory cake.

How can anything gluten, dairy and egg free be delicious? We were skeptical too. But then we received an amazing press drop full of frozen meals, lunchbox snacks and baked treats from local farm-to-freezer caterers, FreeFromFood ... and we were blown away! **FreeFromFood** was founded by Christine van Niekerk after she completed a food sensitivity test and realised she had to significantly change her eating habits. Discovering there were very few tasty allergy-free options on the market, she decided to create her own range of meals and treats. All made with locally-sourced produce and free-range meat, FreeFromFood meal packages are aimed at taking the added stress of mealtimes (amidst so many other current pressures) away from you. They have vegan, flexitarian, meaty and kids meal options as well as lunchbox snacks and scrumptious baked goodies. As if that weren't enough to make you want to order straight away, FreeFromFood also offer a few options for you to be able 'give back' during this time of COVID-19. You can: buy one of their 2-pack masks for R100 and they'll give two to those who can't afford them; donate a food parcel (R100) to the hungry, which feeds a person for a week; or gift someone who needs a break from cooking (new mom, someone ill or a birthday gift) by giving them a gift voucher. Details: @freefromfoodza; www.freefromfood.co.za



WIN!

This women's month we are giving away two 18cm Vanilla Dream cakes to three very lucky readers! To enter, follow our social media pages and look out for the post with the competition rules. IG - @getitmagnc FB - GetItMagNC. To find your closest Château Gâteaux visit: www.chateaugateaux.co.za



From Soweto to Milan

So you want to be an influencer? A luxurious life flitting from one fitting room to the front row on fashion week. And, with a lot of hard work, you can, says Kefilwe Mabote, one of South Africa's leading fashion influencers. In **Kefilwe Mabote Influencer de Luxe**, candid autobiography-cum-guide, she reveals the secrets of her success ... from her humble beginnings in Soweto, all the way to the world's fashion capital, Milan. With loads of really useful, practical tips and real-world tools for building your digital brand, it's an inspiring read, written by an ordinary township girl who had a goal ... and went for it. *Human & Rousseau, R280.*

Look out for **Coach Blue**, which is about to land on the fragrance scene. All lime oil, absinthe and grapefruit, black pepper, cedar leaf and amber, wrapped up in a gentlemanly blue bottle. Gorgeous. From R970, at Woolies, Clicks, Truworths and Dis-Chem.



Top of our wish list ... to travel with the family

Trying to keep up with can we buy wine, can we walk in the park, can we travel, is exhausting. But we've found one rather special travel option we think will work – just be sure to time your arrival before our 9pm curfew.

Tintswalo Lodges has introduced a self-catering option for families and friends ... exclusive-use, self-catering options are available at three of the lovely Tintswalo properties.

With a choice of a safari or a coastal breakaway for a group of up to 10 people, the self-catering options are available at the Manor House at Tintswalo Safari Lodge in the greater Kruger area, the Tintswalo Family Camp in the Welgevonden Game Reserve in the Waterberg, and Tintswalo at Boulders Boutique Villa in Simon's Town. The Manor House at Tintswalo Safari Lodge in the Manyeleti Private Nature Reserve has spacious lounge and dining areas and deep, shady patios that are ideal for relaxation. The traditionally styled private villa has five bedrooms with en-suite bathrooms, two with outside baths for indulgent soaks under starlit skies. Welcoming children of all ages, the family-friendly destination comes with a swimming pool and rolling lawns protected by game fencing, overlooking a waterhole that offers excellent game viewing 24/7.

Tintswalo Family Camp Welgevonden in the malaria-free Welgevonden Game Reserve in the Waterberg ranks among SA's largest private game reserves and boasts a great variety of game, including the Big Five. There are five spacious, freestanding luxury units, a main lodge with lovely lounges where fireplaces keep things cosy, a swimming pool with poolside loungers and a viewing deck overlooking the waterhole. It's child-friendly and protected by electric fencing against predators and dangerous game to allow children the freedom to enjoy the outside areas.

With unobstructed views across Boulders Beach and its world-famous resident colony of endangered African penguins, Tintswalo at Boulders Boutique Villa boasts a unique beachfront location. With luxurious suites, open-plan lounges with fireplaces, a TV room, outdoor terraces, and a wind-protected courtyard with a fire pit, as well as a sea view pool on the top deck, this is indeed a luxurious getaway. The rate is R25 000 a night deal for 10 people, with a minimum stay of two nights. The lodges are fully serviced and all health precautions and safety protocols are fully complied with. Safari options also include two safari activities a day, a safari vehicle and the services of a guide, as well as a private chef, housekeeping, laundry and Wi-Fi. Excluded are food and beverages and gratuities.

Details: 021-773-0900 or tintswalo.com



TURNING SELFIES INTO SELF-PORTRAITS

Award-winning, internationally acclaimed Ballito-based wedding photographer Jacki Bruniquel has launched an online creative photography course specifically aimed at teens - who these days often spend the majority of their day on their phones!



It was while she was chatting to young Holly Calder that Jacki realised she could help teens turn their screen time into something special.

A LEADER IN THE INDUSTRY

Jacki Bruniquel is an internationally acclaimed, award winning South African photographer with an innate ability to tell stories and convey emotion with her camera. With a BA in Fine Art from Michaelis UCT and a Diploma in Photography from the Durban University of Technology, Jacki has, over the last decade, built a reputation as being one of the top wedding and portrait photographers in South Africa. She has been named one of the top 100 wedding photographers in the world numerous times and has become a leader in her industry, speaking at various conferences and expo's around South Africa and overseas. She also conducts workshops for photographers.

Here Jacki shows us what is possible with an old Iphone 6



A SCARY REALISATION AND A 'PENNY DROP' MOMENT

Teen Aphiwe Ngubane poses for and learns from Jacki



"I recently upgraded to a new Iphone," says Jacki, "and it flashed up saying that I spent an average of two hours a day on my phone that week (doesn't include my laptop time). I was horrified, as it amounted to 14 hours that week alone, which is an entire day!"

Jacki decided to search average screen times and was shocked to find a study claiming that the average modern teenager can spend anywhere between four to nine hours a day looking at a screen. "Granted, some of this time in the world of COVID-19 is attributed to educational Zoom classes, but a lot of it is actually spent on Instagram and Ticktok, playing games like Fortnite and chatting with friends."

Not long after this rude awakening, Jacki says, she had a conversation with a teen named Holly. "When I told Holly I am a professional photographer her big blue eyes lit up. Holly is a creative being and wants to learn to express herself and her vision of the world through photography."

It was at that moment that a penny dropped for Jacki and the idea of starting an online creative photography course for teenagers was born. "I didn't want to create one of those boring courses you can buy anywhere online. I wanted to hone all my expertise and experience as a professional photographer to create something really special."



THE ART OF BEING THROUGH SEEING

Because social media and screens disconnect us from the world around us, we are often so busy looking down at our devices that we stop taking in the real beauty in a moment. "It has been proved that social-media can cause anxiety. It places pressure to be a certain way instead of just being ourselves. As a person who has suffered with anxiety from a young age, I've spent a lot of time studying mindfulness practice. Whilst I don't always get it right, I know for sure that being in the moment allows for greater happiness and self-awareness. I believe that using photography as a medium has the potential to bring people into present."

Jacki's online course is called The Art of Being Through Seeing and is aimed at helping teens use their phones to connect with the real world rather than disconnect through mindless scrolling. "I want to teach them to open their eyes not only to really see



This beautiful pet portrait was captured with an Iphone 6

the world, but also to go on a journey of self-discovery and self-expression. In the process they will learn to take scroll-stopping images and develop their creativity." She says a good photographer can take beautiful pictures using any kind of camera, which is why the course uses mobile phone cameras, which are accessible for most teenagers.

The course is run via an online membership site where students watch educational videos, in their own time, that include theory lessons and practical demonstrations. There will also be practical exercises and students will receive feedback from Jacki on a secure online-chat group via voice notes. As an additional bonus, Jacki says Bretton Jones who is a master NLP practitioner and lifecoach will be doing video training on building self-confidence, setting goals and learning to manage stress.

Details: jacki@jackibrunique.com; www.jackibrunique.com.



Jacki says a good photographer can take beautiful pictures using any kind of camera



THE PR QUEENS

This women's month we chat to two North Coast public relations gurus, who both recently won prestigious awards in the PRISM Awards or, as they're known, the 'Oscars of the PR industry'.

If ever you've had the pleasure of meeting Janna Strang or Dionne Collett then you would know that they are both highly driven, successful business owners and mothers, who are also friendly and full of charm!



Janna Strang

Owner, PRomote Communications
Janna has an unmistakable smile and incredibly bubbly personality and is a one hundred percent self-proclaimed extrovert. She is passionate about what she does and is incredibly proud of her business, PRomote Communication, which she started eight years ago.
Born and raised in Durban, Janna studied English, media and writing

**I love the thrill
of matching
great content and
stories from clients
with great media
titles to reach the
relevant audiences.**

at UCT after school. This, she says, is where her 18-year love affair with PR and communications first began. After six years spent writing copy at various local and international ad agencies around South Africa and overseas, Janna returned to Durban and pursued her interest in public relations. She spent two years working at a top PR agency in Durban before starting PRomote Communication eight years ago.
Janna and her team received an award in the Crisis Management category for their handling of the communications around the 2019 Tsogo Sun Amashova Durban Classic at the recent PRISM Awards. Excited just to be first-time entrants to the awards, Janna says winning their category was simply the cherry on top. "This award also belongs to the Amashova Race Organisers who were allowed us to share our learnings through the PRISM awards about the handling of the unexpected crises that occurred during last year's



**PRomote Communication
owner Janna Strang**

edition of the race. They also demonstrated their faith in us to take the lead on the communication front which involved social media, media across all platforms and direct communications to stakeholders," says Janna.
Speaking about the PR industry, Janna says, "I love the thrill of matching great content and stories from clients with great media titles to reach the relevant audiences. There's nothing more satisfying than being part of the process of a great story that is published and truly resonates with the audience engaging with it, which then directly inspires the audience to engage with the brand, product, or service that the story is linked to."
Although the pandemic has affected their business in some ways, especially regarding clients who are involved in the eventing and hospitality industries, Janna says they have been able to adapt to the new circumstances. "We are lucky enough to only really need computers and phones to do the majority of our work. We really are fortunate not to have suffered a crippling loss of accounts and income like many other colleagues in our industry, simply due to the diversity of our clients. It has been inspiring though to see the level of creativity that has blossomed due to the restrictions and difficult situations people have found themselves in."
On the personal front, Janna comes from a close-knit family and has two siblings. The apple of her eye and her 'crowning achievement in life' is her beautiful son, six-year-old Ethan. "His infectious laugh and beautiful soul have been the light I needed to navigate through even the darkest periods in my life."

Dionne Collett

Take Note Reputation Management
When you spend time with Take Note owner Dionne, you know you are in the presence of a highly driven, well-informed, focussed business woman. But beyond that, she is also a dedicated mother, doting wife and lover of all-things-Africa.

Born in Nairobi, Kenya, Dionne and her family moved to South Africa when she was in her early teens. After studying hotel management and then travelling through Europe, Dionne's love for Africa pulled her home and into the hospitality industry. She serendipitously took up a job at a game lodge, which is where she met her husband of 19 years, Arthur.

Dionne's career led her doing the marketing for the a large hotel group in SA, which included 42 hotels, game lodges and resorts. During this chaotic time (there was a huge amount of travel involved), Dionne gave birth to their daughter, Kelsey. When their son Keegan came along they decided it was time to change their focus. "We started Take Note with the aim of delivering creative, sustainable and workable solutions for reputation management and brand enhancement."

Dionne says she is incredibly proud of their National Campaign of the Year award at the recent PRISM awards. "Our client, Bata, is the world's leading shoemaker by volume, serving more than 1 million consumers a day in 5300 stores. Their Youth Board of Directors campaign measures the youth-appeal of its shoes, showing that children are to be seen and heard in terms of what, when and where they make their choices about footwear. The campaign was a team effort on the part of the entire Take Note team."

About the PR industry as a whole Dionne says, "I love that fact that we work in various industries. It keeps life interesting! Being in reputation management allows us to work with brands, promotions and images and mould ways that let businesses see the result and a return on their investment in a positive manner. I love the fact that we get to see brands and businesses develop and grow with us by their side."



I love that fact that we work in various industries – it keeps life interesting!

Instead of focusing on the negative, Dionne and her family have chosen to make the best of the time they have been afforded due to lockdown during the pandemic. "It has made us sit back, breathe and appreciate what we have. We've had lots of quality family time, growing our own vegetable garden, doing gym under the big fig in our garden and just being grateful for all that is around us. Take Note Reputation Management is adapting and adjusting to what we all now know as the new 'normal', but I am not convinced we all know what that is yet! We have always been versatile and able to fit into the various industries we have worked in, so we feel we are always adapting and adjusting, not just because of the pandemic, but because every business needs to in order to keep up with the demands of our ever changing world."Di
Details: Promote Communication: 031 825 1244, info@promotecomunication.co.za/ janna@promotecomunication.co.za; Take Note Reputation Management: 031 564 8338, info@take-note.co.za



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& Strong & successful

There are very few things that can stop a determined, strong, hard working woman. Meet some of the top female business owners on the North Coast and find out what drives them to succeed.



SHARON CASTLE

Described as 'a light whose positive nature shines brightly', life coach Sharon has a zest for life that is rare. She dedicates her time to helping people transform their lives, and 'be the change, we wish to see in the world'. As an inspiring leader and in-demand speaker, trainer and coach, Sharon has helped people all across the globe, from all walks of life to transform their lives and change their brains! A fully accredited Brain Based Life Coach, Sharon has been involved in the personal development industry for 38 years. She is also a wife, mother and grandmother. With over 38 years of experience Sharon has coached thousands of people to create fulfilling lifestyles both in their personal and professional lives.

Details: Shop 21, Burnedale Place, Salt Rock Road, Umhlali, 083 449 5670, sharon@sharoncastle.co.za, www.sharoncastlecoaching.com, FB: SharonCastleHealingLifeCoach, IG: @coachsharoncastle/

JUDY MARTIN

In August of 2006 a local health shop was put on the market and, armed with very limited knowledge of the retail business but filled with passion for the health industry, Judy Martin took the plunge and Lifestyle Health was born. Fourteen years later, Judy is as passionate as she was then. She has gained loads of knowledge and has loved serving the community through her health shop. "I am as convinced now as I was then that a healthy lifestyle puts us at a distinct advantage when it comes to fighting modern diseases." *Details: Lifestyle Health, Shop 24A Lifestyle Centre Lifestyle Centre in Ballito, 032 946 0441.*



AMY MITCHELL

Studio Mitchell is an interior design consultancy based in Ballito - home to London-trained principal and creative director Amy Mitchell. Studio Mitchell offers full service interior design solutions for residential and commercial clientele. Having studied and worked in London for a number of years Amy relocated to SA to open her own interior design company. Whilst she has always been interested in all design genres, her passion is to embrace nature, creating authentic, thoughtful and liveable spaces. Her focus is to create a lifestyle for living - with truly comfortable, classic and contemporary pieces. *Details: www.studiomitchell.co.za / https://www.instagram.com/studiomitchell/*

VANESSA FRANCES

"Success does not come without hard work or taking a risk. You need to be brave in order to survive in the world of business." A wife, mother to teenage twins, competitive solo line dancer and client services director for Brunational Vanessa Frances has been involved in the manufacturing of beauty products for the past 17 years. She opened the Brunational Factory shop and distribution centre in Ballito eight years ago with the aim of providing quality skin and body care products to the public and beauty industry at affordable prices. We love our customers and are always willing to go the extra mile to assist with their requirements or new developments. *Details: Vanessa 083 600 4211, 032 586 1406, vanessa@brunational.co.za*





MARGARET BERICHON

Interior designer Margaret Berichon has completed numerous Interior projects since she opened her business in 2005. Working closely with architects and their clients, her team creates beautiful spaces, often working on numerous projects at the same time. This, she says, is a testament to their service. "We create Interiors that are authentic and spaces that reflect the people that inhabit them." Margaret specializes in residential renovations and new builds as well as project management, full interior specifications, kitchens, B.I.C's, cabinetry, and bespoke furniture design. Margaret is one of a few NHBRC registered women in the country. *Details: B Design Studio 082 716 6914 margaret@bdesignstudio.co.za, www.bdesignstudio.co.za*

KARIEN HUNTER

Karien Hunter is a well-known property lawyer and property expert. She is the founder and director of renowned Durban property law firm, AMC Hunter Inc and boasts 30 years' experience in property law, corporate governance and dispute resolution. She now brings this wealth of expertise and knowledge to real estate agency' and body corporate management company, PropDirect. In addition to her skills as a property lawyer, and dealing with large volumes of property sales and transfers, Karien has had hands-on experience in managing an estate agency and has assisted and advised numerous scheme and developer clients. *Details: AMC Hunter Inc, 032 946 2337, karien@amchunter.co.za, www.amchunter.co.za*



CANDY BUTLER

Candy Butler, owner of Summa Foods, lives a healthy life and has been a personal trainer for many years. Her passion for healthy eating became a way of life and when she became a mother, caring for the health of her child confirmed to her that one's happiness and productivity is heavily influenced by what we eat. It was through this journey that her passion for smoothies grew. "My smoothies are healthy and tasty ... and so convenient. I started sharing my smoothies with family and friends and realized I could freeze the ingredients and have them ready to blend before school or work, or gym." Candy recently launched her tasty range of Summa Smoothies through Summa Foods. *Details: 072 807 5796 hello@summafoods.co.za www.summafoods.co.za @summa.foods*

LARA JAMES

Lara James is the founder owner of The Ballet Lady dance-wear shop. A woman-lead and run business, Lara and her team pride themselves on delivering great, personalised service. "We are professionally trained to fit dance shoes, especially pointe shoes, so that the dancers get the best possible fit and have an amazing experience in our store." Lara also provides a customized sewing service to make leotards and dancewear. They stock dance gear and shoes for ballet, modern, tap, contemporary, ballroom and Latin, as well as gymnastics and Spanish dancing. They have two stores. *Details: The Ballet Lady, 98 Ferguson road, Glenwood, Durban, 082 826 9922 and Burnedale Farm, Salt Rock, 073 628 3649.*





ASHLEIGH DAWN NAICKER

Founder and owner of Ashleigh D Hair, Ashleigh is a strong entrepreneur who started her business in Salt Rock in 2011. A visionary, who steers the business in positive and challenging times (including the COVID-19 crisis), Ashleigh has shown leadership in keeping the business alive and pivoting to create employment and continue serving customers. The salon celebrates their talented committed staff who serve amazing, loyal clients. "A heartfelt thank you to our team, clients, suppliers and community for their ongoing support. We are in business because of you." *Details: Ashleigh D Hair and Nails Salon, 032 525 5227, WhatsApp: 084 046 8354, info@ashleighd.co.za, IG: ashleighdhairnails, FB: Ashleigh D Hair & Nails*

LEANNE PECHEY

Founder and managing director of MATRIARCH, Leanne Pechey is a matriarch in her own right. A past winner of the Businesswomen's Association (BWA) Regional Business Achiever Awards, which recognises outstanding South African businesswomen, Leanne is passionate about growing the field of cause-related marketing. Her hope is that more money from brands and corporates will be used responsibly to fund programmes and initiatives that make a marked and meaningful difference in the world. A charismatic and nurturing leader, Leanne has headed up her national experiential and marketing business for over 21 years. Amongst their top clients are Woolworths, Standard Bank, Beiersdorf, Illovo Sugar SA, Pioneer Foods and Unilever to name a few. *Details: www.matriarch.co.za, FB: https://www.facebook.com/MatriarchSA/?fref=ts, IG & Twitter: @MATRIARCH_SA*



SARAH COLLINS

Inventor, CEO and equality innovator Sarah Collins is best known as the creator of the Wonderbag. Over the past 12 years over 1.5 million Wonderbags have been activated and Sarah's dedication, resilience and determination have earned her numerous international accolades. The Wonderbag is a non-electric portable slow cooker that not only saves lives from smoke inhalation but aids in combating deforestation, providing time for women to work and for children to go to school and preventing rape (82% of rapes happen while gathering firewood). Amazingly, Wonderbag now offers appealing investment opportunities for heavy carbon producing businesses to offset hundreds of thousands of carbon credits through Wonderbag's various mitigation projects. *Details: Twitter and IG: @TheWonderbag, FB: Facebook.com/TheWonderbag, www.wonderbagworld.com*

JENNY SMART

Jenny is the founder of Beach and Beyond, one of South Africa's leading swimwear manufacturers and retailers. After spending 12 years in the swimwear industry in London Jenny saw a gap in the SA market for really beautiful swimwear. She launched her business in 2011. Jenny and her team have adapted to the turbulent times, switching from making bikini's to making silk masks and loungewear as the customer's needs change. "We are lucky to have our own design studio right here in Ballito so we can offer made-to-measure swim-wear, resortwear and loungewear." She also empowers local women through job creation in the stores and design studio. *Details: Ballito Lifestyle Centre, 032 586 3221 / Ballito Junction, 032 586 0668 / Umhlanga Centre, 031 561 1939 / Gateway, 031 5847423. www.beachandbeyond.co.za*



WOMEN OF THE FARM

If you have small children, chances are you've spent a bit (or a lot) of time at the Flag Animal Farm in Sheffield. If you have, there is a strong likelihood that you will have bumped into the woman behind it all ... owner and mother of two, Genevieve Chisholm.

▶ WATCH NOW



Text: LEAH SHONE | Photograph: CHRIS ALLAN

The women of Flag Animal Farm, Odile Foster-Greenwood and Emma, Gen and Chelsea Chisholm

Very few people in this world are as dedicated to and passionate about animals as Gen. Not only is she a mom to her two daughters, Chelsea and Emma, but she is also mom to the more than 1200 animals that call the Flag Animal Farm their home. From tiny chicks and baby goats to giant pythons, cows, horses and even wolves, Gen and her family pour their hearts into caring for these animals day in and day out.

But it is her own mother, Gen says, who inspires her to do the work she does - and the two of them are a formidable force both behind the scenes and on the ground at the farm. A true family-run business, Gen and her mom work hand-in-hand with Gen's husband Cameron and the rest of their staff to ensure every animal is cared for, fed and loved.

A born and bred and very proud North Coast farm girl, Gen grew up on a sugar cane farm with her family in Umhlali. Her mother, Odile Foster-Greenwood who is of Mauritian descent, also grew up on the North Coast. Having always been an 'animal mad' family, Gen says buying Flag Farm 19 years ago and then building it up to help change lives has been her greatest dream come true. "As a family we have poured our hearts and souls into making this the biggest domestic animal rescue centre – and you can feel the love from our animals. They are family to us," says Gen.

While Gen handles the front-of-house, facilitating welfare, marketing and managing 'team Flag', Gen says Odile plays a vital role behind the scenes. "I love being out and about with all the awesome animals and families and teaching children about animals is my passion. My mom does the important work of handling all the paperwork and accounts."

Asked what the secret is to mom and daughter successfully working together, Gen says, "we have learnt to forgive quickly and love enormously. You have to love each other through all the ups and the downs. My mom and I share some incredibly special moments and I miss her when I don't see her for even a day."

The next generation of Flag Farm



They share many responsibilities with the rest of the family and through animal rescue they have earned humility, kindness and wisdom. Their joy is Flag

women are Gen's two daughters Emma and Chelsea. The girls have literally grown up on the farm and this, Gen says has had a profound impact and influence on the young people they have become.

"I remember once when Em was around 3-years-old and we collected some rescued chicks. Driving to Flag I noticed she had taken one out the box and was warming it. I asked her why she chose that one and her reply was, 'mum it's the weakest one and I'm saving its life.' I knew then that she had the same dreams and goals as we did and my heart sang."

Emma is now 9 and Chelsea 6 and they absolutely love the farm. "They are so confident with and knowledgeable about the animals. They share many responsibilities with the rest of the family and through animal rescue they have learned humility, kindness and wisdom. Their joy is Flag."

Gen hopes that one day the girls will take over the farm. "I would love them to take over one day if it's what their hearts desire. They have been a part of it since they were born. Em says she wants to be a farmer at Flag like her mum and Chelsea wants to ... (take over the world with her sparkle!) it changes every day but I pray that one of them will become a veterinarian – that would be a massive help!"

Smart & stylish



Text: LEAH SHONE

There aren't many women as focussed and driven as Shilpa Mehta. In celebration of women's month we found out a little more about this stylish Umhlanga entrepreneur, who is as much at home in a company that produces military equipment and car tracking devices as she is in an elegant restaurant.

There have been many promises to transform Durban into a smart city, but it is entrepreneurs like Shilpa Mehta who can truly make it a reality. As the co-owner of tech and electronics company Production Logix and the first female president

Even when we are at the dinner table we have detailed discussions about new developments and strategy, what the big challenges are and what needs to be done to get through them.

of the Durban chapter of the Global Entrepreneurs Organisation, Shilpa, it seems, was always destined for greatness.

Born and raised in Durban, Shilpa

studied at UCT where she majored in finance and accounting. She finished her studies at auditing firm KPMG before joining investec Bank. Realising she wasn't fulfilled in the somewhat dry world of accounting, Shilpa decided to leave the world of finances and join her family business, Uniprint (which was started by her great grandfather 95 years ago) in 2014.

"Being a CA gave me an excellent grounding but I knew from the beginning that accounting wasn't my passion. After completing my articles, I went into investment banking. Whilst I was exposed to many talented individuals and learnt a lot about deal structuring, debt funding and property, I still felt that I needed to create something of my own," she remembers.

Shilpa put her experience to good use in the family business, which started building itself into a JSE-listed powerhouse. But still, something was missing. In 2016 she and her industrial engineer brother Ushir started looking for their own business.

Together they bought Production Logix. With its head office and state-of-the-art manufacturing facility in Westmead, the company assembles printed circuit (PC) boards - which drive almost every electronic device today. Each can have up to 350 different components which are attached to cards using either sophisticated automation or by

highly trained and skilled staff.

Not only do they provide full turnkey solutions that extend from actually sourcing and buying the individual components to assembling the PC boards to loading the software, the company also prototypes new designs.

"I come from a family of entrepreneurs, so I guess I was destined to be one. When we get together as a family, we either talk about travel or business. Even when we are at the dinner table we have detailed discussions about new developments and strategy, what the big challenges are and what needs to be done to get through them. So, this has been ingrained in me since childhood and I couldn't imagine doing anything else," she smiles.

Besides her business, travel and good food are Shilpa's other two passions.

"I'm a foodie and a vegetarian and one of my favourites spots on a Friday night is Al Firenze. The Melanzane Rosti is my favourite. It's the best place to catch up with friends and unwind after a busy week. I also love a lazy Sunday lunch at Bel Punto or the Oyster Box Hotel, where the sea views are gorgeous and the atmosphere is peaceful and relaxing."

When she gets the odd bit of time off Shilpa enjoys early morning runs on the Umhlanga promenade or a cycle over the weekends finished off with a coffee at African Roots, Bike and Bean or Tiki Tonga.

HEALING WITH THE KETO SURFER



Text: LEAH SHONE

Drawing from his own experiences, Dino Giovannoni helps people heal themselves using diet and exercise.

Dino Giovannoni has survived a broken neck, cancer of the spine (twice), countless surgeries and a bone marrow transplant. He is an extreme sports addict and is passionate about helping people heal themselves through nutrition and exercise. The 'keto surfer' shares his story.

One would think that breaking your neck is pretty much one of the worst things that can happen to a person - especially when you are an active, avid surfer in your twenties. But this wasn't the case for Dino.

In fact, it was through breaking his neck that doctors were alerted to the fact that he had cancer of the spine. It also ended up being the catalyst towards him finding his true passion in life - to help others heal themselves and fight disease through diet.

A BUMPY ROAD TO RECOVERY

After his diagnosis, Dino underwent three neck surgeries to fully remove the tumour, as well as radiation and chemo. He was then told that he was in remission and that he would never surf again.

For 10 years Dino struggled with neck pain while trying to return to normal and participate in the sports he loved, including surfing, which he started again in 2018. The following year though, in January 2019, Dino began having numbness in his feet. An MRI revealed 11 bone lesions in his pelvis and thoracic spine. Through his five months of chemotherapy Dino started researching alternative ways to stop the cancer.

A DIFFERENT TAKE ON HEALING

"I went to see an old friend who has been healing people with nutrition for over 25 years. He put me on a Ketogenic diet, combined with intermittent fasting, and it gave me my life back." Dino started surfing and mountain biking again and in October 2019 he underwent a bone marrow transplant. "I flew through the process, which was quite record breaking from a medical science perspective, as I harvested the most stem cells and spent the shortest time in isolation of any patient. I also did not require any blood transfusions during my transplant!" Dino attributes this to his strict diet and fitness regime and says it was through this process that he discovered a new passion. "I wanted to learn more about nutrition and helping people heal themselves. I did several online courses and qualified in keto coaching, intermittent fasting, supplements advisor and nutrition to stop inflammation."

Dino excelled in all of his courses and now hopes to help others. "My goal is to educate others and help them follow preventative diets in order to stop a number of common health conditions - including cancer - before they start." Dino has also launched a range of health products, which include hydrolysed collagen powder, bullet proof coffee creamer and pure MCT oil, amongst others.

Details: www.theketosurfer.com



PROMOTION

HEALING HANDS

In honour of the month dedicated to women, we'd thought we'd introduce you to some of the top female medical professionals on the North Coast . . .



RENÉ VAN DEN HEEVER

Owner, and optometrist at Kijk Optometrists in Salt Rock, Rene van den Heever opened Kijk in February 2019. She, her husband and their two children live in Salt Rock and she loves working and living in the neighbourhood. "I love colour. I love people. I love beautiful glasses and feel it is very important to spend enough time choosing the right frame for the right person. Overall eye health is just as important as the ability to see in the now. I enjoy sourcing sport-specific sunglasses and love working with children." Details: Kijk Optometrists, 032 815 2911, Shop G5, 59 Basil Hulett Drive, Salt Rock, ,rene@kijkoptom.co.za, www.kijkoptom.co.za

STELLA SCHRODER

Stella made Ballito her home in 2007 and says she loves the incredible lifestyle here. In her free time, she enjoys the outdoors and catching up with friends and family. She knew she wanted to be a physio from a young age and joined the Ballito based practice after completing her training. Now Schröder Macquet Physio Inc is a well-established physio practice which prides itself on high-quality rehabilitation offerings from orthopaedic and sport injuries and back and neck pain to headaches and sinusitis. Details: Schröder Macquet Physio Inc, The Well, Simbithi Office Park and The Quarter (in Tash B studio), 032 815 0630, FB and IG: @physioballito



DR TANYA VAN DER MADE

Dr Tanya van der Made is a Specialist Physician with experience towards her fellowship in Endocrinology. Her areas of expertise include diabetes, osteoporosis, and thyroid issues. She joined the practice with top endocrinologist, Dr Joanna Skelton at Gateway Private Hospital. Dr Tanya believes in a holistic approach to patient care. She is married with two sons and is available for consultations at both Gateway and Ballito (for physical appointments) as well as virtual consultations during COVID-19. Details: 031 492 1470, doctorvandermade@gmail.com





SARISHA HARIPERSHAD

Owner and optometrist at Torga Optical Ballito Junction, Cornubia Mall and KwaDukuza Mall, Sarisha Haripershad continues to be committed to her patients. The role of an optometrist is to provide primary eye care, addressing both eye health and vision concerns. This includes testing, assessment and diagnosis as well as providing vision correction through vision training, glasses or contact lenses. Sarisha has strong family values and is married to Satish Bechoo. They have a beautiful 4-year-old daughter, Zara. Sarisha lives by the saying, "success isn't about how much money you make, it's about the difference you make in people's lives." Michelle Obama. Details: 032 946 1416, ballito@torgaoptical.co.za, 031 502 1658, cornubia@torgaoptical.co.za

DR. STACEY LOCK

Oral health is pivotal to our overall health and wellbeing. This, dentist Dr Stacey Lock says, is why she is passionate about educating her patients and treating them at the highest level possible. "I am especially passionate about treating children and correcting unfavorable habits and jaw relationships that can negatively affect children later on in life. Modern dentistry technology plays a vital role in allowing us to give our patients the best possible treatment, including using 3D technology to digitally plan and then treat patients with clear aligners such as Invisalign. Details: The Cosmetic and Dental Emporium Sanhall Office Park, 1 Kirsty Close, Ballito, 032 586 3284, ballito@thecde.co.za, www.thecde.co.za, @cosmetic.and.dental.emporium



DR. KAYLA ANDREW

Dr Andrew is a qualified general practitioner with a special interest in aesthetic and anti-aging medicine. She also has an advanced diploma in aesthetic medicine and a keen interest in aesthetics and dermatology. Dr Andrew performs various non-surgical, minimally invasive cosmetic procedures, including fillers, botulinum toxin injections, thread lifting, chemical peels, mesotherapy, aesthetic lasers, soft surgery with plasma technology, PRP, gynaecology, weight-loss treatments and hair-loss therapies. "Aesthetic medicine is an amazing balance between medicine, science and art – respecting a patient's individuality is also critical to achieve elegant and natural results that enhance already beautiful features." Details: Dr Andrew is based at Institute of Aesthetic Options, The Pearls Mall, Umhlanga Rocks, 087 806 8700 (Whatsapp: 072 401 4956), office@aestheticoptions.co.za, IG: AestheticOptionsZA, www.aestheticoptions.co.za



DR KIM BISHOP

General practitioner - Offering general medical care for the whole family, Dr Bishop's special areas of interest include women and child health, nutrition, lifestyle conditions and mental health. "It is a great privilege being a doctor in private practice on the North Coast, servicing an ever-growing, dynamic population. I have a true passion for health and wellness and our main objective at Active Care is to provide quality, wholistic care for the whole family," says Dr Bishop. Details: Active Care Clinics Ballito Junction Regional Mall, 032 586 0949, ballito@activecareclinics.co.za, www.activecareclinics.co.za, follow Kim on Facebook - Dr Kim Bishop-General Practitioner - and Instagram - @dr_kim_bish



HEALTHY BAKED SPOILS

While battling the ups and downs of this 'coronacoaster', many people have sought comfort in bags of sweets and home-baked sweet treats. In an effort to help satisfy these crazy sugar cravings, in as healthy a way as possible, we asked Umhlanga foodie Jo Hill for some recipes from her recently released recipe book.



Text: LEAH SHONE

Umhlanga foodie and
cookbook author Jo Hill

You wouldn't ordinarily expect to find ingredients like pumpkin, cauliflower and chickpeas in delectable baked goodies - but these are exactly the kind of additions that make Jo's recipes healthier than the traditional kind.

We asked her what the secret is to maintaining some form of balance in your eating habits during these stressful times. "This is one of my favourite topics! Believe it or not, I don't believe in dieting. I feel that the best way to diet is not to diet! To be successful, I believe you have to find a way of eating that is sustainable and fun."

If you aren't a fan of sweet treats and would prefer grilled chicken and steamed broccoli for every meal then, Jo says, that's exactly how you should eat. "But most people that I chat to are just like me, we want something to curb our sweet tooth. I can speak from personal experience here ... a diet that is full of restriction will, more often than not, result in binge eating." So, what does she do to prevent this?



Jo portions out and keeps a stash of healthy treats in the fridge or freezer



"I like to include healthy treats into my diet every single day!! Your diet should be one that you love and one that you can sustain long term! The recipes I share on my website and social media platforms, as well as in my recipe book, are all easy to follow,

To be successful, I believe you have to find a way of eating that is sustainable and fun.

super healthy and can be eaten every single day. I like to portion out and keep a stash of healthy treats in the fridge or freezer. I spend time on a Sunday meal-prepping for the week ahead and this includes baking. It takes me an hour to get myself sorted for the week ahead."

Details: IG: @pullupsandpeanutbutter;
www.pullupsandpeanutbutter.co.za

Pumpkin Curry

INGREDIENTS

500g pumpkin, chopped into cubes
3 - 4 medium-sized, sliced baby marrows
3 cups baby spinach
1/2 a red onion, finely chopped
1 tbs curry powder
2 cups unsweetened almond milk or light coconut milk
3/4 cup vegetable stock (1 heaped tsp dissolved in 3/4 cup boiling water)
1/2 cup chopped coriander

METHOD

1. Spray a pot with some cooking spray and add the red onion and curry powder to it. Dry fry until the onion starts to soften.
2. Add the pumpkin to the pot, followed by the almond milk and vegetable broth.
3. Bring to the boil and then reduce the heat, place a lid on the pot and let it simmer for 6 to 7 minutes.
4. Add the sliced baby marrow and let the curry simmer for a further 5 minutes or until the pumpkin is soft.
5. Stir in the baby spinach leaves.
6. Remove from the heat and add the chopped coriander.

Jo's tip: Serve with basmati rice.



Pumpkin Gingerbread Loaf

INGREDIENTS

2 cups oat flour
1/4 cup instant oats
1/3 cup almond flour
1/2 cup pumpkin puree
1/2 cup honey
2 eggs
1 tbs vanilla essence
1/4 cup almond butter
1/4 cup molasses
1 tsp bicarb
1/4 tsp himalayan salt
1 tbs ginger
1/2 tsp mixed spice
1/4 tsp cinnamon
Crystallised ginger (optional)

METHOD

- 1) Preheat oven to 180 degrees and spray a large loaf tin with cooking spray.
- 2) Add the oat flour, almond flour,

instant oats, bicarb, salt, ginger, mixed spice and cinnamon to a bowl and mix until combined. Set aside.

3) To a food processor or blender, add the pumpkin puree, honey, almond butter, molasses, eggs and vanilla essence. Blend until fluffy and creamy.

4) Make a hollow in the middle of the dry ingredients and pour the pumpkin mixture into it.

5) Gently fold the two mixtures into each other until combined, being careful not to overmix.

6) Pour into the prepared loaf tin and top with some chopped, crystallised ginger.

7) Bake for 25 - 30 minutes. Switch the oven off and allow the loaf to remain inside the oven for a further 10 minutes.

Jo's tip: The game changer in this recipe is the molasses and the almond butter. The two complement each other so well! You'll see...

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PROMOTION

SAFE, INNOVATIVE DINING

The restaurants on Eat Street at the Ballito Lifestyle Centre have become synonymous with fantastic food and excellent service. Now, having changed with the times, they also offer customers a safe, innovative dining experience.



If you've been a little wary about venturing out to your favourite restaurant, but are dying to enjoy an incredible meal, then you should make your way to one of the top-notch restaurants situated in Eat Street – either in person or online.

All of the restaurants located in Eat Street have, over the past few weeks, implemented rigorous health and safety protocols, and a number of advanced digital interventions to adapt to the changing times.

Ordering a meal online couldn't be easier, and it's a great alternative if you prefer dining in the comfort of your own home. The process is quick and seamless and you can either pick your meal up or have it delivered, for free!

The first step in the online-ordering experience is deciding which restaurant

you want to eat from. This is by far the hardest part. With 45 On Eat Street, Lupa, Attikos and Peron Peron as your options, it's not an easy decision. Once you've chosen your restaurant, simply go to their website or Facebook page, click ORDER ONLINE NOW and browse their online menu. Then it's a case of selecting your meals, choosing your method of payment and deciding if you'll be picking up or having the food delivered, which they'll do for free within a 10km radius for orders over R200!

And, in true Eat Street style, you can rest assured that these are not your 'typical' takeaway-type meals. Enjoy incredible sushi or the famous oriental-glazed ribs from 45 On Eat Street, crispy lamb chops, traditional Greek salad or baklava from Attikos, any one of the



Scan the QR code at Attikos Mediterranean Grill to view their menu



ALCHEMY



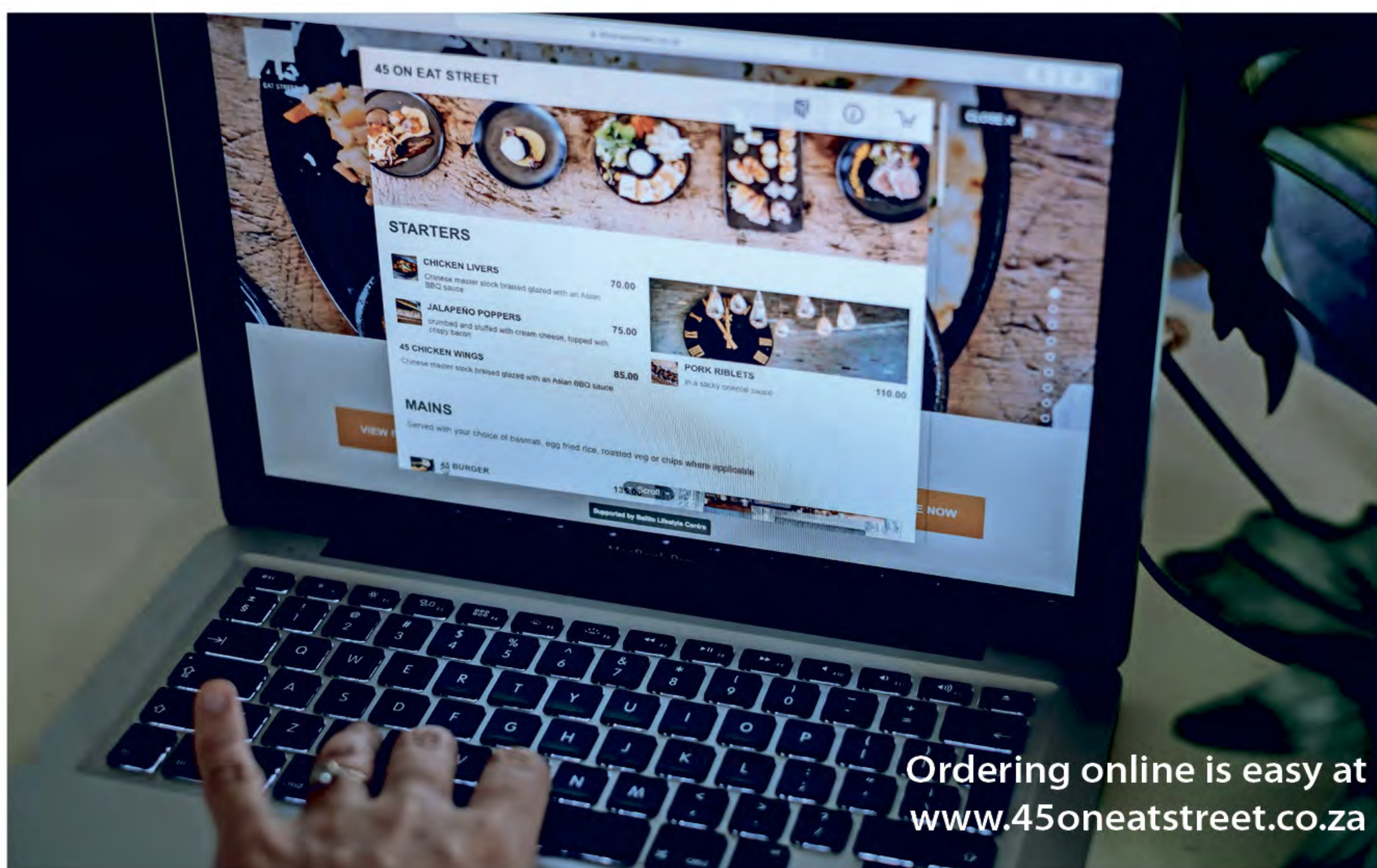
ATTIKOS
| MEDITERRANEAN GRILL |

popular pizzas or pastas from Lupa or wood-fired Argentinian cuisine from Peron Peron. Delicious Portuguese fare can also be ordered from Beira Alta via the Mr D app. While dining in the comfort of your own home is wonderful, nothing beats enjoying a meal with the atmosphere and excellent service at any one of these restaurants. Take a seat inside or outside in the warm winter sun and enjoy breakfast at Zaras, all-day brunch at Alchemy Kitchen, fantastic lunch specials from all the restaurants and live music on weekends. Modern technology makes the process smoother, with guest registration via QR code on arrival, no-touch menus (whereby guests scan a QR code on their phone to peruse the menu) and a host of other health and safety measures to ensure you are socially-distanced and protected. Lockdown has been long and unforgiving, but now you can ease the stress a little by enjoying a scrumptious, safely-prepared and served meal at your favourite Eat Street spot!

Details: Book a table or order online at one of your favourite restaurants by visiting www.ballitolifestylecentre.co.za/eatstreet where all the Eat Street restaurants' details can be found



Sushi from 45 on Eat Street



Ordering online is easy at www.45oneatstreet.co.za

SAFETY MEASURES IN PLACE INCLUDE (AMONGST OTHERS):

- * Touch-free foot operated hand sanitisers on arrival as well as hand sanitisers on the tables;
- * All staff wearing face masks (covering their nose and mouth), as per WHO recommendations;
- * Temperature checks on arrival with details recorded;
- * Sufficiently spread out tables to ensure social distancing;
- * Daily staff temperature checks and regular sanitising by front-of-house and back-of-house staff;
- * A cleaner stationed in the rest room to sanitise after each use



We're ready to seat you at

EAT STREET

Lifestyle
THE BALLITO WAY

RED WINE & SLOW FOOD

Lamb shank and oxtail and a bottle of smooth, luscious red. We're loving winter



Slow-braised Karoo lamb shank

(Serves 4 – 6)

Warm up with a hearty meal of slow-braised Karoo lamb shank ... rich and delicious, cooked until the meat falls off the bone. The recipe was shared by Spier Hotel ... it's winter food at its best. Serve it with a bottle of **Spier Creative Block 3**. Subtle, perfumed notes of blackcurrant, blackberry, raspberry, pomegranate and mulberry are followed by spicy flavours of black pepper and coriander ... it's a silky, rich mouthful.

You'll need:

30 ml (2 Tblsps) vegetable oil; 4 medium-large lamb shanks, trimmed of excess fat; 1 large white onion, diced; 2 large carrots, peeled & finely chopped; 6 garlic cloves, finely grated; salt and freshly ground black pepper, to taste; 500 ml (2 cups) beef stock; 375 ml (1.5 cups) good red wine; 4 large tomatoes, chopped; 30 ml (2 Tblsps) tomato paste; 4 sprigs rosemary; 4 sprigs thyme; 5 bay leaves

Method:

Preheat the oven to 160 °C. Heat the oil in a large, wide oven-proof pot over medium-high heat. Brown the shanks on all sides, then remove from pot and set aside. Add the onions and carrots to the pot and fry over medium heat until softened, then add garlic and cook for one minute. Return the shanks to the pot and season generously with salt and pepper. Add stock, wine, chopped tomatoes, tomato paste and herbs. Bring to a simmer, then cover the pot with a lid. Transfer to the oven and cook for 2 ½ - 3 hours, or until the meat starts falling off the bone. Remove shanks from pot and set aside. Discard bay leaves and herbs from the sauce and place pot on stove. Simmer sauce over medium heat until thickened to your desired consistency. Add the shanks and serve warm with (optionally) herbed pap and vegetables.

You can order Spier Creative Block 3 online for R179 from shop.spier.co.za

Oxtail with green olives and orange

Winter is the time to bring out full-bodied reds, best enjoyed by the fireside or with heart-warming comfort food. New **Roodeberg Reserve**, a blend of the finest wines in the cellar, is the perfect freezing-day food companion ... think meaty casseroles, roasts and game dishes. An intense and richly textured wine, its intricate layers of red plum, blueberries, crushed herbs and tobacco leaf with hints of dark chocolate are rounded off by soft, silky tannins. The wine infuses rich flavour when added to hearty winter dishes like this one, from foodie Elmarie Berry.

You'll need:

2,5kg oxtail; olive oil; 2 onions, diced; 2 Tblsps soy sauce; a few sprigs fresh rosemary; 4 bay leaves; 1 glass Roodeberg Reserve; 1 cup beef stock; finely grated rind of 1 orange; 200g pitted green olives; 200g button mushrooms

Method:

Preheat oven to 200°C. Heat the olive oil and fry the onion until soft. Spoon it out and add oxtail to the hot pan. Fry until golden brown. Add the cooked onions, garlic, bay leaves, rosemary, wine, stock and orange rind. Place in the oven and bake for 3 to 4 hours. Check on it and add extra liquid if necessary. Add the olives and mushrooms and bake for another 1 hour.

Roodeberg Reserve Red 2017 costs around R165 a bottle, and can be found at selected Pick n Pay stores, or ordered from kwvemporium.co.za





Chocolate fondant with Lindor

We're fond of a good Pinotage ... the **FAT Bastard Pinotage** is a great choice. This deep ruby red, medium bodied wine is all lush dark fruit with hints of chocolate and mocha. Perfect to serve with one of our favourite desserts ... a rich chocolate fondant. This one, created for FAT Bastard by Sam Linsell, is a wonderful way to end a winter meal.

You'll need:

200g dark chocolate, chopped; 100g salted butter; 1 tsp good quality instant coffee granules or ½ tsp espresso powder; 2 free-range eggs; 2 free-range egg yolks; ½ cup (110g) caster sugar; ¼ cup flour; 4 white or milk chocolate Lindt Lindor balls or 3 x squares from a slab; cocoa for dusting

Method:

Preheat your oven to 200°C / 400°F and grease 4 dariole moulds or ramekins (each with an approx capacity of 250ml / 1 cup). In a small pot melt the butter, coffee and chocolate until smooth. While it's melting, using an electric beater, whisk the eggs, egg whites and sugar until pale and fluffy – about five minutes. Add the chocolate mixture and flour and briefly mix until well combined. Divide the mixture evenly between the four moulds and lightly press the Lindt Lindor balls/squares into the mixture in the middle. Bake for 16 to 18 minutes on a baking tray until they've puffed up and are firm on the top. Gently scrape a knife round the edges to loosen and tip out onto plates to serve hot.

This makes 4 generous fondants, so you could quite easily make 6 to 8 much smaller ones. Just reduce the cooking time down to 12 minutes and halve the quantity of Lindor chocolate you add to the middle. FAT Bastard Pinotage can be ordered for around R120 a bottle from shop.fatbastardwine.co.za



After-dinner coffee

What was the worst thing about lockdown? Not getting our daily Starbucks fix. Even though we're now able to pop down to our nearest Starbucks, we're delighted that **Starbucks At Home** has just been launched. The same premium, instant coffee in a choice of medium and dark roast coffees we're used to ... as well as a variety of coffee beverages. An add-on to the existing range (we're already fans of the **Nescafe Dolce Gusto by Starbucks capsules**), the new range is available in multi-serve tins and single-serve sachets. You'll find them at stores including Checkers, Pick n Pay, Spar and Makro as well as convenient online platforms such as Pick n Pay Online and Takealot.



Nothing beats finding that perfect Cabernet Sauvignon. One that's structured and accessible enough to drink on its own, but also pairs perfectly with a weekend pizza, a posh pasta dish, or a good old braai. Hello **De Krans Basket Press Cabernet Sauvignon 2018**. You'll smell cassis, ripe berries, fresh prunes and cedar spice; you'll taste soft plums, mulberries and dark cherries. Really well priced, it costs around R76 a bottle and you'll find it at your local wine store or order online - dekrans.co.za.



Martin Melck Cabernet Sauvignon pairs perfectly with Ouma Annatjie Melck's Marinated Beef Pot Roast. For the recipe - [click here](#)

Every wine tells a story

Every wine tells a story. This is the motto at **Muratie**, the historic estate tucked away in the beautiful Knorhoek Valley north of Stellenbosch. Established in 1685, Muratie is one of the oldest farms in South Africa, rich in history and heritage. And with this age comes a myriad fascinating tales of the many extraordinary characters from the farm's colourful past, which have been proudly commemorated in the naming and labelling of Muratie's wines. All the Muratie wines have been named after these remarkable characters, each wine with its own enchanting story described on the back label. Buy the wines, read the labels, enjoy the history.

The **Muratie Martin Melck Cabernet**

Sauvignon Family Reserve 2016 (named after the great Martin Melck who was a major force in the wine and brandy industry for more than 20 years) boasts four-and-a-half stars in Platter's 2020 SA Wine Guide. It has an intense ruby-red colour in the glass, opulent and polished, with the blackberries, currants and plums almost crème de cassis-like in their intensity. Even after the last sip, this red wine, with its lingering finish, will be remembered for a long time. It costs R460 a bottle and is only available at the estate or online.

Muratie Martin Melck Cabernet Sauvignon

2015 is classically styled and restrained. Aged for 20 months in French oak, it's a full-bodied wine and will reward cellaring for at least another six years. Also a four-and-a-half star in the Platter 2020 guide, it costs R200 a bottle, and you'll find it at wine merchants or online.

Muratie Ronnie Melck Syrah Family

Selection 2015/2016 (named after Ronnie Melck who, when asked to single out his favourite wine, always answered, 'the wine in my glass', which was often a Shiraz). A robust statement wine produced in extremely limited quantities (only 2200 bottles, each individually numbered), it's described as expressive, intriguing and unharnessed. Rich concentrated blackberries, red currants and cherries burst onto the palate, while hints of black olive, pepper, smoke and bacon add savoury appeal. It's only available at the estate or online for R530 a bottle.

Ronnie described Muratie wines as 'humble, honest and full of integrity, with quality being the only answer', and the **Muratie Ronnie Melck Shiraz 2016** certainly delivers on all those fronts. It's an intensely red wine with a violet edge, offering rich floral and berry notes with hints of green peppercorns and gamey nuances, supported by a sweet spiciness with a vanilla, crème brûlée aftertaste. You can buy it at wine boutiques or online for R190 a bottle.

Details: muratie.co.za/wine/buy-wine

PROMOTION

SAGE CENTRE

LIVE-EAT-PLAY - IT'S ABOUT FUN, FAMILY AND FRIENDS...



Sage Centre has been designed around family and relaxation, offering a unique retail experience set in the heart of Salt Rock. The heartbeat of Sage Centre will always be family. Everything they do is geared towards bringing people together and fostering a true sense of community. Browse, spend, enjoy... All of the centre's tenants have been hand-picked and offer local, homemade products of the highest standards. Whether it's food and beverage or retail, all their artisans and craftspeople have an established history and knowledge of their respective industries. And the setting is just superb ... surrounded by indigenous trees with shady spots to relax and chat over coffee with friends in the knowledge that your children are playing in a safe, secure environment. "We have done our best to preserve our old-world charm with the sophistication and elegance that is synonymous with our retailers, artisans, craftspeople and our exceptional food and beverage



offering," says Sage Centre owner Craig Robertson. The tenant mix at Sage Centre is both quaint and contemporary, incorporating an eclectic mix of traders such as House of Mangar interior decorators, Willow and Ruby clothing and décor, Sage nail bar, and much more! Other shops at Sage include Pure, Plush Hair Salon, Wish, The Craft Shed, Kitchen Thyme, Oriental Taste, Koop, Ripcurl and Katies Collectibles. The kids play area also includes a fun Scratch Patch! With its calm and peaceful ambience, visitors from near and far will enjoy visiting Sage Centre and leave with



their minds feeling refreshed and souls nourished. ...AND FANSTASTIC FOOD! Sage Café is ready to rock the Salt out of Salt Rock! Situated in at the Sage Centre in Salt Rock, just outside Ballito, Sage Cafe is positioned in a beautiful garden setting surrounded by local boutique stores and a newly renovated Sage Café Nail Bar. Enjoy the sunshine or sit in the shade of the fig trees or covered outdoor areas and enjoy a relaxed dining experience at Sage Café. Ideal for families with kids who can run freely and explore the play area whilst mom and dad relax, Sage is



August special:

Rustic Winter Salad with Grilled Calamari, citrus vinaigrette, sweet roasted beetroot served on a bed of watercress

Smashed Avocado on Health Toast served with crispy bacon, Danish feta and micro herbs

also the ideal spot to enjoy your next business meeting.

The menu features a wide range of dishes, from artisan wood-fired pizzas to all-day breakfasts and a great selection of lunches made with the freshest local produce. Instead of losing motivation during lockdown, the Sage Café team used this time to innovate, improve and create and welcomed Chef Louis Bosch (who brings with him his own signature creative flair) and restaurant consultant Zana Scheltema to the team. Together with owner Simon Taylor the trio have come together to create an all-new Sage experience.

Details: Sage Centre is open 7 days a week, from 9 am to 4pm, <https://www.facebook.com/sagecentre.saltrock/>, <https://sagecentre.co.za/> Sage Cafe is open from 8.30am to 4.30pm; <https://www.facebook.com/SageCafeSaltRock/>; <http://sagecafe.co.za/>



WIN! You could win a Chef's table with delicious lunch prepared by chef Louis for you and three friends as well as pedicures for you all, done by the very talented therapists from Sage Café Nail Bar. To enter: Visit Sage Café and 'check-in' on Facebook. Order your favourite meal or drink, take a photograph and share and tag us on social media. You must also like the Sage Café Facebook and Instagram Pages and give us a review of your experience.



sage | CENTRE
LIVE · EAT · PLAY
www.sagecentre.co.za

POWER OF PURPLE

Greens tend to hog the limelight, but filling your plate with purple foods may be a very smart choice right now. They're really incredible for your health.



Compiled by: RIALIEN FURSTENBERG



REGISTERED DIETICIAN AT NUTRI & FLORA, DR FLORENCE MALONGANE SHARES SOME BENEFITS OF PURPLE FRUIT AND VEGGIES:

Grapes

Rich in antioxidants and nutrients such as potassium, calcium, iron, folate, magnesium, selenium, vitamins A, C and B6, among other benefits.

Red grape skin is very high in resveratrol, which accounts for many health benefits such as supporting heart health, cholesterol level management, prevents signs of ageing and other skin problems, offers antioxidant support and helps the body's ability to manage healthy blood sugar levels.

Blueberries

Similar to grapes, blueberries are rich in dietary fibre, calcium, copper, iron, magnesium, manganese, potassium, sodium, zinc, vitamins A, C and various types of vitamin B. Not only do they protect against heart disease and cancer, but help with digestion, deliver healthy antioxidants, improve skin health, promote healthy bones, support healthy blood pressure and boost brain function.

Blackberries

A single serving of blackberries provides about half your daily recommended intake of vitamin C! Even more impressively, they're very high in fibre and are a great source of vitamin K. Other benefits of this superfruit include the improvement of oral health, a healthy heart and bones, full of antioxidants, an immunity booster, have anti-cancer properties and improve brainpower, including cognitive and motor function.

Eggplant

They're packed with vitamins C, K and B6 and an ample amount of potassium, manganese and fibre. This vegetable (technically a fruit) also contains antioxidants that help promote heart health, control blood sugar levels, reduce cancer risk, improve cognitive function and aid weight loss.

Red cabbage

Packing more vitamins (C, K, A), dietary fibre, and other nutrients in a standard serving size than many other foods, this single plant can help improve the function of your immune system, fight chronic inflammation, and even improve blood clotting. Ancient Romans apparently used cabbage to restore their bodies after heavy alcohol consumption. Try munching some red cabbage the morning after!



Figs aren't only delicious, but they're also a great way to get fibre, calcium, potassium and magnesium, all of which are nutrients many of us don't regularly get enough of. They have many potential benefits, including promoting digestive and heart health, along with potentially helping manage blood sugar levels and promoting healthy skin.

Beetroot

That bright red root isn't just a looker. Beets and beet greens are loaded with life-giving minerals, including magnesium (which has lots of benefits, including Alzheimer's prevention), potassium (which aids heart, kidneys, muscle, nerve and digestive functions), copper, iron, and phosphorus, an essential mineral aiding cell function throughout the body – and it's good for bones and teeth, too. Beets are also a great source of vitamins A, B, and C, as well as healthy fibre.

Red onions

Not only are they pretty and colourful on your plate, but they could also help give your body a health boost. Why? Because red onions are packed with vitamins and minerals, including folate, thiamine, calcium, magnesium, potassium, manganese and vitamins C, K and B6. Other benefits include that they may stop cancer cell growth, control diabetes, help ease arthritis, cure sore throats and help with constipation.



Black rice (also known as purple rice) – an antioxidant-rich grain that has a nutty flavour profile – has more anthocyanins a gram than blueberries and has been found to reverse the effects of alcohol on the liver! Organic black rice, R84.95, Wellness Warehouse.



Grow your own

Purple cauliflower? No ... it's not some experiment gone wrong. The purple colour is caused by the presence of anthocyanins (an antioxidant), which can also be found in red cabbage and blueberries. It packs a bit more flavour, and cooks a little faster, than its white cousin. This cauliflower is a great source of vitamins C, K, B6 and fibre. Because it's not always available you can grow your own. Shop for the seeds online for R24.99 from Woolworths.



Aerial photo of Palm Lakes Family Estate and Palm Lakes Sugar Ridge: Phase 1 of roads and services fully finished. Start your new development on this beautiful, fully-rezoned land with full access to electricity, water, fibre optic, stormwater pipes and sewerage. Secure Estate. Completely fenced in.

ARE YOU A DEVELOPER? ARE YOU A BUILDER?

ARE YOU A BUSINESSMAN LOOKING TO
START A DEVELOPMENT COMPANY?

ARE YOU LOOKING FOR REZONED,
FULLY-SERVICED LAND ON WHICH TO BUILD
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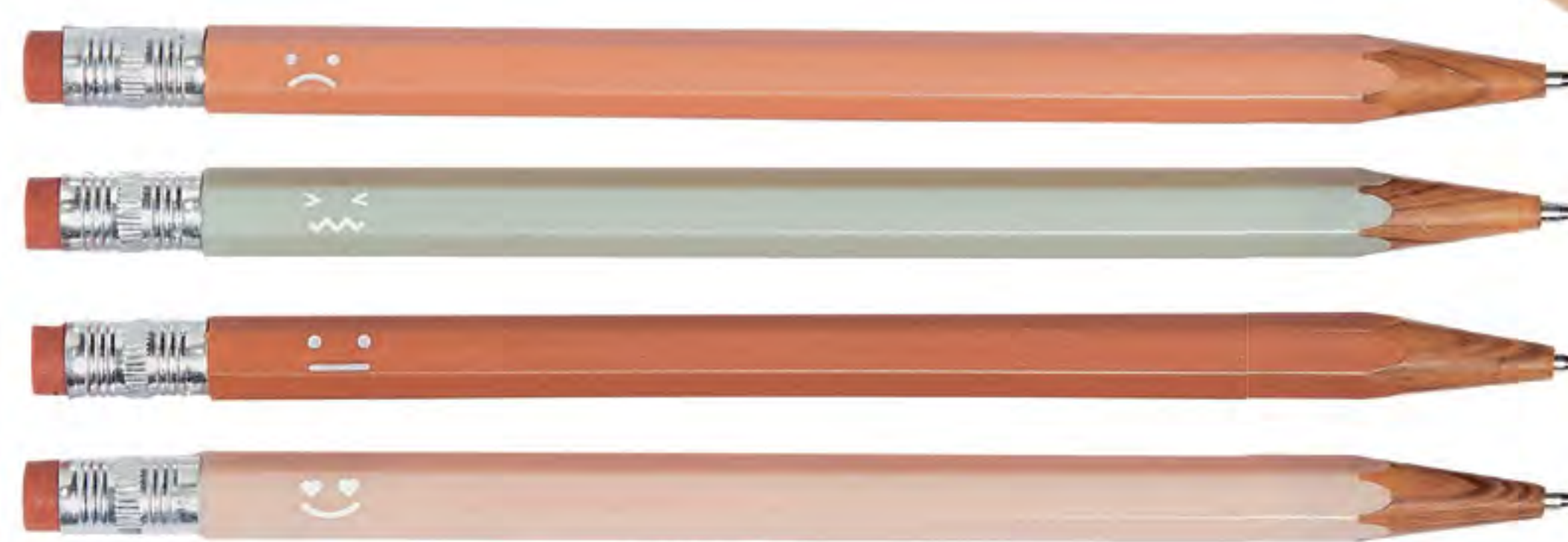
 **Find us on Facebook** | www.palmlakes.co.za

Make it work . . . a stylish home office

For many of us, working from home is new situation, and it's one that's probably going to be around for a while. Whether you're looking for some temporary solutions to home office space, or thinking long term, here are some workable options.



Keep track of the (over)time with this Country Road Della desk clock (R449). And if you do end up working late, you'll need a good desk lamp ... this one is stylish and functional, (R1099). Both from Woolies.



Accessorise your desk with a Manikin Man (he's like your own little work colleague), and a set of pencil pens, R99.99 and R50, both from Typo. Details: cottonon.com/za



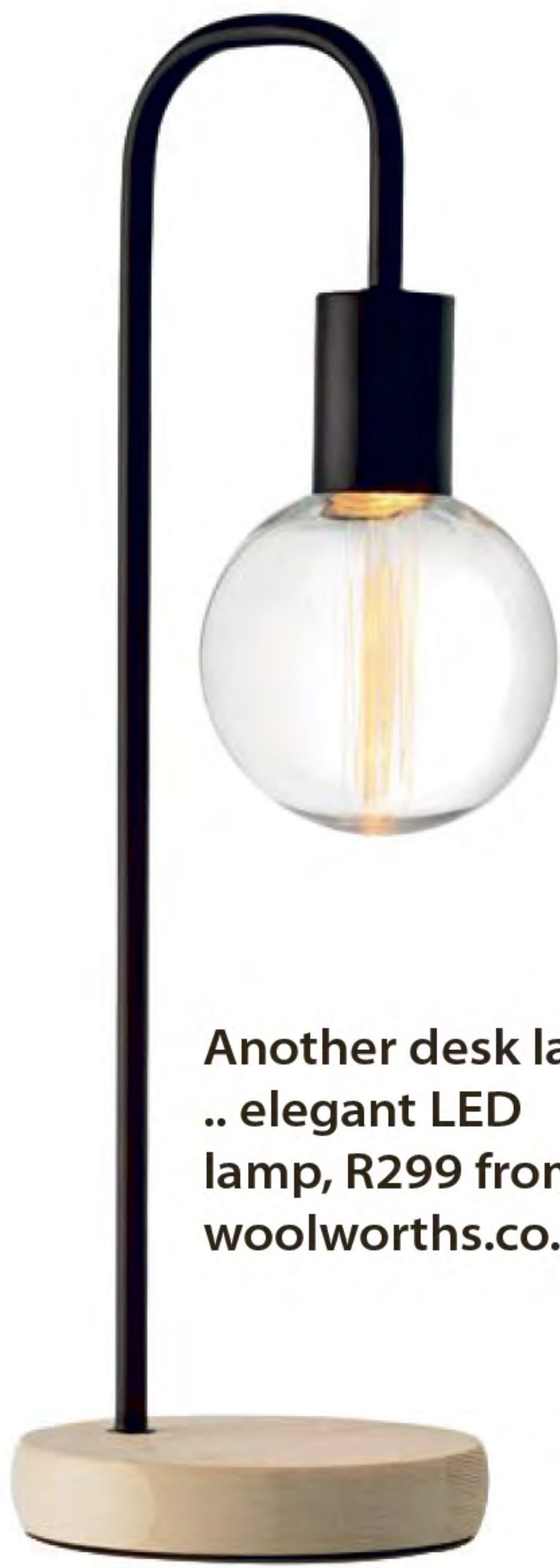
Here's a dual purpose buy. Use this matte black planter on a wooden stand on the corner of your desk to keep pens, pencils, rulers and stationery while you're working from home, once you're back at your office, plant it up with something green and lovely. R250 from Woolworths.



We really like this slender writing desk from Houtlander. It's great as a work station, but then will fit happily elsewhere in the house. R8500 from houtlander.co.za



Yes. We know it's a drinks trolley. But now, you're going to use it as a spot to keep your storage boxes of papers, files and whatnot. No longer working from home ... you've an elegant spot to keep the gin! R1699 from home.co.za



Another desk lamp .. elegant LED lamp, R299 from woolworths.co.za



Keeping notes of the rules and regulations is a full time job! A4 recycled notebook, R99 from Typo. *Details: cottonon.com/za*



Stylish Noah magazine rack, R495 from weylandts.co.za



If you've had to set up in the corner of a sitting room or dining room, this wicker screen is fabulous. Pop it up in front of your work station and ... you're off duty. R3999 from home.co.za



For ideas, inspiration and exceptional office buys, pop into your closest Weylandts, or visit their online site. Great home office set-ups ... desks and office chairs, and really stylish shelving options too. Perfect if your home office is here to stay. *Details: weylandts.co.za*

Travel-inspired abode

Avid travellers and nature lovers, Russ and Bev Addison wanted their Brettenwood home to reflect who they are and celebrate their adventures abroad. The couple brought in local design experts from Dandelion Designs to help them realise this dream.



Text: LEAH SHONE | Photographs: WARRICK SHANNON, WOKSHOTS PHOTOGRAPHY



“Russ wanted an outdoor shower off the master en-suite for beautiful summer mornings. We wanted to create a seamless feel of moving from indoors to outdoors with the polished concrete shower floor to custom sized concrete flagstones (by MonoBlock) leading to the outdoor shower. Bev loved the classic brass taps exposed on the outside.”

A graphic designer by profession, homeowner Bev is a naturally creative person. Despite this, or perhaps because of it, she enlisted the services of Caryn Overton and Katherine McIntosh from Dandelion to help brainstorm and challenge her own ideas, as well as to offer practical advice throughout the build. The team also assisted in sourcing unique materials and finishes to add interest and texture to the house. The 383m² Brettenwood home has four bedrooms and three and a half bathrooms. It has a pool and decked entertainment area and the dining room opens up onto a large courtyard with a beautiful water feature. The home is built on two levels and the mezzanine level has a study, which overlooks the double volume kitchen, lounge and dining room. Although currently used as a holiday home, the Addisons plan to retire here one day.



“We selected the light pendants in the kitchen from Le Grange. We absolutely loved them! They were a perfect match for the farmhouse feel, with modern engineering, and a feminine shape.”

“The display shelves were created for artwork and pieces collected on their travels. The floating shelves had custom brackets to take the weight of cookbooks and other objects. We always encourage the use of plants inside the kitchen and home to give a feel of freshness. The red brick on the back wall brings texture and warmth to the space and the double volume ceiling heights and exposed trusses give it ‘airyness’, allowing the natural light from the clear story windows to filter in.”



“The staircase is one of our favourite pieces in this house. Bev wanted this to be special and many designs were considered before Eykon Designs nailed it with this masterpiece. The lines of the balustrading speak to the horizontal patterns used throughout the house. It celebrates the lightness of modern architecture and the use of solid wood on the treads give a soft warm feel underfoot. The spine that holds the staircase is asymmetrical, and only on entry to the staircase can you see the care, thought and engineering that went into this. Truly beautiful!”

"The guest bathroom was a space we wanted to really have fun with. As one of the most used spaces in a home, we suggested a bold wallpaper to really speak to their passion for adventure!"



Russ and Bev Addison

"Our brief was to help the clients fuse their love of classic design with the simplicity of modern architecture," says Caryn. "They drew a lot of inspiration for clean, neat designs from their travels in Scandinavia, which cultivated a love of the modern, industrial look of glass, steel and wood - but they wanted to hold onto their appreciation for the quality and care taken to manufacture antique pieces."

Details: Dandelion Designs: 072 707 7016, caryn@dandelionsa.co.za; Karl Wang of KR Projects: www.krprojects.co.za; Charles Taylor of CTA: 032 946 3853, admin@ctab.co.za



Dandelion Designs

Dandelion Designs is a Ballito based Interior Design Studio founded by Caryn Overton & Kath McIntosh. We strive to make our clients' dreams a reality, giving them the ability to live well through creativity, authenticity & partnership.

What we Offer

- ~ Interior Design & Decorating
- ~ Space Planning & Interior Architecture
- ~ Project Management
- ~ Turnkey Project Solutions
- ~ Specification & Procurement

Contact us

Katherine McIntosh
+27 (0)72 825 8418
kath@dandelionsa.co.za

Caryn Overton
+27 (0)72 707 7016
caryn@dandelionsa.co.za

Visit us at www.dandelionsa.co.za or come meet us at our studio in Ballito (Litchi Orchard, Seaforth Avenue).



Three tips for a safe life under lockdown

This month South Africa is celebrating women's achievements in the strange new world of the Covid-19 pandemic. It has brought us a 'new normal' that changes as quickly as the mutating virus. But one change that seems set to stay is people spending far more time at home than they used to.

Take on board these home safety tips and you'll adjust like a pro.

1. Think out of the box

The first tip is to ensure you always have the best security you can afford. You may be working from home for a long time, so while stuck at home, use the internet to find what you need.

If you don't like metal bars, discover interesting alternatives like barely noticeable see-through screens. They look similar to aluminium doors and windows and nothing like conventional burglar proofing.

Or look at louvre shutters that remind you of stylish sea-side homes but are strong enough to keep burglars out. The Trellidor website has loads of options for you to investigate.



2. Lockdown, literally

It is so easy to open your home during the day, especially if you have pets and children. Rather get into the habit of keeping security gates closed and locked. Your dogs will let you know when they want to come back inside if you've let them out.

If children are playing outdoors, limit how many doors and security gates are open. You'll avoid surprises that are as nasty as the virus. Look at options like Trellidor Security Shutter. Lock them for safety's sake and tilt the louvres to let in light and fresh air.



3. Create a safe play zone

Our beautiful weather encourages us to centre home life around the veranda. Make it safe to use anytime of day or night by installing security barriers on the outer edge. There are plenty of see-through security barrier options that won't make you feel caged-in. Children can play safely in this space and can't wander off dangerously near the pool.

Choose something like Trellidor Clear Guard that does double-duty by blocking out mosquitoes and other insects. Or Trellidor Rollerstyle, which keeps out wind and rain as well as robbers.

Trellidor expert consultants are happy to visit your home to advise you on the best course of action. It is a free service and they follow all Covid-19 safety protocols.

CALL US NOW AND FIND OUT ABOUT OUR WINTER SPECIALS!

BALLITO / DURBAN WEST / NORTH DURBAN 031 569 5000
DURBAN CENTRAL & SOUTH 031 201 7927 | HIGHWAY 031 765 3567

TRELLIDOR
THE ULTIMATE CRIME BARRIER





Peas & posies

Veggie of the month

Heirloom sugar snap pea Cascadia is a cool season vegetable for sowing this month. It produces unusually sweet, crunchy, edible pods which are perfect for eating straight off the bush or adding fresh to salads, but equally delicious steamed, sautéed, or stir-fried. It's an easy-to-grow vegetable for beginners, is a compact vine type, and has extra disease tolerance to powdery mildew and mosaic virus. The 7cm to 9cm long, dark green pods are produced in abundance, almost smothering the plant. Be sure to plant it in a position that receives full sun and has well-composted soil. For good germination, soak the seeds overnight before sowing. Space the plants about 20cm apart, and keep the soil moist during germination. Pods should be ready for harvest 60 days from germination. Depending on the garden's micro-climate, Cascadia can be germinated indoors in seed trays, or sown direct into the soil. Order online from gropak.co.za



This month we're planting ...

Geranium Marcada in hanging baskets and containers. If, like us, you're longing for sunshine and summer, Marcada's dazzling magenta flowers are just the tonic you need. This is a strong-growing, semi-trailing geranium that spreads up to 45cm, spilling flowers prettily over the edges of pots and baskets. It grows and flowers well in cool, as well as hot, conditions and is drought tolerant, needing to be kept drier than other geraniums. Being self-cleaning, the dead flowers drop off easily, so there's no need to trim. *Details: ballstraathof.co.za*

Garden tasks for August

Fertilize spring flowering annuals with a liquid fertilizer for flowers.

Increase watering as the temperature rises.

Wait until the weather warms before sowing summer annuals and perennials like marigolds, alyssum, cosmos, Californian poppy, gaillardia, sunflowers and zinnias.

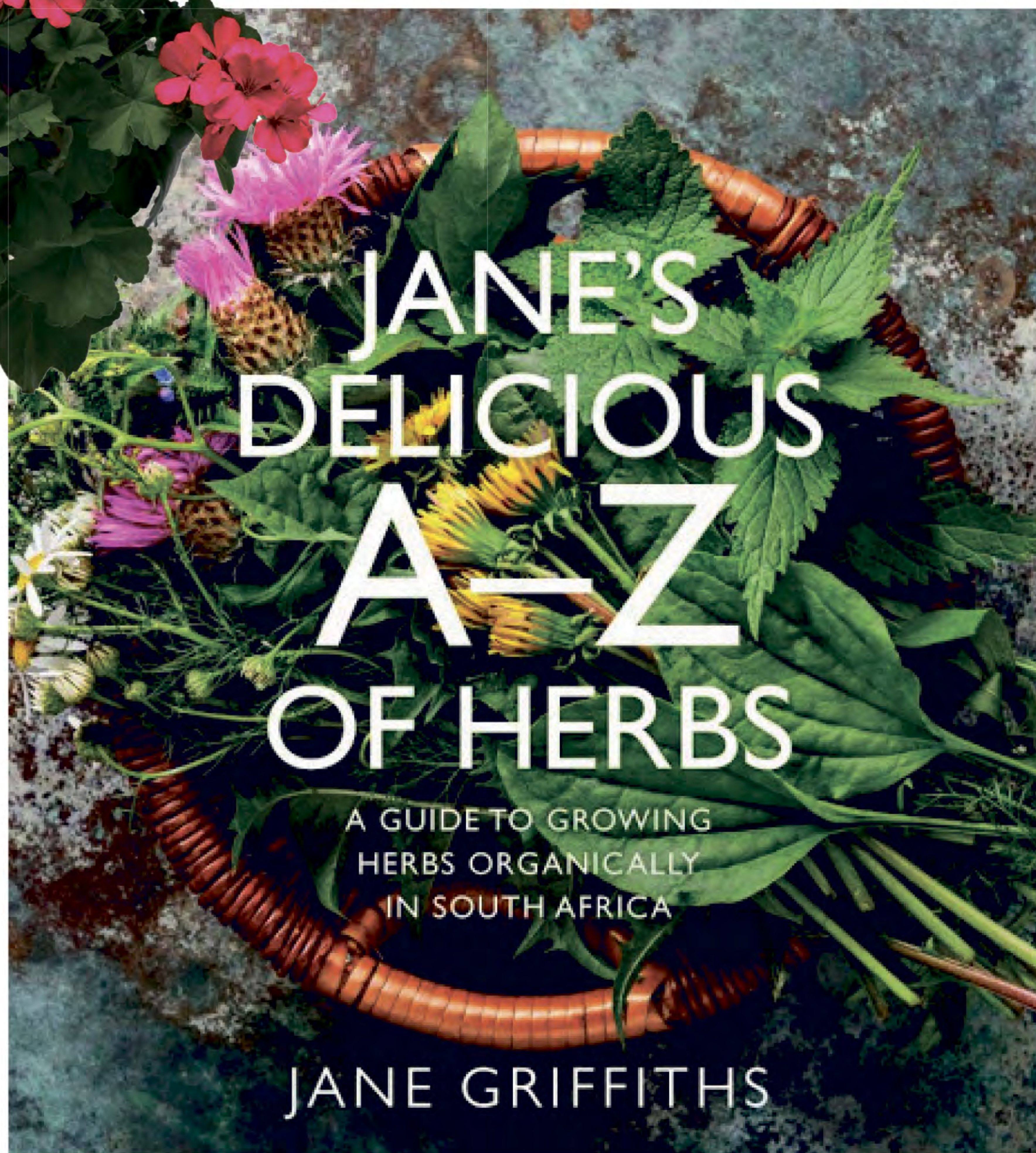
Fork compost round summer flowering perennials, fertilize and water well.

Prune winter flowering shrubs and neaten evergreen shrubs with a trim.

Clean and weed pathways, driveways and treat and fix wooden furniture and garden benches.

Sow spring vegetables like lettuce, peas, cabbage, spinach and Swiss chard into trays or small pots and keep them in a warm, sheltered area.

Prevent snail and slug damage by using organic snail bait like Ferramol and eradicate aphids with an organic insecticide.



Whether you have a large garden or a tiny apartment, you can (and should) grow herbs. They're easy to cultivate and it's hugely rewarding to be able to pick a few fresh leaves to use when you're cooking.

Jane's Delicious A-Z of Herbs is a beautifully illustrated, hands-on guide to growing and using herbs. There's info on more than 80 of them ... planting and growing, medicinal and culinary uses, as well as healing properties. *Sunbird Publishers, R292 from Exclusive Books.*

Our indoor plant for August . . .

While it's still nippy outdoors, enjoy the spring fragrance of *Lavandula Stoechas* indoors. Besides being very pretty, the scent is also a natural stress reliever ... so whenever you walk past the plant, rub its leaves to release the delightful fragrance. *Stoechas* flowers are unlike other lavenders. The bracts on top of each bloom resemble bunny ears, or the open wings of a butterfly. Grown indoors, *Stoechas* lavender needs bright light and can take some morning sun. Let the soil dry out moderately between watering and snip off dead flowers to encourage more. In warm, bright conditions, such as a patio or living area, it may flower for up to three months. After flowering, you can lightly trim it, then plant in the garden – choose a spot that receives full sun and has soil that drains well. *Details: plantimex.co.za*



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Glamping in the African bush

Love getting away with your family in the great outdoors and African bush, but don't fancy crawling in and out of a tent and using shared ablution facilities? Hello glamping! It's our new favourite thing and we spent a weekend at Hluhluwe's newest must-visit spot doing just that.



Arriving at Hluhluwe Bush Camp is like discovering a hidden away, self-catering gem. It feels like a lodge - only the walls to your weekend home are canvas and despite there being wooden floors, a beautifully finished interior and warm beds, it still feels like you're camping! Well, sort of! It was Friday afternoon when we arrived at Hluhluwe Bush Camp, after a just over two-and-a-half hour drive. We couldn't get there soon enough. Lockdown has been long and unforgiving, and an escape into the African bush was pretty much all we could think about for weeks on end. Now we were here and, as the kids excitedly explored the incredibly quaint 'tent', we unpacked our groceries into the mini wooden kitchen (complete with gas stove, fridge and all the crockery and cutlery you need) and finally started to feel ourselves unwind.

Text: LEAH SHONE

As the sun began to set behind us, our bushveld view of False Bay park (which lies adjacent to the bush camp) was completed with the pink and purple sky overhead and the sound of African bush creatures slowly starting to settle in for the evening. So ... we did what almost any other South African would do in a similar situation ... we opened a bottle of wine and lit the fire. Finally, freedom. Hluhluwe Bush Camp is owned by Dutch couple Trienke Lodewijk and Peter de Wit. Having lived in various parts of South Africa over the past 20 years and owner-managing their eco-lodge in Northern Mozambique, the couple finally decided to settle in Hluhluwe. Trienke is the local sales agent for the Luxetenten tents, which make up the accommodation at the bush camp. The tents really are quite phenomenal.



Editor Leah with her two sons Nathan and Harvey outside their bush camp tent



The quaint 'Farm Stall' stocks essentials like wood, ice and beer.

They manage to be stylish and surprisingly roomy, while still giving you a rustic 'bush' feeling. The tents are also very new and (important in these times) spotlessly clean. We were lucky enough to stay in one of the five luxury tents (four of which sleep five people, one sleeps six), and our little canvas 'lodge' comprised of two separate bedrooms, one sleeping three (with a bunk bed and single bed) and the other with a double bed. There is a bathroom in between the rooms, which has a (very cool) shower, toilet and basin. There is also a comfortable lounge area and a dining room and the kitchen opens up onto a spacious verandah. This is where we spent most of our time. Reading books and enjoying the surroundings or, when they weren't off riding their bikes and exploring the bush, playing chess and birdwatching with the boys.

On Saturday morning we woke up early (we couldn't believe how warm we had slept) and unzipped our tent to see the most beautiful, bright orange sunrise over the bush. We enjoyed tea, coffee and rusks before heading out for a walk around the property.

The Hluhluwe Bush Camp team have created their own little backyard 2.5km walking or running trail called Kambusha (which means buck in Zulu). We bumped into Nyala, Duiker, Impala and Zebra on our walk and enjoyed spotting birds and identifying

interesting trees and plants.

While on our walk we also discovered the camp site, which features smaller tent options for the slightly more adventurous. Each site has a braai facility and the tents are equipped with a gas cooker, electricity and their own outside bathroom and toilet. They also have two comfortable beds and a little terrace with views over the bush.

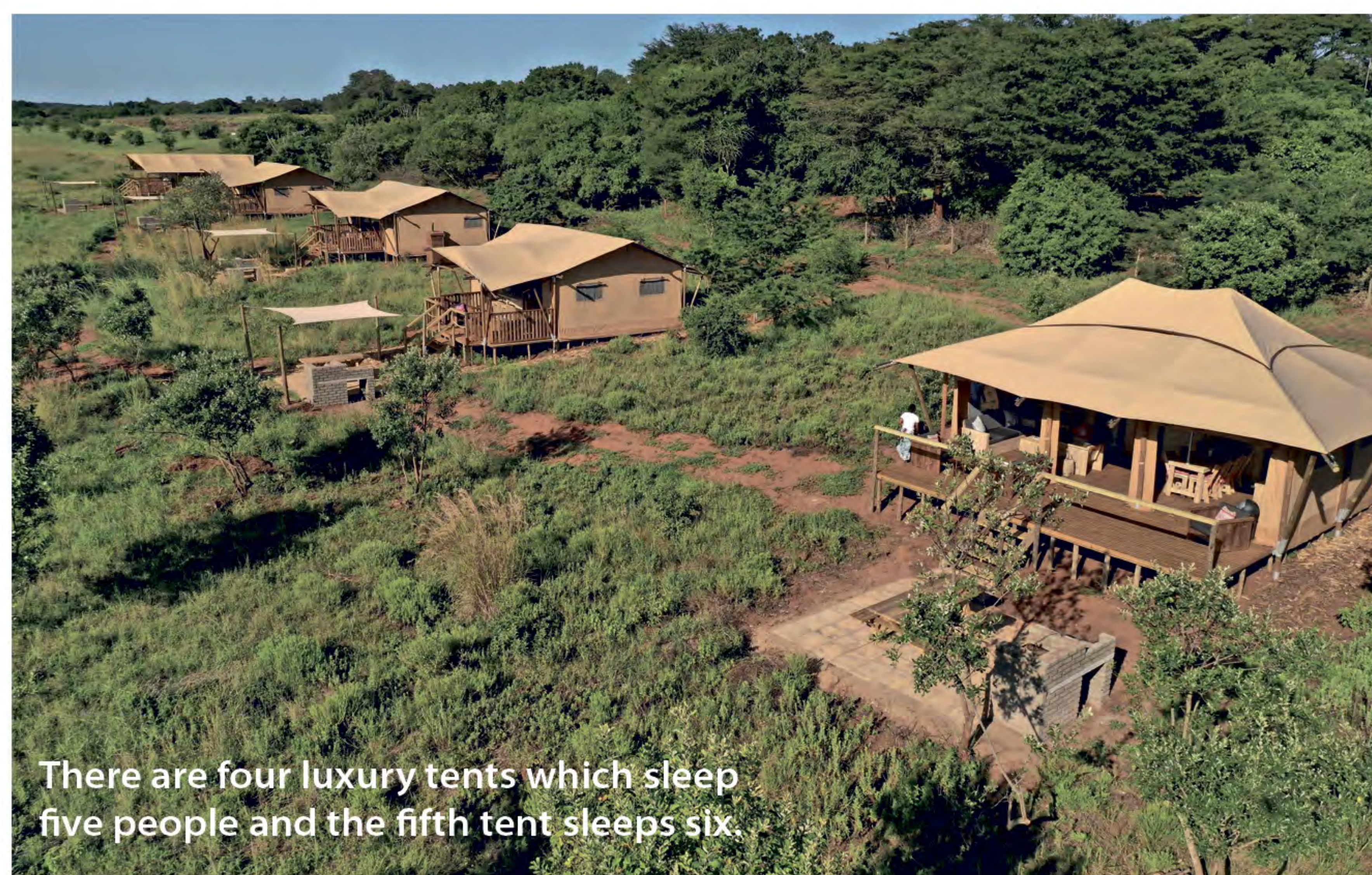
If you're heading out for the day there is certainly no shortage of things to do. Apart from Hluhluwe-Imfolozi game reserve (25-minutes away), you can also explore False Bay (the entrance is literally five minutes from the bush camp) or take a trip to Sodwana Bay – a diving and angling dream destination.

Back at the camp there are also other things to enjoy, like the pool area and Farmstall shop, which boasts homemade snacks and meals as well as a little convenience store with necessities you may need (think wood, ice, firelighters, wine, beer and ice cream ...).

A weekend was far too short a stay, but just enough to rejuvenate our souls and reconnect us with the African bush. We will undoubtedly be back, with friends and family in tow, one day soon!

Rates: Glamping tents (5 pax): R1500 per night; (6 pax): R1600 per night; Safari tent (2 pax with outside bathroom): R800 per tent; camp site (2 pax with electricity and use of shared ablution facilities): R300 per site.

Details: <https://www.hluhluwebushcamp.com/> hluhluwebushcamp@gmail.com, 078 3969391 or 079 1075273.



There are four luxury tents which sleep five people and the fifth tent sleeps six.



The luxury tents have a lounge area, fully-kitted out kitchen and dining area

PROMOTION

GET AWAY

After staring at the same four walls for months on end, we're pretty sure there is only one thing on everyone's minds . . . getting away! Whether it's a quick escape to the bush or a weekend in the mountains, here are some of the best local getaway spots around!

MONTUSI MOUNTAIN LODGE:

Escape to the mountains, just three hours from Durban, where adventure awaits. No crowds, just a pristine environment and all the luxuries for the perfect post-lockdown recovery. Snuggle into your cosy, free-standing suite with breathtaking mountain views or hike and ride the mountain trails away from people. Stretch your legs, hearts and minds by connecting with nature. Delicious cuisine from chef Lungi's kitchen tops off this well-deserved treat of a mountain getaway (in-room dining available). Book your stay before the end of August and get 30% off! The mountains are waiting!

Details: 072 5911210, 036 438 6243, info@montusi.co.za www.montusi.co.za, FB: @montusi.lodge, IG: @montusimountainlodge



HILTON BUSH LODGE:

The KwaZulu-Natal Midlands are glorious at any time of the year, but they truly come into their own in winter. Cold nights give way to glorious warm days and aloes and wild dagga stand out against blue skies and pale gold grasses. The Hilton Bush Lodge is the perfect springboard into this fabulous world. Their attention to detail and understated elegance makes it ideal for the discerning business or leisure traveller. Overlooking the Rietspruit and Umngeni Valleys, the private verandas are perfect for relaxing and binoculars are a must for birders. What is better than going to sleep to the sound of the waterfall and waking to the call of the Fish Eagle? Details: 033 004 0033, kate@thehiltonbushlodge.co.za, www.thehiltonbushlodge.co.za

Umngazi Hotel & Spa

Tucked away on the Wild Coast, in the heart of Pondoland, lies the award-winning Umngazi Hotel & Spa. The ultimate escape for those seeking to refresh, restore and re-connect. Umngazi is a family orientated resort that aims to offer the best value for money with a delicate blend of genuine indigenous delights and home comforts. Did you know Umngazi orchestrates unforgettable romantic honeymoons and is ideal for those looking for an intimate venue to say their "I do's"? Umngazi also offers weekly fly-in packages from Durban, as well as commercial flights available from Cape Town and Johannesburg into Mthatha. Details: 047-564 1115/6/8/9, requests@umngazi.co.za, www.umngazi.co.za



HLUHLUWE BUSH CAMP:

If you love the idea of camping, but not the actual 'sleeping on the floor in a tent' part, then perhaps glamping is more your style! And if that's the case, then Hluhluwe Bush Camp should definitely be your glamping destination of choice. A privately owned farm, Hluhluwe Bush Camp has five luxurious self-catering glamping tents, two adventure tents and 4x4 camping facilities. It overlooks False Bay Park (in the World Heritage Isimangaliso Wetland Park) and is just 25 minutes from the Hluhluwe/Imfolozi Park. Details: Trienke Lodewijk 078 396 931, 079 396 931, 079 107 5273 www.hluhluwebushcamp.com e: trienke@hluhluwebushcamp.com

RAIN FARM GAME & LODGE:

Experience a touch of Africa just 15 minutes inland from Ballito. With its 300-hectare wildlife sanctuary, Rain Farm has an informal restaurant, situated alongside the rock pool, with a variety of mouth-watering dishes to choose from. Enjoy the views while you eat or try your hand at a game of pool in the fully stocked bar while the little ones are kept busy on the jungle gym or playing mini golf. There are game drives and trail walks and you can book into a self-catering cabin or tree top tent for a wildlife getaway. Enquire about private bush dinners and kids' party packages! Details: 032 815 1050, 083 352 6830, info@rainfarm.co.za, www.rainfarm.co.za



Sitting on the deck of the bay

Sitting right on the water's edge at Hobie Beach – one of the best-rated locations in Plettenberg Bay – The Bungalow, is a fusion of sun, sea and sand, with lashings of luxury and touches of seaside chic . . . the perfect spot for beachside living. And it's where we want to be the minute the travel ban lifts.



Compiled by: KYM ARGO

We're not breaking the law. It's a virgin cocktail!



A quiet corner. A firepit. The shade of a milkwood. Happy days.

This privately owned bed and breakfast may be five star, but it's not stuffy. In fact, it's the perfect spot to kick off your flip-flops at the door, collapse on a sofa, and sip something cool while letting the kids have fun.

There's sophisticated, but laid-back accommodation – cool and breezy, sea-facing, luxuriously furnished rooms. There's a fabulous family suite, but also a cleverly designed 'Pod' room, where the kids sleep in bunk-like compartments.

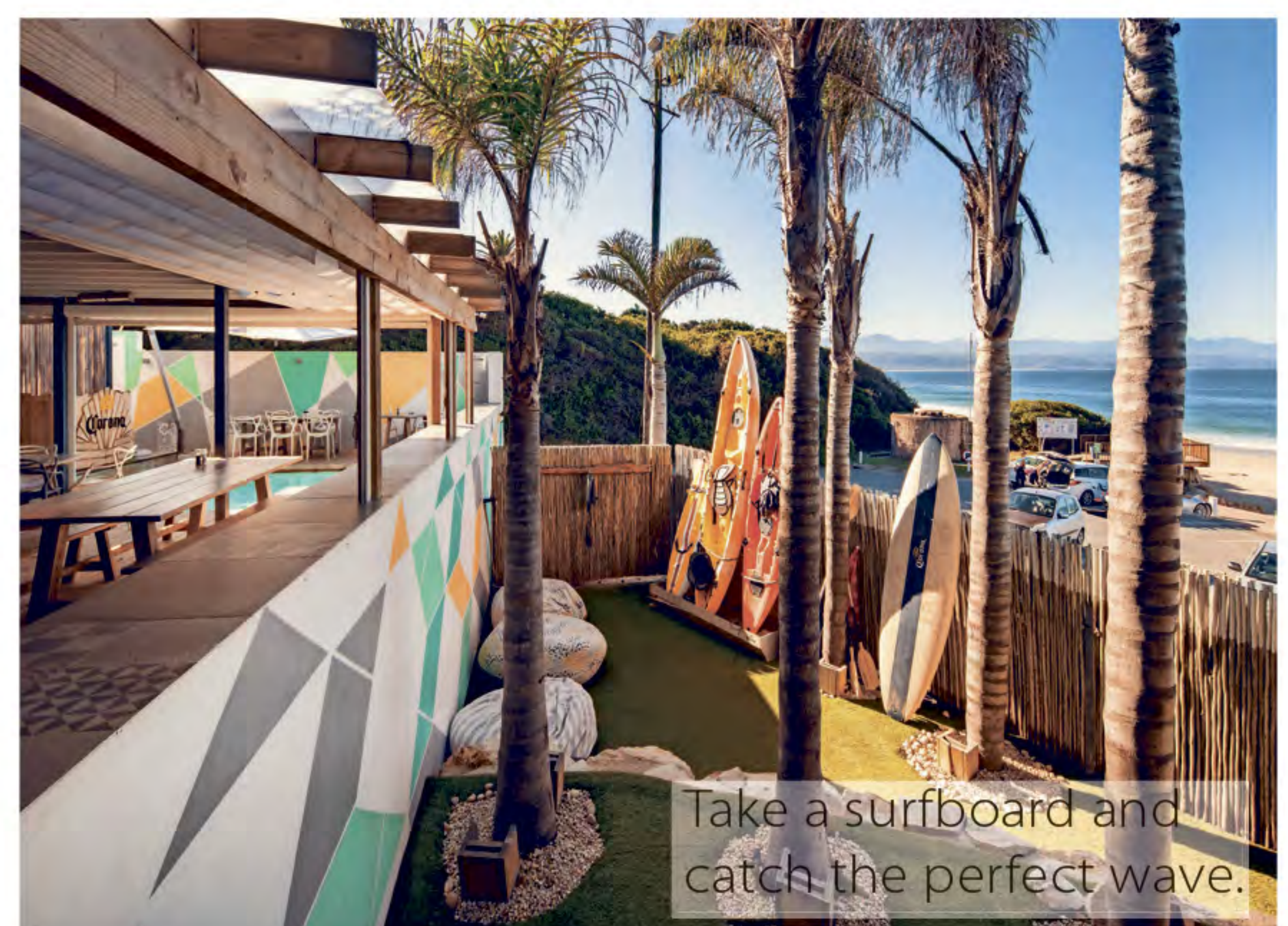
There's a lovely, casual restaurant, where the kitchen's open all day ... dishing up holiday fare nachos, sushi and signature pizzas.

When the weather's warm, you can relax in the sun on the pool terrace, finding shade under the beautiful indigenous milkwood trees, or head on up to the rooftop deck which overlooks the entire bay. For cooler evenings, you can gather up the family and sit round a cosy fire in the private tranquil boma area, with comfy beanbags and oversized scatter cushions.

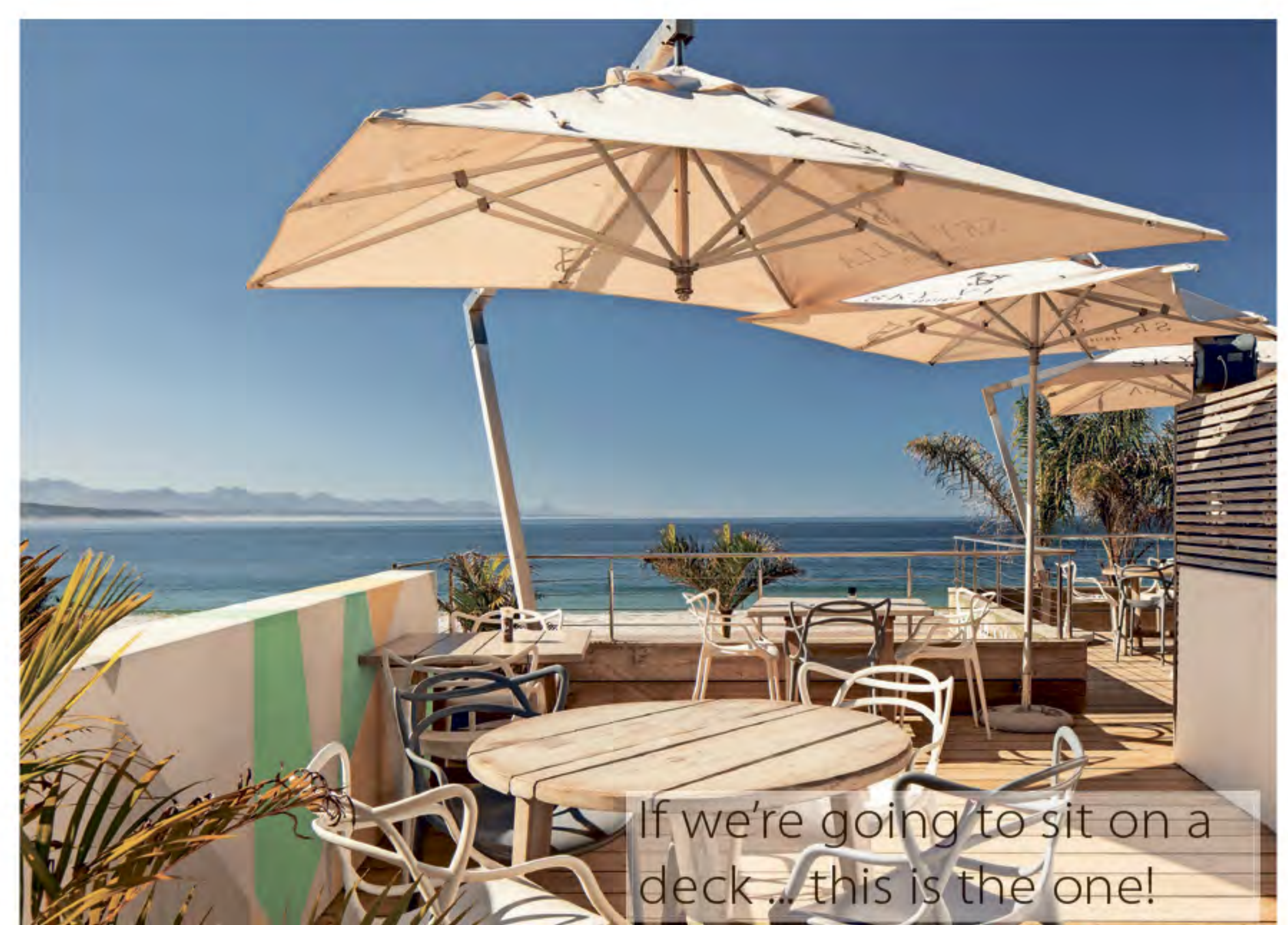
If you can bear to tear yourself away, there's a beach just a pebble's throw away and loads of other attractions ... think hiking through the Robberg Nature Reserve, taking a cruise on the Keurbooms River, swimming, surfing, whale, dolphin and seal watching, boating, fishing, bodyboards to guests. Good grief, there's more ... try cycling and golfing, or a spot of birdwatching. After the stressful months we've all had this year, we think that being treated with five-star laid-back luxury is just what we need. See you there!

Rates are from R2400 for two sharing a room.

Details: The Bungalow, Plettenberg Bay is one of Cape Summer Villas' boutique collection of exclusive accommodation properties in the Western Cape. Phone 044-533-1864 or capesummervillas.co.za



Take a surfboard and catch the perfect wave.



If we're going to sit on a deck ... this is the one!

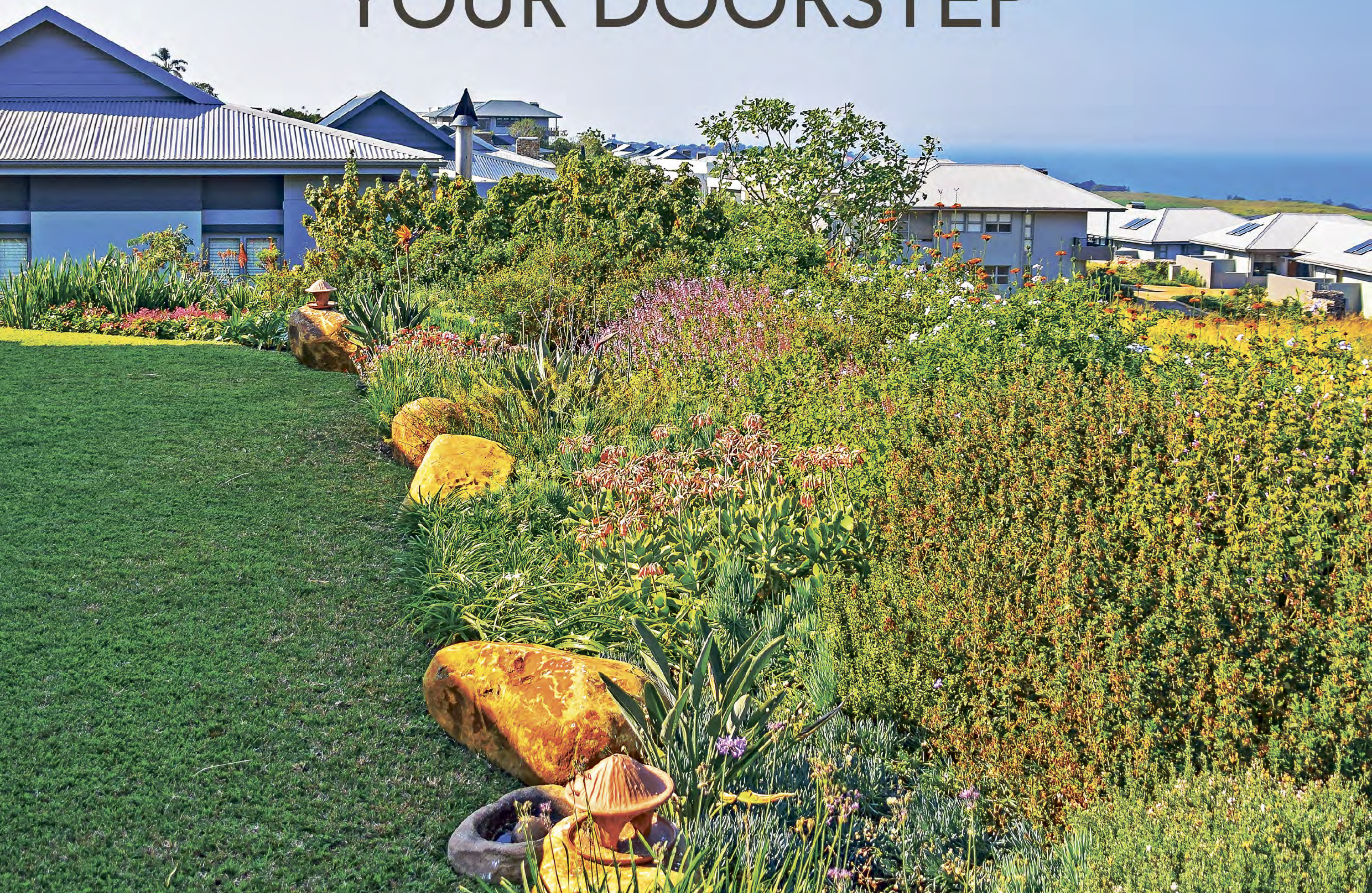
A photograph of a luxury tent at sunset. The tent is a light-colored canvas structure with a dark interior. The sky is a mix of orange, yellow, and blue, with the sun low on the horizon. The tent's structure is silhouetted against the bright sky. The overall mood is serene and luxurious.

August Spoil

African glamping

Fancy a weekend away? How about a weekend of 'glamping' in a luxury tented camp in the African bush in Hluhluwe? We thought so. Hluhluwe Bush Camp, situated just 25 minutes from the Hluhluwe-Imfolozi game reserve, is a little piece of heaven tucked away next to the False Bay Park in the Isimangaliso Wetland Park. With five luxurious self-catering canvas 'lodges', as well as two 'safari tents' and 4x4 camping facilities, Hluhluwe Bush Camp offers the perfect post-lockdown getaway, far from the hustle of town and right into the heart of nature. The new and sparkling clean luxury tents can sleep up to five people (one of them sleeps six) and feature two bedrooms, a kitchen, dining area and lounge, as well as a spacious verandah overlooking your personal braai area and the beautiful bushveld. Absolute bliss! Details: <https://www.hluhluwebushcamp.com/> hluhluwebushcamp@gmail.com, 078 3969391 or 079 1075273. **We're giving away a weekend at Hluhluwe Bush Camp in one of their luxury tents for a family of five people, valued at R3200. Enter on the competition post on our Facebook page: GetItMagNC or Instagram: @getitmagnc**

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